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UPA SABAT SKUL ZIRLAI

Sabbath School Lesson
zvr̄csit̄bmom

EFESA CAKUAT

A NGANTU: John K. McVay

JULY, AUGUST, SEPTEMBER
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Efesa: Harsat Ton Caan Ih Jesuh Thlundan

Efesa khua ih zumtu pawl hnen ih tirhthlah ih a cakuat mi ah, Paul cun Efesa khawmi pawl thuhla in sim tel. Efesa khua ah Christian sakhua a din ihsin reilote ah Efesa khawmi pawl cu an Khristian zumnak ah thil thupi zet ah buainak an nei. Paul, Rom khawpi pali ih pursum leidawnnak lam ih thiamzet rak si dahtu cu, tu ahcun thawnginn sungah a um. Thawnginn ihsin Efesa khua ih um zumtu pawl in "An thinlung an hloh" ih, khawpi ah siseh, Efesa khaw mi pawl ih nundan vekin nung ih, Jesuh dungthluntu sinak ih sullam an hloh ding a phantuk ruangah cakuat a ngan. A theih ah Khristian an si thluh vek cu a bang nan, Paul cun a ngaiantuah tuk thotho. Khristian zumnak ih an hnget theinak dingin, Khrih an duhnak meisa cu alhter sal ding in le Leitlun kawhhran pumhlum ah Pathian ta an sinak cu nung thar ter sal dingin a duh a si. Ziangahtile Khristian zumnak cu Khrih ih thuhla hlir a si. Paul cun Khrih cu a upat zet. A tlusia mi, Khrih thluntu pawl cun an ke an dingter sal a si ahcun Jesuh an duhdawtnak hmaisa cu an nei lehsal tinak a si ding, Jesuh ih zangfahnak le huham cu an tharin an nei theisal ding a si. Curuangah Paul cun vanram ah Khrih ih thangthatnak, thilti theinak pawl le thianghlimnak pawl cu Efesa khua ih zumtu pawl in an pom theinak dingin nasa zetin a phuang a si. Kumtluan ih vanlam khawkhannak ih tumtahmi cu Jesuh a si, cumi khawkhannak cu zumtu pawl hnenah, kawhhran ih ding an si vekin Khrih ah pumkhat ih um thluh dingin Pathian khawkhannak ih thil thupi zet a si. Paul in Efesa khua ih zumtu pawl hnenah an Bawipa lam ih thinlung thiangzet in pe aw dingih a fial tikah Khristiannak ih dungthluntu sinak nei thluh dingin a ngen cuang lo. Khristian zumtu

mizia le pawlkom ziangvek a si timi cipciar in a sim men a si. Khristian pawl cu thlarau umpi mi, Khrih- upattu, Pathian pehtlainak neiih cibai buktu, hitivek tahthimnak pawl hi Paul cun a sim nawn sal rero. Khrih upatnak ah hin tongkam le nuntu khawsakdan a thupi zet. Khrih duhdawt timi sullam cu tihzah ih zumtu pawl upat thiamnak hi a si. Cumi sullam cu thlarau siava pawl le nunphung ih nunau mipat sualnak lam dodal hi a si. Cumi umzia cu Kawhhran sungih kan pehzom awknak le innsang pawl cu Khrih ih zirhmi mah le mah pumpekawknak ihsin kan rak zirsuah mi pawl an si. Cumi cu Efesa khua pawl hnena minung thar ih umdan ding fiahfelfai zetin peksuah a si. Paul in a cakuatnak ah Pathian kawhhran sungetel ih umnak ihsin minung mizia thar pawl cu lungawi zetin a ngan tel thluh.

Pathian in minung pawl ih thenhtran awknak Judah – le Jential pawl cu kawhhran pakhat ah a finkhawm thluh timi a theihnak cun a ti cak sinsin. Doral umnak lakah pumkhat ih nun hman ding beiseinak an neih tikah, annih pawl cun Pathian mizia le a ra lai dingmi lalram phuang suahnak ding caan tha an nei a si. Pathian kawhhran sung ih a tel mi thil thupi zet pawl lakah Paul cun Kawhhran hrang tahthimnak pa 4 a rel. Zumtu pawl cun Khrih ih taksa an keng ih, Khrih an duhnak an langter ih, pumkhat an sinak khal an pholang a si. Annih cu a nungmi biakinn, Kalvari ah Khrih raithawinak thawngih dinmi, Pathian biaknak hmun an si. Annih cu Khrih ih mothar, Mopa a rung lut tikah amai ta tiih a run ham dingmi neihawknak ih tel pawl an si. A nettabik ih tahthimnak ahcun Paul cun Annih cu Khristian zumnak ih sungetel, khrih ih ralkap an si thu a run rel. Cumi cu A hmin ih hnangamnak, Khrih ratsalnak lam an thlir lamah

thim ih a run tuam mi Pathian caknak hmangin an do mi pawl an si. Cule Efesa khua cun kan tulai leitlun ih mi hip theinak thuhla vek tikcu caan a rel ih, Khristian sakhuhanak a siatsuah theidan tikcu pawl khal a rel thluh. Cumi cu Jesuh cu cawisan a si ih, Amah ih thum awk le A rakirsalnak ding beiseinak nei ih nungdam kan si vekin a kawhhran sungetel ih tangkai zet si dinghi thil thupi zet a si. Himi kuatar ahcun Efesa khaw pawl ih thlacam taimaknak le harsatcaan ih Jesuh thlun theinak thazang thar an neih mi pawl kan ngai ding.

John K. McVay, Ph.D., cu 2006 ihsin Walla Walla University in College Place, Washington, USA, ah president and professor of religion hna a tuan.

ZIRLAI 1**JUNE 24-30****PAUL LE EFESA CAKUAT****SABBATH TLAILAM**

Tuizarh sung Bible siar ding: Tirh 18:18–21; Tirh 19:13–20:1; Tirh 20:17–38; Efesa. 1:1, 2; Efesa. 6:21–24; Efesa. 3:13; Efesa.. 1:9, 10.

Bible cangken: “**Amah ih tumtahmi a lungawi zawng vekin, a lungduh thuthup cu kan hnenah in theihter: Caan bikhiah a kim tikah thil ziangkim van ih um siseh, leilung ih um siseh, Khrih ah, amah rori ah, a finkhawm thluh theinak dingah a si**” (Efesa 1:9, 10).

Thil ziangmaw kan ngan tikah, tumtahnak nei in kan tuah theu ih, a can ahcun phurrit zet pakhat a si theu. Tahthimnak ah, American ram ah ramsung doawknak ih ralkap 7,000 tlun lai an thih hnu kum 1863 ih Gettysburg ah Abraham Lincoln in a thu rel mi hminthang zet cu ca in a ngan. Cumi ahcun ram dintu pawl ko suak in, Lincoln cun ram sung doawknak hi kum 1776 ih dinmi miphun pawl cun an tuar thei ding, asilole “Leilung ihsin a hloral ding” timi a zum thu a rel.

Paul cun a cakuat cangvai ter thei tu ding tumtahmi a nei. A can ahcun thawnginn ih a tan ruangah (Efe. 3:13, Efe. 6:20) le hremnak le thlemnak nasa zet a ton theu ruangah Efesa khua pawl cu an thinlung hloh dingin thlem an si theu. Khrih cu anmah rundamtu ih an pawm le kawhhran sungtel an hung si ih, piangtharnak an neihdan pawl kha Paul cun a vun sim thei theu. Annih pawl cu Khrih ih taksa pum ah an cang, (Efe. 1:19–23, Efe. 4:1–16) Bawipa ah Temple an si (Efe. 2:19–22), Khrih ih

mothar an si, (Efe. 5:21–33), Pathian ralthuam an si(Efe. 6:10–20). Pathian ih khawkhan mi Khrih ih ziangkim pumkhat thluhnak pawl cu famkimter dingin thil thupi zet tuah ding tuanvo an nei(Efe 1: 9,10). Paul cun Efesa khua ih zumtu pawl cu Khrih thluntu an sinak le an tuanvo tuah famkim ding in ca a kuat hai a si.

NIKHAT NI**Paul, Efesa khua ih Pathian hnatauan****June 25**

Paul in Pathian thuthangtha sim in, voihnih khualtlawnnak a theh zawngih Efesa khua ih a feh hmaisabiknak ahkhan ziangsaw a tuah? (Tirh 18:18–21).

Efesa khua hi Rom ramuknak ih khawpi tum zet mipum 250,000 umnak lakih pakhat a si. Cumi khawpi cu ram pi uknak ih a lianzet mi khawpi pakhat a si ih, Asia ram, tuisan ih Asia Minor tiih kan theihmi sungih ummi a si. Paul a um lai ahcun, ukawknak cun thilri neih le lennak ah lungawinak tamzet an nei. Lawng colhnak khawpi Efesa cu pursum leidawnnak lam ih pehtlaih awknak lamzin pi a si thotho. Khawpi sungih um mipi tampi pawl cun pathian dangdang bia hai khalsehla khawpi kilkhawitu tiih an ruahmi cu cungnung bik Aremis pathian nu a si. Amah cibaibuknak ih a bitum bik mi cu khawpi ih puai dangdang, A thlethic games le kumtin puai an tuah theu mi pawl hi an si. (*Artemis was called Diana by the Romans; see Acts 19:24, 35, KJV; NKJV.*)

Vei 3 a khual tlawnnak ah Efesa khua ah Paul a thleng sal ih (Tirh 19:1–12), cutawk ah kum 3 sung a um (Tirh 20:31). Dungthluntu cun Efesa khaw hrangah pum a pe aw ih, cutawk ah Khristian hngetzet din a tum a si.

Ziangtek thil thupi danglam zet saw Efesa khua ih “Bawi Jesuh” tihzahnak kauzet ih thlen tu? (Tirh 19:13–20).

Luke in khawpi sungih khawsia dawisuaktu Judah mi, khualtlawng pasarikh ih thuhla mangbang thlak zet a rel. An khawsia dawisuaknak ahcun Jesuh le Paul ih hmin an hmangnak cu an thil ti sualmi kaihuai tu a si timi cu a fiang zet. Cuvek thuthang cu khawpi lamzin ah a thang ih, "Mikip in an tih ih, Bawi Jesuh ih hmin an thangthat"(Tirh 19:17). Cui thu pawl cu zumtu ih a suakzo mi pawl khal in an rak thei ve ih, an dawi hmannak cabu pawl khal vantlang hmuh ah an ur ih, cumi ih hlutnak cu, "Ngun tangka thawngsawm nga" a si(Tirh 19:19). Cutin khawpi sungah a thang vivo ih, zumtu pawl cun Jesuh cibai buknak cu thildang cibai buknak thawn cawkrawi ding rual a si lo timi an zirsuak.

Khami tluk ih man khung an cabu pawl an urkangmi khan ziangvek thupitnak saw a neih? Cumi in Bawipa hnenih pumpek awk thluhnak thuhla ziangsaw a rel?

NIHNIH NI

Zohnuam zohnak hmunpi ah buainak a suak

June 26

Siar ding: Tirh 19:21-20:1. **Himi thuanthu ihsin ziangvek zirlai saw kan laksuak thei ding?**

Paul in Efesa khawpi ih thuthuangtha a phuang darhnak hi a hlawhtling zet ih, khawpi ih sumlak luhnak pawl a buai thluh, khualtlawng ih ra theetu pawl in Artemis temple pi an zohduh zet, Cuvek ih temple ropi zet cu a si. Himi Temple tumpi in ban thuam 127 a nei ih, an zaten pii 60 ih sang an si thluh, Parian sailungvar ih tuahmi an si ih, an var thluh, sailungvar pawl hi zuklem tuahnak ah manmual a nei zetmi pawl an si. Thuam 36 pawl cu sui ti lawn ih tuah mi an si ih, temple pi ih paisa lakluhnak bik

khal a si ih, hlanlai leitlun ih mangbangza 7 lakah tel mi khal a si. Cumi thawn pehpar aw in, Paul in milem biaknak a dodal ruangah temple ihsin bomnak paisa an ngah ter nawn lo (Tirh 19:27), curuangah ngunbur tu Demetria cun a themthiam pawl cu a rak forh rero. Zamrang zetin mipi tamzet, bazar lam ihsin an ra ih, mipum 25,000 to theinak zohnuam zohnak hmunpi ahcun an ra pumkhawm aw ciamco. Cutawk ahcun an buainak a sosang sunzom vivo, Nazi pa 2 sung lai, "Efesa mi pawl ih Artemis hi a nasa zet a si" tiah an au ciacmo(Tirh 19:34). khawsung hruaitu in mipi pawl an tekdarh ter hnu ah Paul cun zumtu pawl a hmu ih, cutin khawpi a suahsan.

Missionary a feh veithumnak a netnak ahcun, Paul cun Efesa khua ih kawhhran hruaitu lu pawl a tong. Paul ih thusim mipawl hi ziangtin a tawi zawngin na sim thei ding?(Zoh aw: Tirh 20:17-38)

Efesa khua le Paul ih laicin awknak dan:

* **A.D. 52:** Paul in Efesa khua a tlawnnak (Tirh 18:18-21).

* **A.D. 53-56:** Kum 3 sung rori Pathian hnatiuan in Efesa ah a um (Tirh 19:1-20:1). Cutawk ih a um netnak lam ahcun Korin cakuat pakhatnak a ngan (1 Kor. 16:5-9).

* **A.D. 57:** Miletus ih a um lai ah, Paul cun Efesa khua ih kawhhran upa pawl a tong(Tirh 20:17-38).

* **A.D. 62:** Paul in Efesa kawhhran cakuat a ngan hi, Rom khawpi ihsin a si.

"Cuiruangah ngaihven uhla, cing uh, kum thum sung mitthli thawn sun le zan cat bang lo ih mikip ralrinnak ka lo pek kha" tiah Paul cun a ti(Tirh 20:31). Tuisan ih kan kawhhran thuhla ah Paul in ziangvek in ralringnak in pe dingin na ruat, ziangruangah?

NITHUM NI
Efesa mi pawl hnen ih cakuat

June 27

Paul cun Efesa khua ih zumtu pawl an pun vivo theinak dingah, ca an siar theinak dingin Efesa cakuat hi a ngan a si. Paul in a suahsan ihsin Efesa khua ih um Khristian pawl cu an thanglian vivo ih, inn ih an khawm theunak khal mipum an karhzai zet. Zumtu hmaisa pawl hrangah a kawhhran dintu bik Paul aiawh in Taikhikak cu an lak ah a um ih, cutin a hnen ihsin Paul ih cakuat pawl khal an dong theu, himi hi thil thupi zet a si. Dungthluntu ih thurawn a pek vek in pawlkom awknak ahcun sungkua in an um ih, Innsang pa bik, Nu, nauhak, siahhlawh tin an um thluh(Efesa 5:21-6:9). Cumi lai ahcun, sungkua pakhat ah midang khal an tel cih ve – Client(Inn neitu pawl bomnak ih thum aw, mi zalen pawl) le anmah ra dawrtu pawl khal an tel ve. Hivek pawl khal an um thei, cuvek ciah in innsang dang pawl khal pawlkom awknak ah an tel thei ve a si.

A hnuai ih ummi thulu pawl thawn pehzom aw in, cakuat pawl hmuahhmuah siar thluh aw, ring zetin siar aw(cumi na tuah theinak dingah Minute 15 hrawng na tul ding). Cakuat pumhlum ahhin ziang thil thupi zet a um?

- I. Onnak Cibai buknak (Efesa 1:1, 2)
- II. Thuhmaihruai thlawsuahnak (Efesa 1:3-14)
- III. Zumtu pawl in Khrih lamih fimnak an don theinak ding hrang thlacam(Efesa. 1:15-23)
- IV. A hlan ah thlarau lam thihnak: A tu ah Khrih cawisannak (Efesa. 2:1-10)
- V. Judah le Jentile sungin Khrih ih kawhhran sersiam mi (Efesa. 2:11-22)

VI. Paul, Zentel hnen ih Khrih ih thlahmi thuthangtha phuangtu (Efesa 3:1-13)

VII. Khrih duhdawt tontehnak nei dingin Zumtu pawl hrang thlacamnak (Efesa 3:14-21)

VIII. Thlarau ih thawkkhum Kawhhran pumkhatnak kaih hnget(Efesa 4:1-16)

IX. Nun thar, pumkhatnak tinung tu nunnak (Efesa. 4:17-32)

X. Duhdawtnak, eng, fimnak ih um (Efesa 5:1-20)

XI. Khristian sungkua ah Khrih hringnun vek hmang aw (Efesa 5:21-6:9)

XII. Ding tlang uhsit: Kawhhran cu Pathian ralkap vekin (Efesa 6:10-20)

XIII. Kharnak cibai buk (Efesa 6:21-24)

Himi cakuat ah thil thupi zet ziangmi a um? Cumi in nangmah ah ziangsaw a rel? Ziangmi bik in saw lo tham?

NILI NI

Amai tikcu lai ih Efesa kawhhran

June 28

Efesa kawhhran pawl hnen ih cakuat ahcun a thoknak le a netnak kha ziangtin saw Paul in a tuah? An hrangih a duhsak zetmi ihsin ziangsaw kan zir thei ve ding? (Zoh aw Efesa 1:1, 2; Efesa 6:21-24.

Cakuat ahkhan Paul in ca ngantu cu amah rori a si thu a relfiang aw(Efesa 1:1). Cakuat a laihawl hrawng ahcun Paul cun amah le mah theihter awknak nei in, “Nangmah Zentel pawl hrangah Khrih Jesuh ih thawngtla ka si” tiah a ti(Efesa 3:1NKJV), Cumi cun a hnatuan mi cu

dungthluntu pawl hnatuan a si timi a relfiang awknak a si(Efesa 3:1-13). A cakuat a netnak lam ahcun thawngtla pa a si thu a ngan ih (Efesa 6:20), cutin bulpak tongkam in a run khar(Efesa 6:21, 22). Mithiam hrekkhhat pawl cun cakuat tu hi Paul a si timi an el ih, asinan cakuat mi pawl hin a ngantu cu Paul rori a si timi fiangzet in a rel ti theih hi a thupi zet. Christian tampi cun ca ngantu hi Paul rori a si timi an pawm.

A thawngtlaknak ruangah Efesa khua ih um zumtu pawl thinhar in an um thei ding timi ah Paul in ziangtin a ruat? Zoh aw Efesa. 3:13.

Efesa khua hrang cakuat hi Paul in thawnginn sung ihsin ca a kuat mi Kolosa (zoh aw Kol. 4:7, 8) le Filomon thawn a tikcu le caan pawl an bangaw thluh vek tla a bang. Culawng hman siloin, Paul in Efesa khua ih Pathian thuthangtha simnak a neih ihsin tikcu tamzet liam hnu ih ngan mi vek tla a bang (Efesa 1:15; Efesa 3:1, 2). Paul cun AD. 62 hrawngih Rom khawpi ih thawnginn ihsin Efesa cakuat a ngan mi a si men thei.

Efesa cakuat ah a thungai tu Efesa khawmi pawl ih dinhmun mallai cu a run reltel cih. A thurel mi cu a kau tha zet. Anih cun tikcu caan hla zet, Pathian in “ Leitlun a semsuah hlan”(Efesa 1:4) ihsin a thok ih, Khrih ah Pathian rundamnak thu tiangin kau zetin a sim hai. Cuvek in cakuat mi cun cawisannak , cathiam zetih nganmi, catlang tluan sauzet le relzo mi pawl relnon sal reronak, le tahthimnak pawl a tarlang thluh. Paul cun khuitawk hmun khalah hivek hi a hmang thiam thei tuk (*Thimnak ah*: Rom. 8:31-39), asinan cuvek pawl cu Efesa cakuat ahhin a ben aw thluh, thangthatnak, thlacannak le cibai buknak tongkam pawl khal a um(Efesa 1:3-14, Efesa 1:15-23, Efesa. 3:14-21), cule uluk zetih tuah mi, tongkam mawi zet pawl

khal hmuh ding tamzet a um (*thimnak ah* Efesa 4:1-16, Efesa 5:21-33, Efesa 6:10-20).

**NINGA NI
Eesa: Khrih thuhla khatliam cakuat**

June 29

Paul in a cakuat ih thupi kha ziangtin saw a phuang? Efesa. 1:9, 10.

Ziangtin saw Efesa cakuat hi kaih tawi a sidan ding? Thawnginn ihsin Paul cun tikcu caan a kimnak le cumi ah kawhhran pawl ih tuanvo ding Pathian ah khrih ih thinlung put khawkhannak cu a run pholang a si. Pathian in Khrih ah a khawkhannak pawl cu, “thil ziangkim van ih um siseh, lei ih um siseh, Amah (Khrih) ah thil ziangkim finkhawm thluh dingin” a cangvai a si (Efesa 1:10), cule kawhhran an din vekin Judah le Zentel pawl khal pumkhat ah a tuah a si(Efesa 2:14). Pathian tumtah mi netabik cu a feh sunzom vivo lai a si timi cu sual thiltitheinak cun a hmuh theinak dingah zumtu pawl cu himi Pathian khawkhannak ah tel dingin kawh an si (Efesa 3:10). Efesa 1:9, 10 ih a ngen vekin, Pathian in pumkhat dingih a ruatnak cu Khrih ah a thum aw a si. Curuangah Efesa cakuat hi Khrih ah hnime phum mi cakuat a si, cumi cu hmuntin ah Khrih ah Pathian hnatuan thangthatnak le zumtu pawl cu Khrih ah thlarau lam thilpek an donmi pawl an lomnak thu hmuh suak a si khal hi mangbangza a si lem lo. Paul cun, “Khrih ah” timi le cumi vek tongkam cu voi 30 tlun lai a hmang ih, hmun tin ah Jesuh a cawisang a si. Cakuat nan siar tikah, himi tongkam hi zoh aw, Paul in Jesuh a ngai thupidan lamzin tampi a um.

Paul cun Efesa khua ih zumtu pawl cu kawhhran sungetl an si timi va theihternak ihsin thlarau lam ih an

pekawknak cu tuah nung lehsal a duh, cumi cu Pathian in khrih ah pumkhat si dingih khawkhannak thinlung a si. Cakuat ih kawhhran(**Grik- Ekklesia**) timi tongkam a hman tikah, a ti duhsan cu “leitlun pum” kawhhran, lole hmunpi ih kawhhran(*tualsung pumkhawm awk ai hman ih tam in*) a ti duhnak a si.

A thu simmi bik cu kawhhran thuhla relsuak hi a si, cumi cu tahthimnak fiang zetin a run rel ih, cumi lakah pa 4 cu cipciar zetin a tuahsuak a si:

1. Kawhhran cu taksa vekin (Efesa 1:22, 23; Efesa. 2:16; Efesa 3:6; Efesa 4:1–16, 25; Efesa 5:23, 29, 30).
2. Kawhhran cu Temple vekin(Efesa 2:19–22).
3. Kawhhran cu Mothar vekin(Efesa 5:22–27)
4. Kawhhran cu ralkap vekin (Efesa 6: 10-20)

Himi pawl hi anmai lamzin cio ah Pathian ih tumtah mi le a kawhhran hrangih tumtah mi pawl an pho lang.

Na umnak kawhhran, Seventh-day Adventist Kawhhran ahkhan Pathian cun tong dangdang, miphun dangdang, nunphung dangdang(Thup 14:6,7) a hruai khawm thluh ih, Cumi cu Jesuh ah ziangkim a khawkhannak pawl hmuanhmuah pumkhat ih thlen famfimnak ding lamzin a si. Ziangtin saw Pathian khawkhannak thawn milaw ih hna kan tuan thei ding?

NIRUK NI

June 30

Ruahbet ding: Khawsia dawisuaknak ih Jesuh le Paul ih hmin hmansual thuhla(Tirh 19:13–20; Nikhat ni Zirlai ah zoh aw) cun ziangah Paul in Efesa ahkhan thilti theinak thuhla tampi a rel phah timi in simfiang a si. Zumtu thar

hrekkhat pawl cu Jesuh ih piangtharnak hnuai ah an dawi cabu mankhung zet pawl cu meisa lakah an hlawn thluh. Thil hmuhsuah mi dangpawl ih tlun ah dawi lampang Papyri 250 hrawng hmuh bet a si ruangah lungawi a um zet ih, himi dawi cabu thawn a bangaw zet mi thil dangdang, thlarau lam biaknak, tong phun sersonak, hmuhsaknak le cibai buknak tivek pawl khal zuklem ih nganmi tampi kan nei a si. Cumi cabu pawl cun zumtu pawl cu cuvekih pathian pawl, pathian nu pawl le an duhmi dil dingin thlarau lam thilti theinak nei dingin a forh hai a si. Luke cun cui cabu pawl cu ngun tangka 50,000 man asile ni 50,000 hlawh man hrawng a si thu in sim.(Tuisan vek a si ahcun hna pangai tuan in nikhat ah \$80 rak ngah bangta awla, himi cu \$4 million hrawng a si ding tinak a si cu). Himi thuhla pawl cun an cabu neihmi pawl cu nitin nunnak hrang a thupit zia in sim thei a si. “Thlarau lam thilti theinak an neih theinak ding hrangah Amulet pawl, Aii pawl, Biakthawhnak tivek pawl le hnamdan vekin an hman sunzom vivonak pawl hmuahmuah an hlon theinak dingah Pathian Bawi bik a run tel ve a tul a si.”—Clinton E. Arnold, *Efesaesians (Grand Rapids, MI: Zondervan, 2010)*, p. 34.

Efesa cakuat cu zumtu thar, “vanlam ih thiltithei theinak a feh sunzom rero mi pawl rak do theidan” a thei duhtu pawl hrangih ngan mi a si ti kan thei thiam’ “— Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesaesians (Grand Rapids, MI: Baker Books, 1992)*, p. 165.

Paul cun Efesa khawmi pawl hrang cakuat a ngan tikah, Khrih cu thiltitheinak huham pawl hmuahmuah tlun ih um tu a sinak a langter ih, (Efesa 1:20–23) zumtu pawl hnen ih a pekmi Pathian cahnak cu a hleice mi thil a si timi a phuang (Efesa 2:15–19, Efesa 3:14–21, Efesa 6:10–20).

RELKHAWM DING THUSUHNAK PAWL

- 1.** Tulai leitlun le na hringnun ah ziangmi thiltitheinak lole thuneihnak in saw hnatauan? ziangtin saw himi thiltitheinak pawl in an hung lang ih, ziangtin saw cumi cun Cawisan Jesuh hnenih rinumnak le thianghlimnak pe lo in, upatnak le tihzahnak sawn pe dingin thlemnak a um?
- 2.** KHIRH IH PUMKHAT SITHLUH DING PATHIAN IH KHAWKHANNAK “TIKCU FAMKIMNAK” CAAN TIMI AHKHAN PAUL CUN HMAILAM CAAN BEISEINAK A RAK THLIR. “BEISEINAK” TIMI TONGKAM A HMAN MI PAWL A VUN THLIR SAL, EFESA 1:18, EFESA 2:12, LE EFESA 4:4. HMAILAM CAAN AH BEISEINAK A UM HRIH LAI TIMI HI ZIANG RUANGAH SAW A ZUM?
- 3.** EFESA CAKUAT AHKHAN PAUL IN JESUH RATKIRSALNAK DING HMAILAM CAAN BEISEINAK ROPI ZET CU ZIANGTIN SAW A REL? EFESA. 1:13, 14; EFESA. 1:21; EFESA. 2:7; EFESA. 4:30; EFESA. 5:5. HIMI BEISEINAK HI TU AHHIN KAN HRANGAH A SULLAM ZIANG A SI?

ZIRLAI 2**JULY 1-7**

**PATHIAN ROPI:
KHIRH - KHAWKHANNAK LAIMUBIK**

SABBATH TLAILAM

TUIZARH SUNG BIBLE SIAR DING: Efesa 1:3–14; Efesa 2:6; Efesa 3:10; Kol. 1:13, 14; Daan. 9:29.

Bible cangken: “Van hmun pawl ah thlarau lam malsawmnak hmuahmuah thawn Khrih ihsin mal in sawmtu kan Bawipa Jesuh Khrih ih Pathian le Pa cu thangmhat in um ko seh” (Efesa 1:3).

Thlapi par kai hmaisabik a sinak ihsin Kum 25 lai a rei hnu ah Neil Armstrong cun khavek ih santhuanthu pawl a paltlang thei ruangah ziangkim timlamtu Extravehicular Mobility Unit(EMU) pawl hnenah lungawi thu simnak ca a ngan. Cumi cu, “San thuanthu ih vanlam zuklem la tambik” tiah kawh a si ih, “cui hmun luahtu santlailo” pawl cu hmuh theihlo dingih khuhsak thluh in hlawhtlinter a si ruangah Armstrong cun Johnson Space Center ih “EMU Gang” pawl hnenah a himnak dingih thuamhnaw an tuahsak ruangah “Kum zabi tamtak sung cu lungawi thu a sim rero”.

Paul cun Efesa khaw pawl hnenih cakuat ngan a thok ahkhan lungawi thu simnak a nei ih, thlapi parih kai pa ih humhimnak kor a neih vekin zumtu pawl in an nunnak dingih thlawsuahnak dongin Pathian in thlawsuahnak a pek hai ruangah Pathian a thangthat. Paul cun Pathian in, “Leilung semsua hlan ihsin”(Efesa 1:4) thlawsuahnak pe dingin hnataunnak a neih rero zo thu le

zumtu pawl ai-awih in a liamcia tikcu caan pawl ih hnatuannak a neih ruangah Pathian hmin a thangthat.

Paul in Efesa cakuat a nganthok ahhin a hleice in Pathian an biakdan ding le Amai bomnak ruangih thlawsuahnak tampi an ngah mi ah Pathian an thangthatdan ding pawl a ngan.

**NIKHAT NI
Khrih cohlang le hrilmi**

July 2

Lungawi thusimnak ca ahhin laksawng asilole lawmman ngah mi thuhla a tel ringring theu. Paul khal in thuthangtha ih thlawsuahnak ruangah Pathian hnen ih a lungawi thu cu sau zetin Efesa 1:3-14 ah a ngan tel ve. Paul cun Pathian cu “Thlarau lam malsawmnak hmuahmuah thawn Khrih ah mal in sawm” a si a tiih a thangthat. Himi ih malsawmnak pawl cu thlarau lam (**Grik-Pneumatikos**) an si ih, cumi cu thlarau (**Pneuma**) ihsin a ra mi a si. Cumi cun Paul ih thlawsuah relmi, zumtu pawl hnenih thlarau thianghlim ih hnatuannak a rel mi a si (Efesa 1:13,14). Efesa 1:3-6 ahcun Pathian in Khrih ah in zohdan thuhla, mi thinlung neh thei zettu tongkam a um. Leilung semsuah hlan ihsin, Pathian cun Khrih ah in hril zo, cule fapa pawl le fanu pawl vekih hlutnak nei in Khrih ih tlennak le sersiamnak ih (Efesa 1:5) um kan si vekin a hmai ahcun, “thianghlim le mawh neilo” Efesa 1:4, le Efesa 5:27 zoh thim aw) ih um ding kan si. Ni in a tleinak a suah hlan ihsin “A duhdawtmi ah cosan mi” (Efesa 1:6) kan si dinghi a duhmi a si. A tawi zawng cun, rundam kan si dinghi Pathian ih tumtah mi a si. Kan duhhirlmi sualnak ruangah rundamnak kan hloh a si.

“Van hmun pawl ah” tiin Efesa cakuat sungih aum mi ih sullam ziangsaw a si (Thukam thar cabu sungih a langnak umsun cabu a si)? (zoh aw, Efesa. 1:3, 20; Efesa.

2:6; Efesa. 3:10; Efesa. 6:12; “van hmun pawl ah” a timi thawn zohthim aw Efesa. 3:15, Efesa. 4:10, Efesa. 6:9.)

Efesa cabu sungih “van hmun pawl ah” tile “Van pawl ah” asilole “van ah” a timi cun Pathian ih umnak vanram an kawh hmuh a si (Efesa 1:3, Efesa 6:9), thlarau lam huham pawl umnak hmun a si (Efesa 1:10,20,21; Efesa 3:10,15; Efesa 6:12), cule Pa vorhlam kut ih Jesuh cawisan ih a umnak hmun khal a si (Efesa 1:20). Zumtu pawl cun “Van hmun pawl” cu Khrih fehtlang ih thlarau lam thlawsuah peknak hmun vekin tu ahhin an hmu thei a si (Efesa. 1:3, Efesa. 2:6). “Van hmun pawl” cu zumtu pawl ih thlawsuahnak hmun ah cang khal sehla, Khrih ih uknak a dodaltu thilithehnak sual pawl ihsin doawknak hmun ram ih um rero lai an si (Efesa. 3:10, Efesa. 6:12).

Efesa 1:4 ah cambang hrih aw, Amah Khrih ahcun, “Leitlun semsuah hlan ihsin” hrilzo mi kan si. Cumi ih sullam cu ziangsaw a si, Kan hrang Pathian duhdawtnak le rundam si dingih in duhnak pawl cu kan hnen ah ziangtin a lang suak?

**NIHNIH NI
A man khung tlennak: Ngaidamnak ropi**

July 3

Paul ih thusimmi a ngaitu pawl hnen ahcun sualnak cu thil ti theizet, mi uk thei zet a rak si. Paul cun thihnak ih feh rero zo vekih an hnen ah, “Daan buarnak le sualih thi zo mi” (Efesa 2:1) tin a ti, cucing in “feh rero” asilole Satan pa ih thupek vekih hringnun an hman thu khal a simtel (Efesa 2:1-3). Sualnak le Satan sal ih tang an si ih, anmah ten an zalen thei lo. Rundam tu an tul zet. Pathian cun Khrih ah a zangfahnak thawn a rundam hai, cule Paul cun zumtu pawl hringnun ah Pathian ih zangfah

thlawsuahnak pahnih: tlennak le ngaidamnak cu a phuangsuak a si.

Siar ding; Efesa 1:7,8. “**Tlennak** timi cu Thukam thar sungah hman leuhleuh mi tongkam a si. Cumi cu Kolose 1:13,14; Titas 2:13,14; Hebru 9:15 ih a hmanmi thawn zohthim aw. Cumi pawl cu Efesa 1:7,8 thu ih ummi pawl thawn ziang thupi saw an neih?

Grik tong ih, “Tlennak” timi Efesa 1:7 ih ummi hi **apolutrosis** ti a si ih, cumi a hmannak taktak cu Zalennak ngah dingih saltang an va leinak, asilole saltang mi cu suak zalen dingih paisa va peksaknak ahhin a si. Sal zuartu cun a zuarmi a lilam lai aw le sal kaihmi ih tawnnak hridai awn pawl cu a theithe. Thukam thar in tlennak thuhla a rel tikah sal tang zalennak ih man khundan pawl a run pholang thluh. Kan zalennak hi a mankhung zetmi ihsin ra suak mi a si. “Amah(Jesuh) ah a thisen thawngin tlenmi kan si”(Efesa 1:7 ESV). Tlennak timi hi kan luatnak ding hrang Pathian in siangzet ih a pekmi a mankhung zetmi a zangfahnak a si. Pathian cun kan zalennak le kan covo in pe a si. Saltang kan si nawn lo. “Tlennak timi cu thilri pakhat vek men siloin minung vekih zoh awk hi a si. Leitlun ih saltang siloin van mi sinak va neih hi a si” —Alister E. McGrath, *What Was God Doing on the Cross? (Grand Rapids, MI: Zondervan, 1992)*, p. 78.

Tlennak man cu Pathian in satan hnenah a pe timi cu Bible ih thil a thleng mi a si lo ih, “Medieval” (caan karlak) ih um pawl ih ngaihruatnak men a si timi cu ngunngaih zetin hminsin aw. A thuhrim in Pathian in satan hnenah ziangvek leiba khal a nei lo ih, pek khal a pe dah lo ding. Kalvari ih hlawnak khalah, “ Kan daan buarnak in ngaidam zo”(Efesa 1:7 ESV) timi a tel. Thinglamtah ah, Khrih cun a liamcia le a ralai dingmi kan

sualman cu Amah rori in a phur, “Daan ih in ngenmi kanmah in dodaltu leiba pawl cu a thaihlo thluh zo” (Kol 2:14, ESV). Himi tlennak a tuahnak le Khrih fehtlang ih ngaidamnak a neihnak ah Pathian cu “ A zangfahnak ih a len bangin” kan “parih a ropinak cu” Pa tirhsiang zet vekin a um a si.

Khrih ih raithawinak thawngin ngaidam mi le tlenmi na si timi in nangmah ah ziangvek sullam a nei. Cumi ngah dingin tlaktlai lo zetin rak thei bangta awla zingtin a si ding? (A taktak ahcun: ngah tlak na si riai lo; cumi cu thinglamtah ih tuah thluhmi a si)

NITHUM NI

Pathian tumtah: Khrih- khawkhannak laimubik

July 4

Pathian ih, “caan bikhiah khawkhannak” cu ziangsaw a si, cule cumi cun khuitawk tiangsaw a thlenpi thei? Efesa. 1:9, 10.

Paul in Pathian khawkhannak hrang hminsinnak pathum a hmang: cumi cu (1) “A duhzawng thuthup”, (2) “A tumtahmi”, (3) “Caan bikhiah khawkhannak” timi pawl an si. Pathian ih khawkhannak netnabik cu ziangsaw a si? Ziangkim, khuitawk hmun khalah Jesuh ah pumkhat va sinak ding hi a si. Paul in khawkhannak timi relnak ih a hman mi tongkam hi a mawi zetmi zuk(**Grik-anakephalaiōsasthai**) vekin a rel ih, “hruaitu lu” asilole Khrih sungah ziangkim “khai khawmtu” vekin a rel. Hlansan ahcun ziangmaw thil siar tikah, a sir tungzawng ih nganmi nambat pawl kha na vun “kom khawm” thluh dingih a tlunta bikah na ret ding. Jesuh cun Pathian ih khawkhannak netabik a ratsalnak ding khawkhannak cu a kaihruai a si. Himi Khrih- a laimubik khawkhannak cu

"leilung sem hlan ihsin"(Efesa 1:10) um zo mi a si ih, tikcu caan pawl hmuahmuah ah a um thluh,(caan bikhiah famkimnak) van boruak khal ah (Ziangkim... vanram le leitlun ih um mi thil ziangkim ah)a cam bang thluh. Paul cun Khirih ih pumkhat sinak cu khawkhannak ropi zet, leitlun hrangih Pathian tumtahmi vekin a phuang darh thluh.

Pathian ih " Caan bikhiah khawkhannak"(Efesa 1:10 ESV) relkhawmnak ahhin, Paul in a thusim ding thupi pawl cu cakuat hmangin a relpi hai. Kawhhran din le cutawk ah minung thenhrang awknak, Judah mi le Zentel mi(Efesa 2:11-3:13) khal pumkhat in an um theinak dingah Pathian cun a khawkhannak cu Jesuh ih thihnak, thawsalnak, van kainak le cawisannak(Efesa 1:15-2:10)pawl hmangin hram a thok a si. Hivek zawngin, kawhhran cun sual thiltitheinak pawl hnenah Pathian khawkhannak cu a feh vivo ih, an thenawknak cu a netnak a thleng leh ding timi a theihter a si(Efesa 3:10). Bible hmundang ah hivek ih rel a si: "Ziangahtile khawse lal cun caan tawite lawng a nei ti a theih ruang ah thinkhengnak nasa zet thawn nan hnenah a rung tum a si," tiin(Thup 12:12). Paul ih cakuat a hrek ih netabik hi pumkhat ih um dingih kawhnak a si(Efesa 4:1-6) cule pumkhat sinak siatsuah thei thil pawl cu hnong dingin le cumi ai ah, zumtu pawl hnenah lungruaum zetih um khawm thei dingin thu a sim sunzom a si(Efesa 4:17-6:9). Paul cun a netnak ah kawhhran cu ralkap pumkhat aw vekih um dingin le Khrih hmin in cakzet in daihnak um thei dingin a forhfial a si (Efea. 6:10–20).

Ziangtin saw Khrih Jesuh ih tlennak na ngahmi pawl cu khawkhan cianak, Pathian in Khrih ah ziangkim pumkhat ih um thluh dingih a duhmi Pathian ih khawkhannak netbatik ah a tel timi na theih thei ding ih, na lungawi theidan ding?

NILI NI

A sunlawinak thangthat hringnun

July 5

"Amai' duhdan vekih ruatcia mi, thil ziangkim a tuahtui' tumtah vekih remruat mi kan si ih, amah ah roconak khal kan ngah: Cuticun Khrih a rak zum hmaisatu kanmah ihsin a sunlawinak cu thangthat ih a um theinak dingah a si" Efesa 1:11-12

Efesa khua ih zumtu pawl hi Khristian an si vekin ziangvek mi an si ti thei aw loin "thinlung hloh"(Efesa 3:13 ah zoh awla) vek tla khi an bang. A hlan ih a rak simvek bangin (Efesa 1:3-5), Paul cun Khristian an sinak kha langter ih, theithiam aw dingin a duh hai. Zumtu pawl hi daithlang ding an si lo, pathian dang pawl ih kaihruainak asilole thiltitheinak huham tivek khal ah thutluknak tuah maimai ding an si lo. Annih pawl cu Pathian ih fale an si(Efesa 1:5) ih, Pathian ih kumkhaw thutluknak ah le Khrih fehtlang ih nun simnak pawl ah thlawsuahnak tampi ngahtu ding an si. Cumi cu Pathian ih tumtah mi, forhfial le duhzawng hi(Efesa 1:11) Khrih ah ziangkim pumkhat aw thluh dingah Pathian in kau zetih a tuahmi khawkhannak a si. Pathian in thlawsuahnak thawn a bomnak ah le Pathian hmai an dinnak ah zianghman ih tlukter theih lo ding khawp in hnget zetin an ding. An hringnun cun Efesa 1:3-14 sungih um mi: Pathian, kan Bawipa Jesuh Khrih ih Pa cu thlawsuah in um hram seh timi thucah cun an nun a tham zet.

Efesa 1:11,14,18 ih um "Roconak" ti ih hman mi hi vun zohthim hnik aw. Ziangah Paul hrangah himi hi a thupi zet tin na ruat?

Mi zotal simaw an thihnak ruangah rocomi na rak nei dah zo maw? Na laicin pawl in ro thil an lo tanta, lole

paisa tamzet an lo tanta tla a si men thei. Jesuh thihnak thu ah Paul ih a hmuhdan ahcun, Khristian pawl cun Pathian fa sinak ro an co ih(Efesa 1:14), cule Pathian hnenah “Roco” an si(Efesa 1:18). Thukam hlun san ahcun Pathian minung pawl cu “A roco” asilole “a rocotu” ih ruat an si theu(Daan. 9:29, Daan. 32:9, Zekh. 2:12). Himi “ro” asilole Pathian “roconak” timi cu Efesa 1:18 ah fiang zetin a um, cumi cu Efesa 1:11 ih um mi thawn a sullam an bangaw zet(Cumi ahcun hitin lehlin a si, “Amah ahcun roconak khal kan ngah”). An Khristian sinak hminsinnak ah Paul cun zumtu pawl in Pathian an upat thiam ding a duh zet. Pathian hnen ihsin Ro an co thei lawng hman siloin(Efesa 1:14, Efesa 3:16, zokop aw Efesa 5:5), Annih pawl cu Pathian ih roco an si.

Thil pakhat dong dingih hnatauan timi le roco timi ih danglamnak ziangsaw a si? Ziangin saw himi ruahnak pawl cun Jesuh ah pekih kan umnak pawl hi theithiam dingin in bawm thei ding?

NINGA NI

Thlarau thianghlim; Tacik le rulhnak

July 6

Efesa 1:13, 14 ah Paul cun a ca siartu pawl ih thuanthu mallai a rel. Himi thuanthu a sangsang ih um mipawl hi ziangsaw an si?

Zumtu pawl ih nunnak ah Thlarau thianghlim a thupitzia Paul cun thlarau hrangah tahthimnak thukzet pahnih a rel: A hmaisa tu cu Thlarau thianghlim cu “Tacik” vekin a rel, Piangthar ihsin thlarau tacik a um timi a khih hmuh. Hlanlai ahcun tacik hi hna dangdang hrangih hman mi a rak si: Daan le remawknak cabu thupi zet tivek ah, thil thatnak a cem le cem lo, asilole thil ziangmaw tahnak tivek khalah hman a si(Ezek 28:12), asilole pursum

leidawnnak lam theihpinak(Jer. 32:10-14, 44), thutiamnak, cakuat (1 Siang 21:8), duhdan le fa neihnak thukam tivek khal ah hman a rak si theu. Thil ziangmaw ah tacik a um ahcun, cumi tacik cun neitu sinak le kilhimnak pawl a phuangsuak thluh a si. Zumtu pawl nun ah thlarau thianghlim a um tikah annih pawl cu Pathian ta an si zia a hminsih ih, Pathian in anmah pawl humhim dingin thuthiam a tuahsuak a si(Efesa. 4:30). Annih pawl cu “thlarau thianghlim tacik khen in an um”(Efesa 1:13). Paul cun mi pakhat in a nunnak Jesuh hnenih a hlan veten, Amah ah zumnak a nei ih, thlarau thianghlim cun Khrih ah zumnak neitu cu tlennak ni hrangah tacik(**Grīk Verb: Sphragizo**) a khen a si tin fiangzettin a rak sim. Zalennak le hnangamnak dikzet a si. Pathian ih thlarau cun zumtu pawl in Khrih an thlun veten rundamnak tacik cu a khen cih hngal a si.”—Jiøí Moskala, “Misinterpreted End-Time Issues: Five Myths in Adventism,” *Journal of the Adventist Theological Society* 28, no. 1 (2017), p. 95.

Paul in thlarau thianghlim tahthimnak a hman mi pakhat cu “Thukam lole Amahkhan” a si. Thlarau thianghlim roco tu kan sinak dingih thukam a si, cumi cu famkim zetin ro an co theinak ding hrangih rak kawhhmu tu a si(zoh kop aw: 2 Korin 1:22, 2 Kor 5:5). “Thukam”(**arrabōn**) timi tongkam hi thukam thar sungih **Koine Greek** ih an hman uar zetmi **Hebru Loan** tong ihsin ra suakmi a si ih, cumi cu “pek hmaisaknak” “Ret sungnak” lole “pek vivonak” tivek in a petu in a pek sunzom vivonak dingih an hman mi a si theu. Hivek thukam thilpek hi Zumtu pawl in an pe lo ih, Pathian hnen ihsin an ngah sawn lam hi a si. Paul cun zumtu pawl nun ih Thlarau thianghlim ummi cu rundamnak ro an co kim theinak dingin le Jesuh a rat kirsal ih tlennak an ngah theinak ding hrangih thil thupi hmaisabik a si tiah a ti. Kan hnatauan cu lungawi

zetih rak don le Jesuh ah in pek dingmi thinlung takin rak don hi a si.

NIRUK NI

July 7

Ruahbet ding: Efesa 1:3-14 cun Pathian in minung hmailam caan hrang a ruatcia ih, hrekkhat cu kumkhat nung dingin le a hrekkhat cu kumkhaw thihnak tuar dingin timi in zirh maw si? vansiat tlak zetin mi tampi cun himi hi an zum. Ziangkhal sehla, himi ruahnak cu:

1. Catlang tluan ahhin, Khrih ih hnatiuan cu ruatcia a si, Pathian cun in pom dingih duhrilhnak cu “Jesuh Khrih thawngin a si”(Efesa 1:5) lole “Amah(Efesa 1:4,11) in a si. Himi cun Pathian ih hrilnak le rak remruat cianak cu mi an suah hlan ihsin rundam ding le hloral ding tivek lam a siloik Khrih ih zumnak neitu pawl hmuah hmuah hrangah a si sawn. Pathian ih thutluknak cu ruatcia, zirfiang le Khrih ih zumnak neitu pawl hrangah a si.
2. Efesa 1:3-14 ah Pathian ih rundamnak hnatiuan thuhla fiangzet in a lang. Pathian cu “Pa” a si ih, kannih cu A “lakmi” fale(Efesa 1:3-5), ramri nei loin A thlawsuhnakan dongtu kan si. Pathian ih hrilnak le A lennak ih eng tongkam ruatcianak pawl hi kan theihthiam a thupi zet. Pathian cu hla zetih um, thinlung mumal nei lo hmuhla ih um thuthen tu a si lo, anih cu a fale pawl hmuahhmuah a ngaihsaktu “Pa” a si.
3. Pathian in milai duhrilnak a ruatsak zia cu Efesa 1:3-14 ah kan hmu thei(A hleice in Efesa 1:13 ah “ thei” tile “Zum” timi cu an thupi zet), a cakuatnak hmundang khalah a um (*Efesa. 2:8, Efesa 3:17, Efesa 4:1-6:20, an zaten in duhrilnak le zumnak ih rak sanletnak pawl an thupi ter thluh*),

cule thukam thar hmun dang khalah hmuah a theih (zoh aw 1 Tim. 2:4,Tirh 17:22-31). Asilole Ellen G. White khal in hitin a rel: “A fapa laksawng in pekmi ah Pathian cun leitlun hmuahhmuah le van boruak pawl khalah a zangfahnak a langter a si. Himi nunnak thaw a neitu, Himi nunnak pe thei boruak thaw a duh hmuahhmuah cun Khrih Jesuh ah mipa le nunau vekin an thanglian ding a si.

RELKHAWM DINGMI THUSUHNAK PAWL:

- 1. Pathian in in sersiam hlan ihsin zosaw rundam an si ding timi le zo saw hloral ding timi a ruatcia thluh zo tiih a lo simtu pawl hnenah ziangvek in saw thuhla na sim bet ding?**
- 2. Mi pakhat in Jesuh ah rundamnak a ngah ding le ding lo thutluknak cu ziang duhrilnak ah saw a um?**
- 3. “A zangfahnak a tam bangin sual ih ngaidamnak A thisen thawngin amah ah tiennak kan ngah” (Efesa 1:7, NKJV). Daan ih hnatiannak siloin zumnak lawngih rundamnak hi a tak ih a lang theinak dingah himi bungcang in ziangvek saw in sim?**

CAWISAN MI JESUH IH THILTI THEINAK**SABBATH TLAILAM**

Tuizarh sung Bible siar ding: Efesa. 1:15–23; Efesa. 3:14–21; 1 Thess. 5:16–18; Daan. 9:29; 1 Kor. 15:20–22; Saam. 110:1.

Bible cangken: A cakmi a huham ih hnamuan dan vekin amah a zumtu kanmai' lamah ziangtluk a huham cu a sunglawi hleice ti nan thei ding a si, Cucu thuneihnak hmuah-hmuah, le huham, le cahnak, le lalnak, le hi leitlun lawngah si loin, a ra thleng lai dingmi khalah hminsak mi hmin tinkim ih tlun sangpi ah thihnak ihsin a kaihthawh mum ah, le van hmun ih a vorhlam ih a toter mum ah Khrih ah a tuah thluh zo a si"(Efesa 1:19-20).

A landan ahcun Minung pawl hin thil ti theinak nasa zet an nei ringring a bang. Thimnak ah Auto tuahnak Dever Motor cun an Devel Sixteen an phosuak ih, cumi motor cun 16 cylinder, 12.3 liter Engine hmaning 5,000 horsepower a pe suak thei hi a si. Cumi cu a tawk hrih lo asile, Pratt & Whitney J34-48 Jet Engines pathum rori nei Peterbilt semi-truck kha vun ruat aw. Horsepower 36,000 rori a nei ih, second 6.5 sungah peng li thenih thenkhat a thleng man, thlithawng pahnih hman a si hlan ahcun nazi pakhat ah 376 mph in a tlan cak.

Cuvek thil thawn kah aw ciah in, Paul cun Efesa khua ih zumtu pawl, an nun phung ih thiltitheinak le pathian dangdang pawl ih mihip thlemlnak hnuai ah

Pathian in Khrih ah thiltitheinak a pekmi cu thlarau thianghlim fehtlang ih an hmag theinak dingin thlacamnak a neisak hai. Himi Pathian thiltitheinak cu Horsepower, lole dawithiamnak tivek lam a si lo ih, vanlam thil titheinak, rundamnak santhuanthu ih thil thupi zet pawl an si sawn: (1) Jesuh ih thawhsalnak (2), Pathian Bawi tohkham ih cawisannak (3) ziangkim Khrih thuneihnak hnuai ih ret (4), Kawhhran lubik si dingah Khrih cu pek in a um(Efesa 1:19,20).

Himi thil pali vun ruah tikah, zumtu pawl cun an ai-awh ih Pathian in thil thei theinak nasa zet a hman cu an theithiam thok ve thlang.

Thlacamnak le lungawithu simnak

Efesa khua ih um zumtu pawl cun thazang nasa zet an ngah ih, Jesuh ah zumnak lungawi um zet an nei ih, pakhat le pakhat duhdawtnak khalah an thangso vivo(Tychicus in himi thuthang hi a rak rel tla si men thei Efesa 6:21,22), Paul cun an hrangih thlacamnak a neihdan pawl a sim hai.

Efesa khua ih Paul thlacamnak pahnih Efesa 1:15-23 le Efesa 3:14-21 hi vun zoh tlang aw. Himi pahnih in ziang thupinak saw an neih?

Khui maw caan ahcun kan thlacamnak au aw cu lungsiatza, riahsiatza le buainak tamter tu a si theu. Paul in Efesa khua pawl hnen ih cakuat a nganmi cun lungawi thusimnak cu thlacamnak ih kan hmag dingmi tongkam a si timi in theihter. Pathian thlawsuahnak cun in tuam thluh ih, cumi ah lungawi thusim ding kan si. Hnatuannak

ih harsatnak dangdang kan ton caan ah Pathian kan hawl ih, kan hrингнun ah danglamnak in thlenpi ruangah thangthat ding kan si. Cawisan mi Jesuh ih thiltitheinak le zangfahnak ah lungawi ding kan si (Efesa 1:20-23), kan kiangkap le kimvel hnen ah thlawsuahnak a pek hi lungawi thu sim ding kan si. Hitawk ahhin Paul thlacamnak ih thuthup danglamter tu a um : Thlacamnak cu thangthatnak le lungawi thusimnak ih tawhfung a si.

Paul cun hitin khal in a sim thotho, “Nan hrang lungawi thusim bang loin, ka thlacamnak ah ka lo telh ringring (Efesa. 1:16, NKJV; Filipi. 1:3, 4; 1 Thess. 1:2; and 1 Thess. 5:16–18). “Cat bang loin thlacam ringring uh” (1 Thess. 5:17) timi ih sullam hi ziangbik saw a si? Pathian hmai ah khukbil ringring in thlacamnak kan nei ding tinak cu a si thei hrimhrim lo. Himi ih sullam taktak cu, Pathian thlarau hmangin, Pathian umpinak le Pathian thilti theinak ah thinlung ongaw zetin hrингнun hmangin, Amai hnenah lungawi thu kan sim tinak a si. Cumi ih sullam cu Pathian hmaiah kan hrингнun ih buainak thlen dingin le nunnak in a hrualtel dingmi danglamnak kan ton tikah Pathian ih thurawn hawl hngal dingin kan ralring ringring tinak a si. Cumi sullam cu Pathian thawn hla aw loin, Amah thawn pehzom awknak nun nei in, Pathian kaihhruai vekin um dingin thinlung ongaw ringring tinak a si. Kannih khal in thlacamnak cu thil mawi zet, thil remcang a um caan ih kaihhruai awknak ih hman ding men lawng ahhin kan ngai theu. Paul cun ngaihdan danglam zet a nei. Anih cun Efesa khua ih zumtu pawl hnenah nasa zetin thlacamnak a nei ih, an hrangah lungawi thu simnak khal a neih sak phah (Efesa. 1:16; zohkop aw Efesa. 1:3–14) cule an hrangah ngennak khal a neih sak (Efesa. 1:17–23; zohkop aw Efesa. 3:14–21). Amai hrang ahcun thlacamnak cu a laimubik, lole Khristian zumnak ih a thupibik ah a ret. Himi bungcang cu

thlacamnak nun nei dingih kawhnak a si, kan zaten kanmai bulpak cio ah Paul ih pekawknak nun “thlacam rongbawlnak” nei dingih kawh kan si.

Lungawi thusimnak ding san na neih ruangih thlacamnak piangih lungawi thusimnak telh ringring hi ziangah a thupi?

NIHNIH NI

July 10

Thlarau thianghlim ihsin theihthiamnak tonnun

“Nan hrang lungawi thusim bang loin, ka thlacamnak ah ka lo telh ringring; Cuticun sunlawinak Pa, kan Bawipa Jesuh Khrih ih Pathian in amah theihnak thu, fimnak le theihfiangnak thlarau a lo pe ding” Efesa 1:16-17

A thlacamnak ah Paul cun Pathian Bawi tohkham hmai ah a ngenmi thil pakhat a ngan tel. Zumtu cu a pianhar veten thlarau thianghlim cu an nun ah a um timi a rak ngan dah zo. (Efesa. 1:13, 14). Tu ahcun Paul cun Jesuh theihthiamnak ah thum aw in a tul zetmi thlarau lam thlawsuahnak ngah dingin thlacamnak a nei (“Amah theithiamnak nei dingin” Efesa. 1:17).

Paul in zumtu pawl hnenah thlarau thianghlim in a run keng dingmi thupi pathum hrangih a thlacam mi kha ziangsaw a si? zoh aw Efesa. 1:17–19. Paul in an hrangih thlacamnak a neih sak tikah, “A lo kawh ruatsannak”(Efesa 1:18 ESV) timi a hmang, Pathian in an hrangih a pekmi rundam hnatiuannak ahkhan fimkhur zetih um ding in thlacamnak a nei (Efesa. 1:3–9, 11–13) cule An hrangih a khaw Khan mi, hmailam caan ih ropitnak an ton dingmi hrang khalah thlacamnak a neih sak. (Efesa. 1:10, 14). Paul in an hrangih thlacamnak a neih tikah, “A mithiang pawl hnenah A ro sunglawi cu ziangtluk in a nasa”

timi tongkam a hmang (Efesa. 1:18, NKJV), Anih cun thukam hlun ih zumtu pawl in Pathian ro an comi pawl cu a vun ruatsuak (Daan. 9:29, Daan. 32:9, Zekh. 2:12, zohkop Efesa. 1:11). Pathian hnen ihsin ro an ngah thei ding timi lawng siloin anmah kha Pathian ro an si timi va theihter a duh ih, cule Pathian hrang an thupitzia khal an theihthiam ding hi Paul in a duh zet.

Paul in thlarau lam thuhla ah thlacamnak a neih tikah, “A zumtu kanmai lamah ziangtluk a huham cu a sunglawi” (Efesa. 1:19, NKJV), tiah a ti. Thlarau thiaghlim cun Pathian thilti theinak nasa zet cu theihthiamnak a run thlenpi ih, an hmuhton rori ah a lang timi a vun mangsuak. Hivek ih thlacamnak pawl ah Paul cun Jesuh hnenih pek zo mi an si zia anmah ten thei fiang rori dingin a duh hai a si.

“A zumtu kanmai lamah ziangtluk a huham a sunglawi” timi hi ziangtin saw na tonteh thei ding? Kan nitin nun ah ziangmi sullam a nei?

**NITHUM NI
Thawhsalnak huham ih telvenak**

July 11

A tang laimi Paul ih thlacamnak Efesa 1:20-23 ahhin Paul cun Zumtu pawl hnenah thlarau thiaghlim in run ken tel dingin beisei um zet thil thupi pathum a ngan: Pathian thiltitheinak nasa zet, an ai-awh ih a hmang mi thu a rel. Pathian thiltitheinak hmangin rundamnak thuhla ih thupi zet pahnih in bulram a run thok (1) Thihnak ihsin Jesuh ih thawhsalnak (2) vanlam Bawi tohkham ih Jesuh cawisang a sinak (Efesa. 1:20)pawl an si.

Jesuh ih thawhsalnak hmangin Pathian ih thiltitheinak a langsuan mi ziangsaw a si? Efesa. 1:20; 1 kor. 15:20-22; Filipi. 3:8-11; Heb. 13:20, 21; 1 Pet. 1:3.

Jesuh ih thawsawlnak cu rel-rem theih lomi Khristian zumnak a si(1 Korin 15:14,17). Khrih thawsalnak ruangah zumtu rinum zet pawl cun Khrih a ratsal tikah hmailam caan hrang kumkhaw nunnak nei dingih thawsalnak cu beisei zetin an hngak a si(1 Kor. 15:20-23). Khrih a thawh zo ruangah tuini ih thuthangtha thlawsuhnak pawl kan hringnun ih thlarau thiaghlim umpinak khal tel in, Amah cu kan thlir ringring a si.

Pathian in “Anih(Khrih) cu a vorhlam ah a toter” (Efesa 1:20), timi thukam thar ih tarlan tamzet mi hi Saam 110:1 ih ta lak mi a si(A tarlan mi pawl hmuahmuah hi laksuah theh mi an bang). Jesuh cawisannak thuhla cun Efesa cakuat ahhin hmunsang zet a luah. Zumtu pawl cu “Amah (Khrih Jesuh) thawn vanram hmun pawl ah to tlang ding an si”(Efesa. 2:6, ESV). Cui hlei ah, Khrih ih vanram kaisohnak cu ziangkim luahkhatnak ding le A kawhhran hrangih thilpek a peknak ding hmaihruaitu hrangah a rel a si.

Efesa 4:8-11 ahhin Paul cun Pai’ Bawi tohkham hmai ih Khrih ih zuklem um men mi pawm lo dingin ralrinnak in rak pe ih, cumi ai-ah, “Khrih sunlawinak cun leitlun hmuahmuah cu a thlarau in a fangsuak thluh ih, nehtu a si timi NT ihsin a run tarlang sown a si.”—F. F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Efesaesians* (Grand Rapids, MI: Eerdmans, 1984), p. 133. Curuangah Paul cun Khrih ih sunlawinak le Bawi lukhum a khum mi cu zumtu pawl ih hmuhsaknak men siloin cumi thiltitheinak ih bulhram bik vekin a tar lang.

Na nun ah Khrih ih thiltitheinak na mamawhnak lamzin pawl ziang an si, cumi thiltitheinak cu ziangtinsaw kan hman thei ding? A thilti theinak kan congah theinak dingah ziang saw kan rak tuah ve ding?

NILI NI **July 12**
Thiltitheinak hmuahhmuah tlunih thuneitu Khrih

Van Bawi tohkham ah a tu ih Pa thawn a to tlangtu Jesuh ih sunlawinak hi Paul cun a lompi zet. Pa thawn an pehzom awknak ah Khrih ih dinhmun a relsuak(Van hmun ih Pai' vorhlaam ah a to..Efesa 1:20), Paul cun Jesuh ih pehzomnak cu "thiltitheinak" lamah a her kirsal. Pa thawn zomawknak an neih ruangah Jesuh cu thil ziangkim tlun ih "cungnung bik" a si(Efesa 1:21)

Paul in thiltha lo, thlarau lam thiltitheinak pawl Efesa 1:21, Efesa 2:2 le Efesa 6:12 ih a simmi pawl vun zohthim thluh aw. Ziangah saw Paul in hivek thilti theinak pawl hi a ngaihven?

Tirhthlah 19:11-20, himi ah Sceva ih fapa pasarih thuanthu a um ih, Paul ih san lai ah Efesa cu dawilam thiamnak hmunpi bik a si: "Hellenistic leitlun pumpi ih dawi hmannaak langsar bik cu hrangnun lamzin ih thuneihnak neitu thlarau leitlun tiih theihmi hi a si. Dawi hmang pawl ih bitumbik mi cu nat tuarnak ihsin thlarau lam bomnak neih, thiltha le tha lo thenhran le thazang caknak pek suak le thlarau pawl par khal ih thuneihnak va neih hi a si. Hivek ihsin bulpak hlawknak ding hrangah thlarau lam ih danglamternak ding hmanrúa (Thurel, thungan le hmanrúa , Amulet hman tivek in)pawl tuah theih a si. Hmanrúa tha zet thawn cun thlarau ruangih natnak nei pawl cu damter a theih, asilole rang tlanzuam awknak ah nehnak an co thei"—Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesaeians*, p. 18. Cutin pathian hmin pawl ko suah le thiltitheinak pawl rel suahnak ihsin Efesa khawmi pawl ih an sakhua cu a fiang zet, (Tirhthlah 19:13)A hrekkhhat cu tuini tiang an um lai. Paul cun Khirh le "Thiltitheinak" pawl ih pehzomawknak cu theihfiang a duh zet. Cawisan mi Jesuh cu, "Thil

ziangkim tlun ah, thuneihnak, thiltitheinak le uknak tlun khalah a um a si" (Efesa. 1:21, ESV).

A cakuat rak ngaitu pawl in Jesuh ih thilti theinak leng lamah ziangvek thilti theinak hman a um lo timi an theihding kha a duh zet, curuangah pathian hmin pawl ko khawm in a relsuak ih " Hming neimi hmuahhmuah lakah a cungnung bik" tiah a ti(Efesa 1:21 ESV). Cui tikcu ahcun Paul cun Jesuh ih uknak cu a liamcia caan ihsin zianghman bikhiah umlo mi a si zia a rellang. Thiltitheinak hmuahmuah tlunih thuthennak cu " Tuisan lawng ah siloin a ralai dingmi khalah" a um ding timi thu a sim (Efesa 1:21, ESV).

Tuisan ah hivek sualnak thawn a bangaw ih a langmi pawl ziangsaw an si, hivek ahhin bum in kan um lo ding timi ziangtin saw kan theih fiangawk thei ding?

NINGA NI **July 13**
Jesuh, ziangkim, le kawhhran

Hlanlai Khristian pawl cun saam 110:1 hi Jesuh cawisannak ding simcianak a si timi an hmu thiam: "Bawipa in ka Bawipai' hnenah, Na ral pawl cu na ke paldam ih ka tuah lai hlanlo ka kut vorhlaam ah to aw, a ti(ESV). Cuvek ciah in Saam 8 khal an siar, Pathian in "A ke hnuaih a ziangkim a ret thluh taktak"(Saam 8:6) a si timi a vun nemhng, "Minung fapa" (Saam 8:4) ih ke a si. Van hmun pawl ah thimnak ih thiltitheinak cu an lu tlun ah a um timi an zum, an donak ah tihthaih in an um ih, annih cun cui thiltitheinak pawl hmuahhmuah cu Khrih ke hnuai ah an um thluh a si timi thutak an kai hnget.

"Ziangkim hi A(Jesuh) hnuai ah a ret thluh" Pa cun" Ziangkim tlunih lu a si vekin kawhhran hnenah a pe"(Efesa

1:22, ESV thawn zohthim aw “Amah cu ziangkim tlunih lu si dingin kawhhran hnenah a pe,” NKJV timi cu ralring zetin hminsin ringring aw. “Ziangkim” timi ahhin leitlun huap, Efesa 1:21 ih ummi Paul in “thiltitheinak pawl” a timi khal a tel thluh. Ziangkim- vanlam, thiltitheinak nasa zet, thilarau lam thiltitheinak khal tel in, hivek pawl hi Jesuh ke hnuai ih um, a thu hnuai ih um an si thluh.

Khrih cu vanlam Bawi tohkham ih sunlawinak le van le leilung tlun khal ih thuneitu a sinak cun kawhhran ah ziang hlawknak saw a pek? Efesa 1:22,23

Pathian cun sual thiltitheinak pawl hmuahmuah ah Khrih cu nehnak cotu ah a tuah. Kawhhran, Khrih thawn naih aw zetih um le An tulsam mi pawl amah ih a bom theumi pawl cun anmah ten sual thiltitheinak ah nehnak an co ding a si. Pathian ih thiltitheinak cu thawsalnak le vanlam thiltitheinak hmuahmuah tlun khal ih sunlawinak a ngahnak ah a lang, cumi cu kawhhran hrangah pek in a um zo. Pathian cun Khrih ih nehnak cu kawhhran hnenah a pe zo, cumi cu a taksa tiih kawh a si vekin amah ah pumkhat ih um hi a si.

Ziangtin saw kannih zumtu pawl in khrih ih sunlawinak le kan nun ih Pathian thiltitheinak pawl cu kan rak ton ih, kan rak theihthiam ve ding? Paul cun himi thil pawl an hung cang suakdan pawl hi lailan zet in ziangtin hman a rel suak lo. Ziangkhal sehla, cui thu cu “thlacam ahkhan” a tel cih thluh. Paul cun a thlacamnak cu Pathian in a pomsak a zum zet. Pathian thiltitheinak, Khrih ah a lang ih, Pathian telpinak rori thawn a sunlawinak pek le zumtu pawl nun ah cangvaihnak um a thatzia relnak ah a run nemhnget a si.

Thlacamnak huham thawn ziangvek bulpak tonnun na rak nei dah zo? Cumi cu thlacam sawnletnak lam lawng hman siloin thlacam tlangau pinak a si,

Ziangtin saw thlacamnak in Pathian le Jesuh in thiltitheinak in peknak lamah in naih ter vivo thei?

NIRUK NI

July 14

Ruahbet ding: Himi Jesuh cawisannak thuhla Ellen G white ih ngan mi pahnih ihsin kan zir ding:

“Van sangka sungih Khrih a luh lai ahkhan, vancungmi pawl ih an biaknak Bawi tohkham ahcun a to. An lomnak pawl hmuahmuah an theh thluh tikah, thlarau thianghlim cu dungthluntu pawl hnenah a va thleng, cule Khrih cu kumkhua in a pai hnenah sunlawinak nei ringring khal sehla sunlawinak pek a si. Pentikos ih thlarau thianghlim burh a si ahkhan vanlam ah Tlentu sunlawihnak cu an rak theh fel ve hi a si. A thutiam vekin amah thluntu pawl hnenah van ihsin thlarau thianghlim a pek ih, puithiam sang le siangpahrang a si vekin van le leitlun ah thuneihnak pawl hmuahmuah a co thluh, a mipi hrangih hriakthihmi a si.”—The Acts of the Apostles, pp. 38, 39.

“Pai kut cun a fapa cu a hum ih, “Pathian vancungmi hmuahmuah cun amah cibai buk seh” tiah a ti, Hebrews 1:6. “Simrel theih lo ih lungawinak nasa zet thawn hruaitu le Lal pawl le thiltitheinak pawl hmuahmuah cun nunnak lal cu an theihpi thluh. Vancungmi hotu pawl khal a hmaiah an bawkkhup ih, van lairelnak ahcun vancungmi hmuahmuah cun hlimnak au thawm an suah ih, “Thahmi Tuufano cu huham, le lennak, le fimnak, le cahnak, le upatnak, le sunlawinak, le malsawmnak co tlak a si, an ti (Thuphuan 5:12). “Nehnak hla cu vanmi pawl ih awnmawi lak ihsin a thangsuk, Vanram cu thangthatnak le nomnak ih a can thluh lai hlan lo an tum rero. Duhdawtnak cun a

doneh fel. A hlomi cu hawl hmuh a si zo. Van ram cun aw ringin zetin, "Thlawsuahnak le upatnak, le sunlawinak, le huham cu laltohkham parih a totui' hnenah, le Tuufano hnenah kumkhua ih kumkhua in um hram seh" (Thuphan 5:13) ti a si.—The Desire of Ages, pp. 834, 835.

RELKHAWM DING THUSUHNAK PAWL

1. "Tu ah" le "Hrih lo" thawn Jesuh cawisannak thu hi ruat hnik aw. Ziangmi ahsaw Jesuh cu "ziangkim" ih Bawi a rak a si zo, satan thilitheinak pawl cu a kut hnuai ah a umter, cumi cu "tu ahhin" a si maw? cule thil ziangkim tlun ih a uknak ah tuih thleng "hrih lo" hmailam caan ih thleng dingmi cu ziangsaw a si?(1 Kor. 15:24-28.)
2. Khrih ih lairelnak eng hnuiah ziangmi tluk reisaw na rak um dah zo? Asilole ziangtik tiang saw hivek thilitheinak dang pawl, a tlumi thilti theihnak pawl le an thuneinak a tla niam vivo tu pawl hnenah na nun na rak hmang ringring? Khuimi sawn tu saw timi ziangtin na thei thiam ding, cule kan leitlun ahhin nehnak co ding timi theicia khal awla, sualnak pawl hi ziangtin saw na tlansan thei ding?

ZIRLAI 4

July 15-21

PATHIAN IH IN HUMHIMDAN

SABBATH TLAILAM

Tuizarh sung Bible siar ding: Efesa. 2:1-10; Efesa. 5:14; Rom. 5:17; Efesa. 5:6; 2 Tim. 1:7.

Bible cangken: "Asinain lainatnak nei tam Pathian cun kanmah in duhdawtnak cui a duhdawtnak maksak ruangah, Sualnak ih a thi zo mi kan rak si lai hmanah Khrih thawn in nunter tlaang"(Efesa 2:4-5)

October 14, 1987 ahkhan thla 18 mi Jessica McClure cu a pi ih hmuau dunglam ah a lek rero ih, cutin pii 22 hrawng ih thuk, hman nawn lomi tisun sungah a tla. Cui harsat a tuarnak cu Midland, Texas ihsin leitlun pumpi media dangdang ah a thang thluh. Leitlun pumhuap cun, "Naute Jessica" ih ihthat lai, tah lai, hlasak lai, le a nu a ko lai cu an zoh thluh. Manhlap hnatiuan tu pawl cun tisun ihsin thlifim dong dingih an vun laksuah lai khal an zoh ringring.

A netnak ahcun Jessica a tlak ihsin nazi 58 hnu ah amah rak zohtu leitlun mipi pawl cun ni 2 sung rori an umternak hmun ihsin an suah lai cu an rak thlir ringring. Thlazuk thiamzet Scott Shaw cun Pulitzer Prize a dong phah: Runsuak hnatiuantu pawl cun Jessica runsuak tu pawl ihsin mangbang mithmai cu a thenhrang ih, an cangvaihdan khal a ropi tuk, cule Naute Jessica cu puante in an tuam.

Runsuahnak thuthang ai ih thuanthu tha dang theih ding a um lo, Paul cun Efesa 2:1-10 ah runsuaknak

hna ropi le kau zet, Pathian in milai a tlennak thuhla fiang zet le bulbak zetin in rak sim a si. Midang runsuak an si thu va theihpi lawng siloin kanmah rori khal a hmutu kan si ding hi a thupi zet mi thuanthu a si.

NIKHAT NI

Satan bumnak le thihdahnak

July 16

Siar ding: Efesa 2:1-10. **Hitawk ah Jesuh in kan hrangih a tuahzo mi thuhla ahhin Paul in thurawn in pek duhmi bik hi ziangsaw a si?**

Paul cun rundamnak cu Khristian pawl hnen ih pek a si zo thu a rel (Efesa. 1:3-14, 15-23), cule Efesa khua ih zumtu pawl ih thuhla khal tawifel in a sim(Efesa 1:13). Efesa 2:1-10 ahkhan Paul cun bulpak sawhkhih in an piantharnak thuhla a sim. Anih cun an hringnun hmai sa lam ih, sual ih an rak umdan(Efesa 2:1-3) pawl thawn khal aw ciah in Pathian rundam thlawsuahnak cu a thawsalnak le vanram a kainak le cawisan ih a umnak ah an tel ve thu a sim hai (Efesa. 2:4-7), cule Zangfahnak sungih rundamnak le Pathian hnatuannak cu lungawi um a ti zet(Efesa. 2:8-10). Himi thuhlawm pathum cun Efesa 2:5 sungta hi a kaitawi thluh ding: (1)Kan daan buarnak ah mithi kan rak si(2) (Pathian cun) Khrih thawn in nun tlang ter, (3) zangfahnak ruangih rundam nan si"(ESV).

Efesa 2:1,2 ah Paul cun a thu ngaitu pawl ah pianthar lo an um ih thlarau lam ah thi in, an daan buarnak ruangah le nitin an nunnak (Efesa. 2:1) ah satan uknak ih an um thu riahsiatthlak zet a rel(Efesa. 2:2). Paul in minung dam lai pawl hnenih ca a ngan lai ah, annih pawl cu "mithi" vekin tahthimnak a rel(zohkop aw, Efesa 5:14). Ziengkhal sehla, an sinak cu a taktak mi a si ih, Nunnak hrampi Pathian thawn hlral ih a rak umtu pawl an rak si

dah zo(Zoh aw Kol. 2:13, Rom. 5:17, Rom. 6:23). A thu ngai tu pawl ih an hringnun liamcia zoh phah in Paul cun uktu pahnih an neih thuhla a sim tel. Cumi lakih pakhatnak cu, "Hi leitlun ih duhzawng" in an um thu a rel(Efesa 2:2) – tuahdan pangai zet le Pathian dokalh in hringnun hmang ih Efesa khaw mi pawl ih nuncan ziaza in an rak um. Satan cun anmah uk theinak ding lamzin pi pahnih a run pholang. Anih cu "Boruak ih thuneihnak lal" a si(Efesa 2:2), "Boruak" vun ti tikah(asilole "Van hmun pawl")cumi cu thiltitheinak huham umnak a si tiih simfiang a si, sualnak khal a tel cih(zoh kop aw, Efesa 1:3, Efesa 3:10, Efesa 6:12). Cule anih cu leitlun ih cangvai tu a si ih, "Thuawih lo faate pawl lakih a tu ih hna a tuan rero tu thlarau a si" (Efesa 2:2)

Himi bungcang cun dodawknak ropi cu a takram in ziangvek saw in zirh? Cuti rual in, ziangtin saw hnem awknak le Jesuh ih nehnak a rak coban pawl le tu ah a nehnak cu ziangtin midang hnen ah kan hlawm thei ding?

NIHNIH NI

Kanmai duhnak hmangin bumnak

July 17

"Cupawl lakah kannih khal kan zatein caan liam zo ahkhan tisa le thinlung duhzawng cu tlamtingter in, kan tisa cakhiarnak tuah in kan rak tlangleng ve; midang vek thothoin pianphung ihsin thinhengnak faate kan rak si"(Efesa 2:3)

Pathian ih umpinak tel loin minung hi Efesa 2:2 ih a lang vekin lenglam lawng ihsin ukmi kan si lo ih, kan sun glam: "Tisa le thinlung duhzawng cu tlamting ter in kan taksa cakhiartnak tuah in kan rak nung" hi a si (Efesa. 2:3, ESV; zohthim aw:- James 1:14, 15; 1 Pet. 1:14).

Paul in, "Minung dang vek thotho in piangphung ihsin thinhengnak faate kan rak si"(Efesa 2:3 ESV) a timi

ih sullam ziangsaw a si? Himi thawn zohtlang aw Efesa 2:3 le Efesa 5:6.

Hringnun hloh timi cu a riahsiat thlak zet ih, asinan ni neta ahcun cu ai hmanin a rapthlak sawn ding a si. Minung, “Midang vek thotho in piangphung ihsin thinkhengnak faate”(Efesa 2:3) pawl cu sancem tikah Pathian thuthennak ah a ding leh ding. “Piangphung ah Thinhengnak faate” timi thu ah catlang tluan cun a takram ih thil tihnung um zet a kawhhmu a si. Pathian hmulhmel keng ih kan um lai hman ah kan sung ah thil dik lo thukzet a um lai thotho timi kan theih a thupi zet. Khristian hringnun kan hman hi thil thalo tuahmi pakhat si maw, pahnih si maw, asilole ziangvek “daan buarnak le sualnak”(Efesa 2:1) pawl va nehnak men khi a si lem lo.

Sualnak lawng siloin sual thawn kan do aw a si. Pathian dokalh le mah le mah hman siatsuah aw duh zettu minung kan si. Minung hi a taktak ahcun mah le mah siatsuah duh awknak, sual mizia le Satan ih thupek pawl thlun duh tu(Efesa 2:2) le suah keh nun sual tuah duhnak hlir(Efesa 2:3) ih khat kan si. Zumtu pawl hi a hlan ahcun, “Piangphung thinkhengnak faate kan si”. Paul in a liamcia tikcu relnak ih a hmanmi catlang tluan hi a thupi zet, kannih cu “Piangphung thinkhengnak faate kan rak si dah”(Efesa 2:3). Himi ruangah sualnak cu zumtu pawl hnenah a um nawn lo tinak lam a si cuang lo. Paul cun a cakuat mi a hrek ih tamsawn Efesa 4:17-5:21 sungah sualih hnatiuan, sual bulhram le Khristian pawl hrangah tihnung um a si ringring lai timi thu ah ralringnak a rak pek. Cumi ih sullam bik cu himi “hing nun hlun” cun zumtu uk nawn hlah seh a tinak a si, Anih cun Khrih ih thiltitheinak hmang in, “A hringnun hlun cu hlon sehla” cutin “hringnun thar, dingfelnak le thianghlimnak diktak ah Pathian thawn bangaw ih sersiammi cu hrhuh aw” a tinak a si (Efesa. 4:22-24, ESV).

Jesuh hnen ih kan pekawk hnu khalah kanmah ih um mizia sia zet hi zo in saw tonnun nei loih um ding?
Kan hringnun ahhin Amah ih kan thum awk ringring a thupi zet timi ziangtin saw himi ihsin kan zir thei ding?

NITHUM NI

July 18

A tu ah thawhsalnak, vankainak le Khrih ah cawisannak

“Asinan lainatnak neitam Pathian cun A duhdawtnak maksak ruangah kanmah in duhdawt a si”(Efesa 2:4). Hitawk ah thilitheizet tongkam pahnih a um, “Asinan Pathian” tiih Paul in a hman tikah a thungaitu pawl ih hringnun hmaisa lam a vun relnak(Efesa 2:1-3) ihsin hringnun thar, zumtu an sivek ih an hman dingmi beiseinak hringnun a vun relnak a si (Efesa. 2:4-10).

Khrih ih thawhsalnak, vankainak le cawisang a sinak ahhin zumtu pawl ziangtin saw an rak tel thei?
Ziangtik ahsaw himi telnak hi a rak um? Efesa 2:6,7.

Efesa cakuat hi Khrih ah zumtu pawl pumkhat ter dingih Khrih ih hnimpum mi cakuat a si ti kan thei. Efesa 2:5 le 6 ahkhan Paul cun himi thupi pawl cu kau sinsin in a rel ih, Pathian ih tuahtuannak hmangin zumtu pawl hman in anmah ten Messsiah, Jesuh thuhla rundamnak thuthangtha ih thil thupi zetzet ah an tel ve a si ti a langter ih, cumi cu tuahnak pathum hmangin a simfiang. Zumtu pawl cu: (1) Khrih thawn tho tlang an si(2)Khrih thawng thotlang(Himi cu Paul in Van ih Khrih a kaisohnak ah zumtu pawl an tel ve timi a langter) (3) Khrih thawn “Van hmun pawl” ah an totlang, himi sullam cu van ih Bawi tohkham ih Khrih a “tonak” ah Zumtu pawl khal an tel ve tinak a si. Jesuh thawn cawisang in an um.

Paul ih a relmi thiltitheinak cu ngai thupi dingah Efesa 1:19-23 kan zoh sal ding ih, A thihnak, thawhsalnak le vankainak, cawisang ih a umnak le Khrih in sualnak hmuahmuah le thlarau lam thiltitheinak pawl, zumtu pawl hrngnun a uktu a nehdan pawl kan thlir sal ding. Thawhsalnak, vankainak, le Jesuh cawisang ih a umnak ahkhan khavek thiltitheinak hnatauan pawl hi minung siatsuah thei ding in a um ringring lai ko nan, a run thlengaw danglam thluh. Van boruak lam cu danglam ter in a um zo.

Thil taktak cu a danglam zo. Zumtu pawl cu khavek thil pawl a zoh men tu siloin a takram ih umtu an si. Jesuh thawn kan tho, van kan kai ih, cawisang in kan um tikah kan hrang ah thil thar co ngah dingin a ong aw a si. Hringnun ih khawsia thiltitheinak thlarau lam tlansan ih Khrih ih thilti theinak lamih her dingin diknak kan nei (2 Tim. 1:7).

“Pathian cun tihnak thlarau in pe lo, thiltitheinak, duhdawtnak le thinlung dik neihnak thlarau sown in pe a si” (2 Tim. 1:7, NKJV). Tuini ih kan zoh mi bungcang ihsin hitawk ih Paul in a nganmi theithiam dingin ziangtin in bawm thei ding?

NILI NI

Zangfahnak in kumkhaw thlawsuahnak

July 19

Efesa 1:3,4 ih Pathian ih rundam khawkhannak le Efesa 2:7 ih um cui khawkhannak ih rah suak mi cu vun zoh tlang aw. Pathian in “rundam khawkhannak” ih thil thupi zet a neihmi le a tumtah mi cu ziangsaw a si?

Tlawng theh lawmnak hi thil sungawi zet a si, tualleng tlawng an theh ah simaw, lole Ph.D lai an va theh

a si khal ah a sungawi zet. Tlawng theh ih ngahmi hmatpawl cu phunsang kai vivonak ding hrang asilole hnatuannak ding hrang ih thil thupi zet a si. Kannih khal zumtu kan si vekin Thuthangtha thutak hmuahmuah theihthiam ding hi kan hrangah a thupi tuk: Zangfahnak ihsin tlawng kan theh dah lo. Kan mamawhnak ihsin tlawngtheh, lole zangfahnak in kan ngahmi PhD khal ah lungawi hleicenak a um dah cuang lo.

Paul cun himi thudik hi Efesa 2:7 ah a run pholang, cumi hmangin tikcu liamzo a run pholang thluh. Pathian cun kanmah in tlen dingin a liamcia tikcu caan ahkhan hna a tuan ih, cuticun A fapa Jesuh Khirh ah in hmu ih, cuticun a thawhsalnak, van a kainak le cawisan a sinak ah kan tel ve thei a si (Efesa. 2:4–6). Pathian ih khawkhan zangfahnak cu a liamcia tikcu caan pawl ah a um ih, tuisan khalah a zangfahnak cu a net cuang lo. Pathian khawkhannak hi khua hlan lai pi ihsin hrumbun zo mi a si ih(Efesa 1:4), hmailam tikcu caan hrang khal ah a si. Cumi cu “A ra thleng dingmi san” pawl tiang in a huap kau thluh(Efesa 2:7 ESV). A ra um dingmi kumkhaw hrangih a khawkhan mi cu a liamcia tikcu le tuisan ih a thiltuahmi vek ciah in- a zangfahnak bulhram ah a thum aw a si. “A ra thleng dingmi san” ah Pathian cun “Khrih Jesuh ah kan parih zangfahnak a langternak ihsin a ngilneihnak tah theihlo a lenzia a lanter a si” (Efesa. 2:7, ESV).

Paul cun Pathian ih zangfahnak cu hlawnthil asilole thil man khung zet(zohtlang aw Efesa 1:7, Efesa 3:8) zumtu pawl in an tul mamawh caan ih an lak thei ding mi vek khin a rel. Himi kan hnen ih Pathian thilpekk rori zet cu a zangfahnak langter thiamnak, kumkhua le, van le leilung huap thil ah a hungcang. “Kan hnenih a umnak ihsin, Jesuh cun minung le vancungmi pawl hnenah Pathian a langter, asinan himi hi a suahnak leitlun fale pawl hrang

lawngah a si lo. Kan leitlun fate zet cu leitlun dang pawl hmuahmuah ih an zirlai bu a si. Pathian zangfahnak ih a tumtah mi mangbangza, in tlen ih in duhdawtnak thuthup cu “vancungmi pawl in zoh an duh zetmi a si” cumi cu kumkhua zirlai ih an zir dingmi a si. Tlen mi le sual ih tlu lo leitlun dang pawl khal in Khrih ih thinglamtah cu an theihthiamnak thawn in an hmu ding ih, hla an sak ding. Jesuh hmai ih ropitnak eng cu duhdawtnak ruangih pumpekawknak eng a si lam khal an hmu thluh ding.”—*Ellen G. White, The Desire of Ages, pp. 19, 20.*

NINGA NI

Tu ah Pathian in rundamnak

July 20

Efesa 2:1-10 kha siar sal aw. Cang 8-10 ah Paul in a net kharnak ih a tuah mi kha vun ruat thuk deuh aw. Himi a net kharnak ih a hman tikah ziang thuhla saw a vun laksuak?

Efesa 2:1-3 ahkhan, Paul cun Efesa khua ih zumtu pawl hnenah rundamnak cu an mizia thatnak le an duhumnak ruangih an ngah lo ding thu fiangzet in a sim hai. Thusim a thok tikah, annih cu thlarau lam mithi an si. Anmah ahhin nunnak asilole hlutnak mei-alh zianghman a um lo(Efesa 2:1). Sualnak ih a rak neh neknek mi an si(Efesa 2:1). Bulpak ih zuamnak khal zianghman an langter lo ih, Satan amah rori ih hruai kual in an um ih, cule anmah ih duhthusam le thinlung put diklonak cun a hruai kual vivo (Efesa. 2:2, 3). Anmai theih lo in, thlarau lam nun ah simaw asilole thatnak lam ah si maw zianghman tangkainak an nei lo ih, hmun hla zetah an rak um a si. Minung pawl hmuahmuah zomkhawm aw thluh in, annih pawl cu Pathian ih doral, le Pathian ih thuthennak lamzin lam pan rero lai tu an si. Annih pawl

cu, “minung dang pawl vekin thinheng faate” an si (Efesa. 2:3, ESV).

An rundamnak cu anmai thatnak lam ah thum aw loin tah theihlo Pathian ih duhdawtnak lam ah an thum aw a si. Duhdawtnak cu thil dang zianghman khal in simfiang theih lomi a si. Duhdawtnak le lainatnak ah Khrih Jesuh ah Pathian cun an hrang hna a tuansak ih(Efesa. 2:4), thlarau lam thihnak ihsin a kai tho a si. Pathian a tel ruangah Jesuh amah rori an thlunnak ah lamzin danglam zet khal an ton phah a si. Thlarau lam thihnak khur thuk zet le saltannak hmun ihsin annih cu an thosal ih, “Van hmun pawl ah” ah an thleng, van lam Bawi tohkham ahcun Khrih thawn an to tlang (Efesa. 2:5, 6). Hivek ih Pathian a rung telvenak hi tikcu caan reilote sungih a thlengmi thil a si lo. Thilitheinak taktak, kumkhaw daih a si, ziangatile Pathian cun A zangfahnak cu an hnenah Kumkhaw fehtlang in Khrih Jesuh hmangih a phuang ruangah a si(Efesa. 2:7).

A net kharnak ih Efesa :1-10, cang 8-10 ah Paul cun hivek pawl a vun thlirsal ih, a thurel mi pawl cu hnget zetih a um thei ding a duh zet : Zumtu pawl ih rundamnak cu minung pakhat ih hnatuan mi siloin Pathian hnatuan a si. Kan sungih semsuak mi siloin Pai’ thilpek a si. Cumi ngahnak ah zovek minung hman in porh aw hlah seh (Efesa. 2:8, 9). Pathian ih zangfahnak ah dingin, kannih zumtu pawl cu a duhdawtnak le in zangfahnak lawnghi pholang ding kan si. Kannih cu amai hngettek “Khrih Jesuh sung ih” sersiammi kan si (Efesa. 2:10).

Kan rundamnak cu kan phu ruangah asilole kan tuahtuan ruangah siloin Pathian ihsin a ra mi a si timi theih thiam hi ziangh saw kan hrangih a thupitnak san?

NIRUKNI**July 21**

Ruahbet ding: Efesa cakuat ahhin thuhla theihsal rero mi a silole relsal reromi pawl an um. Thuanthu hlawm thupi deuh pawl cu a hnuai ih um vekin an si:-

1. Pathian cun mipi pawl cu “Leitlun semsuah hlan ihsin” a hril zo (Efesa. 1:4, 5, 11).
2. A liamzo le an hloh mi pawl(Efesa 2:1–3, 11, 12; Efesa 4:17–19, 22; Efesa. 5:8).
3. Anmah rundam dingin Khrih ah Pathian ih telnak (Efesa. 1:7, 8; Efesa. 2:4–6, 13–19; Efesa. 4:1, 20, 21; Efesa. 5:2, 8, 23, 25, 26).
4. Thuthangtha an rak dondan (Efesa. 1:12, 13 le hmundang ah). A hlan ahcun “Beiseinak” an rak nei lo (Efesa. 2:12), tu ahcun “Beiseinak pakhat” zumtu pawl cun an nei thlang (Efesa. 4:4; zoh kop aw Efesa 1:18).
5. Tu ih an hringnun cu tirhthlah pawl vek in an um. Kha lai san ahkhan tihphhangnak le sual thiltitheinak lakah hringnun an hmang, Bawipa an cawisangnak thilpek pawl cu an hmang ve thei thlang(Efesa. 1:15–23, Efesa. 2:6, Efesa. 3:14–21, Efesa. 4:7–16, Efesa. 6:10–20).
6. A ra dingmi caan ih thuanthu a netnak ahcun thlarau thianghlim ih “thukam”,(Efesa. 1:13, 14, ESV),asilole “Tacik” (Efesa. 4:30),cu a rah suak thlang ding. Himi lukhum an khum lai ah Khrih in an hnen ih “ro” a pek zo mi pawl cun an rinumnak lawmman an dong ding (Efesa. 2:7; Efesa. 6:8, 9); cule Khrih an zumnak thawngin a ra thleng lai ding san khalah Khrih a lai ih ret dingin khawkhannak an nei ding (Efesa. 1:21; Efesa. 2:7, 19–22; Efesa. 4:13, 15; Efesa. 5:27).

RELKHAWM DINGMI THUSUHNAK PAWL

1. **Efesa cakuat cu kum zabi pakhatnak ih zumtu pawl hnen ih cakuat mi menmen a si lo, kanmai thuanthu rori a si. Tui caan ahhin khuimi thuanthu bik in saw beiseinak a lo pek?**
2. **Paul in a thu ngaitu pawl hnen ah an hlanlai nun sualnak a phorsuak cingcing ih, an piangthar hlan nun a rel suak cingcingnak san kha ziangruangah a si tin na ruat?**
3. **Paul in Efesa 2:8-10 sungh a nganmi vun kaitawi awla Rom 1:16-17 ih a ummi thawn vun zoh thim aw. Himi thupi pawl ah ziang bangawknak saw an neih? Ziangvek lamzin in saw an bangawk lo?**
4. **Zumtu pawl in an hnatauan thatnak cu tlennak ah zianghman a tangkai lo ih, Pathian hmai khalah covo mipi hnen ah a pe suak thei lo lai ah, zumtu pawl hrangah Pathian khawkhannak an hmuu theinak ding ah ziangvek tuanvo thupi saw an neih?**

ZIRLAI 5**July 22-28****A PHEIZAWNG RUALREMNAK: THINGLAMTAH LE KAWHHRAN****SABBATH TLAILAM**

Tuizarh sung Bible siar ding: Efesa. 2:11–22; Rom. 3:31; Rom. 7:12; Isa. 52:7; Isa. 57:19; Johan 14:27; 1 Kor. 3:9–17.

Bible cangken: “Asinain tu ahcun a hla zet ih rak um mi nannih cu Khrih Jesuh ah Khrih thisen in naite ah a lo umter. Ziangahtile amah rori hi pumkhat ih in tuahtu, kan daihnak a si”(Efesa 2:13, 14, ESV).

Nang cu Grik mi, Zentel mi pakhat, Judah pawl ih Pathian thuhla a zir duhtu na si. A taktak ahcun pathian tampi biaknak a fehsan tu le Pathian dik pakhat bia dingih a duhtu na si. Jerusalem biakinn lam pan in kotka mawi zet ih na feh lai ah Pathian cibaibuknak au thawm cun a run lo ko. Asinan cuvek dinhmun ih na um lai ah pi 4 lai ih sang lung pi cun na lamzin a run khar pit. Latin le Grik tong in pii(feet) mal tete karlak ah himi thu a ngan aw: “Ramdang mi pawl cu himi phardawl kulh sungah an lut thei lo, biakinn kimvel khalah luh awih a si lo. Mi zokhal a lut lai hmuh a si ahcun thihnak an tuar ding”. Cumi lai ah nang cu kharpit mi, riangvai zet le kekkuai thluh vekin na thei thiam aw.

Efesa 2:11-22 ahhin Paul cun Khirh in danglam zetin cuvek ih pharpitnak phardawl pawl cu a bal siat thluh. Thinglamtah a tungzawng cun thenawknak a siatbal thluh ih, Minung le Pathian a rualremawk ter a si. Thinglamtah

a phei zawng cun minung le minung rualremnak a tuah a si. Thinglamtah cun doral sinak a ti hlo ih, Judah le Grik karlak ah remnak a tuah, “minung pakhat” (Efesa. 2:15, NIV) ah anmah cu a tuah hai a si. Rualrem zetin, annih cu biakinn thar ah an cang, “Thlarau hmangin Pathian hrangih umnak hmun ah an cang” (Efesa. 2:22, ESV).

Himi thutak in tuisan kan hrangah ziangmi sullam a nei?

NIKHAT NI

Jesuh naihnak lam ah

July 23

Efesa 2:1-3 ih Paul in Zentel pawl ih tikcu liamcia thuhla a rel mi le Efesa 2:11,12 sungih ummi khi tahthim aw. An tikcu liamcia a relnak ahhin ziangha a rel uar bik?

Zentel, a tu ih Khrih zumtu, Kawhhran ih A “taksa” sungetl a si mi cu Israel hnam le Pathian ih rundamnak thawn a thenhrang aw mi an rak si dah zo. Paul cun an hrangah an nun hmaisa kha “cing ringring” (Efesa. 2:11) ding a thupit thu a rel. A hlan ahcun Israel pawl ih Messiah, hriak thih mi pakhat, “Khrih tel loin” an rak um dah zo. Annih cu “Israel ih ramuknak(Ramthen, asilole miphun)ihsin ra suak mi an si”. Annih cu “Thutiam ih thukam mi lak ihsin mikhuall an si” ih rundamnak thuhla Pathian in a tiakam mi pawl khal annih cun an thei ve lo. Israel lak ihsin ramdang mi le rundamnak thuhla an rak theih lo ruangah annih cu “beiseinak neilo” le Leitlun ah “Pathian nei lo” an rak si (Efesa. 2:12, NKJV).

Culawng hman siloin a hlan ih an hringnun ah Zentel pawl cu anmah le Judah pawl karlak ah buainak thuk zetah an rak tla lut dah zo. Paul cun himi huatawnak a theihmi hi a hminsinnak pakhat a si. Judah pawl cun

Zentel pawl cu hnihsuak sainak ah hmangin, "Serhzim tan lo pawl" tin an rel ih, cuvek ciah in Zentel pawl khal in Judah pawl cu "Serhzim tan pawl" tin an ko ve (Efesa. 2:11).

Ziangkhal sehla Efesa 2:13 cun tu ahhin thil danglam zet a tar suak. Paul cun, "Asinain tu ahcun a hla zet ih rak um mi nannih cu Khrih Jesuh ah Khrih thisen in naite ah a lo umter" tin angan.

Paul in zumtu Zentel pawl cu "hla zet" tin a rel, himi thu hi Isaiah 57:19 sungta a lak mi a si, "Bawipa in, Daihnak cu hla pi ih um pawl hnen ah le nai te ih um pawl hnen ah daihnak um hram seh, a ti, anih cu ka damter ding a ti(ESV; zohtlang aw Efesa. 2:17, 18). Khrih sungah le Thinglamtah thawngin Zentel zumtu pawl cu Pathian thawn, beiseinak thawn, an unau Judah pawl thawn an hlatawnak ihsin naite ih hruai an si. Hitawk ah Paul in thuthangtha thilithei zet a simmi a um: Khrih ih thinglamtah cun Judah le Zentel karlak ih um hlatawnak a dam ter timi sullam cu kan buainak le kan thenhrang awknak pawl hmuahmuah cutawk ahcun cinfel a theih thluh tinak a si. Himi thuthangtha cun kan hringnun ih ummi thenhrang awknak le kawhhran sung ih thenhrang awknak pawl ah thinglamtah ih thilitheinak ah thleng danglamnak nei dingin in sawm hai a si.

Ziangvek dinhmun in saw Jesuh in a lo tlen? Cumi ihsin khuitawk ah na rak um dah, ziangtik ah a lo hmusuak tile, na umnak ah lo hmu lo bang sehla tivek pawl na vun theihsal cu ziangruangih thupi emem saw a si?

NIHNIH NI

July 24

Rualrem salnak: Thinglamtah ihsin Pathian laksawng

"Ziangahtile anih cun Pumkhat ih in tuah tu, khamtu phardawl a taksa rorin siatbal

thluhtu....Thinglamtah thawngin Pathian ah taksa pumkhat ih in rualrem tertu kan daihnak a si" (Efesa. 2:14–16, ESV).

Paul in thinglamtah le Efesa cakuat sungum Khrih ih a hnataun mi pakhat hnu pakhat hmangin ziangtin saw a simfiang? Paul in thinglamtah thuhla le kan pehzom awknak ziangtin a danglamter timi thu ah ziangtin a tawi zawngin na simfiang thei ding? (Zoh aw Efesa. 1:7, 8; Efesa. 4:32; Efesa. 2:13, 14; Efesa. 2:16; Efesa. 5:2, 25.)

Tuizarh ih kan zir mi Efesa 2:11-22 ahhin Thinglamtah hin Zumtu pawl hrang thil thupi zetzet a pe suak: (1) Zentel, Pathian le a miphun hnen ihsin "hla zet" ih rak um dah tu pawl cu "nai te" ih hruai an si (Efesa. 2:13, ESV), tu ahcun an pahnih in Pathian ih fanu le fapa pawl le Judah zumtu pawl ih unau pawl an si thluh zo (Efesa. 2:19); (2) "Huat awknak"(Grik – **encthran**, "Huatnak" tinak a si, **echthros** "ral" tinak a si), cu Zentel le Judah zumtu pawl karlak rori khalah " thihter ding" timi a si (Efesa. 2:16, NASB). Khrih ih thinglamtah cun kumkhua ih huatawnak Judah le Zentel ral awknak um ringring ding si awm tak pawl cu a run balsiat thluh (Efesa. 2:17); (3) Huatawnak hmun ahcun remawknak a hung um. Cumi cu Khirh ih duhdan, "Thinglamtah fehtlang in Pathian ah taksa pumkhat ih tuah" hi a si (Efesa. 2:16, NKJV; zoh kop ding Kol. 1:19–22).

Rualem awknak timi cu ziangvek saw a si? Remawknak neih hi ziangtin saw a um? Nu le fanu kar lakah kumkhat pumhlum rori thenawknak a rak ummi cu vun ngaihruat hnik aw. Hi huatawnak hi zangfahnak le ngaidamnak thlipi ah a hlo thluh ih, an pahnih in

rualrem zetin an um theisal timi vun ngaihruat hnik awla. Cumi ciah cu rualrem salnak cu a si. Rualrem salnak cu kawhhran member pakhat in ziangmaw thil cu thildang ihsin a thenhrang ih, cumi cu midang kawhhran member pakhat a unau nu simaw, a unau pa simaw in an rak cohlang thei a si ahcun cumi ciah cu rualremnak cu a si. Rualremnak timi cu meicet lam asilole daan lampang ah a silo ih, mi pahnih zomawknak siat zo mi remawk salnak a si. Paul cun thinglamtah ih Khrih ih hnatauan mi cun bulpak men siloin pawlkom pi khal tel in, pehzomawk thiltitheinak a suah pi a si timi a au suah pi. Kan hringsun a run luahkhat ih, kan thenhrang awknak pawl a siatbal thluh ih, kan el-awknak pawl a run netter ih, kan pawlkom awknak a thar in a tuahsal ih, kan theihthiam awknak khal a thar in a nunger sal a si.

Hitawk ih kaihhruai awknak ahhin midang thawn rualrem aw ding ih na tulnak lamzin ziangsaw um? Ziangtin saw na tuah theu?

NITHUM NI
Thenawknak phardawl a cim

July 25

Paul in Khrirh cun “thupek daan pawl cu daan vekin” relmi ah ziangvek in saw tuaha tm?(ESV), ziangahsaw hivek in a tuah?(Efesa. 2:14, 15)

Paul cun Herod Temple in Israel pawl thurelnak hmunpi lam ih kulh hruang pawl a vun mithlam ih thiinhnak tiang a um mi thuhla a sim duh mi khal a si men thei. Himi kulh hruang cu a cim ih Zentel pawl in Pathian cibai an buk ngah thei timi pawl khal a vun ngaihruat si ko ding (Efesa. 2:18). Khavek phardawl kulh pawl kha Paul cun Thinglamtah in a thawn hlo thluh zo tiah a sim. Cutawk

ihsin miphun pahnih, Judah le Zentel cu pumkhat an si timi kan zirsuak thei.

Midang in Efesa 2:14,15 cun thukam 10 khal tel in, Sabbath thukam khal tel in thinglamtah ah “a siat bal” lole “A ret hran” tiah an zirh. Ziangkhal sehla, Efesa cakuat sung ahhin Paul cun thukam 10 cu khristian kaihhruai awknak ih thil thupi zet an si thu a phuang suak. Thupek pa 5-nak a run la suak (Efesa. 6:2, 3) cule, a thluathlam in a dang pawl khal a run rel thluh(Thimnak ah:- pa 7-nak , Efesa. 5:3-14, 21-33; pa 8-nak, Efesa. 4:28; pa 9-nak, Efesa. 4:25; pa 10-nak, Efesa. 5:5). Hi bang pawl hi Paul in a hlan ih daan thuhla a relmi pawl thawn an milaw thluh (Rom. 3:31, Rom. 7:12). Daan hman diklonak pawl cu a relsuak ih, daan taktak cu a zah zet ih, cutin sunzom a si vivonak khal a pawm zet. Curuangah himi bungcang hi thukam 10 siatbalnak ah, a hleice in Bible dang pawl ih ummi daan siatbalnak ih rel hi Paul in hitawk ih a thurel mi an theifiang lo ruangah a si timi cu a fiang zet.

Cu ai ah Judah le Zentel karlak ih a tla zep mi daan le a hleice in Pathian minung pawl lakih Zentel pawl an rak telvenak le cibai buk khapbetnak ih daan hman a si ahcun Paul ih zirhmi an namthlak ruangah le daan hmang in Pathian tumtahmi an hman diklo ruangah a si. Efesa 2:14, 15 ih um “daan” timi cun Judah le Zentel a thenhrang aw ter tu daan, Paul in “ thupak daan pawl cu daan vekin” a timi asilole thukam hlun ih hman mi simfiangtul, karhzaiter ding mi, le Zentel hnen ihsin Judah pawl hla zetih an um theinak ding nunphung daan an neihmi pawl tla a si thei.

Seventh-day Adventist lakah simaw, Khristian pawlkom kau sawn member lakah simaw hmaiton ding le nehsuak dingmi ziangsaw um?Ziangtin saw khrih kan duhdawtnak tlangpi hi hivek buainak neh thei dingin a tawk ding?

NILI NI
Jesuh, daihnak thusimtu

July 26

Ziangtin saw Paul in Efesa 2:17, 18 sungih Khrih ih hnatuannak pawl a reldan?

Efesa cakuat ahhin daihnak timi hi a thupi zetmi a si, cakuat a thok le a netnak khalah daihnak ih thlawsuah peknak, “Kan Pa Pathian le Bawipa Jesuh Khrih hnen ihsin” tiah a ti (Efesa. 1:2, NKJV; zohkop aw Efesa. 6:23). Efesa 2:11-22 thoknak lam ahkhan Paul cun Khrih ih bulpak thuhla a rel ih, “Ziangahtile Amah rori cu kan daihnak” a ti. Cumi cu A thinglamta ah a tuahfel a si (Efesa. 2:14– 16, NKJV). Khrih cun ziangmaw thil- Judah le Zentel karlak huatawnak lawng a ti siat lo ih, (Efesa. 2:14, 15)— milai zangfahnak thar a tuah ih, daihnak le rualremnak ih zomawknak tiangin a tuah thluh (Efesa. 2:15–17). Cuvek daihnak cu buainak rehnak lawng hman a silo, Hebru miphun pawl ih Shalom(daihnak), Pathian thawn kan pehzom awknak(Rom. 5:1) le midang thawn kan pehzom awknak khalah thiltha zet hmuhtonnak mi a neiter a si.

Jesuh ih daihnak thucah phuangnak ahhin Paul in zumtu pawl an tel ve theidan ding ziangtin a ruat?
Efesa. 4:3; Efesa. 6:14, 15; zoh kop aw, Rom. 10:14, 15 le Efesa. 2:17–19, Isa. 52:7, Isa. 57:19.

Thuthangtha ahcun daihnak thusimtu asivek in Jesuh hi zohthim dingah a tel a si. A dungthluntu pawl a thlahnak dingih a tongkam ahkhan an hnen le kan hnena thutiamnak a nei ih, “daihnak ka lo tanta, keimai daihnak ka lo pe” (Johan 14:27, NKJV) tiah a ti. Himi khal a tel cih, “Keimah ah hnangamnak nan neih theinak dingah, hi thu pawl hi ka lo sim a si. Leitlun ah harsatnak nan nei ding: asinain hnangamtein um uh; kei in leitlun ka neh

zo a si, tiah a ti. (John 16:33, NKJV). Thihnak ihsin a thohsal hnu, a dungthluntu pawl hnenih a langnak ah, A hnenah hitin a sim sal, “Nan hnenah daihnak um hram seh” (John 20:19, 21, 26, ESV).

Efesa 2:17,18 ahkhan Paul cun Khrih in daihnak thuhla a simmi cu leitlun ah thuthangtha sim a si hlan ihsin a si timi a rel fiang. Tu ahhin A nih cun, “hla zet”(Zentel zumtu pawl, an piangthar hlan; ESV) ih ummi le “Naite”(Judah zumtu pawl, ESV; zohthim aw Efesa 2:11-13) ih a umtu pawl hnen ah “Diahnak thu a sim” a si. Himi thusimnak kan pawm ih, zumtu pawl hmuahhmuah cun thlawsuah donnak tonnun kan nei thluh a si.

Buainak coktho tu thuhla siloin daihnak thu sim sawn dingin ziangtin saw kan zir thei ding? Tu ahhin ziangvek dinhmun in saw damnak kengtu na bom thei ding?

NINGA NI
Kawhhran, a thianghlim mi Temple

July 27

Paul in Efesa 2:11-22 ahhin Kawhhran ah Judah le Zentel karlak ah pumkhat awknak a um theinak dingah ziangvek thilsaw a hman?

Efesa 2 zohsal tikah, cang 1-10 ah Jesuh thawn lungrua zetin kan um tlang theizia kan hmu ih, cang 11-22 ahcun A kawhhran ah midang pawl thawn lungrua zetih kan um tlang theidan pawl kan hmu leh sal. Jesuh thihnak cun Pathian thawn kan zomawknak (Efesa. 2:1-10)le midang pawl thawn kan zom awknak a pahnih in a tuah tha a si (Efesa. 2:11-22). Thinglamta ihsin Jesuh cun Zentel zumtu pawl le Judah zumtu pawl thenhrang awknak cu a siatbal thluh ih, cumi ahcun daan hmandan diklonak

pawl khal a tel cih thluh(Efesa. 2:11-18). Jesuh cun thil ziangmaw a din – mangbangza, zumtu pawl umnak biakinn thar a si. Zentel pawl, Temple thianghlim ih Pathian cibai buknak ihsin an rak hnong zo mipawl kha a tu ahcun, biakinn thar ih cang dingah Judah zumtu pawl hnenah an tel ve. Kan zaten “Bawipa in Temple thianghlim ah” (Efesa. 2:19-22, ESV) Pathian kawhhran sungtel kan si”, cupawl cu Jesuh thawn rualrem zetih umtlangnak tikcu caan tha le Khrih ah unau sinak kan nei a si.

Paul in Efesa 2:19-22 sungih kawhhran tahthimnak thu ah Biakinn vekih a hman mi ahhin a hnuai ih Bible cang pawl thawn zingtin na tahthim thei ding? 1 Kor. 3:9-17; 2 Kor. 6:14-7:1; 1 Pet. 2:4-8.

Biakinn ah Zentel pawl an telkim theinak dingah Paul in kawhhran cu Biakinn vekin tahthimnak ah a hmang. Biakinn sungih “Israel lairelnak” ah Pathian cibai buk ve dingin khap an rak si lawk, asinan tu ahcun onsak an si zo (Efesa. 2:18) ti lawng hman siloin, ammah rori khal “Thlarau in Pathian ih umnak hmun” (Efesa. 2:22, NKJV)vekin Biakinn thar saknak hmanrua an rak si zo. Thukam thar cangan tu cun biakinn tahthimnak thu hi kawhhran thianghlimnak, Pathian in kawhhran a hmuhsuaknak le kawhhran thansohnak, kawhhran sungih zumtu pawl lungrial ih umkhawmnak ah a hmang. Tahthimnak hi suahkeh thlahsawn awknak kamsuak thuthawn zomawknak an nei (zoh aw; Efesa. 2:21, cutawk ah “Kawhhran” a thanglian), cule biakinn saknak khal a kau zet (zoh aw; Efesa. 2:22, “Nannih khal sakkhawm mi nan si” ESV). Kawhhran cun a lem men siloin, amah ten “A nungmi Pathian ih biakinn” (2 Kor. 6:16, NKJV)timi a theihter a si.

NIRUK NI

July 28

Ruahbet ding: A hnuai ih thusuhnak hi ngunngaih zetin thuhmai hruai pawl hi zir aw:

Paul in Efesa 2:11-22 ih a simmi minung laicinawknak ah Thinglamtaih ah a lakkhawm thluhmi thuhla a hleice in a rel mi ziangsaw a si? Anih cun Judah zumtu pawl le Zentel zumtu pawl ih laicinawknak cu a ngan ih, annih pawl cu Kawhhran ih member umkhawm an si tiah a ti. An theithiam ih, Pathian innsang sungkua an si vekin rualremnak an neihnak pawl khal a relsuak thluh (Efesa. 2:19). Ziangkhal sehla, a cakuat nganmi pawl ah Paul cun hmunhla le thlirnak pawl a tarlang a si. Amai thupibik a timi cu Pathian khawkhan, anetnak ih a khawkhan mi cu Khrih ih ziangkim pumkhat ih um hi a si (Efesa. 1:9, 10) tile, cakuat netnak ah, “Van le leilung ih sungkua hmuahhmuah” tiah a ti(Efesa. 3:15, ESV).

Thupi bik cu kawhhran sungih member pawl pumkhat hi a si- Efesa 2:11-22 sungih a ngan hleice mi thulu khal a si, - cumi cun tumtah mi kau sawn a nei ih Paul in Efesa 3:10 ah a rel suak: “Tu ah van hmun pawlih um thuneitu le thiltitheinak pawl hnenah Pathian fimmak tam zet(Judah le Zentel pahnih lak ihsin kawhhran dinnak) cu kawhhran pawl hmangin theihter a si theinak ding ah”,(ESV). Thinglamtaih parih khrih ih pumkhat ih a suak ternak thawngin zumtu pawl cun Khrih ah Pathian in ziangkim a khawkhannak ih a rettumnak pawl cu an feh rero lai a si timi an va theihter. Khrih ah leitlun remaw ternak ding hrangah Pathian khawkhan hmuhsaknak cu an zomawk rualremnak ah a cang. Curuangah Efesa 2:11-22 kan zoh tikah a Efesa cakuat ih thupi bik pawl cu Bible ih in zirhmi tuisan minung pawl, pawlkom le miphun pawl tivek pehzokawknak hi a si

RELKHAWM DINGMI THUSUHNAK PAWL:

1. Efesa 2:11-22 ah ziangvek laicin awknak saw Bible zirhnak in a hman mi? Ziangtin saw hi thungan mi hin hnam pakhat member pawl in hnamdang member pawl thawn zom awknak ding thupi thuhla ahhin Khrih ih lungput danglam zet a pek thei?
2. A ralai dingmi minung pawl hrangah Pathian ih khawkhannak cu pek an si(Efesa. 1:9, 10; Efesa. 2:11-22), Kawhhran hrang ahcun anmai sunglam buainak le a dangdang karlak ih buainak um pawl cinfel hi ziangtluk in a thupi?
3. Hnam dangdang ihsin buainak suak, thuh le hnong thei pawl nan khawtlang nun ih ummi hi ziangsaw an si? ziangtin saw nan kawhhran in thinglamtah ah Khrih in pumkhatnak ding hna a tuansuak zo mi cu a takram in a thlen thei ding? Ziangtin saw cumi hnatauan ah na tel ve thei ding?

ZIRLAI 6**July 29-August 4****THUTHANGTHA IH THUTHUP****SABBATH TLAILAM**

Tuizarh sung siar ding: Efesas 3; Job 11:5-9; Ezek. 43:13-16; Amos 7:7, 8; Thup. 11:1, 2.

Bible cangken: “Tu ah, kanmah ih hna a tuan theutui’ thiltitheinak vekin, kan dilmi asilole kan ruahmi hmuahmuah hnakih nasa sawn ih tuah theitui’ hnenah, A hnen ahcun sunlawinak cu Khrih Jesuh zarah san hmuahmuah tiang, leitlun a cem hlanlo, kawhhran hnenah um ringring hram seh. Amen.” (Efesa 3:20, 21, NIV).

Efesa 3 ah Paul cun a hlan ih thuhla a rak theih zo mi pawl hmangin onnak a nei: “Cuticun thuthangtha ruangah Zentel pawl cu Khrih ah roco vetu taksa pum khat le a thutiam cotu an sitheinak dingah a si”(Efesa. 3:6, NKJV). Himi cu tuisan ih kawhhran hrangah thil danglam tuk si lem nawn lo khal sehla Zentel pawl hrang ah a tikcu lai ih ca siartu pawl hrang ah thazang ngahnak thilhar a si.

Paul cun Zentel hnen ih Jesuh thuthangtha phuang dingih tirhthlah a si vekin a thusim mi pawl cu a sunzom vivo. Pathian hna a tuannak ih harsatnak a ton, le Rom thawnginn tiang a thlennak pawl khal kannih cun kan rak zir ngah ve thei. Thuthangtha sungmurl mangbangza, Zentel kawhhran pawl hnen ih a pekawknak pawl cu an unau Judah pawl thawn kekar tlangnak a rak si timi khal kan theithei. Kawhhran hrang le Pathian hnatuannak

hrangih a tharthawhnak pawl khal kan hmu. Kawhhran fehtlang ih Pathian duhdawtnak a langmi ah Paul in Pathian thangthat in thlacamnak a neih pawl khal kan theithei.

A tawi zawngin, thuthangtha hrangih Paul in taimak a suahnak cu thlun ve dingin kan thinlung in nehzet a si.

NIKHAT NI

July 30

Paul: Zentil hnenih tirhthlah thawngtla mi

Efesa 3 siar aw. Na siar tikah thil thupi zet, pakhat lole pahnih na hmu ding. Paul in ziangmi thil thupi saw a tuah?

Efesa 3 ahhin thil a tuah awkdan ngainuam zet a lang. Paul cun himi bungcang hi hitin a thok: “Hi thu ruangah kei Paul hi nanmah Zentel pawl hrangah Jesuh Khrih ih thawngtla ka si”(Efesa. 3:1, NKJV). Cule Zentel hnen ih tirhthlah hnatauan ding a si vekin a thil bitum mi pawl cu a ti lang thluh(Efesa. 3:2-13). Cuvek hnu ah, Amai nun pangai ah a kirsal ih, “Himi ruangah” (Efesa. 3:14, NKJV) timi tongkam khal cang 14:21 ih a thlacamnak ah a run hmang.

Efesa 3:1 ah Paul cun amah le mah cu, “Khrih Jesuh ih thawngtla”(NKJV) tiah a ti aw, Rom pawl ih kaih tongin Rom cozah hnuai ah harsatnak a tong tla si men thei, asinan cu ai ih thuk sawn Pathian tumtah mi cun a nun ah hna a tuan a si. Rom ih thawngtla mi siloin “Khrih Jesuh ih thawngtla mi” a si(Zoh aw:- Efesa. 4:1). Paul cun a “tuar”(Efesa. 3:13, ESV) dan le thir ih an khih(Efesa. 6:20, ESV) dan pawl khal a rel lang ih, himi ihsin nuam zetin inn lam ih kharhkhum mi menmen a si lo (Tirhthlah 28:16), thawnginn rori ih um a si lam a langter. Kum zabi

pakhatnak ih thawngtlak le Rom thawnginn ih um hi thil harsa hleice a si. Rom uknak ram ih thawnginn pawl ahhin pawlkom tha, thianghlimnak le a sidan ding vekih rawl petu nei ringring lo pawl cu an kilkhawi dah lo. A taktak ahcun, Rome ramuknak ah thawngthlak hi hremnak ih hman a si tuk lemlo ruangah thawnginn khal hi an mamawh tuk lem lo hi a si. Thawnginn ih an thlak mi pawl cu fiahnak lole thah dingih a hngak tu pawl lawng an si tlangpi. Thawngtla pawl cu anmah ten an tul mamawh mi nei dingin le rawlei ding le a dang thil tul mi pawl khal an sungkua le an rualpi tha pawl parah a thum aw a si.

Paul ih riahsiatnak cu thawngtlak lai ih zumtu pawl parih a lung put ahhin a thum aw tla si men thei, thawngtlak hi nunphung pakhat ih zahthlak zetmi vantlang theih thil a si. Mi pakhat in, “Tirhthlah Paul, cawisan Khrih ih thucah kengtu cu ziangtin saw ningzah thlak zetin thawnginn ih a tlak thei?” tin thu an sut pang kei timi a phang tla si men thei. Curuangah a thawngtlak thu a rel ih, hivek hi Pathian ih khawkhan mi a si timi zumtu pawl in an theihthiam theinak dingah a bawm a si. Anmai hrangah a tuar(“Nan hrangah ka tuar” ESV) le mualpho ningzahnak thlentu vekih lan cu a sinak taktak ahcun, an “ropinak” (Efesa. 3:13)nak ding hrang a si thu khal a rel.

Pathian le Amai lamzin ih harsatnak tamzet karlak ah ziangtin Amah rinsandan kan zir thei ding?

NIHNIH NI

July 31

Reizet thuhmi Thuthangtha thuthup

Rinsannak thawn Paul hnen ih pekmi thuthup cu ziangsaw a si? Efesa. 3:1-6.

Efesa 3:1-6 sung na zir tikah a hnuai ih um pawl hi hmimsin aw:

Pakhatnak ah, Paul cun himi cakuat cu Efesa khua ih ummi kawhhran ih zumtu Zentel pawl hnenah a hleice in a nganmi cakuat a si (Efesa. 3:1).

Pahnihnak ah, Paul in amah le mah cu Zentel pawl hrangah, “Pathian duhdawtnak kilkhawtu” “Nan hrangah” tiih pekmi mi pakhat ah a ruat aw (Efesa. 3:2, ESV). Himi kilkhawinak asilole zangfahnak ih hnatuannak cu Paul in Zentel pawl hnenah thuthangtha (Pathian zangfahnak)sim ding ih pekmi a si thu a rel duhdan cu a si (Zoh aw Efesa. 3:7, 8, ESV).

A pathumnak ah, Paul cun thuthup cu a hnenah phuanglang in a um ih, a cakuat ih a rak ngan zo mi thulu (a hleice in:- Efesa. 1:9, 10; Efesa. 2:11–22), “Khrih ih thuthup”(Efesa. 3:3, 4) timi ahkhan a um zo. Thuthangtha tuahtu vekih an theihthiam ding cu Paul cun a duh lo, asinan cumi thuthangtha cu phuang suak dingin Pathian ih pekmi a sinak cu a pawm zet.

Palinak ah, Paul ih hnen lawngah himi thuthup thuhla ih thuphuan pawl langter in a um lo ih, Thlarau thianghlim in Khrih ah, “A thianghlim mi tirhhlah le profet pawl” hnen khalah a langter ih, cumi cu hlansan ih umtu pawl hnen ah Pathian ih khawkhannak thuphuan langterdan lamzin a si. Hitawk ih profet pawl a timi cun thukam hlun ih Profet pawl siloin hlanlai Khristian kawhhran pawl lakih thlarau thilpek dongtu pawl a relnak a si. Thuthup, hlan ih rak thuh mi cu tu ahcun “Onsuah mi thuthup” tin kan ko thei thlang ding.

A nettabik ahcun, Amah rori in: “Himi thuthup cu Zentel pawl hi roco vetu, taksa bangaw ih sungetle thuthangtha hmangin Khrih Jesuh sungah thuthiamnak rak co vetu an si” tinak a si (Efesa. 3:6, ESV). Paul in thuthangtha hi a ngaina zet ih, A hleice in Zentel le Judah pawl um khawnak kawhhran ahhin a langter tam zet.

Himi pawlkom pahnih hi Pathian ih pawlkom thar, kawhhran dinthar mi an si(Efesa. 2:14–16). Tu ahcun annih cu ral awknak ihsin “ ro-cotlangnak” le “taksa pumkhat sinak”(Khrih ih taksa lawng khal tel in), le thuthangtha thutiam “rak co ngah vetu” an si tin kan rak thei ding (zoh aw Efesa. 3:6).

Ziangthil maw lenglam in a hung ummi cun thuthangtha ihsin na zirsuak mi pawl cu a dokalh tluh tin na zum maw? Cuvek pawl cun ziangtin na hnong thei ding?

NITHUM NI

Kawhhran: Pathian fimmak langtertu

August 1

Pathian thuhla le Pathian hnatuannak thuhla Efesa 3:7-13 ah Paul in ziangtin a rel?

Paul cun “Pathian zangfahnak ih thilpek” hmangin “Pathian hnatuantu” a si thu a rel (Efesa. 3:7, ESV; zohthim aw:- Efesa. 3:1, 2). Himi thilpek, thuthangtha vek thotho hi, ngah ding tlak ruangih don mi a si lo ih, Pathian ih zangfahnak thawn ngah mi a si. Paul cun amah le mah “Mi thianghlim hmuahmuah lakih tenaubik” (Efesa. 3:8, ESV) tiah a sim fiang aw.

Paul ih cakuat pawl hi a ngandan vek in kan fehpi vivo asile Paul in amah ten thansohnak lamzin a zawnak thuhla ngainuam zet pawl kan hmu thei a si. A hmaisa ahcun tirhthlah ah Pathian ih a ret thu a rel aw (Gal. 1:1). Cule lehhnu ahcun, “Tirhthlah ih te naubik” tile “Tirhthlah ti hman ih kawh a tlak” lo thu amah ten a rel aw sal (1 Kor. 15:9, NKJV). Hi tawk Efesa cakuat ahhin Amah ten, “mithianghlim pawl lakih tenaubik”(Efesa. 3:8, ESV) tin a rel aw. A netnak ahcun amah ten, “misualbik” lole” lubik” (1 Tim. 1:15, NIV) in a rel aw.

Hitawk ih Paul ih a relmi cun Ellen G. White ih thurelmi hminthang zet va theithiam dingin bomnak a um men thei: “Jesuh na naih deuhdeuh asile na mit rori ah na sualnak a lang tam deuhdeuh ding; Na sun mang cu fiangzet in a lang ding ih, na famkim lonak cu a famkimnak ah a lang fiang ding”—Steps to Christ, p. 64. Paul cun a thurel mi cu a sunzom vivo hrih lai. Efesa 3:10 ah hitin a ngan: “Tu ah van hmun pawlih um thu neitu le thilitheinak pawl hnenah Pathian fimnak tam zet cu kawhhran pawl hmangin theihter a si theinak ding tumtah in,”(NKJV). Hitawk ah zo pawl saw “Van hmun pawl ah thilitheinak le thuneitu”(ESV) a ti mi hi? Ziangtin saw kawhhran in Pathian ih fimnak “tamzet” cu an hnen ah a phuang? Efesa 3:10 hin thilitheinak menmen phuang lo khalsehla, Efesa 6:11,12 sungah cipciar zetih a relmi sualnak vekih lak men ding hi thiltha zet a si ko ding. Cuvek a si ahcun, Kawhhran in a phuanmi, Judah le Zentel cu minung thenhrang awkvek ih rak um dah zo, a tu ah pumkhat ih an um tlangnak cu “van le leitlun ih um Amah(Khrih) ah ziangkim pumkhat si dingah” (Efesa. 1:10, ESV) hmailam caan hrangih Pathian ih khawkhannak cu himi “van hmun pawl ih thilitheinak le thuneitu” khawsia pawl hnenah a ringzetmi thuphuan ah a hungcang. Pathian ih khawkhannak cu a feh vivo lai ih, khawsia an hlohralnak ding khal a fiang zet zo. Kawhhran pumkhat an sinak taktak cun khwasia pawl ih an caklonak ding netabik a rak hmuhter a si.

Na kawhhran ahkhan Efesa 3:10 ah Paul in kawhhran “Hnatuan relfiangnak” hi ngai thupi zet sehla, ziangtin saw nang le na kawhhran member pawl ih pehzomawknak cu tuah danglam ih a um thei ding?

**NILI NI
Khrih, na thinlung ah a um**

August 2

A hlan ih Paul in thlacam dilnak Efesa 1:16-19 ih a neihmi le Efesa 3:14-19 sungih zumtu pawl hrangah a neihmi kha vun zohkop aw. Ziangtivek zawngin saw himi pahnih hi an bangawk?

Efesa 3:14,15 ih mirang tong lehlin mi phen ahhin thil thupi zet tongkam a um. Paul in, “Pa, van le leilung um sungkua hmin pawl saktu” (ESV) ih hmai ah ka khuk ka bil a ti tikah, anih cun Pa timi Grik tongih **pater** timi le sungkua relnak ih hman mi Grik tong ih **patria** timi tongfang an zomawknak a run relsuak. Efesa cakuat ah, Paul cun rundamnak ah Pathian khawkhannak pawl, ziangtik caan hrang(Efesa. 1:21) khalah ziangkim khal tel in(Efesa. 1:9, 10) a theihthiamnak ah lungawi thu a sim. Hitawk ahcun anih cun, “Van le leilung ummi sungkua hmuahhmuah” cu “Pa” ih ta an si thluh timi a run sim. Sungkua(Patria) hmuahmuah cu Pa(pater) ihsin hmin laksawng mi a si. Himi cu thuthangtha lungawi umzet cu a si.

Himi hi vun ruat aw: Na sungkua, famkim lo le tlaksamnak nei khal sehla, Pathian ta an si. Pathian cun famkim lo sungkua hi a duh zet. Annih cun Pathian hmin an pu ih, A neitu sinak hminsinnak an keng a si. Efesa 3:26-29 ah Paul cun Pathian hnenah zumtu pawl cu thlarau lam sinak hnget zet nei(“Duhdawtnak ih hramtoh le thanglian”ESV) le sunglam ih a ummi Khrih ih umpinak (Efesa. 3:17), le thlarau thianglim umpinak (Efesa. 3:16) thawngin sunglam caknak an neihnak ihsin thlarau lam hmunton mi tamzet pe dingin a ngensak.

Paul in zumtu pawl hnenah thlawsuahnak tamzet pek suah a si ruang Pathian thangthatnak cu tahnak

pa 3 lawngah a netter lo ih, pali “A kuahlam, a sau lam, a thuk lam le a Sanlam” (Efesa. 3:18, ESV) in a net kharnak a nei. Himi tahnak cu ziangmi ah hman a si timi fiangten a rel lonan, ziangmaw thil thupi zet hmannah a si timi cu a fiang zet. Bible zirpawl hrangah himi cu thil buaithlak zet an tanta mi a si. Himi tahnak cun Pathian fimnak (*zoh aw, Job 11:5–9, tahnak ih hman a si*), Pathian thilti theinak (*zoh kop aw, Efesa. 3:16, 17*), asilole Efesa 2:19–22 ih a relmi thlarau lam Biakinn (*zoh ding: Ezek. 43:13–16, tahnak ih hman a si; Amos 7:7, 8; Thup. 11:1, 2*) a relnak teh si thei pei maw? Himi tahnak pali pawl cu “Khrih ih duhdawtnak” (Efesa 3:19) tiih rel hi a tha in a fiah bik ko ding, “theithiam in.... a saulam le a kauh lam le a sanlam le a thuk lam” (Efesa. 3:18, ESV) timi catlang hin a hnuai ih ra ciah mi, “Khrih duhdawtnak theithiam dingah” (Efesa. 3:19, ESV; compare Rom. 8:35–39) timi in a run zom hngal. Ziangkhal sehla a tongkam kan hmu ih, cumi pawl cu thuthangtha an si.

NINGA NI
Khrih Jesuh le kawhhran ah sunlawinak

August 3

Paul cun a thlacannak cu thlawsuahpeknak, a tawi theibik in, Pathian thangthatnak hlatawi hmagin a net a khar. Zianghrang ahsaw Pathian a thangthat? Efesa. 3:20, 21.

Paul in zumtu pawl hrang ih a thlacannak cu a ngan (Efesa. 3:14–19). Tu ahcun a thlacannak cun hmuai a neizet ih thil a tithei zet. Paul ih thlawsuahpek a netkharnak ah thusuhnak pahnih a um: (1) Himi bungcang hin kawhhran cu diklo deuh in a cawisang ih, Jesuh thawn “A hnen ah sunlawinak cu kawhhran le Khrih ah um seh” (Efesa. 3:21, ESV) timi thu ahhin bangran in a ret men si

ta lo maw? Paul cu Efesa khua ih kawhhran ah a lunglut tuk ruangah zumtu pawl thinlung ih um mi cu Khrih a si a tikah Khawhhran ih rundamnak cu Khrih a si timi a fiangter zet (Efesa. 3:17). Thlawsuahpek netkharnak ah Khrih Jesuh fehtlang in Pathian in kawhhran ah rundamnak a runpek ruangah Pathian a thangthat. (2) “San hmuahmuah tiang, kumkhua in kumkhua tiang” (Efesa. 3:21, ESV) timi cun Khrih a ratsalnak ding cu ti muangter in, Kawhhran hrangih tawpni nei lo, leilung ih thum aw mi hmailam tik cu caan a tarlang maw si? Efesa cakuat in hmailam caan ih beiseinak hnget zet a rak zohter a si. Thimnak ah Efesa 4:30 ah, “Tlennak ni” (ESV) tin kan hmu thei. Cule, zumtu pawl cun Khrih ih thiltitheinak cemni nei lo, “A ra lai ding san” (Efesa. 1:21, NRSV) tiang an rak tep ban thluh. Paul ih thlawsuahnak cu zumtu pawl ih aiawh in cemni neilo Khrih ih thiltitheinak sunlawihnak vekih siar ding a si.

Paul in thlacam thuhla a nganmi pahnihnak vun zohsal sehla (Efesa. 3:14–21; zohthim ding; Efesa. 1:15–23), Paul cun lei le van ih Pathian ngaihsaknak ah cahnak a ngah thu (Efesa. 3:14, 15), thlarau thianghlim khal a um ringring thu (Efesa. 3:16), Khrih amah rori ih umpinak khal a tel thu (Efesa. 3:17), cule cemni nei lo, tah theih lo Khrih ih duhdawtnak khal a um thu kan hmu thei (Efesa. 3:18, 19). Himi cu thudik zet a si, zumtu pawl cu “Pathian ih famkimnak pawl hmuahmuah thawn” (Efesa 3:19) an khat thluh ih, thlarau lam thil taktak pawl hi thangthatnak a um ruangah a lungawi zet ih, mithianghlim pawl hnenah Pathian thiltitheinak cu cemni nei loih a um ruangah mak khal a ti zet (Efesa. 3:20, 21).

Buainak, thlelmak asilole ringhlelnak kan neih tikah himi Paul ih thlacannak ahhin kan tuhlut cingcing

a tul. Thawngtla tirhthlah cun Pathian khawkhan tumtah mi pawl le a zangfahnak lamah kan sunmang in umter ih, in theihter a si. Kan dinhmun cu ziangvek a si khal le Pathian khawkhannak cemni nei lo ah kan rak tel ve ih(Efesa. 1:9, 10), A thiltitheinak cun kan sungah hna a tuan a si.

Pathian hnен ihsin ziangmi tlawsuahnak saw na hrangih man nei zet? An hrangah Pathian an thangthat theinak dingah thangthatnak tlacam hla phuah aw.

NIRUK NI

August 4

Ruahbet ding: Ellen G. White, “Tulai harhtharnak” Doawknak ropi, pp 461- 478.

“Ziangtin saw kan thlarau lam dinhmun cu kan ngah dingmi theihthiamnak famkim a relfiangtu kan zirlai bungcang [Efesa. 3:14-19] thawn rualrem zetih kan tuah thei ding? Thlarau lam le zangfahnak sungin taksa lamih kan thanglian thei laiah kan tikcu caan neihmi cu kan hmangthat lo ahcun vanlam pawl khin ziangtin in rak zoh ding? Tirhthlah cun kan thinlung laklawh dingin, in bum ding in asilole kan hmunton mi ah beiseinak hlo ding khawp in zianghman an ngan lo. Himi tongkam a ngannak san cu Pathian ih uknak rocotu kan si ahcun ziangvek in, ziangtin kan um ding timi in kawh hmuhsawn a si. Hmantlak lo tonnun kan neih ahcun ziangtin saw Pathian thawn hna kan tuan tlang thei ding? Khristian pawl ih van thatnak kan thei ngah zo, Bawipa cun siter in duh mi Pathian ih thilri theihthiamnak pawl cu kan hawl ding a si sawn.

“Bible hi na zum taktak maw? Himi bungcang kan hmai ih ummi ahhin Pathian theihnak kan neih taktak hi na zum maw? Pathian kamsuak thu tongfang hmuahmuah hi na zum taktak maw? Profet pawl, tirhthlah

pawl, tlawsuahnak le engnak pawl hmuahmuah ih thuneitu, lennak le famkimnak pawl hmuahmuah ih khat Jesuh Khrih ih tongsuak mi pawl hmuahmuah hi na zum thluh maw? Pathian le a fapa hi na zum taktak maw?”—*Ellen G. White, The Advent Review and Sabbath Herald, October 1, 1889.*

RELKHAWM DING THUSUHNAK PAWL:

1. Paul in Efesa 3:20,21 ih tlawsuahnak a pekmi le Thukam thar sung ih tlawsuahnak pekmi dang pawl thawn zoh them aw, Rom. 11:33-36; Rom. 16:25-27; Fil. 4:20; 2 Pet. 3:18b; Jude 24, 25. Himi bungcang pawl ah ziangmi thupi lole ngaihtuahnak saw um? Ziangtin saw thangthatnak le cibaibuknak ih an zohthim dingah an hnен ihsin kan zir suak thei ding
2. Paul in Efesa cakuat (Efesa. 1:10, 23; Efesa. 3:19; Efesa. 4:13)ih Grik tong pleroma(Famkim) voi 4 a hmannak pawl cu vun zoh kop thluh aw. Paul hrangah himi pawl hi ziangah an thupi hleice tin na ruat?
3. Paul in Efesa 3 ih Pathian hnatauan a thangthat mi hmuahmuah lakih ziangmi in na thinlung a lo nehbik? Ziangruangah?
4. Paul in Efesa cakuat a hrek a hmaisabik cu a thoknak vek ciahin a net a khar(Efesa. 1:3-21), cumi cu tlacamnak le thangthatnak hmang in a si. Pathian thiltitheinak, Khrih le thlarau fehtlang (Efesa. 3:16-21) in zumtu pawl nun ih a um ruangah a lung a awi zet. Ellen G. White in a tlun ih a nganmi vek bangtuk in kan nun ah thiltitheinak tonnun tha sawn ziangtin kan nei thei ding?

KHRIH IH TAKSA PUMKHATNAK**SABBATH TLAILAM**

Tuizarh sung siar ding: Efesa. 4:1-16; Fili. 2:3; Ps. 68:18; Tirh 2; 1 Kor. 12:4-11, 27-30; Isa. 5:4.

Bible cangken: “Cun anih cun mi hrekkhat cu tirhthlah, mi hrekkhat cu profet, mi hrekkhat cu evangelist, mi hrek khat cu pastor le zirhtu sinak a pe hai, Cucu mithianghlim pawl tifamkimnak dingah, rongbawl hnatuannak dingah, Khrih ih taksa sawhngetnak dingah a si”(Efesa 4:11, 12).

Aesop ih um thuanthu pakhat cu, “Pumpi le ke” tihi a si. A thuanthu cu hivek in a si: “Pumpi le ke cu an thupidan thuhla ah thukam an el aw, Ke cun anmah le anmah cu mi cakzet an si thu le pumpi hman hmun dangdang ih an phurkual thu an sim, cule pumpi cun, “Asinan, Ka rualpi tha pawl, rawl ka rak ei duh lo cun zianghman na phur thei lo ding” tiah a ti. —*Lloyd W. Daly, Aesop Without Morals (New York: Thomas Yoseloff, 1961)*, p. 148.

Ziangkhal sehla Paul cun thlarau lam a fiah theinak dingah minung taksa a hmang. Paul hrang ahcun minung taksa le Khrih ih taksa vek a si mi Kawhhran cu thilti theinak nei thluh, a dangdang ih tuahmi vekin a rel, cumi pawl cu an tangtlang thluh a si ahcun taksa hrisel zet ah a suak ding a si. Efesa 4:1-16 sungah Paul cun a hlan ih a hman tangkai zetmi taksa tahthimnak a hmangsal(Rom. 12:3-8, 1 Cor. 12:12-31). Khrih, tu ahcun taksa lubik a si zo, Taksa cu taksa pumkhat an si theinak dingah bawm tu

“thilpek” mi cu pengtin ah, kawhhran member tin ah, hna an tuantlang theinak dingih bawmtu a si. Paul in harhdamnak a simi, Pathian in kan hrangih pumkhat si dingih tumtah a neih mi va theithiam dingin in bawm a si: Khrih ah pumkhat asimi rahtha a rahuak mi kawhhran ih tel dingin in duh a si.

NIKHAT NI
Thlarau ih pumkhat

August 6

Efesa 4:1-16 kha siar aw. Ziangtin saw Paul in zumtu pawl cu kawhhran ih pumkhat sinak nunter vivo dingin forhfialnak a neih?

Paul cun Efesa cakuat(bung 4-6) thenhnih ih a hrek cu pumkhat dingih kawhnak in hram a thok. Asinan thil thupi zet pahnih a um hrih lai: **Pakhatnak**, Fesa 4:1-6 sungah zumtu pawl cu pumkhat ih a tuahmi nuntu ziaza tha zetzet langter in, “Thlarau ih pumkhat” (Efesa. 4:1-3) si ding in a ngen ih, himi kawhnak cu tongkam pasarih lakah “pakhat” ih a pawm mi a si(Efesa. 4:4-6). **A pahnihnak ah** Efesa 4:7-16 ah Paul cun nehnak, thuthangtha phuangtu pawl a hruaitu (Efesa. 4:7-10), zangfahnak bulhram a simi Jesuh cawisangnak thuhla pawl a run relfiang. Cule Khrih ih taksa pumkhat an sinak le an thansohdan, an harhdamdan le ziangtin kawhhran member pawl lungrual in an um khawm thei timi a run tarlang (Efesa. 4:11-16). A thok ahcun Paul cun Khristian pawl cu “ Kawh an sinak thawn milaw ih feh dingin” (Efesa. 4:1, ESV) a sawm hai a si. Anih cun Feh timi tuahtuannak tongkam hi nun can, asilole nung dingin tinak ah a hmang (zoh aw, Efesa. 2:2, 10; Efesa. 4:17; Efesa. 5:2, 8, 15). Paul in an kawhnak thuhla a rel tikah Khristian kawhnak thuhla a rel duhmi a

si(Efesa. 1:18; Efesa. 2:4–6, 13). Paul cun zumtu pawl hnenah cemni neilo Pathian khawkhannak a si mi pumkhat ih um ringring dingin a ngen hai a si(Efesa. 4:9, 10). Cui pumkhat sinak ding hrangih kawhnak a ngai thupidan cu hitawk ah hitin a thok (Efesa. 4:1–3), cumi pawl cu hnuaidornak, ngilneihnak, le thinsaunak tivek pawl an si.

Hitawk ah cu mipawl cu pakhat teten zoh sehla:-

Paul cun hmundang ah, Efesa 4:2 ah hnuaidornak timi hi a simfiang (ESV; *phahniam awknak- NKJV*), hitin a run bet hrih, “nangmah ai in midang a thupi sawn ih na retrnak” hmangin tin (Filipi. 2:3, ESV). Cule **hnuaidornak** cu mah le mah ngaihsak awknak ihsin theihthiam a theih lo (Zohaw, Kol. 2:18, 23) asinan midang pawl ngai thupi le zahnak ihsin theihthiam a theih a si. **Ngilneihnak** (Efesa. 4:2, ESV, NKJV) timi cu, “mah le mah ngaithupi awkternak cun a ti buai tuk dah lo” asilole, “umdan thiam, midang ngiahsak, nunnak” tin simfiang a theih ko ding. —Frederick Danker, ed., *Greek-English Lexicon of the New Testament and Other Early Christian Literature*, 3rd ed. (Chicago: University of Chicago Press, 2000), p. 861.

A netnak ahcun, **Thinsaunak**(ESV; *Tuarfainak timi thawn zohthim aw, NKJV*) timi cu thin ai thoknak silole fiahnak hnuai ah thinsau ten um tentonak timi a si. Himi sinak pawl hi a zaten mah le mah hnongawknak hlir le midang pawl va ngaithupinak hlir an si thluh.

**Hnuaidornak, hngilneihnak le thinsaunak:-
Minung kan si vekin himi pawl in pumkhat si dingin
ziangtluk in mi an bawm timi ruat hnik aw. Ziangtin saw
hivek a tha mi nuntu ziaza cu kan zir thei ding?**

NIHNIH NI

Pakhat ah pumkhat vekin zomawknak

August 7

**Kawhhran pumkhat theinak dingah A thupi zetmi
Paul ih a relmi pasarih “pakhat fingfing ih ummi” pawl
kha ziangsaw a si? Himi ngansuak mi pawl hmangin
ziangmi bik saw relsuak a tum?(Efesa. 4:4–6).**

Paul ih “pakhat tete ih nganmi” pasarih pawl cu biazai vekih ruat a theih ih, Efesa khua ih hman mi hla pawl vek hi a si. A hramthoknak ah pahnih kha “Pakhat sungah” um in a run rel: “Taksa pumkhat”(Kawhhran cu Khrih ih taksa a si timi a sawhkhiih Efesa. 4:12, 16; Efesa. 1:23; Efesa. 5:23, 29, 30) cule, “Thlarau pumkhat” (Efesa. 4:4). A pathumnak ahcun, “kawh nan sinak ah ruahsannak pakhat”(Efesa. 4:4; zohtlang aw; Efesa. 4:1). Cule thil pathum a um bet lai: Pathian cu “Mi zate ih Pathian le Pa pakhat lawng a um, ziangkim tlunih um, le ziangkim fangsuaktu, le ziangkim sungih um a si” (Efesa. 4:6, ESV) timi in a net a khar hlan ah “Bawipa pakhat”(Khirkh relnak a si), “rinnak pakhat”(Khristian pawl zumnak a relnak a si, Efesa. 4:13; Col. 1:23; Kol. 2:7; Gal. 1:23; 1 Tim. 4:1, 6), cule Baptisma pakhat”(zohtlang aw, Efesa. 5:26)timi pawl a rel.

Himi biazia tong hmangin Pa Pathian relnak ihsin Paul in ziangmi saw simfiang a tum? “Ziangkim ih Pa” timi hman a sinak cu Pathian cu sersiamtu a si tinak a si. Catlangtluan dang pawl cun leitlun sersiam a si thu le “ziangkim hi” Pathian thawn an pehzom aw thluh ih, a tuahmi an si thluh thu a run relfiang. Paul cu Pantheism (ziangkim hi pathian a si) asilole Panentheism (*Leitlun hi Pathian sinak ah a tel cih, asinan cumi thiltuahmi cu a tawpter cuanglo ti zumtu pawl*) zirhnak ahhin a hnuaihnih aw lo. Anih cun Pathian cu cungnung sawn(ziangkim tlun ih um), huham nei hnatauantu(ziangkim Amai hnen ihsin) le lei

le van luah khat(ziangkim ih um) tu a si lam a phuang sawn a si.

Kawhhran ih pumkhat sinak thuhla ih ruahdan pahnih hi thaten rak hminsin aw (Efesa. 4:1-6). A hmaisa ahcun pumkhat sinak cu thlarau lam a si ih, tongkam pasarih relnak ih “Pakhat” ihsin ra mi a si ih, lawmtlak khal a si (Efesa. 4:4-6). A pahninhak ahcun, himi pumkhat sinak cu kan zuam le thansohter a tul (Efesa. 4:3). Himi pumkhat sinak ahhin a taktaq ahcun kan beidon caan tla a um ko ding. Ziangkhal sehla, Kan beidonnak cu ziang a si khal le, kawhhran pumkhat awknak ah Pathian in Khrih sungih a tuanmi hnatiuan ruangah le “thlarau pumkhat” (Efesa. 4:3) kan sinak zawn ah lungawi ding kan si. Hivek ih tuahnak cun himi pumkhat sinak hrangih hnatiuannak ah thazang cahnak in pe kirsal a si. Asinan hivek in thinlung thar hlam zetih kan tuan asile Pathian hnatiuan dingmi kan thehsak ding a si.

Siar aw: Efes 4:4-6. **Himi hin ziang ruahnak a lo neiter? Khrih ruangah Pathian thawn le kan pumkhat awknak thuhla na theih tikah ziangtin saw na um?**

NITHUMNAK

August 8

Khrih cawisanak, thilpek petu

Ziangkhal sehla, Khrih ih tirhsaignak thawngin anih cun kan bulpak cio ah thilpek in pe thluh. Curuangah cathiamhlim cun hitin a ti

‘A sannak hmun ih a hung kaisoh tikah,

Saltang mi tamzet a hruai,

Cule a mipawl hnenah thilpek a pe’.

‘A hung kaisoh’ timi hi hminsin aw. Himi cun Khrih cu kan leilung hnuai ah a tumsuk timi a fiangter. A tumsuk mi pa thotho kha vanpawl ai sang sawn ih kaitu

thotho kha a si, cuticun ziangkim hi Amah rori in a luahkhat thluh a si” (Efesa. 4:7-10, NLT). Himi ah ziangsi um, himi bungcang ah Paul ih reltum miziangsaw a si?

Himi hi Paul in Saam 68:18 sung ih ta a lak mi a si: “A sannak hmun ah na hung kaiso, saltang pawl na hruai. Minung pawl hnen ihsin thilpek na dong, nangmah a lo dodal tu pawl hnen khal ihsin” (NLT). Saam 68:18 cun Bawipa, Yahweh, cu ralnehtu, A doral pawl nehtu, doawknak hmun ih saltang pawl thawn a khawpi dinnak tlang ih a hung kaitu a si zia a pholang (zoh aw Ps. 68:1, 2). A ralnehnak ihsin upatnak (thilpek dong) a dong (Saam 68:35 *ah thum aw in Paul cun cawisan Khrih hnen ih “thilpek” mi pawl a run tarlang*).

Saam 68:18 ih ummi vekin kan feh asile, Kaiso-Khrih vanih kaisohnak cu(Efesa 1:21-23) a thleng hmaisa ih, cumi cu thosal, cawisang zo mi Jesuh in thilpek a peknak le ziangkim a luahkhatnak dingih a vung suknak a si. Himi ciah hi Paul in Penticos lai ih thlarau thinghlim burhdan thuhla a relnak a si(zohaw, Tirhthlah 2). Hi hmuhdan hi Efesa 4:11, 12 in a run nemhnget ih, cumi cu cawisan ih um Jesuh ih thilpek pawl cu thlarau thiaghlim thilpek an si timi a langfiang ter. “Hmunsang ah Khrih a kaiso, ralkaih pawl cu salah a hruai, cule minung tlun ah thilpek na pe. Khrih van ih a kai thluh hnu ah, tiamkam cia vekin thlarau thiaghlim cu a cakzet mi thli vekin tirhthlah umkhawmnak pawl hmuahmuah ah a rungtum ih a run luahkhat thluh, cumi in ziangsi a rah suah mi? Mipum thawng tam zet cu piangthar in an um”.—Ellen G. White, *Ye Shall Receive Power*, p. 158.

Efesa cakuat sungih himi malte bungcang pawl hi ziangluk in thuk khal sehla, Khrih in kan hrang a

tuahzo mi, a tuahlai dingmi le a hleice in “khuitawk khalah ziangkim a luah khat thluh” (Efesa. 1:23, NLT)timi ihsin ziangtin hnemawknak kan zir thei ding?

NILI NI

Cawisan Jesuh ih thilpek pawl

August 9

Saam 68:18 **la tahrat in Paul cun thawsalnak, cawisannak, doralneh tu Jesuh cun a sannak hmun ihsin a mi pawl hnenah thilpek a run pek thu a simfiang. Ziang “Thilpek” saw cawisan Jesuh ih pek mi, ziangmi hrangah?** Efesa. 4:11-13.

Paul cun cawisan Jesuh in a kawhhran hnen ih a pekmi “thilpek” pa 4 pawl cu hlawnthil lakih telmi vekin a tarlang: (1) Tirhthlah pawl; (2) Profet pawl; (3) Thuthangtha phuangtu pawl; (4) Tuu khaltu pawl (ESV) le zirhtu pawl tla an si(*Grik tongphun cun himi pawl hi thil pakhat an si thluh vekin a lang*). Khrih cun a thupi zet mi a hnatauan thehsuak dingah himi thilpek pawl hi a pe a si: “Mithianghlim pawl cu rongbawl hnatuannak ih tuamtu dingah, Khrih ih taksa sawhhngetnak dingah”(Efesa. 4:12, ESV) cule “Rinnak le Pathian Fapa theihnak ah kan zatein lungrual in kan um ih, Khrih ih famkimnak ruang-pum tahnak ah mi pitling kan si theinak dingah a si(Efesa. 4:13).

Himi netabik ih um hi hlansan Adventist pawl hrang khalah a hleice ih a thupi zetmi an si. Annih pawl cun Ellen G. White ih thlarau thilpek pawl an ruat ve nasa. Bible in thlarau thilpek hi tirhthlah san ih kawhhran pawl hnen lawngih thleng dingin maw si a rel?Asilole himi thilpek hi Khrih a ratsal hlan tiang a um sunzom vivo ding saw? Hlan ih Adventist pawl cun an thusuhnak pawl cu Efesa 4:13 ah a sawnletnak an hmu ngah, himi thuhla hi lawngmawgnak thawn khualtlawngnak ding thupek suah

tupa lawngmang hruaitu cun a rak dong hngah. Lawng colhnak kiang an thlen tikah lawng kaihruaitu cun an khualtlawnnak ih bomtu dingah lawng mawngtu pakhat a rung lut ding timi thu a dong. A hlan ih thupek zirhmi vekin lawngmawng tu cu a litter a tul, a hlan ih kaihruaiawkdan vek in a tuah a tul. “Zoin saw tu ahhin cumi kaihruaiawknak cabu hmaisabik cu ngaihsak? Lawngmawng tu hnongtu pawl, asilole cumi cabu in a simvek ih rak dongtu pawl maw an si? thu then hnik uh?”— Uriah Smith, “*Do We Discard the Bible by Endorsing the Visions?*” *Review and Herald*, January 13, 1863, p. 52.

Tuu khaltu(lolle “Pastor”), “zirhtu” le “thuthangtha simtu” tivek pawl kan simfiangdan ahhin kan ralring a tul zet. Kan dinhmun le kan tikcu mil in hivék dinhmun ruat theutu kan si ruangah a thupi hleice a si. Kan theihban tawk ahcun Paul ih san lai ah himi pawl cu Efesa khua ih khawhhran hruaitu mi zaraan pawl an si thluh ko ding(1 Pet. 2:9, Tirhthlah 2:46, Tirhthlah 12:12).

Isaiah 5:4 siar aw: “Ka sabit hmuhan ahhin ka rak tuah hrih lomi tuah beet theih dingmi ziang saw a um lai?” Himi bungcang hi Ellen G. White ih Pathian hnatuannak ah Pathian in in pekmi thawn vun ruat hnik aw. Ziangtin kan hmang ve thei ding?

NINGA NI

Khrih ah thangsohnak

Kawhhran in Khirh bangnak ih a thansohnak ah ziangvek tih-thaihnak tihnung um saw a um? Efesa. 4:14.

August 10

Paul in kan ruahnak vek silo in ruahnak dangdang, “zirhtirawknak thlihrang phunkim” le “ Bumawk khawkhannak” (ESV) pawl cu zumtu pawl parah a thumawk

theudan boruak pawl a hmu thluh. Pathian thu zirnak ih lamzin diklo, tihnung um zet relnak ah thil pathum zohthimnak nei a hmang: (1) Nauhak lai ih pitlin lonak, “cuticun nauhak kan si ringring nawn lo ding”(ESV); (2) Tifinriat sang zetih tihnak, “Zirhawknak thlihrang tinkim ih hran petmi”(ESV); (3) Thaptawknak ih tel theu veke mifim pawl ih bum thiamnak kut ih tang vek an si. Paul cun Grik tongfang **Kubeia**(*lehnak cikhat, a vorh ci pawl*) cu, “hlothlau” (ESV) asilole “Bumnak”(NKJV) tin a hmang.

Paul cun thendarh awknak hi thilti sualmi hminsinnak thupi zet pakhat vekah a ngai: Thenawknak cu thilsual a si laiah taksa thangsohnak le cawmtu ih an tuantlangnak pawl cu tha a ti zet. Thendarh awk zirhnak ihsin rinsan awknak le fiahnak zirhnak lamah a her kual ih (Efesa. 4:11), A dikmi Khristian tam sawn lam pan in Khrih ih taksa khalah ro comi tha zet an nei ding (Efesa. 4:12, 13; zoh ding mi: Efesa. 4:15, 16).

Kawhhran hrisel cu a ziangtin saw taksa hrisel veke hna a tuan dan? Efesa. 4:15, 16.

Efesa 4:1-16 ah, Paul cun kawhhran ih pumkhat sinak hrangah tan a la zet, cule cangvaihnak um thei dingin tuanvo neitu khal a ruat hai. Pumkhat sinak cu Pathian thu zirnak lam ah thudik a si (Efesa. 4:4-6), cumi cun kan hnatauan taima dingin in ngen a si (Efesa. 4:3). Pumkhat sinak kan kilkhawidan ding lamzin pakhat cu Khrih ih taksa “peng dangdang” ih tel kim hi a si(Efesa. 4:7-16). Kan zaten taksa peng pakhat kan si thluh, a hriselnak ding le a thansohnak dingin hnatauan tlang thluh a tul (Efesa. 4:7, 16). Kannih khal in tirhthlah pawl, profet pawl, thuthangtha simtu pawl, le pastor- zirhtu pawl hnatuannak ihsin hlawknak kan nei ve ding hi a si(Efesa. 4:11). Ruh hlikhlok pawl a zomkhawm awter tu thahri,

thahri fate zet vek ciah in, “hmuntin zomkhawm” (Efesa. 4:16, ESV) aw mi pawl cun hnatauan in pumkhat sinak an nei ih, cumi cun taksa ih lu a si mi Khrih lamih kan thansoh theinak dingin in rak bawm a si (Efesa. 4:13, 15).

Tuisan kan kawhhran fehtlang in “Thuzirhnak thlihrang” hrekhat pawl hi ziangsaw an si, ziangtin saw anmah pawl doneh dingin kan dinhnget thei ding? Sabbath ni ah na thusuhnak ih sawnletnak cu run keng tel aw.

NIRUK NI

August 11

Ruahbet ding: Efesa 4:7-10 ih kan zirmi pawl kau zetih in bawm theitu thil thil pahnih:

1. Efesa 4:9 lehlin dan. Hmun thenkhat ahcun kaiso timi um hlan ah tumsuk timi an umter(Thimnak ah NKJV, “A nih khal a tumsuk hmaisa” ; KJV, RSV, ESV, NASB). A dang lehlin mi pawl cun Grik tongfang thawn nai aw deuh in an thun(thimnak ah NIV, “A kaiso” timi sullam cu leilung, a hnuai lamah a tumsuk timi lo thildang ziangsaw um cuang?ASV, HCSB, LEB, NLT), cumi cun Nithum ni zirlai ih a relsuah mi, saam 68:18 ih thu nganmi ih umdan pawl cu thlun ding a si timi a run pholang ih, cumi cu Khrih vanih cawisangnak (kai so)cun a thleng hmaisa ih, cumi cu thlarau in a “tumsuk” ter mi a si.

2. Kaihtong saltang pawl hruai. Saam 68:18 hi Grik thukamhlun, Septuagint(hlanlai thukam hlun Grik ih an lehmi) tiih an kawh mi ihsin laksuak mi a si. Paul cun Efesa 4:8 ah a takram in a run hmang, “Kaih tong sal hruainak” (lehlin mi hrekhat pawl ah a lang KJV, NKJV, NRSV), Asinan cumi ih sullam taktak cu, “Kaih tong pawlkom pakhat cu thawngtla dingin lak a si” tinak a si.(Cumi cu himi pawl ah a lang ESV, NASB, NIV, etc.).

Seventh-day Adventists pawl cun Khrih vancungram ih lakslnak, van a kainak le a thawslnak ih a thove tu pawl a hruaisohnak thuhla a si timi fiangzeten an thei(Matt. 27:51–53). Himi “fangtel theen” timi cu tlenmi pawl ih rahthar ih dinmi an si, Vanram lairelnak hmun ih a kirsal tik ahkhan Pa hnenah a va hmuh a si (zoh aw *The SDA Bible Commentary, vol. 6, p. 1022; The Desire of Ages, p. 834, compare The Desire of Ages, pp. 785, 786*). Cuti zawng lo khal in Kolose 2:15 thawn milaw in a bungcang hi lak theihmi a si ih, Khrih ih doral- Satan le a vancungmi sualral pawl a nehnak vekih lanter khal a theih thotho, cumi pawl cu saltang nehzo mi pawl relnak a si.

RELKHAWM DINGMI THUSUHNAK PAWL:

- 1. Efesa 4:11 sungih um “Thlarau lam thilpek” ngan khawm mi le 1 Kor 12:4–11, 27–30; Rom 12:4–8; and 1 Piter 4:10, 11 pawl hi tahthim aw. Ziangmi bangawknak le danglamnak saw na hmuh?**
- 2. Thuzirnak khaan sungah tuisan kawhhran sungih “Thuzirhnak thlihrang” hrekhat pawl sim aw. Paul in hivek thli maimai cun in tibuai lohdan ding thu a simmi pawl hi hminsin aw. Thli in kan parah siatnak a runthlen thei mi lak ihsin kanmah ten kan humhim awk theidan ding le kawhhran sung ih um midang khal ka kilhim theidan ding lamzin ziang pawl an si?**
- 3. Paul in Efesa cakuat ih thupi bik ih a retmi cu “Pumkhatnak” timi hi a si. Asinan pumkhatnak ih man khung zia kan hawl hmu thei maw? Tongdangih kan sim asile, ziangtik ahsaw pumkhat suahnak cu a rahuak thei ding? Relkhawm uh.**

ZIRLAI 8

August 12–18

KHRIH NUN LE THLARAU THUSIM

SABBATH TLAILAM

Tuizarh sung siar ding: Efesa. 4:17–32; Kol. 3:1–17; Zech. 3:3–5; Zech. 8:16; Isa. 63:10; Rom. 8:16, 26, 27.

Bible cangken: “**Mi bumh mang cahnak ruang ih a siat zomi hlanlai ih nuncan minung hlun cu hliip thla uhla, Nan thinlung thlarau ah tharter aw uh; Cuticun dingfelnak le thianghlimnak dik ah Pathian thawn bangaw ih sersiam mi, minung thar cu hruk uh**” (Efesa 4:22–24, NIV).

Jose Antonio cu umnak ding inn hman nei loin kum tam zet Spain ram, Palma lamzin pi ah a um. A sam le a khabe hmul pawl khal an par biambiam thluh, kum 57 hrawng ding a bang. Nikhat cu Sam mehnak dawr neitu Salva Garcia cu Jose hnenah a feh ih, cutin ziangkim a tuahfel sak thluh. Sammehnak dawr sungah Jose cu a vunglut, hnatiuan tu pawl cun a sam an rak mehsak ih, a khabe hmul pawl khal fai zetin an rak tuahsak thluh. Cule Jose cu angki thar hrub ding khal an pek. Thlalang hmai ah a vung to ih, “ Himi keimah maw ka si? Ka va danglam lawmmam ve; zohman in in theithiam nawn lo ding!” tiah lungawi zetin mitthli tla phah in a sim. Cumi thluh hnu ah hitin a run betsal, “Himi in kan um tudan a thleng danglam lawng siloin, ka nunnak hrimhrim a danglamter a si” tiah a ti.

Efesa 4:17–32 ahhin Paul cun zumtu pawl cu famkim zetih danglam thluh dingin a ngen a si. An nuncan minung

hlun cu hlit in, sinak thar hruh ding an si. Jose ih tlengawknak kha vun zoh sehla, lenglam tlengawknak menmen a si lo. Cumi ahcun, "Nan thinlung thlarau tharter" (Efesa. 4:23, ESV)-nak khal a tel ih, "dingfelnak le thianghlimnak" nun a kengtel a si (Efesa. 4:24, ESV). Himi hi tlengawknak netabik a si.

NIKHAT NI
Sual ih hnua*i* ih buainak

August 13

Efesa 4:17-32 cu Kolose 3:1-17 thawn zohthim aw. Ziangtin saw Paul in kawhhran pumkhatnak cu zumtu nun ih um dingin forhfialnak a neih?

Efesa 4:1-16 ih hmaisa lam thuhlawm thenkhatnak ahkhan, Paul ih thupi cu Kawhhran pumkhatnak hi a si. Efesa 4:1 le Efesa 4:17 kan zohtlang asile, himi pahnih ih bangawknak cu nundan ding asilole fehdan ding forhfialnak an neih veve hi a si. Himi bangawknak cu Paul cun thupi bangaw- Pumkhatnak le cumi bomtu ding nuncan ziaza nei dingin thurawn a peknak a si. Asinan thlirnak thar le a thok lam ahcun a tha lo zawngin a rel si.

Efesa 4:17-24 ah Paul cun Zentel pawl hringnun, pumkhat awknak siatsuah theitu ding ih a ruah mi (Efesa. 4:17-19), le Khristian nun phung pangai diktak cu a vun tahthim(Efesa. 4:20-24). Paul in nunphung bawrhhlawh zet, Zentel pawl ih hringnun a relsiatdan pawl kan siar tikah, Zentel pawl cu Khrirh ruangah Pathian in a tlenhai ih, Pathian minung si famkim a hlan a si timi a zum thu hi kan theih ringring a tul(Efesa. 2:11-22, Efesa. 3:1-13). Efesa 4:17-19 ahkhan "Tisa lam ih Zentel pawl" (Efesa. 2:11)tin an thatlonak thuhla malte a run rellang.

Paul cun Zentel pawl ih sualnak bik le nuncan thatlonak bik a rel hran cuang lo. An thil tidan le sualnak

lamzin ah hringnun hmangih an umdan pawl a ruat sawn a si. Efesa 4:17-19 ih a reltum mi bik cu thlarau lam zawnruatthiam lonak a pholangnak a si: "An thinlung mitcaw in an um, an theihthiamnak khal thimter in an um, Pathian ih nunnak ihsin thenhran in an um" (Efesa. 4:17, 18, NKJV).

Himi thlarau lam thil ih zawnruah thiam lo hi catlang tluan hramthoknak ih theithiamnak thim sungh bulhram a si(*An thinlung a hak ruangah anmah ah theihthiam lonak a um, zawnruat thiam lo pawl ah an suak*" Efesa. 4:18, 19, ESV)cule A netnak ahcun nupa sualnak ah an ziaza an siatter(" *Cule taksa nomnak, thilbawhhlawh phunphun tuah duhnak thinlung an pu ih, duhamnak lam ah an pe aw*" Efesa. 4:19, ESV). Pathian ihsin an thiarfihlim aw, nundan ding khal an thei lo, A zangfahnak ihsin hlaral ah an um, sualnak le huatsuahnak ah awk-tar aw in an pil sunzom vivo.

Mi pakhat cu sual nasa sawn ih hruai sunzom theih vivonak ding sual thilitheinak thuhla ah nangmah in teh ziang hmuhton mi saw na neih?

NIHNIH NI
Thuamhnaw thleng danglammak

August 14

A thungaitu pawl ih an piangtharnak thuhla a vun relsuak tikah, Paul in ziangmi thil thupi zet saw an hnenih a thlen? (Efesa. 4:20-24).

Zentel pawl ih umdan (Efesa. 4:17-19)an nunhlun relnak ah, Paul cun, "Kha tivek kha Khrirh thuhla nan zirdan a si lo" tin a ti lo ih, cumi ai-ah, " Kha tivek kha Khrirh nan zirdan a si lo" tin a ti sawn a si (Efesa. 4:20, ESV). Cui thurel mi cun, "Amah [Khrirh] zir ding"(NKJV), "Amai' sungah" zir ding(ESV) lole "Amah ihsin" (NKJV) simaw

zirmi an si thu a rel ih, Paul cun “Jesuh ah thutak a um bangin”(Efesa 4:21) timi thu thawn Khrih ih hringnun pawm dingin a sawm hai a si. Paul hrang ahcun Zumnak ih feh cu Khrih thawn bulpak zomawknak a si ih, “Khrih zirnak” timi vekih reltheih ding khawp ih fiahfelfai zet a si. Thosal le cawisan mi Jesuh cu a nung ih kanmah thawn a um timi kan theifiang zet. A thuzirhnak le zohthim ding in peknak ihsin tuahtar in kan um. A nungmi kan Bawipa a si vekin a hrangah rinum zetin kan um a si. A kaihhruainak lam ah hringnun kan hmang ih, thlarau le Kamsuak thu hmangin in kaihuai a si.

Paul cun Jesuh hringnung vek nei dingin thil pathum kan tul thu in sim, cumi pawl cu thuamhnaw lem vekin a relsuak: (1) “Hlit ding” asilole hlan hringnun lamzin ihsin fehsan ding (Efesa. 4:22); (2) sunglam ti thar salnak (Efesa. 4:23); cule (3) A thar “hruh” ding, hringnun ih Pathian phenthlam (Efesa. 4:24). Paul ih tahthimnak cun thukam hlun ih thuamhnaw hman mi, sualnak (Thimnak ah:- Saam. 73:6; Zech. 3:3, 4; Mal. 2:16) le rundamnak (thimnak ah:- Isa. 61:10; Ezek. 16:8; Zech. 3:4, 5)hrangih hman mi zohthimnak a si thu a tarlang a si. Hlan san akhan mipa pawl cun khuk lang thei angki cu thuamhnaw sungta ah an hruk ih, cule nisa ihsin an kilhim awk theinak dingah puan asilole kawr fualpi an hruh theu. Cuvek ciah in nunau khal in angki sung hruh le kawrfual an hruh ve ko. Bible ih a langmi nunphung pawl cu eihawlnak lam thil an si. Angki pawl hi man an nei zetih, an man khung zet fawn, cumi pawl cu reizet an kawl theu. Kor thuamkhat ai ih tam a hruh theitu pawl cu mi pangai maimai an si lo. Cuvek kor pawl ih thatzia le hnipuan hrukdan pawl cun a neitu cu zovek minung an si timi a thei cih ter hngal a si. Kor pakhat vun thleng cu thil thlengdah lomi le thil thupi zet a si(*Tulai nunphung ahcun*

hivek pawl cu thil lolem zet vekah a cang thluh zo). Paul in nun thleng danglamnak cu Kum zabi 1 lai ih thuamhnaw pumkhat cu a dang thuamhnaw thawn thlengawknak ihsin a lang thei ding timi a ngaihtuah.

Khrih thei dingih zir timi le Khrih thuhla zir timi karlak ah ziangvek danglamnak thil thupi zet saw um?

NITHUM NI

August 15

Pumkhatnak tuahtu, zangfahnak kamsuak

Paul in zumtu pawl lakah thusimnak a neihmi lakah a tongkam hman mi ah tu ah na hrang thupi hleice ziangmi saw a si? Ziangruangah?(Efesa. 4:25-29).

Efesa 4:25-32 ah Paul cun thu ngai nuam zet a run hmang lehsal, cumi cu Efesa 4:25(NKJV) hmangih a runsim fiangmi a si: Thupek tha lo,(Thuphan per bansan”): A neta ah thupek tha(*Mikip amai inn hnen thawn thudik reltlang ding a si*); cule thuruahnak, (“ziangah tile kannih cu pakhat le pakhat tasak teek bangaw cio kan si” cumi sullam cu “Taksa pakhat ih sungtel kan si ruangah, taksa pumkhat ih peng dangdang vekin pakhat le pakhat zom awknak kan nei tivek a si”) pawl an si. Paul in “ thudik sim” dingih a forhfialnak hi, thudik cu a si lo zawngih rel dingin kawhhran member pawl a sawmnak a si lo. Paul cun Zekhariah 8:16 thu a rel ih, cumi cu remdaihnak lamzin vekin thudik phuangsuahnak ding hi a si.

Paul in Efesa 4:31 ah thinhengnak le thinheng tongkam pawl hmuahmuah a dawi hloh thluh zo ruangah Efesa 4:26 ah mipi um khawmnak ah thinheng ih thurel a siang lo a si. Cu ai ah Paul cun thinhengnak a um thei thu a pawm, cuti rual in, “Na thinheng asile, sual famkimnak rah suak ter siang hlah” timi thawn a simfiang.

Paul in a thurel mi thupi pawl cu rukru pawl thuhla tha lo zet cun a run netter a bang: “rukru cun ru nawn hlah seh” (Efesa. 4:28, ESV). A tha lam zawngin Rukru cun, “Amai kut rori in hnatiuan tha tuah seh” (Efesa. 4:28, ESV; zoh aw 1 Cor. 4:12, 1 Thess. 4:11) a timi cu, “Mi tlasam pawl hnenah ziangmaw thil pek ding a neih theinak dingah” timi ah a thum aw a si (Efesa. 4:28, ESV). Paul cun hitawk ih rukru pawl thuhla ah a net a kharnak san cu Tirhthlah 5:1-11 ih um Ananias le Sapphira ih thuanthu vek khan bumawknak le rukru karlak ih pehzom awknak a um ruangah a si. Paul cun Khrih danglam tertu thiltitheinak a zumnak cu Khrih ih tleng danglamnak ih thiltitheinak hi Paul in a rinsan tuk ruangah rukru pawl hman mi tlaktlai zet si dingin a ngaihuat a si.

Cule Paul cun, “Nan kaa in tongsia hrimhrim suak hlah seh” (Efesa. 4:29, NKJV), tiah a ti. Cumi cu cawlh hna thiam loin hmur lam ih a kaiso mi siatsuahnak tongkam pawl in hnatiuan a ti siat thei thluh thu a sim. Paul cun thiltha lo relsuah mi pawl cu cawlhsan loin, tahnak pathum langtertu thurelmi hmangin a thluh: cumi cu (1) “Tuahthatnak hrang a tha (2) “tikcu remcang” le (3) “zangfahnak cu a rak ngaitu pawl” hnen ah pek a si (Efesa. 4:29, ESV). Kan thurel mi pawl hmuahmuah cu cutivek an si thluh thei.

NILI NI

Zumtu nun ih thlarau thianghlim

August 16

Khristian pawlkom umnak sungah sual hnatiuan thuhla rel a si tikah, Zumtu pawl hnenih um thlarau thianghlim thula Paul in ziangmi forhfialnak saw a neih?
Efesa. 4:30.

Paul cun ralringpeknak tihnung um zet le thinnuam ter zettu thutiamkamnak cu a rualin a rel. Kawhhran sung pakhat le pakhat thu el-awknak kan sual cu thilsual tenau deuh, a rahuak mi khal maldeuh thil a si lo: Thlarau thianghlim riahsatternak cu Pathian ih in pek mi tongkam thilpek hmangsual in midang kan va natternak hi a si (Efesa. 4:25-27, 29, 31, 32). Cumi cu Paul in Isaiah 63:10 ih um ralringnak pekmi ihsin a lakmi a si: “Asinan annih[Israel] cun a thlarau thianghlim cu an do ih, cun a riah an sia ter; curuangah anih cu an ral ah a cang, amah rori in a do hai” (ESV). Thutiam thapeksalnak ah Paul cun zumtu pawl cu Khrih an pom ni (Efesa. 1:13, 14) ihsin “tlennak ni” (Efesa. 4:30) tiang thlarau thianghlim ih tacik khen mi an si thu hngetkhoh zetin a sim. Thlarau le zumtu pawl ih zomawknak cu thil kuai thei a siloh, reipi daih thil a si. Zumtu pawl in Pathian thilpek tongkam hmangin thlarau umpinak cu an tihzah lo a si ahcun thlarau cun a suaksan lo ding nan, a riahsia ding a si. Thlarau cun zumtu pawl thawn um khawm tlang a duh zet, Khrih ratsal hlan tiang Pathian ih ta le kilhimnak vekin hminsing an si.

Paul cun thlarau ih Pathian-sinak famkim zet cu, “Pathian ih thlarau Thianghlim” tin a hminsing, Thlarau thianghlim cu a riahsia thei tiih a tarlangnak thawngin thlarau ih minung mizia khal a tarlang a si (zoh aw. Rom. 8:16, 26, 27; 1 Kor. 2:10, 13; 1 Kor. 12:11; Kal. 5:17, 18.). Pathian sinak thuthup kan zirkhawm tikah kan fimkhur a tul zet. Thlarau cu Pa le fapa ihsin a hran ih um Pumkhat an si. “Thlarau cun amah ten duhnak a nei, cuvek cun a hril theu. A riah sia thei ih, relsiat dodal a si theu. Cuvek rellangnak pawl cu thiltitheinak menmen asilole mi va neh zettu thil menmen a si lo ih, mi pakhat sinak neimi a si. Thlarau cu nang le kei vekin mi pakhat a si tinak maw

si? Asilo e, Pathian thuhla rel dingin minung cun theihtawp cin kan nei, Thlarau cu minung pawl ih kan siban lomi a si.”—Paul Petersen, *God in 3 Persons—In the New Testament* (Silver Spring, MD: Biblical Research Institute, 2015), p. 20.

Himi cun “Pathian ih thlarau thianghlim” cu kan thiltuah mi pawl hman in va ti buai theih khawp ih kan hnen ih umtu a si tiih sim a si theu. San cem tiang a daih dingmi pehzom awknak tacik khen in kan hnennih a pe aw tu Pathian sinak sungtel thawn nunnak kan tawm aw a si. Himi mangbangza thudik hi kan zumnak in ziangtin saw a sawnlet ding?

NINGA NI
Ngilneinak (Siatkhaatnak siloin)

August 17

“Tlennak ni”(Efesa. 4:30) timi a run hmangnak ihsin Paul cun ca a siartu pawl cu a voihnihnak Khrih a rungtumsalnak ding thulam ah an thinlung um dingin a sawm a si. Efesa 4:31,32 cun thil thupi zet a rung thleng dingmi lam ih um kan si tihim hi tongkam a hmandan hin theihthiam a theih zet.

Khrih a ratsalnak ding Eng ahhin, ziangmi mizia, lungput pawl kan tongkam ihsin kan hlonhloh ding? Ziangmi lunglut le ziazza pawl cu kan pom ding? Efesa. 4:31, 32.

Efesa 4:17-32 ih forhfialnak netabik ahcun Paul cun thupek tha lo a simsal ih, himi cu thil paruk rori “Nan hnen ihsin hlon hlo uh” (Efesa. 4:31) tiah a ti. Thupek tha pawl a pekmi cu: Ngilnei ding in, zangfah lainatnak nei dingin le mi ngaidam theinak nei dingin(Efesa 4:32), le khaw ruah thiamnak nei dingin thu a pe hai a si. Zumtu pawl cu “Pathian in Khrih zarah a lo ngaidam bangin”(Efesa 4:32) pakhat le pakhat ngaidam aw ding an si. Thiltha lo

paruk cu a tlangpi thu le a huapkau thluh ding in, “siatkhaatnak hmuahhmuah” le “mi siatsuah duhnak hmuahhmuah” timi thawn hram a thok ih, a net a khar. Cumi pahnih karlak ah thil pali an um: “Thinhengnak,” “thin ai thoknak,” “au celcenak,” “simsiat awknak” (Efesa. 4:31, ESV)a si.

Himi netabik ih letlin mi hi Grik tong cun **blasphemia** ti a si ih, Pathian thangsiatnak tongkam mirang pawl ih an run hman mi a si. Ziang khal sehla, Grik tong ih a hman mi, “simsiat awknak” asilole “mi relsiatnak” timi cun Pathian asilole minung relnak khalah hman theih veve mi an si. Himi ngansuak mi pawl ah, lungput(siatkhaatnak, thinhengnak, thin aiawknak) cu thinhengnak tongkam(au celcelnak, simsiat awknak) sungah an um thluh vekin a lang. A hrampi bik ahcun Paul cun Khristian ralkap tha tongkam a hmang a si. Thinheng zetih tongkam hman duhnak lungput suakter tu le cumi a hmangtu cu Khristian ralthuam ihsin hlonthlak ding a si. Christian pawlkom cu a thangso ding ih, cule thiltha lo pawl lenglam ih hlon a sinak hmun ah kawhhran pumkhat awknak khal kilkhawi that in a um ding a si(zoh awla, Efesa 4:1-16)

Mi relsiatnak tongkam cu rehter ding asilo ih thlengdanglam sawn ding a si. Kan biakawknak le Khrih ih sungkua lakih kan umdan pawl - le cuvek hmun ih kan cangvaihdan pawl hi thinhengnak thansohter ding siloin ngilneinhnak, lainatnak le ziangkim ah thum aw ih ngaihdam awknak, Khrih sungah Pathian in ngaidamnak in pekmi tivek pawl hmang ih nun hmang sawn ding kan si(Efesa. 4:32). Paul cun, “Tungso ngaihdamnak”(Pathian in kan hnen ih in pek mi) cu “pheizawng ngaihdamnak”(Cumi cu pakhat le pakhat pekawk ding mi: Kol. 3:13; Matt. 6:12, 14, 15) hrang zohthim dingin a tuah a si.

Na tongkam ih thilithei zia kha ruat hnik aw. Ziangtin saw cumi pawl cu khaisang tu, thazang petu le zumnak kaihnget tu ih na hmandan?

NIRUK NI

August 18

Ruahbet ding: “Nan tongkam pawl cu sualsirnak um lo ding khawp in um hram seh. Pathian thlarau thianghlim cu ninghangter hlah uh, Nannih cu tlennak ni tiang amah ah tacik khenmi nan si’... nan thinlung sungah duhdawtnak nan neih a si ahcun, zumnak thianghlim zet sungih umter le tihnget na tum ding. Na rualpi simaw, asilole na unau si maw ih nuncan ziaza cu tongkam khat te in siatnak ih a thlenpi a si ahcun, tongsia va tong ve dingin forh hlah. Cuvek ih forh awknak cu dodaltu ih hnatuandan a si. Cuvek biakawknak ziaza pawl cu Pathian kamsuak thu cun a khap a si timi kha thuthangtha simtu hnenah theihter aw”—Ellen G. White, *Advent Review and Sabbath Herald*, June 5, 1888.

Nang le na member pawl cun a hnuai ih thutiam kam mi pawl hi nan tuah ih, nan nun pi asile ziangtin saw nan pawlkom ah thlengdanglamnak a um thei ding?

1. Seventh-day Adventist kawhhran sung le cumi lenglam ah thiltha tuahtu, khaisangtu le zumnak hngetter tu, le zohthimtlak thiltha tuahtu si dingin ka duh a si (Efesa. 4:29).
2. Pumkhat dingin le duhdawtnak nei dingin Khrih ih kawhsalnak pawl cu theisuak sal in, thiltha ka tuahmi le ka relmi pawl nemhngetnak ding hrangah thazang cahnak ka hmang ding ih, diklo vekih ka hmuh mi va kawhhmuh aicun thiltha tiih ka zummi ah thazang ka hmang sawn ding

(Johan 13:34, 35; Johan 17:20–23; Efesa. 4:1–6; 1 Thess. 5:9–11).

3. Midang thawn lungkim lonak ka neih a sile, zumtu ka tihzahnak hi ka relfiang ding. An thatnak asilole Khrih hrangih an pekawknak pawl cu ka theihter hai ding. Ka ngaihdan pawl cu ngai nuam lo zet siloin ngainuam zetin ka simfiang ding (Efesa. 4:31, 32).
4. Thinlung zetin, Khrih ih ratsalnak ka hngah vekin Kawhhran member pi pawl cu hnget zetin ding dingin le anmah tuah tha dingin caan tha zet hawlnak ah hringnun ka hmang ding (Efesa. 4:29, 30; Gal. 6:2; Heb. 10:24, 25).

RELKHAM DING THUSUHNAK PAWL:

1. **Paul in Pathian sinak ih member pathum pawl in minung ih rundamnak hrang hna an tuanmi a relmi pawl Efesa cakuat sungih voi 11 lai um mi cu zohsal aw. Himi pawl cun Pathian sinak kan theihthiam theinak dingah ziangsaw thusim mi in neih? Efesa. 1:3–14, Efesa. 1:15–23, Efesa. 2:11–18, Efesa. 2:19–22, Efesa. 3:1–13, Efesa. 3:14–19, Efesa. 4:4–6, Efesa. 4:17–24, Efesa. 4:25–32, Efesa. 5:15–20, Efesa. 6:10–20 (“Bawipa” Efesa. 6:10, cu Khrih relnak a si).**
2. **Khristian thuhla ah Paul ih thurawn mi(Efesa. 4:25–32) hi ziangtin saw, “computer thawn biakawknak” tikcu caan ahhin a hman theih ding, cucu hmin theih lo, online maimai ih biakawknak ih hman men mi an si lo sawm?**

ZIRLAI 9**August 19-25****FIMKHUR ZETIH NUN****SABBATH TLAILAM**

Tuizarh sung siar ding: Efesa. 5:1-20; 1 Cor. 5:1-11; Thup. 16:1-16; Kol. 4:5; Thuf. 20:1; Thuf. 23:29-35; Tirhthlah 16:25.

Bible cangken: “Miaa pawl vek siloin mifim pawl vek sawn in ralring zetin feh uh; Ni pawl hi an siattuk ruangah caan hmang tha uh! Curuangah Aaa hlah uh, asinan Pathian duhzawng a simi kha theithiam sawn uh”(Efesa 5:15-17, ESV).

Caan reivak lo liammi ahkhan United Kingdom ah Crystal khuat cu lei dingin lilaamnak an tuah. Cumi lilaamnak tuahtu cun, “Kum zabi 19 lai ih France ram ih khuat tha zet a si” tiah a ti, aman hi US\$200 hrawng dingih ruah a si. Asinan cumi hliakhrai dingih fialmi mi pahnih cun Islamic pawl ih hman mi, hmuu maimai theih lomi khuat a si timi an theithiam. Diktak cun himi man diktak hi ziangzat lai saw a si ding? £ 5 million(US\$ 6.5 million man hrawng a si). Cuvek thilman khungzet thawn a zohtu pa cu ziangmi bikin saw a tlanter hngal? Lilaamnak neitu ih theihlo mi a zohtu cun a thei hngah: cumi cu Khuat ih hlutnak hi a si. Efesa 5:1-20 sungah Paul cun zum lotu pawl le zumtu pawl ih hlutnak a tahthim. Zumlotu pawl cun thuanthu tha lo(Efesa. 5:4), zuritnak hmun(Efesa. 5:18),le Nupa sualnak tuah ih nomcemnak(Efesa. 5:3, 5) tivek pawl hi an nun ih hlutnak vek ah an ngai. Asinan zumtu pawl cun, hlutnak taktak pawl hmuahhmuah hmuu

theih ih a um caan ah tahnak ni nitebik a rung thleng ding timi an zum (Efesa. 5:5, 6). An thinlung cu nomcemnak le zuritnak hmun ah um ter loin, Khrih sung ah, “ziangkim a thatnak, a thami le thutak” (Efesa. 5:9, ESV) ah thildang pawl khal an umter sawn a si. Curuangah Paul cun an hnen ah kumkhaw luhnak sangka ih an um lai ah (kannih khal kan um ve)Khrih sungih hmuu mi thilman hlutnak pawl cu sar hai dingin forhfialnak a nei a si(Efesa. 5:15-17).

NIKHAT NI**August 20**

“Lungawi thu simnak um sawn seh”

Ziangmi ahsaw Paul cun zumtu pawl in “Pathian cawn ding” ih a duhnak san? Efesa 5:1,2 NKJV **ah zoh aw.**

Paul cun Efesa khua ih zumtu pawl cu duhdawtnak sungih um dingin a sawm hai, himi hi thil thupi zet kawhnak a si (zoh aw, Efesa. 5:8, 15). Himi “duhdawtnak ih um”(Efesa. 5:2) timi cu Khrih in duhdawtnak (Efesa. 4:32)cu thawinak tiang in a lantermi kha a si. Paul cun thawinak cu thil pa 4 in a hngetter: 1. Himi cu Pa Pathian ih duhdawtnak (Efesa. 5:1) le Amah Khrih rori ih duhdawtnak (Efesa. 5:2) a pahnih ih langternak a si. 2. Himi cu aiawh tuarnak, Kan aiawh ih Khrih thihnak, Khrih cun sualnak zianghman a nei lo, asinan kan hrangah a pe aw a si; 3. Thukam hlun puanthlam hnatiuan hmuhsaknak hnuai ah Khrih thihnak cu raithawinak a si thotho ih, Pathian hnen ih ap mi a si. 4. Raithawinak hi “rimhmui raithawinak” a si ruangah Pathian pawm mi a si (Efesa. 5:2, ESV; zoh aw Suah. 29:18, Pui. 2:9, Fil. 4:18).

Efesa 5:3-5 ah nunau mipat sualnak thuhla lam a run tarlang. Efesa khua ih mi piangthar pek pawl cu Khristian an si vekih kawhnak cu danglam ter in, an

Kchristian nun ti se theitu nunau mipat sualnak lam ah an tlu pang kei ti phan a um zet (Zoh aw, 1 Kor. 5:1–11, 1 Kor. 6:12–20, 2 Kor. 12:21).

Khat lam ahcun, kum zabi 1 lai ih Rome in leitlun an uksan ahkhan nawhthuhsualnak le sualnun a ummi pawl cu Thukam thar ah tarlang in a um ve ko (1 Kor. 6:9, Gal. 5:19, Efesa. 4:17–19, Kol. 3:5). Thuthimnak ah, Milian zet pawl in an daan pangai vekih puai an tuahnak ah Paul cun Efesa 5:3–14 ah an nuntu khawsatdan pawl a rel: Zuu ritnak, tongsia va hmangnak, nomcennak, nuntu zia bawrhhlawh zetzet pawl hi an si. Cumi hlei ah, khawpi tivek ahcun hmin theih lo mi pawl hnen khalah nunau mipatnak tivek NASA zetih hmang dingah siannak pek an si. Khat lam ahcun, cuvek khawpi khal ah mi hrekkhak cu nuntu ziaza thazet in an um ih, hringnun tha zet an hmang. Thukam thar in thatnak asilole siatsuahnak le sungkua lam thil (Efesa. 5:21–6:9, Kol. 3:18–4:1) rengreng a rel tikah, cumi cangantu cun Rom ramuk san lai vun thlir in thupi dangdang kau zetin a rel sawn a si. Hi leitlun ah sualnun le nunthatnak hi hmunkhat ih an um tlang tikah, Paul cun Zumtu pawl nuntu ziaza ah Zentel pawl ih nuntu ziaza vekin um loih, hnong dingin forhfialnak a neihmi simfiangnak ah a bawm zet a si, cutin lenglam mi pawl hnen ihsin dinhmun tha sawn an hlawhsuak ding a si.

Nunau mipatnak thuhla ah Paul ih tongkam pawl hi ziangtin saw nan nunphung le na umnak ih piangah na hman thei ding?

NIHNIH NI
Eng ih fale vekih um

August 21

Paul cun, “Zohman in thu zianghman lo men in lo bum hlah hai seh: zianghtile hi thil pawl ruangah

Pathian thinhengnak cu thulung lo faate pawl parah a thleng a si(Efesa. 5:6, NKJV).

Paul cun sualnak tamzet, ningzahnak asilole sual rimnak zianghman nei lo ih a tuahtu “Nupa sualnak, asilole bawrhhlawhnak, lole hamtamnak” (Efesa. 5:5, ESV) pawl cu a thei hai zet. Anih cun tahnak fiangzet a nei: Khrih sungh a umtu le a ra lai dingmi a Lalram ih telve tu ding pawl cun cuvek ih tel ve lo tu ding pawl ih umdan vekin an um ding a si lo (Efesa. 5:5)tiah a ti. Anih cun tu ahcun “Thu zianghman lo” timi lam ah a khawruah a harzet, cumi cun nunau mipat sualnak khap a si lo timi thuhla ngaihtuah dingin tongkam fiangzet hmangin zumtu pawl cu bum in an um thei, asilole annah ten cuvek sualnak ah an tlulut aw thei tinak a si(Efesa. 5:6). Cuvek bumnak cu Paul cun caan netnak ah, “Pathian thinhengnak cu thuawih lo fale pawl parah a thleng” (Efesa. 5:6, ESV) ding a phangtuk ruangah ralringnak a rak pek.

“Pathian thinhengnak” timi catluan hi theih harsa zet pakhat a si. Himi Pathian thinhengnak asilole Pathian ih thin ai-thawhnak cun minung dangdang, bangaw lo ruiри pawl ih umtudan thawn an danglam aw a si timi a langter(Efesa. 4:31). Cumi cu tuarfai zet le dingfel zet Pathian in sualtuahnak ah thinlung hnget zetih a pumpe aw tu pawl hnenih a sawnletnak a si. Thil tetham tuahsualmi ah thinheng zet in, meisa alh vekih sawnletnak lam a si lo. Cui hlei ah Pathian thinhengnak tarlang mi hi hawkkhum mi Bible catlang tluan ah hman tam zetmi a si ih, Bible in Pathian thuthennak a um dingmi thuhla ralringnak a pekmi lak ah a tel(Thimnak ah;, Thup. 6:12–17, Thup. 16:1–16, Thup. 19:11–16). Pathian cun Amai rat ih thuthen dingah ralringnak a pek- zangfahnak hnatauan a si, Minung pawl hi “Thinhengnak ih fale” (Efesa. 2:3, ESV) an si ruangah thuthennak hnuai ah an um.

Ziangruang ahsaw Paul cun zumtu pawl cu misual pawl thawn “Um tlang” asilole “kom aw lo” dingin forhfialnak a neih? (Efesa. 5:7-10).

Paul cun, “Eng ih fale vekin um uh” (Efesa 5:8) tiah forhfialnak a nei ih, cule thupek mi khal a nei sunzom hrih lai: “Cule Bawipai’ lungawi zawng cu ziang a si timi theifiang uh” (Efesa. 5:10, ESV) tiah a ti. Zum lotu pawl cun, “Nupa sualnak le bawrhhlawhnak le duhamnak” (Efesa. 5:3, ESV) thawngin nunnomnak an hawl. Zumtu pawl ih tumtah mi cu a danglam zet, mai’ lungawinak siloin Pathian lungawinak sawn an hawl (*zoh aw, Rom. 12:1, 2 Cor. 5:9, Heb. 13:21, himi ahcun Grik tongfang Euarestos, “lungawinak” asilole “cosantlak” timi an hmang veve*). Zumtu pawl cun Khrih ih raithawi pekawknak langter an duh zet (“Khrih in in duhdawt ih kan hrangah a pekawk vek in duhdawtnak ah um uh” Efesa. 5:2, ESV).

Kan san ah teh kan fimkhur a tul zet mi, “thu zianghman lo” hi ziangpawl saw an si?.

NITHUM NI

“Nang itthat, thangharh aw”

August 22

Siar ding: Efesa 5:11-14. Hitawk ah Paul in thilti theizet ralringnak ziangsaw a pek, cule himi pawl cu a tu kan dinhmun ah ziangtin kan hmang thei ding?

Efesa 5:11-14 theithiam ding cun, Paul in forhfialnak pahnih a neihmi, thleng aw kual in a rel rero timi theih hi a thupi zet: (1) “Eng fale” vekin Pathian upatnak nun hmang ding (Efesa. 5:8; zoh aw, Efesa. 5:1, 2, 4, 9-10, 11, 13, 14); (2) Nupa sualnak tuah in nun hmang hlah, Pathian dodalnak nun a si, cumi cun, “Thimnak ih rahuahmi nei lo hnatuannak” a langter a si (Efesa. 5:11; see also Efesa. 5:3, 4, 5-8, 12).

Efesa 5:8-10 ih ummi forhfialnak kan theihthiam theinak dingah Efesa 5:11 hi kan zohkop a tul. Zumtu pawl cu zumlotu pawl hmai ah, “Bawipa ih Eng” le “Eng fale” (Efesa. 5:8) vekih nung ding kan si. Hivek tuahnak pawl hmuahmuah ih tummi bik cu, “Engih rahuah mi cu thiltha, thatnak le thildik hmuahmuah ah hmuh theih ding” (Efesa. 5:9, ESV) hi a si. Cule Paul cun Pathian thatnak langter a duhdan pawl a hmuh thluh. Zumtu pawl cun mi hmuahmuah hmuh theih ding thildik pholang in, thimnak ih rahuahmi nei lo hnatuannak pawl cu a pholang ding a si.

Culai ah, cang 13-14 sungih Paul in a relmi zumtu pawl cun “Eng ih rah” (Efesa 5:9 ESV) an phuangsuahnak hmangin Khrih ah zumnak nei dingin leitlun mi pawl an neh thei zia ngennak a neih kha kan thei a si: “Asinan ziangkhal Eng ih a langter tikah, hmuh theih ah an suak thluh, ziangatile ziangkhal hmuh theih ih a hungcang mi cu Eng hi a si” (Efesa. 5:13, 14, ESV). A tumsuk mi hringnun hi Eng ih a langter tikah leitlun mi pawl ih an mizia cu a sinak vekin an hmu thei thluh a si, (“Cumi cu hmuh theih in a um”), hmailam hrang zianghman tumtah nei lo le thinkhengnak (Efesa. 5:5, 6), thimnak hmunton nun ihsin eng ih thlengawknak (“ziangaatile ziangkhal hmuh a theih ih a hung cang mi cu Eng a si,” ESV), Himi pawl cu Paul ih Efesa cakuat a siartu zumtu pawl ih an rak ton zo mipawl an si (Efesa. 5:8).

Efesa 5:14 sungih um biazai asilole hlathu pawl hi sancemnak ih mithi thawsalnak thuhla relmi tongkam thawn pehpar aw in(zoh aw, Efesa. 2:1, 5), thlarau lam thihnak kai tho dingih kawh harhnak le Khrih ih hmaika ah thlengdanglamnak nun nei thei dingin zosaw kan si? Paul in Isaiah 60:1-3 sungta a vun lak mi hi Pathian minung Israel pawl relnak a si. Kannih khal in hlathu/

biazai Efesa 5:14 ih um mi hi Khristian zumtu pawl missionary an tuannak ah, a thimmi leitlun ah Khrih ih eng a lan suahternak ding hrangih huhamnei kaihharh awknak vekin kan hmang thei ding.

Ziangtin saw thim hnatuannak pawl cu an sinak vek ih pholang thei mi nunphung cikhat cu na nun pi thei ding?

**NILI NI
Nepawknak**

August 23

Paul cun Efesa 5:1-20 ih forhfialnak thutawi zet pahnih a simi Efesa 5:15-17 le Efesa 5:18-20 in a net a khar. Nunau mipatnak lam thu ngainuam zet thawn a khar a si. A hmaisa sown forhfialnak cu hitin a thok, “Mi aa vek siloin mifim zet vekin ralring ten um uh” (Efesa. 5:15, ESV), cumi cun himi, “Aa hlah uh, Bawipa ih duhmi ziang a si timi theithiam sown uh” (Efesa. 5:17, ESV) timi a run bet sal. Cumi karlak ahcun, “Caan hmang tha uh” (Efesa. 5:16, ESV) timi hi a si.

Thlacamnak nun, fimnak nei ding in Paul ih forhfialnak hi ruat hnik aw(Efesa. 5:15-17). Mi aa vek siloin “mifim” vek ih um ding timi karlak ih danglam awknak hi ziangsaw a si? Cule “Caan lei” timi ih sullam hi ziangsaw a si?

Efesa cakuat ahkhan Paul in thukam hlun ih mi pakhat nunnak ih, “feh” timi tongthimnak cu a hmang sal rero(Efesa. 2:2, 10; Efesa. 4:1, 17; Efesa. 5:2, 8). Hitawk ih tongthimnak cu dungthluntu pawl thazang pek forhfialnak ah a hmang. Lamzin harsa zet asilole them lakih na feh caan ah, “Na fehnak na ralring” vek ciah in Zumtu pawl khal, “ralring zetih feh(um) ding” an si (Efesa. 5:15, ESV). Efesa 5:15 le Efesa 5:17 ih thu ummi pawl an milawk

ruangah mifim vekih nun ding timi sullam cu kan theifiang thei a si. Fimnak hawl in sunglam thil kan zoh lo. Mifim si ding cun kanmai theihnak leng , “Bawipai’ duhdan theihtiamnak” (Efesa. 5:17, ESV)va neih ding hi a si.

Paul cun tumruh zetin dungthluntu pawl cu thazang peknak a nei thotho. Catlang tluan, ““Caan hmang tha uh” (Efesa. 5:16, ESV; zoh aw;;, “Caan lei uh,” NKJV) timi ah Paul cun Verb(Tuahrelnak) **exagorazō** (zoh aw Kol. 4:5)timi a hmang. Hi tongkam hi Bazaar hmuンpi ihsin ra suakmi a si ih, cumi cu “Lei” timi tuahrelnak ih hman mi a si. Cumi umzia cu Khrih a ratsalnak kan hngak lai ahhin “Phur zetih rak hmuak ding” a si tinak a si. Hitawk ih “Caan” timi Grik tongih um mi hi **Kairos** ti a si ih, cumi cu tikcu remcang relfiangnak a si. A net tiang ih “caan” timi cu thil a famkim thluh hlan ih hman ding thuthiam a si. Himi cu sawmngiarnak nasa zet a si, ziangah tile “ Ni pawl an tha lo” (Efesa. 5:16, ESV; zoh aw, Efesa. 6:13, Gal. 1:4), ziangah tile “hi leitlun fehdan” pawl hi “ thli thilitheinak lal” ih uknak ih um an si ruangah a si (Efesa. 2:2, ESV).

Zumtu pawl in Khrih ratsalnak an thlir lai ahhin caan harsa zetzet ah an um, cumi cu Paul in tihnung umzet asinan hlawknak tam zet umnak bazar hmun vekin a rel. Annih cun an caan tanglai mi pawl cu hmandan an thiam zet a tul, thil leitu in thil zuarmi a neih lai ah man olte ih a zuarvek khi a si. Rundamnak hi lei thei lo khal sehla, ngaihruatnak cu a um ringring lai. Khrih ah kan hnen ih pek mi thil cu la ding kan si.

**NINGA NI
Thlarau khat cibai buknak (Efesa. 5:18-20)**

Efesa 5:18-20 ah Paul cun Khristian pawl cu Pathian cibai bukih an vun um khawm ding a duh zet.

August 24

Khami Cibai buknak ah ziangvek ih um dingin saw fiahfel zetih a rel mi?

Efesa 5:20 ih a thurelnak netabik ah Paul cun zumtu pawl cu sabitti an in theunak ihsin tlan in, cumi ai ah thlarau thianghlim ih thiltitheinak le umkhawm tlangnak tonnun nei dingin a forhfial sawn a si. Paul cun zurit hi a khap(*Grik tongih nganmi thukam hlun ih Thufim 23:31 ih um a laksuah mi si ko ding*), Fimnak calai sungh hmuh a si vekin zuu tham lo dingih thupek mi pawl cu a thinlung ah a ret timi a langfiang ter(Thuf. 20:1, Thuf. 23:29–35). Zuritnak ruangih sualnak a hung ummi pawl cu tongkam mawi lo, zahmawh lam hawi tongkam, thinlung fim lo, nuntu ziaza bawrhhlawhnak le milem biaknak pawl an si(Efesa. 5:3–14). Hivek pawl hi ruahnak sawrkhawm in Pathian cibaibuknak ih thleng danglam ding pawl an si. Paul in thlarau thianghlim in khat dingih a forhfialnak cu Efesa 5:19–21 ih um tuahtuannak ih hman mi(*“Biakawknak” “thinlung sung hlasak le awnmawi tum” “lungawi thusim” “tuhlut awknak”*) thil dangdang thawn tuahmi a si.

Hitawk ah Paul cun, “thlarau in khat uh”(Efesa 5:18) timi forhfialnak a hmang ih, Zumtu pawl Pathian cibai buknak ah thlarau thawn an um ih, pumkhat ih an um theidan ding a vun ngaihuat a si (Efesa 4), cumi cu zumlotu pawl mizia le cibai buknak tahthimnak ah hman a si (Efesa. 5:1–18). Himi Khristian hmaisa pawl ih cibai buknak ahhin awnmawi hin a uk thluh. Kawhhran cu hla ihsin ra suak mi a si ti a si, cule himi catlang tluan ahhin Kolosa 3:26 cun cumi relfiahnak ding ih thabik a bawm a si (zoh ding;. Tirhthlah 16:25, James 5:13).

Hlasaknak hi Kawhhran member pawl “pakhat le pakhat biakawk tonnak” a si (Efesa. 5:19, NKJV). Ziangkhal sehla thangthatnak awnmawi ih bitum bik mi cu Bawipa a

si, cumi cu Efesa 5: 20 ih a tarlan vekin, “Bawipa Jesuh Khrih” ti a si (Zoh thim aw, Kol. 3:16). Efesa 5:20 ih lungawi thusimnak cu Efesa 5:19 ih thangthatnak awnmawi thawn milaw zetih a run rel mi cu, “ Kan Bawipa Jesuh Khrih ih hmin Pa Pathian parah” thilhlan pek ding a si. “Thlarau lam hla pawl” simfiangtu “Thlarau lam”(**Grik-Pneumatikos**) cun Biaknak lam ih thlarau thianghlim tuanvo a tarlang, ziangatile himi tongfang hin thlarau thianghlim ihsin suak simaw, thlarau thianghlim khat ih um hla pawl a rel a si. Paul cun hlanlai Khristian pawl cibai an bukdan thuhla a ngan ih, cumi cun Pathian sinak ih mi pathum cu hnatuannak ah an tel tlang thluh timi a langfiang ter.

Ziangtin saw nangmah rori in Pathian biaknak a nom sinsin theinak dingah awnmawi na hmandan?

NIRUK NI

August 25

Ruahbet ding: Efesa 5:1-20 zaten vun zohsal sehla, Paul cun sual le thiltha lo cu a do in a do ti kan hmu thei, a hleice in, nupa sualnak lam le tongmawi lo zet tongnak lam hi a si. Anih cun Pathian ih mipi lak ah nawhthuh duhnak mizia a neitu pawl cu a pawm thei lo lawlaw. Cu ai ah Efesa khua ih zumtu pawl cu an dinhmun theithiam in le Pathian ih “duhdawt mi fale” an si vekin le “Mi thianghlim” lole thianghlim pawl an sivek in an sinak cu thei in kai hnget dingin a duh hai a si (Efesa. 5:1–10, ESV). Khristian pawlkom pawl cun cutivek in tuah in, thim lakah eng an suak ih, An inn kiangkap pawl cu mah le mah dodal awknak nunghphung ihsin an hruai ih, Pathian zangfahnak le thutak ah an hruai lut theu a si tihi a zum zet(Efesa. 5:11–14).

Paul cun kawhhran cu a mitthlam ah a ret ih, Khirh ratsalnak an hngah lai ah, “ Eng ih fale vekin feh” dingin

pumpe aw thar dingah thazang a pe (Efesa. 5:8; zoh aw.; Efesa. 5:15, 16), cule cibai buk dingih umkhawmnak ah Khirh ih umpinak cun thlawsuahnak a pe hai(Efesa. 5:14). Pathian ih “duhdawtmi fale” an sinak le an hrang Khrih thihnak (Efesa. 5:1, 2, ESV) ruangah cangvaih terin an um ih, thlarau thianghlim ih khat in an um (Efesa. 5:18), an cibai buknak cu Pa Pathian hnenah le Bawpa Jesuh khrih hnenah lungawi thusimnak nei in hlasak tlangnak cu nuam zet le thazang caknak thawn an nei a si. Vanlam thil taktak pawl cu hnget zetih kai tho si in, hmailam caan hrangih an beiseinak cu an lawm ih, Pathian ih tuah zo mi, tuah rero lai mi le Jesuh Khrih an Bawipa fehtlang ih a tuah famkim lai dingmi pawl ah an thum aw a si (Efesa. 5:18–20).

Hivek zawngin theithiam a olsam ding, Catlang tluan pawl hi Khristian nundan ding thuhla ih thupek pawl thawn a tam sawn cu zomawknak an nei lem lo. Cumi cu Khristian pawl mizia, pekawknak, pawlkomnak pawl theihnak dingih profet kawhnak a si. Nineta ih cibaibuknak ah “Phur zetih rak hmuak ding “ dingin tongkam thiam zetin Khrih a rungtum sal ding Ni netabik tiang sawmnak a um ding (Efesa. 5:16).

RELKHAWM DINGMI THUSUHNAK PAWL

- 1. Tuisan ah Media dangdang tam zet feh tlang in nunphung thuhla tam pi man nei zet in 24/7/365 lai an phuang ciamco, Paul in tahnak sangbik a hman mi hi zumtu pawl in ziangtin kan rak la sawng thei ding?**
- 2. Tuisan ih zumtu pawl cun “ Bawipai lungawi zawng cu ziang a si ti thei fiah aw” (Efesa. 5:10, ESV) timi le “Bawipa duhzawng ziang a si timi thei thiam aw”**

(Efesa. 5:17, ESV) a timi ah ziangvek kaihruai awknak saw an neih?

- 3. Mi zo simaw in Paul in zumtu pawl lakih nupa sualnak tongkam hmang lo dingih a khapnak san(Efesa. 5:3, 4) cu nunau mipat sualnak thawn hnuaihnih aw lo ding le thil tha lo tuah lo dingin a simnak a si tin an rel ding . Ziangtin saw cui thutluknak cu awm ang lo vekih a um thei?**
- 4. Paul in amai tikcu caan lai ih zumlotu pawl ih umtudan thawn bangaw in tui kan dinhmun hi ziangtin bangawnak an nei?**

ZIRLAI 10**August 26-September 1****PASAL LE NUPI: AN PAHNIH IN THINGLAMTAH AH****SABBATH TLAILAM**

Tuizarh sung siar ding: Efesa. 5:21–33; Phil. 2:3, 4; Ezek. 16:1–14; 2 Cor. 11:1–4; Gen. 2:15–25.

Bible cangken: “**Pasal pawl, Khrih khalin kawhhran a duhdawt ih, a hrang ah amah rori a pekawk bangin, nan nupi pawl kha duhdawt uh; Cuticun anih in Pathian thu thawn tidae ih kholfainak in cucu a thenfai ih, a tifai theinak dingah, le Bal kai lo, sawngkor lo, cuvek thil dang hrimhrim um lo, thianghlim le soihnawm kai lo, a sunglawi mi kawhhran ah amah le amah a pekawk theinak dingah a si”**(Efesa 5:25–27, NKJV).

Efesa 5:21–33 ah Paul cun zumtu pawl cu pakhat le pakhat hnen ah pum ap aw cio dingin ruatnak a suahpi (Efesa. 5:21); Cule Khristian nupi pawl(Efesa. 5:22–24) le pasal pawl (Efesa. 5:25–32) hnenah ruahnak a pek ih, an pahnih kop in thurawn a peknak ihsin a net a khar.

Hitawk ih ruahnak peknak ahhin tuisan Bible tlawngta tamzet cun thosal Khrih cun kan pehzomawknak a run hmang tin an theithiam men thei. Paul in Efesa 5:21–6:9 sungih a relmi pawl hi a thupi zetmi cakuat, pumkhatnak a si timi kan va theihthiam tikah cutivek ih ruatnak nei ding khal kan si, asinan a tu hrigh ahcun Khristian sungkua pawl hrang a si. Anih cun minung hlun lai ih thatlonak pawl a vun rel thluh lai khalah(Efesa 4:22), Minung thar ih tuah a sinak khal a lungawi thu a rel (Efesa.

2:15). Hivek pawl ihsin zumtu pawl cun thlarau thianghlim thiltitheinak thar an langter (Efesa. 2:22; Efesa. 3:16; Efesa. 5:18–21; Efesa. 6:17, 18) cule Khrih zohthim dingih thlunding pawl cu phuansuah a si (Efesa. 4:13, 15, 20–24, 32; Efesa. 5:2, 10, 17, 21–33) cumi cu A mi pawl le Leitlun hrangah Pathian khawkhannak ih famkimnak netabik hmuhsak tu a si.

NIKHAT NI**August 27****Khristian nupi pawl hnenih ruahnak peknak**

Paul cun a catlang tluan Efesa 5:21 cu Efesa 5:1–20 le Efesa 5:22–33 thawn a pehzom aw ter thluh, cumi ahcun pakhat le pakhat tuh lutaw dingah kawhhran member pawl hrangih a sim mi a si(zoh aw.; Mark 10:42–45; Rom. 12:10; Fil. 2:3, 4). Zumtu pawl cun “Khrih upatnak pe suak” ding an si (Efesa. 5:21, ESV), a hmaisabik ahcun Paul cun Khrih thawn pehzom awknak cu thilthupi zet le zumtu pawl ih an hmuhsuak awknak ding a si timi voitam a sim.

**Kawhhran member pawl hnenah tuh lutaw dingin
Paul ih a forhfialnak sullam hi ziangsaw a si? Himi
ruahnak hi ziangtin saw kan theihthiam ding? Efesa.
5:21.**

Paul khal in Khristian nupi pawl hennah “Bawipa ih an tuh lutaw vekin an pasal pawl hnen ih tuh lutaw” (Efesa. 5:22, ESV) ve ding in a sawm hai. Himi ih a fiangter zetmi cu Nupi pawl in tihzah umzet pasal pawl hnen ih an pekawknak ding thuhla a relnak a si (zoh awla. 1 Pit. 3:1, 5). Paul in “Bawipai’ hnen ih an tuh lutaw vek” ciah in nupi pawl cun an tuah ve ding timi sullam cu nupi pakhat cun Khrih vek a simi a pasal hnen ah a tuh lutaw ding a tinak maw si, asilole Cu nu ih tuh lutawknak ding ih bitum bik mi cu Khrih a si sawn timi a rel duhnak maw a si ding?

Efesa 6:7 kan zoh tikah Saltang pawl cu “Minung men ah siloin Bawipai’ hnen ih hnataun” (NKJV) dingin ngen an si. Cule Kolose 3:18 ah nupi pawl cu “Bawipa ah thilmawi a si vekin” (NKJV) an pasal pawl hnenih pe lutaw dingin a sawm, himi hi pawm a nuam zet. Nupi pawl cu an pasal pawl tlun ah Khrih zah thiam zettu zumtu pawl an si.

Kolose le Efesa cakuat pahnih ahhin, Khrih – le Khrih lawng rori hi- Kawhhran ih Lu tiih theih a si, cumi cu Amai taksa hi a si (Efesa. 1:22, Efesa. 5:23, Kol. 1:18): “Khrih cu kawhhran ih lu a si bangin, Anih cu taksa rundamtu a si”(Efesa. 5:23, NKJV). Pasal cu “Nupi ih lu”(Efesa 5:23) a si, Kawhhran in Khrih ih a rinumnak cu nupi in a pasal hnen ih a rinumnak ding hrangih zohthim ding a si. Himi bungcang cun duhdawtnak, neihawknak lam a rel uar ih, thiltha lo lam zianghman a rel lo. Himi bungcang hi innsang thuhla merlh kawinak zawngih simfiang ding a si lo.

Kan siar zo vekin himi ruahnak pawl cin ringring hi ziangruangah saw a thupit emem? Pasal cu “Pian mawi lo, nun tuzia mawi lo, buainak tuah hmang, mai zawn lawng ruat, duh um lo zet le mi sualzet a si ahcun pasal cu nupi ih lu a si timi tongkam hmang hrimhrim hlah seh, Bawipa a si lo ruangah a hnenah ziangkim tuh lutaw hlah seh, anih(pasal) cu tikcu caan ih thupinak thudik ih pasal khal a si lo.”—Ellen G. White, *The Adventist Home*, p. 117.

NIHNIH NI

Kawhhran cu Khirh mothar: Part 1

August 28

Efesa 5:25-27,29 hi Ezekiel 16:1-14 ih hmuhmi thuanthu pawl zoh them aw. Paul in amai nganmi sirhsan in ziangmi thuanthu in thupitnak a nei?

Efesa 5:25-27,29 ih um mi, Paul in neihawknak cu Kawhhran hrangih zohthim ding a si. Cumi cu Khirh thawn an zomaw a si. Hlanlai ih neih awknakdan pawl a run la suak. Mothar vekin kawhhran ih zomawknak ah Khrih cu Pathian ih mopa:-

- (1) Monu duhdawt vekih kawhhran duhdawt tu a si(Efesa 5:25). Himi hi Jesuh hrangih hnataun harsa zet a si timi kan theihhngilh lo a tha.
- (2) Mothar man amah rori in a pe. Hlanlai ih an neihawknak ah, mopa cun monu cu “monu man” in a “lei” a si, Cumi cu paisa man tamzet le hlutnak nei tamzet a si, hlanlai ah khawpi lam ahcun an pursum leidawnnak cu an nunphung ah a thum aw theu. Khrih cun A mothar hnen ah, “A hrangah amah rori a pekawk”(Efesa 5:25 NKJV) bangin Kawhhran hrangah netabik a man a pe suak a si. Leitlun ih a rungpek awknak in, thinglamah ihsin Anih cun mo man vekin amah rori a peaw a si.
- (3) Mothar a tifai. Mothar timlamnak cu hlanlai neihawknak ih thil thupi zet timlam awknak a si. Cumi cu tuisan khalah thudik a si thotho, monu thian le monu ih laicin nunau pawl, monu puainak ding hrangah timlamnak nei in an buai theu. Paul cun Pathian mopa cu neihawknak hrangah a Monu timlamnak a nei rero vekin a vun mitthlam! Himi cun Anih cu a thienglim tertu le “Tidai ih kolhnak hmangin” a thienglim tertu a si(Efesa 5:26), himi cun tihminnak a rak zohter.
- (4) Thutiam tongkam a hmang. Himi thiengfainak cu “ tongkam thawn” ti langter a si(Efesa 5:26 ESV), Pathian mopa cun A monu hnen ih a

tiamkam mi tongkam a hmuhsaknak a si, puainak dingih hamawknak lam khal a si thei(zoh kop aw, Efesa 1:2-14, Efesa. 2:1-10, ah Pathian cun zumtu pawl cu an pianthar veter thuthiamnak a neihpi hngal). Hamawknak cu hlanlai ih an rak hman mi tiamkam awk hamawknak a si, asinan relkhawm tlangnak tivek ai hman in a thupi hleice cuang, monu ih man ding (pasal lam ihsin) le mo ih ken dingmi(Monu cun an innsang ihsin neihawknak ah thil man nei zet a keng) tivek pawl thuhla ah rualremnak ca an tuah.

- (5) Timlam le monu thuamhnaw. Mothar cu a netnak ah Mo neitu hnenah hlan a si tikah zumhar zetih mawi, ropitnak ih luangsuk in a lang theu a si (Efesa. 5:27). Khrih cun mothar lawng hi a tifai lo ih, mawinak le ropinak khalin a thuam a si.

Himi bungcang pawl in Khrih in kan thuhla a ruatdan theithiam dingin ziangtin in bawm? Himi ah hnangamnak nasa zet ziangtin kan hmu thei?

NITHUM NI

August 29

Kawhhran cu Khrih mothar: Part 2

Paul in Korin khua ih Khristian pawl hnenih ngennak a neihnak ah hlanlai neihawknak kha ziangtin saw a rak hman? Ziangtikah himi thuhla a rak um (2 Kor. 11:1-4)?

Hlanlai neihawknak thuhla relnak netabik hman mi pakhat cu Efesa 5:25-27 ah Paul cun Khrih cu mi pakhat : (6) Mothar hnen ih hlan aw tu(Amah te a pe aw) a si tiah

a ti. Hlanlai ahcun mothar cu mi tha zet, a thabikmi mipa, lole a pa in a rak hruai theu. Mo neitu in a hruai dah kel lo! Cucingin hitawk ah Jesuh cun kawhhran cu amai ta a simi mothar vek ciah a si thu Paul cun a vun mithlam.

Paul cun nunphung neihawknak le daan pawl cu kawhhran ah Khrih ih pehzom awknak pawl thawn a vun hmang thluh: **(1) Hamawknak.** Khrih cu kawhhran hrangah amah ten a pe aw("Mo man vek ciah in") cule Amai(monu) hrangah hamawknak ah a cang(Efesa. 5:25). **(2) Mopuai neihnak ding hrang timlam awknak:** Mo neitu cun monu thianhlimternak le thiangfaternak ding a tuahsak sunzom vivo. **(3) Mopuai :** Khrih ih ngaihven mi cu neihawknak ih monu ih, "langnak" hi a si(Efesa. 5:27). Himi neihawknak ih netabik cangvaihnak cun Khrih, mo neitu cun kawhhran cu monu vekih tuah dingah le amah pe aw dingih a ratsalnak ding a rak zohter a si (Efesa. 5:27; zoh aw 2 Kor. 11:1, 2; Kol. 1:21-23, 28).

Hlanlai ih neihawknak ahkhan zan lai ah an rak tuah theu (zoh awla, Matt. 25:1-13). Mo neitu le a rualpi pawl cu mo neitu tei inn – nupa thar tei inn ah an um khawm ih, cutin neihawknak cu an thok theu a si. Meifar vangin, lungawi za, awnmawi suaknak le lungawinak hmangin an pawlkom aw, mipi pawl cu mothar ih a pai' inn lamah cun an feh. Cutawk hmun ahcun mothar an hmu, asilole mothar amah rori in hmu dingin a ra pan, mipi zoh dingih tarsuak mi cun nupa thar tei inn lam cu a kawh hmuh vivo, cutawk hmun cu mikhuall tam zet ih puai an rak neihnak hmun, mopuai an rak hmannak hmun, mothar cu mo neitu hnenih a va peknak ding hmunpi a si.

Khrih amah rori kawhhran ih a pekawk thu Paul in a phuangsuak tikah himi thuhla le a hmuhsaknak pawl hi a mawi zawngin a rel a si. Hivek ih a relnak ruangah Khrih ratsalnak cu a ralai dingmi mopuai vekin a vun

tahthim, Khrih le A kawhhran karlak hamawknak reizet cu famkim in neiawknak puai hman a si ding a si.

Himi pawl hmuahhmuah, lungawinak, beiseinak mitthlam pawl hi ziangtin kanmai hrang thucah ah kan la thei ding?

NILI NI

August 30

Nangmah na duhdawt awk veikin na nupi duhdaw aw

Paul in pasal pawl in an nupi pawl duhdawt in an zoh thatdan ding thu ziangvek in saw thazang peknak a neih? Efesa. 5:28-30.

Paul in Khristian sungkua pawl hrangih daan a tuah mi cu (Efesa. 5:21-6:9) lenglam pawl ih fehpidan thawn an bangaw lo deuh. Efesa 5:28-30 ah Paul cun pasal pawl, a tikcu lai ih kaihhruai awknak rak thlun tu pawl cu “Anmai taksa hua”(Efesa 5:28,29) in, an nupi vel in, hmuhsuamnak lamzin an hril men thei. Rom ram uksan lai ahcun “sungkua pa”(Latin, **pater familias**) ih thiltitheinak, daan ih ummi hi a rak huap kau tuk. A nupi, a fate, le a sal pawl cu nasa zetin a hrem thei ih, a that thei, cu cingin midik ih pomsak an si thotho (*cuvek ih cangvaihnak rapthlak zet thiltitheinak pawl cu mipi vantlang cun an duh lem lo*)

Efesa 5: 25-27 ah Paul cun pasal menmen siloin Pasal pawl ih zohthim tlak danglannak nei, Kawhhran hrang Khrih ih duhdawtnak, duhdawtnak netabik zohthimnak cu cipciar zetin a rel. Tu ahcun thurelnak dang a um hlan ah, khami zohthimnak ropi zetkha a relsal ih, Khristian pasal pawl cu monu asimi kawhhran hrang le a tulmi pawl hmuahhmuah pe(Efesa. 5:25-27, ESV) dingin “Amah rori” a pe awtu Jesuh ih “tuahdan vek in” (Efesa. 5:28, ESV) nung ve hai dingin a ngen a si. Paul in Khristian

pasal pawl cun an tikcu lai ih an tuah theumi pawl ihsin pial dingin le Khrih duhdawtnak thawn milaw mi hawl dingin sawmngiarnak a nei.

Efesa 5: 28-30 ah Paul cun Khristian pasal pawl in an nupi pawl an duhdawtdan ding thu tharhlaum zet a run rel sal: *Mah le mah duhdawtawknak*. Paul cun thudik hmu tlang cia in: “Zohman in a taksa a hua thei lo”(*asilobik in zohman in fiangzet in an rak ruat dah zik lo*) tiah a ti. Pasal pawl cu anmah ten an hrem aw dah lo, asilole anmai taksa rori an thawi ciambco dah lo. Cu ai ah, an “cawmtha ih an duat sawn” a si(Efesa 5:29, NKJV).

Khristian nupi pawl harsatnak, siatsuahnak pawl hloter thluh dingah Paul cun Khristian pasal pawl cu an nupi pawl theifiang dingin a sawm hai a si. Nang cu na nupi thawn pumkhat nan si, nupi a tuahmawh tu cu mah le mah tuahmawh awk lo bak zianghman a um lo, mi tamsawn ih thinlung ahcun hivek an tuah dah kel lo. Jesuh zohthimnak ah kirsal in Paul cun, Khrih cu “amai taksa” a simi zumtu pawl duatnak in mah le mah taksak kilhim aw tu a si (Efesa. 5:29, 30, ESV), Na mizia kha na nupi ih zohthim dingin um seh, nangmah le nangmah na ngaihsak awk veikin Khrih in a lo ngaisak ding a si tiah a ti.

Paul cun Jesuh cu pasal pawl le nupi pawl tahthimnak ah a hmang. Nangmai innsang ih duhdawtnak thuhla ah Jesuh hnen ihsin ziangmi pawl na zirsuak thei?

NINGA NI

August 31

Neihawknak ih zohthim ding “Taksa pumkhat”

Semtirnak 2:15-25 sung kha zirfiang aw. Pasal le nupi cu “taksa pumkhat” timi thu a um hlan ah ziangthil a thleng(Sem. 2:24)?

Paul in pasal pawl le nupi pawl thuhla ih thurawn a pekmi pawl cu Semtirnak 2:24 sungta an si(Efesa 5:31 zoh aw). Semtirnak ih semsuahnak thuhla pawl a ruat tikah Paul cun Khristian pawlkom pawl ih tulmi le anmah thawn umtlang, pehzom aw mi innsang ih harhdamnak an tul mi pawl khal a vun ruat. Semtirnak 2:24 ih um thucah cu a vun theisuak. Pathian remruat vekin, neihawknak cu “pumkhat” ih pehzom awknak, nunau mipatnak thinlung lam ih pumkhat sinak le thlarau lam pumkhat sinak ti a si. Thinlung lam le thlarau lam pumkhat sinak cun nunau mipatnak lam a run kengtel. Semtirnak 2:24 hi hminsin aw, Paul cun sual ih an tluk hlan ih neihawknak thuhla cu la tahratin Khristian pasal pawl le nupi pawl karlak ih pehzom awknak ah a hmang. Sual tluk hnu kan leitlun ah mipa le nunau karlak ih pehzom awknak nunau mipatnak mai duh zawng lawng ruatih hman sualnak pawl cun tulai nunphung ah ziangtluk a bawrhhlawh timi a langter ih, cumi cun nunau mipatnak ih pumkhat awknak cu nunau thuhnuai ih retrnak timi ruatnak a suah ter. Paul cun nunau mipatnak ih pehzomawknak cu Semtirnak ih a um vek bangin thu hnuai ih retawknak a si lo ih, pumkhat awknak sawn a si tiah a sim. Himi cu mipa ih uknak asilole duhsannei hmuhsaknak tivek lam a si lo, pasal le nupi pumkhatnak lam sawn a si. Cule “Taksa pumkhat” ah an cang. Cule nunphung manmual, nunau mipatnak le neihawknak lam ih Pathian thudik, thupi zet pawl kan theihthiam theinak dingah Efesa 5:21-32 le Semtirnak 2:24 hi kan zoh kop a tul.

Cumi thotho ah, Paul cun a cang dawtciah a rel ih, “a NASA zetmi thuthup” tiah a ti (see Efesa. 5:32, ESV). Himi ahhin Paul in tahthimnak pahnih a khat lam veve in a rel zo mi: Khristian neihawknak cu Khrih le a Kawhhran zomawknak ihsin theihthiam in a um (Efesa. 5:32)cule,

Khrih le a kawhhran ih zom awknak khal Khristian neiawknak ihsin theihthiam in a um lala thung (Efesa. 5:32).

Christian neihawknak hi Khrih le a kawhhran karlak ih pehzom awknak hrang tahthimnak ih hman a si theu. Cule a run bet hrih lai, Khristian neihawknak, ngaihsak awknak tivek fehtlang in Kawhhran in Khrih ah zomawknak a neihmi vun ruahnak ihsin zumtu pawl cun Khrih hnen ih an pehzom awknak thuhla pawl cu a thar in an ngah sal a si.

Paul in Efesa 5:21-32 sungih thurawn a pekmi pawl kha ziangtin saw Efesa 5:33 ah kaihtawi tluh ih a umdan? Nupi rak nei zo na si cun, nan innsang nun ah himi kaihhruai awknak pawl hi ziangtin hmang dingin na hawsuak thei ding?

NIRUK NI

September 1

Ruahbet ding: Ellen G White, “Neiawknak hringnun ih tuanvo pawl,” Testimonies for the Church, vol. 7, pp. 45–50, le “Tuah tul tengteng mi tuanvo,” The Adventist Home, pp. 114–120.

Ellen G. White cun neihawknak ahhin pakhat le pakhat ukawk tumnak ihsin pial dingin a cah: “Na duhthusam thil ruangah el-aw in pakhat le pakhat hramhram in zianghman tuah hlah uh. Hivek hi pakhat le pakhat duhdawt aw zetin nan tuah thei a si. Ngilnei awla, thinsau zetin tuarfainak, midang ruatnak le upat tlak in um aw.”—The Adventist Home, p. 118.

Kolose 3:18(Efesa 5:22-24 khalah zoh aw) ih ummi thuhla simfiangnak cu lailan zetin a sawn hai: “Hitin thu an sut ringring theu: ‘Nunau in anmah ten duhnak zianghman an nei thei lo maw si?’ Bible ah innsang ih lu cu pasal tin fiangzet in a um. “Nupi pawl nan pasal pawl

hnen ah pe lutaw uh.' Hi thupek hi, hitawk ah a netkhar a si ahcun, nupi pawl ih dinhmun cu zianghman ti theilo vekin kan rel thei ding...pasal tam zet cun, "Nupi pawl... nanmah ten tuh lutaw uh" timi tongkam ah an cawlter theu, asinan thupek a netnak tiang kan siar ding a si ahcun, "Bawipa ah thilmawi a si bangin" [Kol 3:18] tin a um. Pathian cun nupi in a hlan hnakin Pathian tih zah le sunlawinak pe deuhdeuh dingin a duh a si. Taksa pumhlum tuh lutaw timi cu A nunnak thawn in a fale a leitu Bawipa Jesuh Khrih hnen lawngih tuah mi a si . . . Nupi le pasal tlun ah sang zetin a ding tu mi pakhat a um: Cumi cu amah(nupi) tlentu a si. A pasal hnenah a tuh lutaw ticus Pathian in, "Bawipa ah thilmawi a si bang" tin a rak tivek ih pekawknak a si"—The Adventist Home, pp. 115, 116.

RELKHAWM DING THUSUHNAK PAWL

- 1. Mi pakhat in Efesa 5:21-33 catluan pawl ih neihawknak ih bi tum bikmi cu thuneihnak le Pasal ih uknak ih umter a si hnu ah Khristian zom awknak cu a thupi nawn lo ti in an lo ti ding. Ziangtin na sown let hai ding? Himi bungcang hmang thotho in ziangtin saw na sown let theidan ding?**
- 2. Neihawnak pehzom awknak ah harsatnak nei ih thei aw pawl hrangah Paul in Efesa 5:21-33 ziangvek thurawn saw a pek?**
- 3. Khristian hrekkhhat pawl cun Semtirnak 1 le 2 sungih ummi cu sersiamnak thuhla tahthimnak men a si. Thil a thleng taktak mi thawn khal in bangawknak an nei cuang lo, kum tampi liamzo ih Evolution men a**

si kha tin an sim theu. A taktak ih thil thlengmi an si thuhla Paul in ziangvek in saw in rak zirh?

4. "Taksa pumkhat" timi thupi hi reideuh ruat hnik ta aw. Neihawknak ih thianghlimnak theithiam deuh dingin himi in ziangtin in bawm, neiaw mi nupa cun thianghlimnak cu ziangruangah a cang theitawk in an kilhim a tul?

KHRIH HNEN IH RINUMNAK SANGBIK**SABBATH TLAILAM**

Tuizarh sung siar ding: Efesa. 6:1-9; Mark 10:13-16; Col. 3:21; 1 Pet. 2:18-25; 2 Cor. 5:10; Col. 3:24, 25.

Bible cangken: “Cun, nannih hotu pawl tla, cutivek thotho in nan Hotu cu van ah a um ih, amah ahcun thleidannak a um lo ti thei in, hro suang lo in, an parah tuah ve uh”(Efesa 6:9, NIV).

Kum 2018 ahkhan Washington, D.C um Bible thuhla umnak Museum ih thil hlun zet pakhat a um mi cun mi dang pawl ngaihven a hlawh zet. Sal pawl ih sualnak nganmi tampi phiathlo in a um rero lai ah zumnak lam ih zirhter awknak Bible fate hmuhsuak a si. Kum 1808 ih suah mi a si ih, cui’ cangan mi pawl cu hitawk ah simaw, khuitawk ah si maw thungan mi hrekkhat lawng hlon an si lo. Thukam hlun zateek 90 cu a um nawn lo ih, thukam thar zateek 50 a um nawn lo. Bible nung 1,189 ah bung 232 lawng a um.

Cumi bungcang pawl ahcun saltang pawl dinhmun cakternak thu a um, a hleice in Bible tam zet ih hman mi thuhla pawl an hloh thluh lai ah “Thuthangtha” cu a hlo thluh lo, hman sual tam zet mi, “Siahhlawh pawl tla, Khrih ih thu nan thlun bangin, tih le khur cing in, thinlung hmun khat nei in, taksa dan ih nan pule pawl hnenah thulung mi si uh” timi khal a tanglai(Efesa. 6:5, KJV).

Tuini ah, kan tikcu le nunphung hrimhrim ah, kan hrangih a thupi zetmi sawmngiarnak cu Bible in famkim zetih a langter vekin rundamnak thuanthu Efesa 6:1-9 ih ummi siar ding hi a si. Paul hi amai san lai ah thuthangtha ih hlutnak pawl a au suahpinak ihsin ziangmi zirlai saw kan rak zir thei mi um?

Nauhak hnenih thurawn

Paul in ziangvek thurawn saw nauhak pawl hnenih a pek, cun Khami thurawn kha thukam hlun ihsin ziangtin saw a pawm? Efesa. 6:1-3. (zoh aw Matt. 18:1-5, 10; Mark 10:13-16.)

Paul in nauhak pawl hnen ih a thucah mi kan hmuh tikah himi cu Efesa khua ih biakinn pawl ah siar in a um theu ding timi kan vun ruat tlang thei. “Nauhak pawl” (Grik, **ta tekna**)timi tongkam cun kum bangaw lo zetzet pawl a sim duhnak a si, ziangahtile fale(nauhak) cu kum 60 (Grik nunphung ah)tiang an kim ah simaw, an thih tiangin(Rom nunphung) a pai thuneinhak hnuai ah a um ringring. Hi nauhak pawl(fale pawl) cu nu le pa ih zirh rero lai ding tluk in an tleirawl lai zet(Efesa. 6:4), asinan anmai diknak covo tuah thei ding in an upat tawk ve zet.

Paul cun nauhak pawl, Khristian pawl kom awknak hmun ih cibai buknak ih tel pawl hnenah “Bawipa ah” (Khrih ah tinak a si)an nu le pa upat le an thu ngai dingin ngennak a neih thu kan theithe (Efesa. 5:22; Efesa. 6:4, 5, 7-9). Hitawk ahhin Khrih ih dungthluntu an si vekih nauhak pawl kan zah ding thu le Pathian cibai buknak ih kan telter ding thu in sim. Himi bungcang cun nauhak kilkhawidan le nauhak hnenih Pathian thuthangtha

simdan ding in zirh a si. Paul in thupek thlun dingin thu a pekmi hi a famkim thluh hrih lo. Nu le pa pawl hnen ih thupek a pek tikah, "Khirh ih fialnak kakh in natnak nazet um khal sehla, annih(nauhak pawl) cun Pathian thu ngai in Amah thawn a rahuak dingmi cu an rinsan a tul"—Ellen G. White, The Adventist Home, p. 293.

Paul cun thupek 5-nak la suak in Nauhak pawl hnenih forhfialnak a neihmi net a khar, cule Khristian zumtu pawl hrangih theihpi tu si dingah thukham 10 sungta thuhla a run laksuak(Efesa. 4:1–6:9; a hleice in Efesa. 4:25, 28; Efesa. 5:3–14). A thulak suak mi cu a sim thok ("Na nu le pa upat aw" Efesa 6:2), cumi thupek cu a run relfiang ("thutiamnak thawn thupek hmaisabik a si" Efesa. 6:2, NKJV), Cule a net kharnak a tuah ("cumi cu na hrangah a tha dingih, leitlun ah na dam rei ding" Efesa. 6:3, NKJV). Thupek 5-nak cun nu le pa upat cu minung a thansoh theinak dingah Pathian ih rak timlam cia mi lakih pakhat a si. Nu le pa upat aw, famkim lo khal sehla hriselnak le damnak tha ngah dingin a lo bawm ding a si.

Himi Bible bungcang pawl cun sungkua zomawknak ih thupit zia ziangtin a hnget khoh ter?

NIHNIH NI

Nu le pa hrangih thurawn

September 4

Efesa 6:4 le Kolose 3:2 kha zohthim aw. Kolose 3:2 ah mai fate thinheng ter lo dingin ziangmi thazang peknak a um?

Paul san lai ih Judah pawl ih cabu Sirach timi ah Pa le pawl hnenah an fale pawl an kilkhawidan ding thurawn a um: "Fa a duhdawt tu cun sorfung in a thawi phahphah ding... fa duatsual cun a lo tihnung ter ding, a lo lekpi ding ih, na riah a lo sia ter ding....Na fapa cu nun sim

awla, a kawn ritter aw, cuti cun ningzak lo zet ih a um khalah na thin a lo nater lo ding" (Sirach 30:1, 9, 13, NRSV). Paul ih thurawn peknak cu thildang a si. A hmaisa in Pa pawl hrangah thupek tha vak lo a pe phawt: "Nan fale thinheng ter hlah uh" a ti thluh hnu ah thupek thazet a pe sal hngal: "Bawipa ih zirhnak ah le kaihhruainak sungah kaihruai sown uh"(Efesa. 6:4, ESV) tiah a ti. Paul san ahcun Pa pawl cun an ro cotu ding vekih an ngai mi an fale tlun ah daan vekin thiltitheinak an nei thluh. Pa cun an fale tlun ah hremnak, thihnak tiang tuah thei dingin diknak an nei thluh. Diktak te cun, Pa in an fale tlun ih thiltitheinak an neih mi cu bawi in a sal pawl tlun ih thuneihnak a neih mi vekin a khohkhah zet. Paul cun cutivek thiltitheinak pawl cu a pom ve lo ih, asinan raltha zetin sungkua pehzom awknak fiangzeten a relsuak ih a tuahthar sal. Khrih hnenih rinumnak timi ah Paul cun Khristian pa pawl hmuahmuah cu Nauhak thinhneng dingih thin ai thokter tu cu "Bawipa ih thuzirh mi le kaihruainak"(Efesa. 6:4, ESV) ah an tel thei lo ding ruangah an thiltitheinak hman mi pawl cu vun ruat kirsal dingin a sawm hai,

"Pa pawl le nu pawl, inn ahcun nannih cu Pathian dinhmun ih ding nan si. Nannih cu thungai dingih beisei nan si, tongkam thlisia hmangloin ngilneihnak le duhdawtnak mizia thawn..."

"Inn ah nuam zetin um aw. Thinhengnak thianghlim lo tiharh tu ding thu tinkim cu zir ringring aw. "Pa le pawl Nan fale pawl kha thiheng dingin tuah hlah uh, tih Pathian thu a si..."

"Pathian kamsuak thu ahhin Nu le pa pawl in fale ih thuawih lonak ruangah harsatnak thlen le siava zetih um dingin siannak a pe lo. Pathian thukham cu inn sungah, le rampi cozah lairelnak ahhin a cuai ve theilo

mi duhdawtnak thinlung ihsin a luangsuak mi a si”—Ellen G. White, Child Guidance, p. 259.

Himi zirlai thupi ahcun nauhak pawl le nu le pa pawl thulawng um khal sehla, midang pawl thawn kan pehzom awknak ah ziangmi kaihhruai awknak saw himi thu ihsin kan lak thei ding?

NITHUM NI

San thuanthu le Bible sungih saltang pawl

September 5

Sal le sal neitu pawl hnenih thurawn pekmi pawl hi a hnuai ih Bible bungcang pawl ah siar aw: Efesa. 6:5–9; Col. 3:22–4:1; 1 Cor. 7:20–24; 1 Tim. 6:1, 2; 1 Pet. 2:18–25. **Himi thurawn pawl cu ziangtin kan kaitawi thluh thei ding?**

Paul in Khristian sal neitu pawl a biaklai va theih le Efesa khua ih inn biakinn ah Khristian sal pawl le Khristian sal neitu pawl an to tlanlai vun ruat hi a mak zet. Rom san leitlun ah saltang ih um pawl cu lehhnu leitlun santhar ih saltangnak thawn cun thil thupi zetah danglumnak an nei. Hnam pakhat lawngin a feh lo. Khawpi inn ih saltang pawl cu a can ahcun fimzirnak ngah dingin le hnataun tha innsak lam, sibawi lam le khawruatthiam fimzirnak lam khal zir thei dingin caan tha an ngah theu. Saltang dang pawl cu zalennak pek an si dah lo lai ah a dang saltang pawl cu an hnataun kum bikhiah a cem cun zalennak duh um zet an nei theu. Himi danglumnak theihthiam dingah Bible letling tampi ahcun Griek tong ih **Doulos** (“Sal”) tiih hman mi Efesa 6:5–8 ih ummi hi “sal siahhlawh” tin an let.

Ziangkhal sehla hivek ih langsar pawl khal hi an bangaw lo zet, tlangram lam ih um sal pawl cu harsa zetin hna an tuan ringring theu. Sal pawl cu khuitawk ih hna

an tuan khalah, anmah le an koppi le an fale pawl a neitu ih thuneihnak le cem theilo thilti theinak cun a ukbet ringring. Sal hlun Publilius Syrus ih au thawm cu: “Sal vekih um ringring hnak cun thih hi a mawisawn a si” timi hi a si. Hivek thil ngaingai pawl hi vun ruat tikah **doulos** timi “sal”(NIV, NRSV) tiih an lehlin hi a awm ang ve zet. A hleice in hivek sal pawl cu an pu le pawl ih hringhronak hnuai ih hringsun hmang an si.

Saltangnak cu Paul ih leitlun ahhin a um ringring lai. Cucu khawtlang nun tuahtha tu vekin siloin, zumtu pawl cu tulai thilthleng mi pawl rak cinfeldan ding le zumtu bulpak thleng danglumnak lam hawi in sunmang thar tuah dingih forhfialtu Pastor vekin thu a rel ih, cumi cun a lehhnu ih khawtlang pumhuap khal ah thildang lam a thlengter a si: “A sunmang cu Rome ramuknak sungah sal ihsin luatnak ding a si. A thlir mi sawn tu cu daan vekin sal luatnak menmen a si lo, Pathian ih fale vekin pawm an sinak vekin unau vekih umtlang dingih tuahtharnak lam sawn hi a si... Paul hrang ahcun vantlang thlengawknak cu khawhhran sungah, Khrih ih taksa sungah, tualsung ah, Khristian inn biakinn sungah le inn sungsang ah a thleng hrimhirm ding a si.”—Scot McKnight, *The Letter to Philemon* (Grand Rapids, MI: Eerdmans Publishing Company, 2017), pp. 10, 11.

Khristian san thuanthu ih thil bawrhhlawh ropi zet pakhat cu miin saltang thuhla ah himi Bible bungcang thu pawl hi thiltuah diknak ih an hmandan pawl hi a si. Pathian kamsuak thu ralring zetih kan hmandan ding thuhla ah ziangvek thucah tihnung um zet saw kan lak hloh ding?

**NILI NI
Khrih ih sal**

Paul in Khristian saltang pawl hnen ih thupek cipciar zetih a peknak ah ziangmi saw ngennak a neih?
Efesa. 6:5–8.

Paul cun Khristian saltang pawl a tha thei bikin, thinlung takten, an pu le pawl thuawih dingin a ngen. Thil thupi zet mi cu an tuah dingih a duhmi ti hlawhtlin dingin a ngen nawn rero theu. An sal pu cu Khrih ai-awh ah ret ding an si lo ih, an rinumnak Khrih hnen lawngih an ret dingmi cu an pu hnenah an hlan ding a si lo. Cu ai ah, an pumpek awknak le an thinlung takten an cangvaihnak le tha zet ih an hnatuannak pawl cu sal neitu Bawipa, Khrih hnenah an thleng sown ding a si. Himi an thlennak ding ih thazang peknak ah Paul cun thlengdanglamnak, Sal le pu ih pehzomawknak ih Khristian pawl theihthiamnak danglam zet a run tarlang.

Himi thlengdanglamnak an parih a thlengding mi Paul in a reldan dangdang pawl hi hminsin aw:-

* An sal pu pawl cu Paul cun “Leitlun pu pawl” vekin a fate ter vivo ih, himi cun a taktak van lam ih Bawi a kawh hmuh a si (Efesa. 6:5, ESV).

* Annih pawl cun “Khrih an thlun bangin thinlung takten, tih le khur phah in” hna an tuan ding a si (Efesa. 6:5, ESV).

* Paul cun himi thlengdanglamnak cu Khristian saltang pawl hnenah fiah zetin saltang hna tuannak ah an pu le pawl hrang siloin, “Khrih ih saltang” si dingin a forh hai a si” (Efesa. 6:6, NIV).

* An hnatiuan langnak ah, annih pawl cu “thinlung ihsin Pathian duh zawng” tuah in, an thinlung takten Pathian hnenah an ap ding a si (Efesa. 6:6, NIV).

September 6

* Paul cun thiltha mi lamah cangvaihnak nei in, “Minung rongbawlnak men siloin Bawipai rongbawl vek sawn in” um dingin a sawm hai a si. (Efesa. 6:7, ESV).

Thinlung takten hna a tuantu Khristian saltang pawl cun Khrih a runtum sal tikah Khrih hnen ihsin a kim in laksawng an dong ding a si. A hrangah hnatiuan an theh, A hnen ihsin laksawng don an beisei men thei, hlawh neilo sal hrangah cun ruat ding tham thil a si. Saltang pakhat cun leitlun ih a pu in a ngai thupi lo asilole a lawm lemlo in a thei aw men thei (zoh aw,1 Pet. 2:19, 20). Zumtu saltang cun mi ngaihsak thei zet, “Mi zo khal thiltha a tuahtu pohpoh” (Efesa. 6:8, NASB) a thei ringring tu, laksawng taktak pe theituu Bawi a nei a si.

Ziangkhala sehlah Cathianghlim in hivek thisual rapthlak zet hi fiangzet in rel sehla kan duh zet ko ding, asinan cuvek cun a si lem lo. Cuvek in a si ko nan, kan nungphung mil in mi va pehtlai in hna kan tuanpidan thuhla ah hitawk ih um Paul ih tongkam ihsin ziangtin kaihhruai awknak kan nei thei ding?

**NINGA NI
Sal a si mi bawi pawl**
September 7

Paul in saltang pawl hnenih netabik a tong cu, “Sal a si khal ah, miluat a si khalah” (Efesa. 6:8, NKJV) tihi a si, “Miluat” timi tongkam cu sal ih pu a va relnak a si. Paul cun thuthennak ah Khrih hmaika ah sal siseh, sal pu khal siseh bangran in an din ding thu cu an hnen ih thurawn a pek laiah a vun mitthlam (2 Kor. 5:10; Kol. 3:24, 25).

Nang cu khristian sal bawi, nan biakinn ih Efesa cakuat siar lai rak ngai ringring tu vekin vun ruat aw sin aw, himi thurawn pawl hi ziangtin saw na sawn let ding, na sal pawl hmaiah ziangtin na um ding?

Paul cun sal bawi pawl cu forhfialnak thuk zet hmangin a bia hai, cumi ihsin “bawi pawl” (Grik- **hoi Kurioi**, “pu” tiih lehlin), an sal pawl parih “hringhro” hmang zettu le “Bawipa(**ho kurios**), Khrih a si mi, amah ah zianghman “thleidannak”(ESV) um lo tei pahnih karlak thuhla a tahthimnak ah a herkual. Paul cun bawi pawl hnенah, “An parah cuvekih tuah ve dingin” a ngen, cui ngennak cu kum zabi 1-nak ih sal neitu pawl hrangah cun mangbangza a si. Bawi pawl cun an saltang pawl cu Khrih ih an rinumnak kaihhruainak hnuai ah duhsaknak hmangin an sawnlet ding a si, Cumi cu Paul in sal pawl hnенih a rak ngenmi thawn an mil aw ciah a si (Efesa. 6:5–8). An sal pawl hringhro nawn lo dingin, a tikcu lai ih bawi pawl in hremnak an pek, an beng (1 Pit. 2:20), nupa sualnak bawrhbah, an zuar(an duhdawtmi thawn an then aw), hna harsa zet an tuanter, rilrawng in an um ter, hrengbet le thihnak tiang an tlenter vekin um nawn lo dingin a sim hai a si.

Paul cun a thupek mi pawl cu sal neitu Rom rampi uknak vantlang lenglam ih sal bawi pawl kawhnak ih hman mi cangvaihnak pahnih cu a pawm: **1.** Anmah le an sal vekih an ruah mi cu Bawi pakhat ih sal an si hai (“*An theihmi nan Bawi le an Bawi a si kop mi cu van ah a um*”ESV, Kol 4:1 thawn zoh aw). **2.** Van ih Bawi cun zianghman thleidannak um loin thuthennak a nei. Anmai Bawi hman in sal pawl cu midang vekih a ngai tikah annih khal a ngai ve thotho a si(Zoh aw. Filemon. 15, 16). Efesa cakuat ah Paul ih tongfang tamzet cu Khristian saltang pawl hrang ih thinlung duhsaknak a si: Fale vekih laknak (Efesa. 1:5); Tlennak (Efesa. 1:7); roluanhnak (Efesa. 1:11, 14; Efesa. 3:6); Jesuh thawn Bawi tokham ih to tlangnak (Efesa. 2:6); “Pathian innsang sungtel” “ rammi sinak” ih hung suaknak (Efesa. 2:19, ESV; 3:14, 15), le Khrih taksa ih peng dangdang famkimnak (see Efesa. 3:6, Efesa. 4:1–16)pawl an si. Efesa 6: 5-9 ah cakuat ih zirnak hmuahmuah cu sal le sal pu

pawl karlak ih pehzom awknak lam a si thluh ih, cumi ahcun tongkam hmandan thuhla pawl (Efesa. 4:25–32) le nunau mipatnak lam ih nuntuzia pawl(Efesa. 5:1–14) khal an tel thluh.

NIRUK NI

September 8

Ruahbet ding: Paul cun nauhak pawl cu zumtu an si vekin a tihzahnak ahhin (Efesa. 6:1–3) tulai kan leitlun ih nauhak pawl kan kilkhawidan thuhla ah ngaihtuahnak tamzet a feh ter. Pa pawl hnen ih a tongmi (Efesa. 6:4)cun nu le pa kan sivekin kan tuanvo ruatfel dingin in sawm a si. Paul in sal pawl hnen ih thurawn (Efesa. 6:5–8), a hleice in sal bawi pawl thurawn(Efesa. 6:9) hi sawmngiarnak nasazet a si, kan lakih mi tamzet hrang ahcun vantlang khawsakdan ihsin hlalar ah kan um, ziangahtile sal mizia kan thei ih, ziangvek in um khal sehla sualnak ih zohthim ding a ropi zetmi pakhat a si thotho. Ziangkhal sehla cuvek thu pawl cu cathianghlim ih tel ve, thawkhummi tongkam lakih pakhat a si ve ruangah tuisan ah ziangtin kan zir thei ding timi kan ruat a tul. Kum zabi 1 lai ih Efesa khua ih zumtu pawl thawn kan pehzom awknak dingah thuthangtha hlutnak ding tikcu remcang le tha kan nei a si. A hnuai ih relkhawm ding thusuhnak pawl cun hnatiuan thupi zet thansoh theinak dingin khawkhan mi a si.

RELKHAWM DING THUSUHNAK PAWL:

- 1. Adventist pawl hrangah Nauhak duhdawt cu “Luke 1:17(Mal 4:6 ta laksuah mi) Bawipai hrang timlam aw mi minung” tiih simfiang a si theu hi ziangsaw sullam a neih?**

2. Paul in nauhak pawl a zahzia langsar zet ihsin thusuhnak a run suak ter: An hringnun hmaisa ih ningzahnak, nunau mipat lam ih hmuhsuamnak, hremnak a tong zo tu pawl hnen ih Khrih kilkhawinak va nei dingah kan tuanvo hi ziangsaw a si? An nauhak lai ihsin thiltha lo hmuhton mi an neihmi pawl kan zirfiang tikah (or ACEs; see <https://www.cdc.gov/violenceprevention/>), an hrangih kan tuanvo cu ziangsaw a si?

3. Paul in Nauhak pawl a zahnak le Jesuh ih a ngaihsaknak ti kau vivo dingin kawhhran in a kilkhawi ih a humhim mi nauhak pawl enkawldan dingah ziangvek tuanvo saw a neih, Ziangvek kaihruai awknak le daan saw tuah tul mi?

4. Efesa 6:5-9 ih Paul in sal le sal bawi pawl hnenih thurawn a pekmi cu hnatauan tu le a sortu karlak pehzom awknak ah hman a si theu. Ziangtin saw himi hi a dik thei ding? Cuvek ih tuahnak ahcun ziangvek tihnung um thil saw um ding?

5. Saltang pawl cu leitlun **khalah mipum 40 million lenglo a takram** in an um hrih lai (“The Global Slavery Index,” tiih a langdan <http://www.globalslaveryindex.org/>).

thlarau lamih mi zalen, saltlangnak siatbal dingah hnget zetih pum pe aw tu Khrih ih hla “Cikcin pawl a phong thluh, sal pawl cu kan unau an si, a hmin in nemnehmi pawl cu suah zalen an si” (*lyrics to “O Holy Night,” public domain*) timi kan sak lai ahhin saltang mi Pathian fanu le fapa hnenehmi kan tuanvo cu ziangsaw a si?

ZIRLAI 12

September 9-15

DING HNGET DINGIH KAWHNAK

SABBATH TLAILAM

Tuizarh sung siar ding: Efesa. 6:10–20; Deut. 20:2–4; Rom. 13:11–14; 1 Thess. 5:6–8; 1 Cor. 15:23, 24.

Bible cangken: “Netabik ah, Bawipa ah le a cahnak ahcun cak uh. Khawselal ih khawkhannak nan do neh theinak dingah Pathian ih ralthuam famkim cu hruk uh”(Efesa 6:10, 11, ESV).

Siahhlawh cu a umnak hmun ihsin mitmeng hlim um zetin a thosuak ih, thil tihnung um zet a hmu, Ralkap tamzet, ralthuam thazet nei le doral rapthlak zet, “Hmun tin ih rangleng , rang le rakap burpi” pawl an si. Profet Elisha a biak rero lai ah, thuthang a theih mi cu hak tuatto ih tong phah in thusuhnak a tuah, “Oh, ka pu, tu ah ziangsaw kan tuah ding?” Elisha cun a let ih, “ Tih aw hlah, anmai lam tang hnakin kan lamtang an tam sawn” tiih sawnletnak cu siahhlawh hmai ahcun ngan in a um thluh. Elisha cun a va naih ih a hrangah thlacamnak a nei: “Bawipa, amit vang ter awla, hmu ter aw’ “ Profet thlacamnak cu zamrang zetin sawnlet in a um. Siahhlawh cu kulh phen lamah a va feh, asinan tui caan ahcun hmuh theih le hmuh theihlo karlak ih um puantham cu hlip so in a um. Tu ahcun ralkap pakhat lawng siloin pahnih a hmu. “Bawipa cun tleirawl ih mit a vanter, tlunvan lam a hei zoh tikah, Elisha kulhuu tlanghram ah rangleng meisa alh le rang tam zet a hmu”(2 Siangpahrang 6:15–17, NLT).

Efesa 6:10-20 ah Paul cun zumtu pawl an karh theinak ding hrangah thlacamnak a nei, cuticun doawknak ropi hi a takram in kimten an hmuh theinak ding le an hnen ih pholang mi ihsin beiseinak an neih theinak dingah a si.

**NIKHAT NI
Doawknak thu**

September 10

Efesa 6:20 netnak lam ih Paul in a cakuat a kharnak ih a hman mi kha zir aw. Doawknak ropi ih teltu kan si vequin tuisan kan hrangih Paul ih authawm hin ziangmi sullam a nei?

Paul cun Efesa cakuat cu doawknak, zumtu pawl in sualnak do in Kawhhran ih doawknak a um mi ah forhfialnak nei in a net a khar. Anih cun, "Pathian ah cak dingin"(Efesa 6:10) timi forhfialnak hmangin a thok ih, cumi cu "Pathian ralthuam famkim hruk uh" (Efesa. 6:11) ti kawhnak cu a rel sal. Himi kawhnak hin tumtah mi hleice a nei(Khawselal khawkhannak do dingin" Efesa 6:11), cumi hnu ah Paul cun cipciar deuh in doawknak cu sual thiltitheinak le sualnak ih kaih mi thlarau lam khal a tel thu a rel. Cipciar sawn in, Paul cun ralkap dingih kawhnak cu a tuahsuak. Zumtu pawl raldoawknak ah hnget zetih an din theinak dingah " Pathian ralthuam famkim la ding" an si(Efesa. 6:13, ESV), taikhap, awm phaw, buk, ralkham, lukhum le ralnam (Efesa. 6:14-17) pawl tla an si. Paul cun zumtu pawl, a tu ih ralthuam famkim nei le doawknak ah tel dingih ralring cia zo pawl cu hlanlai raldoawknak hmun ih ralkap pawl ih an tuahdan vekih um dingin a sawm hai a si- Cumi cu thlacamnak neih hi a si(Efesa. 6:18-20). Doawknak ih forhfial awk asilole thukam hlun sungih doawknak tongkam pawl hmangin Paul cun ralthuam le ralkap lam buainak hi mission kawhhran a

relnak ah a hmang rero a si. Paul cun himi a thupek hmaisa bik, thupekumpi a theihter a si: "Bawipa ah le a cahnak huham ahcun cak uh" timi hi a si.

Thukam hlun sungah doaw dingih forhfialnak(Daan. 20:2-4; Thuthentu 7:15-18; 2 San. 20:13-20; 2 San . 32:6-8; Neh. 4:14, 19, 20) cun Israel pawl in doawknak ih nehnak an conak ah anmai ralthuam ah le ralkap ah an thum aw lo. Cu ai ah Pathian ih thiltitheinak le umpinak ih an thumawknak ihsin nehnak an co. Hlawhtlinnak tawhfung cu anmah ih thum awknak siloin Pathian thilti theinak ah le hlawhtlinnak dingih A khawkhanmi an rinsan ngamnak ihsin a si sawn. Paul cun himi thupi pawl hi ngamhuai zetin a rel, zumtu pawl cu: (1) kawhhran mission ah an cangvai ding(2)An nunnak le theipitu an sinak siatbal sal theimi an hliakhlai(3) an hlawhtlinnak hrangah Pathian bomnak an thei ringring ding(4) Zumtu pawl karlak ih pumkhatnak le hnatuan tlangnak thupit zia an thei ringring ding.

Paul in kan do mi cu taksa le thlarau lam an si lo, asinan hlawhtlinnak beiseimi thuhla hi thiltitheinak doral pawl ih in zirh ding a duh lo thu ralringnak in pek mi pawl ziangsaw an si?

**NIHNIH NI
Khrih ah caknak hawl in**

September 11

Paul in a cakuat cu doawknak dingih kawhnak cakzet hmangin a net a khar, cumi cun cakuat pumhlum ih a thupi le ruatnak thupi zetzet pawl cu a hruai khawm a si. Thuhrampi netnak lam theihternak ihsin a thok, doawknak hmun ih thu petu ih au thawm: A netnak ah, Bawipa ah le a cahnak ahcun cak uh"(Efesa 6. 10) tiah a ti.

Catlang tluan dang pawl Efesa 6:11-20 cun himi thuhrampi pawl an run simfiang ve thung.

Efesa 6:10-20 kha siar sal aw. Paul ih in sim vekin thiltitheinak taktak a tel cihnak ah Doawknak ropi a takram in ziangtin na hmu? Kan nitin nun ah Pathian thawn kan feh tlang ding a thupit zia hi ziang ruangah saw kan hmai ah hivek thudik thu zet hi a um ringring?

Paul cun a cangannak ah Khrih cu Zumtu pawl ih cahnak hrampi a si thu a rel: “Bawipa ah le A cahnak huham ah” (Efesa. 6:10, NKJV), “Bawipa” timi in Khrih a kawh hmuh tikah, Efesa cakuat sungih thu ummi pawl thawn an milaw thluh (Efesa. 2:21; Efesa. 4:1, 17; Efesa. 5:8; Efesa. 6:1, 21). “Kawhhran thacahnak cu amah a kaitho tu Bawi, raldo awknak ih hruiatu ih cahnak ah a um a si”—G. G. Findlay, *The Epistle to the Efesaesians* (New York: Ray Long & Richard R. Smith, 1931), p. 398.

Paul cun Efesa 6:10 ih um Thiltitheinak bangaw neitu hnatiuannak le a thurel mi cahnak hi a hmangsal rero: Kawhhran in a tarlang dingmi thiltitheinak cu zumtu pawl hnen ih phum aw mi a si lo ih, laksuah mi sawn a si. Cumi cu Bawipa, Khrih hnen ihsin a ra mi a si. Paul cun himi ahhin cakuat ih thupi bik cu kaitawi thluh in a sim, Pathian thiltitheinak cu zumtu pawl hnenah a um ve tin a rel (Efesa. 1:19–22; Efesa. 2:4–6; Efesa. 3:16, 17). Hmailam thu le a tu rori hrang ih thacahnak cu thosal le cawisan Jesuh thawn pumkhat ih ummi zumtu pawl hnenah hmuh a theih.

A thoknak ih thupek ahcun Khrih cu zumtu pawl hnenih cahnak pe dingih cangvai zettu vekin a rel (Efesa. 6:10), Pathian sinak ih mi pathum pawl cun thlarau lam sualnak an doneh theinak dingah cahnak an hmang a si. Pathian (Pa) cu “Pathian ralthuam” (Efesa. 6:11, 13; zoh kop aw, Isa. 59:17)timi ih a um vekin amah ten ralthuam

a nei. A hmaisa lam ahkhan Paul cun Pathian in, “ Nan sungram ih a um mi a thlarau hmangin thiltithei cahnak lo pe hram seh” (Efesa. 3:16, ESV) tiih thlacannak a neihmi hmangin zumtu pawl cak dingin cangvai tu cu thlarau thianghlim tin a rak simfiang zo. Hitawk ah ralnam neitu cu thlarau thianghlim a si, “Thlarau ralnam, cumi cu Pathian thu a si” (Efesa. 6:17). Cule zumtu pawl cun “Thlarau ah ziangtik khalah” thlacannak nei ding an si. Paul cun a thu ngaitu pawl in thumkom Pathian cu thlarau sual donehnak dingih a tuldan ih ralthuam petu a si timi an theih ding a duh zet.

NITHUM NI

Paul cakuat sungih doawknak ropi

September 12

Siar ding: Rom 13:11–14, 1 Thes 5:6–8, le 2 Korin 10:3–6. **Himi sang pawl in Efesa 6:10-20 hi ziangtin tahthimnak a nei? Paul in ziangvek in hivek hmuhsaknak pawl a hmang?**

Paul in a cakuat ahhin ralkap lam pang tongkam le hmuhsaknak hi a hmang phahphah theu, zumtu pawl cu ralkap pawl nun ziazza cawng hai ve dingin a sawm a si. Efesa 6:1-20 ahhin a duhzet mi le a hmanuar zet mi ralkap lam thawn a pehpar aw mi tongkam ahhin thuthangtha thuanthu a theihthiamdan lamzin thupi zet pakhat a run pholang. Thinglamtah ah “Uktu pawl le thuneitu pawl” doneh in an um (Kol. 2:15, ESV), cawisan mi Jesuh cu a tu ahcun thiltitheinak pawl hmuahmuah tlun ih cawisan mi a si vekin a dinhmun ihsin hlawhtlinnak hnatiuan a suak a si (Phil. 2:9–11). A dungluntu thar pawl cu vanlam doawknak ih tel an si, Khrih cun Eng ih ralkap pawl cu a thupi zetmi hlawhtlinnak ni sunglawi zet lam a panpi (1 Kor. 15:54–58, 2 Thess. 2:8, Rom. 16:20). Paul cun ralkap

thawn pehpar aw mi hmuhsaknak pawl a hman khawmnak ihsin sia le tha karlak doawknak cu, “Van le lei ih doawknak reizet a si: duai vivo le cak vivo karlak ralkap bur hnih, hmaiton aw vivo in kumtluan ih rak do aw, a netnak ah pakhat sawn in nehnak a co hlan tiang ih do aw vivo” timi a si ti kan va theithiam.”—Peter W. Macky, *St. Paul’s Cosmic War Myth: A Military Version of the Gospel* (New York: Peter Lang Publishing, Inc., 1998), p. 1.

Paul cun van le lei karlak doawknak thuhrat a rel mi cu Efesa cakuat ih puanthlam pakhat fang a si. Ralkap si dingih a kawhnak ah (Efesa. 6:10–20), Paul cun vanlam doawknak pawl khal a telh thluh, cumi cu a hman zo mi khal a si: Pathian cun zumtu pawl cu “Thititheinak” nasa zet a pe a si (Efesa. 1:18–20; Efesa. 3:16, 20); Khrih hi hlawhtlinnak le thiltitheinak hmuahmuah tlun ih cawisan a si (Efesa. 1:20–23); zumtu pawl cu a hlan ih a rak thimi ralkap thosal vek an si, a tu ahcun a hlan ih an ral a si mi, thimnak bawi donehnak dingah cawisan mi Khrih cun an sinak theithei dingin thiltitheinak a pe a si (Efesa. 2:1–10); Kawhhran cun an vansiat thilti theinak an langter (Efesa. 3:10); Saam 68:18 hmangin Paul cun Khrih cu ralnehtu, Pathian ralkap vekin a rel (Efesa. 4:7–11); Cule zumtu pawl cu thuthangtha thuamhnaw “hruh ding” in kawh an si (see Efesa. 4:20–24). Pathian “ralthuam famkim” hrush dingih kawh a si tikah, vanlam doawknak pawl theithiam dingin timlamnak kan rak thei a si, asinan a netnak ah Khrih hlawhtlinnak ih tel dingin hngetzet ih a dingtu khal kan si thocho.

Nangmah rori in vanlam doawknak lawng siloin Jesuh ah kanmah ten neh dingih kan pekawknak a takram ih na tonmi lamzin pawl ziang an si? Kan hrang a hlawhtlinnak, kan beiseinak le hmuhtonnak bulhram pawl theihthiam hi ziangha a thupi?

NILI NI**Hlanlai doawknak hmun ah dingin****September 13**

Efesa 6:10-20 tiang siar thluh aw, ziangtik caan khalah Paul cun tuahtuannak hmuithlam a hmang timi hmin sin aw. Ziangahsaw himi ruahnak hi a hrangih a thupit?

Paul in ralkap thuhla tahthimnak ih a relmi pawl hi hlanlai doawknak tualrawn lam thuhla a si timi kan theihthiam a thupi zet. “Ding” (Efesa. 6:11, 13, 14) timi sullam ziangsaw a si? Himi tuahtuannak ih a sim duhmi hi taksa ruangpum thuhla men maw a si? Raldoawknak ih tongkam Thucudides ih cangan mi cu, raldoawknak thuhla ngantu pawl ropi zet lakah pakhat a si. Raldoawknak ih a hlawlhtling tu ding lam theifiangdan pathum a um: (1) ralkap pawl cu, “An doral thawn naite ah an um ding” hihi an doral do dingin an feh tengteng din tinak a si; (2) Cule an do tengteng ding, “hnget zetin an ding” asilole “Kan lei ah an ding” an doral pawl thawn kut rori in an sual aw; (3) A nehnak ah, “an doral pawl cu an vua” tengteng ding” (zoh aw, *Thucydides, The Peloponnesian War* [New York: E. P. Dutton, 1910], 4.10.1–5).

Hlanlai ih raldo awknak ahcun himi pathum ihsin pahnih cu an lang, ralkap Phalanx bur hnih doaw dingih an panawk tikah, “thing, le taksa, le dar sumsel awn pawl rapthlak zetih ring zetin a thang durdo” cumi cu Hlanlai cangantu Xenophon cun “Tihnung za tluknak” tiah a rak ti”—Victor Davis Hanson, *The Western Way of War* (New York: Oxford University Press, 1989), pp. 152, 153. Hnget zetih ding in himi kaihhruai awkdan thlun cu hlanlai raldoawknak ih thil thupi zet a si. A lehhnu ih raldo awknak a netnak ah khat lam veve in “Vun nor” dan ding an hawl. Paul cun ralthuam keng pawl raldonak ah ralkap pawl cu, “um

khawm, doawknak cem zawngin thil an pek le dong” vekih um dingin a ko hai a si..”—*Victor Davis Hanson, The Western Way of War, p. 152.*

Paul cun doawknak ah kawhhran in a doral a nehdan cu fiangzet in a run rel fiang (Efesa. 6:12; Ninga ni zirlai ah zohaw), cule “ding in” timi hi cang 13 ah tuahtuannak ah a run hmang: “Ni tha lo ni ih nan do ngah theinak dingah dinghnet uh” (NKJV, ESV, emphasis added).

Himi cu hahdam zetih dinnak maimai a si lo! “ding hnget” ding ah timi cu doawknak ah hrisel zetin raldo dingin thupek vekih ralthuam kengin hrisel zetin um ding hi a kawh hmuh sawn a si. Himi cu ralkap thuhla mithlamnak ihsin Paul in a hmaisa lamih forhfialnak a neihmi ah hmuh a theih, “Thinlung hmunkhat pu in, thuthangtha ih zumnak hrangah khat lam le khat lam lungthin hmunkhat le thlarau hmun khat nei in dinghnet uh” (Phil. 1:27, ESV).

Siar ding: Hebru 12:4. **Himi bungcang cun Bawipa ah ding hnget dingin ziangmi sullam a nei timi ziangtin in hmuh? Himi dinnak hi ziang pumkhatnak saw a si?**

NIGNA NI
Sual thiltitheinak dodalnak

September 14

Efesa 1:21, Efesa 3:10, le Efesa 6:10-20 ih a tarlang mi thlarau lam thiltitheinak sual hmin ci dangdang a tarlang mi ah Paul ih tumtah mi cu ziang a si ding tin na ruat?

Paul in “Kan zuam tentonak” (Efesa. 6:12, NRSV) tin a run rel mi hi Grik tongfang ahcun pahnih karlak ih buan awknak(pale) ih zuamawknak a si. Buanawknak cu doawknak hrangih timlamnak tha bik a si ruangah himi

cu ralkap pawl an doawk tikah ralthuam, kut le kut doawknak timi a mawi zawngih simfiangnak a si. Paul cun zumtu pawl cu a takram in sual thiltitheinak pawl cu do dingin a duh zet.

Hitawk ah thupi tete in pek suak a si:

<i>Efesa 1:21</i>	<i>Efesa 3:10</i>	<i>Efesa 6:12</i>
Thu neitu zaten	Thuneitu	Thuneitu
(zaten)Thuneihnak	Thuneihnak	Thuneihnak
Thiltitheinak (zaten)		Tui umnak thim
		tlun ih vanlam
		thiltitheinak
(Zaten) Ukawknak		Van lam hmun ih
		um thlarau sual pawl
Hminsakmi hmin tinkin		

A tlun ih simfiang mi(“hminsakmi hmin tinkim” Efesa 1:21,LEB; “Van lam hmonsang ih um thlarau sual pawl”Efesa. 6:12, ESV) ah Paul cun khavek sualnak hmuahmuah le sual thiltheitheinak nasa zet pawl cu Khrih in a neh thluh thu a sim (Efesa. 1:21). Ziangkhal sehla ziangvek raldoawknak khalah khatlam sawn tu kha nautat ciambco dingin kaihhruai awknak cu a tha dah lo. Paul cun kan raldo mi pawl cu minung ral an si lo, asinan “van hmun pawl ah sualnak le thlarau sual pawl an si” tiah a ti (Efesa. 6:12, NKJV), annih pawl cu ralkap hotu, khawse lal ih hruaimi pawl an si (Efesa. 6:11). Ziangkhal sehla, doral thiltitheinak zet a um thuhla ah ralringnak pek kan si lai ah, anmai ruangah thinphang ih um ding kan si lo. Raldo awknak ah Pathian cu kan hnen ah a um a si (Efesa. 6:10)cule Anih cun kan tulmi ralthuam pawl in pe. Amai ralthuam, “Pathian ralthuam” (Efesa. 6:11; zohtlang aw, Isa. 59:15-17) rori in pe a si. A diknak, dingfelnak, daihnak, zumnak le rundamnak, le thlarau thianghlim cu

kan hnen ah in pe a si(Efesa. 6:13–17). Kan hmai ih Pathian a feh ruangah amah in in pekmi kan ralpawl kan nehnak ding ralthuam thawn kan sung thei hrimhrim lo ding. (Rom. 16:20; 1 Kor. 15:23, 24; 2 Thess. 2:8).

Himi sual thiltitheinak pawl, kanmah, kanmah rori ih kan do neh thei lo mi pawl cun in zirhmi cu Jesuh, hivek thiltitheinak pawl hmuahhmuah ai ih cungnung sawn lawng hman siloin, anmah pawl a neh zotu cu ziangtluk in kan nun ah kan tul timi ziangvek in saw in zirh?

NIRUK NI

September 15

Ruahbet ding: “Kan hnatauan cu raldonak cikhat a si, Jesuh ih rinum ralkap kan si vek in, doral pawl ih cahnak hmuahhmuah ah ngamhuainak thisen kan ken tel a tul. ‘kan buan mi hi tisa le thisen an si lo, lalnak pawl, thuneihnak pawl, hi leitlun thim uktu pawl, hmun sangih thilarau sual pawl tla an si sawn’. Kan ralthuam pawl kan ret ih, kan thazang cahnak pawl kan niam ter a si ahcun Satan pa ih siahhlawh le sal kan si ding, doawknak le tuarnak pawl ihsin suah zalen kan si men thei. Asinan himi daihnak cu Khrih hlohnak le vanram hlohnak lawng in kan ngah ding. Cuvek daihnak cu kan pawm ding mi a si lo. Biaknak bansan in sual ih um hnak cun leitlun sancem tiang doawknak cu um ko hrih seh”—Ellen G. White, The Review and Herald, May 8, 1888.

Efesa 6:10-20 hin ziangtin saw thuphuan cabu thawn zomawknak an neih? An bungcang pawl cun Thuphuan bu ih raldoawknak vekin (Thup 12, Thup. 16:12-16, Thup. 19:17-21, Thup. 20:7-10)caan neta thu le sancemnak ding thu an sim veve. An pahnih sungah Pathian mipi pawl cun “van hmun pawl in” le “A tu ih um

thiltitheinak le cangvaihnak” pawl in an do rero. An pahnih sungah Pathian ih minung pawl cu “Hmailam san mureng fale” tin thazang peknak a nei. Ruahbet ding ah, “An pahnih in fiangzet in raldoawknak an rel, doral pawl neh thluh an si hnu ah san mureng thar kumkhat in din a si ding” Himi santhar, “Pathian minung pawl ih sunlawinak netabik ih sunlawinak” le “doral pawl kumkhua ih siatsuah an sinak” pawl hi hmuhsak tu an si ding (*See Yordan Kalev Zhekov, Eschatology of Efesaesians (Osijek, Croatia: Evangelical Theological Seminary, 2005), pp. 217, 233–235.*)

RELKHAWM DING THUSUHNAK PAWL:

1. **Thimnak ih thiltitheinak hi hmaiton in ziangtik ah na tong zo? Culai caan ah ziang kaihruai awknak in saw a lo bawm bik ih na hmuh?**
2. **Efesa 6:10-20 ih sim a si vek in, mi pakhat a hleice in “Sualnak thlarau” (Efesa. 6:12, ESV) kaihruainak vekih a langmi hnena ziangvek in thuthangtha na sim ding?**
3. **Ziangtin saw “Khawsia ih khawkhannak” (Efesa. 6:11, ESV) cu kan theihthiam dingih kan hnong thiam ding? Thimnak ah, rundamnak ngah dingin sualtuk, thiltha lo tuahtam tukih na theih awk caan ah na zumnak phatsan mai dingin voi ziangzat lai na um dah zo? Khavek ruahnak kha Khrih maw asilole thimnak ih thiltitheinak in saw na lu parih lo ret? A hleice in cuvek tikcu caan ah ziangah saw Jesuh ah in pekmi thutiamnak mangbangza tam zet pawl ngah dingin na zuam sawn lo ding?**

DAIHNAK TUAH**SABBATH TLAILAM**

Tuizarh sung siar ding: Efesa. 6:10-20; 1 Pet. 4:1; 1 Pit. 5:8; Isa. 59:17; Isa. 52:8-10; 1 Thess. 5:16-18.

Bible cangken: “Thil ummi hmuahhmuah ah zumnak ralphaw cu la uhla, cumi thawn sualnak ih fei alh hmuahhmukah cu nan mit thei ding a si; cule rundamnak lukhum la uh le thlarau ralnam a si mi Pathian ih thu cu la uh (Efesa 6:16, 17, ESV).

John Bunyan cun khawmnak cabu, **The Pilgrim's Progress** timi thawng a tlak lai ih a ngan mi ahcun, Khristian pawl cu ralphaw le hriamhrei retnak hmun kilkhawi tu an si tiah a ti, cumi ah cun, “Ralthuam hmuahhmuah, Biaknak lam ih an pannak ding an Pathian ih a pek mi ralthuam cu: Ralnam, ralphaw, lukhum, awm phaw – Biaknak phunkim, a siat thei lo ding kedam pawl tla an si. Mipi hrangah van ih Arsi tamzet an um vezin Pathian hnatuannak ding hrangah cun a mi tampi ih hman dingah a tawk zet a si” tiah a ti. Khristian a suah hlanah, ralthuam retnak hmunpi ahcun an hruai lehsal, cumi ahcun, “A lu ihsin a ke tiang kilhimnak(a tleng thei lo mi) thir in an tuam thluh, cuti lo cun zinpi ah ralbainnak a tong thei” a ti.

Bunyan in kum 1678 ih a cangan mi cun kum 1,600 hrawng liam zo ih thawnginn ihsin Efesa khaw pawl hrang Paul ih nganmi cakuat a va theihter sal. Missionary

tirhthlah ropi zet cun ralkap ropi zet, kawhhran cun Pathian ralthuam retnak va pan in le Pathian **Panolia** thawn thuam aw, Grik tong in lu ihsin ke tiang ralthuam ih thuam aw tinak a si timi a vun mitthlam. Pathian ralthuam retnak hmun ahcun A ralkap kip cu A hmin ih remnak tuah dingih an feh tikah, “A lu ih ihsin a ke phah tiang in saklam ram thiir ih tuam aw” dingin ralthuam tha zetzet cu a kengtel a si.

Kawhhran: finkhawm ralkap

Siar ding: Efesa 6:10-20. **Paul in kawhhran do awknak ci dangdang thuhla ah ziangsaw a rel? Paul in a hmaisa lam ahcun zumtu bulpak tin in thlarau lam sual donak a zohter maw si, asile kawhhran cun sualnak do dingin pumkhat an sinak a zoh ter maw?**

Grik ih hlawhlinnak le Rom ih raldoawknak cun ralkap bur an lungreal tlang maw timi ah a thum aw ih, a hleice in raldoawknak hmun ah pakhat le pakhat an bomawk hi a thupi zet. Raldoawknak hmun ah bulpak zet ih a rak um mi ralkap cu san man lo, neh dingmi an si tiih ruat a si. Paul in hivek ih ralkap theihthiamnak thawn milaw zet in Efesa 6:10-20 ah kawhhran pawl in sual donak ding thuhla a rel a si timi ruahdan pom ding thupi zet a um:

(1) Hi catlang tluan hi kawhhran thuhla cakuat a ngannak ih a netnak a si. Paul hrang ahcun a cakuat cu raldomi Khristian pakhat lawng hman in them doral lakah raldo in a um thu in a net a khar cu thil mak zet a si.

(2) Catlang tluan netnak ah, Paul cun Khristian pawl cu a thlacamnak “Mi thianghlim pawl hmuahhmuah hrangah” (Efesa. 6:18-20, ESV) timi ihsin lungreal tei’ an um theinak dingin a ko hai a si.

(3) Thil thupi bik cu, a cakuat hmaisa lam ih Paul in sual thilthitheinak a rel pi ahkhan, zumtu bulpak ah siloin kawhhran hmai ah a phuang a si: “Tu ah van hmun pawl ih um thuneitu le thiltitheinak pawl hnenah Pathian fimnak tam zet cu kawhhran pawl hmangin theihter a si” (Efesa. 3:10). Efesa 6:10-20 cun raldotu mi pakhat lawngin, sualnak amah lawngih a tonmi thuhla zianghman a tar lang lo. Cu ai ah, Paul cun ralkap tampi veikin kawhhran kha a run rel sawn si. Anih cun ralkap pumkhat aw veikin doawknak hmun ih pumkhat aw zet le thazang suah zetih um dingin kan ralthuam famkim la dingah in ko a si. Paul cun kawhhran thupi sawn ah ret in a net a khar, cumi ahcun Khrih ih taksa a si veikin kawhhran a tel (Efesa. 1:22, 23; Efesa. 4:1-16), Pathian ih biakinn/ innpi (Efesa. 2:19-22), cule Khrih ih mothar (Efesa. 5:21-33), ti pawl cu A nungmi Pathian ih ralkap tampi veikin Kawhhran cu a netabik tahthimnak ah a run hmang. “Ni tha lo” (Efesa. 6:13) lam ah kan um rero tikah sual donak caan reizet ih netnak kan thleng thlang ruangah Pathian ih kan pekawknak le Khrih ralkap veikin Pakhat le pakhat parih kan rinumnak thu ahhin theihfiang lonak ding tikcu caan a si nawn lo.

Sual donak ah pakhat le pakhat kan bomawk theinak dingah doawknak ropi dungih hnatiuan tlangnak ah taksa pumkhat si thei dingin ziangtin kan tuah ding? ziangvek in ra thleng khal sehla ziangtin kan do thei ding?

**NIHNIH NI
Taikhap le awmpawh**

Zumtu pawl in sual an donak ding hrangih timlamnak an neih thokdan Paul in ziangtin a rak

mitthlam? Efesa. 6:14; zoh aw, 1 Pet. 4:1; 1 Pit. 5:8; Rom. 8:37-39.

Paul cun doawknak NASA ZET (Efesa. 6:13) a um thu a ca siartu pawl hnen an an dinhnget theinak dingih kawhnak netabik (A palinak, zoh aw Efesa. 6:11, 13) a neih mi hi cipciar zetih ralthuam pawl a relnak a si (Efesa. 6:14-17). Paul cun “tai ih korfual tawn” timi a run hmang(zoh aw Isa. 11:5). Hlanlai ah hnatiuan lole raldonak tivek ih an feh hlan ah an forkual cu an tai tivek ah an tawn hnget theu (zoh kop aw, Luke 12:35, 37; Luke 17:8). Paul cun zumtu pawl cu Rom ralkap rual vekih ralthuam hrhu dingin a vun mitthlam, ralkap taikhap savun, taikhap phaw le a kilhnak tel ih ceimawi mi thawn bulhram a vun thok. Taikhap ihsin savun ziangmuah lai simaw an khai aw ih, cumi cun dar pheng tete pawl an khuh, cumi pawl in a awn selso mi “Puan orh” an tuah ih, himi in mi pakhat ih sinak a lang thei thluh. Cumi cun thuamhnaw tha a kai hnget ih, thildang pawl khal an umnak ah thaten a um ter thluh. Thutak cu zumtu pawl ih neihcia mi a si lo, Pathian ih thilpek a si (Efesa. 2:8 ih rundamnak thawn zoh tlang aw). An hringnun ah danglamnak zianghman um lo khal sehla, a thatnak lakhlo a si cuang lo. Annih cun himi Pathian thilpek an hmang le an hmunton ding cun Pathian thutak “an hrhu” a tul. Pathian thutak cun anmah a nei ih, a kilhim veikin annih cun Pathian thutak an nei lo.

Paul cun zumtu pawl in, “Rinumnak awmphaw”(zoh kop aw, 1 Thess 5:8) hrhu dingin a ngen a si. Thutak taikhap veikin, cumi cu Pathian ihsin a ra suak mi a si ih, Pathian ralkap a si veikin A uknak sungah Yahweh ralthuam lakah a tel ve a si (Isa. 59:17). Paul san lai ah ralkap pawl ih taksa ralthuam hman mi cu thir ih tuah mi an si(*thir kor, Pakhat le pakhat a ngerh aw mi thir hrual*), thil paazet thuamhnaw(*a fate zet mi, ngun fate zet tivek tete pawl, a zomkhawm aw mi*) asilole a zomkhawm aw mi thir, dar

tivek ih tuah mi an si. Himi taksa ralthuam asilole awmphaw cun doral pawl ih hremnak ihsin a kilhim thei a si. Cuvek ciah in zumtu pawl cun Pathian kilhimnak thil pek ih dingfelnak ihsin thlarau lam kilhimnak a don theih a si. Efesa cakuat sungah Paul cun dingfelnak cu thianghlimnak, thatnak, thudik(Efesa. 4:24, Efesa. 5:9), le midang dik le fel zet in, a hleice in kan kawhhran member pi pawl parih kan tuah dingmi ruatnak dik thawn a rel tlang a si.

Thatnak, thianghlimnak le thutak ih kilhim theinak thu ah ziangvek in nangmah in hmuhton mi na nei?

NITHUM NI

Kedam: Kawhhran daihnak tuah

Raldo dingih timlam aw rero tu Rom ralkap pakhat cun a tha zetmi ralkap kedam a tawn hnget ding. Kedam thuah ih thir kilhnak pawl cun ralkap cu leilung ah hnet zetih “ding” thei dingin a bawm a si (Efesa. 6:11, 13, 14). Paul cun himi ralkap kedam hi Isaiah 52:7 tongkam ihsin a lak mi a si, Palai pakhat in a mi pawl aiawh in Yawah in doawknak a neh thu (Isa. 52:8–10) le tu ah remnak a um zo timi thuthang a run phuang caan ih lungawinak um mi a si: “Daihnak a tuah tu, tlangpar ih thuthangtha a tlentu ih ke cu a va mawi em!”(Isa. 52:7, ESV).

Paul in Efesa cakuat in daihnak a relmi voi 8 kha zoh tha sal aw. Daihnak a duh lai ah ziangah ralkap tahthimnak cu cipciar zetih a hman? Efesa. 1:2; Efesa. 2:14, 15, 17; Efesa. 4:3; Efesa. 6:15, 23.

Paul cun Khrih ih hnatuan vekin daihnak cu a lawm zet ih, “Kan daihnak” a si a ti. Daihnak thuhla a simtu cun, “Nang hmunhla ih um mi hnen ah le a nai ih a

ummi hnen khalah daihnak um seh”(Efesa. 2:14–17, ESV) tiah a ti. Cumi cun Judah le Zentel tei pahnih, “pawlkom thar pakhat” ih um tlang dingih kawhnak a si (Efesa. 2:15, NIV). Khrih ih rundamnak thuthangtha thuanthu nung ter ringring in, daihnak ih hna a tuanzia, a liamcia ih hlawhtlinnak a neih mi ah le a ra lai dingmi ah hlawhtlinnak au thawm a um dingmi cu thlir phah in, zumtu pawl cun kedam an hrub ih, raldo dingah ralring cia in an ding a si. Isaiah 52:7 ih palai vek ciah in zumtu pawl cu Khrih ih hlawhtlinnak le daihnak phuang dingih palai an si.

Ziangkhalsehla Paul cun ralthuam keng dingih kawhnak cu kan doral donak dingih ralkap ralthuam taktak va keng dingah in duh lo. Curuangah anih cun zumtu pawl cu “daihnak thu thangtha” (Efesa. 6:15) phuang ding an si a ti. Zumtu pawl cu midang pawl thawn an um tlangnak ah doawknak an neih ding a duh lo, pumkhatnak, umkhawm tlangnak le zangfahnak thinlung nei dingin a duh sawn a si (A hleice in, zoh aw, Efesa. 4:25–5:2). Kawhhran cu, “daihnak tuah” tu ding an si. Khristian thatnak (*zawnruah awknak, tuarfainak, ngaidam awknak tivek..*), le tuahnak(*thlacam, cibai buk*) tivek in thuthangtha phuang ding an si. Cuvek hnatuannak pawl cu kaihhruai awknak, Khrih ah ziangkim pumkhat ih um dingin Pathian khawkhannak lam pannak a si (Efesa. 1:9, 10).

Zumtu kan si vekin kan hringnun ah Paul in ralkap a mitthlam mi pawl ih sullam theithiam dingin A hnuai ih thungan mi in ziangtin in bawm thei ding? “Pathian cun ralthuam hruk dingah in ko a si. Saul ih ralthuam cu kan duh lo, asinan Pathian ih ralthuam kan duh a si. Cuticun Khrih bangnak- zangfahnak, thinnemnak, le duhdawtnak ih khat thinlung pu in hnatuan dingin kan feh thei ding a si”—Ellen G. White, [Australasian] Union Conference Record, July 28, 1899.

NILI NI
Ralphaw, lukhum le ralnam

September 20

**Ziangtik ah, ziangtin saw zumtu pawl doawknak
ropi ah ralphaw, lukhum le ralnam an hmang thei ding?**
Efesa. 6:16, 17.

Paul ih ralphaw cu a tum zet, Rom ralkap pawl ih ralphaw kili nei a si. Thing ih tuah mi a si ih, savun in an khuh thluh, a sirlam ihsin ralbainnak in a him theinak dingah a tlang pawl cu sunglam hawi in an um thluh. Tidai ih hnim a si tikah, ralphaw pawl cun “fei alh mi cu... an mit thluh thei”(NKJV), a alhmi thal a mit thluh. Paul cun “Zumnak ralphaw” tiah A mi pawl a humhim tu Pathian ih hmuhsaknak ralphaw, thukam hlun ih a hman mi cu a run rel(Gen. 15:1, Ps. 3:3). “zumnak ralphaw” (Efesa 6:16) lak ding timi cu zumtu pawl hrangih ral a do tu(Efesa 6:10), ralthuam mawitawk zet a petu, (Efesa 6: 11,13) le hlawhtling ding mi Pathian ah rinsannak nei in Amah thawn van lam doawknak ih tel ding tinak a si.

Culai ah Rom raldonak ih hman mi lukhum cu thir le dar ih tuahmi a si. Lu kilhim tu ding ih tuahmi ahcun dunglam hngawng kilhimnak, hna kilhimnak le mitlang kil kilhimnak le biang kilhimnak dingah kopza vekte khal a um thluh. Lukhum in kilhimnak thupi zet pawl a pekmi vun ruat cun, “Rundamnak lukhum”(Efesa 6:17) a timi thawn an mil aw tuk, cumi ih a zohter mi cu Khrih thawhsalnak, vankainak le cawisawnak thawn pumkhat in, tu ah zumtu pawl in hmuhton an neih mi hi a si(Efesa. 2:6–10). “Rundamnak lukhum” khum ding timi ih sullam cu cuvek tikcu lai ih thlarau lam thiltitheinak cu hnong in cumi ai-ah Khrih ih thiltitheinak an rinsan sawn tinak a si. (zoh aw Efesa. 1:15–23, Efesa. 2:1–10).

Ralthuam netabik cu, “Thlarau ralnam, cumi cu Pathian thu a si” (Efesa. 6:17)a timi cun Rom ralkap, ralnam

kaphnih hriam a relnak a si. Raldonak ih an hman theu mi cu fei zangte(Paul in a rellang lo) pa hnih khawh hi a si, cule ralnam cu an la ih an hmang, nam tawite khal hman a si. Zumtu pawl ih ralnam, “ thlarau ralnam” cu thlarau ih pek mi, ralthuam simfiangnak ih, “Pathian thu” a timi kha a si. Paul cu ralkap hruaitu vekin hmaiah a suak ih, ralthuam keng thluh dingin thupek a suak, Pathian ralkap bawi hruaitu hnen ihsin nehnak le beiseinak thutiam pawl cu a phuang suak. Himi thutiam, Efesa 6:10-20 ih um mi cu, sual do dingah raldonak ih ralthuam a kai hruai tu “Pathian thu” ih din mi a si. “Pathian thu” timi cun Bible sungih kan hmuh mi thuthangtha ih tiakamnak pawl a rel duhnak a si

**Ralkap tamzet cu kan duh lo men thei, himi
mitthlamnak pawl cun doawknak ropi hi ziangmi a si
taktak timi le ziangtluk ih ngai thupi ding kan si timi
ziangsaw in zirh?**

NINGA NI
Doawknak hmun ih thlacamnak nun

September 21

Himi doawknak ih forhfialnak khal tel in, Paul in zumtu pawl cu thilthupi zetih tel ralkap pawl vekin cawl loin, “mithianghlim pawl hmuahhmuah hrangah” (Efesa. 6:18, NKJV) thlacamnak nei ding le thawnginn palai ih a um vekin amai hrang khal ih thlacamnak nei dingin a ngen asi (Efesa. 6:19, 20). Hivek in thlacam dingih sawmnak cu ralkap lam pung deuhdeuh dingih ngaihdan khal a um, Thlacam in Pathian hnen ih kawhnak(asilole pathian hnen ah) cu hlanlai doawknak hmun pi ahcun tuah ringring theu mi a si. Thimnak ah Bible ihsin khal in: Doawknak ah Jahziel ih forhnak thluntu Jehosaphat cun, “Judah le Jerusalem ih um pawl hmuahhmuah”,

“Bawipa hmaiah” kun uhla, “Bawipa cibai buk uh” tiah a ti (2 San. 20:18, ESV). Thlacamnak cu ralthuam ih peng pasarihnak a si lo, doawknak le ralkap tahthimnak ah Paul in forhfialnak a neihmi peng pakhat fang men a si.

Thlacam ngennak pahnih lakah a hmaisa tu sawn ah Paul cun “Mi thianghlim pawl hmuahmuah hrang” (Efesa. 6:18, NKJV) thlacamnak ah thinlung tak, zuam zet le, manhlap zetin tel dingin a ngen a si. Kawhhran in sual thilitheinak donak ih nehnak a co ding cun thlarau thianghlim thawkkhum thlacamnak hmangin Pathian ih thumawknak ah a fehpi a tul a si.

Paul in thlacam dingih a ngenmi pahnihnak cu amai hrang a si: “Keimai hrang khalah” (Efesa. 6:19, ESV) tiah a ti. Anih cun Thucah dik (“Ka hnenah thupek a si theinak dingah”), a tikcu te ah (*Ka kaa ong in*), dikzet ih thu phuangsuak (*Ngam huai zetih thurel*) dingmi Pathian in a pek theinak dingah a hrangih thlacam dingin a ngen a si. Cule thupi bik a rel mi cu, “Thuthangtha thuthup” a timi hi a si (Efesa. 6:19, ESV). Himi thu netabik cun Judah pawl rualin Zentel pawl tlen dingah Khrih ah Pathian telvenak, “Thuthup ongmi” kan ti theihmi cu a relmi duh a si. Khrih ah “ziangkim pumkhat ih um” (Efesa. 1:10, ESV) ding khawkhannak a thleng vek ciah in “Minung thar pakhat” (Efesa. 2:15, NIV; see also Efesa. 2:11–22) ah tuah an si.

Thukam thar sungih “Thlacam dingih kawhnak” timi kha vun ruat sal aw. Khuimi bik in saw na thinlung lo neh? Ziangruangah saw? Luke 18:1–8, Filipi. 4:6, Kol. 4:2, 1 Thess. 5:16–18.

Ziangruangah saw zumtu pawl hi thatho zet le taima zetih thlacamnak nei dingih ngen an si ringring? Paul in ralkap lam thawn a tahthimmi thurawn sawnletnak pa 2 a um: (1) Doral mak zetzet pawl thawn thlarau lam doawknak cu a taktak a si; (2) Thlarau lam cak ding le

nehnak co ding cu Pathian thutiam Paul in ralkap lam a zirhnak ihsin um mi a si (Efesa. 6:10–17). Taima zet le thatho zet ih thlacamnak cun ngunngaih zetih a thuthiam pawl ngaithlak theihnak caan tha in tuah sak, lungawinak caan remcang in ruahsak ih, A zangfahnak ruangah Pathian hnenah lungawi thu sim theihnak caan remcang in tuahsak a si.

NIRUK NI

September 22

Ruahbet ding: “Doawknak ahcun ralkap pawl cu an zaten hnatiuan tlangnak an neih lo ahcun an lung hnawk dingih an cak lo ding. Ralkap pawl cun anmai palung thu in thil an tuah ahcun, pakhat le pakhat dinhmun theisak lo in hna an tuan cun, zalennak mal tete dongih zomkhawm aw an si ding ih, pawlkom hrangah hna an tuan thei lo ding. Curuangah Khrih ralkap pawl cun rualrem zetin hna an tuan a tul. Anmah ten an ngai thupi aw ding a si lo. Cuvek in an rak tuah ahcun, Remnak famkim, thinlung hmunkhat, tumtah pakhat le thil ropi zet pakhat ih hlanawknak hmun ih um Pathian mipi pawl cun tuan bangnak rah suah thei loin, an tikcu le an thilti theinak pawl cu an hmangral men timi an hmu ding. Pumkhat awknak hi caknak cu a si. Piangthar minung malte pawl in rualrem zetin, tumtah mi pakhat ah hruaitu Lu pakhat thlun ih hna an tuan ahcun, an thil tuahmi ziangkim ah an hlawhtling ding”—Ellen G. White, Spalding and Magan Collection, p. 121.

Paul in amah ten “Thir cikcin ih tawn mi palai” a si thu a rel mi ih thupitnak ziangsaw a si? (Efesa. 6:20, ESV)

Palai pawl cu khuimaw caan ahcun ralbuai caan khalah hna an tuan thotho, curuangah Paul cu himi ralkap

thuthla tahthimnak a rel hi a mawi in a milbik. Palai pawl cu mi pakhat lole ram pakhat ih kuat mi an si ahcun tha zet ih zoh an si theu. Curuangah Paul cun vanram lairelnak ropi zet hrang palai a sinak le thir("thir" taktak a si) cikcin thawn tawnhrem in hmuhsuam a tonnak cu a vun tahthim. Ziangkhal sehla, Palai pawl cun, "Zung ih thir hrikual te" an bun theu ruangah Paul in "Thir" tin a ti mi hi "Hmuh nuam thir" a relnak tla si men thei, cumi cun a thir cikcin cu, "Danglam zet cei awknak" tin a hmu thei."—David J. Williams, *Paul's Metaphors: Their Context and Character* (Peabody, MA: Hendrickson, 1999), p. 152.

RELKHAWM DING THUSUHNAK PAWL

- 1. Na umnak leitlun then aw in, ral lakah na hrangah le na mipi pawl hrangah "daihnak tuah" timi hin ziangmi sullam saw a neih? Hi leitlun raldoawknak le siatsuah awknak a thanglian rero mi ahhin ziangtin saw daihnak tuahtu palai kan si thei ding?**
- 2. Ziangmi "A alhmi thal" in saw na lam hawi ih lo sai tu? Ziangtin saw "zumnak ralphaw" cun a mitter thei dingih na zum?**
- 3. A can ahcun kannih cun, "ralkap thlacam" tin kan ko theu. Efesa 6:18-20 ah thum aw in, "Thlacam rongbawlnak" ziangtin kan hoha thei ding?**
- 4. Doawknak ropi ah raldonak hmun ih hriamhma a ngaihtu pawl ziangtin kan zoh ding? Khristian zumtu, doawknak na sa zet ah tihphang ih tlan pawl asilole langsar zetin khalam ih pe aw lawlaw pawl hi ziangtin saw kan zoh ding?**

ZIRLAI 14

September 23-29

THINLUNG AH EFESA CAKUAT

SABBATH TLAILAM

Tuizarh sung siar ding: Efesa 1 ihsin Efesa 6.

Bible cangken: *"Ziangahtile rinnak ruangah ngilneihnak zarah rundam nan si; cucu nanmah ihsin suak a si lo: Pathian ih thilpek a si: Tuannak in a si lo, cutilocun mi an porhaw pang ding. Ziangahtile kannih cu amai' kut suak, hnatauan tha tuan dingin Khrih Jesuh ah in sersiam mi kan si, cucu kan thlun dingah Pathian in a hlanckhan ih a rak timlamcia mi a si"*(Efesa 2:8-10, NKJV).

London khawpi ih tlawng theutu pawl cu Ferris-Wheel tivek London Eye tivek pawl ah an kai theu. Thames tiva in pi 450 a sannak hmun ihsin ziangkim hmuh a theih thluh: Big Ben, lairelnak zungpi le santhuanthu ih siangpahrang inn pi pawl le Bishop umnak inn tivek pawl khal a lang thluh. Thukam thar zirmi Nicholas Thomas, "Tom" Wright hrang ahcun, "Efesa cakuat cu London Eye vek in Paul in a cakuat dang vek thotho in zomawknak an nei a si. A cangan mi lakah a sau bik le tambik a si cuang lem lo, asinan ram pumhuap ih ngaithlak ding thil a um. Hitawk ihsin, thir hlumpi a her luailo vekin thupi pakhat hnu pakhat cu tlunlam ih zoh vekin a hmuh theih thluh ding a si" tiah a ti—*Paul for Everyone: The Prison Letters* (London: S.P.C.K. [Society for Promoting Christian Knowledge Publishing], 2004), p. 3.

Efesa cakuat ah Paul cun a bitum bik mi cu tualsung buainak a si lo. A ca siar tikah hmunkip um zumtu pawl le khuitawk hmun khal ih um Khristian

kawhhran pawl hnen ih a kuat mi ca vek tla khi a bang zet. A liamcia ih Paul ih cakuat mi ah, “Thinthar zetih thlirnak” timi cun kan leitlun khal a run luahkhat thluh zo. Bungcang pakhat hnu pakhat kan zoh tikah, himi thusuhnak kan thinlung ah um hram seh: Efesa khua ih thutak thupi zetzet pawl in zumtu kan nun hi a tuahtha sunzom vivo maw?

NIKHAT NI
Khirh ah thlawsuah in kan zum

September 24

Mi pakhat cun Efesa cakuat hi Thukam thar ih Alps(Tlanggang pi) a si tiah a ti. Paul, tlangpar kainak ih in hruaitu cun Efesa 1 ah in hruai kai. Kan thaw hlunhlo ih tlangzim ihsin kan vun thlir tikah mak kan ti zet.

Efesa 1 vun ruat aw. Ziangmi bikin saw na thinlung lo neh? Ziangmi a rel?

Efesa 1:3-14 ih hnatuandan pawl cu tlang pakhat sang zet cun boruak pawl hnenih thu a sim vek ciah a si, Paul in rundam khawkhannak ram kau zet hmun ah kan thlawsuahnak hmu thei dingin in kawhhmuah a si. Fing le tlang pawl ah rundamnak thuthang cun kumkhua a liam zo mi caan ihsin, Khirh ah Pathian zangfah hnatuannak hmangin kum khaw hmailam caan hrang khal a phuang a si. Pathian in zumtu pawl a tlennak cu “Leilung semsuah hlan ihsin”(Efesa 1:4) Pathian cangvaihnak a um zo, cumi cu a tu ahhin kan hringnun ah hna a tuan rero lai a si (zoh aw Efesa. 1:7, 8, 13, 14). Sersiam hlan khawkhan cianak pawl cu tikcu caan cemnak ah a famkim thluh leh ding(Efesa. 1:9, 10). Cule “ziang hmuahmuah “ a pahnih in “van ih um” le “leilung par” ih um cu an kom khawm aw ding asilole Khirh ah an pumkhat leh ding, Pathian khawkhan mi, “Tikcu famkim caan”(ESV) cu a famkim leh

ding (Efesa. 1:10). Cule Pathian khawkhannak thuthup cu famkim zetin kan thei ding a si (Efesa. 1:9). Tu ahcun, Khrih rundamnak ih kan dinnak hi, “Thil ziangkim” tlennak ding hrang Pathian khawkhannak a kauh zia peng pakhat thupi zet vek in kan theitham men thei.

Tlang zim ah lungawinak a um. Efesa 1:15-19 ah Paul cun Pathian in an hrangih a khawkhan mi rundamnak cu zumtu pawl in an rak co ngah ruangah Pathian hnen ah lungawi thu a sim. Cule Khrih thawsalnak, van kainak le cawisannak thuhla a sim vekin kanmah ten tlangzim dangah kan kai timi kan thei fiang. Amah cu caan hmuahmuah ih thilitheinak tlun ih uktu a si (Efesa. 1:20-23). Khrih Jesuh ah Pathian ih zangfahnak thawngin, tui ni ah tlangpar zim ah kan um thei a si.

Efesa 1:4 ah Khrih cun “Kannih cu amai’ hmaiah duhdawtnak ih thianghlim le soihnamw kai lo kan si theinak dingah, leilung semsuah hlan ihsin amah ah in rak hril zo” tin in rak sim. Cumi thuhla cu ruatsal aw. Leilung sem hlan ih amah ih hril mi! Nangmah rundamnak hrang Pathian duhmi na theih tikah ziangtluk beiseinak tum zet saw a lo pek?

NIHNIH NI
Mipi hrang tlenmi kan si

September 25

Efesa 2 na siar tikah, himi thusuhmi sawnletnak ding hawl hmuh tum aw: Pathian in a fapa Jesuh khrih hmangin kan hrang ziangsaw a rak tuah?

“Asinan Pathian.....” Himi tongkam pahnih cu minung hrang beiseinak ih khat mi an si tengteng ding. Efesa 2:1-10 ah Paul cun a thu ngaitu pawl hringnun hmaisa ah an

thinsiat zia thu a rel. Mipi khawsakdan pawl a rel ih, annih cun Pathian an dokalh, An hringnun cu sualnak le Satan ih ukmi a si (Efesa. 2:1-3). “Asinan Pathian, zangfahnak ih lian zettu...” in anmai hrangah le kan hrangah ziangthil a rak tuah zo?(1) **Anih cun Jesuh thawn in nung tlang dingin in tuah** – Khrih thawsalnak cu kan ta a si. (2) **Anih cun Khrih thawn cawiso** – Khrih ih vankainak cu kan ta a si. (3) **Vanram ah, Khrih thawn in to tlang ter** – Khrih lalnak pekmi cu kan ta a si (Efesa. 2:4-7). Kannih cu Khrih nun ih thil thupi zet, van le lei karlak ih a thlengmi rak zohtu men kan si lo! Pathian cun himi cangvaihnak hi a hminsin thluh, kan sungh thatnak a um ruangah siloin, Amai zangfahnak ruangah a si (Efesa. 2:8, 9), Zumtu pawl cu Jesuh thawn pumkhat ih nun hmang dingin le “Hnatuan tha” “ (Efesa. 2:10) an tuan ding hi a tumtah mi a si

Efesa 2:1-10 in Jesuh thawn pumkhat ih kan um tlangdan ding in zirh a si ahcun, Efesa 2:11-22 cun A kawhhran peng pakhat a si vekin Midang pawl thawn pumkhat ih kan umdan khal in zirh duhmi a si. Jesuh thiinhnak cun hlawknak pahnih a tuah, thinglamta tung zawng cun Zumtu pawl Pathian thawn pehzom awknak tha a tuah ih(Efesa. 2:1-10), thinglamta a phei zawng cun Midang pawl thawn kan pehzom awknak a tuah a si (Efesa. 2:11-22). Himi a thinglamta hmangin, Jesuh cun Judah pawl hnen ihsin Zentel zumtu pawl thenhrang awknak a siatbal thluh, cumi ahcun, daan hman diklonak pawl khal a tel thluh (Efesa. 2:11-18). Jesuh cun thildang a tuah hrih lai – Manbangza, zumtu pawl ih umnak ding biak inn than a tuah. Zentel, a hlan ah Biakinn hmun ih cibai buknak nei dingah tihpennak nei theu pawl kha, a tu ahcun pumkhat in Judah zumtu pawl thawn an kom aw zo. Kannih khal Pathian kawhhran peng pakhat “Bawipa ah Biakinn

thianghlim” kan si (Efesa. 2:19-22). Pathian zangfahnak thawngin, tuini ah Jesuh le zumtu dang pawl thawn lungrial zetin pumkhat ih um theinak caantha na ngah a si.

Efesa 2:8-10 cun mi tampi piantharnak lamzin a ong a si. Martin Luther cun himi bungcang ah a thinlung neh zettu zangfahnak thuhla a hmu. Harhtharnak hrang thuthiam thupi zetzet khal a hmu tel: Rundamnak cu zumnak lawng in, ngilneihnak thawn lawngin, Khrih hnen lawng in le Pathian ropinak lawng ihsin ra suak mi a si. Kum 1738 ah London khawpi Aldersgate Lamzin pi ih piantharnak a ngah ihsin ni 18-nak ah John Wesley cun Oxford Phunsang tlawngah thusimnak a rak nei, “Thinlung ihsin au thawm” le “Cangvaihnak thar ih bulhram” timi a rel. A thu laksuah mi khuitawk ta saw? Efesa 2:8 (*zoh aw A. Skevington Wood, “Strangely Warmed: The Wesleys and the Evangelical Awakening,” Christian History [magazine], vol. 5, no. 1 [1984].*)

NITHUM NI

Kannih cu a nungmi Pathian biakinn kan si

September 26

Ziangah saw Pathian kawhhran peng pakhat ih tel cu a hlim um ih, a thupitnak? Efesa 3

Kawhhran member pi pawl in kawhhran thuhla a thazang ih an rel kan theih cun thazang kan pe aw cio theu. Asinan, kan lakih a zuamzet tu cu kawhhran thuhla Efesa 3 ih Paul thurel mi ah tlaksamnak a nei a si. Paul cun Efesa khua ih um zumtu pawl hrangah thlacamnak in hram a thok (Efesa. 3:1;zoh aw Efesa. 1:15-23, NKJV), asinan Kawhhran ah Pathian sersiammi pawl rel dingin a thlacamnak cu a net a khar hngal, (Efesa. 3:2-13), cule lehhnu ah a thlacamnak cu a tuah famkim sal(Efesa. 3:14-

21). Cutin Pathian ih “khawkhannak” asilole “Thuthup” thuhla thupi zet pawl cu kan run theithiam thei.

- Ø Kumkhua in, Pathian cu kawhhran thuhla ahhin “Khawkhannak” asilole “Thuthup” a nei (Efesa. 3:3–5, 9, 11).
- Ø Jesuh nunnak le thiinhak zarah, reizet thuhmi khawkhannak cu “Tuahsuak” a si (Efesa. 3:11, NKJV; zoh aw Efesa. 2:11–22).
- Ø Thuphuan suahnak ihsin Paul cun kawhhran ih “thuthup” le Zentel pawl khal cumi ah tel ve ding an si timi a zirsuak (Efesa. 3:3–6).
- Ø Paul cu Zentel hnen ih thuthangtha simtu a si vekin, “Khrih ih lennak hawlsuah theih lo” (Efesa. 3:8, 9) timi thuthangtha relnak ahhin a tel ve a si.
- Ø Mi tamzet, Khrih thawn nehnak a cotu, Judah le Zentel, an pahnih ih dinmi kawhhran cun, “Pathian ih fimnak tam zet” cu “van hmu pawl ih thuneitu le thiltitheinak pawl hnenah” an langter a si (Efesa. 3:10, NKJV), A ra thleng dingmi An hloralnak ding thu an phuang(Zoh aw, Efesa. 6:10–20). Khrih sungah ziangkim pumkhat dingih khawkhannak cu a feh rero lai ih, an tikcu caan khal a tawi tuk.

Himi kawhhran theihthiamnak cun Paul cu zumtu pawl hrangih thlacam dingin a cangvai ter a si. Ziangah Efesa 3:14–21 ah thinlung takten a thlacamnak cu na thuhla a si timi ruat loin na um ding maw si? “Pathian ih famkimnak hmuahmuah thawn khat ih” na um theinak dingah (Efesa. 3:19) le Kawhhran pumkhat awknak ih thuthup phuangnak mangbangza ih na tel ve theinak dingah na hrang thlacamnak a nei timi ruat lo in na um ding maw si?

Kan kawhhran sung zumtu karlak ah thenhrang awknak dangdang pawl, Paul in cangan mi thlir in, cuvek um lo ding mi pawl cu ziang saw an si? Cumi pawl hlonhlo dingih bom dingin ziangsaw na tuah ding?

NILI NI
Zumnak ih pumkhatnak

September 27

Efesa 4 ah, Paul cun zumtu hnenah ziangmaw thil tuah nawn lo ding in le midang khal in tuah lo dingin a ngen hai a si. Ziangmi pawl saw an si?

Efesa 4 a thok le a cemnak cun Kawhhran member pawl cu pakhat le pakhat ngaihsak aw dingin a ko hai a si (Efesa. 4:1–3, 32). Himi sawmnak karlak ah, Paul cun kawhhran pumkhat te in kan um ding a si timi ngaihdan cu nasa zetin a pawm a si. Thil pasarih “hmun hlawm” cu hitin hram a thok : Taksa pakhat, Thlarau pakhat, beiseinak pakhat, Bawi(Jesuh Khrih) pakhat, zumnak pakhat, Baptistma pakhat, Pa le Pathian pakhat lawng a um (Efesa. 4:4–6). Kannih cu himi thlarau lam thil taktak pawl in in funkhwam a si. A taktak ahcun kannih cu pumkhat kan si.

Pumkhatnak cu Pathian thu zawngih lak a si tikah, cumi cun kan hnatiuan taimaknak in ngen a si. Curuangah kannih cu “Thlarau ih pumkhatnak ah tanrualnak nei ringring dingih zuam tento” ringring ding kan si (Efesa. 4:3, NKJV). Cuvek ih kan tuah theidan ding lamzin pakhat cu Khrih taksa ih cangvai “peng” kan si ding hi a si (Efesa. 4:7–16). Member tin hi taksa peng laksawng ih pek an si thluh. A hrisel theinak dingah hnatiuan tlangnak neih a tul (Efesa. 4:7, 16). Cu mi hmuahmuah cun tirhthlah, profet, Evangelist, Pastor, le zirhtu hnatiuan pawl hi an

hlawkpi ding a si (Efesa. 4:11, 12). Hivek pawl hi thahri vekin hnatauan tlangnak ahhin an pum khat ih, Taksa ih lu a si mi Khrih ah kan pitling theinak dingah in bawm a si (Efesa. 4:13, 15).

Culai caan ah Paul khal in, “tuisi thokin khatlam le khatlam ih theenmi, le an mi bum tumnak, minung ih bum thiamnak le depdet hrokhwawlak ih zirhawknak thli hrang tinkim ih hran petmi nauhak kan si nawn lo ding a si” (Efesa. 4:14, NKJV) tiih a relmi tongkam cun kawhhran hmaisa pawl khal in sunglam ih, “Minung bumawknak” ah harsatnak an rak tong ve a si timi fiangzet in a langter.

Paul in netabik ngennak a neihnak ah, “Pakhat le pakhat zangfah aw uh, lainat aw uh, pakhat le pakhat ngaidam aw uh” (Efesa. 4:32, NKJV) tiah a ti. Anih cun zumtu pawl cu hlanlai ih an thinsiatnak (Efesa. 4:17–24), an thinhengnak, le tongkam sia an hmangnak pawl hnong dingin a ngen hai a si, cupawl ai ah zangfahnak tuahtu le pe theitu tongkam pawl ih tleng dingin a fial hai. (Efesa. 4:25–31).

Himi bungcang ih pumkhatnak cu ziangkim daihnak a um tikah siar ding a olsam zet. Buainak le harsatnak kan ton caan ih siar ding cu a harsa ih, a thupi zet fawn. Pumkhat awknak ding hrangih Khrih thihnak, Khirh taksa ih pumkhatnak cu tuini ah tong dingin na cing ringring lai maw?

Leitlun pumhuap le tualsung khal ah kan kawhhran pumkhat theinak ding hrang ih kan hnatauan tlangnak pawl cu ziangsaw an si? Ziangruangah saw kan tuan thei dingmi kan tuan hi a thupitnak san?

NINGA NI
Zangfahnak dong le petu kan si

September 28

Efesa 5 na siar tikah, Paul in midang pawl thawn kan zawm awknak ah thuthangtha nunpi dingin in

ngennak hi vun ruat aw. Ziangmi forhfialnak saw na hrangih thupi hleice?

Efesa 5 thoknak ihsin na siar thok a si ahcun thulu thupi zet thilitheinak ih khat cu na thei lo tla si men thei. Curuangah Efesa 4:32 ihsin siar thok aw, cumi ahcun Paul cun Efesa pawl hnen ah, “Pakhat le pakhat zangfah aw uh, lainat aw uh, Pathian in Khrih zarih a lo ngaidam bangin pakhat le pakhat ngaidam aw uh” (NKJV) tiah a ti.

Zumtu kan si vekin, Pathian ngaidamnak le zangfahnak lam ih um kan si ruangah kan nun ziazza pawl cu midang ih zohthim dingih um dingah kawh kan si. Pathian zohthim ding kan si (zoh aw Matt. 5:43–48). Paul cun himi Pathian duhdawtnak nuntu zia zohthim ding mi hi milem pathian thawn a vun tahthim. Midang pawl cu Pathian sungkua ah unau pa le unau nu vekin ngai thupi hnak cun, minung pawl cu an taksa nomnak men ah an minung pi pawl cu an hmang, cule cumi thuhla ahcun an porh aw fawn (Efesa. 5:3, 4). Cuvek ih nun hmang pawl cun Pathian in leilung thar ih a khawkhannak ah hmailam tikcu caan an nei ve lo tin ralringnak a pek (Efesa. 5:5–7). Cu ai ah zumtu pawl cu an hringnun liamcia ih thimnak ihsin an her dingih, “Eng ih fale vekin an feh” (Efesa. 5:8–10) sawn ding ih, Pai’ duhdawtnak cu an zohthim ding a si tiah a ti. Hitawk khalah Paul cun, “A thupte” tuahmi “thim hnataunnak” (Efesa. 5:11, 12) ihsin pial ding khalin ralringnak in rak pe a si. Himi pawl kalk ciah in kannih cu Khih ih eng ah kan nung ding a si (Efesa. 5:13, 14). Zuritnak ih tikcu caan kan hmancem hnak cun, kannih cu A duhdawtnak ruangah Pathian hnenah lungawi thu sim in, “tikcu caan lei” sawn ding kan si (Zoh aw, Efesa. 5:15–21).

Paul in Khristian nupi pawl le pasal pawl hnen ih thurawn a pek lai ah Pathian duhdawtnak zohthim ding

thupi a relmi cu kau zetin a sim. Khrih in kawhhran a duhdawt ruangih amah a pekawknak cu Khristian pasal pawl ih zohthim ding ah a hungcang (Efesa. 5:25–33), Khrih hnen ih kawhhran a rinumnak cu Khristian nupi pawl hrang zohtim ding si (Efesa. 5:22–24). Minung hnen ih Nunau mipatnak thilpek hi taksa hursiatnak le mai zawn ruahnak ih hman ai cun Khristian nupa cun hlutnak le ngaihsak awknak lam an ngaihtuah sawn ih, cuti cun “taksa pumkhat” an hung si (Efesa. 5:28–33).

“Fa thazet vekin Pathian zohthim tu si uh” (Efesa. 5:1, NKJV). Pathian zangfahnak thawngin tuini ah cumi forhfialnak cu midang pawl thawn nan pehzomawknak ah nunpi dingih kawh na si.

Ziangtin saw Efesa 5:2 ih, “Duhdawtnak ah um uh” a timi cun Paul in Efesa 5:1 ih “Pathian zohthim” a timi sullam theithiam dingin in bawm?

NIRUK NI

September 29

Ruahbet ding: Efesa 6 ah kan thu khar a si thlang, cumi ahcun kan kawhhran hi Pathian ih ralkap, daihnak tuahtu kan si timi kan hmu suak a si.

Efesa cakuat ahhin Paul cun Khrih taksa cu kawhhran (Efesa. 1:22, 23; Efesa. 4:11–16), (Efesa. 2:19–22), Khrih ih nupi/monu vek a si timi a phuang suak (Efesa. 5:21–33). Efesa 6:10–20 ah Paul cun Kawhhran cu Pathian ralkap le ralthuam ngah dingih kawhnak nasa zet dongtu vekin a phuang. Himi thuhla cun hlawknak tamzet le theihthiam har tamzet a pe suak a si.

Paul in ralkap ralthuam la ding ih kawhnak tongkam asilole midang thawn kan pehzomawknak ah doawknak um dingih a kawhnak hi kan thei sual men thei. Paul cun pumkhatnak, pumkhatnak tongkam, lainat

awknak thinlung tivek pawl hi thupi zet ah a rel (a hleice in zoh aw, Efesa. 4:25–5:2). Pathian thuthangtha cu “daihnak thuthangtha” vekin a phuang (Efesa. 6:15). Himi hi ralkap tahthimnak a timi fiangzet khal sehlah, Kawhhran cu hnandan vekin raldoawknak um dingih forhfialnak a si lo. Cu ai ah kannih cu sual lam ih sual kan donak ah daihnak tuahtu ding kan si. Paul cun doawknak ropi hmunram ah mi a luhpi ih, Pathian ralkap ah hmin nganlut ve dingin in ko a si.

Kanmah in dodal tu pawl cun zianghman ah in siar lo ding ruangah kan doral pawl cu tehnak tha in kan tah taktak a tul. Milai doral hmaiah kan um lo, “van hmun sang ih thlarau sual pawl” an si (Efesa. 6:12, NKJV), annih cu hruaitu fimzet, khawsia ih hruai mi pawl an si (Efesa. 6:11). Sikhal sehla kan doral pawl lakah kan tihphang a tul lo. Doawknak ah Pathian kan hnen ah a um (Efesa. 6:10), cule Anih cun raltthuam thazet, amai ralthuam “Pathian ralthuam” rori cu in pe a si (Efesa. 6:11; zoh awla, Isa. 59:15–17). Anih cun thutak, dingfelnak, daihnak, zumnak, rundamnak le Thlarau cu kan kut ah a ret a si (Efesa. 6:13–17). Pathian kan hmaiah a feh, ralthuam in pekmi ah Lu ihsin kezim tiang kan thuam aw a si ahcun kan hlawhsam thei lo. Hlawhtlinnak a um tengteng ding.

RELKHAWM DINGMI THUSUHNAK PAWL

- Hnatuannak ruangih rundam kan si lo ahcun, Paul in kannih cu, “hnatuan tha tuan dingin Khrih Jesuh ah in sersiam mi kan si, cucu kan thlun dingah Pathian in a hlankhan ih a rak timlamcia mi a si” a tiih a nganmi sullam hi ziangsaw a si ding (Efesa. 2:10, NKJV)? A si ahcun, hnatuan tha ih tumtah mi cu ziangsaw a si?**

**MORNING WATCH
(JULY 2023)**

2. Paul cun, “Tu ah, kanmah ih hna a tuan theutui’ thiltitheinak vekin, kan dilmi asilole kan ruahmi hmuahmuah hnakin nasa sawn ih tuah theitui’ hnenah” (Efesa. 3:20, NKJV) tin a ngan. Kan hnenah ziang thiltiheinak in saw hnatuan, Himi thilti theinak hi kan hringnun ah ziangtin saw kan phuangsuah thei ding?

- | | | |
|------------|----------------|------------------|
| 1. | Sabbath | Rom 6:18 |
| 2. | Nikhat ni | Saam 41:12 |
| 3. | Ni hnih ni | Thuthentu 2:3 |
| 4. | Ni Thum Ni | Isaiah 5:4 |
| 5. | Nili ni | Tirhthlah 16:25 |
| 6. | Ni nga ni | Zekhariah 1:3 |
| 7. | Niruk ni | Korintians 9:25 |
| 8. | Sabbath | Isaiah 35:8a |
| 9. | Nikhat ni | James 5:16b |
| 10. | Ni hnih ni | Hebru 12:15 |
| 11. | Ni Thum Ni | Hebru 10:23 |
| 12. | Nili ni | Saam 27:14 |
| 13. | Ni nga ni | 2 Korin 7:10 |
| 14. | Niruk ni | Isaiah 49:15 |
| 15. | Sabbath | Saam 16:8 |
| 16. | Nikhat ni | 1 Samuel 2:30 |
| 17. | Nihnih ni | Saam 4:3 |
| 18. | Ni Thum Ni | Saam 37:4 |
| 19. | Nili ni | Suahlannak 6:2-3 |
| 20. | Ni nga ni | Semtirnak 12:1 |
| 21. | Niruk ni | John 3:3 |
| 22. | Sabbath | 2 Korin 4:4 |
| 23. | Nikhat ni | Filipi 2:12b-13 |
| 24. | Ni hnih ni | James 5:20 |
| 25. | Ni Thum Ni | Filipi 1:27 |
| 26. | Nili ni | Matthai 6:8 |
| 27. | Ni nga ni | Efesa 4:25 |
| 28. | Niruk ni | James 4:8 |
| 29. | Sabbath | 2 Siang 2:9 |
| 30. | Nikhat ni | Thuthentu 16:20 |
| 31. | Nihnih ni | Joshua 1:5 |

MORNING WATCH
AUGUST, 2023

1. Ni Thum Ni 2 Sansiarnak 16:9
2. Nili ni Joshua 10:8
3. Ni nga ni Joshua 14:12
4. Niruk ni Saam 24:3-4a
- 5. Sabbath** Joshua 23:14
6. Nikhat ni Daanpekslnak 4:24
7. Nihnih ni Matthai 8:21
8. Ni Thum Ni Daanpekslnak 17:1
9. Nili ni Daanpekslnak 22:21b
10. Ni nga ni 1 Samuel 12:3a-4
11. Niruk ni Galati 1:10
- 12. Sabbath** 2 Korin 2:15
13. Nikhat ni Efesa 4:32
14. Ni hnih ni Rom 6:1-2
15. Ni Thum Ni Rom 3:23-24
16. Nili ni Marka 1:22
17. Ni nga ni Matthai 6:9b
18. Niruk ni Matthai 6:11
- 19. Sabbath** Matthai 5:3
20. Nikhat ni Matthai 5:4
21. Ni hnih ni Matthai 5:6
22. Ni Thum Ni Matthai 5:5
23. Nili ni Daanpekslnak 7:22
24. Ni nga ni Isaiah 11:2
25. Niruk ni John 10:10
- 26. Sabbath** Efesa 5:15-16
27. Nikhat ni Luke 14:11
28. Ni hnih ni 1 Korin 16:9
29. Ni Thum Ni 2 Korin 5:10
30. Nili ni 2 Korin 5:18
31. Ni Nga ni Mark 10:51

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MORNING WATCH
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1. Niruk ni 2 Sansiarnak 15:2
- 2. Sabbath** Suahlannak 18:14
3. Nikhat ni 1 Samuel 12:23
4. Nihnih ni 2 Sansiarnak 31:21
5. Ni Thum Ni Matthai 10:8b
6. Nili ni Rom 8:35
7. Ni nga ni Daanpekslnak 1:6
8. Tlawngikai ninga Luke 19:5
- 9. Sabbath** Luke 5:5
10. Nikhat ni Jeremiah 2:2
11. Ni hnih ni Matthai 28:19
12. Ni Thum Ni Rom 8:29
13. Nili ni Tirhthlah 2:1
14. Ni nga ni John 1:4
15. Tlawngikai ninga Ezekiel 36:26
- 16. Sabbath** Daniel 9:23
17. Nikhat ni 2 Sansiarnak 7:1
18. Ni hnih ni Tirhthlah 9:26-27
19. Ni Thum Ni Isaiah 5:20
20. Nili ni Isaiah 6:8
21. Ni nga ni Isaiah 10:15
22. Niruk ni 1 Peter 1:13
- 23. Sabbath** Rom 12:19
24. Nikhat ni Rom 12:1
25. Ni hnih ni 1 John 4:16
26. Nithum Ni 1 John 3:6
27. Nili ni 1 Peter 5:7
28. Ni nga ni James 5:16
29. Niruk ni Daanpekslnak 30:11
- 30. Sabbath** Tirhthlah 5:5