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PUTLING SABBATH SIKUL ZIRLÂI

EFESI: HARSATNA HUNA ISUA ZUI DÂN

John K. McVay

**July, August September
2023**

Sabbath School Lesson

Gnidknom

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EFESI: HARSATNA HUNA ISUA ZUI DÂN

EFESI khuaa mîte hnêna Paulan lehkha a thawnah hian Efesi khuaa Kristian awmte chanchin kan hmû a. Efesi khuaa Kristian missionary-ten chanchin tha a rawn put luh kha chu kum tam ral ta niin, khâng läi hun kha chuan kohhranho pawh an phûr tlâng hlê a. Mahse, tûnah chuan a phûrnate a lo chuai zo ta a, an rinna pawhin an Kristian nunah pawimawhna a nei tawh lêm lo nia hriatna an nei ta hial a ni.

Hê khawpui, Rome Lalrama khawpui lian berte zînga mî-ah hian Paula kha sumdâwng hausa tak takte timangangtu a lo ni tawh thîn a. Mahse, tûnah chuan tân inah awmin, eng mah tih theih a nei tawh lo. Tân in atang chuan kohhranho hnênah lehkha a va thawn ta a, milem be mîte khawpui Efesi-a chêng an nih avângin beiseina an neih kha an hloh anga, Isua zirtîr a ni tih inhriatna pawh an nei tawh lo mai ang tih a hlauhthâwnpui thû a hrilh ta a ni. Sipai hotuten an sipaite hnêna thu an sawi ang deuh hian, Kristiante chu rinna rawn zawm thar leh a, Kristâ tâna thahnem an lo ngaih thinna kha tharthawh leh tûr leh, khawvâla Pathian hna thawhna ropui takah hian phûr taka tel vê leh tûrin a sâwm bawk a ni.

Kristian rinna hi Kristâ chungchâng a nih tlat avângin amah Krista chu zaha chibai bûk a pawimawhzia uâr takin a sawi a. Zirtîr chak lo, lo petek fo tawhten an ke pêñ an chheh fuh leh theihna tûr chuan, Isua an lo hmangaih tawh thin dân kha hre chhuakin, a khawngaihna leh a thiltihtheihnaah chuan rinna an nghah leh a tûl ang. Chuvâng chuan, Paulan vâna Krista châwimâwia a han

awm tâkna chu uâr takin a sawi ta a; Efesi khuua ringtute ngaihtuahna la pêng thei thiltihtheihna leh pathian lemte zawng zawng âia ropui zâwk a nihzia pawh a hrilh vek bawk. Isua chu Pathian ruahmanna siamin a tum ber a ni a, chu ruahmannaah chuan ringtute hian a kohhran angin tih tûr pawimawh tak an nei bawk. Krista-ah chuan engkim hi pumkhata siam a, a thuhnuai a thil zawng zawh dah tûr a ni a, chu hnâ chu kohhranin a thawh tûr a ni.

Paulan an LALPÂ tâna inpêkna thar nei leh tûra Efesi khuua ringtu awmte a sâwm hian, zirtir nihnain a phût thilte chu a nêp zâwngin a sawi lo va. Sâwi nêp ahnehin, Kristiante nungchang tûr leh awm dân tûrte chu chipchiar takin a hrilh zâwk a. Kristiante chu Thlarau Thianghlimin a tihnum, Krista châwimâitu, Pathian duh dâna Pathian chibai bûktu ni tûra koh an ni; chutiang thû chu vawi eng emaw zât a sawi nawn bawk.

Kristâ tâna thahnem an ngaihna chuan an chêtziaah leh tawngkam hman dânah nghawng a nei ngei ngei dâwn a. ‘Krista hmangaih’ tih awmzia chuan ringtupuite zah taka en leh, ngâihlu tihna a ni. Rilru zim tak neih loh leh, an hnam dâna thil tlânglâwn êm êm, mipat-hmeichhiatna dik lo taka hmanna (inngaihna) dodâl tihna pawh a ni bawk. Kohhran huâng chhûngah leh in chhûngkhura an inlaichin tawnnaah, Kristan an entawn tûra a lo hnutchhiah tawh, mahni inhlanna chu an lan chhuahfir vê tûr a ni a. Efesi khuua chêng vê mi dangte hnênah, nun phung thar leh tha zâwk an kawhhmuh ang.

Paulan Pathian kohhran member nihna hmanga mihring nih awmzia leh, chû chuan nun dân phung thar leh tha zâwk min pêk dân tûr te sawiin, a phûr pawh a phûr hlê a. Pathian chuan tûn hma zawnga lo inngeih lo thîn—Juda-te leh Jentail-te chu—kohhranah a hruai a

hruai lût tlâng ta vek a ni tih a hriatin, a thâ a tho thar hlê bawk. Inngeih lo êm êm tûra tlâng rinte an lo inpumkhat ta tlat mai chu mîte pawhin mak an ti a. Chutianga an inpumkhat tâk avâng chuan, Pathianin a duân khawlâng nun phung thar leh, a lalram lo thleng tûr târ lan theihna remchâng tha tak an nei ta rêng bawk a ni.

Pathian kohhrana tel a pawimawhzia a sawi chhunzawmna lamah, kohhran awmzia sawi fiahna tehkhin thu pali a chher chhuak a. Ringtute chu Kristâ taksa pêngte niin, member tinten Kristâ tâna thahnem an ngaihna leh, mi dangte nêna an inpumkhatna an lantir thin. *Pathian biak in nung*, Kalvari tlâng Kristâ inhlanna hmanga din an ni bawk a; Pathian chu chumi chhûngah chuan chibai bûk a ni.

Kristâ mo an ni a, Moneituin amâ tâte a rawn hruai hun tûr, inneihna inkhâwm ropui tak chu nghâkhlel takin an lo thlir thîn. A tâwp berah chuan, Kristian rinna rawn zawm thar leh tûrin a sâwm a ni tih an lo hriat thiam theih nân, Kristâ sipaite an nih thû a hrilh a. Chûng sipaite chuan Kristâ hmingin remna a lén theih nân sual râl an do va, Kristâ lo kal leh hun tûr chu thlir chungin, Pathian chakna nêñ thim sipaite an do thîn a ni.

Chutiang chuan, Efesi khuua mîte hnêna Paula lehkathawn hian keimahni hun tawng ang tawng vê, khawvél hipnate leh hun lo her liam zêlin Kristâ zirtir nihna a tihhnuâl mai hlauhthâwnawma awmte tân, thuchah pawimawh tak a sawi a. Krista chu châwimâiin, a lo kal lehna beisei taka kan awm lâi hian, A kohhran member nung tha tak leh inhmang êm êm ni chunga Amah chu kan zui a pawimawhzia min hrilh a ni. Tûn kuartarah hian ngunthlûk taka Efesi Mîte Hnêna Lehkathawnin a sawi chu ngaihthlâk theihna hun remchâng kan nei thei dâwn

a; chu mai chu ni lovin, hun harsa tak kan tawn hunah pawh, Isua zui hlimawmzia a takin kan chang bawk ang.

Zirlai ziaktu, John K. McVay, Ph.D. hi College Place, Washington, USA-a awm, Walla Walla University-a president niin, religion department-ah zirtirtu a ni nghâl bawk a. Hê university-ah hian kum 2006 atang khân president hnâ a lo thawk tawh a ni.

ZIRLAI 1

JUNE 24–30 , 2023

PAULA LEH EFESI KHUAA AWMTE

SABBATH CHAWHNÛ

JUNE 24

Chhiar Tûrte: *Tirhkohte 18:18–21; 19:13–20:1; 20:17–38; Efesi 1:1, 2, 9, 10; 3:13; 6:21–24.*

CHÂNGVAWN: “Amâ tum dân ang takin a duh zâwng thurûk ril chu min hriattîr tawh a, chu chu hunbi a kim hun atân Krista-ah lo ruat lâwk tawh sâ niin, Amahah chuan thil eng kim—vâna awmte leh leia awmte hi a la infâwk khâwm vek ang,” (*Efesi 1:9, 10, ESV*).

Thu eng eng emaw kan ziak thin a, chutiangka kan ziah chuan ziah chhan kan nei thin. Entîr nân, Abraham Lincoln-a chuan America ram tualchhûng indona avânga Gettysburg khawpui tihchhiat vek a nih hnû, kum 1863 khân tûn hnu zêlah pawh hriat reng ni zui ta zêl, Gettysburg Address an tih chu a lo ziak a. Kha inbeihnaah khân sipai 7,000 zet an thi a ni. Khâ a thusawi hmingthang takah khân America ram dintuten America ram an lo din chhan chu sawi chhuakin, khâ tualchhûng indona kha America ram tân fiahna hautak tak nia a ngaih thu a sawi chhuak a; kum 1776-a din an ram chu a dam khaw chhuak dâwn ngê ni a, “lei atâ hi tihboralin a awm zâwk dâwn?” zâwk tiin zawhna a siam hial a ni.

Paula pawhin hê lehkhathawn hi chhan pawimawh tak a awm avângin a ziak a. Amah ber hi lung ina a tân tlat sî avâng leh, tihduhdahna leh thlêmna chi hrang hrang a hrân reng bawk sî avângin, Efesi khuua Kristiante chu an hnual hlê mai a, an rinna hloh thei hial dinhmunah an ding mék a ni. Chutichuan, Paulan Kristian an nih tirh

lāi, an Chhandamtu-a Krista an rawn pawm lāi leh, kohhrana an rawn luh lāi vēl kha ngaihtuah lēt tūrin a chah a.

Kristā taksa (*Efesi 1:19–23; 4:1–16*), a biak in sakna châk (*Efesi 2:19–22*), Kristā mo (*Efesi 5:21–33*) leh râlthuam famkim bel sipai (*Efesi 6:10–20*) an nih tawh thû a hrilh ta a ni. Pathian ruahman dân anga Kristaa thil eng kim infâwk khâwmtírna tûr kawngah pawh mawhphurhna pawimawh tak an chang bawk a (*Efesi 1:9, 10*). Chuvâng chuan, Krista zuitu an nihna anga an dinhmun dik tak leh, hamthatna chi hrang hrang an neihte an lo hriat chhuah thar leh theih nân, he lehkhathawn hi a ziak ta a ni.

SUNDAY

JUNE 25

Paul, Efesi khuaa Chanchin Tha hriltu

Paulan Chanchin Tha hrila a zin kual tum hnihnaah khân, a hmâwr bâwk nân Efesi khua a tlawh a. Khami tum khân eng thil nge a tih? (Tirh. 18:18–21).

Efesi hi Rome Lalram chhûnga khawpui lian ber pakhat a ni a, mihring pawh 250,000 vēl lāi a chêng thîn. Rome Lalram bial then hrang hrang zînga hausa ber pakhat, Asia bial khawpui a ni a, chu bial chuan Asia Tê (Asia Minor) tia an sawi tâk pum pui deuh thâw hi a huâm a. Paula-te hun lâi khân, hê bial hi nasa taka thangin, hausak pawh a hausa chak hlé a. Lawngchawlhna hmunpui a nih bâkah, khawmuala inkal pawhna kawngpui hrang hrangten a pal tlang bawk. Khawpua chêngte hian pathian hrang hrang tam tak an bia a, chûng zînga chungnung ber nia an ngaih chu khawpui vêng himtu pathian nia an ngaih, ‘**Artemis**’ a ni. Artemis chibai bûkna chu vântlâng rorêl inkhâwmnaah

te, infiamna kûtpuiah te leh kum tina an neih thin, ruâi chi hrang hrang an thehnaah te an nei thîn a. (Artemis hi Rome-ho kha chuan ‘**Diana**’ tiin an sawi ve thung; *Tirh. 19:24, 35 chhiar ang che*.)

Paulan Chanchin Tha hrila a zin chhuah tum thumnaah Efesi khua hi a tlawh hâw leh a (*Tirh. 19:1–12*), tûn tum phei hi chuan “kum thum” zet a châm chilh a ni (*Tirh. 20:31*). Heti chen chen a châm chhan hi eng dang vâng a ni lo va, hê khawpuiah hian Kristian kohhran ngêlñghet tak din ngei a tum ruh hlé a ni ngei ang.

Efesi khawpua “LALPA Isua” zahna a lo awm leh a lo darh zâu ta êm êm mai bawk hi eng thil tleng nghawng chhuah nge ni? (Tirh. 19:13–20).

Tirhkohte Thiltih bu ziaktu Lukan Efesi khawpua awm, hmun hrang hranga zin kuala ramhuaite hnawtchhuak thîn, Juda mi pasarihte chanchin min hrilh a. Hêng mîte hian an dâwi hla chhama Isuâ hming leh Paula hming an lam tel ve ngawt chu an chêt chhiat phah ta hlauh zâwk a. Chu chanchin chu khawpui vêng hrang hranga a han than vêl chuan “mi tinin an lo hlâu a, Lal Isuâ hming chu fakin a lo awm ta a ni” (*Tirh. 19:17, NRSV*). Hemi tuma thil tleng hian ringtu lo ni tawh sa mi thenkhat nunah pawh nghawng ropui tak a nei a; an dâwi lehkhabu man to tak takte chu mi zawng zawng hmuah an hâl ta a; an thil hâl ral hlut zâwng hi pawisaa chantir chuan “chêng sîng nga” (*Tirh. 19:19*) vêl lâi a tling ang. Ringtute bâkah, khawpua chêng mi dangte pawh chuan, Isua chibai bûkna leh dâwi thilte chu chawhpawl chî a ni lo tih an lo hre ta a, Isua biakna chu tû mah leh eng thil mahin a pawlh dal tûr a ni lo.

An lehkhabu man to tak tak an hâl ral ta vek hian eng nge a entîr? Hei hian LALPÂ tâna inpumpêk awmzia engtin nge min hrilh?

THAWH TANNI

Ennawm Chhuahna Hmuna Buaina

JUNE 26

Tirhkohte 19:21–20:1 chhiar la. Hemi tuma thil thleng atang hian eng zirlâite nge zir chhuah theih kan neih le?

Khawpui lian leh ropui tak, mi chi hrang hrang fuankhâwmna, Efesi-a Paula rawngbâwlna hi a tla tha hlê ni tûr a ni; khawpua chêng mi thenkhat sum hâi luhna hnâr pawimawh tak chu a tihtâwpsak ta daih leh nghâl a; khualzinten an tlawh hut hut thin, Artemis-i biak in pawhin ngaihnêp a hlawh tan ti tih ta bawk.

Hê biak in hi a mâwiin a ropui hlê a. Ban hrawl tak tak, ft. 60 vêl zeta sâng 127 lâi mai neiin, chûng bante chu Paros Thliarkâr atanga an rawn lâk luh, marble vâr thianghlim leh man to êm êm hmanga siam vek a ni. Hêng bante zînga sawmthum leh paruk phei hi chu uluk tako chher a nih hnû-ah rangkachakin an tuâm leh vek a; hei vâng hian hmâsâng khawvâla thilmak pasarihte zîngah chhiar tel a ni bawk.

Paulan mihringte siam chawp pathiante chibai bûkin awmzia a neih loh thu a sawi chuan, mite thinlungah Artemis-i biak in tlawh tûl lo nia ngaihna a neihtîr a (*Tirh. 19:27*). Chu chanchin chu Efesi khuaa tangkaraw chhertu, tangkarua hmanga Artemis-i lem siam thin Demetri-an a lo hriatin, a eizawnna a tâwp mai dâwn tih hai hek lo le, a mi chhawre chu a fuihpawrh ta a. Chutichuan, an thil

siam sa zawrhna hmun atanga chhuakin, ennawm chhuahna hmun zâu tak mai, mi 25,000 lâi lennaah chuan an kal khâwm a, an buai ta nuai nuai mai a ni ber.

Hemi hmunah hian dârkâr hnih chhûng vêl zet chu “Efesi khuaa mî Artemis-i hi ropui tak a ni!” tiin an âu rual chiam a (*Tirh. 19:34*, ESV). Khawpui lehkha ziaktu lianin mipui a khap daih a, a tîn darhtîr hnûin Paula pawhin ringtute a hmû a, tichuan, Efesi khua a chhuahsan ta a ni.

Paulan Chanchin Tha hrila a zin chhuah tum thumnaa tâwp lamah khân Efesi kohhran upate a hmû a. Hemi tum hian an hnênah eng thûte nge a sawi? (*Tirh. 20:17–38 en la.*)

Paula leh Efesi kohhran inzawm chhoh dân hi a kum indawtin lo sawi ila:

* A.D. 52: Paulan a tum khatna atan Efesi a tlawh a; mahse, a châm rei lo (*Tirh. 18:18–21*).

* A.D. 53–56: He kum thum chhûng hian Efesi khawpuiah rawngbâwlna a nei a (*Tirh. 19:1–20:1*). A hâwsan dâwn hnaih lamah Korin Lehkathawn Pakhatna hi a ziak (*1 Kor. 16:5–9*).

* A.D. 57: Miletî khuaa a awm lâiin Efesi khua atanga lo kal kohhran upate nén an inhmu (*Tirh. 20:17–38*).

* A.D. 62: Paulan Efesi khuaa awm ringtute lo chhiar tûrin lehkathawn a ziak a, a ziah hun pawh Rome khuaa hrêñ a nih lâi kha a ni mai thei.

“Chuvâng chuan, ngaihven ula, kum thum zet chu a chhûn a zânin mittui tla chunga mi tin zilh ka bânsan

lohzia kha hre reng ang che u” (*Tirh.* 20:31, NKJV). **Paulan tūna kan kohhran hi eng kawngah nge min zilh vē ang a, eng vânga min zilh nge a nih ang?**

THAWHLEHNÍ

Efesi Lehkhathawn Chhiarin

June 27

Paula khān Efesi Lehkhathawn hi Efesi khawpui chhūngā awm ringtute inkhāwmna in hrang hranga lo chhiar atān a ziak a. Efesi a chhuahsan hnū khān Kristian kohhran chu nasa taka lo thangin, kohhranhote inkhāwmna in pawh eng emaw zāt a awm belh bawk. Hēng ringtu rawn ni hmasāte tān hi chuan an kohhran phuntu Paula mi tirh Tukikan an kohhran a rawn tlawh a, Paulan anmahni tāna a lo ziah lehkhathawn ngēi mai a chhiar lāi lo ngaihthlāk chu thil thleng pawimawh tak a ni ngei ang. Hetianga inkhāwm ho thīnte hi mi tam tak an ni ngāi lêm lo niin a lang a, in neitute chhūngkua—pa ber leh nu ber leh an fāte bākah, an bāwih chhawrte kha an ni deuh mai hmēl (*Efesi* 5:21–6:9).

Mahse, a chāng chuan, *chhūngkua* tih hian mi dang—an chhūngkuain an tanpui thin, anmahnia innghatte leh an thil rawn leisak thīnte pawh a huām tel ve thīn a. Chuvāng chuan, Tukikan Paula lehkhathawn a chhiar tum pawh hian, chūng mīte leh in hrana lo inkhāwm ve thin chhūngkaw dangte pawh kha an awm ve mai thei.

A hnuacia a rīruāng tār lan hi rilrua hre chungin a lehkhathawn pum pui hi chhiar la, a theih phei chuan a ri ngeiin chhiar nghe nghe teh (minute 15 vēl chhūngin i chhiar chhuak hman ang). **Hē lekhathawna lo lang nawn fo thupui pawimawh tak tak awmte chu eng nge ni?**

1. Chibai Būkna (*Efesi* 1:1, 2)
2. Malsāwmna Thuhmahruai (*Efesi* 1:3–14)
3. Ringtuten Krista hriatna kawnga finna an lo neih theihn nāna tawngtāisakna (*Efesi* 1:15–23)
4. Thlarau lama thī ni tawh kha tūnah chuan Krista nēn chāwimāwiin an lo awm ta (*Efesi* 2:1–10)
5. Juda-te leh Jentail-te zīngah Kristan kohhran a din (*Efesi* 2:11–22)
6. Jentail-te hnēna thu hriltu Paula (*Efesi* 3:1–13)
7. Ringtuten Kristā hmangaihna an lo chan theihna tūra tawngtāisakna (*Efesi* 3:14–21)
8. Thlarau Thianghlimin a thlentir kohhran inpumkhatna chu vawng tūra beihna (*Efesi* 4:1–16)
9. Isuua nun thar, inpumkhatna nun chu neiin (*Efesi* 4:17–32)
10. Hmangaihna, êng leh finnaah chuan kalin (*Efesi* 5:1–20)
11. Chhūngkuua Kristan a lo duān nun chu a taka nunpuuin (*Efesi* 5:21–6:9)
12. Ding ho: Kohhran chu Pathian sipaite an ni (*Efesi* 6:10–20)
13. Khārna leh lāwmthu sawina (*Efesi* 6:21–24)

Hē lehkhathawna thupui pawimawh awm chu engte nge ni? Chūngte chuan nangmahah eng nge a sawi?

NILĀINÍ

Lehkhawn Ziah A Nih Lāi Hun

JUNE 28

Engtin nge Paulan Efesi khuaa ringtute hnēnah lehkhā a thawn hi bul a tan a, a tihtāwp? An tāna a duhthusām ril ber mai chu eng nge ni? *Efesi* 1:1, 2; 6:21–24 *chhiar la.*

A lekhkathawn tîr lamah hian a ziaktu chu amah Paula ngei a ni tih a sawi nghâl a (*Efesi 1:1*). A lekhkathawn laihâwl vêlah hian amâ hming sawi lang lehin “Jentail-te avânga Krista Isua mi tâng” (*Efesi 3:1*) niin a insawi a, chu chuan tirhkoh a nihna anga a hnathawh a sawi fiah nghâl bawk (*Efesi 3:1-13*). A lekhkathawn tâwp lamah hian mi tâng a nih thu a sawi lang leh bawk a (*Efesi 6:20*), tichuan, anmahni a thlamuânnna thu nén a titâwp ta a ni (*Efesi 6:21, 22*). Mi thiam thenkhat chuan Efesi Lehkathawn hi Paula ziah a nih an ring chiah lo va; mahse, a lekhkathawn hi chuan Paula ziah ngéi niin a sawi tih hriat a pawimawh hlê. Kristante zînga a tam zâwk daihte hian a ziaktu chu tu dang ni lovin Paula ngei a ni tih an pawm a, an ti dik chiah réng bawk a ni.

Paula tân ina a tân chhûng khân Efesi khuua ringtute hi a ngaihtuah hlê a. Eng vânga ngaihtuah êm êm nge a nih? Efesi 3:13, en la.

Efesi khuua ringtute hian tân in atanga Paulan lehkha a thawn ve tho Kolosa khuua mîte (*Kol. 4:7, 8*) leh Filemonate harsatna tawh ang bawk kha an tawng ve niin a lang a; lekhkathawn an dawn hun pawh hi a inang tlângpui âwm e. Efesi khuua Paulan rawngbâwlna a neih atang khân, kum eng emaw zât a lo liam leh ta bawk a (*Efesi 1:15; Efesi 3:1, 2*); chuvâng chuan, Efesi khuua mîte hnêna lehkha a thawn hi Rome khawpuia a tân lâi, A.D. 62 vêla a ziah a ni thei.

Efesi Lehkathawnah hian Efesi khuua awm, a lekhkathawn lo chhiartu tûrte dinhmun tlêm azâwng a sawi a. A thil sawi tum hi a pawimawhin a huâm zâu hlê. Pathian thutlûknate chu “leilung pian hma” (*Efesi 1:4*) hauha lo siam sa tawh a ni thu-a tanin, Kristaa Pathianin

chhandamna min lo siamsak chu, zâu tak leh fiah takin a hrilh ta a ni. Chutianga a hrilhna lamah chuan tawngkam pawh a chhep thiam khawp mai leh nghâl a; thumal thenkhat phei chu vawi eng emaw zât hmang nawnin tehkhin thu tha tak tak pawh a chher chhuak nual bawk.

Chutiang chu a lekhkathawn dangahte pawh a lo hmang tawh thin tho a (*entîr nân, Rom. 8:31-39*); mahse, Efesi Lehkathawnah hian a tam bik hlê. Fakna thu te, tawngtâina thuchham te leh Pathian chibai bûkna tawngkam te kan hmu a (*Efesi 1:3-14; 1:15-23; 3:14-21*); fîmkhur leh thiam taka chher chhuah Pathian thu ril sawi fiahna ropui tak tak pawh kan hmu bawk (*entîr nân, Efesi 4:1-16; 5:21-33; 6:10-20*).

NINGÂNÎ

Efesi: Kristaa Inchiah Zawp Lehkathawn

JUNE 29

Engtin nge Paulan a lekhkathawn thupui ber chu a sawi chhuah? Efesi 1:9, 10.

Engtin nge Efesi Lehkawthawn thuchah hi kan khâikhâwm ang? Paulan tân in atangin a hunbi a kim hun atâna Pathianin ruahmannna a lo siam leh, chu mia kohhranin tih tûr a neih chu a ziak a; chu ruahmannah chuan Kristan dinhmun pawimawh ber a chang dâwn tih pawh a sawi bawk. Pathian chuan Krista Isua-ah hnâ thawkin “amahah [Krista-ah] chuan vâna thil awmte leh, leia thil awmte zawng hi a fâwk khâwm vek dâwn a ni” (*Efesi 1:10, ESV*).

Chû a thiltum chu mihring thar, Juda-te leh Jentail-te pumkhata an awm hona kohhran a dinna hmangin a hawk ta a (*Efesi 2:14*). Ringtute chu he Pathian ruahmannna

dung zui hian awm tûra koh niin, chutianga an awm a nih chuan hmêlmâte pawhin Pathian thiltum chu tihhawhtlin chhoh mék a ni tih an lo hriat theih phah dâwn bawk a ni (*Efesi 3:10*).

Efesi 1:9, 10-a kan hmuh angin, Pathian rilrua awm inpumkhatna chu Kristaa a infâwk khâwm vek a. Chutiang chu a nih avângin, Efesi Lehkhathawn hi Kristaa a inchiah zawp hneh hlê a ni tih hai rual a ni lo. Hmun tin deuh thâw-ah Pathianin Kristaa thil a lo tih tawhte fakna thu hmuh tûr a awm a, tin, ringtuten Krista avânga thlarau thilpêk hlu tak tak an dawn avânga lâwmthu a sawina pawh kan hmu hnem hle bawk. Lehkhathawn ziaktu Paula hian vawi sawmthum chuang zet mai “Kristaa” tih leh chumi tlukpui tawngkam dang eng eng emaw a hmang a; Isua a fak mawlh mawlh a ni ber. Hê lehkhathawn hi i chhiar pahin chûng a tawngkam hmante chu lo chhinchhiah zél la, Paulan Isua a dah pawimawh thiamzia lo hriat thiam i tum dâwn nia.

Paulan Efesi khuua ringtute chu thlarau lama inpumpêkna neih thartir leh a tum hlê a; Pathian kohhran pêng an nih thûte hrilhin, chu kohhran chuan Kristaa thil zawng zawng a infâwk khâwm vekna tûra Pathian ruahmann siamah chanvo pawimawh tak a chang tih a sawi bawk. Paulan “kohhran” (Grik tawngin, *ekklesia*) tih thumal a hman hian, a rilrua awm chu tualchhûng kohhran pakhat ang hi a ni lo va, a sawi tum tak chu khawvél pum huap kohhran hi a ni zâwk.

A tum lian ber chu kohhran awmzia sawi fiah a ni a, chutianga sawi fiah nân chuan tehkhinna tawngkam palî a hmang:

1. Kohhran ch taksa ang a ni (*Efesi 1:22, 23; 2:16; 3:6; 4:1-16, 25; 5:23, 29, 30*).
2. Kohhran chu in/biak in ang a ni (*Efesi 2:19-22*).

3. Kohhran chu mo ang a ni (*Efesi 5:22-27*).
4. Kohhran chu sipai ang a ni (*Efesi 6:10-20*).

Hêng tehkhinna tawngkam hrang hrang a hmante hian, Pathianin a kohhran tâna tih a tum chu an puang chhuak theuh a ni.

Nangmah pawh i awmna kohhran, Seventh-day Adventist Kohhranah hian Pathian chuan ram hrang hranga mîte, tawng chi hrang hrang hmangte, chî hrang hrang leh hnam hrang hrangte a hruai khâwm a (*Thup. 14:6, 7*), **chu chuan Isuaa thil engkim fâwk khâwm a tumna a tihhawting mék a ni** (*Efesi 1:9, 10*). **Hê Pathian thiltum ropui tak mai rem hian engtin nge hnâ kan thawh theih ang?**

ZIRTÂWPNÎ

JUNE 30

Zir Belhna: Isuâ hming leh Paula hming hmanga ramhuai hnawhchhuah tumtupa chanchin khân Efesi Lehkhathawn Paulan thiltihtheihna chungchâng sawina tawngkam a hman tam êm êm chhan a sawi fiah a (*Tirh. 19:13-20*; Sunday zirlâi kha en leh la). Ring thar thenkhat, Isua lalber nihna leh chungnunna rawn hre thar vê tate chuan an dâwi lehkhabu man to tak takte chu a hâl ral ta vek mai a ni.

Dâwi lam thil inziahna râiruang lehkha 250 vêl an hmuh chhuah atangin leh, thil hlui dang eng eng emaw an hmuh chhuah atangin, hêng dâwi lam lehkhabu an hâl ral tâktea chuang ve ngei tûr serh leh sâng thil te, dâwi hla chham phual te, chhinchhiahna te, ânchhe lawhna tawngkam te leh a dangte kan hmû a. Chûng lehkhabute chuan ringtu lo tate kha an lo biak thin pathiante hmin tûr leh an duh ang thilte tihsak tûra thlaraute tlawn nâna serh leh sâng chi hrang hrang an tih dân a târ lang a ni.

Luka sawi dān chuan, hēng lehkhabu an hâl ral tâkte hi chéng sínngna man zet a ni a, chu chu ni 50,000 hlawh zât zet a ni (Tûn lâi hun chu ni se, ni khatah Rs. 1,000 hlawh anga chhütin nuai sawnga man zet a ni ang). Chuti taka man tam chu a nih avângin, hēng lehkhabute hi an nî tin nunah khân a pawimawhin, a hlu hlê ang tih a hriat theih mai âwm e.

“Thlarau khawvêla chêngte thiltihtheihna chan theih nâna an dâwi thî leh ngûn bâkah, ttereuh dangte, tawngtâina thu chham inziahma lehkhabute leh, thil dang dangte an hluihlâwn hmiah a ngâi a ni tih an pawm theih chhan chu, Pathian a lo chêt vâng a ni.”—Clinton E. Arnold, *Ephesians* (Grand Rapids, MI: Zondervan, 2010), p. 34.

Efesi Lehkathawn hi vân boruaka awm ramhuaite ‘thiltihtheihna’ leh, mi an rawn beihna lo khin lêt dân tûr hriat mamawh êm êm ringtute tâna ziah a ni.”—Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesi* (Grand Rapids, MI: Baker Books, 1992), p. 165. Hê lehkathawnah hian, Krista chu thiltihtheihna dang zawng zawng chunga awm a ni tih sawiin (*Efesi 1:20–23*), ringtute hnêna Pathianin chakna a pêk chu a chungnung hlê a ni tih uâr takin a hrilh bawk (*Efesi 2:15–19; 3:14–21; 6:10–20*).

SAWI Ho TÛRTE:

OEKan khawvêlah leh tûna nangmâ nunah khân, eng thiltihtheihnat leh thuneituten nge hnâ thawk le?
Chüng thiltihtheihnat chu eng tiangin nge an rawn inlan a, eng tiangin nge châwimâwia awm tawh Kristâ hnênah ni lovin, anmahni hnênah zâwk châwimâwina leh zahna hlân tûrin ringtute an thlêm thin?

Paulan Pathian “hunbi ruât a kim” hunah thil engkim Kristaa a fâwk khâwm vek tûr thu sawiin, chumi hun chu beisei taka a nghah thû pawh a ziak bawk a. Efesi 1:18; Efesi 2:12 leh Efesi 4:4-a “beiseina” tih thumal a hman dânte hi en nawn leh teh. Eng vângin nge hma lam hun atân beiseina a awm a ni tih a rin?

ŽHêng chângalhe hian eng tiangin nge Paulan Kristâ lo kîr lehna ‘beiseina ropui’ tak chanchin chu a sawi? Efesi 1:13, 14; 1:21; 2:7; 4:30; 5:5. Chû beiseina chu tûnah hian kan tân eng nge a pawimawhna awm?

ZIRLĀI 2*JULY 1–7, 2023***KRISTAA PATHIAN RUAHMANNA ROPUI TAK CHU**

CHĀNGVAWN: “**Kan LALPA Isua Krista Pathian leh Pa chu fakin awm rawh se. Ani chuan vân hmunahte khian, Krista-ah chuan thlarau lam malsâwmna tinrêngin mal min sâwm a,**” (*Efesi 1:3*, ESV).

SABBATH CHAWHNŪ*JULY 1*

Chhiar Tûrte: *Efesi 1:3–14; 2:6; 3:10; Kolosa 1:13, 14; Deuteronomi 9:29.*

NEIL ARMSTRONG-a khân thla leilung han rap hmasa ber a nih hnû kum sawmhnhih leh pangaah a vân boruak zin thawmhnaw siamsaktu, Extravehicular Mobility Unit (EMU) chu lâwmthu hrilhin, anmahni vânga thla leilung han rap thei a nih thu a sawi a. A chuânnna boruak lawng pawh kha “boruak lawng zinga a thla lo lâksak tam ber” a ni tih sawiin, a thla lo latute hmuu theih loh tûra a hmêl chhe tak lo hliahsak kawngah a hlawhtling hlê tiin fiamthu a thawh zui bawk. Johnson Space Center-a thawk “EMU Gang” chu a nunna vênhimsak tlattu thawmhnaw tuarchhel tak, rintlâk êm êm leh amah duat hletu ni bawk sî an siamsak avângin lâwmthu a hrilh mawlh mai a ni.

Paula pawhin Efesi khuaa mîte hnêna lehkha a thawn hi lâwmthu sawina thu ropui tak nêñ bul a tan a. Pathian chu malsâwmna nasa tak min vûr avânga fakin, chûng malsâwmnate chu thlâa han lâwnte tâna siam thawmhnaw ang bawkin, ringtute nuna thil pawimawh leh túl êm êm a ni. Hêng malsâwmna tangkâi leh pawimawh êm êm bawk sî-te hi a taka kan chan ngei theih nân Pathian chuan

“leilung pian hma” daih atang khân hnâ a lo thawk tawh tih a sawi a (*Efesi 1:4*), chu tak chu Pathian a fak chhan pawh a ni rêng bawk.

A sawi hawnna atâna Paula tawngkam hman hian, Pathian chibai bûk dân tûr leh malsâwmna tam tak min vûr avânga Pathian fak dân tûr kan hriat theih nân, Efesi Lehkhathawn hi a hlu hlê a ni tih a tilang.

SUNDAY**Kristaa Thlan Tawh leh Pawm Tawh***JULY 2*

Lâwmthu sawina thuzaikah chuan, dân tlângpuin, thilpêk kan dawn hming kan sawi lang ngei thîn a. Paula pawhin Pathian hnênah chanchin tha malsâwmna an dawn avânga a lâwmthu sawiin, chu thilpêk an dawn chanchin chu Efesi 1:3–14-ah hian chipchiar deuh takin a ziak a.

Pathian chu fakin, “Ani chuan vân hmunahte khian, Krista-ah chuan thlarau lam malsâwmna tinrêngin mal min sâwm a ni” (*Efesi 1:3*) a ti a. Chûng malsâwmnate chu *thlarau lam thil* (Grik tawngin, *pneumatikos*) a ni tih pawh sawiin, chu chuan Thlarau (Grik tawngin, *pneuma*) kal tlanga lo thleng a ni tih a tilang. Hê a tawngkam hman hian a lâwmthu sawi tlângkawmna awmzia pawh min hriat thiamtîr a; Thlarau Thianghlimin ringtute nuna hnâ a thawh chu a fak hlê a ni (*Efesi 1:13, 14*).

Efesi 1:3–6-ah hian Pathianin Krista avânga min hmuu dân sawiin, chumi sawi nâna a tawngkam hman hi a thlamuan thlâk hlê a ni. Khawvêl siam a nih hmâ hauh khân, Pathian chuan Krista-ah min lo thlang tawh a, Krista-ah chuan siam kan nih avâng leh, tlan tawh kan nih avângin Amâ fa anga a hnêna awma (*Efesi 1:5*), “thianghlim leh sâwisêl bo” ni tûrin min lo ruat lâwk vek tawh bawk (*Efesi 1:4; 5:27*).

Nî khian êng a chhuah tan hmâ hauh atang tawh khân “Duhtakah chuan pawm kan loh nih hi” a ruahman dân a lo ni tawh a (*Efesi 1:6*, NKJV). A tâwi zâwnga sawi chuan, chhandama kan awm hi Pathian thiltum ve rêng a ni kan ti thei ang. Chuvâng chuan, keimahnin duhthlanna dik lo kan siam a nih chauhin, chhandamna kan hloh leh thei dâwn tihna a nih chu.

Efesi Lehkhathawnna “vân hmunahte khian” tih tawngkam kan hmuh hi eng nge ni a awmzia (Efesi Lehkhathawn hi Thuthlung Thara hê tawngkam hman a nihna awm chhun a ni a)? Hê tawngkam hman a nih dân hi han zir chiang teh. (*Efesi 1:3; 20; 2:6; 3:10; 6:12; “vânahte khian” tawngkam a hmanna te nêñ khâikhin bawk la, *Efesi 3:15; 4:10; 6:9*.)*

Efesi Lehkhathawnah hian “vân hmunahte khian” tih tawngkam leh “vânahte khian” tih emaw, “vânah” tih emaw tawngkamte hi Pathian chênnâ hmun (*Efesi 1:3; 6:9*), thlaraute chênnâ hmun (*Efesi 1:10, 20, 21; 3:10, 15; 6:12*) sawina atân hman a ni a; Pa ding lam, Krista châwisângâ an han awmna hmun pawh a kâwk bawk (*Efesi 1:20*). Ringtute chu hêng “vân hmunahte” hian an han chêng vê thei ta a, chutah chuan Kristâ zârah thlarau lam malsâwmnate chantîr thin an ni (*Efesi 1:3; 2:6*). Chu “vân hmunte” chu ringtuten malsâwmna an channa hmun lo ni ta mah se, Kristâ lalna chuhpuitu thlarau sualten tan an khawhna hmun pawh la ni reng tho (*Efesi 3:10; 6:12*).

“Leilung pian hmâin” amah Krista-ah chuan thlan kan lo ni tawh tih thû a sawina Efesi 1:4 hi ngun takin han ngaihtuah la. A thil sawi hi eng nge ni a awmzia?

Pathianin min lo hmangaihzia leh chhandama awma min duhzia engtin nge min hrilh?

THAWH TANNÎ

JULY 3

Tlanna Man To Tak; Ngaihdamna Sâng Em Em

Paula lehkathawn lo chhiartute nunah hian sual chu anmahni thununtu thim chhah tak a lo ni tawh thin a. Chuvâng chuan, Paula pawhin an tûn hma nun kha chu “bawhchhiatnate leh sualte” avânga thî (*Efesi 2:1*), Setanan a thu nun ang anga awm ve tawp mai (*Efesi 2:1-3*) niin a sawi rêng a ni. Sual leh Setana sala tâng an nih tlat avângin anmahni mai chuan an intizalêñ thei tawh lo, chhanchhuah ngâi an ni. Chutichuan, Pathianin Kristaa a khawngaihna thilihte hmangin a rawn chhanchhuak ta a. Chuvâng chuan, Paula pawh hian ringtute nuna Pathian khawngaih malsâwmna thar pahnih, tlanna leh ngaihdamna te chu a fak rêng a ni.

Efesi 1:7, 8 chhiar la. “Thuthlung Thar-ah hian “tlanna” tih tawngkam kan hmu ngun hlê mai. Hman a nihna hmun dang: Kolosa 1:13, 14; Tita 2:13, 14; leh Hebrai 9:15-te pawh chhiar la. Hêng Bible chângte hian Efesi 1:7, 8 pawhin a sawi eng thûte nge an lo sawi?

Efesi 1:7-a “tlanna” tia lehlin Grik thumal, *apolutrosis* hi a tîr takah chuan, salin zalênnâ a chan theihna tûra lei a nih thu emaw, sâla tângte tihzalênnâ tûra sum pêk thu emaw sawi nân hman a ni thin a. Sal zuârtu chuan an sal zaurhte chu a man chhiar zât a sawi a, a âu lauh lauh thin. Chutia a âu rî leh salten an bun kutkawl inkhak rîte chu râlkhat atang pawhin a lo hriat phâk thin a ni an ti. Thuthlung Thar bu ziaktuten *tlanna* tih an sawi hian a

tum ber chu, salte zalêntîr an nih theihna tûra sûm sên hnem a ngaihzia tilan a ni.

Zalênnna kan lo chan theihna man hi a sâng khawp mai: “A thisen avângin amahah [Isua-ah] chuan kan tlanna kan nei a” (*Efesi 1:7*). *Tlanna* tih hian zalênnna kan lo neihna tûra Pathian khawngaihnain phal taka man tam tak a pêk chu a fak bawk. Pathian chuan zalênnna leh dinhmun zahawm min chantîr a. Tûnah chuan *sal* kan ni ta lo!

“Tlan chhuah tawh” tih awmzia chu bungrua ang ni lovin, mihring anga en tihna a ni a. Khawvél sal ni tawh lovin, vân khua leh tui loh nih tâk zâwkna a ni.”—Alister E. McGrath, *What Was God Doing on the Cross?* (Grand Rapids, MI: Zondervan, 1992), p. 78.

Pathianin mihringte min tlanna man chu Setana hnênah a pê tih ngaih dân hi Bible zirtîrna ni lovin, hun lâihâwl vêla kohhranin a vawrh darh a ni tih hriat tûr a ni a. Pathianin Setana lakah bat eng mah a nei lo va, eng mah pêk a nei hek lo.

Kalvari-a Isuâ thihna khân “kan bawhchhiatnate ngaihdamna” pawh min chantîr bawk a (*Efesi 1:7*). Krawsah khân kan sual man, tûn hmâa thil kan lo tih sual tawh man leh, kan la tih sual leh tûr man pawh phurin, batna lehkha thupéka ziak, kan chunga awm, min dodâl thîna chu a lo thâi bo ta a ni (*Kol. 2:14*). Pathian chuan hê hnâ, Krista avânga tlanna leh ngaihdamna a thawhna hmang hian, kan Pâ thilphal tak a nihzia a tilang a; a khawngaihna ngahzia ang zêlin chu khawngaihna chu Amah ngeiin fing tak leh remhre takin kan chungah a vûr ta a ni (*Efesi 1:7, 8*).

Kristan amah inhlâna a tlanna che azârah ngaihdamna leh chhandamna i lo chang ta a ni tih hi a

hlutzia i hre thiam em? Chû chu i phû loh thil niin lo hre ta la, engtin nge i tih ang? (Chhandamna chan chu i phû miah loh a ni a, chuvâng tak chuan krawsah khân Isua a lo thi ta a ni rêng a ni.)

THAWHLEHÑI

Kristaa Pathian Ruahmanna Ropui Tak Chu

JULY 4

Pathianin hun bî a kim hun atâna ruahmanna a lo siam chu eng nge ni a, chu a ruahmanna lo siam chu eng tiang taka huap zâu nge a nih? ? Efesi 1:9, 10.

Paulan Pathian ruahmanna sawi fiah nâna chhinchhiahna pathum a hmante chu: 1) a duh zâwng thurûk ril tak, 2) a thiltum, 3) hun bî a kim hun ruahmanna tihte a ni a. Pathian ruahmanna vâwrtâwp, a hnuhung ber ni bawk chu eng nge ni? Thil engkim, khawi hmuna mi pawh Isuua inpumkhattir vek, infâwk khâwmtír vek a ni.

Hê ruahmanna sawi fiah nâna Paula tawngkam hman hi a mâwi hlê mai. Krista’ah chuan thil engkim a “fawk khâwm” vek a ni a ti. Hmasâng mîte chuan an sum hman dân an ziahin, namber an ziah tlarte “belh khâwm” chu a phêk hnuai lamah ni lovin, a chung lamah zâwk an dah thîn a. Chutiang deuh chuan, Isua pawh hi Pathian ruahmanna tâwpkhâwk, khawvél chanchin khârna atâna ruahmanna a lo siamah hian a chungnung ber a ni. Hê ruahmanna, Kristan dinhmun pawimawh ber a channa hi “leilung pian hmâ” hauha lo duân tawh a ni a (*Efesi 1:4*); a huâm zâu hlê a ni; hun zawng zawng (“hun bî a kimna”) leh hmun zawng zawng (“eng kim—vâna thil awmte leh lei chunga thil awmte”) hi a tuâm chhuak vek a ni. Chutiang chuan, Kristaa inpumkhatna, infâwk khâwmna hi lei leh

vân pum pui tâna Pathianin tih a tum lian ber leh ropui ber a ni a, chu thû chu Paula hian a puang ta a ni.

“Hun bî a kim” (*Efesi 1:10*) hun atâna Pathianin ruahmanna a lo siam chungchâng chu, Paula hian sawiin a lehkhattawn tluana a zeh tel tûr thupui pawh a hrilh nghâl bawk. Pathian chuan Isuâ thihna, thawhlehna, vâna a han lâwnna leh châwisâna a han awm tâknaa (*Efesi 1:15–2:10*) zung kaih a ruahmanna, thil engkim infâwk khâwmtîr vek a tumna chu kohhran dinna leh, chumi chhûnga mi chi hrang hrang—Juda-te leh Jentail-te—inpumkhattîrna hmangin bul a rawn tan ta a (*Efesi 2:11–3:13*).

Kohhran hian Setana leh a tirhkohte hnênah Pathian ruahmanna chuan hnâ thawk mîk tawhin, mîte then hrang zâwnga hmâ an lâk thinna pawh a la tâwp dâwn a ni tih an hriattîr a (*Efesi 3:10*). Chutiang a nihzia chu Bible hmun dangah pawh kan hmu: “Diabola chu thinur êm êm chungin in hnênah a lo chhuk tawh a, a thinur chhan pawh hun tlêm tê chauh a nei tih a hriat avâng a ni” (*Thup. 12:12, NKJV*).

Efesi Lehkhattawn chanvê hnu lam hi chu inpumkhat tûra tih tak zeta sâwmna thû a ni ber a (*Efesi 4:1–16*), chumi hnû chuan inpumkhatna tichhe thei nungchang tha lo hrang hrangte chu bânsan a, an ringtupuite nêna lungrial tlânnna neih tum zâwk tûra fuihna thû, thui tak a sawi zui leh bawk (*Efesi 4:17–6:9*). Kohhran chu sipai chak tak, râl bei tûra phûr tlâng êm êm nêna tekhin a, chûng sipaite chuan thatho takin Kristâ hminga remna thu an tlângpui a ni a ti (*Efesi 6:10–20*).

Engtin nge Krista Isuaa i lo chan vê tâk tlanna kha Pathianin Kristaa thil engkim fâwk khâwmtîr vek a

tumna pêng pawimawh tak leh ropui êm êm ni bawk a ni tih i lo hriat thiam a, Pathian hnênah lâwmthu i sawi theih ang?

NILÂINÎ

A Ropuina Faka Nungin

JULY 5

“Amahah chuan kan ro chan tûr chu kan dawng tawh a, chu chu Amâ remruat anga thil engkim ti thîntu duh dân ang taka lo ruat lâwk tawh sa rêng a ni, keini Kristaa rinna lo nghan hmasa tawhtute hi a ropuizia tilangtu kan lo nih theihna tûrin” (*Efesi 1:11, 12, NKJV*).

Efesi khuaa ringtuten Kristian a ni tih inhriatna chiang tak an neih thin kha an hloh ta niin a lang a; an lo “beidawng” ta deuh a nih hmîl (*Efesi 3:13 en la*). Chuvâng chuan, Paulan a hma lamah pawh a lo hrilh tawh ang khân (*Efesi 1:3–5*), Kristian an nih anga an nihna hre thiam thar leh tûrin a ngên a ni. Ringtute chu vân boruaka awm ramhuaite leh, thim tirhkohten an duh duha an tihnaumnah theih ni lovin, Pathian fâte an ni zâwk a (*Efesi 1:5*). An nuna hna thawk mîk chu Pathian thiltum, remruatna leh duhzâwng niin (*Efesi 1:11*), chu chu Kristaa thil engkim tihpumkhat a nih theih nâna Pathian ruahmanna lo siam tawh, lo puitlin chhohna kawng khat a ni bawk (*Efesi 1:10*). Pathian hmâah chuan nghet tak leh ngampa taka dingin, malsâwmna a vûr tam takte pawh a takin an chang thei a. An nun chuan Efesi 1:3–14 thuchah, “Kan LALPA Isua Krista Pathian leh Pa chu fakin awm rawh se” tih hi a pho lang tûr a ni.

Efesi 1:11, 14 leh 18-a “ro” tih emaw, “roluah” tih emaw a hman dânte hi khâikhin la. Eng vângin nge hê thû hi a ngaih pawimawh êm êm le?

Tu emaw a thih avângin ro i lo khâwm vê tawh em? I laina hnâi tak tu emaw chuan a thih hmain in leh lo emaw, sum tam tham tak emaw a lo hnutchhiah che a ni maithei. Paula ngaih dân chuan, Kristante hian Isuâ thihna zârah, Pathian hnêñ atâ ro an chang tawh a (*Efesi 1:14*); chutichuan anmahni ngei pawh chu Pathian tân “rochan” an lo ni vê ta bawk a ni (*Efesi 1:18*).

Thuthlung Hlui hun lâi khân, Pathian mite chu Pathian “rochan” emaw, “chanpual” emaw anga sawi a ni thîn a (*Deut. 9:29; 32:9; Zak. 2:12*). Chutianga Pathian rochan nih inhriatna chu Efesi 1:18-ah hian chiang taka târ lan niin, chu chu Efesi 1:11-a a tawngkam hman awmzia pawh hi a nih ngei a rinawm, (he lâi thu hi “Amah chuan a rochante kan *lo ni ta*” tia lehlin theih a ni). Kristian an nihna anga a pawimawh lâi ber a nih ang ngeiin, ringtute chu Pathian ngaiha an hlutzia inhre tûrin a duh hlê a. Pathian hnêñ atâ ro an chang ni mai lovin (*Efesi 1:14; 3:6; 5:5*), anmahni ngei pawh Pathian rochante an ni bawk.

Thil eng emaw nei tûra hna thawk tih leh, tu emaw hnêñ atanga rochung tih hi eng nge a danglamna? Chumi hriatna chuan engtin nge Isuaa pêk kan nih hi a hlutzia hrethiam thei tûrin min tanpui?

NINGÂNÍ

JULY 6

Thlarau Thiaghlim: Chhinchhiahna leh Zakhamna

In Efesi 1:13, 14-ah hian a lehkathawn lo chhiartuten Isua an pawm avângan a nun a lo danglam tâk dân chanchin tâwi tê-in a sawi a. Chûng thil danglam lo thleng tate chu eng nge ni?

Paulan ringtute nuna Thlarau Thiaghlim pawimawhzia sawiin, Thlarau chu thil pahnih nén a tehkhin a. A hmasa zâwk chu “chhinchhiahna” tih niin, Isua an lo pawm chiah atang khân Thlarau awmpuina an lo chang ta a ni. Hmân lâi chuan thil hrang hrangah chhinchhiahna hman thin a ni a, a hman chhan tlângpui chu: dânte leh inremna thuziakte a tak leh dik ngei a ni tih tichiangtu atân te, bûr emaw, bâwm emaw chhûnga thil awm chu a tha tâwk emaw, a tam tâwk emaw tih tilangtu atân te (*entîr nân, Ezek. 28:12*), sum leh páia indâwr tawnna lehkha chu a dik ngei a tih tichiangtu atân te (*entîr nân, Jer. 32:10–14, 44*) a ni a; lehkathawn, thurochhiah leh fa lâkna lehkhaah te pawh an chhu kái thîn (*entîr nân, 1 Lalte 21:8*).

Thil eng emaw chhinchhiahna chhut kái chuan a neitu tu nge tih min hrilh a, a neitu chuan a humhalh tlat a ni tih a tilang nghâl bawk. An nuna Thlarau Thiaghlim awm chuan Pathian tâ an ni tih tilangin, Pathian chuan a vêng him tlat dâwn a ni tih sawi bawk a (*Efesi 4:30 en la*). A chhan pawh “tiam tawh Thlarau Thiaghlim chuan chhinchhiahna an awm” vâng a ni (*Efesi 1:13, ESV*).

“Paulan miin Isuâ hnêna a nun a hlan a, Amah a rin vêleth Thlarau Thiaghlim chuan tlanna nî atân Krista-ah a rawn chhinchhiah (Grik tawngin, *sphragizo*) nghâl thîn tih a sawi a. Hê thû hi zalénnna thuchah ropui leh rintlâk tak a va ni êm! Krista zuitute chu Krista an lo rin vêleth khân, chhandamna chhinchhiahnain a lo chhinchhiah nghâl thîn a ni.”—Jieí Moskala, “Misinterpreted End-Time Issues: Five Myths in Adventism,” *Journal of the Adventist Theological Society* 28, no. 1 (2017), p. 95.

Thlarau Thiaghlim sawina atâna tawngkam a hman dang pakhat chu “zakhamna” tih a ni a. Thlarau

Thianghlim chu kan ro luahna tûra zakhamna niin, kan rochan chu a famkimin kan la chang ngéi dâwn a ni tih min tiam (2 Kor. 1:22; 2 Kor. 5:5).

“Zakhamna” tia an lo lehlin (Grik tawngin, *arrabon*) hi a tir takah chuan Hebrai thumal a ni a, Thuthlung Thar lehkhabute ziah a nih lâi vél khân, Grik tawng tuallênga (Koine Greek) seng luh niin, thil eng emaw an leia, an man an pêk tlâk vek hmâa eng emaw zât an lo pêk hmaksak phawt ang chî sawina atân an hmang thîn.

Mahse, ringtute chuan hê sum hmahruai hi an pe a ni lo va, Pathian hnêñ atangin an dawng zâwk a ni tih hria ila. Paula chuan ringtute nuna Thlarau Thianghlim chênnna hlu tak hi a famkima chhandamna leh tlanna rochan, Kristâ lo kîr leh ruala lo thleng tûr chu an dawn hmâa a hmahruai lo chan rih phawtna niin a sawi a. Kan tih tûr ni ta chu, Isuua Pathianin min pêk hi lâwm tak leh thuhnuairawlh tak chunga lo dawn mai a ni.

ZIRTÂWPNI

JULY 7

Zir Belhna: Efesi 1:3–14 thû hian Pathianin mihring hma lam hun tûr hi a lo ruat lâwk sa vek tawh a, mi thenkhat chu chatuana nunna chang tûra a thlan lâiin, mi thenkhat dang erawh chu chatuana boral vang vang tûrin a ti thung tih a sawi em? Vânduaithlâk takin mi tam tak chuan hetiang hian an ring a. Amaherawhchu, hêngte hi han ngaihtuah teh:

1. He lâi thû-ah hian Isuâ hnathawh pawimawhzia chiang takin a sawi a, a chhan pawh “Isua Kristâ zârah” (Efesi 1:5) emaw, “amahah” (Efesi 1:4, 11) emaw Pathianin min rawn thlan vâng a ni. Chuti a nih chuan Pathianin kan lo pian chhuah hmâ hauh khân mi mal tinte hi chhandama awm tûrin emaw, boral tûrin emaw mî a lo thlang sa vek tawh

ni lovin, Kristaa rinna nghah duh apiangte chu chatuana nunna nei tûrin A thlang a, a lo ruat lâwk tawh tihna a ni zâwk. Pathian thutlûkna siam hi Kristaa rinna ngatutte A chhânnna a ni a, an rinna an nunpui leh pui loh dân a zir chian hnûn, an chatuana an chan tûr a ruat lâwk ta a ni.

2. Efesi 1:3–14 thû hian Pathian chhandamna hnathawh chungchâng pawh sawiin, chutah chuan inlaichîna tawngkam chiang tak tak a hmang a. Pathian chu “Pa” a ni a, keini hi fâa a “lâk” (Efesi 1:3–5), a malsâwmna tam tak dawngtute kan ni (Efesi 1:8). Hê a tawngkam hman—hausa tak leh inlaichînna thûk tak neih thu sawina—êngah hian Pathian duhthlanna siam tih leh, ruat lâwkna tihte hi a awmzia hriat thiam kan tum tûr a ni a. Pathian chu hla taka awm, keimahni min hmangaihna pawh nei lo rorêltu, Amâ duh dân dân anga thupêk rawn chhuah leh ringawt mai thîn ni lovin, A fâte zawng zawng hmangaiha ngaihsak vektu Pâ a ni zâwk (Efesi 3:15 en la).

3. Efesi 1:3–14-ah hian (a bik takin, “ngaihthlâk” leh “rin” pawimawhzia sawina Efesi 1:13) Pathianin mihringte duhthlanna siam a zahsak thû kan hmû a; Efesi Lekhkathawn vêk hmun dangah (Efesi 2:8; 3:17; 4:1–6:20—hêngate hian zalêñ taka duhthlanna kan siam theih thû leh, rinnaa Pathian chhandamna lo chhân lêt pawimawhzia uâr taka sawi a ni) leh Thuthlung Thar lehkhabu dang thenkhatah (*entîr nân*, 1 Tim. 2:4; Tirh. 17:22–31) pawh chutiang thû chu kan hmu bawk. Ellen G. White-i pawhin heti hian a lo sawi a: “Boruakin khawvél hi a tuâm vél angin, Pathian chuan a Fapaa thilthlawnpêk chhiar sên loh hmangin khawvél pum pui hi a tuâm chhuak vek a. Tû pawh hê nunna pe thei boruak hi hip lüt duh apiang chu, an nun dâwn bâkah, Krista Isuua puitling ni tûrin an lo thang lian bawk ang.”—*Krista Panna Kâilâwn*, p. 51.

SAWI Ho TÛRTE:

ŒPathian chuan siam kan nih hmâ khân chhandama awm tûrte leh tihborala awm tûrte a thlang sâ lo a ni tih tichiang tûrin a chunga kan han sawi tâktele bâk, hniâlkhân dang eng engte nge belchchhah tûr i hriat le?

Miin Isuaa chhandamna a chan leh chan loh thû ah hian tu duhthlanna nge pawimawh ber ang?

Ž”A thisen zârah Amahah chuan tlanna kan nei a, Aa khawngaihna ngahzia ang zêla kan sualte ngaihdamna chu” (*Efesi 1:7*, NKJV). Engtin nge hê châng hian chhandamna chu dân thiltihte avâng ni lovin, rinna avâng chauha chang kan nihzia a târ lan?

ZIRLAI 3

JULY 8–14, 2023

CHÂWIMÂWIA AWM TAWH ISUÂ THILTIHTHEIHNA

CHÂNGVAWN: Ringtûte chuan Thlarau thianghlim zârah “a thiltihtheihna mak takin a thawh dân te, amah ringtu keiniho tâna a thiltihtheihna ropuzia te chu eng ang tak nge a lo nih a, Krista-ah chuan eng ti takin nge a thawh tih te, mitthi zîng atâ kâi thova, vân hmuna a kut ding lama a han thuttir dân te” an hre thei a (*Efesi 1:19, 20*, NKJV).

SABBATH CHAWHNÛ

JULY 8

Chhiar Tûrte: *Efesi 1:15–23; 3:14–21; 1 Thesalonika 5:16–18; Deuteronomi 9:29; 1 Korin 15:20–22; Sâm 110:1.*

Mihringte hian thuneihna tam zâwk neih belh zêl kan tum niin a lang. Entir nân, lîrthei siamtu company lian tak, Devel Motors chuan car changkâng leh chak tha tak mai, Devel Sixteen an tih chu siamin, chhuân pawh an chhuâng hlê. Hê car hi 16-cylinder niin, a engine chu 12.3-liter a ni a, a horsepower pawh 5,000 chuang a ni. Hei âia chak zâwk hi a la awm a, chu chu Peterbilt niin, hê truck phei hi chu jet engine, Pratt & Whitney pathum lâi hmang a ni. A horsepower pawh 36,000 zet a ni a, a sâng khawp mai. Second 6.5 lek chhüngin mîl chanve chanve leh vêl a tlân hman a, ding tûra a parachute pâi pahnih a tihparh hmain dârkâr khata mîl 376 zêta chakin a tlan fia fia mai thin a ni.

Paula chuan Efesi khuaa ringtute hi an chénna rama mîten an biak pathiante leh sâkhuate ngâisâng ve tûra

thlêm an nih hunah pawh, Pathianin Kristaa a lo dah thiltihtheihna nasa tak chu Thlarau Thianghlim zâra chang ngei tûrin a duh a. Mahse, hê Pathian thiltihtheihna hi chu horsepower ang zâwnga teh chî a ni vê lo thung. Chhandamna chanchina thil tleng ropui tak tak panga hmanga teh a ni a, chûngte chu: 1) Isuâ thawhlehna te; 2) Pathian lalthutphaha châwisâna a han awm tâkna te; 3) thil engkim a thu hnuaia dah vek a nihna te; 4) kohhran lû ni tûra ruat a nihna te a ni (*Efesi 1:19–23*).

Ringtute chuan hêng thil tleng pathumte hi an ngaihtuah a nih chuan, anmahni tâna Pathianin A thiltihtheihna a lo hman nasatzia an lo hre thiam ang a—hrethiam pawh ni mai lovin, a takin an lo chang bawk dâwn bawk a ni.

SUNDAY

Tawngtai leh Lâwmthu Sawiin

JULY 9

Paula hian Efesi khuaa ringtu awmte chu Isua rinna kawngah an thang chho zêl a, anmahni pawh an inh mangah tawn deuh deuh a ni tih a lo hriatin a lâwm hlê a (chu thu chu Tukika hnênh atanga a hriat a ni mai thei, *Efesi 6:21, 22*); chuvâng chuan an tâna a tawngtâi thin thû a hrilh ta a ni.

Paulan Efesi khuaa mîte tâna a tawngtâi thû a sawina pahnih—Efesi 1:15–23 leh Efesi 3:14–21 hi khâikhin la. Hêngahte hian thil inang engte nge awm?

A châng hi chuan kan tawngtâia kan aw ki hman hi a dik lo hlê thîn a, harsatna eng emaw kan tawh chunga

kan lungngaih thû kan chham chhuak hi a ang deuh ber zâwk thîn. Efesi Lehkhathawna Paulan ringtute a tawngtâisak thin thû a sawina atang hian kan tawngtâina rêng rêngah lâwmthu sawina a tel vê ziah tûr a ni tih kan hre thei a. Pathian malsâwmna tam tak kan dawn chungahte hian lâwmthu kan sawi thîn tûr a ni. Harsatna kan tawhahte hian Pathian chuan kan tâna tha tûr zâwngin hnâ a thawk a ni tih hriat thiam kan tum tûr a ni; Ani chuan kan nun hi a tihdanglam theih avângin kan fak tûr a ni bawk. Châwisâna awm tawh Isuâ khawngaihna leh thiltihtheihna chu fak ila (*Efesi 1:20–23*), kan chhûngkhatte leh kan thian thâte pawh malsâwma an awm avâng pawhin A hnênah lâwmthu i sawi thîn ang u. Paulan tawngtâi hlawhtlin theihna thurûk a sawi chu: *taungtâina hi Pathian fak thei tûr leh, a hnêna lâwmthu sawi thei tûra min zirtîrtu a ni tih hi a ni*.

Paulan Efesi khuaa ringtute chu a tawngtâinaahte an hming lam thînin, an chunga lâwmthu sawi a bân loh thû a hrilh bawk a (*Efesi 1:16, NKJV; Filipi. 1:3, 4; 1 Thes. 1:2; leh 1 Thes. 5:16–18* pawh eng bawk ang che).

“Bâng lova tawngtai” (*1 Thes. 5:17*) tih thû hi eng nge ni a awmzia? Eng tik läi pawhin Pathian hmâah thingthi-in kan tawngtâi reng mai tûr a ni tihna chu a ni lo chiang a. Pathian Thlarau malsâwmsakna azârah, Pathian awmpuina leh thiltihtheihna chang thei tûra thinlung inhawngin, a hnêna lâwmthu sawi theihna remchâng zawng pah reng chunga nun hmang tihna zâwk a ni. Mihring nuna harsatna chi hrang hrang lo tleng thînte pawh hi, Pathian awmpuina nén lo dawngsawng a, A thurâwn leh kaihhruaina zui thei tûra inpeih tihna pawh a ni a. Pathian chu hlat lova hnaih zâwk zêl tûra inhawng tihna pawh a ni bawk.

Tawngtâi hi dân ang maia neih a awl khawp mai thîn a, ringtuten a remchân dân anga an tih ve tûr rêng emaw kan ti chauh bawk thîn. Mahse, Paula hi chuan thlîr dân hrang daih a nei a. Efesi khuaa ringtu awmte tân tih tak zetin a tawngtâi a, chu chu a tâna lâwmthu hril pah (*Efesi 1:16; Efesi 1:3–14*) leh, an tâna sawipui hna thawk pahin (*Efesi 1:17–23; Efesi 3:14–21*) a ti thîn. Ani ngaih dân chuan, tawngtâina hi Kristian rinnaa a laipui ber leh pawimawh ber a ni a. Efesi 1:15–23 leh 3:14–21 thûte pawh hi tawngtâi tûra min sâwmna niin, keimahni mi mal “tawngtâi rawngbâwlna” theuhte ngun taka ngaihtuah thîn tûrin min duh a ni.

Eng vângin nge tawngtâinaah hian Pathian hnêna lâwmthu sawina tûr kan neihte chham tel ngei thin a pawimawh?

THAWH TANNI

JULY 10

Thlarau Thianghlim Hnêna Atâ Finna Changin

“Kan LALPA Isua Kristâ Pathian, ropuina Pa chuan Amah hriat kawngah finna leh hriat chiantîrna Thlarau chu a pêk theihna tûr che u-in, ka tawngtâinaalte chuan ka hre reng thîn che u a, in tân lâwmthu hril ka bâng ngâi lo,” (*Efesi 1:16, 17, ESV*).

Paulan a tawngtâi thin thû sawiin, chutah chuan Pathian lalhutphah hmâa ngenna a han thlen thû pawh a hrilh bawk. Ringtute chu an lo piantar tirh khân, an nunah Thlarau Thianghlim a lo thleng tawh tih a hria a (*Efesi 1:13, 14*). Tûnah chuan thûk lehzual zâwka Isua an

lo hriat theih nân (“amah hriatna kawngah,” *Efesi 1:17*) an mamawh êm êm thlarau lam finna pe tûrin Thlarau Thianghliom malsâwmna thar a dilsak leh ta a ni.

Thlarau Thianghlimin ringtute hnêna hriat thiamna danglam bîk a pêk theih nân Paula a tawngtâi a. Hrethiam tûra a duh thil pathumte chu engte nge ni? Efesi 1:17–19 en la.

“Amâ kohna beiseina” (*Efesi 1:18*) an lo neih theihna tûra a tawngtâi bâkah, chhandamna an lo awm theihna tûra Pathianin thil a lo tih tawh zawng zawngte chu an lo hriat theih nân pawh a tawngtâi a (*Efesi 1:3–9, 11–13*); an tâna hmachhawp ropui tak a neih pawh hre tûrin a duh hlê a ni (*Efesi 1:10, 14*).

“Mi thianghlimhote-a [Pathianin] ro a luah tûr ropuizia” (*Efesi 1:18, NKJV*) an lo hriat thiam theihna tûra a tawngtâi lâi hian a rilru-ah Thuthlung Hlui lehkhabuten ringtute chu Pathian ro chan an nih thû an lo sawi kha a awm a (*Deut. 9:29; 32:9; Zak. 2:12; Efesi 1:11*). Pathian hnêna atâ ro chan an neih thû chauh ni lovin, anmahni ngei chu Pathian rochan a ni bawk tih hre tûrin a duh. A awmzia chu, Pathian ngaiha an hlutzia hre thiam tûrin a chah tihna a ni.

“Amah ringtute lama Pathian thiltihtheihna len nasatzia” (*Efesi 1:19*) an lo hriat theihna tûra a tawngtâi hian, a mitthlâah Thlarau Thianghlimin Pathian thiltihtheihna nasatzia hriat thiamna thar a rawn pe lâi chu a awm a, chu thiltihtheihna chuan anmahni nuna hnâ a thawk lâi pawh a hmu bawk.

Hêng a tawngtâinate zawng zawngah hian, Isuaa Pathianin a lo pêk tawhte chu anmahni tân ngei lo chhawr tangkâi theuh tûrin a duh hlê a ni.

Engtin nge “keini Amah ringtute lama Pathian thiltihtheihna ropui tak” hi nasa lehzual zâwkin i ni tin nunah i lo chan vê theih ang?

THAWHLEHNI

Thawhlehna Thiltihtheihna Changin

JULY 11

Paulan a tawngtâi thû a sawina châng tâwp lam, Efesi 1:20–23-ah hian Thlarau Thianghlimin ringtute hnêna hriat thiamna a neihtîr a beisei dang pakhat, a hnuhnûng ber ni bawk chu kan hmu a; chu chu ringtute tâna Pathianin a thiltihtheihna nasa tak a hman thû a ni. Chû Pathian thiltihtheihzia lo lanna chu chhandamna chanchina thil tleng pawimawh tak tak pahnih thur chhuakin a sawi a: 1) mitthi zîng atâ Isua kaithawha a awmna; 2) vân hmunahte Pathian ding lama Isua han thuttir a nih tâkna te a ni (*Efesi 1:20*).

Eng tiangin nge Pathian thiltihtheihna chu Isuâ thawhlehnaah khân tihlanin a awm? Efesi 1:20; 1 Korin 15:20–22; Filipi 3:8–11; Hebrai 13:20, 21; 1 Petera 1:3.

Isuâ thawhlehna hi Kristian thurin zîngah pawh a pawimawh ber pakhat, thlauh thlâk thiang miah lo a ni a (*1 Kor. 15:14, 17*). Ringtu rinawmte hian Isua Krista a thawhleh avâng chauhin Kristâ lo kal leh huna chatuana nunna chang tûra thawhlehna ni ropui lo tleng tûr chu kan nghâk thei a ni (*1 Kor. 15:20–23*). Krista a thawhleh avâng bawkin, tûnah hian chanchin tha malsâwmna zawng zawngte chu chang tûrin Amah kan thlîr thei a, chûng zîngah chuan kan nuna Thlarau Thianghlim lo chênnâ pawh hi a tel.

Krista chu Pathianin “a ding lamah a thuttir” (*Efesi 1:20*) tih thu hi Sâm 110:1 atanga lâk chhuah a ni a; hei hi Thuthlung Thar lehkhabuten Thuthlung Hlui thu an sawi chhâwn ngun ber a ni bawk. Krista châwisâna a awmna hi Efesi Lehkhathawnin sawi uâr a tum ber pakhat a ni. Ringtute chu “vân hmunahte khian [Krista Isuâ] hnêna han thuttir an ni” (*Efesi 2:6, ESV*). Chu bâkah, Paulan vâna Krista a han chhohna hi a kohhran hnêna thil engkim a chhûn khahna leh, thilpêkte a pêkna hmahruai angin a sawi bawk (*Efesi 4:8–11* en la).

Efesi 4:8–11-ah hian Krista chu eng mah ti lova Pâ lalhutphaha han thu mai mai emaw ti lo tûrin min chah a. “Châwisâna awm ta Krista chu a Thlarau hmanga khawvêl zawng zawngah kal kualin, hneh chung leh hneh leh zêl tûra a chhuah zâwk thu a sawi.”—F. F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Efesi* (Grand Rapids, MI: Eerdmans, 1984), p. 133.

Chutiang chuan, Krista châwisâna a awmna emaw, lallukhum khumtira a awmna emaw hi ringtute hnêna Pathian thiltihtheihzia entîrna atân ni mai lovin, Pathian thiltihtheihna an dawnna hnâr ni ang pawhin a sawi bawk.

I nunah khân eng tiang kawngtein nge Kristâ thiltihtheihna chu i mamawh ve a, chu thiltihtheihna chu engtin nge nangmâ tân i lo chhawr tangkâi ve theih ang? Kan thil tih thin zînga engte hian nge Pathian thiltihtheihna kan dawn theihna tûr lo dâl thei le?

NILÂINI

Thiltihtheihna Zawng Zawng Chunga Awm Krista

JULY 12

Paulan Isua châwisâna a awmna chu fakin, tûnah chuan vân hmuna lalhutphahah khian Pâ ding lama a

han thut tâk thû a sawi a. Pa nêna an inlaichîn dân a sawi fiah hnû-ah (vân hmunahte khian a dang lamah a thuttir,” Efesi 1:20, ESV), “thiltihtheihnatê nêna an inzawm dân a sawi leh bawk. Isua chu Pâ lalthutthlêng luahpuitu a nih avângin, hming sak tinrêng “chung daihah” a awm a ni a ti (Efesi 1:21).

Sual leh thlarau khawvêla chêngte thiltihtheihna chungchâng a sawina Efesi 1:21; 2:2, leh Efesi 6:12 thûte hi khâikhin la. Hêng thiltihtheihna chungchâng sawi hi eng vânga tuipui viâu nge a nih?

Skeva fapa pasarihte chanchin sawina Tirhkohte 19:11-20 hian, Paula hun läia Efesi khawpui kha midâwivaih zirna hmunpui a ni tih a tilang a. “Rome mîte awp ram hrang hranga midâwivaih a lâr êm êm chhan chu, khatih hun läia mîte khân an nî tin nunah thlarau khawvêla chêngten nghawng an rawn nei thûk hlé nia an hriat vâng a ni. Midâwivaih thiamten an tum ber chu, thlarau thâ leh thlarau hlauhawm thliar hran a, thlarauten hna an thawh dân leh an chakna leh thil thiam an neihte hriat a ni a. Hemi hriatna hmang hian mihringte tâna tha tûr zâwnga thlarau hñâ thawhtîr dân kawng (tawngkain emaw, ziakin emaw, a nih loh leh ngûn, thi leh zungbung hmang pawhin) an ruahman thei dâwn a ni. A tih dân tûr dik taka tih a nih chuan, thlarauin a tihnat damlo chu tihdam theih a ni a, sakawr intläksiaknaah pawh hnehnâ chan theih a ni bawk.”—Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesi*, p. 18.

Efesi khawpuia chêngte sâkhaw nunah thlarau khawvêla chêngte hming hrang hriat leh, chüng thlarautena thil an tih theihte hriat chu thil tûl tak a ni.

Tûn lâi hunah pawh hian chutiang anga ngâi chu mi thenkhat an awm. Paulan Krista leh hêng thlarau te danglamna hi chiang taka târ lan a duh a. Châwisâna han awm ta Isua chu lalna te, thuneihna te, thiltihtheihna te, rorêlna te zawng zawng chung daiha awm a ni (Efesi 1:21, ESV).

A lehkathawn lo chhiartuten Isua ni lo chu thuneihna nei mi dang leh, thil dang rêng an awm lo a ni tih an hriat thiam ngei theih nân, hming hmerh bîk nei chuang lovin, thlarau chi hrang hrangte hming chham chîn chu awmzia a awm loh thû pawh heti hian a sawi bawk a, chû chu, “hming sak tinrêngte chung daihah” (Efesi 1:21) tih hi a ni. Isuâ thuneihna chu hmun leh hunin a phuâr vê phâk loh a nih thu sawiin, thiltihtheihna zawng zawng chunga ro a rêlna chuan hê khawvél chauh ni lovin, khawvél lo la awm pawh a huâm tel vek a ni (Efesi 1:21).

Tûn lâi huna thlarau sualte thiltihtheihna lo lan chhuah dân thenkhat chu engte nge ni a, chüngte chuan min thunun vê loh nân eng thil nge kan tih ang?

NINGÂNÎ

Isua, Thil Eng Kim leh A Kohhran

JULY 13

Kristian hmasâte khân Sâm 110:1 thû-ah hian châwisâna Isua a la awm tûr thu lo sawi lâwkna an hmû a: “LALPA thu chhuak chuan ka LALPÂ hnênah, I hmêlmate i ke nghahchhana ka siam hmâ loh zawng, ka ding lamah thu rawh’ a ti a.” Hetiang chiah hian Sâm 8 pawh chhiarin, Pathian chuan “a ke hnuaiyah,” “mihring fapa” (Sâm 8:4) “ke hnuaiyah eng kim a dah vek” (Sâm 8:6) niin an ngâi bawk. Vân hmuntea thim thiltihtheihnatê chu an chungah

awmin, anmahni rawn tihbua tum reng thîn niin ring tho mah sela, chûng thiltihtheihna chu Isuâ ke hnuiaia awm an ni tih erawh an ring tlat thung a ni.

Pa chuan “a [Isuâ] ke hnuiaia thil engkim a dah” avângin “Amah chu engkim chunga lû ber atân kohhhran hnênah a pe tawh a ni” (*Efesi 1:22*) tih hi lo chhinchhiah ila. “Thil engkim” tih hi huâp zo tawngkam chu ni tho mah se, Paula rilru-ah hi chuan Efesi 1:21-a sawi “thiltihtheihnhate” kha a lang a. Thil engkim—vâna awm te, thlarau khawvâla awm te leh an thiltihtheihna te pawh telin—Kristâ ke hnuiaia awm, a thununna huang chhûnga mi vek an ni.

Vân hmuna lalthutphaha Krista châwisâna a han awmna leh, lei leh vâna thil awm zawng zawng chunga rorêltu a nihna hian a kohhran tân eng nge hamthatna a thlensak le? *Efesi 1:22, 23.*

Pathian chuan Krista hi sual thiltihtheihna zawng zawng chungah hnehna a chantîr tawh a. Krista nêna inzawm tlat leh, Kristan a mamawh zawng zawng a pêk tawh kohhhran pawh hi chûng hmêlmâté lakah chuan hnehna chantîr a tiam bawk. Pathian thiltihtheihna, Kristâ thawlehnaah leh vân hmuna thlarau sual awmte chunga châwisân a nih tâknaa pho lana awm kha, kohhran tân hna thawk thei tûra tihnum a ni tawh a. Hnehna changtu Krista chu kohhran hnênah pêk niin, kohhran chu ‘a taksa’ tia koh ni tûrin Amah nêñ an inzawm tlat tawh bawk a ni.

Engtin nge keini ringtute hian châwisâna awm tawh Krista chu kan lo hriat a, Pathian thiltihtheihna chu kan nunah a takin kan lo chan theih ang? Chumi a thlen theih dân kawng emaw, kan tih tûr awm emaw lam chu chiang fek fawkin a sawi lo tlat mai a. Amaherawhchu, he lâi thû

hi Efesi khuaa ringtute a tawngtâisak thin thû a sawina chânga mi a nih ve tho avângin, a thâwitham deuh chuan kan hre thei thung. Paula hian a tawngtâina chu Pathianin a chhân ngei a ring a. Kristaa puan chhuaha awm, Pathian thiltihtheihna fak leh ringtute nuna Pathian chêncilhna dîl pawh thil sâwt tak a ni tih a nemnghet bawk.

Tawngtâinain thil a tihttheihzia hi a takin i lo chang vê tawh em? A awmzia chu, chhâna awm ta tawngtâina chauh pawh ni lovin, tawngtâina hrim hrim hian engtin nge Pathian hnaih tûr leh Isuâ min pêk a tiam thiltihtheihna chu chang thei tûrin mi a tanpui thîn tihna a ni.

ZIRTÂWPNI

JULY 14

Zir Belhna: Ellen G. White-i thuzaikte atanga Krista châwisâna a awm thu sawina pahninte hi han zir chiang teh:

“Krista chu vân kawngkhârte a kal pelh hnu chuan vântirkohkte châwimâwina changin lalthutphahah thuttir a ni ta a. Hê inkhâwmna urhsûn hi hman zawh a nih vêle, Thlarau Thianghlim chu nasa takin zirtîrte chungah a lo thleng ta a; chutichuan, Krista chu chatuan chatuan atâ Pa nêna an lo intâwm tawh ropuina nêñ chuan châwimâwiin a awm ta a ni. Pentikos Nia Thlarau Thianghlim lo thleng kha, Tlantu a ni tih Pathianin a pawm ta tih a rawn puan chhuahna a ni a. A lo tiam tawh ang ngeiin Amah zuitute hnênah vân atangin Thlarau Thianghlim a rawn tîr ta a; chu chu puithiam leh lal a nih ang ngeia lei leh vâna thuneihna zawng zawng a dawng tawh a ni tih leh, Amah chu a mîte tân Hriakthiha a ni tih chhinchhiah a ni bawk.”—*Tirhkohte Thiltih*, pp. 38, 39.

“Pâ bân chuan a fapa a kuangkuah a, chutichuan, ‘Pathian vântirkoh zawng zawng pawhin amah chibai bûk rawh se’ (*Hebrai 1:6*) tia puan a ni ta a ni.

“Rorêlna te, lalna te leh thiltihtheihna te chuan lâwmna sawi chhuah sén loh nén nunna Lal chungnunzia chu an lo pawm ta a. Vântirkoh rualte chuan a hmâah bawk khupin chibai an bûk a, chutah, vân kawtthlêrah chuan dingin, ‘Berâmno talh tawha hi thiltihtheihna te, hausakna te, finna te, chakna te, châwimâwina te, ropuina te, malsâwmna te hmu tlâk a ni e’ tiin hlim takin an au rual a. Thupuan 5:12.

“Hnehma hla an sakte chu vântirkohote tingtang tum rî nén infinin, vân khi lâwmna hla leh fakna hlain a lo khat ta a. Hmangaihna a dingchang a, hloh tawh chu hmuh lêt leh a ni ta. VÂN khi fakna aw rî ring tak chuan fan chhuakin, ‘Lalthutphaha thû leh Berâmno hnênah chuan malsâwmna te, châwimâwina te, ropuina te, rorêlna te chatuanin awm rawh se’ Thupuan 5:13 an ti a.”—*Chatuan Nghahfâk*, pp. 834, 835.

SAWI HO TÜRTE:

CEIsua chu “tûnah hian” châwisânin a awm tawh a, mahse, châwisânin a “la awm rih lo” tih hi eng nge ni a awmzia? Eng tiang kawngin nge Isua chu “tûnah” hian “thil engkim” LALPA, ramhuaite pawh a thu hnuia dah vek a nih tawh le? Chutih rual chuan, eng tiang kawngin nge thil engkim chunga rorêltu a nihna erawh tûna “la thleng rih lo,” nakîna mi tûr a la nih tho bawk sî? (*1 Kor. 15:24–28* en la.)

Eng tiang chiahin nge Krista chu engkim chunga rorêltu a nihna hi i nunin a lo dâi hriat ve tawh le? Nge ni a, an thuneihna hloh then mêm suala tlu tawh ramhuaite thuneihna hnuiaih i lo la awm reng zâwk? A tu zâwkin nge i nun kha thunun? Hneha la awm ngei tûr, mahse, khawvêla la che nasa êm êm rih sî sual sipaite thuhnuia i awm a nih chuan, engtin nge an lak atâ i tâl chhuah theih ang?

ZIRLĀI 4**JULY 15–21, 2023****PATHIANIN MIN CHHANCHHUAH DÂN**

CHÀNGVAWN: “**Nimahsela, Pathian chuan khawngaihna a ngahin, a mi hmangaihna nasa tak avâng khân, kan bawhchhiatnate avânga thî kan nih lâi meuh pawhin, Kristâ rualin min tinung vê a (khawngaihnaa chhandam kan ni ta e)**” (*Efesi 2:4, 5*).

SABBATH CHAWHNÛ**JULY 15**

Chhiar Tûrte: *Rome 5:17; Efesi 2:1–10; 5:14; 5:6; 2 Timothea 1:7.*

KUM 1987, October 14 khân kum khat leh thla ruk leka upa hmeichhe naupang pakhat, Jessica McClure-i chu a nute-i tualzâwlah a infiam a. Chutia hlim taka a infiam lâi chuan in sîra awm tuichhunchhuah, hman pawh an hman ngâi tawh loh kotlângah chuan a va lâwn a, vânduaithlâk tak maiin a tla palh ta hlauh mai.

Amah hi USA ram state pakhat, Texas-a awm niin, Midland khawpuiah an chêng a. A chêtsualna tawh avâng hian khawvél pum mit chu Midland khawpui lamah a fu thup mai a ni ber. Khawvél ram hrang hranga mîte chuan “Nausén Jessica-i” muhil lâi, tap lâi, zâi lâi leh a nu a âu lâi chu television kal tlangin an lo thlir a. Amah chhanchhuah tuma beituten tuichhunchhuah mawng lama boruak thianghlim leh thar tha tak pipe hmanga an zuk dah lüt lâi te chu thaw dêp dépin an lo thlir thup mai a ni.

A tâwp a tâwpah chuan, a tlák atanga dârkâr sawmnga leh pariat vêl hnû-ah lâk chhuah a ni ta a. Jessica-i

chhanchhuah tumtuten hlâuthâwng tak hmêl pu chunga Jessica-i, a hmâi leh a taksa hmun hrang hranga hliam nei leh bâl tak an zu melh lâi thla chu thla lâa ei zawng, Scott Shaw-a'n a lo la fuh hlauh mai a. Chû a thlalâk avâng chuan thla la thiamte hnêna châwimâwina an pêk thin, Pulitzer Prize a dawn phah ta a ni.

Chhanchhuah ngâia awmte chhanchhuah a nih tâk dân chanchin hi hriat nuâm kan ti thîn rêng a. Paula pawhin Efesi 2:1–10-ah hian, inchhanchhuahna awm tawh azawnga a ropui ber leh ngaihnawm ber ni bawk chanchin min hrilh a, chu chu Pathianin mihringte a tlan chhuah thu niin, hê thawnthu tingaihnawm zual êm êmtu chu keimahni ngei chhanchhuaha kan awm dân min hrilh hi a ni bawk.

SUNDAY**JULY 16****Thi Tawh leh Setana Bum Thlûk Ni Tawh**

Efesi 2:1–10 chhiar la. Hetah hian Paulan kan tâna Isuan thil a lo tih tawh chungchâng eng nge min hrilh le?

Paula hian Kristiante hnêna chhandamna pêk a nih thû a lo sawi tawh a (*Efesi 1:3–14, 15–23*), chu bâkah, Efesi khuaa ringtu awmte chanchin pawh tâwi tê-in a lo sawi tawh bawk a nih kha (*Efesi 1:13*). Efesi 2:1–10-ah hian chipchiar deuh zâwkin Krista an lo pawm dân min hrilh thung a; an pianthar hnua an nun a lo danglam tâk dân pawh a sawi bawk. Tûn hmaa an lo nun thin dân (*Efesi 2:1–3*) leh, Pathian chhandamna an chan avânga malsâwmna an dawn tâk dân chu a khâikhinsak a. Kristâ thawhlehna, vâna a lâwnna leh châwisâna a awm tâkna

te chu a tâwmpuitute an nih thu hrilhin (*Efesi 2:4–7*), chu chhandamna chu Pathianin anmahni a khawngaih avâng leh, Ama siamte an nih avâng chauha thleng thei a ni a ti (*Efesi 2:8–10*).

Hêng thu hlâwm pathumte hi Efesi 2:5-ah hian tawngkam felfâi deuh tak hmanga khâikhâwm a ni a. Chûngte chu: 1) “kan bawhchhiatnate avânga thi tawh kan ni;” 2) [Pathian chuan] “Kristâ rualin min tinung ve ta;” 3) “khawngaihnâa chhandam in ni ta e.”

Efesi 2:1, 2-ah hian a lehhathawn lo chhiartute piantar hma nun, lungchhiat thlák êm êm ni bawk chanchin chu sawiin, thlarau lamah chuan mitthi mai an ni a, Setana thunun tlat (*Efesi 2:2*) an nih avângin, bawhchhiat leh thil sual chi hrang hrang tih pawh an nun dân phung ve rêng a ni (*Efesi 2:1*) a ti. Paulan mi nung damte lo chhiar atâna ziak a nih avângin eng tik emaw lâia “mitthi” ni tawh anga Efesi khuaa ringtu awmte a sawi hian, entir nei tehkhin thu angin a sawi a (*Efesi 5:14 nêñ khâikhin ang che*). Amaherawhchu, Nunna Hnâr Pathian lak atâ lo kal bo reng tawh an nih avângin (*Kol. 2:13; Rome 5:17; 6:23*) an dinhmun tha lo tak hi a tak leh, râpthlák êm êm bawk sî a ni.

A lehkathawn lo chhiartute tûn hma nun dân chu sawi chhuakin, anmahni lo thunun tlat thîntu thil pahnih a târ lang a. A hmasa zâwk chu “hê khawvél dân” (*Efesi 2:2*)—Pathian laka mi a hel theih nâna mihring nun tipiangualtu Efesi khaw mîte thil chîn than leh nungchang—kha a ni.

Setana chu tûn hmâa an lo nun thin dân anga nuntirtu a nih dân kawng hnih a sawi fiah a. Ani chu “boruaka thuneihna lal” (*Efesi 2:2*) niin, heta “boruak” (“vân hmunahte” ti pawha sawi a ni bawk a) a tih hi, thlarau H-4

khawvêla chêng te, thlarau sualte pawh telin, awmna hmun a ni (*Efesi 1:3; 3:10; 6:12 chhiar la*). “Tûna âwih lo fâte chhûnga hna thawk mîktu thlarau” chu a nih avângin, leiah hian a thawk rim hlê bawk a (*Efesi 2:2*). Mîten Pathian thû an zawm loh theih nân a theihtâwp a chhuah mîk a ni.

Hêng Bible châng kan han târ lan tâkte hian indona ropui chu a taka thleng ngei a ni tih engtin nge min hrilh? Chutih ruâlin, Isua hi hnehtu a ni a, A hnehna chu tûnah hian kan tâwmpui ve thei reng a ni tih kan hriatna atang hian, engtin nge thlamuanna leh beiseina kan lo neih theih ang?

THAWHTANNI

JULY 17

Keimahni Châknaten Min Lo Bum Tawh Thîn

“Chûng âwih lo fâte zîngah chuan keini pawh hmânah chuan tîsâ leh rilru duh zâwng ang tiin, kan tîsa châknate angin kan lo awm tawh thîn vek a, mi dangte ang bawkin thinurna fâa piang rêng kan nih ve tho kha” (*Efesi 2:3*).

Pathian rawn inrawlh lo ta se chuan mihring nun hi chu Efesi 2:2-a Paulan a sawi boruak thuneihna lal leh “keimahni tîsa châkna, tîsâ leh rilru duh zâwng ang anga awm tumnate (*Efesi 2:3; Jak. 1:14, 15; 1 Pet. 1:14*) hian a thunun tlat reng mai dâwn tihna a ni.

Paulan “mi dangte ang bawkin thinurna fâa piang rêng kan nih ve tho kha” (*Efesi 2:3*) tia a lehkathawn lo chhiartute a hrilh hian eng nge a sawi tum tak ni ang? Efesi 2:3 thû leh Efesi 5:6 thûte hi khâikhin teh.

Boral tûrte nun chu tûnah pawh hian manganthlák tâwk tawh sa tho tehrêng nêñ, tâwpna nîa an chan tûr phei chu a la râpthlák leh zual hlê leh nghâl!. Mihringte hi nihphung rênga thinurna fâte kan nih miâu avângin (*Efesi 2:3*) tâwpna huna Pathian rorêlma hmâa la ding vek tûr kan ni.

“Thinurna fâa piang rêng” tih tawngkam hian dinhmun duhawm lo taka ding kan nihna kawng dang pakhat pawh min hrilh bawk a. Pathian anpui nihna chu la nei tho mah ila, keimahniah hian fuh lo leh dik lo ril tak eng emaw a awm tawh tlat a ni tih erawh kan hre thiam thung. Chuti a nih chuan, Kristian nun dân tûr anga nun hi kan thil chîn tha lo tih thinte zînga pahnih khat bânsan mai emaw, a nih loh leh tûna min rawn tibuai mëktu “bawhchhiatnate leh sualte” (*Efesi 2:1*) hneh mai emaw a ni lo tih kan hriat a tûl hlê mai.

Kan beihte hi *sual pahnih khat* mai ni lovin, *a suala hrim hrim hihhia* ni zâwk a. Mi sual kan nih tlat avângin Pathian laka hel leh mahni boralna tûr thilte tih kan tum ngar ngar mai hlawm chu a nih hi. Mahni intihchhiatna tûr chîn tha lo thil tih te, nunchang tha lo tak neih te, Setana thupék zui te (*Efesi 2:2*) leh keimahni pianpui sual châkna (*Efesi 2:3*) anga nun te chu kan nuâm tih zâwng tak a ni bawk a. Tûnah hian ringtute ni tawh tho mah ila, eng tik emaw lâi kha chuan “thinurna fâa piang rêng” ka ni ve thîn a ni.

Paulan thil kal tawh chungchâng a sawi a ni tih lo hria ila—“thinurna fâa piang rêng kan [lo ni tawh thîn a] nih kha” a ti (*Efesi 2:3*). Chutih rual chuan, ringtute hian sual lam âwn tlatna rilru leh thinlung an pu thei ta miah lo tihna erawh a ni lo thung. Efesi Lehkathawnah ngei pawh hian thil sual eng eng emaw tih duhna rilru kan put thin

chhan chu nihphung sual kan neih vâng a ni a, Kristante tân pawh thil hlauhawm tak a lah nih reng tho thu chiang takin a sawi (*Efesi 4:17–5:21*). Nimahsela, ringtute chu hê “an mihring hlui” hian a thunun a tûl tawh lo thung a. Kristâ thiltihtheihna azârah an “mihring hlui” chu hlîp thlain, “mihring thar, thutak felna leh thianghlimnaa Pathian anga siam khân” an inthuam tawh zâwk tûr a ni (*Efesi 4:22–24*).

Kan pianpui mihring hi chu, Isuâ hnêna kan inpêk tawh hnû-ah pawh, a sualin a tha lo hlê a ni tih a takin kan hre theuh tawh ngei ang. Chu chuan eng tiangin nge eng tik lâi pawha Isua vawn reng mai a pawimawhzia min hriat thiamtîr le?

THAWHLEHNI

JULY 18

**Isua Ruala Kaithawh Tawh, Vâna Hruai Chhoh Tawh
leh Châwisâna Awm Tawh**

“Nimahsela, Pathian chuan khawngaihna a ngahin, a mi hmangaihna nasa tak avâng khân” (*Efesi 2:4*). Hetah hian thumal chak tak tak pahnih, “Nimahsela, Pathian” tihte hmangin a lehkhathawn lo chhiartute chu tûn hma lam khân dinhmun tha lo takah lo ding thîn mah se (*Efesi 2:1–3*), tûnah ringtu a nih tâk avângin nun thar, beiseinaa khat an lo neih tâk thu a hrilh a (*Efesi 2:4–10*).

**Eng tiangin nge ringtute hian Kristâ thawhlehna, vâna hruai chhoh a nihna leh châwisâna a awmna te chu kan tâwmpui ve a, chûngte chu eng tik lâia tleng nge a nih?
*Efesi 2:6, 7.***

Efesi Lehkhathawn hi Kristaa inchiah zawp, ringtute leh Krista inpumkhat nghehzia târ lang chiang êm êmtu a ni tih kan hre tawh a nih kha. Efesi 2:5 leh 6-ahte hian chu thupui chu thutak ropui êm êm sawi fiahna atân thumal pathum hmangin a sawi zâu a. Pathian hmalâkna azârah ringtute chu chhandamna chanchin thil thleng ropui tak tak Isua Messia-a thlengah khân an tel ve a ni a ti.

Ringtute chu: 1) Kristâ thawhlehna tâwmpuitute an ni a; 2) Krista ruala tholehte an ni a (he tawngkam hi vâna Krista a han lâwnnaah khân ringtute pawh an tel ve tih thu sawina atân a hmang a ni mai thei); 3) “vân hmunahte khian” Krista nêñ lalthutphahah an thu ho bawk (a awmzia chu, Kristan vân lalthutphah a luahnaah ringtute pawh an tel ve a. Isua ruâlin châwisânin an awm ve tihna a ni.)

Paula thil sawi awmzia hi hre thiam tûr chuan Efesi 1:19–23 kha kan chhiar leh a túl dâwn a; Isuâ thihna, thawhlehna, vâna hruai chhoha a awmna leh châwisâna a han awm tâkna te kha kan hriat chhuah leh a ngâi bawk ang. Khângte avâng khân sual leh thlarau khawvêla chêng, ringute nun lo thunun tlat reng thînte thiltihtheihna lakah hnehma a chang ta a. Isua thawhlehna, vâna hruai chhoha a awm tâkna leh châwisâna a awmnaah khân hêng thiltihtheihnae hi—mihringte tân thil tha lo leh hlauhawm la thleng reng thîn tho mah se—luahlanin a awm tawh a ni.

Tûnah chuan thil a lo intlhâk danglam ta a. Ringtute pawh hêng thil thlengte thlîrtu mai ni tawh lovin, a mi mal leh tlângnél tako tel ve an lo ni ta zâwk a. Isua thawhlehna tâwmpuitu, a ruala vâna hruai chhoha awm ve leh Amah nêna châwisâna awm ta kan nihna chuan kan tân thil engkim a thlâk danglam ta vek mai a nih hi. Tûnah chuan

ramhuaiten an thunun nihna kha kan kalsan thei tawh a, a âiah nunna thar, Kristaa thlarau lam malsâwmna leh thiltihtheihna awm chu kan lo chang thei ta a ni (2 Tim. 1:7).

Pathian chuan hlauhna thlarau min pe lo va, thiltihtheihna leh hmangaihna leh rilru fel tak neihna thlarau min pe zâwk sî a” (2 Tim. 1:7). Vawiina kan chhiar Bible chângte hian eng tiangin nge hemi chânga Paula thil sawi awmzia hi hre thiam tûrin min tanpui le?

NILÂINÍ

JULY 19

Tûnah Chuan Khawngaih Malsâwmna Kan Chang Ta

Efesi 1:3, 4-a Pathian chhandamna ruahman siam kan hmuh hi chumi ruahmanin chatuan atâna rah a neih, Efesi 2:7-a kan hmuh nêñ hian khâikhin la. Pathian “chhandamna ruahmana” thil awmte leh a tumte chu eng nge ni?

Exam-na pass inlawmpuina, degree inpêkna inkhâwm hi KG zir zo kan ni emaw, Ph.D. zo kan ni emaw a nuâmin a ropui kan ti êm êm theuh âwm e. Degree kan han dawn chiah hian thil pawimawh tak hlen chhuak ta nia inhriatna kan lo nei a, pâwl sâng zâwk zir leh zêl tûrin emaw, eizawnna dap tûrin emaw rilru kan siam tawh thîn. Keini ringtute tân chuan chanchin tha thutak ril êm êm mai awmzia hriat thiam hi thil pawimawh tak a ni a: khawngaihna hi chu pâwl kan sawnsan thei ngâi lo vang. Khawngaihnaah hian zir tâwp (Ph.D.) ka thleng ta tia degree inpêkna hun a thleng ngâi dâwn lo va. Khawngaihna hi chu kan dam chhûng zawnga kan mamawh reng tûr a ni tlat mai.

Paula chuan hê thutak hi Efesi 2:7-ah hian lo sawiin, Pathianin kan chhandamna atâna thil a lo tih tawhte zawng zawng chu a bûlthûm atangin a târ lang vek a. Chûng a thil lo tih tawhte avâng chuan tûnah hian a Fapa Isua Kristâ thawhlehna, vâna hruai chhoha a awma leh châwimâwia a han awm tâkna chu a tâwmpuitute kan lo ni ta a ni (*Efesi 2:4-6*). Nimahsela, Pathian ruahmanna hi khawngaihnna khat thil thleng tawhah leh zahngaihnna khat tûna thil thleng mîkah hian a tâwp mai lo thung. Leilung pian hmâ daiha vân mîten an lo rawt chhuah tawh (*Efesi 1:4*) Pathian ruahmanna hi chu chatuan hawlîh tlang a ni.

“Hun lo la thleng tûrte” (*Efesi 2:7*) pawh a huam tel vek a ni. Chatuan atâna ruahmanna a lo siam hi tûn hmâa a lo tih tawhte leh tûna a tih mîkte innghahna dânah tho khân a innhat a—chu chu khawngaihna dân hi a ni. “Hun lo la thleng tûrahte” chuan Krista Isua-ah hian kan chungah ngilneiin, a khawngaihna ngah nasatzia chu a entîr thei ang,” (*Efesi 2:7*).

Paula hian Pathian khawngaihna chu a hlutzia chhui chhuah sén rual loh hausakna, ringtuten an mamawh apiang phuhrûkna atâna an hman mai theih tûr ni angin a ngâi a (*Efesi 1:7; 3:8 en ang che*). Kan laka a thilphalna ropui tak hi hun leh hmun sawi chuang lova khawngaihna ngahzia tilangtu tha tak a ni.

“Kan zînga lo chêng ve tûra Isua a lo kal chhan ber chu mihringte leh vântirhkohte hnêna Pathian nihna puan chhuah a ni a Nimahsela, he inpuan chhuahna hi leia lo piang a fâte tân chauh a ni bik lo thung. Kan khawvél tê reuh tê hi lei leh vân pum pui tâna zirlâi bu a ni a. Pathian khawngaihna thiltum chanchin ropui, a tlanna hmangaihna mak tak hi ‘vântirhkohte pawhin hmuh an châk êm êm’ thupui chu a ni a, he thû hi chatuan chatuana

zir zêl tûr a ni ang. Tlante leh suala tlu vê lo mihringte chuan, Kristâ krawsah hian an zir tûr leh an hla sak tûr an hmu dâwn a. Isua hmêla ropuina êng lo lang chu hmangaihna avâng mahni inphatna ropui tak a ni tih an hmû ang.”—Ellen G. White, *Chatuan Nghahfâk*, p. 20.

NINGÂNÎ

JULY 20

Tûnah Chuan Pathianin A Chhandam Ta

Efesi 2:1-10 kha chhiar leh la, châng 8-10-a Paula thu tlângkawmna hi chhiar ngun leh zual bîk ang che. Tlângkawmna a siam pahah a sawi uâr deuhte chu eng nge ni?

Efesi 2:1-3 hian Efesi khuua ringtute chhandamna chan chu an nungchang a that vâng emaw, anmahni-ah thil tha tak eng emaw a awm vâng emaw a ni lo tih chiang takin a sawi a. Hê thu a sawi tan lâi tak phei hi chuan thlarau lama mitthî mai an ni tawh a. Anmahni-ah nunna emaw, hlutna emaw eng mah a awm lo va (*Efesi 2:1*). Sualin a hneh tawh hnû an ni (*Efesi 2:1*). Mahnia inchhandam thei ziazâng an ni lo va, Setanan a thunun dân ang leh anmahni rilru leh hriatna dik tawh lo takin a hruai ang angin an awm mai thîn (*Efesi 2:2, 3*).

Thlarau lama nunna emaw, thatna emaw eng mah nei tawh lo mai pawh an ni lo va, an dinhmun chhiatzia hi anmahni phei chuan an inhre lo rêng rêng bawk sî a. Mihring dang zawng zawngte ang bawkin Pathian dik tak hmêlmâte an ni a, Pathian rorêlna ni lam chu panin nî tin an kal mîk a. “Mi dangte ang bawkin thinurna faa piang rêng” ni ve tho an ni (*Efesi 2:3*).

An chhandamna chu anmahni thatna ni lovin, Pathian hmangaihna sawi fiah sén rual loh an chan avâng zâwk a ni a—chu hmangaihna chu hmangaih theih thiltea hlutna awm behchhana sawi fiah theih a ni lo. Pathian chu a khawngaihna leh hmangainain, Krista Isua avângin thlarau lama thihna atâ a kâitho va. Chutianga Pathian a lo chêt avâng chuan amah Isua pawhin a lo zawk tawh zinkawng ropui takte kha an lo zawk ve thei ta a ni.

Thlarau lama thihna leh saltânnna atang chuan kaihthawh tawh niin, “vân hmunahte” hial an han thleng ta a, vân lalhutphahah khian Krista nêñ an han thu ho ta a ni (*Efesi 2:5, 6*). Hê Pathian lo chêtina mak leh ropui tak hi rei lo te chhûng atân chauh a ni lo va. Pathian chuan anmahni lama khawngaihna a neih chu Krista Isua-ah chatuan chatuana lantîr a tum avângin, kumkhuaa awm tûr a ni zâwk (*Efesi 2:7*).

Efesi 2:1–10 thu a khâikhâwmna, châng 8–10-ah hian a sawi tum tak kha a sawi nawn leh a, chu chu eng dang ni lovin, ringtute chhandamna hi mihringte hnathawh ni lovin, Pathian hnathawh zâwk a ni. Keimahnia lo intan ni lovin, Pathian thilthlâwnpêk a ni a. Mihringte zingah hian chhandamna an neih avâng inchhuâng thei tû mah an awm lo (*Efesi 2:8, 9*). Ringtute hian Pathian khawngaihnna dingin Pathian khawngaihna, a khawngaihna chauh chu kan tilang a. Amâ kutchhuak, “Krista Isuaa” Pathianin a siamte kan ni (*Efesi 2:10*).

Eng vângin nge kan chhandamna hi keimahnia hlutna eng emaw a awm avâng emaw, keimahni thil tha tih vâng emaw ni lovin, Pathian hnêñ atâ thilthlâwnpêk kan dawn a ni zâwk tih hi hriat thiam a pawimawh êm êm?

ZIRTÂWPNI

JULY 21

Zir Belhna: Efesi Lehkathawnah hian a thâwitham deuhin emaw, a then azâr chauh sawiin emaw sual lak atanga Pathianin a mîte a chhandam dân chanchin min hrilh a. Chu thawnthua thil thleng pawimawh zual deuh deuhte chu hêngte hi a ni:

1. Pathianin A mîte hi chhandama awm tûrin “leilung pian hmâ” khân a lo thlang tawh (*Efesi 1:4, 5, 11*).
2. Pathian mîte chu Isua an pawm hmâ kha chuan suala bo pil mîk an ni (*Efesi 2:1–3, 11, 12; 4:17–19, 22; 5:8*).
3. Pathian chuan anmahni chhandam tûrin Isua Krista a rawn tîr (*Efesi 1:7, 8; Efesi 2:4–6, 13–19; Efesi 4:1, 20, 21; Efesi 5:2, 8, 23, 25, 26*).
4. Pathian mîte chuan chanchin tha an lo pawm ta (*Efesi 1:12, 13*). Beisei eng mah nei lo ni thîn kha (*Efesi 2:12*), tûnah chuan Isua-ah beisei pakhat an lo nei ta a, hma lam hun êng takin a hmuak mîk bawk (*Efesi 4:4; 1:18*).
5. Ringtute chu hê khawvélah hian Isuâ zirtîrte an ni a. Thil hlauhawm chi hrang hrangin a hual vél leh sual thiltihtheihnain a beih reng huna chéng ni mah se, châwimâwia awm tawh an LALPAN a pêk khawngaihna leh thilthlâwnpêkte chu an chang thei thung a ni (*Efesi 1:15–23; 2:6; 3:14–21; 4:7–16; 6:10–20*).
6. Khawvél chanchinin a vâwrtâwp a thlen hunah chuan “zakhamna” (*Efesi 1:13, 14, ESV*), emaw, “chhinchhiahna” emaw (*Efesi 4:30*) a nihna anga Thlarau Thianghlimin hnâ a thawh chuan rah a chhuah tawh ang. Chumi hunah chuan, Paula lehkathawn lo chhiartute hian an rinawm avâng a chan tûr lâwmman chu an dawng tawh ang a, Kristaa Pathianin a lo hlan tawh “ro”

chu chang tawhin (*Efesi 2:7; 6:8, 9*), Krista an rin azārah hun lo la awm tūra Kristā lalna ramah chuan hmun pēk ve an ni bawk ang (*Efesi 1:21; 2:7, 19–22; 4:13, 15; 5:27*).

SAWI Ho TÜRTE:

OEEfesi Lehkhathawna thawnthu kan hmuu hi kum zabi pakhatna läi vēla ringtute chanchin chauh a ni bîk lo va. Hê thawnthua a eng läi hian nge tūnah khân beiseina ropui ber pe che?

Eng vāngin nge Paula hian a lekhathawn lo chhiartute chu an tûn hma nun sual tak kha a hrilh nawn fo va, an piantar hmâ nun kha thlîr lêt leh tûra a sâwm thin le?

ŽPaulan Efesi 2:8–10-a chanchin tha awmzia a sawi fiahna leh Rome 1:16, 17-a lo sawi fiah tawh dân hi khâikhin la. Hêngahte hian eng engte nge inang awma, eng engte nge danglam awm bawk?

Thil tha tih hian, Pathian hmâa mi thiam a chantîr theih loh avângin ringtute tlanna kawngah pawh kawngro a su lo. Chutih ruâl chuan, anmahni tâna Pathianin ruahmnaa a lo siamah erawh chuan pawimawhna a nei tho bawk sî. Chu a pawimawhna chu eng nge ni? Efesi 2:10.

KRAWs LEH KOHHRAN

CHÂNGVAWN: “Tûnah erawh chuan, Krista Isua-ah, nangni hmâna hla taka awm thiinte kha, Krista thisen chuan tihhnaihin in lo awm ta a. Amah chu kan inremna, pâwl pahnihate pumkhata min siamtu a ni,” (*Efesi 2:13, 14, ESV*).

SABBATH CHAWHNÛ

JULY 22

Chhiar Tûrte: *Isaia 52:7; 57:19; Johana 14:27; Rome 3:31; 7:12; 1 Korin 3:9–17; Efesi 2:11–22.*

GENTAIL mi, chutah pawh Grik hnam, Juda-te Pathian chanchin lo hre thar ve chauh i ni a. I lo biak thin pathiante chu hnâwin, tûnah chuan Pathian dik tak i lo pawm ve ta. Jerusalem temple tual, zâu nuam tak leh mâwi êm êm bawk sî-ah chuan i va kal a. A chhûnga va luha Pathian chibai bûk chu i duh a. Nimahsela, temple kawngkhâr thlen hmâ deuh chuan lungbang, ft. 4 vêla sâng hi a lo awm a. Chutah chuan Latin tawng leh Grik tawngin hê thû, “Temple chhûngah hian ram dang mi tû mah luh phal a ni lo. Luh luîh tum mante chu tihhlm an ni ang a, chu an thihnaah chuan anmahnin mawh an phur bawk ang,” tih hi a lo intâr a. Chu thuзиak i hmu chiah chu mi hrang daih nia inhriatna i nei ta nghâl a. Pathian pawh chibai bûk ve thei lo nia inngaihna i nei bawk ang.

Efesi 2:11–22-ah hian Kristâ kraws chu danglamna siamtu a nih thu sawiin, dâidanna bang chi hrang hrangte chu a thiat vek tawh tih a sawi a. Kraws chuan a vân kâwk

zâwnga hna thawkin, mihringte chu Pathian nêñ a inremtir leh a. A lei hrût zâwng pawha hna thawkin, mihringte chu an mihringpuite nêñ a inremtir bawk. Kraws chuan inhmêlmâkna a tikiang a, Juda-te leh Jentail-te inkârah remna thlenin, “mihring thar pumkhatah” a siam ta a (*Efesi 2:15*). An pahnih chuan biak in thar, “Thlarauva Pathian awmna tûra rem khâwm” (*Efesi 2:22*) an lo ni ta a ni.

Hê thutak hian keini tûn lâia mîte tân eng nge pawimawhna a neih le?

SUNDAY

Kristaa Pathian Hnaihtîr

JULY 23

Paulan a lehkhhathawn lo chhiartu Jentail-te tûn hma nun dân a lo sawi tawhna Efesi 2:1-3 hi Efesi 2:11, 12 nêñ khâikhin la. An tûn hma nun dân a sawina hnuhnûng zâwkah hian engtin nge a sawi?

Tûna Kristaa ringtu lo ni ta leh, a “taksa,” kohhran member-te lo ni ve ta Jentail-te hi tûn hmâ kha chuan, Israel-te leh Pathianin chhandamna a tiام lak atanga hrang hlak an ni thîn a. Paulan chu an tûn hma nihna kha “hre reng” tûrin a chah a (*Efesi 2:11*). Khatih lâi kha chuan Hriakthiha, Israel-te Messia “Krista tel lovin” an awm thîn a. “Israel-ho khua leh tui nêñ inmihranin” an awm thîn a ni. Thutiam thuthlungte lakah chuan mikhual an ni bawk a, chhandamna chanchina Pathianin chhandamna thutiam a lo pêkte kha hriat an nei vê lo. Israel-te laka mi hrang an nihna leh, anmahni hmanga chhandamna tiام pawh lo hre ve lo a ni avângin “beiseina nei lo” an lo ni thîn tihna a ni. “Khawvêlah hian Pathian tel lovin” an lo awm a ni ber (*Efesi 2:12*).

Tûn hmâ kha chuan Jentail-te hi intibuai tawn reng mai thîn an nih bâkah, Juda-te nêñ phei chuan inngeih lo tak an ni a. Hê an inhuat tawnna hi an inkoh duh dânah pawh a lang chhuak thîn a. Juda-te chuan Jentail-te hi hmusit deuh takin, “serhtanloh” tiin an sawi thîn a; Jentail-te pawhin Juda-te chu an ngâisâng lêm bîk lo a ni tih hriat takin, “serhtan” tiin an ko lui vê deuh kher thîn a ni (*Efesi 2:11*).

Amaherawhchu, Efesi 2:13 hian tûnah chuan thil a danglam ta hlê a ni tih min hrilh a. “Tûnah erawh chuan Krista Isua-ah, nangni hmâna hla taka awm thînte kha Kristâ thisen chuan tihhnaihin in lo awm ta,” a ti.

Paulan Jentail-te chu “hla taka awm thînte” tia a sawi hian Isaia 57:19 thû, “Nangni hla taka awm thîn hnênah remna Chanchin Tha a hrilh che u a, hnâi taka awm thînte hnênah pawh remna Chanchin Tha a hrilh bawk” (*Efesi 2:17, 18*) tih kha a rilru-ah a lang a. Krista-ah leh a kraws avâng khâñ Jentail ringtute chu lâk hran an lo nih tawhna—Pathian, beiseina leh an Juda unaute hnaihah hruai kîr leh an ni ta a ni. Hemi chungchâng hi thiam takin Paulan heti hian a lo sawi fiah a: Krista krawsin Juda-te leh Jentail-te inkâra kak zâu tak awm chu a tidam thei tih awmzia chu kan inhmêlmâkna leh kan inthen hranna zawng zawng hi krawsah chuan chin fel vek theih a ni tihna a ni. Hê chanchin tha hian keimahni nun theuh leh, kohhran chhûngä inthen hranna chi hrang hrang awm chhante hi ngun taka ngaihtuah tûrin min sâwm a; chûngte chu krawsa thiltihtheihna chuan a hneh vek thei a ni tih hre tûrin min duh bawk a ni.

Eng dinhmuna i din lâiin nge Isuan a rawn tlan chhuah che? Isuan a rawn zawn hmuh lâi tak chea i lo awmna leh, Anin rawn zawn hmuh ta lo che se la tûna i awmna tûr ngaihtuah fo hi i tân eng nge a pawimawhna awm?

THAWH TANNÍ**Inremna: Pathian Thilthlāwnpêk**

“Amah ngei chu kan inremna, pumkhata min siamtu leh inhuat tawnna bang pawh a taksa lo tichim tawhtu a nih avângin . . . kraws zârah chuan taksa pumkhatah kan pahnihin Pathian nêñ min inremtîr leh thei ta a, chumi avâng chuan kan inhuat tawnna pawh tihhlumin a awm dâwn a ni” (*Efesi 2:14–16*, ESV).

Efesi 1:7, 8; 4:32; 2:13, 14; 2:16 leh 5:2, 25-te hi chhiar la. Hêngahte hian engtin nge Paulan kraws awmzia leh krawsa Isuâ thihnain nghawng a neih dân a sawi fiah? Paulan kraws chungchâng a sawi dân leh, mi dangte nêna kan inlaichin tawnna a siam that dân a sawi hi engtin nge i khâikhâwm ang?

Tûn kâr zirlâi inngahhyna, Efesi 2:11–22-ah hian kraws khân ringtute tân thil ropui tak tak pathum a tih thû kan hmû a: 1) Pathian leh a mîte laka “hla taka” awm thîn Jentail-te chu Pathian leh a mîte hnaihah hruai an lo ni ta a (*Efesi 2:13*); tûnah chuan Pathian fâte lo ni ve tawhin, Juda ringtute nêñ ûnau an lo ni ta bawk (*Efesi 2:19*); 2) Juda-te leh Jentail ringtute inkâra “inhuât tawnna” (Grik tawng chuan, *echthran* tih a ni a, chumi zawmzia chu “inhmêlmâkna” tihna niin, “hmêlma” tih sawina, *echthros* nêñ a inzawm) awm thîn pawh chu “tihhlum” a ni ta bawk a (*Efesi 2:16*). Kristâ krawsah chuan Juda-te leh Jentail-te inkâra inhuatna leh indo tawn duhna rilru awm rêng, reh mai thei pawha mâwi lo ni tawh chu a la kiang ta a ni (*Efesi 2:17*); 3) chû inhuatna hmunah chuan inremna a lo awm ve ta thung a. A chhan pawh Juda-te leh Jentail-te chu taksa pakhata siam a, Pathian nêna inremtîr hi Kristâ thiltum a nih vâng a ni (*Efesi 2:16*, NKJV; *Kol. 1:19–22*).

JULY 24

Inremna chu eng ang nge ni? Inrema awm chu a nuâm nge a hrehawm? Nu pakhat leh a fanu neih chhun chu eng emaw avângin an intithiam lo va, kum tam tak chhüng an inmihran zui ta bawk. Mahse, an inhuat tawnna chu khawngaihna leh ngaihdamna avângä chin fel niin, nû-fa inthlahlel tak an lo ni leh hlauh mai a. Hetiang hi inrem lehna chu a ni. Inrem lehna chu kohhran member-ten an member-puite nêna inrem lohna lâi an neihte dah bova, an khawngaihna leh ngaihdamna lo pawmtu an member-puite chu an ûnaute anga an ngaih chiahin a lo thleng thin.

Inrem lehna chu khâwl lam thil emaw, thu buai hla buai remna lama an tawngkam hman thin emaw a ni lo va, mi pahnihte inkâr emaw, pâwl pahnihte inkâr emawa thleng thin, inlaichinna keh chhe tawh siam that lehn a ni. Paula chuan krawsa Kristâ hnathawh ropui tak kha mi pahnih khatte inkâra inremna thlentu mai ni lovin, pâwl hrang hrangte inkâra inremna thlentirtu pawh a ni bawk tih a sawi a. Chû inremna chuan kan nun hi rawn hnehin, min then hrangtu thil chi hrang hrangte hi a tiboral a, kan inrem lohna lâite a ching fel a, mi dangte nêna inpâwl ho châkna min neih thartîr lehin, inhriat thiam tawnna pawh min pe bawk a ni a ti.

Eng tiang kawngtein nge inrem leh theihna tûr dân kan târ lan tâkte hi mi tute emaw nêna in inrem leh theih nân i lo hman ve theih ang?

THAWHLEHNÍ

Dâidanna Bang Tichimin

JULY 25

Paulan “thupêktea dân leh hrai chi hrang hrang awmte” (ESV) **Isuan a tih tâk dân a sawi chu eng nge ni?** **Eng vângin nge chutiang chuan a tih?** (*Efesi 2:14, 15* en la.)

Paulan Heroda Temple-a Israel mîte chauh luh phal chin tual záwl hungna bang, a kal tlang lui chu tihhllum theih an nih thu inziahna kha a sawi a ni maithei. A mitthlâah chuan hê dâidanna bang hi thiah a ni tawh a, Jentail-te pawh Pathian chibai bûk phalsak an ni ve ta a ni ang (*Efesi 2:18*). Chutiang bang chu Kraws khân a la kiang tawh a. Chutah chuan pâwl pahnih, Juda-te leh Jentail-te chu pumkhat an lo ni ta a ni.

Mi thenkhat chuan Efesi 2:14, 15 hian Thu Sâwm Pêk hi (Sabbath serh tûr a ni tih thupék pawh telin) kraws khân a “tibâng” emaw, “sîrah a hnâwl” emaw ta tih a sawi emaw an ti mai thin a. Amaherawhchu, Efesi Lehkhathawnah hian Thu Sâwm Pêk a zahzia tilangin, hêng thupékte hi Krista zirtirte ni tûra mi chhertu ber a ni tih a sawi zâwk a ni.

Thupék panga phei chu *Exodus* bû-a a inziah dân ang chiaha sawi chhâwngin (*Efesi 6:2, 3*), thupék dangte pawh a thâwithamin a sawi châwng bawk a (*entîr nân, thupék pasarihna, Efesi 5:3–14, 21–33; thupék pariatna, Efesi 4:28; thupék pakuana, Efesi 4:25; thupék sâumna, Efesi 5:5*). Hetianga a sawi hi a lehkathawn danga dân chungchâng a lo zirtir thin dân nêñ pawh a inrem thlap a ni (*Rome 3:31; 7:12 en la*).

Mi thenkhatin dân an hman sual thû chu a sawi thin ngei a, dân hrim hrim erawh a zahzia tilangin, la ding chhunzawm zêl a nih thû pawh a sawi fo thin. Chuvâng chuan, hêng Bible chângte hi Thu Sâwm Pêk hi tihbân a ni tawh tih zirtirna tanchhana lo hman chu, Paula sawi tum loh deuh sawitirna a ni a. Dân chu kumkhuaa ding reng tûr a nih thû inziahna Bible châng dang hrang hrang han chhiar phei hi chuan, a dik lohzia a lang chiang lehzual.

H-5

Paula ngaih dân chuan Juda-te leh Jentail-te inkâra hêm thlák nâna dân hmanna rêng rêng—a bîk takin Pathian mîte zînga Jentail-te an tel vê phalsak lohna tûr chhuanlam atâna lo hman leh, Jentail-ten Pathian chibai an bûk vê rem tih lohna tûr chhuanlam atâna lo hman phei chu ânchhe dawng tûra indahna a ni a; Pathianin dân a siam chhan hriat lohna leh hman sualna pawi tak a ni.

Efesi 2:14, 15-a sawi “dân” hi serh leh sâng dân, Juda-te leh Jentail-te then hrangtu, amah Paula ngei pawhin “thupéktea dân leh hrai chi hrang hrang awmte” (ESV) tia a lo sawi kha a ni thei a; Thuthlung Hlui dân pum pui, Juda sâkhaw hruaituten anmahni ngaih dâna an hrilh fiah thin, eng emaw zât an lo belhchhah ve leh, Jentail-te chhawk an nih theih nâna an lo hman sual thin pawh kha a ni thei tho bawk.

Seventh-day Adventist-te zîngah emaw, Kristian hrim hrim zîngah emaw pawh, min then hrang theitu eng thilte nge awm a, chûngte chu engtin nge kan hmachhawna kan hneh theih ang? Chûng thilte chu Krista kan hmangaih tlân theuhna hmang hian kan hneh thei a ni tih kan hria em?

**NILÂINÍ
Isua, Inemna Thu Hriltu**

JULY 26

Engtin nge Paula hian Efesi 2:17, 18-ah hian Krista rawngbâwlna a khâikhâwm?

Efesi Lehkhathawnah thil pawimawh tak awm chu remna chungchâng a ni a, “Pathian kan Pa leh LALPA Isua Kristâ hnêñ atâ” remna dilsakna hmanga bul tan niin,

chumi thû vêk hmang chuan khâr leh a ni bawk (*Efesi 1:2; 6:23*). Efesi 2:11–22-ah chuan ‘remna’ tih hi mihring Krista angah a lo chan tawh bawk a, “Amah chu kan inremna a ni” tia sawiin, chu inremna chu Kristâ Kraws ngei khân a siam a ni a ti (*Efesi 2:14–16*).

Kristan Juda-te leh Jentail-te inkâra inhuât tawnna awm thîn kha a tibo ta a ni mai lo va (*Efesi 2:14, 15*)—mihring thara siamin, chu mihring thar chu inngeih tlânnâ leh remna hmanga lantîr a ni bawk (*Efesi 2:15–17*). Hetiang inremna hi chu indona awm lohna ringawt ni lovin, Hebrai tawnga *shalom* an tih ang hi a ni a, Pathian nêna kan inkârah (*Rome 5:1*) leh mi dangte nêna kan inkâra a tha ber tûr induhsak tawn a ni.

Ringtute hian engtin nge mi dangte hnênah Isuâ remna thuchah hi kan hrilh chhâwn vê ang? Efesi 4:3; 6:14, 15; Rome 10:14, 15 hi Efesi 2:17–19; Isaia 52:7; 57:19 nêna khâikhin ang che.

Chanchin Tha bu palî-te hian Isua chu inremna thu hriltu a nihzia an sawi theuh a. A zirtîrte hnêna inthlahna thuchah a sawiah pawh, “Remna ka hnutchhiah a che u; keima remna ka pê a che u” (*Joh. 14:27, NKJV*) tia tiamin, kha thutiam kha keimahni tân pawh a ni vê tho bawk. Heti hian a khâr leh bawk a: “Hêng thûte hi in hnênah ka sawi tawh hi, keimahah hian remna in lo neih theihna tûrin. Hê khawvélah hian hrehawm in tuâr thîn dâwn a. Nimahsela, thlamuâng takin awm rawh u; keiin khawvél ka hneh tawh sî a” (*Joh. 16:33, NKJV*). Thlân atanga a thawhleh hnu a zirtîrte hnêna a inlan chângte pawh khân, “In hnênah remna thleng rawh se” (*Joh. 20:19, 21, 26, ESV*) tiin a sawi zêl thîn a nih kha.

Efesi 2:17, 18-ah hian, Kristan inremna thu a hril kha he leia rawng a bâwl chhüng atân chauh a ni lo va, a hnu leh zêl atân pawh a nih tel thû a sawi. “Inremna” thu chu a hun lâia Pathian “hlat” êm êm thînte (Jentail-te an lo la pianthar hma, *ESV*) hnênah leh, Pathian “hnaih” taka awmte (Juda ringtute, *ESV*; *Efesi 2:11–13 nêna khâikhin rawh*) hnênah a lo “hril” tawh a. Hê a tlângâupui thû hi lo pawmtu ringtu zawng zawngte chuan malsâwmna ropui tak an chang thîn a ni.

Engtin nge buaina chawk chhuaktu ni lovin, inremna thu tlângâupuitu zâwk nih dân kan lo thiam theih ang? Tûnah ngei hian, kan bul hnâia awmte hnêna inremna leh damna thlentu kan nih theihna tûr eng engte nge awm?

NINGÂNÎ

Kohhran, Pathian Biak In Thianghlim

JULY 27

Paulan kohhran chhünga Juda-te leh Jentail-te an lo inpumkhat theihna tûra tehkhin thû chi hrang hrang a hmante chu engte nge ni? Efesi 2:11–22.

Efesi 2:1–10 khân Isua nêna kan lo inpumkhat tâk thu min hrilh a, chutih láiin, châng 11–22 hi chuan a kohhrana awm vê mi dangte nêna inpumkhat tûrin min hrilh vê leh thung. Isuâ thihna khân chunglam hawi zâwnga hnâ thawkin, Pathian nêna min inremtîr a (*Efesi 2:1–10*); a lei hrût zâwng pawha hna thawkin, mi dangte nêna inlaichinna thâ min neihtîr bawk (*Efesi 2:11–22*).

Kraws hmangin Isuan Juda-te laka Jentail-te then hrang thei thil zawng zawng chu a lo tibo vek tawh a, chüng

a tih bo tâkte zîngah chuan an inkâr tikak zâu zualtu Dân hman sualna pawh a tel. Isuan thil eng emaw din a nei bawk a—chu chu ringtute awmna Pathian biak in thar a ni. Tûnah chuan Juda-te biak in hmun thianghlim hrang hranga an luh ve phalsak ni ngâi lo Jentail-te chu biak in thar an lo ni ta a, chutah chuan an ringtupui Juda-te nêñ an awm ho ta. Kan zavâi hian Pathian kohhran member-te niin, “LALPA-ah chuan biak in thianghlimah kan lo chang zêl thîn a” (*Efesi 2:19–22*); Isua nêñ leh Kristaa kan ûnaute nêñ inpumkhatin kan lo awm thei ta bawk a ni.

Eng tiangin nge Paulan kohhran sawina atâna biak in a hman (*Efesi 2:19–22*) hi 1 Korin 3:9–17; 2 Kor. 6:14–7:1; 1 Pet. 2:4–8 te-a hman a nih dân nêñ khâikhin a nih?

Paulan kohhran sawina atâna biak in a hmang hi kohhran chhûnga Jentail-te pawh an lo tel ve vek theih tâkzia târ lan a tum vâng a ni a. Tûn hmâ zawnga “Temple Hmun Thianghlim” luh phalsak ni vê ngâi miah lote khân, tûnah chuan an lo lût thei ta mai pawh ni lovin (*Efesi 2:18*), anmahni ngîi chu “Thlalarauva Pathian awmna tûra rem khâwm” biak in thar sakna tûr hmanruate an lo ni ta a ni (*Efesi 2:22*).

Thuthlung Thar lehkhabu ziaktuten kohhran thianghlimzia sawina atân Pathian biak in a nih thu an sawi thîn a; kohhran chu Pathianin a din leh a enkawl niin, kohhran chhûnga awm ringtute chu inpumkhat tlat an ni bawk. Hê tehkhin thu hi thil nung chanchin zirna tawngkam nêñ inzawma hman a ni a (biak in chu thang zêl thîn nia a sawina, *Efesi 2:21* chhiar ang che); biak in sak hnâ chu thawh chhunzawm zêl niin a sawi bawk (*Efesi*

2:22, “nangni pawh rem khâwm chhoh zêl in ni sî a,” ESV). Kohhran chu che lova awm tawp mai ni lovin, eng tik lâi pawha thang reng a ni zâwk a, chuvâng tak chuan “Pathian nung biak in” (2 Kor. 6:16) an ni tih pawh an inhre rêng bawk a ni

JULY 28

ZIRTÂWPNÎ
Zir Belhna: A hnuai sawi ho tûrte thuhmahruai hi ngun takin chhiar ang che:

Eng vângin nge Paula hian mihringte inlaichîn tawnna kauunga Kraws-in nghaung a neihte sawi fiah nân Efesi 2:11–22 hi a ziah? Hê thû a ziah lâi hian kohhranah eng thil nge thleng? Paulan kohhran member lo ni tlâng ta Juda-te leh Jentail-te inkâra inlaichîn tawnna awm chungchâng a sawi a. Tûnah chuan Pathian chhûngte (*Efesi 2:19*) an nih avânga inrem tawh a ni tih hre thiamin, chutiang tak chuan nung ho tûrin a duh hlê a ni. Amaherawhchu, a lehkhathawn pum pui hi kan thîr chuan, ziah chhan zâu zâwk leh tum thui zâwk daih a ni tih kan hre thei ang. A thupui ber chu Pathianin Kristaa thil engkim infâwk khâwmtîr a tum thu a ni a (*Efesi 1:9, 10*), chutah chuan “lei leh vâna chhûngkaw tinrêng” (*Efesi 3:15*) hi an tel vek a ni.

Thil pawimawh tak chu, kohhran chhûnga member-te inpumkhatna—Efesi 2:11–22-a sawi—ngei pawh hian tum zâu zâwk neiin, chu chu Efesi 3:10-ah hian a târ lang a: “chutichuan, kohhran hmang hian Pathian finna ngahzia chu [Juda-te leh Jentail-te atangin kohhran a din a] tûnah hian vân hmuna rorêltute leh thuneitute hnênah hriattirin a awm thei ang” (ESV). Kristan krawsa inpumkhatna a lo siam tawh hmang khân ringtute chuan Pathianin Kristaa thil engkim inpumkhattir vek a tumna

chu, tûnah hian hlen chhuahin an awm mêt a ni tih an lantîr tûr a ni a. Inrem taka an awm tlânnâ chuan Pathianin Kristaa ruahmanna a lo siam kha hlen chhuahin a awm a ni tih a tilang bawk ang. Chuvângin, tûn lâi hun atâna thu pawimawh êm êm, mi hrang hrang leh chi hrang hrangte inkâra inlaichin tawnna thâ a awm theihna tûra Bible-in thurâwn min lo pêkte chu kan lo hriat theih nân, Efesi 2:11–22 hi chhiar ngei a túl a. Chutichuan, he leia remna leh muânnna a thlen theih nân, Pathian hna thawhpuitute kan lo ni thei dâwn a ni.

SAWI Ho TÛRTE:

uEfesi 2:11–22-ah hian hnam hrang hrangte inkâra inlaichin tawnna thâ a lo awm theihna tûra Bible thurâwn kan hmû a. Chûngte chu eng nge ni? He lâi thû hian kohhrana awm hnam hlâwm khatten hnam dangte an en dân tûr chungchângah, Kristan min lo zirtir dân ang kha engtin nge min hrilh?

vMihringte tâna Pathianin ruahmanna a lo siam chu ngaihtuah ila (Efesi 1:9, 10; 2:11–22), kohhran tân a member-te inkâra hnam leh chî avânga buaina leh intaina awmte chin fel vat hi eng tiang taka pawimawh nge ni?

wIn khawtlângah khân chî leh chî inkâra buaina chhuak thei reng, mahse, eng emaw avânga la in-up rih mai mai emaw, in ngaihtah luuh emaw eng engte nge awm? In kohhran khân Kristan krawsa a lo hlen chhuah tawh inpumhatna hnâ kha a taka chantir thei tûrin eng nge tih ve theih in neih? Nang ngîi pawh khân chû hnâ chu engtin nge i thawh vê ang?

ZIRLAI 6

JULY 29–AUGUST 4, 2023

CHANCHIN THA THURÜK CHU

CHÂNGVAWN: “Tichuan, keimahnia thawk thîn thiltihtheihna ang zélin, kan dil leh kan ngaihtuah zawng zawng âia nasa zâwk ti theitu hnênah ngei chuan, chatuanin, chhuan zawng zawng thlengin, kohhranah leh Krista Isua-ah chuan ropuina awm rawh se, Amen” (Efesi 3:20, 21).

SABBATH CHAWHNÛ

JULY 29

Chhiar Tûrte: Joba 11:5–9; Ezekiela 43:13–16; Amosa 7:7, 8; Efesi 3; Thupuan 11:1, 2.

EFESI bung 3-ah hian bung hmasa lama a lo sawi tawh thupui bawk kha a rawn sawi nawn leh a, chu chu hei hi a ni: “Chanchin Tha avângin Krista Isua-ah chuan Jentail-te hi roluahpui te, taksa pêng te, thutiam dawnpui te an nih hi” (Efesi 3:6). Hê thû hi tûn lâi kohhranho, a member tam zâwk pawh Jentail-te ni tawh tân chuan thil mak vak pawh a ni lo mai thei a; mahse, a lehkathawn ziah lâi huna mi tam tak tân kha chuan thil thar hlak a ni ngei ang.

Paulan Pathian hnêñ atâ a dawn, thûte chu a sawi chhunzawm zélin, Jentail-te hnêñ Isuâ chanchin tha hril chu a thil nuâm tih leh chák zâwng ber a ni.

Chu rawngbâwl hnâ a thawhna kawngah chuan harsatna chi hrang hrang a tâwk a ni tih pawh kan hria a, chûng a harsatna tawhte zingah pakhat chu Rom sawrkâr siam tân ina khung a nihna kha a ni ang.

Chanchin tha laimu-in a sawi tak chu hlen chhuah ngéi a tum thû a sawi pawh kan hre bawk a; chu chu eng dang ni lovin, kohhranah chuan Jentail-te pawhin an Juda ûnaute ang bawkin dinhmun tha an chang ve vek tih hi a ni. Kohhran tân leh kohhranin a thawh tûra Pathianin hnâ a pêkah hian a phûr hlê a ni tih kan hria a. A tawngtâina lamah pawh, Pathian chu kohhran hmanga a khawngaihna a lantîr avângin a fak thin a ni.

A tâwi zâwngin sawi ta ila, heti taka a phûr avâng hian keini pawhin a chanchin tha hril kha kan hrilpui vê lo thei lo.

SUNDAY

JULY 30

Paula: Jentail-te Hnêna Thu Hriltu Tirhkoh Mi Tâng

Efesi 3 chhiar la. I chhiar pahin thupui a neih pakhat emaw, pahnih emaw hriat tum ang che. Hê bunga thil pawimawh deuh deuh a sawite chu engte nge ni?

Efesi 3 hian ruangâm ngaihnawm tak min chhawp chhuahsak a. Chu chu, “Chuvâng chuan, kei Paula, nangni avâng Krista Isua mi tâng hian” (*Efesi 3:1*) tih tawngkam hmangin a sawi tan a. Mahse, hê thû a sawi zawh hian thu dang, Jentail-te hnêna hnâ a thawh chungchâng a sawi leh ta daih thung (*Efesi 3:2–13*). Chumi, zawh chuan a tîr lamah a lo sawi tawhah khân rawn kîr lehin, “Hemi avâng tak hian” (*Efesi 3:14*, NKJV) tih tawngkam bawk kha a hmang leh a. Chutichuan, châng 14–21-ah hian an tâna a tawngtâi thin thû a sawi ta a ni.

Efesi 3:1-ah hian “Krista Isua mi tâng” tiin a insawi a. Hetianga a insawi chhan chu, Rome sipaiten tân ina an khung, Rome Lalram roréltute thuhnuiaia awm chu ni tho

mah se, a nunah hian Pathian thiltum chu hlen chhuahin a awm mîk nia a hriat vâng a ni. Rome mîte mi tâng ni lovin, Krista Isua mi tâng zâwk a ni tlat! (*Efesi 4:1* chhiar la).

A hrehawm tuârte sawi lang a (*Efesi 3:13*), a hnu-ah pawh khâdiat a bun thû a sawi lang leh (*Efesi 6:20*) hian, a chênnâ ina hrên (house arrest) ni mai lovin, tân inah ngéi khung a ni tih a tichiang a. Kum zabi pakhatna lâi vêla tân ina awm leh, Rome sawrkâr siam rip chhûnga tân chu thil hrehawm tak tûr a ni. A chhan chu, Rome Lalram khân tân in tha leh changtlung tak an nei lo va, intiarna hmun tha râi a awm loh chu thu hran ni se, tângte hnêna nî tin chaw ei tûr pêk pawh an ti hlei thei lo. Dik tak chuan, tân in mamawhna pawh an nei êm êm lo bawk a; a chhan chu tâna ina inkhung hi inhremna hmanrua atân an hman ve loh vâng a ni. Tân ina an khungte chu an thubuai ngaihtuahsak lâite an ni ber a, tihhlum tûra an chungthu rôl thlûk tawhte pawh an dah tel thin. Tân ina awmte chu anmahni mamawh inngaihtuah chawp mai tûra tih an ni a, an chhûngkhatte leh thian thâten an chaw ei tûr leh mamawh an neih dangte an rawn pe thin a ni.

Paula thil hlauhthâwn chu, tân ina khung a nihnaing ringtute rilrua nghawng tha lo a nei palh ang tih a ni; a chhan chu khatih hun lâia an ngaih dânah mi tang nih chu thil zahthlâk tâwpkhâwk a nih vâng a ni. Mi tuten emaw, “Engtin nge Paula hi châwimâwia awm tawh Kristâ tirhkoh leh thuchah puangtu ni siin, mi tâng hmuhsitawm tak a nih theih ang?” tia an zawh te pawh a hlâu a ni mai thei e. Chuvâng chuan, tân ina khung a nih chhan sawi fiahin, Pathian ruahmana zînga mi a nih thû hrilh ta a. Anmahni tâna tuâr niin (“in tâna tuâr ka ni,” ESV), an zahna thlentu tûr nia lang chu an “ropuinaah” a la chang zâwk dâwn a ni (*Efesi 3:13*).

Harsatna namêm lo kan tawh lâite hian engtin nge Pathianah leh a kawng min ruatsakahte chuan rinna nghah dân kan lo thiam theih ang?

THAWHTANNÍ

Thupa Awm Thîn Chanchin Tha Thurûk Chu

JULY 31

Paula hnêñ Pathianin a kawltîrthurûk chu eng nge ni? Efesi 3:1-6.

Efesi 3:1-6 hi chhiar la, tichuan, hêngte hi lo chhinchhiah ang che:

A hmasa berin, he lâi thû bîk hi chu Paulan Efesi khuua awm Jentail ringtu, mi mal ina inkhâwm ho thînte lo chhiar atâna a ziah a ni a (*Efesi 3:1*).

Pahnihnaah chuan, Paulan Jentail ringtute tâna Pathianin a hnêna a pêk, “Pathian khawngaihna enkawlna hnâ” dawngtu a nih thu a sawi a (*Efesi 3:2*). Hê *enkawlna hnâ* emaw, khawngaih rawngbâwl hnâ emaw hi Jentail-te hnêna Pathianin hril tûra a pêk chanchin tha (“Pathian khawngaihna”) awmzia a hrilh fiah dân a ni (*Efesi 3:7, 8* en bawk la).

A pathumnaah chuan, a hnênah *thurûk* puan chhuah/hriattîr a nih thû a sawi hi a ni; chu chu “Kristâ *thurûk*” niin (*Efesi 3:3, 4*), bung hmasa lamahte pawh khân a lo sawi tawh bawk a nih kha (*Efesi 1:9, 10; 2:11-22* chhiar ang che). Paulan chanchin tha hmu chhuaktu anga ngaih nih a duh lo va, Pathianin a rawngbâwlna tûra a pêk chanchin tha puan hnâ chu a thawk mai zâwk niin a insawi.

A palî-naah chuan, Paula hi hê *thurûk* puan chhuaha awm lo dawngtu awm chhun a ni lo va, Thlarau chuan Kristâ

“tirhkoh thianghlimte leh zâwlneite” hnênah pawh, tûn hma lama mîte hnêna puan chhuaha a lo ni tawh thîn âia chiang leh fiah zâwk daihin a lo puang tawh bawk a ni (*Efesi 3:5*). Heta zâwlnei a tih hian Thuthlung Hlui hun lâia zâwlneite kha ni lovin, Kristian hmasâ, mi mal ina inkhâwm thînho zînga hrilh lâwkna thilpêk kawl leh, hrilh lâwkna thu puâng thînte kha a kâwk zâwk maithei a. *Thurûk*, tûn hmâa thupa awm thîn kha tûnah chuan “*thurûk uâlau*” tak tia kan sawi thin ang hi a lo ni ta a ni.

A tâwp berah chuan, “Hê *thurûk* hi Jentail-te pawh ro luahpuite, taksa thuhmun pêngte ni ve tho leh, chanchin tha avânga Krista Isuua thutiam changte an nih ve tâkna hi a ni” tiin a puâng a (*Efesi 3:6*, ESV).

Paulan chachin thâ a tuipui hlê a, Juda-te leh Jentail-te inawm pawlhna kohhrana puan chhuah a nih dân phei hi chuan a tiphûr lehzual hlê âwm e. Hêng pâwl pahnithe hi Pathian mi thar, a mihring siam thar biak in sakna tûr lungrem an lo ni tlâng ta a ni (*Efesi 2:14-16* en la). Tûnah chuan inhmêlmâk tawn êm êm thîn kha “ro inluah tâwm” ni tûra siam thar an lo ni ta tiin kan sawi thei a, “taksa pakhat ni ho” (Krista taksaa tel theuh) leh chanchin tha thutiam “chang tlâng” an lo ni ta bawk (*Efesi 3:6* en la).

Chanchin tha hi chuan mi tin a huâp zo vek a, chumi kalh zâwng rilru chu, a rûk deuh pawhin i lo pû em? I lo pû a nih chuan, engtin nge i thlauhthlâk theih ang?

THAWHLEHNÍ

Kohhran: Pathian Finna Puangtu

AUGUST 1

Paulan Pathian leh Pathian thiltihte chungchâng a sawi chu eng nge ni? (Efesi 3:7-13).

Paulan “Pathian khawngaihna thilthlāwnpék” zâra “rawngbâwltu” a nih thu bawk kha a sawi nawn leh a (*Efesi 3:7*, ESV; 3:1, 2). He thilthlāwnpék hi, chanchin tha ang bawka a dawngtu’n hlutna eng emaw a neih vânga pêk ni lovin, Pathian khawngaihna vâng liau liau zâwk a ni. Chutiang a nihzia chu chiang taka hre tûrin min duh a, chuvâng chuan, “mi thianghlim zawng zawng zînga tê ber âi pawha la tê zâwk” (*Efesi 3:8*, ESV) tiin a insawi kher rêng a ni.

Paula lehkhathawn hrang hrangte hi ziah a nih hun indawta kan chhiar chho zêl a nih chuan nia a inhriat dân a danglam ve hret hret a ni tih kan man thiam ngei ang. A tîr lamah chuan, Pathianin a ruat tirhkoh niin a inngâi thîn a (*Gal. 1:1*). Mahse, a hnu-ah chuan “tirhkohte zînga tê ber, “tirhkoh tia koh pawh phû ve lo” ni hialin an insawi leh thung (*1 Kor. 15:9*, NKJV). Efesi Lehkhathawnah hi chuan “mi thianghlim zawng zawng zînga tê ber âi pawha la tê leh zual zâwk” (*Efesi 3:8*, ESV) tiin a insawi ve leh ta thung a. Timothea hnênah phei chuan mi sualte zîngah pawh a “hotu ber” (*1 Tim. 1:15*, NKJV), a “sual ber” (NIV) ni hialin a insawi.

Hetiang taka Paula a inngâi hniam êm êm mai hian Ellen G. White-i thuzaik hmingthang tak pakhat, “Isua chu i hnaih zawh poh leh i dik lohna i hmu chiang leh zual ang; a chhan chu i khawhmuh a lo fiah leh zual ang a, i famkim lohnate chu a nihphung tha famkim tak lakah chuan chiang tak leh fiah taka hmuh a nih dâwn vâng a ni”—*Krista Panna Kâilâun*, p. 49 tih kha a awmzia sawi fiah chiang viau âwm e.

A sawi chhunzawn zêl a, Efesi 3:10-ah pawh, “vân hmuna lalnate leh thuneihnate hnêna Pathian finna ngahzia kohhran hmanga hriattîr hi a tum tak chu a ni (NKJV) tiin

a ziak leh bawk a. Heti lâia “vân hmuna lalnate leh thuneihnate” a tih hi tute nge ni? Kohhran hian eng tin nge Pathian finna “ngahzia” chu anni hnênah hian a puan? Efesi 3:10 hian chûng thuneihnate nihphung chu sawi lo mah se, Efesi 6:11, 12-a chipchiar zâwka a sawi thlarau sualte hi a nih ngei a rinawm thung a. An lo ni a nih chuan, tûn hma lama lo inyaw tawn êm êm thîn Juda-te leh Jentail-te tipumkhatu kohhran hi chûng ramhuai, “vân hmuna lalnate leh thuneihnate” changtute hnêna Pathian thil ruahman, “amah Kristaah chuan thil eng kim, leia thil awmte leh vâna thil awmte inpumkhatna” (*Efesi 1:10*, ESV) lo thlen tâk thu puangtu an ni tihna a ni ang. Pathian ruahmannu chu tihhlawhtlin chhoh zêl a ni a, ramhuaite chu thiam loh chantîr an ni ngei dâwn. Hetianga kohhranho an lo inpumkhat tha ta êm êm mai hian ramhuaite chu hneh an ni ngei dâwn a ni tih chiang takin a tilang a ni.

In kohhran khân Efesi 3:10-a Paulan kohhranin a thawh tûr hna a sawi hi lo la thutak hle ta ni ula’ng, eng tiangin nge nangmah leh i member-puite inkâra inlaichin tawnna awm kha a tihdanglam ang?

NILÂINÍ

Krista Chu In Thinlunga Chêntîr Rawh U

AUGUST 2

Paulan Efesi 1:16–19-a dîlna lo thlen tawh kha Efesi 3:14–19-a ringtute tâna a dîlsakna nêñ hian khâikhin la. Eng tiang kawngtein nge hêng ngenna thu pahnithe hi a inan?

Efesi 3:14, 15 thu phênah hian tawngkam hman kî kâwi kual deuh hlek a awm a. “Pa, leiah leh vâna chhûngkaw

tinten an hming an châwi chhan” hmâa a thingthit thin thu a sawi hian Grik tawnga “Pa” tih sawina thumal, *pater* leh Grik tawnga “chhûngkua” tih sawina, *patria* te inzawm hnaihzia târ lan a tum a ni. Efesi Lehkhathawnah hian Pathian chhandamna ruahman chuan a huam zau hle a ni tih a sawi a, thil zawng zawng tân (*Efesi 1:9, 10*) leh eng huna mi tân pawh (*Efesi 1:21*) a ni a ti. Tin, “leiah leh vâna chhûngkaw awm zawng zawng” hi “Pa” tâ vek niin, chûng chhûngkaw (Grik tawngin, *patria*) tinte chuan Pa (Grik tawngin, *pater*) hnêñ ata an hming an dawng bawk a. Hei hi chanchin lâwmâwm tak a va ni êm!

Heti hian han ngaihtuah teh: In chhûngkua kha, famkim lo leh hlawhchham châng nei fo thîn ni mah ula, Pathian tâ a ni a. Chan tâwk khuarêl râwng takin a man beh tlat che u ni lovin, Pathian ngaihsakna kuta awm in ni zâwk. Pathian chuan chhûngkaw tha famkim lo tak takte hi a hmangaih tlat a. Chûng chhûngkuate chuan Pathian hming an pu vek a. Anmahni neitu a ni tih chhinchhiahna an nei theuh bawk.

Efesi 3:16–19-ah hian Pathian chu ringtute hnêna thlarau lam malsâwmna tam tak pe tûrin a ngên a. Chu malsâwmna chu an lo chang a nih chuan Thlarau awmpuina azârah an chhûngril lam nun chu tihchaka lo awmin (*Efesi 3:16*), anmahni chhûnga chêng nia a sawi Krista nén chuan an innêl êm êm ang a (*Efesi 3:17*), thlarau lamah nghet tak an lo ni bawk dâwn a ni (“hmangaihnâa zung kâi leh innghat,” *Efesi 3:17*, ESV).

Paulan Pathian chu ringtute hnêna malsâwmna tam tak a pêk avângin a fak a, chu a fakna chu kawng thum ni lo, kawng li zâwkin a chham chhuak nghe nghe bawk, chûngte chu—”zauzia te, seizia te, sânzia te leh thûkzia te a ni (*Efesi 3:18*, ESV). Hêng a tawngkam hmante hian

eng nge a kawh tih chu chiang takin sawi lo mah se, thil pawimawh tak eng emaw lenzia a sawi a ni tih chu a chiang êm êm thung a. Bible zir chiktute tân chuan zawhna ngaihnawm tak a ni ngei ang. Hêng tawngkam a hman palite hian Pathian finzia an sawi nge ni a (*Joba 11:5–9 chhhiar la*), Pathian thiltihtheihzia an sawi zâwk (*Efesi 3:16, 17 chhiar ang che*)? A nih loh chuan, Efesi 2:19–22-a kan hmuh thlarau lam biak in chungchâng an sawi a ni thei ang em (*Ezek. 43:13–16; Amosa 7:7, 8; Thup. 11:1, 2*)? Hêng tawngkam pali, “a zauzia te, a seizia te, a sânzia te, a thûkzia te hriat chian theihna” (*Efesi 3:18*) tihte hi a dawt chiaha a tawngkam hman, “Krista hmangaihnâa hriat theih nân” (*Efesi 3:19*, ESV; *Rome 8:35–39*) tih nén hian a inzûl that êm avângin “Krista hmangaihnain” a huam kimzia sawina atân a hmang a nih a rinawm ber a (*Efesi 3:19*). Eng pawh ni se, a tawngkam hmante hi hriat nuam leh thlamuanthlâk tak chu a ni hrim hrim tho âwm e.

NINGÂNÎ

Kohhranah leh Krista Isuaa Ropuina

AUGUST 3

Paulan a tawngtâi thin thu a sawina chângte chu Pathian fakna hla tâwi tê hmangin a khâr a. Eng thilahte nge Pathian chu a fak? Efesi 3:20, 21.

Paulan ringtute tâna a tawngtâi thin thu eng emaw chen chu a lo sawi ta a. Tûnah chuan Pathian fakna hla thu tâwi tê a chham ve ta thung. Pathian fakna hla a chham hian zawhna pahnih a siam a, chûngte chu: 1) Kohhran chu rem leh rem lo pawh sawi lova châwisângin, Krista dinhmun tlukpuiah a dah tihna em ni? (“kohhran leh Krista Isuaah chuan ropuina awm rawh se,” *Efesi 3:21*).

Paulan Efesi khuua kohhranho hi ngaihsak hle tho mah se, ringtute thinlunga chêng chu Krista a nih tlat avângin Krista chu kohhran Chhandamtu a ni tih a chiang a (*Efesi 3:17*). Chuvâng chuan, a tâwngtâina khârna hlaah pawh hian Pathian chu Krista Isua zâra kohhran hnêna chhandamna a pêk avângin a fak rêng a ni.

2. “Chatuanin, chhuan zawng zawng thlengin” (*Efesi 3:21*) tih tawngkam hian kohhran chuan he leiah hian chatuana awmin, Krista lo kal lehna pawh a duh chuan tikhawtlâi thei a ni tih a sawi em? Efesi Lehkhathawn hian kohhranin hma lam hun êng tak a neih thu a sawi a. Entir nân, Efesi 4:30 thu pawh hian “tlanna ni” chu a nghahhleh thu min hrilh. Ringtute chuan “khawvêl lo la awm tûrah” (*Efesi 1:21*) Krista thiltihtheihna tâwp chin awm lo chu an la chang dâwn bawk a. Chuvângin, Paulan a tawngtâi khârna atâna hla a chham hi ringtute tâna Kristan a thiltihtheihna tâwp ngâi lo a hman avânga a fakna a ni tih kan hre tûr a ni.

Paulan ringtute a tawngtâisak thin thu a sawina hnuhnûng zâwk (*Efesi 3:14–21; Efesi 1:15–23* nén khâikhin ang che) kha han en leh ila, Pathian enkawlna (*Efesi 3:14, 15*), Thlarau Thianghlim chêncilhna (*Efesi 3:17*), amah Krista nêna inkawpna (*Efesi 3:17*) leh Krista hmangaihna NASA tak hriat sên rual loh (*Efesi 3:18, 19*) a chan avânga chakna a neih thu kan hmu a. Hei hi a dikzia mai chu, ringtute pawh “Pathian famkimna tinrêng chuan” (*Efesi 3:19*) tihkhan an ni dâwn tih a lo hmu lâwk a, chûng thlarau lam malsâwmna chi hrang hrang an dawn zozaite avâng chuan Pathian a fak lo thei ta lo a ni (*Efesi 3:20, 21*).

Harsatna, thlêmna, rinhlehna kan tawh châng te hian he Paula tawngtâina thu chham hi i chhiar thin ang u. Tân ina awm tirhkoh hian kan thlarau lam mit chu Pathian H-6

thiltum leh a khawngaihna hmu thei tûrin min châwisânsak a, tûna harsatna kan tawh mék hi chu eng pawh ni se, Pathian ruahmanna tihhlawhtlingtu kan nih bâkah (*Efesi 1:9, 10*), keimahni-ah hian a thiltihtheihna chuan hna a thawk a ni tih min hrilh nâwn leh thin bawk a ni

Pathian hnêñ atanga malsâwmna i dawnte zîngah khân eng nge i tân hlu leh zual ber le? Chûng i malsâwmna dawnte avâng chuan Pathian i fak theih nân tawngtâia fakna hla phuah chhuah zir ang che.

ZIRTÂWPNI

AUGUST 4

Zir Belhna: Ellen G. White, “Tûn Lâi Harhtharnate,” in *Indona Ropui*, pp. 461–478 chhiar ni se.

“Eng tin nge thlarau lama kan dinhmun hniam tak hi hriatna famkim pêk min tiamna Bible châng, Efesi 3:14–19 nén hian kan tuah rem theih ang? Khawngaihnaa kan than chhoh zêl theihna tûra thlarau lam leh tisa thila malsâwmna kawltu Ván khian remchânnna kan neihte hi hma kan sâwntîr loh chângte hian eng tin nge min rawn thlîr ang? Tirhkoh Paulan hêng thute hi kan chil tipût ringawt tûr emaw, min bumna tûr emaw, a nih loh leh beidawnna min neihtîr a tum emaw vânga sâwi a ni lo va. Pathian ram changtute kan lo nih ngei theihna tûra sawi a ni zâwk. Thlarau lama hniam tak kan nih chuan eng tin nge Pathian hna thawhpuitute kan nih theih ang? Kristian kan nih avânga hamthatna kan dawn zozaite hi kan hre vek a, Lalpan nei tûra min duhsak êm êm Pathian thilte chu hriat thiamna thûk zâwk neihsak hmu Pathian hriatna a tih hi kan nei thei a ni tih kan ring tak a ni.

“Bible hi kan ring tak zet em le? He lâi thu-a kan hmu Pathian hriatna a tih hi kan nei thei a ni tih kan ring tak

tak êm? Pathian kâa thu tin chhuak hi kan ring em? Zâwlneite leh tirhkohten an lo sawi leh, êng leh hausakna zawng, hausakna leh famkimna tinrêng neitu Isua Krista thu sawi hi kan ring em? Pathian leh a Fapa hi kan ring tak zet em?”—Ellen G. White, *The Advent Review and Sabbath Herald*, October 1, 1889.

SAWI Ho TÛRTE:

EEEfesi 3:20, 21-a Paula fakna hla phuah chhuah leh Thuthlung Thar lehkhabu danga fakna hla dang kan hmuhte hi khâikhin la—*Rome 11:33–36; 16:25–27; Filipi 4:20; 2 Pet. 3:18b; Juda 24, 25. Hêng fakna hlaahte hian eng thute nge awm hlawm? Hêng fakna hlaten an lantîr Pathian fakna leh chibai bûkna hi eng tin nge kan lo neih ve theih ang?*

Efesi Lehkhathawn Paulan Grik thumal, pleroma (“famkimna”) tih a hmannapali-te hi khâikhin la. Eng vângin nge he thu hi a ngaih pawimawh êm êm le? **ŽEfesi 3-a Paulan Pathian thiltih chi hrang hrang a fakte zîngah hian eng hian nge hneh deuh ber che?**

Paulan Efesi Lehkhathawn chanve hma lam hi a tîra a tanna thu, Pathian hnêna tawngtâina leh fakna thu (*Efesi 1:3–21*) **bawk khân a khâr leh a. Krista leh Thlarau zâra ringtute nuna Pathian thiltihtheihna awm chu nasa takin a fak a ni** (*Efesi 3:16–21*). **Eng tin nge Ellen G. White in a lo sawi ang khian, he thiltihtheihna hi kan nunah nasa leh zualin kan lo chan theih ang?**

ZIRLAI 7

AUGUST 5–11, 2023

ISUA TAKSA INPUMKHATNA

CHÂNGVAWN: “Rawngbâwl hna thawk tûra mi thianghlimte tihfamkim nân, Krista taksa siam tha tûrin thenkhat chu tirhkokh atân te, thenkhat chu zâwlnei atân te, thenkhat chu Chanchin Tha hriltu atân te, thenkhat chu kohhran châwmtu leh zirtîrtu atân te a pe a” (*Efesi 4:11, 12*).

SABBATH CHAWHNÛ

AUGUST 5

Chhiar Tûrte: Sâm 68:18; Isaia 5:4; Tirhkohte 2; 1 Korin 12:4–11, 27–30; Efesi 4:1–16; Filipi 2:3.

AESOP-a thawn fingte zînga pakhat, “Pumpui leh Ke” tih chu hetiang hi a ni a: “Pumpui leh kê te chu taksa pênga a pawimawh zâwk nih inchuhin an inhnial vak mai a. Ke chuan a chak êm avângin pumpui pawh a kalna apiangah a pu kual thîn niin a sawi a. Mahse, pumpui chuan, ‘Nimahsela, ka thian duh dak, keima chhüngah hian châw lo la lüt lo ta ila, eng thil mah i pu thei hauh lo vang’ tiin a chhâng a.”—Lloyd W. Daly, *Aesop Without Morals* (New York: Thomas Yoseloff, 1961), p. 148.

Paula erawh hi chuan mihring taksa hi thlarau lam thilte sawi fiahna hmanrua atân a hmang ve thung a. A ngaih dân chuan, mihring taksa—Krista taksa a nihna anga kohhran pawh hi—thil tih theih inang lo tak tak nei taksa pêng hrang hrang inrem khâwmin a siam niin, chüng pêng hrang hrangte chuan taksa a lo hrisêl theih nân hna an thawk ho vek tûr a ni. Efesi 4:1–16-ah hian a

lehkhathawn dangah pawh a lo hman tawh (*Rome 12:3–8, 1 Kor. 12:12–31*) taksa tehkhin thu bawk kha a rawn hmang leh a. Krista chu taksa Lû niin, ani chuan taksa hnênah taksa a lo pumkhat theihna tûra hna thawktu “theihna” nei mi hrang hrang a pe a, chûng mi hrang hrangte—kohhran member tinte—chuan taksa a lo chak theih nân an theihnat an thawh khâwm theuh thîn a ni.

Paula mitthlâa awm taksa hrisêl leh inpumkhat tha tak hian Pathianin kohhran tâna thiltum a neih chu hre thiam thei tûrin min tanpui a, chu chu Kristaa inpumkhat leh rah chhuah kohhrana a pêng pakhat lo nih ve a ni.

SUNDAY

Thlarau Inpumkhatna

AUGUST 6

Efesi 4:1–16 chhiar la. Paulan kohhran inpumkhatna vawng nun tûra ringtute a fuih dân chu eng nge ni?

Paulan Efesi Lehkhathawn chanve hnu lam (*bung 4–6*) zawng hi inpumkhatna vawng nun tûra sâwmna thu nén bul a tan a. Mahse, chu chu bung hnihad thenin, pakhat chu Efesi 4:1–6 hi a ni. Hetah hian ringtute chu inpumkhatna siam theitu nungchang tha leh mâwite (*Efesi 4:1–3*) putna hmanga “Thlarau inpumkhatna” vawng nung turin a ngên a, he a sâwmna hi “pakhat” chi hrang hrang pasarih zet hmangin a tuihnih leh bawk (*Efesi 4:4–6*). A dang pakhat chu Efesi 4:7–16 hi a ni a. Hetah hi chuan châwisâna awm tawh Isua chu a miten khawngaihna an dawn theihna Hnâr niin a sawi thung. Isua khawngaihna chuan mite nêna chanchin tha hril thei tûrin a kohhranho a tanpui a (*Efesi 4:7–10*), kohhran member zawng zawngten Krista taksa a lo thana, a lo hrisêla, a lo inpumkhat theih

nân hna an thawh tlân theuh dân pawh a sawi fiah bawk (*Efesi 4:11–16*).

Efesi 4 bung tîr lamah hian Paulan Kristiante chu [Isua Kristan] a kohna phû-a awm tûra a sâwm thu kan hmu a (*Efesi 4:1*). Heta “awm” tih hi Saptawng Bible lamah chuan “kal” tih sawina, “walk” tih a ni a, Mizo tawnga “awm” tih hian a sawi tum a phawk chhuak tha hle, “nung” ti pawha lehlin theih a ni bawk (*Efesi 2:2, 10; 4:17; 5:2, 8, 15* en la). Paulan kohna an dawn thu a sawi hian a sawi tum chu Kristian rinna pawm tûra sâwm an ni a tihna a ni a (*Efesi 1:18; 2:4–6, 13*). Ringtute chu Pathianin an tâna ruahmannna a lo siam inpumkhatna nungchang lan chhuahtîr tûra ngênen (*Efesi 4:9, 10*), inpumkhatna thlen thei nungchang mâwi (*Efesi 4:1–3*), entîr nân, inngaihlâwmna te, thuhnuairawlhma te leh dawhtheihna te pu theuh tûrin a chak bawk a ni

Hêng tawngkamte hi a mal tê tê-in lo en ila.

Paula vêk hian Efesi 4:2-a a sawi *inngaihlâwmna* tih hi a lehkhathawn dangah a awmzia a lo sawi fiah a, “mahni âia mi dangte tha zâwka ngaihna” (*Filipi 2:3*) a ti. Chuti a nih chuan, inngaihlâwmna tih chu mahni inngaih hniamna emaw, inngaih nêpna emaw anga ngaih tûr a ni lo va (*Kol. 2:18, 23* en la), mi dangte hlutna hmuhsak leh an rawngbâwlsak tihna lam a kâwk zâwk.

Thuhnuairawlhma (*Efesi 4:2*) tih hi chu “mahni pawimawh nia inhriatna nei lo” tiin a hrilh fiah theih ang a, “mi dangte zah der thiamna, mi dangte hma ngaih theihna, zâwldawhna” tihna te pawh a ni thei bawk ang.”—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 hnuhnûng ber, *dawhtheihna* (Saptawng Bible thenkhatnah chuan *longsuffering* tih a ni a, Mizo tawng chuan *hrehawm taurh peihna* tihna a ni âwm e) tih hi chu fiahna, hrehawmna leh thinurna hnuiaia awm theihna tihna a ni a. Chutiang chuan, hêng nungchang hrang hrangte hian mahni pawimawh bera indahna rilru pu lova, mi dangte hlutna leh thatna hmu thiam zâwk tûrin min hruai thin a ni.

Inngaihtlâwmna, thuhnuairawlha, dawhtheihna.
Hêng nungchang mâwi tak takte hian inpumkhat thei tûra mi a tanpui dân ngaihtuah la. Hêng nungchang mâwite hi eng tin nge kan lo put theih ang?

THAWHTANNI

Kristaa Chuan Pumkhat Kan Ni

AUGUST 7

Paulan inpumkhata kohhranhote awmtîr theitu tûr “pakhat” hlîr pasarih a sawite kha eng nge ni? Hêng thute hi eng vânga sawi nge a nih? (Efesi 4:4–6).

Paulan “pakhat” a sawi pasarihte hian hla thu ziarâng a pu deuh a, Efesi Lehkhathawna nemnghehna hla a hman kha a rawn thual nawn leh ni pawhin a lang. Hêng “pakhat” hlîr pasarih a sawite hi “pakhat” pahnihte sawi kawpin bul a tan a, chûngte chu: “taksa pakhat” (heta taksa a tih hi kohhran, Krista taksa a ni, *Efesi 4:12, 16; 1:23; 5:23, 29, 30*) leh “Thlarau pakhat” (*Efesi 4:4*) a ni. *Pakhat* pathumna chu “a koh chhan che u beiseina hmun khat” a ni ve leh a (*Efesi 4:4* leh *Efesi 4:1* te hi khâikhin ang che).

Tichuan, “pakhat” dang pathum, “LALPA pakhat” (hei hian a kawh chu Krista a ni) tih te, “rinna hmun khat” (a awmzia

chu Kristianten thurina an neih tihna a ni, *Efesi 4:13; Kol. 1:23; Kol. 2:7; Gal. 1:23; 1 Tim. 4:1, 6*) tih te leh “baptisma hmun khat” tih te a sawi leh a (*Efesi 5:26* chhiar ang che). Hêngte a sawi zawk hnu hian Pathian nihna sawi fiahin, Pathian chu “Pakhat leh mi zawng zawng Pa, eng kim chunga awm, eng kim fang chhuak leh eng kim chhûngah awm” a ni a ti (*Efesi 4:6*).

Paulan he hla thu hmanga Pa Pathian nihna a sawi hian eng nge min hrilh a tum ni ang? Pathian chu “eng kim Pa” a nih avângin Siamtu a ni. A thu dawt lehte hian Pathianin khawvél a siam zawk hnuia “thil eng kim,” a thil siam thil tinrêngte Pa a nih dân a sawi ve thung a. “Eng kim chhûngah” a awm a tih avâng hian zirtîrna dik lo, thil eng kim chhûngah hian Pathian a awm vek a ni tih rinna (pantheism) emaw, eng kim hi Pathian chhûngah inchhûng khâwm vek a ni tih rina (panentheism) emaw a zirtîr a ni lo va. Pathian chu eng kim chunga awm a nihzia leh eng kim fan chhuaktu, eng kim chunga thu neitu a nihzia a puang zâwk a ni.

Kohhran inpumkhatna chungchâng thil pawimawh tak tak pahnih a sawite hi lo chhinchhiah ila (*Efesi 4:1–6*). Pakhatnaah chuan, inpumkhatna chu thlarau lam thil, “pakhat” pasarihtea zung kaih leh a tak taka thlentîr theih a ni a (*Efesi 4:4–6*). Pahnihna chu, he inpumkhatna hi keimahnin kan vawn nun leh than lentîr ve a ngâi tih hi a ni (*Efesi 4:3*). Hê inpumkhatna hi a taka thlentîr kan tumna kawngah hlawhchham châng kan nei fo dâwn a, chumi avâng chuan a tah pawh kan tap thin nghe nghe ang. Amaherawhchu, kan hlawhchhamna chu eng pawh lo ni se, kohhran inpumkhat theihna tûra Kristaa Pathian hnathawhah chuan kan lâwm tûr a ni a, “Thlarau inpumkhatna” (*Efesi 4:3*) chu a taka thleng thei a ni tih

kan ring ngam tlat tûr a ni bawk. Pathian hnathawh lâwm nachâng kan hriatna chuan he inpumkhat hna hi rilru thar nén theihtâwp chhuaha hawk zéл tûrin mi a tichak ang a, chutianga kan tihna hmang chuan Pathian hnathawh kan hlen chhuak thei dâwn a ni.

Efesi 4:4–6 chhiar leh la. Krista zâra Pathianah leh Pathian nêna kan inpumkhatna chungchâng a sawi hi i lo hriat hian eng nge i rilru-ah lo awm?

THAWHLEHNÍ

Châwimâwia Awm Krista, Thilpêkte Petu

AUGUST 8

“Amaherawhchu, Krista thilphalna azârah mi tin hi thilthlâwnpêk min pe theuh a. Chuvâng chuan a nia Pathian Lehkha Thu pawhin, ‘Chung lamahte a han chhoh lâi khân saltângte chu hruaiin a mite hnênah thilthlâwnpêk a sem a’ tia a lo sawi rêng a ni.

“A han chhoh’ a tih hi lo chhinchhiah ila. A awmzia chu Krista kha kan khawvél hmun hniam takah hian a lo chhuk tawh ngei a ni tihna a ni. Tichuan, lo chhuk taa vêk kha vân zawng zawngte âia sânga han chho taa chu a ni a, lei leh vân pum pui hi amahin a lo tikhat vek thei ta a ni” (Efesi 4:7–10, NLT). Hetah hian eng thil nge thleng a, Paula thil sawi hi eng nge ni a awmzia?

Paulan Sâm 68:18 thu a sawi chhâwng a, chu chu hei hi a ni: “Chung lamahte i chho lâi khân saltângte chu i hruai a. Mite hnênh atangin thilthlâwnpêk dawngin, nangma laka helte ngei hnênh atang pawhin i dawng bawk a nih kha” (NLT). Sâm 68:18 hian LALPA, Jehova chu hnehná

chang thîn sipai hotu angin a sawi a, a hmêlmate a hneh hnu-in a khawpui inngahahna tlângah chuan a sal mante nén a han lâwn chho ta a (Sâm 68:1, 2 en ang che). Chutichuan, a hneh tâk a hmêlmate hnênh atangin chhiah a la ta a ni (“thilthlâwnpêk dawng”). Paulan he tehkhin thu hi tlêma her danglam hretin, châwisâna awm tawh Krista zâwk hian “thilthlâwnpêk a sem” niin a sawi ve thung a (Sâm 68:35 en la).

Sâm 68:18-a sawi dân hi kan zui zâwk dâwn a nih chuan, *chho* a tih—vâna Krista a han chhohna (Efesi 1:21–23)—hi a thleng hmasa zet a, chumi hnu chuan leiah lo *chhuk* lehin, a mite hnênah thilpêkte a pe a, thil eng kim a luah khat ta vek a ni. Hei hi Paulan Petikost nia Thlarau Thianghlim leih buak a nih thu a sawi ve dân a ni a. A thlîrna hi Efesi 4:11, 12-ah rawn nemnghet zuiin, châwisâna awm tawh Isuan thilpêk a pêkte chu Thlarau Thianghlim kha a ni a ti.

Krista chu vânah a han chho a, saltângte chu hruaiin mihringte hnênah thilpêkte a pe ta a ni. Krista vânah a chhoh hnu khân Thlarau chu tiam a lo ni tawh ang ngein a lo thleng ta a. Thlî na taka a tleh ang mai hi niin, thâwklehkhatah zirtirte awm khâwmna pindan chu a luah khat ta nghâl vek a. Eng nge a nghawng le? Ni khat thil thu-ah mi sâng eng emaw zât an lo piangthar ta a nih kha.”—Ellen G. White, *Ye Shall Receive Power*, p. 158.

He châng tâwi tê hi rilin, a sawi awmzia tak pawh hre chhuak famkim thei rih lo mah ila, Kristan kan tâna thil a lo tih tawh leh a la tih leh tûr, a bîk takin “eng kim amaha a tikhah vêk” (Efesi 1:23, NLT) huna a tih tûr a sawite atang hian eng tin nge thlamuanna kan lo chhar chhuah theih ang?

NILAINI

Châwisâna Awm Tawh Isua Thilpêkte

Paulan Sâm 68:18 thu hmangin thlân ata tho leh, châwimâwia awm ta, hnehma changtu Isuan vân atanga thilpêkte a mite hnêna a rawn pêk dân a sawi a ni a. Châwisâna awm ta Isuan a pêk “thilpêkte” chu eng nge ni a, eng atâna pe nge a nih? Efesi 4:11–13.

Paulan châwisâna awm ta Isuan a kohhranho hnêna a pêk “thilpêkte” dawng mi hrang hrang pali a sawi a, chûngte chu: 1) tirhkohte; 2) zâwlneite; (3) chanchin tha hriltute; 4) kohhran châwmtute an ni. Hêng thilpêkte hi hna pawimawh tak, “rawngbâwl hna thawk tûra mi thianghlimte thuam an nih theih nân, Krista taksa siam tha tûrin” a pe a (*Efesi 4:12*, ESV). Chu hna chu “rinnna leh Pathian Fapa hriatna kawngah chuan thu khat vuua, puitlinga, Krista famkimna lenzia tluka kan zaa kan lo awm hma loh chuan” (*Efesi 4:13*) thawh chhunzawm zêl tûr a ni.

Efesi 4:13 thu hi Adventist hmasa, Ellen G. White-i thlarau thilpêk dawn chungchânga zawhna neite tân phei kha chuan a pawimawh leh zual hle ang. Bible hian hrilhlâwkna thilpêkin kohhran chhûnga hna a thawh hi tirhkohte hun atân chauh em ni a lo sawi? Nge ni a, Krista lo kal leh hma chuan he thilpêk hi a la awm chhunzawm zêl zâwk dâwn? Adventist hmasate khân a chhâanna chu Efesi 4:13-ah hian a hmu a, chu chu thawnthu pakhat, a zin chhuahna atâna a zawm tûr thil tûl zawng zawng inziahna lehkhabu neitu lawng captain chanchin hmangin an sawi fiah thîn bawk. Lawngin lawng chawlhna hmun a hnaih tawh hlê tihah captain chuan a lehkhabu ken chu a han keu a, a lawngah chuan a khalhtu rawn lütin a lawng

AUGUST 9

chu a rawn khalhsak dâwn a ni tih hi a lo inziak a. A inziah dân ang chu a zawm dâwn chuan, lawng khalhtu chu lawngah a chuantîr ve ang a, a thil sawite chu a zâwm tûr a ni. “Aw le, tuten nge inkaihhruaina dân bua inziak kha zâwm zâwk? Lawng khalhtuin a sawi lo pawm lotute nge nia, inkaihhruainabuin a hrilh anga lo pawmtute zâwk kha? Nangmah ngei khân han chhâng teh.”—Uriah Smith, “Do We Discard the Bible by Endorsing the Visions?” *Review and Herald*, January 13, 1863, p. 52.

“Kohhran châwmtute” (“pastor-te”), “zirtirtute,” leh “chanchin tha hriltute” a tih hi tute nge ni ang? tih thuah hian kan hmehbel dânah kan fimkhur hle a tûl a, a chhan pawh hêngte hi keimahní hun mila kan lo ngaihtuah thin vâng a ni. Kan hriat theih chinah, Paula te hun lâi kha chuan hêng mite hi kohhran member pângngâi vek an ni hlawm a, an rawngbâwlina hmun pawh mi mal ina inkhâwm ho thînte zîngah khân a ni deuh ber bawk (*1 Pet. 2:9; Tirh. 2:46; 12:12* te pawh chhiar ang che).

Isaia 5:4 thu, “Ka grêp huanah hian ka tih tawh ang lo liam kha chuan a chungah a chungah eng nge tih leh chuan tûr lo la awm ta ni le?” tih hi ngun takin ngaihtuah la. Pathianin a kohhranho hnêna thilpêk a pêk chu Ellen G. White-i thuziakte a ni thei ang em?

NINGANÍ

Krista Ang Tûra Thang Zêlin

AUGUST 10

Kohhran hian Krista anna kawnga a then zêlna tûr dâl thei eng thilte nge awm? Efesi 4:14.

Paulan Efesi khuaa ringtu awmte kha “zirtirna thli tinrêng” leh “bumna thu chi hrang hrang” ten a tihbuai

theih dinhmunah a awm mēk tih a hria a, keini hun nēn pawh hian a inang hle mai. Pathian thu pawm dān dik lo hlauhawmzia sawi fiah nāna tehkhin thu pathum a hmang a, chūngte chu: 1) puitlin theih lohna, “chutichuan, naupang kan ni tawh lo vang” (ESV); 2) tui fāwnin a vawrh leh a len a len, “zirtīrna thli chi tinrēngin lehlam lehlama a vawrh leh a len a len” (ESV); 3) mi fing vervēk takten an bum thlūka awm te a ni.

Paula chuan inrem lohna, inthen hranna hi zirtīrna dik lo rah chhuah niin a ngāi a: taksa chāwma tithangtu, tipumkhattu chu zirtīrna tha leh dik a nih lāiin, tlachhama siamtu leh then darhtu erawh chu zirtīrna dik lo leh tha lo tak a ni thung. Kohhran member-te chuan kohhran tiphel thei zirtīrna rēng rēng chu hawisanin, zirtīrtu rinngam leh fiahna lo pal tlang tawhte (*Efesi 4:11*) chu an bēl zāwk tūr a ni a. Chutianga an tih chuan Kristian puitlinna dik tak lam panin Krista takaah hian hna pawimawh tak an thawk thei dāwn a ni (*Efesi 4:12, 13; 4:15, 16*).

Eng tiang kawngtein nge kohhran hrisēl chuan taksa hrisēl tak anga hna a thawh? Efesi 4:15, 16.

Efesi 4:1–16-ah hian Paulan kohhran member-te chu inpumkhatna vawng nung tūra theihtāwp chhuah tūra a ngen thu kan hmu a. Inpumkhatna chu Pathianin a rawn thlentir tūr a nih tho rualin (*Efesi 4:4–6*), keimahnin rim taka kan thawh ve erawh a ngāi thung (*Efesi 4:3*). Inpumkhatna vawn nun dān kawng pakhat chu Krista taksa “pēng” nung tha tak nih a ni (*Efesi 4:7–16*). Kan zavāi hian taksa pēng kan ni theuh a, taksa a lo hrisēla a lo than len theih nān hna kan thawk theuh tūr a ni bawk (*Efesi 4:7, 16*). Tirhkohte, zāwlneite, chanchin tha hriltute, pastor-te

leh zirtīrtute hnathawh pawh kan sâwtpui theuh bawk tūr a ni a (*Efesi 4:11*). Hēngte hian, thā, duar leh “inzawmna tinrēng” (*Efesi 4:16*) ang bawk hian taksa tihpumkhatna hna an thawk a, taksa lū Krista anna nihna kawnga kan than len tlān vek theih nān min pui a ni (*Efesi 4:13, 15*).

Tūn lāi kan kohhrana “zirtīrna thlī” chi hrang hrang lo tleh lütte chu engte nge ni a, chūngte lakah chuan eng tin nge ng het takin kan lo din theih ang? I chhānna chu Sabbath ni-ah i class member-puite i hrilh dāwn nia?

ZIRTĀWPNÎ

AUGUST 11

Zir Belhna: A hnuiai thu pahnihte hian Efesi 4:7–10 thu awmzia hre thiam tūrin min tanpui dāwn a, i lo zir teh ang:

1. *Efesi 4:9 thu lehlin dān.* Bible lehlin hrang hrang zīnga thenkhatah chuan Isua kha vāna a han *chhoh maahma* hmain leiah a lo *chhuk* hmasa phawt ni âwma dah a ni a (*entīr nān*, NKJV, “A lo chhuk hmasa phawt”; KJV, RSV, ESV, NASB). Hetih lāi hian, lehlin dangte erawh chuan Grik Bible-a a inziah dān zui hnāi deuhin, eng tik hunah nge vānah an chhoh tih leh eng tik hunah nge leiah hian a lo chhuk tih chiang takin an sawi lang lo thung a (*entīr nān*, NIV, “lei hmun hniām zāwkah hian a lo chhuk hmasa zet a nih loh chuan ‘a han chho’ tih hi eng nge a awmzia ni ta ang?” ASV, HCSB, LEB, NLT). Hetianga lehlin hi chuan, Thawhlehni zirlāia kan hmuh ang khān Sām 68:18-in a sawi ang hi zui zāwk min phalsak a. Krista vāna chāwisān a nihna (“chho”) hi a thlen hnu-ah Thlarauvā a lo “chhukna” a theng ve leh a ni ang.

2. *Mante sala hruai.* Sām 68:18 thu hi Grik tawnga lehlin Thuthlung Hlui, Septuagint-a a indah dān angin a sawi

chhâwng a, chuvâng chuan Efesi 4:8 thu pawh hi a ngial a nganin a dah ta rêng a ni (*entir nân*, KJV, NKJV, NRSV). Mahse, pawm dân tlângpuiah chuan, “sâltângte chu mi tâng angin a hruai a” tih a ni thung bawk si a (ESV, NASB, NIV). Seventh-day Adventist-te zinga tam tak chuan he lâi châng hi Kristan vâna lâk chhoh a nih tuma, thlân atanga a thawh ruala tho vete (*Mat. 27:51–53*) a hruai chhoh thu sawina niin an ngâi a. Hêng mite hi “rah hmasa,” lo tlan hmasak phawtte niin, vâna a han kîr leh tuma a Pa hnêna a han hlante kha an ni an ti (*The SDA Bible Commentary*, vol. 6, p. 1022; *Chatuan Nghahfâk*, p. 834, *Chatuan Nghahfâk*, pp. 785, 786). Chutih rual chuan, Kolosa 2:15 thu nêna inremin Kristan a hmêlmate—Setana leh vântirhkoh sualte—a hneh thu sawina angah pawh a ngaih theih ve tho bawk a. Chuti a nih chuan, Setana leh a tirhkohte hi Isuan a hneh tâk salte an ni tihna a ni ang.

SAWI HO TÜRTE:

CEEfesi 4:11-a kan hmuh “thlarau thilpêkte” hi 1 Korin 12:4–11, 27–30; Rome 12:4–8 leh 1 Petera 4:10, 11-a kan hmuh “thlarau thilpêkte” nêñ khâikhin la. Eng engte nge thuhmun awm a, eng engte nge danglam awm bawk?

In class-ah tûn lâi kohhran chhûnga “zirtîrna thli” lo lüt thenkhatte sawi ho ula. Chûng thlîten keimahnia chhiatna a rawn thlenna tûr lakah chuan eng tiangin nge keimahni leh mi dangte pawh kan lo vân theih ang?

ŽPaulan Efesi Lehkhathawn hmangin “inpumkhatna” thu a tlângapui a. Nimahsela, inpumkhatna chu eng tiang kawng zâwng pawhin kan zawng ngawr ngawr ringawt mai tûr tihna a ni em? Tawngkam dangin sawi ila, inpumkhat tum leh luatna hian inthen hranna a thlen zâwk hlauh theih châng a awm em? Han sawi ho teh u.

ZIRLAI 8

AUGUST 12–18, 2023

KRISTAN A DUAN NUN LEH THLARAUVIN A THÂWKKHUM TAWNGKA CHHUAK

CHÂNGVAWN: “In hmân lâi awm dân kawnga mihring hlui, bumna châkna anga chhe deuh deuh kha hlîp thla ula, in rilru thlarauah chuan a tharin lo awm ula, mihring thar, thutak felna leh thianghlimnaa Pathian anga siam khân inthuam bawk rawh u,” (*Efesi 4:22–24*).

SABBATH CHAWHNÛ

AUGUST 12

Chhiar Tûrte: *Isaia 63:10; Zakaria 3:3–5; 8:16; Rome 8:16, 26, 27; Efesi 4:17–32; Kolosa 3:1–17.*

JOSE ANTONIO-a chu Spain ram Palma khawpuiah chêng a ni a. Amah hi in leh lo nei lo, khawlâia riak mai mai thîn a ni. Chutianga kum tam tak chhûng a awm tawh avâng chuan a sawm pawh a tuak vâr vo mai a, a thur êm êm bawk. A hmûihmul leh khabe hmulte lah chu a sei tawh êm êm mai a, a kum zât 57 âia upa zâwk daih hmêl a pû a ni. Ni khat chu a hnênah hian sam siamna dâwr neitu, Salva Garcia-i a rawn kal a, a sam leh hmâi vêl chu a thlâwna siamsak vek a tiam a.

Chutichuan, sam siamna dâwr chhûnga thuthlêng changkâng takah chuan a thu ta nawlh mai a. Hnathawkute chuan uluk takin a samte chu an tansak a, chumi zawh chuan dumsak lehin, a bek hmul vêlte nêñ mâwi takin an siamsak ta a. An la duh tâwk mai lo, thawmhñaw thar tha tak an rawn pe leh ta bawk a. Chutia an duh tâwka an chei zawh hnu chuan dârthlalang hmaah

a han ding a, a mittui a tla ta zawi h zawi h mai. “Keimah kha ka ni em? Ka va danglam ta êm êm ve le; tu ma’n min hre tawh lo vang a!” a ti a. A hnu ah phei chuan, “Ka hmêl lan dän a thlák a ni mai lo va. Ka nun pawh an thlák danglam vek a nih hi” a ti hial.

Efesi 4:17–32-ah hian Paulan ringtute chu nun thar hlak nei tûra a ngen thu kan hmu a. An mihring hluite chu hlip thla veka, nihna thar lo nei ta an nih thu a hrilh bawk. Nimahsela, Jose-a ang deuh bawk khân chu an inthlák danglamna chu pâwn lam lang theiah chuah ni lovin, “rilru thlarauva a thara” lo awm tâkna (*Efesi 4:23*), kan nuna thutak felna leh thianghlimna seng luh a ni zâwk mah” (*Efesi 4:24*). Hei hi siamtharna dik tak chu a ni.

SUNDAY

Sualin Kan Nun A Tichhia

AUGUST 13

**Efesi 4:17–32 hi Kolosa 3:1–17 nên khâikhin la.
Paulan eng tin nge ringtute chu kohhran inpumkhatna
thlen thei zâwnga nung tûrin a fuih?**

Efesi 4:1–16-ah khân thupui bera a neih chu kohhran inpumkhatna chungchâng a ni a. Efesi 4:1 leh Efesi 4:17 te hi kan khâikhin chuan hêng fuihna thu pahnithe hi Kristiante nun dän tûr emaw, awm dän tûr emaw sawina ve ve a ni tih kan hria ang. Hetianga a thil sawi a lo inang chiah mai hian thupui thuhmun a sawi a ni tih a tilang a—chu chu inpumkhatna leh inpumkhatna thlen thei nun dän niin, a hnuhnung zâwkah erawh hi chuan entawn tlâk lohthe nun dän târ langin a sawi ta thung a ni.

Efesi 4:17–24-ah hian Jentail-te nun dän, inpumkhatna tichhe thei (*Efesi 4:17–19*) nia a ngaih leh inpumkhatna thlen thei Kristiante nun dän dik tak (*Efesi 4:20–24*) chu a

H-7

inan lohzia a sawi a. Paulan dîmna nei miah lova Jentail-te nun dän khawlo tak a sawisêlna thu kan han chhiar hian chûng Jentail-te ngei pawh chu Krista zârah Pathianin a tlan tawhte an ni a, Pathian mite nêñ inrem taka awm ho tûra a duhzia kan hre tûr a ni (*Efesi 2:11–22; 3:1–13*). Chuvâng chuan a nia an nihna pawh “tisa Jentail-te” a tih rêng ni (*Efesi 2:11*).

Paula thil vei ber chu Jentail-ten thil sual a ti leh nungchang tha lo an lantir chauh hi a ni lo va. Sual lian zâwk leh thûk zâwk lamah an la lût ta deuh deuh chu a rilru tihrehawmtu ber a ni zâwk. Efesi 4:17–19 thu hi thlarau lama an ngaihsamzia tilangtu a ni a: “Jentail-te chu rilru lawi lo pûa an awm angin awm tawh suh ula, hriat lohna anmahni ah a awmin, chumi hriat lohna avâng chuan Pathian nunna lakah mihranin an awm ta a ni” (*Efesi 4:17, 18*). Hetianga thlarau lam thilte an ngaihthah tlatna hi an hriat thiamna lo chawlawl zawh tâk chhan bulpui ber pawh a ni tih chiang takin a sawi a (“an thinlung sak avâng a anmahniaa hriat lohna awm avâng chuan pawisak an nei rêng an nei ta lo,” (*Efesi 4:18, 19, ESV*), hurna sual lama an tlân nasatzia pawh a sawi lang leh bawk a (“thil bawlhhlawh tinrêng duhâm taka ti tûrin hurnaah an inpumpêk ta a,” *Efesi 4:19*). Pathian nêñ an in mihran tawh avâng eng tia nun tûr nge tih pawh an hre lo, tin, a khawngaihna chu an hawisan miau tawh avâng suahsualna khurah a lût thûk telh telh ta mai a ni.

**Sual thiltihtheihna chuan sual pakhat atangin sual dang, a tha lo zâwk leh zahpuiawm zâwk lama mi a hruai
luh zêl thin dän hi a takin i lo tawng ve tawh em?**

THAWH TANNÍ
Thawmhñâw Thlâksakna

AUGUST 14

Paulan a lekhkathawn lo dawngtute pianthar tâk thu a sawinaah hian an thil lo tawn tawh atanga hre thiam tûra duh chu eng nge ni? (Efesi 4:20–24).

Paulan tûn hmaa an lo awm thin dân a sawi hian (*Efesi 4:17–19*) “Chutiang chu Krista *chanchin* in lo zir dân a ni lo ve” a ti lo va. “Chutiang chu Krista in lo zir dân a ni lo ve” (*Efesi 4:20*, ESV) a ti a ni zâwk. A lekhkathawn lo dawngtute hian [Krista] chu an lo “hre” tawh tih leh, “amahah” (*Efesi 4:21*, ESV) emaw, “amah” (NKJV) emaw chuan zirtîrin an awm tawh a ni tih hriain, Kristan a chher nun chu pu tûrin a ngên a, a tawngkam hman pawh “Isuaa thutak awm ang hi” (*Efesi 4:21*) tih a ni. Paula ngaih dân chuan rinna nun nei tih awmzia chu Krista nêna mi mal taka inzawm tihna a ni a, chu inzawmna chu chiang leh tak êm êm a nih avângin “Krista zir” tia sawi theih pawh a ni rêng bawk. Tholeh Isua, châwisâna awm ta chu a nung a, keimahniah hian a awm a ni tih kan hria. A zirtîrna thute leh a nun dân khân kan nun a tidanglam a, ani chu kan LALPA nung a ni tih kan hriat avângin a lakah kan rinawm êm êm bawk. Thlarau Thianghlim leh Bible hmanga mi a kaihhruaina chu zui thei tûrin kan thinlung pawh kan lo hawng thin a ni.

Paulan Kristan a chher nun pu tûr chuan thil pathum kan tih ngei ngai a awm thu a sawi a, chûngte chu: 1) nun dân hlui “hlîh thlâkna,” bânsanna (*Efesi 4:22*); 2) rilru thar putna (*Efesi 4:23*); 3) Pathian anga siam nun thara “inthuamna” (*Efesi 4:24*) te a ni. Pathianin kan nun a thlâk danglam dân sawi fiah nâns thawmhñaw inbel leh

hlîp tih tawngkam a hmang hi thil thar teh vak pawh a ni chuang lo. Thuthlung Hlui lehkhabute pawhin sualna nei lo (*entîr nân, Sâm 73:6; Zak.. 3:3, 4; Mal. 2:16*) leh chhandamna (*entîr nân, Isaia 61:10; Ezek. 16:8; Zak. 3:4, 5*) entirna atân thawmhñaw tih hi an lo hmang ve tho a.

Hmân lâi chuan mipaten khûp rawn khuh tâwk vêl tûra fual kawr an ha thin a, chumi chungah chuan ni sa laka invên nân kawrfual an ha leh thin bawk. Hmeichhiate pawh chutiang deuh tho chuan, kawr pângngâi leh kawrfual nêñ an inthuam thin a. Thawmhñawte chu a hlû-in a man pawh a to hle hlawm a, kum eng emaw chen an ha thin. Hâk lâi bâk a dang nei chu mi tlêm tê chauh an ni âwm e. Tin, an thawmnaw siamna puan that leh that loh te, an thui dân te chuan a hatu nihna dinhmun leh nihna a tilang nghâl bawk a. Thawmhñaw thlâk, mahni hâk lâi hlîpa a dang hâk chu thil thleng zen zen lo, tûl bîk thilah chauh tih thin a ni. Paula ngaihtuahnaah chuan nun dân thlâk danglam tih chu kum zabi pakhatna lâia miin a thawmhñaw inbel lâi a danga a thlâk ang kha a ni tûr a ni a. A bula awmten a lo danglam tâkzia an hriain an hmu ngei ngei tûr a ni.

Krista chanchin zir tih leh Krista hre tûra zir tih hi eng nge a danglamna lian tak awm le?

THAWHLEHÑI
Khawngaihna Khat, Inpumkhatna Thlentu Tawngkam

AUGUST 15

Paulan tawngkam hman dân tûr chungchânga ringtute thurâwn a pêk zîngah hian nangma tâna pawimawh ber eng nge awm? Chu chu eng vânga pawimawh nge ni? (Efesi 4:25–29).

Efesi 4:25–32-ah hian Efesi 4:25-a kan hmuh ang, ti lo tûra hrilhna (“bânsanin”) sawi phawt hnua ti tûra hrilhna (mahni thenawm theuh hnênah thu dik tak sawi thîn rawh u”) ang chi hi a hmang uar hle a, chu chu a chhanin a zui leh zéi thîn bawk (“inpêng tawn theuh kan ni si a,” chumi awmzia chu, “taksa pakhat pêngte theuh kan ni a, chuvâng chuan kan inzawm kual vek a ni” tihna a ni âwm e). “Thu dik tak” sawi thîn tûra mi a fuih hi thu dik tak sawi chhuaka kohhran member-te khak fak fak tûra mi a sâwmna ni lo tih erawh lo hria ila. Zakaria 8:18-a kan hmuh angin, thu dik chu remna thlen thei tûr zâwnga sawi thîn tûrin min fuih zâwk a ni.

Efesi 4:31-ah hian thinrimna leh thinurna te, tihtauhna leh ânna te chu bânsan vek tûra mi a fuih avângin Efesi 4:26 thu pawh hi kohhran chhûngah thinrim phal a nih thu a sawina a ni lo tih hriat tûr a ni a. Ni e, thinrim châng chu a awm ngei dâwn a; mahse thu min râwn dân chu, “In lo thinrim palh a nih pawhin in thinrimna chuan thil tha lo thlen chuang suh se” tih hi a ni.

Paulan tawngkam hman dân tûr chungchâng a sawi mêm mêm lâiin rûkrûk chungchângah thurâwn min han pe leh rih a: “Rûk hmang chuan ru tawh suh sela” (Efesi 4:28, ESV) tiin. Thil rûk chîngten ru tawh lova, anmahni kuta hna tha an thawh zâwkna tûr (Efesi 4:28, ESV; 1 Kor. 4:12, 1 Thes. 4:11) chhan chu “tlachham hnênah chuan pêk tûr a neih theih nân” a ni (Efesi 4:28). Heti lâia rûkrûk chungchâng a rawn zeh tel zauh chhan nia lang chu rûkrûk leh dâwt sawi hi thil inzawm tlat a nih vâng a ni maithei a, chutiang chu Anania leh Safiri te nupa chanchinah pawh kan hmu a nih kha (Tirh. 5:1–11). Paulan Krista thiltihtheihna a rinna hi a chak khawp mai a, mahni hmasial takte pawh mi dangte tanpuitu-ah siamin, rûkrûk thîn pawh tlachhamte chhawmdâwltu-ah a chantîr daih thei tih a hria.

“Thu tha lo rêng rêng in kâ atangin chhuak suh se” (Efesi 4:29) tiin thu min pe leh bawk a. Tawngkam tha lo rêng rêng hmang tawh lo tûra min hrilh mai bâkah, chûng tawngkamte chu 1) siam thatna thu te, 2) a hun leh hmun azira sawi ngei tûl thu te, 3) a lo ngâithlatute hnêna khawngaihna pe thei thu te hmanga thlâk tûrin thu min râwn nghâl bawk (Efesi 4:29). Hetiang chauh thute hi sawi thîn ta ila, kan va inpumkhat tha thei dâwn tak êm ti r'u maw.

NILÂINÍ

Ringtu Nuna Thlarau Thianghlim

AUGUST 16

Kohhran chhûngä tawngkam tha lo hman a pawizia a sawinaah khân ringtute nuna Thlarau Thianghlimin hna a thawh chungchâng eng tin nge sawi tel ve? Efesi 4:30.

Paulan vaukhâンna thu rum angreng tak leh thla timuang huai thei tûr thutiam a sawi kawp a. Kohhran member dangte laka thil sual eng emaw kan tih hi nghawng lian nei hran lo thil sual tihna tê tham tak a ni lo. Thlarau Thianghlim tilungngâitu chu mi dangte tihtlûk nâna Pathianin min pêk thu sawi theihna kan hmang dik lo thîn hi a ni a (Efesi 4:25–27, 29, 31, 32). Heti lâia Paula vaukhâンna thu sawi hi Isaia 63:10-a kan hmuh vaukhâンna thu: “Nimahsela, an [Israel mite] an hel a, a Thlarau Thianghlim chu a lungngâi ta a; chuvângin, anmahni dotua awm tûra tihlamlétin a awm a, amah ngei chuan anmahni chu a bei ta a” tih nén pawh hian a inang hle mai.

Chutih rual chuan, thutiam pawh a pe tho bawk a. Thlarau Thianghlim chuan Isua an lo pawm ni atang khân chhinchhiah nghâlin (Efesi 1:13, 14), chu chhinchhiahna

chuan tlanna ni thleng a daih dâwn a ni a ti (*Efesi 4:30*). Thlarau Thianghlim leh ringtute inzawmna hi dawrâwm tak ni lovin, hun rei tak chhûng daih tûr a ni zâwk a. Ringuten Pathianin tawng theihna a pêk hmang suala, Thlarau Thianghlim awmpuina an ngaihthah hian Thlarau Thianghlim chuan a *kalsan* lo va, a *lungngâi* zâwk thîn. Thlarau Thianghlim chuan ringtute nuna la chén reng a duh a, Krista lo kal leh hma chu Pathian ta leh Pathianin a vênhim ni chhunzawm reng tûrin chhinchhiah a tum a ni.

Paulan Thlarau Thianghlim chu Pathian famkim a nihzia sawiin, “Pathian Thlarau Thianghlim” ti deuh kherin a sawi nghe nghe. He a tawngkam hman hian Thlarau chu *minung* a ni tih chiang takin a tilang a, *tihlungngaih* theih a nih thu pawh a sawi tel bawk (*Rome 8:16, 26, 27; 1 Kor. 2:10, 13; 12:11; Gal. 5:17, 18* chhiar ang che.)

Pathiana minung pathum awmte chungchâng kan sawi hian kan fîmkhur hle tûr a ni a. Thurûk ril tak niin, mihringte hian a famkim chuan kan hre thiam tak tak thei ngâi lo vang. Thlarau Thianghlim chu Pa leh Fa te nêna pumkhat an ni a, chutih rual chuan an laka hrang a ni bawk. “Thlarau chuan amahin rilru hran a nei a, ama duh dân angin thil a ti mai thîn. Tihlungngaih theih a ni a; tin, a hming pawh sawi chhiat theih a ni bawk. Tihlungngaih leh a hming sawichhiatsak theih chu thiltihtheihna emaw, huhâng emaw ringawt a ni thei lo va, chutiang chu minung chungah chauh a thleng thei. A nih leh Thlarau chu nang leh kei ang tho hi a ni ve tihna a ni em? Ni lo ve, Pathian chungchâng sawi fiah nân mihring tawng famkim lo tak hi kan hmang ve mai a ni a, chuvângin, Thlarau chu mihringin kan neih ve theih ngâi loh tûr nihna nei a ni.”—Paul Petersen, *God in 3 Persons*—

In the New Testament (Silver Spring, MD: Biblical Research Institute, 2015), p. 20.

“Pathian Thlarau Thianghlim” chuan min chênc hilh hneh êm avângin kan thiltihte pawh hian amahah nghawng a nei hial a. Tâwpna ni thlenga min chhinchhiahtu tûr inzawmna daih rei min neihpui duhtu Pathiana minung awmte zînga pakhat nêñ nun kan intâwm reng tihna a nih chu. He thutak ropui êm êm hi eng tin nge rinnain kan lo chhân lêt ang?

NINGÂNÎ

Ngilneihna (Khâkna Ni Lo)

AUGUST 17

Paulan “tlanna ni” (*Efesi 4:30*) tih sawi langin, ringtute chu Krista lo kal leh hun tûr thlira an tawngkam hman dânah fîmkhur hle tûrin a chah a. Chuti a nih chuan, Efesi 4:31, 32 pawh hi Krista lo kal lehna kan hnaih zêl avângä kan tawngkam hman tûr min zirtirna angah ngaih tûr a ni ang.

Krista chu a lo kir leh ngei dâwn a, chumi atâna kan lo inbuatsaihna kawngah chuan eng ang nunchang, rilru puthmangte nge kan thlauhthlâk ang a, eng ang nungchang leh rilru puthmangte nge kan neih thung ang?
Efesi 4:31, 32.

Efesi 4:17–32 fuihna thu kan hmuh hnuhnûng berah pawh hian kan tih miah loh tûr thil paruk min hrilh a (*Efesi 4:31*). Chumi zawah chuan kan tih ngei ngei tûr thil pathum—inkhawngaih tawnna te, inlainat tawnna te leh inngaihdam tawnna te sawi lehin (*Efesi 4:32*), chûng

thilte kan tih chhan tûr chu sawiin a khâr ta a. Ringtute chu “Pathianin Kristaa a [anmahnî] a ngâidam ang bawkin” an inngâidam tawn tûr a ni (*Efesi 4:32*). Kan bânsan tûr nungchang tha lo parukte chu huap kim tawngkam hmanga bultan leh khâr zêl a ni a: “khâkna zawng zawng” leh “sualna zawng zawng.” Hêng nungchang tha lo zet mai pahnih inkârah hian nungchang tha lo tak tak dang pali: “thinurna,” “tauhna,” “ânnâ,” leh “sawichhiatna” a la awm leh bawk a (*Efesi 4:31*).

Hêng zînga a hnuhnûng ber, “sawichhiatna” tih hi Grik tawng chuan *blasphemia* a ni a, chu chu Saptawng hian Pathian sawichhia tih sawina tawngkam atân a hmang ve nghâl (blasphemy). Amaherawhchu, he Grik thumal hi chuan Pathian tihmingchhe zâwnga thu sawi a ni emaw, kan mihringpuite hming tihliausak zâwnga thu sawi a ni emaw “sawichhiatna” a ni thei ve ve tih a kawk a. Paulan kan bânsan tûr rilru puthmang tha lo (khâkna, thinurna, tauhna) a sawite hi kan lo nei a nih chuan kan tawngka chhuakah a lo lang ngei ngei ang (ânnâ, sawichhiatna). A awmziaah chuan, Paulan zâwidawh taka tawng tûrin min chah a ni ber mai a. Thinrima min tawngtirtu ngaihtuahna tha lo rêng rêng chu kan thinlung atangan kan dah bo hmiah tûr a ni. Hêng thilte hi sîrah kan hnâwl a nih chauh Kristian kohhran hi a lo thang thei ang a, kan zîngah inpumkhatna châwm lenin a awm thei bawk dâwn a ni (*Efesi 4:1–16* nêñ khâikhin la).

Tawngkam tha lote chu up bet ringawt lovin, tawngkam thaa thlâk hlawk zâwk tûr a ni a. Krista chhûngkaw zînga kan inbiakna leh kan thiltihte hi—a pâwn lamah pawh a ni tho mai—thinrimna rilru atanga lo chhuak ni lovin, khawngaihna, lainatna leh ngaihdamnain a chawh chhuah, tehna sâng ber Kristaa Pathianin ngaihdamna min lo chantîr tawhnaa innghat a ni tûr a ni (*Efesi 4:32*).

Paulan kan entawn atân Pathianin ngaihdamna min chantîr hi hmang tûrin min râwn a, Pathianin min lo ngâidam tawh ang bawk khân keini pawhin kan mihringpuite hi kan ngaihdam ve a ngâi a ni (*Kol. 3:13; Mat. 6:12, 14, 15*).

I tawngkam hmanten thil an tih theih dân kha ngaihtuah la. Eng tin nge mi dangte châwikâng zâwng, fuih phûr zâwng leh rinna tichak zâwngin i hman theih ang?

ZIRTÂWPNÎ

AUGUST 18

Zir Belhna: “Mi dangte biakna atâna i tawngkam hmante kha nakina i la inchhîr lehna thlentu tûr ni suh se. Pathian Thlarau Thianghlim chu tilungngâi suh u, tlanna ni atân chuan amahah chhinchhiahin in awm kha.’ . . . In thinlunga hmangaihna in nei a nih chuan rinna thianghlim tak nêñ in unaute in tinghet ang a, an tlük châng pawhin kaihthawh leh in tum ngei ang. Miin i thian emaw, i unaupa emaw nungchang tichhe thei tawngkam an lo chhâk chhuak a nih pawhin nang chu insûm hrâm hrâm la. Chutiang sawi chhuah chu hmêlmapa hna a ni tih hre reng rawh. A sawi chhuaktu hnênah chuan chutiang tawngkam hman chu Pathianin a phal lo a ni tih tha takin i hrilh dâwn nia.”—Ellen G. White, *Advent Review and Sabbath Herald*, June 5, 1888.

A hnuiaia thutiamte hi nangmah leh in kohhrana member tinte khân vawng ni ila, eng tiang chiahin nge in kohhran boruak kha a lo danglam ang?

1. Seventh-day Adventist Kohhran chhûngkua leh a pâwn lama ka hûhâng hi a tha lam—mi dangte châwi kângtu, an rinna tichaktu leh dikna kawnga mite hruai tu ni se ka duh hle (*Efesi 4:29*).

2. Kristan inpumkhata awm tûr leh inh mangaih tlâng theuh tûra min sâwm hi ka hriatin mi dangte thil tih dik lo leh hlawhchhamna ka hriatsakte sawi chhuah ái chuan thil dik leh tha nia ka hriate sawi leh tih nân ka tha leh zung ka hmang thin zâwk ang (*Joh. 13:34, 35; 17:20–23; Efesi 4:1–6; 1 Thes. 5:9–11*).

3. Mi tu emaw nêna inhriat thiam lohna kan nei a nih pawhin a lakah zahna ka lantîr tho ang. Krista a hmangaih a, tin, Krista lakah a rinawm tlat a ni tih ka ring ang a. Keima ngaih dân neih ve chu tha takin ka hrilh ang (*Efesi 4:31, 32*).

4. Hlim takin ka awm ang a, Krista lo kal lehna ka lo nghah pahin ka kohhran member-puite rinna tihchaksak tûr leh châwi kâng tûrin theihtâwp ka chhuah ang (*Efesi 4:29, 30; Gal. 6:2; Heb. 10:24, 25*).

SAWI Ho TÛRTE:

CEEfesi Lehkhathawna Paulan Pathiana minung pathum awmte chu mihringte chhandama an awm theih nân hna an thawk ho vek a ni tih a sawina chângte kha han chhiar leh la. Hetianga a sawi nawn fo hian Pathiana minung pathum awmte nihna kan hriat thiamna kawngah eng tin nge mi a tanpui? *Efesi 1:3–14; 1:15–23; 2:11–18; 2:19–22; 3:1–13; 3:14–19; 4:4–6; 4:17–24; 4:25–32; 5:15–20; 6:10–20 (6:10-a “LALPA” a tih hian Krista a kâwk).*

Engtin nge Paulan Kristiante tawngkam hman dân tûr min hrilh (*Efesi 4:25–32*) hi tûn lâi hun, social media platform hrang hranga mi dangte sawi chhiat chiam chiam kan hreh tawh lohna khawvélah hian a takin kan lo hman tangkâi ve theih ang?

ZIRLAI 9

AUGUST 19–25, 2023

FING TAKA NUNGIN

CHÂNGVAWN: “**Chutichuan, mi fing lote anga awm lovin, mi fingte anga awm zâwkin, in awm dânah fîmkhur rawh u; nî-te hi a that loh avângin remchânnate lei zêl rawh u. Chumi avâng chuan â duh suh ula, LALPÀ duh zâwng eng nge ni tih lo hre zâwk rawh u,**” (*Efesi 5:15–17*).

SABBATH CHAWHNÛ

AUGUST 19

Chhiar Tûrte: *Thufingte 20:1; 23:29–35; Tirhkohte 16:25; 1 Korin 5:1–11; Efesi 5:1–20; Kolosa 4:5; Thupuan 16:1–16.*

Kum tam vak lo liam ta khân United Kingdom ramah khuan dârthlalanga siam no tung, a beng nei chî (jug) pakhat hi an lilâm a. A lilâmtute chuan, “kum zabi sâwm leh pakuana hun lâia mi, France rama an siam” nia sawiin, a man an chhiar zât chu US Dollar 200 a ni. A chhângtu pahnihte chuan hetiang no hi thil vâng tak, Islam rama siam a ni tih an hria a. A man zât tûr dik tak pawh UK pawisa, Pound maktdaduai nga (US pawisa chuan, Dollar maktaduai ruk leh a chanve) vêl lâi a ni. Chuti ni si, eng vângin nge Dollar 200 lekin an leitîr? A leitu hian a lilâmtuten an hriat loh hriat a nei a, chu chu no hlutna dik tak a ni bawk.

Efesi 5:1–20-ah hian Paulan milem betute thil ngaihhlut zâwng leh ringtute thil ngaihhlut zâwng a khâikhin a. Milem be mite chuan zahmawh te, thu lawi lo

sawi te, fiamthu (*Efesi 5:4*) te, uain ruih (*Efesi 5:18*) te leh inngaih (*Efesi 5:3, 5*) te an ngâisâng a. Ringtute erawh chuan thil eng kim hlutna chiang taka a lo la hun tûr chu a lo la thleng ngei dâwn a ni tih an hre thung (*Efesi 5:5, 6*). Chuvâng chuan, zu ruih leh hlimhlawp lam ngaihtuah lovin, Kristaa “thatna, felna leh thutak” (*Efesi 5:9*) awm chu an zawng zâwk a. Chatuan luhkâa chuang chhuak mêtawh an nih avângin Krista zâra man man taka an lei theih thilte chu châñ hauh lo tûrin a chah a ni (*Efesi 5:15–17*).

SUNDAY**“Lâwmthu Hrilh Zâwk Rawh U”**

AUGUST 20

Paulan eng tiang kawngin nge ringtute chu “Pathian awm dân laltute” nihtir a tum? Efesi 5:1, 2 en la.

Paulan Efesi khuaa ringtu awmte chu hmangaihnnaa awm tlat tûrin a sâwm a, chu sâwmna chu Efesi 5:1–20-ah hian a thupui ber a ni bawk (*Efesi 5:8, 15 en la*). He “hmangaihnnaa awmna” hi Kristan keimahnî min hmangaihnna (*Efesi 4:32 nen khâikhin la*), kan tâna a inhlanna lo lang chhuak ang khân lantîr ve tûr a ni. Kan tâna Krista inhlanna chungchângah hian thil pali a awm thu a sawi a, chûngte chu: (1) Pa Pathian hmangaihnna (*Efesi 5:1*) leh amah Kristan min hmangaihnna (*Efesi 5:2*) chuan kha thil kha a tihtîr a ni; (2) Kan áiawha Krista a thihna a ni. Krista hi thi satliah ve ngawt a ni lo va, keimahnî tân amah leh amah a inhlân a ni; (3) Thuthlung Hlui inthâwinaten an lo entîr ang khân Krista thihna hi inthâwina, Pathian hnêna hlan chu a ni; (4) Chu inthâwina chu “rimtui atâna hlan” a nih avângin Pathian pawhin a lo pawm a ni (*Efesi 5:2, ESV; Exod. 29:18, Lev. 2:9, Filipi 4:18 te pawh en ang che*).

Chutichuan, Efesi 5:3–5 hian mipat hmeichhiatna hman chungchâng a âwm leh mâwi chin thliar thiam a pawimawhzia a rawn sawi tan ta a. A chhan pawh Efesi khua ringthar thenkhate hi Krista kohna an dawn tlâwmsana, Krista thuhretu a nihna tûr tibahlah thei nungchang pu leh hnuhnawh thei dinhmuna an din vâng a ni (*1 Kor. 5:1–11, 1 Kor. 6:12–20, 2 Kor. 12:21 te pawh chhiar ang che*).

A lehlamah, kum zabi pakhat lâi vêla Rom sawrkâr awp ram hrang hranga awmte khân Thuthlung Thar lehkhabu dangte pawhin an sawi suahsualna leh nawmsipbâwlna lam chi thil an ngaina hle hlawm a (*1 Kor. 6:9, Gal. 5:19, Efesi 4:17–19, Kol. 3:5 chhiar rawh*). Entîr nân, mi hausaten ruai an buatsaih rêng rêngin Efesi 5:3–14-a kan hmuu Paulan a sawisêl nungchang tenawm tak takte hi a tel deuh zêl, chûngte chu: zu ruih te, zahmawh sawi te, mâwi lo taka khawsak te leh thil tha lo tak tak dang tih te. Chu bâkah chuan, khawpui nun hian mipat hmeichhiatna hman khaw loh pawisak lohna rilru a siam thin hrim hrim bawk a. Hetih läi hian Rome mite zîngah pawh tha leh fel taka nung, mi dangte pawh thianghlim taka nung ve tûra hrilh thin tam tak an awm ve tho a. Thuthlung Thar lehkhabuten nun dân tha lo bânsan tûr emaw, nun dân tha zawm tûr emaw an ziah chhuah pawh hian (*entîr nân Efesi 5:21–6:9, Kol. 3:18–4:1*), a ziaktute hian dân tlângpuin Rome mite tha tih leh tha lo tih nêna inremin a ziak hlawm niin a lang. He khawvêl, eng emaw lâi bawlhhlawh tak lo ni tawh thin leh eng emaw lâia thianghlim tak lo ni tawh thin tho bawk si hian Jentail-ten an chin ang nungchang tha lo chu bansan tûra fuihna thu a ziahtîr ta a. Ringtute chu an nungchang inen fiaha, ring lo mite pawhin an zah phah theihna tûra awm tûrin a ngên a ni.

**Eng tiang kawngtein nge Paulan mipat hmeichhiatna
hman dik loh chungchâng a sawi hi nangma chênnâ ram
leh hnamah pawh khân hman tangkâi ve theih a ni?**

**THAWHTANNÎ
Êng Fate Anga Awmin**

AUGUST 21

Paula chuan, “Tu man thu lawi lo mai mai hmangin bum che u suh se, a chhan pawh chûng thilte avâng chuan Pathian thinurna chu thuâwih lo fate chungah a tleng thîn si a” (*Efesi 5:6, NKJV*) tiin a sawi a.

Paulan zahna emaw, inchhîrna emaw nei miah loha sual chi hrang hrang ti thînte chu “inngaih hmang, mi bawlhhlawh leh mi duhâm” tiin a sawi a (*Efesi 5:5*). Kristaa awmte leh a lalram lo la tleng tûra chêng ve tûrte chu Pathian rama eng mah chan nei ve lo tûrte angin aawm tûr a ni lo (*Efesi 5:5*). Tin, “thu lawi lo” sawiin nghawng tha lo a neih theih dân pawh a hrilh bawk a, mipat hmeichhiatna hman khawh loh hi thil pawi vak pawh ni lêm lo anga sawitute chuan bumin, anmahni ringtute ngei pawh chutiang sualah chuan an lo tlu lût ve mai ang tih a hlauthâwng hle a (*Efesi 5:6*). Bûm thlûk an nih ngat chuan, tâwpna huna Pathian rorêlna, “thuâwih lo fate chunga” lo tla tûr “Pathian thinurna” chu anni pawhin an tuar ve ngei dâwn a ni (*Efesi 5:6, ESV*).

“Pathian thinurna” tih tawngkam awmzia hi hriat thiam a harsa angreng a. A chhan pawh *Pathian* thinurna emaw, thinrimna tih awm chu mihringte thinurna nén hian a inan loh êm vâng a ni pakhat (*Efesi 4:31*). Bawhchhiatna tê tham eng emaw laka a thinrim inhrikhlâkna ni lovin, thil sual tih luih tlat tum reng maite chûnga Pathian dawhthei leh fel takin dik taka chhâンna a pêk a ni zâwk a.

Chu bâkah chuan, *Pathian* thinurna tih tawngkam a lo lanna rêng rêng hi *Pathian* rorêlna lo thlen tûr thu puan a nih hnu a ni deuh zêl bawk (*entîr nân, Thup. 6:12–17, Thup. 16:1–16, Thup. 19:11–16*). *Pathian* chuan ama rorêlna lo tleng tûr hi a lo puang lâwk hmasa zet thin a, a chhan pawh mihringte hi min khawngaih êm vâng a ni. Mihringte hi chu kan nih phung rêngah thinurna fa kan ni a (*Efesi 2:3, ESV*), chuvâng chuan *Pathian* thinurna tuar âwm rêng pawh kan ni.

**Enga ti nge Paulan ringtute chu mi sualte nêna thil ti
ho lo tûra a chah? (*Efesi 5:7–10*).**

Paulan êng fate anga awm tûrin min chah a (*Efesi 5:8*), tin, Lalpa lâwm zâwng eng nge ni tih hriat tum tûrin min ti bawk (*Efesi 5:10*). Milem be mite chuan “inngaihna sual leh bawlhhlawhna zawng zawng leh duhâmna” te hmangin hlimna an zawng a (*Efesi 5:3*). Ringtute thiltum erawh chu a danglam bîk hle. Anni chuan anmahni ni lovin, *Pathian* tihlâwm an tum zâwk thîn a (*Rome 12:1, 2 Kor. 5:9, Heb. 13:21*: hêngahte hian “lâwm zâwng” tih emaw, “pawm tlâk” tih emaw sawi nân Grik thumal, *euarestos* an hmang). An tâna Krista inhlanna chu nun chhuahpui ve ngei an tum tlat thîn bawk (Kristan min hmangaiha, keimahni tân amah a inpe ang khân hmangaihnaah chuan awm rawh u, *Efesi 5:2, ESV*).

**Kan tûn lâi huna kan hawisan tûr “thu lawi lo”
thenkhat awm vete chu eng nge ni?**

**THAWHLEHNÎ
“Aw, Nang Muhîl, Harh Rawh!”**

AUGUST 22

**Efesi 5:11–14 chhiar la. Paulan vaukhâンna thu
khawng tak a sawi chu eng nge ni a, chu thu chu kan tûn
lâi hunah hian eng tin nge kan lo hmehbel ve ang?**

Efesi 5:11–14 thu awmzia hi kan hriat thiam theih nân fuihna thu pahnih a sawite hi lo en ila: (1) Pathian châwimâwi zâwngin nung la , “êng fate” angin awm rawh (*Efesi 5:8; Efesi 5:1, 2, 4, 9–10, 11, 13, 14 te pawh en bawk ang che*); (2) Inngaihna suala tlu lütin, Pathian timualpho zâwngin nung suh, chutiang chu “thim thiltih” a nih avângin, rah tha a chhuah ngâi lo (*Efesi 5:11; Efesi 5:3, 4, 5–8, 12 pawh en bawk rawh*).

Efesi 5:11 thu awmzia hi hre thiam tûr chuan Efesi 5:8–10 thu awmzia hi hriat thiam kan tum phawt a ngâi ang. Ringtute chu ring lo mite hmâah “Lalpaa êng” ang leh “êng fate” angin an awm tûr a ni a (*Efesi 5:8*). Chutianga an awm chhan tûr chu “êng rah chu thatna leh felna leh thutak zawng zawngah” a lo lang thin a ni tih chiang taka hmuh a nih theih nân a ni (*Efesi 5:9*). Hetiang hian Pathian thatna pho lana a awm theih dân kawng a ruahman a. Ringtute chu felna rah lan chhuahtrna hmanga thim thiltihin rah tha lo a chhuah pho lang tûrin a chah a ni.

Ringtute hian “êng rah” (*Efesi 5:9*) lan chhuahtrna hmangin khawvél mite chu Krista ringtu lo ni ve tûrin an hneh thei tih a sawi a. He chona hi hla thu hmangin a sawi chhuak nghe nghe: “Nimahsela, thil eng pawh hi êngin a pho lan chuan hmuh theih a lo ni thin a, a chhan pawh thil hmuh theih apiang chu êng a ni si a” (*Efesi 5:13*). Êngin nun dân bawhhlawh a tihsan hian, khawvél mite chuan a nihna ang takin an nungchang chu an lo hmu a, hma lam hun beisei tûr nei lo leh Pathian thinurna dawn hmabâk (*Efesi 5:5, 6*) an ni tih inhriain (“hmuh theih a lo ni thin”) thim ni thin kha êng an lo ni ta a (“hmuh theih apiang chu êng a ni si a”). Hetiang siam danglamna ngei mai hi Efesi khuaa awm ringtute pawhin a takin an lo chang tawh a ni (*Efesi 5:8*).

Efesi 5:14-a kan hmuh, thlarau lama muhîlte kâitho tûr leh, Pathian awmpuina chang tûra kohna fiah tak petu tûr tâwpna huna mitthite thawhlehna (*Efesi 2:1, 5 en la*) nêna inzawmna nei tawngkam hmang hla thu hi eng nge ni a awmzia? Paulan a sawi chhâwn nia lang Isaia 60:1–3 thu hi Pathian mi Israel-te hnêna sawi a nih avângin Efesi 5:14-a kan hmuh hla pawh hi ringtute koh harhna angah kan ngâi tûrin a ni a. Thimin a tuam khawvélä Krista êng lantirtu tûr, missionary an nih anga an hna dik tak thawk tûra sâwmna a ni (*Filipi 2:14–16, Mat. 5:16*).

A nihna ang taka thim thiltihte tilang thei tûr nun dân tha leh thianglim chu eng tin nge i lantîr ang?

**NILÂINÍ
Remchânnna Leiin**

AUGUST 23

Paulan Efesi 5:1–20 thu hi fuihna thu chi hrang hrang hlâwm hnih, Efei 5:15–17 leh Efesi 5:18–20 hmanga tlângkâwmin, mipat hmeichhiatna hman kawnga thianghlimna vawn a tûlzia a sawi chu a duh tâwk ta a. A fuihna thu hlâwm hmasa zâwk chu, “Chutichuan, mi fing lote anga awm lovin, mi fingte anga awm zâwkin, in awm dânah fîmkhur rawh” (*Efesi 5:15*) tiin bul a han tan tê tê phawt a, tichuan, “â duh suh ula, Lalpa duh zâwng chu eng nge ni tih lo hre zâwk ang che u” (*Efesi 5:17*) tih thu sawi lehin, hêng thu pahnihte inkârah hian “remchânnna” lei (*Efesi 5:16*) thiam tûra sâwmna a siam bawk.

Paulan fing tak leh fîmkhur taka awm tûra ringtute a fuihna thu hi ngun takin ngaihtuah la (*Efesi 5:15–17*). Mi â-te anga awm leh mi fingte anga awm chu eng nge a

danglamna? Tin, “remchânnna lei” tih hi eng nge ni a awmzia?

Efesi Lehkhathawnah hian Thuthlung Hlui lehkhabuten nun dân tûr sawina atâna an tawngkam hman tlânglawn tak, “awm” tih a hmang fo mai (*Efesi 2:2, 10; Efesi 4:1, 17; Efesi 5:2, 8*). He lâi thu-ah pawh hian mahni duh thu rênga Isua zui tûra mite fuih nân a hmang a. Kawng biboh takah emaw, thimthamah emaw kan kal chânga kan rah tûr ngun taka kan en thin ang hian ringtute chu “kan awm dânah kan fimkhur” hle tûr a ni (*Efesi 5:15*). Efesi 5:15 leh Efesi 5:17 thu hi a inzûl êm avângin heta tang hian mi fingte anga awm tih chu eng nge ni a awmzia hriat i lo tum dâwn teh ang. Mahse, finna chhar chhuah tuma chhiar chu kan ni hran lo tih lo hria ila. Fing tih awmzia chu keimahni rilrua awm bâk han hriat tumna, “Lalpa duh zâwng chu eng nge ni tih hriat thiam tumna” a ni (*Efesi 5:17, ESV*).

Paulan tehkhin thu fiah tak hmangin mahni duh thu rênga Isua zirtîr nih tum tûrin a fuih bawk a. A tawngkam hman, “remchânnate lei zêl rawh u” (*Efesi 5:16*; “in hun neihte chu a tha thei ang bera hman tum thin rawh u,” *ESV*) tihah hian Griek tawng thumal (verb), *exagorazo* a hmang a (*Kol. 4:5 nén en kaup ang che*). He thumal hi dâwr hmuna an hman thin niin, “lei” tih an sawina thumal atanga lo piang chhuak a ni a, a awmzia chu, Krista lo kal lehna kan lo nghah pah hian kan hun neihtu chu daih zâi takin kan lo hmang tûr a ni tihna a ni. Heta “hun” a tih hi Griek Bible-ah chuan *kairos* a ni a, chu chuan hun remchâng tih a kâwk. Tâwpna lo thlen hma “hun” hi hlu tak, a tha thei ang bera hman tûr a ni a. Chutih rual chuan “ni-te a that loh avâng” (*Efesi 5:16; Efesi 6:13, Gal. 1:4 pawh*

en bawk la) leh kan khawvél hi “boruaka thuneihna lalin” (*Efesi 2:2*) a thunun tlat a nih bawk avângin hun harsat tak a ni tho bawk.

Ringtute chu Krista lo kal lehna an nghah chhûng hian hun khirh takah an lo chéng a. Paula sawi dânah phei chuan hun hlauhawm tak a ni tel bawk. Mahse, chu chu rêmchângah a lo hman hlauh theih a ni thung a. Dâwr hmuna thil man tihhniam rûnpui a thlen láia mipuiin an mamawh lo lei hman an tum hrâm thin ang hian hun tha an la neih chu thiam taka hman an tum tûr a ni. Ni e, chhandamna hi chu a leia lei chi a ni lo ngei mai a; chutih rual erawh chuan a sawi tum erawh a chiang reng thung: Pathianin Kristaa min pêk hi lo dawn ve ngei kan tum tûr a ni.

NINGÂNÍ

Thlaraua Khat Chibai Bûkna

AUGUST 24

Efesi 5:18–20-ah hian Paula mitthlâah Pathian chibai bûk tûra Kristiante an kal khâwm lâi a lo lang a. Chu chibai bûknaah chuan eng thil ti niin nge a sawi?

Efesi 5:1–20-ah hian ringtute chu rilru ngaihtuahna tichawlawl thei zu laka inthiar fihlima, chu âi chuan Thlarau Thianghlim awmpuina leh thiltihtheihna chang zâwk tûrin a fuih a. Paulan zu ruih a khap chhan hi (hetah hian Juda-ten Griek tawnga Thuthlung Hlui an lehlin, Septuagint-a Thufingte 23:31 thu a sawi chhâwng a ni maithei) a rilru-ah finna lehkhabu-a (*Thuf. 20:1, Thuf. 23:29–35*) zu in khapna thute a awm vâng a nih a rinawm . Miin zu a ruih chuan mâwl takin a che thin a, zahmawh phâwhru pui pui te a sawi thin a, thu lawi lo tak tak a sawi

a, tin, inngaihna sualah leh milem biaknaah a hruai lüt thîn bawk. Hêngte hi rilru fîm tak leh Thlarau Thianghlimin a awmpui Pathian chibai bûknaah thlák tleng tûr a ni a ti a. Thlarau Thianghlima khat tûra ringtute a fuihna hi a thupui ber niin, chumi tih dân tûr chu thiltih sawina thumal hrang hrang hmangin a rawn sawi fiah nghâl bawk (“thu sawi,” “hla phuah leh sak,” “lâwmthu sawi,” “mahni inhlân,” *(Efesi 5:19–21)*).

Paulan “Thlarau Thianghlima khat” (*Efesi 5:18*) tûra ringtute a fuihna thu hi mi mal tute emaw hnênah chauh a sawi ni lovin, kohhran pum pui hnêna a sawi zâwk a ni a. A mitthlâah ringtute chu inpumkhatna neihtirtu Thlarau Thianghlima khat Pathian chibai bûknaah an lo kal khâwm lâi a lang a, chutiang chu milem be mite awm dân leh inkhâwm dân, mahni chauh inngaih hlutna nêñ chuan inang lo tak a ni (*Efesi 5:1–18*). Hetianga Kristian hmasaten Pathian chibai bûka inkhâwmna an neih châng hian Pathian faka hla sak leh rimâwi chi hrang hrang an neihte tum an uar hle a, mi thenkhat phei chuan kohhran hi hlâa lo piang a ni ti pawhin an sawi thin hial rêng a ni. He lâi thu bâkah, Kolosa 3:16 thute hian an thil sawi hi a dikna chin thui tawk a awm a ni tih a tilang âwm e (*Tirh. 16:25, Tirh. 5:13 te pawh en la*).

Pathian chibai bûk ho hian a lîi hrût phei zâwng pawhin nghawng tha a nei a, entîr nân, kohhran member-ten hlim taka Pathian fakna hla an han sak ho hian an “inbe tawn” tihna a ni (*Efesi 5:19*). Nimahsela, Pathian fakna hla kan sak chhan ber tûr erawh chu Lalpa a ni tih kan hre reng tûr a ni a, chumi a nihzia chu Efesi 5:20-ah pawh chiang takin a sawi (*Kol. 3:16 nêñ khâikhin ang che*). Efesi 5:20-in a sawi lâwmthu sawina pawh hi Efesi 5:19-a kan hmuh Pathian fakna hla sak ang tho khân “kan Lalpa

Isua Krista hmingin, Pa Pathian ngei hnênah” hlan tûr a ni. “Thlarau lam hlate” tih thu-a “thlarau lam” (Grik tawnggin, *pneumatikos*) tih tawngkam hian Pathian chibai bûknaah Thlarau Thianghlimin dinhmun pawimawh tak a chanzia min hrilh a, a chhan pawh he tawngkam hian Thlarau Thianghlimin a phuahtîr hla emaw, Thlarau Thianghlima khat hla emaw a sawi vâng a ni. Chuti a nih chuan, Paulan Kristian hmasate hnêna Pathian chibai bûk dân tûr dik a hrilhah hian Pathian pakhata minung pathum awmte an tel kim vek a, an zavâiin fak tûr tihna a nih chu.

Engtin nge in Pathian chibai bûk inkhâwm kha tiphusui leh zual tûrin zâi leh rimâwi i hman theih ang?

ZIRTÂWPNÎ

AUGUST 25

Zir Belhna: Efesi 5:1–20 hi a pum puiin han thlîr nawn leh ila, Paulan thil sual leh tha lo, a bîk takin mipat hmeichhiatna hman khawlohnâah leh tawngkam tha lo hmana lo lang chhuak thinte a dodâlzia kan hmu ang. Pathian mite zîngah chuan nungchang tha lovin hmun a chan ve a phal lo rêng rêng a. Efesi khuaa ringtute chu Pathian “fa duh takte” leh “mi thianghlimte” an nih ang ngei nungchang tha leh mâwi nei tûrin a sâwm a ni (*Efesi 5:1–10*). Chutiang nungchang chu an nei a nih chuan, thim zîngah êng an chhuah ang a, an thenawm khawvêngte chu anmahni ngei pawh tichhetu tûr nungchang tha lo bânsantîrin, Pathian khawngaihna leh thutakah chuan an hruai lüt thei dâwn a ni (*Efesi 5:11–14*).

Paulan inpêkna tharin a châwikân kohhran chu Krista lo kal lehna an lo nghah chhûng hian “êng fate ang taka awm” tûr leh Krista chêncilhna changa Pathian chibai

bük ho thîn tûrin a duh hle a (*Efesi 5:14*). Pathian “fa duh takte” an nihna ang leh an tâna Krista thihma (*Efesi 5:1, 2*) ten a tihpûr, Thlarau Thianghlima khat (*Efesi 5:18*) bawk si an nih tawh chuan Pathian chibai an bük hona pawh nuam leh hlimawm tak a lo ni ang a, an Lalpa Isua Krista hnênah leh Pa Pathian hnênah fakna hla an hlân thei dâwn bawk a ni. Vân lam thilte chu nghet taka an vawn tawh avângin hma lam hun beiseina an lo nei tawh a, chu chu an Lalpa Isua Krista zâra Pathianin an tâna thil a lo tih tawh, a tih mêm leh a la tih leh tûr chanchina zung kaih a ni (*Efesi 5:18–20*).

Chutiang zâwnga kan hre thiam a nih chuan he lâi thu hi Kristiante nun dân tûr chungchâng thupék inzawm lo tak tak dah khâwmna ni lovin, Kristian an nih ang ngeia an awm dân tûr leh hun hnuhnûnga Pathian chibai an bük dân tûr hrilhna an ni zâwk tih kan lo hria ang a. Krista lo kal leh hma ni tlêm tê la awmah hian Pathian khawngaihna chang ngei thei tûra remchâんな lei i tum theuh ang u (*Efesi 5:16*).

SAWI Ho TÛRTE:

OEKan tûn lâi khawvêlah hian eng tik lâi mai pawh hian smartphone, television leh lehkhabu hmangtein nungchang tha lo inzirtîr lam hawi thil chi hrang hrang hmuh tûr a tam êm êm a. Hêng kârah hian eng tin nge Paulan nun dân tha leh dik a sawi hi kan lo neih theih ang?

Ringtute hian “LALPA lâwm zâwng chu eng nge ni” (*Efesi 5:10*) **tih leh “LALPÂ duh zâwng chu eng nge ni”** (*Efesi*

5:107) tih te kan la hriat thiam theih nân eng nge kan tih ang?

ŽMi tu emaw chuan, Paulan ringtute zînga mipat hmeichhiatna hman dik loh chungchâng sawi a khap a (*Efesi 5:3, 4*), **chuvâng chuan mipat hmeichhiatna hman dik lo chungchâng hi kohhran huang chhûngah kan sawi tûr a ni lo ti ta se, eng tin nge i chhân ang? Eng vângin nge a ngaih dân chu a dik tâwk loh?**

Eng tiang kawngtein nge kan tûn lâi khawtlâng nun hian Paulan a hun lâia milem be mite thil chîn tha lo tak tak a sawisêl angte kha a pho lan?

NUPUIITE LEH PASALTE: KRAWSAH PUMKHAT AN NI

CHÂNGVAWN: “**Pasalte u, in nupuite hmangaih rawh u, Kristan kohhranho a hmangaih a, an âia mahni a inpe ang khân; anni chu tuia sila thu chuan tifâiin a tihtianghlim theih nân. Chutichuan, kohhranho chu bawlhhlawh kâi lo leh, zûr lo leh, chutiang thil rêng rêng pu lovin, thianghlim leh hmêlhem lova awm zâwkin, amah leh amah kohhranho ropui takah chuan a inpe thei ang**” (*Efesi 5:25–27*).

SABBATH CHAWHNÛ

AUGUST 26

Chhiar Tûrte: *Efesi 5:21–33; Filipi 2:3, 4; Ezek. 16:1–14; 2 Kor. 11:1–4; Gen. 2:15–25.*

Efesi 5:21–33-ah pawh hian ringtute chu intulût tawn theuh tûr a nih thu bawk kha sawi lehin, Kristian nupui leh pasalte hnênah thurâwn tha tak tak a pe a; tichuan, an pahnih tâna thurâwn tangkâi tak tûr pein a thu sawi tlâng a kâwm ta a ni (*Efesi 5:33*).

He a thurâwn pêkah hian, tûn lâi huna Bible chhiar thînte chuan tholeh Kristan kan inlaichînna chungchâng a sawi a ni tih an hre thei a. Chutiang chu Efesi 5:21–6:9 hi Paulan a tak a lehkathawn thupui ber, inpumkhatna hlen chhuah theih dân kawng a sawi hi a ni tih kan hriat thiam hunah ti thei dinhmunah kan ding dâwn a; tûnah bîk hi chuan Kristian chhûngkaw tân a ni phawt rih thung ang. Mihring hlui zia tha lo leh zahpui awm tak kha a

sawisêl nasat viau rualin, mihring thar siam a ni ta erawh lâwmawm a ti hle thung a (*Efesi 2:15*), chu mihring thar chu khawtlâng nun khaw lo taka chêng mihring dangte zîngah a awm ve leh dâwn tho bawk. Chu khawtlângah ngei chuan thiltihtheihna thar, Thlarau Thianghlim (*Efesi 2:22; 3:16; 5:18–21; 6:17, 18*) leh Krista nungchang ang chu tâi darhtrî a lo ni ang a (*Efesi 4:13, 15, 20–24, 32; 5:2, 10, 17, 21–33*), chu chuan a mite tân leh khawvél tâna Pathian ruahmannâ chu a tipuitling dâwn a ni.

SUNDAY

AUGUST 27

Kristian Nupuite Hnêna Thurâwn

Paulan mi dangte hnêna intulût theuh tûra kohhran member-te a fuihna thu Efesi 5:21 (*Marka 10:42–45; Rome 12:10; Filipi 2:3, 4 te pawh en la*) hmangin Efesi 5:1–20 leh Efesi 5:22–33 hi a suih zawm a. Chu thil chu “Krista tih dêk chunga” (*Efesi 5:21*) ti tûr an ni bawk. Ringute tân chuan Krista nêna inlaichînna tha neih tluka thil pawimawh a awm loh thu hi vawi tam tak a sawi a, tûna mi hi chûng a sawina zîngah chuan a hmasa ber a ni nghe nghe bawk.

Paulan kohhran member-te chu an member-puite hnêna intulût theuh tûra thu a râwn hi eng nge ni a awmzia? He thu hi eng tin nge kan hriat thiam ang? *Efesi 5:21.*

Paulan Kristian nupuite chu Lalpa laka an intulût anga mahni pasal theuhte hnêna intulût tûrin a sâwm a (*Efesi 5:22; 1 Pet. 3:1, 5 pawh en rawh*). “Lalpa hnêna an intulût” anga an pasalte hnêna intulût tûra a hrilh hian, an pasalte chu Krista anga ngâiin an hnênah an intulût tûr a ni a

tihna a ni ang em? Nge ni a, Krista chu an intûkluhna tûr dik ber leh sâng ber a ni tûr a ni a tihna zâwk?

“Mihring rawng bâwl ang mai ni lova, Lalpa rawng bâwl ang zâwka” rawng bâwl tûra bâwihte thurâwn a pêkna Efesi 6:7 leh, “Lalpaa a âwm tâwk ang zéla” an pasalte hnêna intulût tûra nupuite a hrilhna Kolosa 3:18 te hi han thlîr ve ve ila, a hnuhnûng zâwk hi an pasalte hnêna an intûk luh dân tûr zâwk chu a nih a rinawm. A chhan pawh, nupuite pawh hi ringtute an ni ve tho a, an pasalte âia an châwimâwi zâwk tûr chu Krista a ni si a.

Kolosa Lehkhathawnah leh Efesi Lehkhathawnah te hian Krista—Krsita chauh hi—kohhran lû nia sawi a ni a (*Efesi 1:22; 5:23; Kol. 1:18*): “Krista chu kohhran lû a ni a; tin, ani chu taksa Chhandamtu pawh a ni bawk” (*Efesi 5:23*, NKJV). He entîrnain a sawi ang hian, pasal chu “nupui lû” a ni a (*Efesi 5:23*), kohhranin rinawm taka Krista rawng a bâwl ang chiah hian nupui pawh a pasal lakah a rinawm tlat tûr a ni. He lâi thu hi in chhûngkhura hleihlenna thlentîr phalna emaw kan lo ti mai palh thei a; mahse a ni hauh lo. Nih ahnehin inneihna chu ihmangaih tawnna leh inngaihsak tawnna a ni zâwk.

Kan chhiar zawh tâk chiah atang khân chhân tûm la, eng vângin nge he thurâwn hi kan hriat reng a pawimawh? Pasal chu “thinchhe tak, mi hauh hmang, phunchiar bawk si, mahni indah sâng, ngilneihna nei bawk si lo leh mi dangte hnuachhiah chîng a ni chuan pasal chu nupui lû a ni a, chuvângin eng kimah nupui chu a pasal lakah a intulût tûr a ni tih thu hi a sawi pawh sawi ve rêng rêng suh se. A chhan pawh Lalpa a ni lo va, tin, pasal nihna awmzia leh dinhmun pawh a hriat loh avângin pasal dinhmun dik tak pawh luah pha lo a ni si a.”—Ellen G. White, *Kristian Chhûngkua*, p. 109.

THAWHTANNI

Kohhran Hi Krista Mo A Ni: Then 1-na

AUGUST 28

Efesi 5:25–27, 29 leh fahrah thawnthu inziahma Ezekiel 16:1–14 hi khâikhin la. He fahrah thawnthua eng läite hi nge Efesi Lehkhathawn ziaktu Paulan a ziah chhâwn?

Paulan Efesi 5:25–27, 29-a kohhran nihna leh kohhran leh Krista inzawm dân sawi fiahna atâna inneihna a hman hian hmân lâi Bible ram mite tih dân kha thiam takin min hrilh a. Kohhran chu mo nêna tehkhinin Krista chu Moneitu:

(1) *Mo anga kohhran hmangaihu a ni* (*Efesi 5:25*). Kohhran hi Krista mo a ni a, ani chuan pasalin thinlung taka a hmangaih ang chiah min hmangaih a ni tih kan hre reng tûr a ni.

(2) *Mo man atân mahni inpe a ni*. Hmân lâi Bible ram mite inneih dânah moneitu chuan “mo manin” a mo tûr chu a “lei” thîn a, a leina pawh sum tam tham tak leh thil hlu chi hrang hrang a ni a, a tam tham êm avângin an khaw sum leh pâi dinhmun pawh a nghawng phâk hial thîn. Krista chuan a mo atâna kohhran a neih theih nân man sâng tak, “amah” a inpe a (*Efesi 5:25*). Mihringa a lo channaah leh krawsah khân mo man atân amah leh amah a lo inpe tawh a ni.

(3) *A mo bual fâitu*. Hmân lâi inneih lawmnaa thil pawimawh tak pakhat chu inneihna atâna impeih tûra mo buatsaih a ni. Tûn lâi pawh hian chutiang chu a la ni reng tho a, mo chu a thiante leh a laizâwn hnâiten uluk takin an chei a, a nalh thei ang bera chhuah an tum thîn. Mahse, Paula hi chuan inneihna atâna mo cheitu chu Moneitu a

ni tih a sawi a. Amah chu tuia sil hmanga a mo tithianghlimtu leh silfāitu a ni (*Efesi 5:26*)—hei hian baptisma chantirna a kāwk a ni maithei.

(4) *Thutiam sawitu a ni.* He tihfāina, tithianghlimna hi “thu nēna” tih a ni a (*Efesi 5:26*. Heti lāia “thu” a tih hian Moneitu’n a mo hnēna thutiam a sawi a kāwk (*Efesi 1:3–14; 2:1–10 te pawh chhiar la*, Pathian chuan ringtute hnēnah a piantar tirhin thutiam a pe thīn). Hmān lāi hunna an inhual dān kha tūn lāia inhualna kan kalpui dān āi hi chuan an la puithu deuh zāwk a, mo man zāt tūr leh mo thil chhawm tūrte an ziak fel sa thlap thīn.

(5) *Mo a buatsaih a, a chei bawk.* Mo chu a Neitu tūr hnēnah hlan a nih chuan a māwi êm êm a, bawlhhlawh leh zūrna rēng rēng pawh a nei lo (*Efesi 5:27*). Krista hian a mo chu a bual fāi a ni mai lo va; buatsaihin a chei māwi nghâl bawk.

Eng tiangin nge hēng Bible chāngte hian Kristan kan chunga rilru a put dān hre tiam tūrin mi a tanpui le? Eng vāngin nge chu chu kan tān a thlamuanthlāk êm êm?

THAWHLEHNÎ

Kohhran Hi Krista Mo A Ni: Then 2-na

AUGUST 29

Paulan eng tin nge hmā lāi mite inneih program-a an thiltihte kha Korin khuaa Kristiante tān pawh thil tih ve châkawm tak ni tūrin a hman? Inhlanna chu eng tika thleng nge a nih? (2 Kor. 11:1–4).

Hmān lāi mite inneih program-a an thil tih pakhat, a hnuhnüng ber ni bawk chu “inhlanna” a ni a. Chumi chu

entîrna atâna hmangin Efesi 5:25–27-ah hian Krista chu: (6) (*ama*) *hnēnah amah ngeiin mo a hlān.* Hmān lāi chuan mo chu mo neitu tūr hnēnah mo neitu thianten emaw, ama pa-in emaw an hlān thīn a. Moneitu’n a hlān ngāi lo. Mahse, hetah hi chuan Moneitu Isuan kohhran chu mo angin ama hnēnah a hlān niin a sawi.

Paulan Krista leh kohhran inzawm dān a indawta sawi fiah nān inneihnaa thil an tih thin hrang hrangte kha entîrna atāna a hmang a. Chūngte chu: 1. *Inhualna.* Krista chu kohhran tān amah leh amah a inhlān a (amah chu “mo man” a ni), tichuan, a nupui tūr nēn chuan an inhual ta tihna a ni. (*Efesi 5:25*). 2. *Inneihna atâna inbuatsaihna.* Moneitu chuan mo tithianghlim leh silfāi hna a thawh mēk chu phûr tak leh tha takin a tichhunzawm zēl a (*Efesi 5:26*). 3. *Inneih inkhāwm.* Tūna Krista rilrua awm ta chu inneihnaa mo “hlan a nihna” chiah a ni ta (*Efesi 5:27*). He program hi chu Moneitu Krista a lo kir leha, kohhran hi a mo anga a rawn hruai hun leh amah ngeiin ama hnēna a hlan hun, inneih lawmna inkhāwm ropui tak buatsaih a nih hunah a thleng ang (*Efesi 5:27; 2 Kor. 11:1, 2; Kol. 1:21–23, 28 te pawh en la*).

Hmān lāi chuan inneihna program hi zān lama kawng zawhna nēn bul an tan thīn a (*Mat. 25:1–13 en rawh*). Moneitu leh a thuhruate chu moneitu inah—mo leh mo neitu chēn dunna tūr inah—an kal khāwm phawt a, tichuan, mo pa in lam panin kawng an zawh ta thīn a ni. Meichherte chhī-in hlim takin an zāi a, rimāwi bungrua an neih ang angte kengin an ri būng būng zēl mai a ni âwm e. Mo chuan a pa inah a lo nghâk a, a nih loh pawhin a chāng chuan mo hruaitute nēna intâwk tūrin a thian leh a chhūngte nēn kawng a rawn zawh phei ve thīn bawk. Chutia an intawh hnu chuan an pahniha an chēn dunna

tûr in lam panin an kal ho ta a. Chu inah chuan an mi sâwmte nén chawlhkâr khat chhûng zet te ruai an theh thîn a. Chawlhkâr tâwpah chuan inneih program-a a hnuhnûng ber hman niin, chumi hunah chuan mo chu moneitu hnênah hlan a ni ta thîn a ni.

Krista chuan ama hnênah amah ngeiin kohhran a hlân nia Paulan a sawi hian a mitthlâah chuan he inneih kawngzawh leh mo inhlanna hi a awm a. He tehkhin thu hmang hian Krista chu a mite lam tûra lo kalin, chutih hunah chuan Krista leh a kohhran inhualna hi a lo famkim tawh ang a, inneihna ruai kîl ho a ni tawh bawk dâwn a ni.

He tehkhinthu tha tak, hlimawm leh beiseina min siamsaktu ni bawk atang hian keimahni tân theuh eng thuchah nge kan lo chhar chhuah ang le?

NILÂINÎ

AUGUST 30

Nangmah I Inhmangaih Angin I Nupui Hmangaih Rawh

Pasalten an nupuite nan hmangaiha an ngaihsak chhan tûr tha tak dang Paulan a hrilh chu eng nge ni?
Efesi 5:28-30.

Paulan Kristian chhûngkuate zawm tûr dân a lo zamte hian a hun lâi khawtlâng nun kha a tha vak lo a ni tih a lantir a. Efesi 5:28-3-ah hian, khatih hun lâia mi tam takte tih dân ang deuha “mahni tisa huat” (*Efesi 5:28, 29*) thlang mauh mai, an nupuite tihdudaha kutthlâk ching tak pasalte chu thu a pe ta a ni. Paula hun lâia Grik-Rome-ho khawvélah kha chuan in chhûngkhurah pa berten (Latin tawngin, *pater familias*) thu an nei êm êm a. A nupui fanaut leh a salte chu dimna tel miah lovin duh leh a hrem thei

a, tin, a thah pawh a that hial thei bawk. Chutiang ti tûr chuan dâmin dikna chanvo a pe miau a; mahse, chutiang êm êma râwnga chêtña chu mipui zîngah duh lo an lo tam chho ve zel thung.

Efesi 5:25-27-ah hian hmangaihna entîrna tha leh famkim ber chu min hrilh a, chu chu Kristan kohhran a hmangaihna niin, chu chuan pasalte tâna nupuite hmangaih chhan tûr thar danglam tak mai min hriattir nghâl bawk. Tichuan, hnialfung thar hmangin kan entawn tûr Krista chu min kawhhmuh leh ta a, Isuan a nupui kohhranho tâna a inhlâna, a mamawh tinréng a ngaihtuahsak ang chiah (*Efesi 5:25-27*) khân Kristian pasalte pawh an nupuite tân an inhlân ve tûr a ni. Kristian pasalte chu an hun lâia milem be mi pasalte tih ang thilte ti ve lo tûrin chona a pe a, chu âi chuan Kristan kohhranho a hmangaihna ang kha an nupuite lakah lantir zâwk se a duh hle a ni.

Efesi 5:28-30-ah hian Kristian pasalten an nupuite an hmangaih chhan tûr thar dang pakhat sawi a nei leh a, chu chu mahni inhmangaihna a ni. “Tu ma’n mahni taksa an haw ngâi lo” a tih hi thu dik awm sa a ni a. Pasalte chuan anmahni leh anmahni an inti-na ngâi lo ang. Tin, mahni taksa vaw ta vak pawh an awm dâwn lo réng réng bawk a. Chutianga tih chu sawi loh, an châwmin an duat êm êm zâwk thîn a ni (*Efesi 5:29*). Nupuite laka nunrâwnna leh tharum thawhna an tlentir thin chu an lo sim theih nân a nupuite nén pumkhat an ni tih hre tûrin a sâwm a. I nupui nén khân mi thuhmun in nih tawh avângin amah tihnat chu nangmah intihnatna a ni dâwn a, chutianga mahni leh mahni intihnat chu mi pangngâi chin chuan a ti duh miah lo ang.

Entawn tûra a chhawp chhuah Isua Krista chanchin bawk kha sawi lehin, Krista chuan “a taksa” (*Efesi 5:29, 30*) pêng ringtute chu châwmin a duat êm êm a. Chutiang chiah chuan, nangmah chunga i tih duh tûr ang bawk leh, Kristan i laka a tih ang chiah kha i nupui chungah pawh ti ve ang che.

Paulan nupuite leh pasalte chu Isua entawn tûrin a ti ve ve a. Isua hnêñ atang hian in in chhûngkhura chêngte i hmangaih vek theih nân eng nge zir tûr i neih le?

NINGÂNÍ

Inneihna Hi Tisa Pumkhata Insiamna A Ni

AUGUST 31

Genesis 2:15–25-a kan hmuh khawvêla thil awmte siam a nih dân chanchin hi chhiar la. Nupui leh pasalte chu “tisa pumkhat” a nih thu a sawi hma hian eng thil nge thleng phawt le (*Gen. 2:24*)?

Paulan nupuite leh pasalte hnêna thurâwn a pêk hi a nihna ang taka kan hmang dâwn a nih chuan Genesis 2:24 thu a sawi chhâwn hi kan hmuh phawt a ngâi ang. Genesis bû-a kan hmuh thil siam chanchin hi a han ngaihtuah a, chutichuan, Kristian kohhran mamawhte leh kohhran member chhûngkaw tinten inlaichînna hrisêl an nei theuh theih nân thil tûlte chu a hmu ta a ni. Genesis 2:24-ah hian eng hun atân pawha pawimawh zêl tûr thuchah a chhar chhuak a. Pathian ruahman dânah chuan inneihna hi “tisa pumkhata” insiamna tûr a ni a, nupui leh pasal inkâra mipat hmeichhiatna hmanna chuan rilru, taksa leh thlarau lama inpumkhatna siamin, chutianga H-9

inpumkhat tate chauh chuan mipat hmeichhiatna an hmang dûn tûr a ni bawk.

Genesis 2:24 a rawn thur chhuah nalh chhan pawh eng dang ni lovin,inneihna hi mihringte suala an tlûk hmaa lo siam tawh a ni tih sawi a tum vâng a ni a, chu chuan Kristian nupuite leh pasalte inkâra inlaichînna hi hre thiam tûrin min tanpui bawk. Suala tlu tawh hnu kan khawvêl, hmeichhia leh mipa inkâr chauha hman tûr mipat hmeichhiatna pawh dik lo taka hman a lo nih tâkna hmunah hian nupuite chu pasalte thuhnuia awm tawp mai tûr ni anga ngaihna a lian hle a. Mahse, Paula hi chuan Genesis bu-in a sawi angin nupa chu tu emaw zâwk zâwk thuhnuia awmna ni lovin, pumkhata insiamna a ni zâwk tih a sawi. Mipa chungnunzia a entîr emaw, mipa a chungnuntîr emaw a ni lo va, an pahniha pumkhat an lo nih chian tâk êm avângin “tisa pumkhat” an lo ni ta a ni zâwk. Chutiang chuan, Efesi 5:21–33 leh Genesis 2:24 te hian inneihna leh mipat hmeichhiatna hmanna chungchânga hnam tin pawm tlân theih leh zawm nghâl bawk tûr thurin dik chu min zirtîr a ni.

A châng dawt leh chiahah hian “thuril thûk tak” (*Efesi 5:32*) chungchâng a sawi a. Hê thuril thûk tak hian a hma lama a lo sawi tawh tehkin thu kha a tawn tawna zawm tûr a ni tih min hrilh: Kristian inneihna hi Krista leh a kohhran inlaichînna êngä hriat thiam tûr a ni a (*Efesi 5:32*) chutiang bawkin Krista leh a kohhran inlaichînna hi Kristian inneihna êngä hriat thiam tûr a ni bawk (*Efesi 5:32*).

Kristian nupa inlaichînna hi Krista leh kohhran inkâra inlaichînna awm nêna khâikhinin tihfamkim sawt theih a ni a. Chutiang deuh bawk chuan, ringtute hian Kristian nupa inlaichînna tha tak tarmit hmangin Krista leh a

kohhran inlaichin tawn dān hi ngaihtuah sela, Krista nēna inlaichinna a neih dān tūr dik tak chu an hre thei ang.

Eng tiang kawngin nge Efesi 5:33 hi Efesi 5:21–32-a Paula thurâwn khâikhâwmna a nih? Nupui pasal nei tawh i nih chuan, hêng thurâwnte hi in nupa kârah eng tin nge famkim zâwkin i hlen chhuah theih ang?

ZIRTÂWPNI

SEPTEMBER 1

Zir Belhna: Ellen G. White-i lehkhabu ziah, *Testimonies for the Church*, vol. 7, pp. 45–50-a “Responsibilities of Married Life” tih leh *Kristian Chhûngkua* tih pp. 103–112-a “Thil Intihsak Tawnna” tih te chhiar ni se.

Ellen G. White-i chuan nupuite leh pasalte chu an kawppuite thunun tlat tumna ang chi rēng rēng laka insûm thiam tûrin a chah a: “In duh dān ang chauha awm tûrin a tu mah mah intilui suh u. Chutianga in ti a nih chuan in inh mangaih tawn reng thei lo vang. Chu ái chuan, ngilneiin dawhthei hle ula, hrehawm tuar peih ula, mi dang hriat thiamna ngah leh hawihhâwm tak ni zâwk rawh u.”—*Kristian Chhûngkua*, p. 110.

Heti hian Kolosa 3:18 thu (*leh Efesi 5:22–24*) awmzia a lo hrilh fiah bawk a: “Nupui chuan ama duh dânin thil a ti ve miah lo tûr a ni em?” tih hi an zâwt châwk a. Bible-in chiang taka a sawi chu pasalte hi chhûngkaw lû an ni tih hi a ni. ‘Nupuite u, in pasalte lakah intulût rawh u’ tih thupék hi hetah hian tâwp ni se chuan, nupui dinhmun chu a duhawm loh ngawt ang le. . . . Pasal tam tak lah chuan, ‘Nupuite u, in pasalte lakah intulût rawh u’ tih hi an changchâwi hlur mai bawk si a. Mahse, a thu dawt chiah, ‘LALPAA a âwm tâwk ang zélin’ [Kol. 3:18] tih lâi hi chu an chhiar thleng tawh ngâi si lo. Pathian chuan nupuite hi Pathian tihna leh Pathian ropuina ngaihtuah reng tûrin a phût a. An pumhlûma an intûkluhna tûr awm chhun chu a man chhiar sén loh ama nunna ngei hmanga ama

fa ni tûra lo lei tawhtu LALPA Isua Krista hnênah chauh a ni. . . A nunah a pasal âia lal zâwk Pakhat a awm a; chu chu a Tlantu a ni; chuvângin, a pasal laka an intûkluh dâñ tûr pawh, ‘LALPAA a âwm tâwk ang zélin’ tih ang khân Pathianin a hrilh dâñ ang zêl ni rawh se.”—*Kristian Chhûngkua*, pp. 107, 108.

SAWI HO TÜRTE:

CEMi tu emaw chuan Efesi 5:21–33-a Paula thurâwn hi pasalten an nupuite an thuhnuai theihna tûra fuihna lam hawi a nih avângin tûn lâi hunah hi chuan a zawm chi a ni tawh lo tiin lo sawi ta se la. Eng tin nge i chhân ang? He lâi thu vêk atang hian a tanfung chu i hnial thla thei ang em?

Efesi 5:21–33-a kan hmuh Paulan a nupui emaw, pasal emaw nêna inrem lo tu emaw hnênah eng thil pawimawh tak nge hrilh tûr a neih ang?

ŽKristian ni ve tho si mi thenkhat chuan Genesis 1 leh

2-a kan hmuh thil siam chanchin hi entîrna mai a ni a, kum tlûklehdingâwn tam tak chhûnga thil rawn insiam chhoh dâñ dik tak min hrilh lo ti te-in an sawi thîn a. Mahse, Paula chuan he thawnthu hi a thil sawi tum tifiahtu atân a hmang bawk si. Hei hian Genesis bu-a kan hmuh thil siam chanchin hi a taka thleng ngei a ni tih a rinzia a tilang em?

”Tisa pakhat” tih thu kha rilru-ah lo vawng reng la. He thu hian inneihna thianghlimzia hre thiam tûrin eng tin nge min tanpui a, chu a thianghlimna chu nupaa insiam tawhte hian eng vângin nge an vawn him tlat a pawimawh?

ZIRLAI 11

SEPTEMBER 2–8, 2023

KRISTĀ LAKAH RINAWMIN

CHĀNGVAWN: “**Nangni hotute u, chutiang bawkin, anmahni leh nangmahni Hotu chu vānah a awm tih leh, ani chuan mi duhsak bīk a nei lo tih hriain, vau lovin an chungah ti ve erawh u,**” (*Efesi 6:9*).

SABBATH CHAWHNŪ

SEPTEMBER 2

Chhiar Tûrte: *Marka 10:13–16; 2 Korin 5:10; Efesi 6:1–9; Kolosa 3:21, 24, 25; 1 Petera 2:18–25.*

KUM 2018 khân Washington, D.C. khawpuia awm Bible Museum-a Bible hlui pakhat an dah chu miin an hmu duh hlê mai a. Hê Bible hi Bible kaihtâwi a ni a, a buatsaihtute hian bâwihte thlavâng hauhsakna lam hawi thû rēng rēng chu chhawk vek niin, thurin pawimawh leh tûl chin nia an ngaih chauh a chuântîr a ni.

Kum 1808-a an chhuah tawh kha a ni. Khawi khawiah emaw chhawk then an nei a ni mai lova, Thuthlung Hlui lamah hian zâa sawmkua vêl paihin, Thuthlung Thar lamah pawh zâa sawmnga leh pakua vêl an pahi bawk. Kan Bible hman lâiah hian bung 1,189 a awm a; mahse, hê Bible-ah hi chuan bung 232 chiah a awm.

A leh lamah, bâwih neih sawi mâtina, Bible thawnthu dangten “chanchin thâ” ti pawha an sawi vê miah loh tûr chângte erawh engtin mah khawih danglam lohin an zuah thung a. Chûng an zuahte zîngah chuan mi tam takin an hman sual thin châng, “Chhiahhlawhte u, Kristâ chunga in ti angin, tîsa lama in hotute thu pawh thinlung leh tih

tak zetin, hlâu leh khûr chungin zâwm vê rawh u,” (*Efesi 6:5*, KJV) tih pawh hi a tel a ni.

Tûn lâi kan hun leh kan khawtlâng nunah hian, chona pawimawh tak kan hmachhawn chu Efesi 6:1–9 thu awmzia hriat thiam a ni. Chû tûr chuan, chhandamna chanchin, Bible bu kima puan chhuah a nih dân ang hi rilrû-a ngaihtuah chungin kan chhiar tûr a ni. Paulan a hun lâi khawtlâng nunphung dik lo tak hnêna chanchin thâin a ngaihhlut leh ngaih pawimawh zâwgte a hrilh dân atang hian eng thilte nge zir chhuah theih kan neih le?

SUNDAY**Naupangte Hnêna Thurâwn**

SEPTEMBER 3

Paulan naupangte hnêna thurâwn a pêk chu eng nge ni a, a thurâwn pêk chu a rintlâkzia tilang tûrin Thuthlung Hlui lehkhabua eng thûte hi nge a hman?
Efesi 6:1–3. (Mat. 18:1–5, 10; Marka 10:13–16 pawh en la.)

Paulan naupangte hnêna thurâwn a pêk hi a awmze dik tak hre tûr chuan, Efesi khawpuia chêng Kristian, kohhran member tu tute emaw ina inkhâwm ho thînte hnêna chhiar chhuah a ni lâi kha kan mitthlâah kan hmuu a ngâi ang. Heti lâia “naupangte” (Grik tawngin, *ta tekna*) a tih hian naupang chumchiap atanga lei kâng deuh tawh thlengin a huâm thei a, a chhan pawh fâte chu an pâten kum 60 an tlin hmâ chuan (Grik-ho tih dânin) emaw, an thihi hmâ loh chuan (Rome-ho tih dânin) emaw an pâte thuhnuia an awm thin vâng a ni.

Paula hian Kristian kohhranho inkhâwmna hmuna Pathian chibai bûk thîn naupangte chu “LALPA-ah” (chumi awmzia chu Krista-ah tihna a ni) an nu leh pâte thu zâwma

châwimâwi tûrin a ngên a (*Efesi 5:22; Efesi 6:4, 5, 7–9 te pawh en rawh*). Hetah hian naupangte chu keimahni ang bawkin Kristâ zirtîrte an nih avânga zah tûr leh, Pathian chibai bûknaah pawh teltîr vê ngéi thîn tûra hrilh kan ni. He lâi thû hi naupangte enkawlna leh naupangte rawngbâwlsakna kawnga kan innghahna lungphûm a ni nghâl bawk.

Amaherawhchu, Paula thurâwn hi i-hê lova zawm ngawt tûr a ni lo thung. Nû leh pâté thû chu “Kristâ thilphütte nén a inkalh a nih chuan, hniâl harsa tak pawh a lo ni a ni maithei, [naupangte] chuan Pathian thu an zâwm zâwk tûr a ni a, an nu leh pâté thu an zawm loh avânga thil lo thleng theite pawh Pathian kutah an dah mai ngam tûr a ni bawk.”—Ellen G. White, *Kristian Chhûngkua*, p. 281. /

Paula hian naupangte a fuihna thû chu Thu Sâwm Pêka a pangana sawi chhâwngin a titâwp a. Hei hian Kristiante kâihruaitu atân Thu Sâwm Pêk hi a tling tâwk a ni tih a ring a, a dah sâng hlê bawk a ni tih a tilang (*Efesi 4:1–6:9; a bîk takin, 4:25, 28; 5:3–14*). Thu Sâwm Pêka a pangana sawi chhâwngin bul a han tan phawt a, a châng dawt leh chiah a sawi hmâ hian amâ tawngkam a han zep tel zauh a (“chu chu thupêk tiam nei hmasa ber a ni,” *Efesi 6:2*) tichuan, châng 3-ah hian thupêk pangâna thû bawk kha sawi lehin (“i tân a thâ ang a, leiah hian i dam rei bawk ang,” *Efesi 6:3*) naupangte hnêna thurâwn a pêk chu a khâr ta a ni. Thupêk pali-na hian nû leh pâté châwimâwi chu mihringte tih tûra Pathianin a lo ruahman sa ve rêng a ni tih a sawi a. Kan nû leh pâté châwimâwina chuan, tha famkim lo tak pawh lo ni mah se, hrisêlna a tithâin dam reina min thlen bawk ang.

Hêng Bible chângte hian engtin nge chhûngkaw inlaichînna pawimawhzia min hrilh le?

THAWH TANNÎ
Nû leh Pâté Hnêna Thurâwn

SEPTEMBER 4

Efesi 6:4 leh Kolosa 3:21-te hi khâikhin la. Kolosa 3:21-a kan fâte kan tihvui lohna tûr chhan a sawi chu eng nge ni?

Paula-te hun lâia an chhiar thin lehkhabu pakhat, ‘Siraka Lehkhabu’ an tiyah chuan pâten an fâte an enkawlna kawnga an zawm tûr thurâwn eng eng emaw a awm a: “A fapa hmangaihtu chuan a fapa a vaw thîn ang. . . I fa chu han duât sual vah teh, a la tithlabâr thîn ang che a, a la tilungngâi tlawk tlawk bawk ang che. . . . I fapa chu thunun la, nghâwlkawl rit tak bahtîr rawh, chutichuan, a zah theih lohna chuan a tilungni lo dâwn lo che nia,” (*Sirach 30:1, 9, 13, NRSV*).

Paula thurâwn erawh hi chu a kî a danglam hlê mai. Pâté hnênah an tih loh tûr a sawi phawt a (“In fâte tithinur suh ula,” *Efesi 6:4a*), chumi zawah chuan an tih tûr a hrilh vê leh ta thung (“LALPÀ thununna leh zilhnaah chuan enkawl zâwk rawh u,” *Efesi 6:4b*). Paula-te hun lâi kha chuan chhûngkhat pa berten an fâte chungah dân ang takin thuneihna pumhlûm an nei a, an fâte pawh anmahni tâ, an bungrua ni anga ngaih an ni. Pâté chuan an fâte chungah hremna na deuh tak, thihna hial pawh an chelek thei a. A châng phei chuan, an bâwih kawlte chunga thuneihna an chelek âia nasa zâwk mahin an fâte chungah thuneihna an chelek hial thîn a ni âwm e.

Paula hian bâwih neih leh an chunga thuneihna chelek a sawi mâwi a ni lo va, chutiang ni lovin, chhûngkaw inlaichînna tha awm dân tûr a sawi fiah a ni zâwk. Kan rinawmna tâwpkhâwk tûr chu Kristâ lakah a nih avângin

Kristian pâte chu an thuneihna an hman dân ngaihtuah ngun hlê tûrin a chah a, a chhan pawh an tihnaowrh an fâte chu “LALPÀ thununna leh zilhauhna” (*Efesi 6:4*) pawm thei dinhmunah an din dâwn loh vâng a ni.

“Nû leh pâte u, in in chhûngkhurah Pathian mîzia tilangtu tûr in ni a. Thuâwihna chu, anmahni naupangte hrâwk vak vakna nêna phût lovin, hmangainha leh ngilneihna lan chhuahtîr chungin phût zâwk rawh u. . . .

“In chhûngkhurah nêlawm takin awm ula. Rilru tha lo chawk tho thei tawngkam in hman loh nân insâwm hrâm thîn rawh u. ‘Pâte u, in fâte tithinur suh u’ (*Efesi 6:4*). . . .

“Pathian Lehkhabu-ah hian nû leh pâte chu an fâten thu an âwihi loha hnuachhiah leh hleihluâk taka hrem phalsak an nih thû pakhat mah a awm lo va. Pathian dân chu in chhûngkhurah leh ram inrêlbâwlnaah te hian hmangainha tâwp lo thinlung atangin a lo luang chhuak a ni.”—Ellen G. White, *Naupang Kaihhruaina*, p. 233.

Hê zirlâiin a sawi hi chu nû leh pâte zawm tûr ni tho mah se, hêng Bible chângte atang hian mi dangte chunga kan awm dân tûr chungchângah eng zirlâite nge zir chhuah theih kan neih le?

THAWHLEHNÍ

Hmân Lâia Bâwih An Neih Dân

SEPTEMBER 5

Hêng Bible chângtea bâwihte leh bâwih pûte hnêna Paulan thurâwn a pêkte hi han chhiar teh: *Efesi 6:5–9; Kolosa 3:22–4:1; 1 Korin 7:20–24; 1 Timothea 6:1, 2; 1 Petera 2:18–25. Hêng thurâwnte hi engtin nge i khâikhâwm ang?*

Paulan Kristian bâwihte pûte hnêna thurâwn a pe leh, Kristian bâwihte leh anmahni neitu Kristian bâwihpote

chu Efesi kohhranho inkhâwmna ina an han thu ho vek mai tûr chu mak kan lo ti maithei e. Rome-ho hun lâia bâwih an neih dân kha America leh Europe ram vêla bâwih an neih dân nêna chuan inang lo tak a ni. Thuthlung Thar hun lâia bâwih an neihte kha chu hnam pakhata mî vek an ni vê lo va. Khawpuiah chuan, an ina an chhawr bâwihte kha lehkha an zirte an phalsak a, in satu te, doctor te leh mi fing tak tak te an ni thei.

A châng chuan hêng bâwihte hian kum eng emaw zât an pûte rawng an lo bâwl tawh a nih chuan zalênnna an nei thei a; mahse, chutianga zalênnna nei ta chu tlêm azâwng chauh an ni thung. An bâwih lo neih thin dân kha tûn lâia bâwih tih awmzia kan hriat thiam dân nêna hian a inang lo a ni tih kan hriat theih nân tûn hnâia an tihchhuah Bible lehlin thenkhat chuan *Efesi 6:5–8-a* “bâwih” tih sawina Griek thumal, *doulos* pawh hi “chhiahhlawh” tiin an letling ta daih rêng a. Amaherawhchu, hetiang enkawlna thâ hi bâwih zawng zawngin an chang vek lêm lo thung, a bïkin thingtlâng lama an chhâwr bâwihte chuan hnâ an thawk rim thîn hlê a ni.

Bâwihte chuan khawi hmunah pawh hnâ thawk se, anmahni mai pawh ni lovin, a nupui fanâute nêna lama neitu an pûte thû thû-in an awm mai tûr a ni a, an thu lo hniâl ve ngam tûr an ni lo. Bâwih lo ni reng tawh thîn Publilius Syrus-a chuan, “Bâwih nih âi chuan thih daih pawh a thlanawm zâwk” tiin a sawi a. A thil sawi hian bâwihte chan chhiatzia chiang takin a tilang. Hêng zawng zawngte ngaihtuah hian, “bâwih” tia Griek thumal, *doulos* an lo letling hi “chhiahhlawh” tih âi chuan a dik zâwk hlê niin a lang a, a chhan pawh bâwihte chu an pûte hlâu rêng rënga nung an nih vâng a ni (*Efesi 6:9*).

Bâwih neih hi Paula rawngbâwl lâi khawvêlah khân thil nihphung pângngâi ve rêng a ni a. Bâwih neih

chungchâng a sawi pawh hian khawtlâng nun siam thatu ang ni lovin, ringtute hnêna thurâwn petu pastor ang zâwkin a sawi a ni tih hriat tûr a ni. Ringtute chu an khawtlâng nuna thil thlengte hre thiam a; mahse, Kristan a siam thar tawhte an nih avângin thil thlir dân thar nei tûrin thurâwn a pê a; chu an thil thlir dân neih thar tâk chuan an khawtlângah nghawng tha tak a nei ve leh chhâwng dâwn a ni: “A hmathlîr hi *Rome Lalram chhúnga bâwih aum zaung zaungte chhuah zalen vek* a ni lo va. A rilrû-a awm zâwk chu dân ang taka bâwihte zalêntir ni lovin, Pathian fâte an nihna anga thil siam thar, û leh nâu vek an ni tih hriattir a ni. . . . Paula ngaih dân chuan khawtlâng nun siam thatna, inthlâk danglamna hi kohhran, Kristâ taksa thleng tûr a ni a, tual chhûng kohhranah leh in chhûngkhurah pawh a thleng tûr a ni bawk.”—Scot McKnight, *The Letter to Philemon* (Grand Rapids, MI: Eerdmans Publishing Company, 2017), pp. 10, 11.

Kristian kohhran chanchin kal tawhte kha thlir kîr ila, kohhran hmâi tibâltu berte zînga langsâr tak pakhat chu bâwih neih inthiam chawp nâna hêng Bible chângte hman a lo ni tawh thîn hi a ni. Heta tang hian Pathian Thû kan hman dâna kan fîmkhur hlê a tûl a ni tih kan hria em?

**NILÂINÍ
Kristâ Bâwihte**

SEPTEMBER 6

Paulan Kristian bâwihte hnêna thurâwn a pêkah hian an laka a phût chu eng nge ni? Efesi 6:5–8.

Paula hian Kristian bâwihte chu an pûte thu âwih a, an pûte hnâ chu tha tak leh rilru dam taka thawk tûrin a

ngên a. Amaherawhchu, an pûte âia zah zâwk tûr leh ropui zâwk a awm thu a sawi atang hian thil lo chhinchhiah tûr a awm thung. An pûte thu chu Kristâ thû âiin an ngâi pawimawh zâwk tûr a ni lo va, an hnênah Krista chauhin a chan tûr rinawmna an hlân tûr a ni hek lo. An pûte thû âi chuan LALPA Kristâ thu an zâwm zâwk ang a, thinlung leh tih tak zetin a rawng an bâwl tûr a ni bawk. Hetianga ngaih pawimawh zâwk tûr a hrilh hian, bâwihte leh an pûte inlaichin tawn dân tûrah ngaih dân thar a pê a. Paulan an pûte thu âia Kristâ thu ngâi pawimawh zâwk tûra a hrilh dân hrang hrange i lo en teh ang:

* An pûte chu “*leia in hotute*” (*Efesi 6:5*, ESV) tiin a sawi a, a dah sâng vak lo hlê; hei hian an Pu dik tak zâwk chu vâna awm khi a ni tih a entîr.

* An pûte rawng chu “*tih dêk leh khûr chungin, tih tak zetna nén, Krista thu zâwm angin*” an bâwl tûr a ni (*Efesi 6:5*, ESV).

* An pûte thû âia Kristâ thu ngâi pawimawh zâwk tûra a duhzia chu an pûte bâwih an nih vâng ni lovin, “*Kristâ bâwih*” zâwk an nih vângâ dik taka rawngbâwl tûra a hrilh dânah pawh hian a hmuh theih (*Efesi 6:6*).

* An pûte rawng an bâwlsakna kawngah chuan “thinlung taka Pathian duhzâwng” ti thîn tûrin a fuih a, chutianga a tih chu Pathian rawng an bâwlna kawng a ni a ti (*Efesi 6:6*).

* An rawngbâwlna chu “*mihring tân ni lovin, LALPA tân zâwk*” a ni tih hre reng tûrin a sâwm bawk (*Efesi 6:7*).

Kristian bâwihte chuan Kristâ lo kal leh hunah thinlung leh tih tak zeta rawng an lo bâwl thin láwmman chu a zavâiin a dawng dâwn a. A chhan pawh hlawh nei miah lovin, Kristâ tâna hnâ an lo thawh ngat ngat thin vâng a ni ang. Bâwihte chuan leia an pûten an hnathawh

hlutsak lovin, a huât pawh haw hlê niin a lo inhria a ni maihei e (*1 Pet. 2:19, 20* en la). Mahse, ringtute chuan anmahni ngaihsaktu, “mi tinin thil thâ an tihte” (*Efesi 6:8*) lo hmuhsak vektu Pû an nei a, chu mi chuan lâwmman a la pe ngei dâwn a ni.

Pathian Lehkhabu hian hè thil chîn râpthlâk zet mai hi uâlâu takin han dem hrep mai se kan lo duh a ni maihei a; mahse, chutiang chuan a ti bawk sî lo. Eng pawh chu ni se, Paulan bâwih neih chungchâng Thurâwn min lo pêk atang hian kan hnathawhpuite nêna kan inlaichinna kawngah kan zawm tûr thil pawimawh eng engte nge kan lo hriat phah le?

NINGÂNÎ

Hotu, Mahse Bâwih Ni Vê Thote

SEPTEMBER 7

Bâwihte hnêna a thu sawi hnuhnung ber, “bâwih a ni emaw, zalên a ni emaw” (*Efesi 6:8*, NKJV) tih thûa “zalên” tih tawngkam hian hotu ni sî, mahse bâwih ni vê thote a kâwk a. Hei hian bâwih leh hotu, bâwih ni vê tho sî-te chu rorêlna nî-ah chuan Kristâ hmaah angkhat veka en tûrin an la ding tlâng dâwn a ni tih min hrilh (*2 Kor. 5:10; Kol. 3:24, 25* nêna khâikhin rawh).

Kristian bâwih hotu, mahse bâwih ni vê tho sî ni angin lo innâi la, tichuan, Efesi Lehkhathawn hi in inkhâwmna inah tu emawin a chhiar lo ngâithla angah inchan bawk rawh. Eng tiangin nge hè Thurâwn, i bâwihte awm ve reng lâia chhiar chhuah a ni hi i lo dawnsawn ang? Efesi 6:9.

Paula hian *hotute*, hotu ni mah se, sal ni vê tho bawk sî-te chu ngenna thu khauh angreng deuh tak a pê a. Chû a ngenna chuan an bâwihte vau ching “hotûte” (Grik tawng chuan, *hoi kurioi* a ni a, a ngialngana lehlin dâwn chuan, “alte” tih tûr a ni ang) leh “mi duhsak bîk tû mah nei lo” “LALPA” (Grik tawngin, *ho kurios*) Krista te an inan lohzia chiang takin a tilang.

Hotute chu vâna awm Hotu tih dân anga an bâwihte chunga ti vê tûrin a ngên a, hei hi chu kum zabi pakhatna lâi vêla bâwih neitute kha chuan mak an ti hlê âwm e. Hotute chuan Kristâ laka an rinawmnain a thunun thiltih thâ tih duhna rîlrû nêna an bâwihte an enkawl tûr a ni a; chutianga ti tûr chuan bâwihte a lo ngên ve tawh tho bawk a nih kha (*Efesi 6:5–8*). An bâwihte an vau thin chu sim tûrin a hrilh a, hetih hun lâia an chîn êm êm bâwihte chunga hremna chelek—entir nân, vuâk te (*1 Pet. 2:20*), mipat-hmeichhiatna lam hawi thil tihpui luih tum te, mi dangte hnêna hrâlh (an chhüng leh khatte lak atanga awm hrantir) te, rim taka hna thawhtir te, rîltâm dang châra awmtir te, kawl buntir te, an taksaa chhinchhiahna siamsak te leh, tihhlum hial te pawh a ni ang—chung chu ti ve hauh lo tûrin a ngên bawk.

Hê a thupêkte hi Rome khawvêla mi tam zâwkte thlir dân piah lam thlir thleng phâk tûra fuihna thu pahnih nêna a tuihnih a. Chüngte chu: 1) Anmahni leh an bâwihte chu Hotu pakhat hnuia bâwih ni tlâng vek an ni (“anmahni leh nangmahni Hotu chu vânah a awm a ni tih hre rawh u,” ESV; *Kol. 4:1* pawh chhiar rawh). 2. Vâna awm Hotu chuan mi tû mah duhsak bîk nei lovin ro a rîl thin a. Anmahni Hotu chuan bâwih nia an ngaihte pawh mi dangte nêna ang khat veka a ngaih avângin, anmahni pawhin chutiang chuan an ngai ve tûr a ni (*Filemona 15, 16* nêna khâikhin rawh).

Efesi Lehkhathawna Paula tawngkam hman tam tak, entîr nân, fâa siam (*Efesi 1:5*) tih te; tlanna (*Efesi 1:7*) tih te; roluah (*Efesi 1:11, 14; 3:6*) tih te; Isua néna lalthutthlêng luah ho (*Efesi 2:6*) tih te; “mi thianghlimte néna tuâl khat” tih te, “Pathian chhûngte ni za” (*Efesi 2:19; 3:14, 15 nêñ khâikhin la*) tih te, Krista taksa pêngte (*Efesi 3:6; 4:1–16* en la) tih te hi chu Kristian bâwihte tân khân a thlamuân thlâk ngawt ang. Efesi 6:5–9 thû hian hê lehkhathawna Paula thil sawi zawng zawng, tawngkam hman dân chungchâng leh, mipat-hmeichhiatna kawnga thianghlimna te pawh hi telin (*Efesi 4:25–32*), bâwihte leh bâwihpuite inkârah hman theih vek a ni tih a miñ hrilh.

ZIRTÄWPNI

SEPTEMBER 8

Zir Belhna: Paulan naupangte pawh ringtu ni vê thova ngâia a zah hlê (*Efesi 6:1–3*) mai hian kan tûn lâi khawvêla naupangte kan enkawl dânah leh, kan chhawnchhaih vêl dânah kan simkhur a ngaihzia min hriattîr a. Pâté hnêna a thil sawi (*Efesi 6:4*) hian nû leh pâté mawhphurhna chu eng nge ni tih ngun taka ngaihtuah thîn tûrin min sâwm a ni.

Bâwihte hnêna thurâwn a pêk, a bîk takin bâwih pûte hnêna a pêk phei hi chuan chona nasa tak min pê a. A chhan pawh hetih hun lâia an khawtlâng nun leh, kan tûn lâi khawvêl khawtlâng nun hi a inang lo êm mai a; chu bâkah, bâwih neih hrim hrim hi—eng ti kawng zâwng pawh ni se—sual lian tak a nih hrim hrim vâng a ni. Hêng thûte hi Pathian thâwk khuma ziah, Pathian Lehkhabu-a chuâng a nih tlat avângin, kan tûn lâi hunah hian eng tiangin nge kan lo hmeh bel theih ang tih kan ngaihtuah tûr a ni a. Kum zabi pakhatna lâi vêla chêng, Efesi khuua ringtute ang bâwk khân, keini pawhin chanchin thâ-in a ngaihhlût zâwng thilte hi mi dangte nêna kan inlaichin tawnna kawngah kan lo hmang tangkâi ve vek thei a ni.

SAWI HO TÜRTE:

OENaupangte hmangaih hi “LALPÂ tâna mi lo inpeih tûra buatsaihna” (*Luka 1:17; Mal. 4:6* thu a la chhâwng) **a ni tih thû hi keini Adventist-te tân hian eng nge ni a awmzia?**

Paulan naupangte a zah hlê mai hian zawkna min neihtîr a: Kristan mîte ngaihsakna hi tharum thawhna tuâr, dik lo taka mipat-hmeichhiatna hmanpu leh zak taka siam thin naupangte hnênah engtin nge kan lantîr ve ang? An laka mawhphurhna kan neih chu eng nge ni?

ŽPaulan naupangte a zah ang Krista pawhin naupangte a ngaihsak ang hian, naupangte châwma vênhim kawnga kohhranin mawhphurhna a neih chu eng nge ni? Chutiang ti tûr chuan eng ang kalphung leh tih dânte nge kan neih ngâi awm?

Paulan bâwihte leh bâwih neitute hnêna thurâwn a pêk (*Efesi 6:5–9*) **hi hnathawkte leh hnathawk chhawrtute inkâra inlaichinna awmah bel a ni thîn a.** Chu chu eng tiang kawngtein nge a dik vê tho le? Chutih rualin eng nge a hlauhawmna awm thei bawk?

yKan tûn lâi khawvêlah hian bâwih nei hi an lo la tam khawp mai. Mi maktaduai 40 chuang zet chu mi dang bâwiham an tâng a (hei hi “The Global Slavery Index,” <http://www.globalslaveryindex.org/> chhût dân a ni). Mi zalêñ, bâwih neih tihbân duh êm êm bawk keiniho hian, hêng Pathian fâ ni vê tho, mahse mi dangte bâwiha tâng tlat site lakah hian eng nge mawhphurhna kan neih le?

DIN TÛRA SÂWMNA

CHÂNGVAWN: “**A tâwp berah chuan, LALPA-ah leh a chakna thahruiah chuan thiltihtheihna neiin lo awm rawh u. Diabola ngamthlêmnan chu in do zawh nân Pahtian râlthuâm famkimin inthuâm rawh u,**” (*Efesi 6:10, 11, ESV*).

SABBATH CHAWHNÛ

SEPTEMBER 9

Chhiar Tûrte: *Deuteronomi 20:2–4; Rome 13:11–14; 1 Korin 15:23, 24; Efesi 6:10–20; 1 Thesalonika 5:6–8.*

ZÂWLNEI Elisa chhiahhlawh chu a puan in atangin a rawn **inchhuih chhuak nawk nawk mai** a, a hmanhmawh êm avângin a khaw hmuh pawh a fiah lo hial a. A han thlîr a, Suria sipai tam tak mai chu an sakawr nêñ, an tawlâilîr nêñ hmun tinah an lo awm tawh a. Chu vêleh puan in chhüngah lêt leh nghâlin a pû Elisa hnênah chuan a thil hmuh chu a hrilh a. A sawi zawh chuan, “E khai aw, ka pû! Engtin nge kan tih tâk ang le?” tiin a zâwt a.

Elisa chuan, “Hlâu ma ta che; an lama tang ãi chuan kan lama tang an tam zâwk a lâwm!” tiin a chhâng a. Mahse, a chhânnna hian a thlamuân zo lêm lo thung a. Chutah Elisa chuan a lamah a han pawt hnâi a, a tâna tawngtâiin, “Aw LALPA, a hmuh theihna tûrin a mit hi han tihmensak teh,” tiin a ngêñ a. A tawngtâina hi Pathian chuan a rawn chhâng rang hlê. Elisa chhiahhlawh chu pâwnah a va chhuak leh a, tûnah erawh chuan mihring mit pângngâia H-10

hmuh thei thilte leh hmuh theih loh thilte dâidangtu puanzâr chu kaih hlîm a lo ni tawh a. Sipai pakhat ni lovin pahnih zâwk a hmu ta thung. “LALPA chuan tlangvâl mitte chu a tihmensak a, a han hawi chhuak a, Elisâ vêla awm tlâng pang zawng zawng chu mei tawlâilir leh sakawrin a lo khat vek mai tih a hmu ta a,” (*2 Lalte 6:15–17, NLT*).

Paulan Efesi 6:10–20 thu a ziah lâi hian ringtute chu an thlarau lam mit tihmensaka an awm theih nân a tawngtâi a. Chutianga thlarau lam mitvâr an lo nei a nih chuan indona ropui beih mât a nih dân hi chiang taka hmu theiin, chuta tang chuan beiseina an lo chhar thei dâwn bawk a ni.

SUNDAY

SEPTEMBER 10

Râl Bei Tûra Sâwmna

Paulan a lehkathawn tlângkâwmna atâna tawngkam a hman hi chhiar la (*Efesi 6:10–20*). **Paula thil sawi hi, keini indona ropui thleng a râl bei mâtke tân hian eng nge a pawimawhna?**

Paula hian Efesi Lehkathawn hi râl bei tûra sâwmna thû-in a khâr a, ringtute chu kohhranin sual a dona kawngah nghet taka ding tûrin a chah a (*Efesi 6:10–20*). Fuihna pawimawh tak, “LALPA-ah chuan chak takin awm rawh u,” (*Efesi 6:10*) tih thua bultanin, chu chu “Pathian râlthuâm famkima inthuâm” (*Efesi 6:11*) tûra a sâwmna thu hmangin a rawn tuihnih leh bawk.

Pathian râlthuam famkima inthuam a tûlna chhan pawh a sawi a (Diabola ngamthlêmnan chu an do zawh theih nân (*Efesi 6:11*), an do chu sual sipai, thlarau lam râl hlauhawm tak takte a ni tih pawh a hrilh vek bawk

(Efesi 6:12). Chumi zawahah, chipchiar deuh zâwkin râlthuâm inbel tûra sâwmna thû a sawi tha leh ta a. Ringtute chuan indonaa a din zagh theih nân “Pathian râlthuâm famkim” (Efesi 6:13)—kâwnghrê te, âwmphâw te, pheikhawk te, phâw te, lukhum te leh ngûnhnâm te chu an bel tûr a ni (Efesi 6:14–17). Râlthuam famkima inthuam, indo tûra inpeih at tawh ringtute chu hmân lâi indona muala awm sipaten an tih ngei tûr ang kha ti vê tûrin a sâwm a—chu chu tawngtâi a ni (Efesi 6:18–20).

Thuthlung Hlui hun lâia zâwlneite khân râl do tûr sipaite chu râl dova an chhuah hmâin fuihna thu an hrilh phawt thin a. Khângte kha rirlû-a hre rengin, Paula hian kohhranin hnâ a thawh tûr chu râl dona leh râlthuâm famkima inthuâmna ang zâwngin a sawi ve ta a nih hmêl. Chutiang a nihzia chu a thupêk pawimawh tak, a hmasa ber ni bawkah hian, amah ngein heti hian a lo sawi a: “LALPA-ah leh a chakna thahruiah chuan thiltihtheihna neiin lo awm rawh u,” (Efesi 6:10).

Thuthlung Hlui lehkhabutea râl do tûr sipaite fuihna thû kan hmuhte (entîr nân, hêngte hi chhiar la, Deut. 20:2–4; Roréltûte 7:15–18; 2 Chronicles 20:13–20; 32:6–8; Nehemia 4:14, 19, 20) hian indonaa Israel mîte an chak theih thin chhan chu an hmêlmate âia râlthuâm an neih that zâwk vâng emaw, an tam zâwk vâng emaw a ni lo tih chiang takin a tilang a. Hnehna an chan leh chan loh chu Pathian awmpuina leh thiltihtheihna an chan leh chan lohah a innghat zâwk thin.

Hnehna chang tûra thil pawimawh chu anmahni chaknaa innghah ngamna neih ni lovin, Pathian thiltihtheihna leh chakna an chan theihna tûra ruahmanna a siamte rin ngamna zâwk a ni a. Chuvâng chuan, hêng thupuite hi huaisen takin ringtute fuihna a

tân a hmang ta rêng a ni: 1) kohhran rawngbâwlnaah hian theihtâwp chhuaha inhman; 2) an nun leh thu hretu an nihna kawngah nghawng rawn nei thei hmuh theih loh thilte (Setana leh a tirhkohte) an awm a ni tih hriat; 3) hlawhtlinna an chan theih nân Pathianin ruahmanna a siam a ni tih pawm; 4) ringtute zingah inpumkhatna leh thawh hona tha a awm a ni tih eng tik lâi pawha hriat reng.

Paulan kan buânte hi tîsâ leh thisen an ni lova, mihring âia thil ti thei zâwk ramhuai sipaite an ni tih thû a lo sawi hian, hnehna kan chan theihna tûra beiseina kan neih theih awm chhun min hrilh chu eng nge ni?

**THAWHTANNI
Kristaa Chakna Chharin**

SEPTEMBER 11

Paulan Efesi khuaa mîte hnêna lehkha a thawn hi a lekhkathawn pum pui tâna pawimawh thupui leh ngaih dânte sâwr khâwmna râl do tûra sâwmna thu nêñ a khâr a. Chu chu a khâikhâwmna thupui pawimawh êm êm puanna hmanga bultanin, a puan dân pawh indona muâla sipai hotu âu rî ni awm tak angin a ni. “A tâwp berah chuan, LALPA-ah leh a chakna thahruiah chuan thiltihtheihna neiin lo awm rawh u,” (Efesi 6:10) a ti a. Hemi dawt leh chiah atanga a tâwp thleng (Efesi 6:11–20) hi chu hê thupui sawi hawnna leh sawi zâuna a ni.

Efesi 6:10–20 chhiar leh la. Hetah hian indona ropui chu a taka thleng ngei, mihringte âia thiltithei zâwk ramhuaite nêna kan inbeihna a ni tih hi Paula sawi tum a ni tih i lo man thiam em? Eng vângin nge hê thutak

pawimawh êm êm hi Pathian nêna nî tin kan lèn dunna kawngah hian kan rilrû-a kan vawn reng a pawimawh êm?

Paula hian Krista chu ringtute chakna Hnâr a ni tih a sawi a, a tawngkam hman dân pawh “LALPA-ah leh a chakna thahraiah chuan” (*Efesi 6:10*) tih a ni. Heti láia “LALPA” a tih hian Krista a kâwk a, chutiang chu Efesi Lehkhathawn pum puiah hian hman dân a ni bawk (*Efesi 2:21; 4:1, 17; 5:8; 6:1, 21*). “Kohhran chakna chu tholeh LALPA, indona muala amah hotu thiltihtheihnaah a awm.”—G. G. Findlay, *The Epistle to the Efesi* (New York: Ray Long & Richard R. Smith, 1931), p. 398.

Efesi 6:10-ah hian tawngkam pahnih, a awmzia erawh thuhmun deuh reng sî a hmang a, chûngte chu: “thiltihtheihna” tih leh “chakna” tih te hi a ni. Hetianga a hmang hi chhan a awm a, kohhranin a lan chhuahtir tûr thiltihtheihna chu ringtuten an neih ve sa rêng ni lovin, an LALPA Isua Kristâ hnêñ atâ an dawn a ni. A awmzia chu, ringtute hnênah Pathianin a thiltihtheihna a pe ve tihna a ni a (*Efesi 1:19-22; 2:4-6; 3:16, 17*). Chuvâng chuan, tûna harsatna kan tawh mêm leh, nakin huna kan la tawh leh tûrahte pawh chakna kan neih theih nân, tlân atanga tholeh, châwisâna han awm ta Krista nêna kan inzawm tlat a ngâi a ni.

A thu tîr lamah hian Krista chu ringtute hnêna chakna petu ber anga sawi ni tho mah se, ringtuten sual râl an beihnaa an mamawh chakna pêk kawngah hian Pathiana minung pathum awmte chu an zavâiin an inhmang vek thung. Pathian (Pa) chuan amâ râlthuam ngei, “Pathian râlthuam famkim” tia a sawi chu kan hman theih tûrin min pê a (*Efesi 6:11, 13; Isa. 59:17* nêñ khâikhin la). A

hma lamah khân, ringtute tichaktu chu Thlarau Thianghlim a ni tih lo sawi tawhin, Pathian chuan a Thlarau hmangin keimahni chhûngril lam mihring hi thiltihtheihnaa a thuâm theih nân a lo tawngtâi tawh a nih kha (*Efesi 3:16*). Tichuan, tûnah hian Thlarau Thianghlim chu “ngûnhnâm,” “Thlarau ngûnhnâm” tia a sawi deuh kher (chu chu Pathian Thû hi a ni a) petu a ni tih thû a sawi leh bawk a (*Efesi 6:17*). Ringtute chu eng tik hunah pawh “Thlarauva tawngtâi” (*Efesi 6:18*) thin tûr an ni tih a sawi. Chutiang chuan, Paula hian a lehkhathawn lo chhiartute chu hêng sual thiltihtheihnae hi an do zawh theih nân, Pathiana minung pathum awmten hnâ an thawk tlâng vek tih hre tûrin a duh hlê a ni.

THAWHLEHNÎ

Paula Lehkhathawna ‘Indona Ropui’

SEPTEMBER 12

Rome 13:11-14, 1 Thesalonika 5:6-8, leh 2 Korin 10:3-6 chhiar la. Hêng chângten an sawi leh Efesi 6:10:20 thû hi khâikhin ang che. Paulan hetiang tehkhin thû a hman chhan hi eng nge ni ang?

Paula hian a lehkhathawn hrang hrangah sipai lam tawngkam leh tehkhin thûte a hmang fo mai a, ringtute chu sipai thâ leh entawn tlâk ni theuh tûrin a sâwm thîn. Efesi 6:10-20 hi chutiang tawngkam a hmanna thui ber chu niin, hêngte hi chanchin tha awmzia a hriat thiam dân kawng hrang hrang zînga pakhat a ni a. Châwisâna awm tawh, Krista chuan krawsah khân “lalna leh thuneihnate” (*Kol. 2:15*) chu a lo hneh tawh avângin, tûnah hian chu a hnehna rahte chu thiltihtheihnae chunga awm châwisân tawh LALPA a nihna atangin a rawn thawk chhuak mêm a ni (*Filipi 2:9-11*).

Amah zuitute chu lei leh vân pum huâp indona kal mēkah hian sipai atân a lâ a, chûng êng sipaite chu hnehna ropui tak chang ngei tûrin a hruai nghâl bawk (*1 Kor. 15:54–58; 2 Thes. 2:8; Rome 16:20*). Paulan sipai leh indona lama hman thin tawngkam a hman dân hi ngun takin han chhiar ila, sual leh tha indo tawnna hi “kum tam tak chhûng a lo kal tawh a: hêng sipai pâwl pahnihite hi pakhat zâwkin a tâwpa hnehna a chan thlengin an la indo chhunzawm zêl dâwn a ni.”—Peter W. Macky, *St. Paul’s Cosmic War Myth: A Military Version of the Gospel* (New York: Peter Lang Publishing, Inc., 1998), p. 1.

Indona thupui hi Efesi Lehkathawnah zeh tel a ni a. Râlthuam famkim la túra ringtute a sâwmnaah hian a hma lamah pawh a lo hman tawh, vân indona thilte kha a rawn sawi nawn leh hlawm a. Chûngte chu: Pathianin ringtute chu “thiltihtheihna” nasa takin a thuâm (*Efesi 1:18–20; 3:16, 20*) tih te; Krista chu thiltihtheihna lakah hnehna changin châwisân a ni tawh (*Efesi 1:20–23*) tih te; ringtute chu sipai thi tawh kaithawh leh tâk an nih angin, châwisâna awm tawh Kristan thiltihtheihna lakah hnehna chu an lo do thei ta (*Efesi 2:1–10*) tih te; kohhran hian Setana leh a tirhkohte hnênah Pathian finna puâng chhuak tûrin mawhphurhna an nei (*Efesi 3:10*) tih te; Sâm 68:18 thu hi Sipai ropui, a hmêlmate hneh vektu tûr Isuâ chanchin sawina a ni (*Efesi 4:7–11*) tih te; ringtute chu chanchin tha kawr “ha” túra a sâwm thu (*Efesi 4:20–24* en la) te a ni. Pathian “râlthuam famkim” chu kan han inbel chiah hian, lei leh vân pum puia indona thleng mêt hi hre thiam tûrin kan lo inpeih nghâl a. Chutih rualin, Kristan hnehna a la chan tûrah chuan keini pawh hi kan tel ve a ni tih kan ring ngam tûr a ni thung.

Hê lei leh vân pum huâp indona hi a taka thleng ngei a ni tih pawh ni mai lovin, Isuâ zâra hnehna kan chan theih chu eng tiangtein nge i lo chan ve tawh le? Eng vângin nge kan tâna hnehna a lo chan tawh kha beiseina kan neih theih nân leh, hnehna kan chan ve theih nân kan hriat thiam a pawimawh?

NILÂINÍ

Hmânlâi Indona Hmuna Dingin

SEPTEMBER 13

Efesi 6:10–20 chhiar la, Paulan ding tih thumal a hman zât hi lo chhinchhiah teh. Hê thû a ngaih pawimawh êm êm chhan hi eng nge ni ang?

Paulan entîrna atâna sipai tawngkam eng eng emaw a hmante hi hmân lâi indona hmun kha mitthlâ chungin, a awmzia hriat thiam kan tum tûr a ni. “Ding” tih hi eng nge ni a awmzia (*Efesi 6:11, 13, 14*)? Hê thumal hian mahni lo invêng túra din chauh em ni a sawi? Hmân lâia indonna chanchin ziaktu hmingthang ber pakhat, Thucydides-a thuziakah chuan indona thu sawi tih hian hnehna chang túra thil pathum, a indawta tih vek ngâi a awm thu kan hmû a, chûngte chu: 1) sipaite chuan “an hmêlmâte an va hnaih” tûr a ni, chumi awmzia chu an hmêlmâte tâwk tûrin an awmna lam an va pan tûr a ni tihna a ni; 2) chumi zawah chuan an hmêlmâte chu pawm chilhin an bei ang a, “nghet takin an ding ang,” an tlanchhe tûr a ni lo; 3) a tâwp berah chuan, “an hmêlmâte chu an nawr lêt ang” (Thucydides, *The Peloponnesian War* [New York: E. P. Dutton, 1910], 4.10.1–5 en la).

Hmân lâi indonaah khân a pawimawh lâi ber chu hêng an thiltih pathumte zînga a pahnihnaah hian a thleng thîn a. Hetih hunah hian sipai pâwl pahnihite chu dîm baksak lovin an innuâi chiam mai zêl a ni. Dâr leh thîr hmanga

siam an hriamhareite chu a intawk ri nasa thei êm êm a, thisente chik chhuak zuai zuaiin, tîsa them pawh a tla nawlh nawlh zéi mai a ni âwm e—Victor Davis Hanson, *The Western Way of War* (New York: Oxford University Press, 1989), pp. 152, 153. Hetiang a thlen mèk lâia ng het tako lo din theih chu thil harsa tak a ni dâwn tih a chiang a. A tu lam vê vê pawhin an tumpuite chu “nawr lêt” tumin theihtâwp an chhuah thin a ni.

Paulan ding tûra ringtute a sâwm hian sipai indo lâi, inpawmchilha inbei, an hmêlma sipaite kut tuâra anmahni pawhin an theih anga anga kut lo thlák lêt ve thote chu a mitthlää hmu tûrin a duh a.—Victor Davis Hanson, *The Western Way of War*, p. 152. Chuvâng chuan, kohhran chu inchai mîte ang deuha a hmêlmâtë bei nia a sâwi rêng ni (*Efesi 6:12*; Ningâni zirlâi en la). Chutiang a nihzia chu châng 13-a “din” tih thumal a hmang hian a rawn nêmng het ve leh bawk a: “ni tha lovah chuan in *do zawhna* tûrin” a ti.

Heti lâia “ding” a sawi hi chu ding hahchâwl a ni lo! Hnehnâ chang ngei tûra râl bei tihna a ni a, hmanraw neih ang ang nêna hmêlma sipaite va pawm chilh tihna a ni. Chutiang a nihzia chu Filipi khuaa mîte hnêna lehkha a thawnah pawh hian chiang takin kan hmû a: “Thlarau hmun khata ding ng hetin. . . chanchin tha rinna thu chu tanin bei tlâng rawh u,” (*Filipi 1:27*, ESV) min ti a ni.

Hebrai 12:4 chhiar la. Eng tiangin nge hê Bible châng hian LALPAA ding tih awmzia hre thiam tûrin min tanpui?

NINGÂNÍ

Sual Thiltihtheihnate Buânin

Paulan thlarau sualte sawina atâna hming hrang hrang a hmang hi eng nge a chhan ni ang? Efesi 1:21; 3:10 leh 6:10-20.

Paulan “kan buânte” tih tawngkam a hmang a, heti lâia “buân” tih sawina atâna Grik thumal a hman chu *pale* tih niin, chu chuan inchai/inbuân tih a kâwk. Hmân lâi chuan inchai/inbuân hi indona tûra inbuatsaihna tha tak nia ngaih a ni a; chuvâng chuan râlthuâm hmanga sipaite inbeihna leh inpawm chilha an insualna sawi fiah nân a tha êm êm rêng a ni.

Ringtute hi sual sipaite nêñ inpawmchilha indo reng kan nih thu a sawi uar hlê a. Chûng sual sipaite hming a vuahsakte chu:

Efesi 1:21

lalna zawng zawng
thuneihnâa zawng zawng
thiltihtheihna
zawng zawng
rorêlna zawng zawng

hming sak tinrêngte

Efesi 3:10

lalnate
thuneihnhate

hê thim chunga vân
lam thiltihtheihnhate

vân hmuna thlarau

sualho awmte

Efesi 6:12

lalnate
thuneihnhate

hê thim chunga vân

lam thiltihtheihnhate

vân hmuna thlarau

sualho awmte

Hetiang hming huam zâu tak a hmang hian (“hming sak tinrêng,” *Efesi 1:21*; “vân hmuna thlarau sualho awmte,” *Efesi 6:12*) Setana leh thlarau sual zawng zawng chu Kristâ hneh tawh hnu vek an tih a nemng het a (*Efesi 1:21*). Amaherawhchu, indonaah rêng rêng hmêlmâtë an nihna dik tak âia lo rin hniam ngawt ang chi hi thil finthlák a ni ngâi lo thung. Chuvâng chuan, Paula pawh hian kan beihte chu mihring an ni lo va, “vân hmuna awm thlarau sualho” an nih thu min hrilh rêng a (*Efesi 6:12*, NKJV), chûng thlarau sualhote hruaitu chu sipaihotu fing vervék tak, Diabola a ni (*Efesi 6:11*). Kan hmêlmâtë chu keimahni âia thiltithei zâwk daih a nih tih hi kan hre tûr a nih rualin, a hlauh erawh chu kan hlaub tûr a ni hran lo.

Pathian chu kan bulah a awm reng a (*Efesi 6:10*), râlthuam tha ber bera min thuâmin, amâ râlthuâm ngei “Pathian râlthuâm famkim” (*Efesi 6:11; Isa. 59:15–17* nén khaikhin rawh) pawh min pe a. Kan hnênah a thutak, felna, remna, rinna leh chhandamna leh Thlarau Thianghlim te a dah tawh a (*Efesi 6:13–17*). Amah chu kan hmâah lo va kalin, amâ min pêk ngei râlthuâm famkim chuan kan lû atang kan ke lér thleng hian min thuâm vek bawk; chuvâng chuan hlawhchham thei kan ni lo (*Rome 16:20; 1 Kor. 15:23, 24; 2 Thes. 2:8*).

Hêng sual sipaite hi an chakin thil an ti thei êm êm a, keimahni chakna ngawt phei chuan hneh ruâl an ni lo ang. Chû thu dik chuan hêng thiltihtheihnate âia ropui zâwk pawh ni mai lo, anmahni lo hneh tawhtu LALPA Isua kan vawn tlat a tûlzia min hrilh em?

ZIRTÂWPNI

SEPTEMBER 15

Zir Belhna: “Kan hnâ hi a hâutak a, Isuâ sipai rinawm kan nih angin thisen kâi puanzâr hi hmêlmapa kulhbîngah ngei kan va zâr tûr a ni. ‘Kan buânte hi tisâ leh thisen an ni sî lo, lalnate leh, thuneihnate leh, hê thim chunga khawvêl rorëltute leh, vân hmunahte thlarau sualho awmte an ni zâwk e.’ Setana saltângte leh chhiahhlawhte ni tûra kan râlthuâmté kan dah a, thisen kâi puanzâr hi kan khâi kâng reng lo a nih chuan, Setanan min dodâl lo vang a, hrehawm pawh min tawrhtîr hek lo vang. Nimahsela, hê thlamuânnna hi kan chang a nih chuan, Krista leh vânram kan chân ve thung dâwn sî a ni. Chutiangte tih avânga thlamuânnna chan chu kan duh tûr a ni lo va. Kalsualna leh suahsualna avânga thlamuânnna neih âi chuan khawvêl chanchin tâwp thlengin Setana leh

a tirhkohte hi i do zêl zâwk ang u.”—Ellen G. White, *The Review and Herald*, May 8, 1888.

Eng tiangin nge Efesi 6:10–20 hi Thupuan bû nén a inzaum? He lâi thû hian Thupuan bû-in a sawi ni hnuhnunga thil thlengte chu a sawi a (Thupuan 12; 16:12–16; 19:17–21; 20:7–10 en la), a sawi dân pawh indona angin a sawi a. Efesi 6:10–20-ah leh Thupuan bû-ah hian Pathian mîte chu “vân hmunahte” awm hmêlma, “tûn huna chak tha tak leh thiltithei êm êm” bawk beihna hnuaiah an awm mék tih kan hmû a.

Amaherawhchu, nakîna an la chan tûr thilte chuan a thlamuâñ êm êm thung a ni tih pawh kan hmu bawk. Chu bâkah, “kumkhua atâna nun thar din ngheh a nih hnua hmêlmapa hneh a nih hun tûr indona hnuhnung ber chu min kawhhmuh bawk a. Chu hun chu hun thar niin, Pathian mîten chatuana ropuina an chan lâiin hmêlmapa leh a tirhkohte erawh chuan kumkhuaa tâwp hlenna an chang tawh ang.” (Yordan Kalev Zhekov, *Eschatology of Efesi* (Osijek, Croatia: Evangelical Theological Seminary, 2005), pp. 217, 233–235 chhiar la.)

SAWI HO TÜRTE:

EEEng tikah nge thim thiltihtheihnate chu chiang takin i lo hmachhawn ve tâk le? Chutiang hunah chuan engin nge tanpui nasa ber che?

Efesi 6:10–20 i chhiar atang hian, engtin nge “thlarau sualhoten” (*Efesi 6:12*) an tihhrehawmte chu tanpui dân i lo hriat ang?

ŽEngtin nge “Diabola ngamthlêmna” (*Efesi 6:11*) **chu kan lo hriat thiam a, kan hnâwl theih ang? Entir nân, i sual tawh lutuk a, thil i tihchingpen hnem tawh bawk sî avângin chhandam tlâk pawh ni tawh lova inhriain i rinna pawh bânsan mai tum châng i nei tawh thin em?** Chutiang ngaihtuahna chu tuin nge i rilrû-ah rawn dah—**Krista nge thim sipaite? Chutiang hunah chuan, Isuaa pêk kan nih thutiam ropui tak takte hi eng vângin nge kan nunpui a ngaih?**

ZIRLAI 13*SEPTEMBER 16–22, 2023***REMNA THLENIN**

CHÂNGVAWN: “Chûng lo pawh chu rinna phâw la ula, chu chuan mi sual thal alh thei zawng zawng chu in timit thei ang. Chhandamna lukhum leh Thlarau ngûnhnâm (Pathian Thû chu) lâ ulâ,” (*Efesi 6:16, 17*).

SABBATH CHAWHNÛ*SEPTEMBER 16*

Chhiar Tûrte: *Efesi 6:10–20; 1 Pet. 4:1; 1 Pet. 5:8; Isa. 59:17; Isa. 52:8–10; 1 Thes. 5:16–18.*

JOHN BUNYAN-an tân ina a awm lâia lehkhabu a ziah hmingthang tak, *The Pilgrim’s Progress* (Mizo tawng chuan, *Kristian Vanram Kawng Zawh*) tihah chuan a changtupa ber Kristiana chu lal ina râlthuâm an dahna hmunah hruai a ni a. Chutah chuan “râlthuâm chi tinrêng mai, an LALPAN vânram kawng zawh mêt a sipaite hnêna a pêk thin—ngûnhnâm te, lukhum te, âwmphâw te, tawngtâina leh pheichhawk chhe thei lote a lo awm a. Chu bâkah chuan, vânah arsi chhiar sên loh a awm ang khian, LALPÀ sipai zawng zawngte daih vek tûr sakawr chuan thawmhnaw pawh a awm bawk. Kristiana chu lal in a chhuahsan hmain râlthuâm dahna hmunah bawk khân hruai luh leh a ni a, a kal zêlna tûra a hmêlmâten an lo tihnat loh nân a ke lér atanga a chhîp thleng khuhtu tûr indona thuâm a lo pe ta a ni.”

Kum 1678-a ziah Bunyan-a lehkhabu hian, a hmâ kum 1,600 vêla tirhkoh Paulan tân ina awm lâia a lo ziah ve

tho, Efesi Lehkhathawna kan hmuh thu tam tak hi a rawn sawi a. Hé lehkhathawnah hian misionary tirhkoh ropui Paula chuan kohhran hi Pathian râlthuam dahna in tlawh angin a hmû a, chutah chuan Pathian râlthuâm (Grik tawngin, *panoplia*) famkim, a ke lér atanga a chhip thleng khuh vektu pêk a ni. Pathian râlthuâm dahna inah chuan a sipai zawng zawnge daih vek tûr râlthuâm tha ber ber a awm a. Hêng râlthuâme leh thawmhawte hian amâ hminga remna chanchin tha a hrilna kawngah a ke lér atanga a chhip thlengin a vêngim dâwn a ni.

SUNDAY**Kohhran: Pathian Sipai**

SEPTEMBER 17

Efesi 6:10–20 chhiar la. Paulan kohhranin indona a beih a sawi hi eng ang indona nge ni? Mi malin thlarau lama sual sipaite a beihna nge ni a, kohhranin a huhova sual an beih tlânnâ zâwk?

Hmân lái, Grik mîte leh Rome mîte hun láia indonaah rêng rêng kha chuan sipaite thawh ho thatna, a bîk takin indona a sosân lái taka an inpuih tawnna kha a pawimawh thîn a. Mal tan tawp ang chí hi chu sipai mâwl deuhte tih tûr nia ngaih niin, chutianga an hmélmate bei thîn chu a tlâwm zâwkah an tang tlângpui bawk.

Grik sipaite leh Rome sipaite lo tih thin dân ang deuh khân, kohhran pawh hian a huhovin sual râl an bei tlâng tih Paulan a sawi a (*Efesi 6:10–20*). Chutiang chu a nih a rinawm chhan pawimawh tak tak a awm bawk: 1. He lái thû hi a lehkhathawna a thu tawp ber niin, a thil sawi hi kohhran chungchâng vek a ni a. Paula hian thim thiltihtheihna do tûrin Kristiante chu mahni theuha tang

ni angin sawi ta se a mak ngawt zâwk ang. 2. A tâwp lamah hian Kristiante chu inkâwm ngeih tlâng tûra ngênin “mi thianghlim zawng zawng tâna” tawngtâi thîn tûrin a chah a (*Efesi 6:18–20*). 3. A pawimawh ber zâwk chu, a lehkhathawn tîr lam, sual thiltihtheihna chungchâng a sawinaah khân sual thiltihtheihna chuan kohhran member mal tê tê ni lovin, kohhran pum pui zâwk hi a do a ni tih kan hmû a: “Chuti chuan, kohhran hmang hian vân hmuna lalnate leh thuneihnate hnênah Pathian finna ngahzia hriattîrin a lo awm thei ang,” (*Efesi 3:10*, ESV) a ti.

Chutiang chuan, Efesi 6:10–20 hian sual râl dotu sipai mal tan chungchâng a sawi lo va. Paulan sipai hotu anga inchanin, sipai rualho awm khâwm kohhran hnênah lehkhâa a thawn zâwk a ni. Râlthuâm famkim inbel tûrin min sâwm a; mahni beih beiha lo bei ve ngawt lovin, intel khâwm a, chak tak leh inpumkhata hma lam pan zêl tûrin min sâwm bawk. Kohhran chungchâng duhthawh taka a sawina hi, kohhran chu Krista taksâ (*Efesi 1:22, 23; 4:1–16*), Pathian biak in (*Efesi 2:19–22*) leh Kristâ mo (*Efesi 5:21–33*) a nih thu a sawina nêñ a khâr a; kohhran chu Pathian nung sipai rual nêñ a tehkhin bawk. “Ni tha lo” (*Efesi 6:13*), kum tam tak chhüng sual nêna kan indo tawnna tâwp dâwn lam chu kan hnaih zêl a; chuvângin Pathian lakah leh Krista sipaite kan nihpuite lakah pawh kan rinawm lehzual tûr a ni.

Eng tiang kawngtein nge taksa hmun khat kan nih ang ngeiin indona ropuiah hian sualna kan dona kawngah kan intanpui tawn theuh theih ang?

THAWHTANNI
Kâwngchrén leh Âwmphâw

SEPTEMBER 18

Engtin nge Paul hian ringtute chu sual an dona kawnga a inbuatsaihnaah bul tan dân tûr a hrilh? Efesi 6:14; 1 Pet. 4:1; 1 Pet. 5:8; Rome 8:37–39 pawh en ang che.

Paula hian a lehkhathawn lo chhiartute chu indona beih hautak zet mai lo thleng tûr a awm thû a hrilh a, chu chuan ding zo tûra a sâwm bâkah (tûn hi tum li a sâwmna a ni ta, Efesi 6:11, 13 nêñ khâikhin an che), râlthuâm famkim inbel tûrin a râwn bawk (Efesi 6:14–17). “Kâwnga hrêng” tih tawngkam a hmang a (Isa. 11:5 nêñ khâikhin rawh).

Hmân lâi chuan, hnâ an thawh dâwn emaw, an indo dâwn emaw rêng rêngin an thawmhaw hâk thâwl takte chu an kâwngah an hrêng bet hmasa phawt thin (Luka 12:35, 37; 17:8 chhiar rawh). Paula hian a mitthlâa ringtute chu Rome sipaite tih dân ang deuha an râlthuâmte an inbel lâi a hmû a ni ang. Sipaite chuan savuna siam kâwngchrén hrêngin, chu kâwngchrén chu mâwi tak leh lang pa thei ang ber tûra chei a ni bawk a. Kawngchrénah chuan savuna siam hrui tâwi tê tê, thîr leh dâr lam chi-a chei mâwi hi a inkhai diah diah a, chûngte chu an lal dân tilangtu a ni nghâl bawk. Chutiang chuan, kâwngchrén chu an thawmhaw hâk phuâr khâwm̄tu a nih bâkah, thil dangte pawh a awmna tûr hmun dik taka khâitu a ni tihna a nih chu.

Thutak hi ringtuten an neih sâ ve rêng ni lovin, Pathian thilthlâwnpêk an dawn a ni a (Efesi 2:8-a chhandamna a sawi nêñ khân khâikhin ang che). Mahse, hmuh theih loh, anmahni nun siam thatsaktu ni chuang lo erawh a ni tûr a ni lo thung. Ringtute chuan Pathian thilthlâwnpêk a H-11

taka chan nân leh hman nân Pathian thutak an “inbel” tûr a ni a. Thutak chu an nei ni lovin, anmahni zâwk chu Pathian thutakin nei zâwkin a vêng him bawk a ni.

A dawt lehah chuan ringtute chu “felta âwmphâw” inbel tûrin a ngên leh bawk a (1 Thes. 5:8 chhiar rawh). Hei pawh hi thutak kâwngchrén ang bawk khân Pathian atanga lo chhuak, râl do thin sipai (Isa. 59:17) a nihna anga Jehova râlthuâm pakhat a ni. Paula te hun lâia sipaite an hman thin âwmphâw kha thîr (thîr kual te tak tê tê inzawm sei tak, khâidiat ang deuh) hmanga siam a ni a. Hê âwmphâw hian hmêlmâte thal fang leh ngûnhnâm chhunna tûr lak atangin an taksa pêng pawimawhte chu a lo vêng him dâwn a ni. Chutiang deuh chuan, ringtute pawh Pathianin a pêk felta hmangin thlarau lamah himna an chang vê ang. Efesi lehkhathawnah hian felta tih chu thianghlimna, thatna leh thutak nêñ inzawm tlat angin a hmang a (Efesi 4:24; 5:9), chu chuan kohhrana kan member-puite chu dik tak leh tha takin kan en tûr a ni tih a entir.

Eng tiang kawngtein nge thatna, thianghlimna leh thutak te hi inhumhimna tha tak a ni tih a takin i lo hriat vê tawh le?

THAWHLEHNI
Pheikhawk: Kohhranin Remna A Thlentîrna

SEPTEMBER 19

Rome sipai, indo tûra inbuatsaih chuan sipaite an bun thin pheikhawk an bun thin a. Chutiang phei khawk chu a hnuai chhah tha tel tawl tak niin, nghet taka a buntu a “din” (Efesi 6:11, 13, 14) theih nân perek ang deuh an khêng bûr fur thin. Paula chuan hetiang sipai pheikhawk hi Isaia 52:7 thu hmangin a hrilh fiah a. Isaia chuan Jehovan a

mîte râl a dosaknaah hnehma a chan thû puangin, “Tlângâhte chanchin tha thlen a, remna thu tlângauputiu kê a va mâwi êm!” (*Isa. 52:7, ESV*) a ti.

Efesi Lehkhathawna Paulan remna tih thû a sawina châng pariat hi chhiar la. Remna thû tuipei hlê chungin, sipai chungchâng sawina tawngkam a hmang tho bawk sî hi eng nge a chhan ni ang? Efesi 1:2; 2:14, 15, 17; 4:3; 6:15, 23.

Paula hian remna chu “kan inremna” Kristâ hnathawh niin, a sawi a. Ani chuan “nangni hla taka awm thînte hnênah leh hnâi taka awm thînte hnênah” remna chanchin thâ hrilin (*Efesi 2:14–17*), Juda-te leh Jentail-te chu “mihring thar pumkhatah” (*Efesi 2:15*) a lo siam ta a ni. Ringtute chuan Kristan mi sualte a chhanchhuah tak thu leh remna hnâ a thawh thû hi an vawn tlat a, hnehma a lo chan tawhna leh a la chan leh zêl tûrte pawh an ta neih ve a nih chuan indonaah hian ng Het takin an ding thei dâwn a. Isaia 52:7-a kan hmuh chanchin tha thu thlentu ang hian ringtute chu Kristan hnehma a chan thû leh, remna a thlen tâk thu puangtute an ni tûr a ni.

Amaherawhchu, Paula hian râlthuam inbel tûra min sâwmna thû hi kan hmêlmâte beih nâna sipai râlthuam tak tak thawh tûra fuihpawrhna angah lo ngâi tûrin min ti lo va. Chuvâng chuan a nia, ringtute chu “remna chanchin tha” puângtute tia a sawi rêng a ni. Chu bâkah, ringtute chu mi dangte nêñ inhâu buai emaw, inhniâl emaw, kut inthlak emaw miah lo tûrin a duh bawk a. A sawi uâr ber ni zâwk chu inpumkhatna, mi dangte châwikâng thei tawngkam hman leh ngilneihna te a ni (*Efesi 4:25–5:2*).

Kohhran chu “remna thlentu” a ni tûr a ni a, chumi chu a thlentir theih nân chanchin tha râlthuam, Kristian

nun dân tha leh mâwi (thuhnuairawlha, dawhtheihna leh ngaihdamna) bâkah thil tih thinte (tawngtâina leh Pathian chibai bûkna) a hmang tûr a ni bawk ang. Héngte hi thil pawimawh tak a ni hlawm a, Pathianin Kristaa thil engkim inpumkhattir vek tuma ruahmanna lian tak a siam (*Efesi 1:9, 10*) chu min kawhhmu a ni.

Eng tiangin nge hê thû hian Paulan sipai chungchâng tekhin thû a lo sawi hi ringtute kan nihna anga awmzia a neih dân hre thiam tûrin mi a tanpui le? “Pathian chuan râlthuam inbel tûrin min sâwm a. Mahse, kan râlthuam inbel duh chu Saula râlthuam kha ni lovin, Pathian râlthuam famkim zâwk a ni. Chu râlthuam chu kan inbel a nih chuan Kristâ ngilneihna, khawngaihna leh hmangaihna ang thinlung kan lo nei vê ang a, chumi nêñ chuan hnâ kan thawh dâwn a ni.”—Ellen G. White, *Australasian Union Conference Record*, July 28, 1899.

NILÂINI

Phâw, Lukhum leh Ngûnhnâm

SEPTEMBER 20

Ringtute hian indona ropua tel ve sipaite kan nih angin eng hunah nge phâw te, lukhum te leh ngûnhnâm te kan hman ang a, engtin nge kan hman bawk ang? Efesi 6:16, 17.

Paula mitthlâa lang phâw hi chu lian angreng tak, a pian hmang pawh kil li nei a ni a, chutiang phâw chu Rome sipaite khân an hmang thin. Thing hmanga siam niin, savuna tuâm leh vek a ni a, a sîr zei zei chu sîr lam atanga beihna laka a hmangtu a him theih nân a chhüng lamah a kum lüt vek bawk. Hetiang phâw hi tuiah an chiah a,

chutianga chiah a nih hnū chuan “thal alh theite pawh a lo timit” hmak hmak zēl thei a ni âwm e. Paulan “rinna phâw” a sawi hian a rilru-ah Thuthlung Hlui lehkhabu ziaktuten Pathian mîte humhim nâna Pathianin a hman thin phâw, a chhinchhiahna ni nghâl bawk (*Gen. 15:1, Sâm 3:3*) kha a awm a nih a rinawm a. “Rinna phâw” (*Efesi 6:16*) la tih awmzia chu ringtute tâna bei (*Efesi 6:10*), an hnêna râlthuâm tha ber ber petu (*Efesi 6:11, 13*) leh hnehna chantir ngei tiamtû Pathiana rinna nghat chunga indonaa lût tihna a ni.

Rome sipaiten indonaa an khum thin lukhum kha thîr emaw, dâr emawa siam a ni a. Chutiang lukhum chuan lû chauh vêng lovin, a khumtu nghâwng, beng, mit leh hmâi pawh vêng tel nghâl tûr thîr phêk an dah tel thîn. Lukhumin a khumtu lû leh hmâi vête a vén him thatzia chu tehkin nâna hmangin “chhandamna lukhum” tih tawngkam hi ringtuten tholeh Krista, vâna han lâwna chuta châwimâwia han awm ta (*Efesi 2:6–10*) nêna inpumkhatna an lo chan tâkna a entîr a. “Chhandamna lukhum” khum tih awmzia pawh thlarau sualte thiltihtheihna, tâwpna huna rawn inlâr tûrte hlâu lo tihna niin, Kristâ thiltihtheihnaa innghat tih pawh a kâwk nghâl bawk (*Efesi 1:15–23; 2:1–10* chhiar ang che).

Râlthuâm chi hrang hrang a sawite zînga a hnuhnung ber chu “Thlarau ngûnhnâm, Pathian Thû” a ni a (*Efesi 6:17*), Paula mitthlâa awm chu Rome sipaiten an hman thin ngûnhnâm tâwi tê, a sîr tawn tawna hriam ang kha a ni ang. Hetih hun lâia an indo dân chu fei pahnih an han khawh phawt a (hei hi chu Paula hian a sawi lang lo), chumi zawahh chuan an ngûnhnâm phâwiin, an hmêlmâté chu an va pawm chilh ta thîn a. Ringtute ngûnhnâm hi chu Thlarau Thianghlimin a pêk “Thlarau ngûnhnâm” niin,

“Pathian Thû” tia sawi a ni. Paula hian sipai hotu angah inchanin, ringtute chu an râlthuâmte inbel theuh tûrin a sâwm a, Pathian Sipai Hotu ber hnêñ atâ beiseina leh hnehna chu an chan ngei tûr thu a hrilh bawk. Hêng thuthiam, Efesi 6:10–20-a kan hmuhte hi “Pathian Thû,” sual râl kan dona kawnga kan râlthuâm pui ber tûr chu a ni a. Chutiang chuan, “Pathian Thû” tih hian Bible-a kan hmuh chanchin tha thutiam zâu tak hi a kâwk a ni kan ti thei ang.

Sipai lam thilte tehkhinna atâna a hmang hi kan lo lâwm vak lo a nih pawhin, hêng tehkhin thûte hian indona ropui hi a taka beih a ni ngei a ni tih engtin nge min hrilh a, eng tiang taka ngunthlûkin nge kan lo ngaih bawk ang?

NINGÂNÎ

Indona Hmunah Tawngtâiin

SEPTEMBER 21

Indona thuchah a sawi thû tlâng a kawmnaah hian ringtute chu sipai an nih ang ngeiin “mi thianghlim zawng zawng” (*Efesi 6:18*) tân leh amah lung ina tâng mêt (*Efesi 6:19, 20*) ngei tân pawh tawngtâi chhunzawm zêl tûrin a sâwm a. Hê sâwmna thu hi sipai tehkhin thu sawi zawm zêlna angah ngaih theih niin, a chhan pawh Pathian (pathiante) hnêna tawngtâi chu hmân lâi indonna hmuna awmte tih dân thin ve rêng a nih vâng a ni.

Bible-ah hian chutianga tih a nih dân chu kan hmuual, entîr nân: Jahaziela thurâwn zâwmin Jehosafata chuan “Juda mîte zawng zawng leh Jerusalem-a chêng zawng zawng chu LALPA chibai bûka, LALPÄ hmâa kûn vek tûrin a hrilh a,” (2 Chron. 20:18, ESV). Tawngtâina hrim

hrim hi chu râlthuâm a sawite zîngah tel ve lêm lo mah se, indona thuchah leh sipai lam tehkhin thu a sawiah hian a pêng pawimawh tak pakhat a ni thung.

Paulan tawngtâi tûra ringtute a ngenna hmasa zâwkah hian, a lehkhatawn lo chhiartute chu “mi thianghlim zawng zawng” (*Efesi 6:18*) tân thahnemngâi tak leh ngênngawl taka dîl a, a chhâンna pawh ngaihven reng tûrin a chah a. Kohhran hian sual thiltihtheihna néna an indonaah hnehna a chang duh a nih chuan, Thlarauvina tihnuñ tawngtâina hmanga Pathiana innghah a zir a tûl dâwn a ni.

Paulan tawngtâi tûra ngênnna a siam pakhat dang hi chu amâ tân a ni vê thung a: “kan tân pawh min dilsak rawh u” (*Efesi 6:19*) a ti. Pathianin a hun dik takah (“ka kâ ka ân a”) thuchah dik tak a pêka (“thu sawitira ka awm theih nân”), a puan dân tûr dik taka (“huai taka puang tûrin”) a puantîr theih nâna tawngtâisak tûrin a ngên a. Thupui pawimawh ber sawiin, chu chu “Chanchin Tha thurûk” (*Efesi 6:19*) a ti. Hê a tawngkam hnuhnung ber hian Juda-te ang bawka Jentail-te pawh (*Efesi 3:1-13*) Kristaa tlan a nih vê theihna tûra Pathian chétna “thurûk uâlau” tia kan sawi hi a kâwk a. Chutichuan, “mihring thar pumkhat” siam lo niin (*Efesi 2:15; 2:11-22* pawh en bawk rawh), chu chu Kristaa “thil engkim inpumkhattîr” (*Efesi 1:10*) a nih theihna tûra Pathian ruahman famkimna a ni.

Thuthlung Thara “tawngtâi tûra sâwmna thû” kan hmuhte hi chhiar la. A eng ber hian nge tiphûr ber che a, eng vânga tiphûr che nge a nih? Luka 18:1-8; Filipi 4:6; Kolosa 4:2; 1 Thesalonika 5:16-18.

Eng vângin nge ringtute chu tih tak zet leh, ngênngawl taka tâwngtâi thîn tûrin hrilh an nih? Paulan sipai tehkhin thû a hman hian a chhâンna pahnih min pê a: 1) vân

hmuna awm thlarau sualte nêna kan inbeihna hi a tak tak leh, râpthlâk êm êm bawk sî a ni; 2) Paula sipai tehkhin thu hman atang hian, Pathianin thlarau lama chakna leh hnehna pêk min tiamte chu kan chang thei a ni tih kan lo hria (*Efesi 6:10-17*). Tih tak zet leh bâng lova, ngênngawl taka tawngtâina chuan hêng thutiamte hi ngun taka ngâithla tûrin remchâng min siamsak a, a khawngaihna min pêk avângin Pathian hnênah lâwmthu kan sawi theih phah bawk a ni.

ZIRTÂWPNI

SEPTEMBER 22

Zir Belhna: “Indona hmuna awm sipaite chu a thawk ho tha hlê a nih loh chuan an buai ang a, hnehna pawh an chang thei lo vang. Sipaite chuan anmahni ngaih dân ang ngawta thil an tih a, mi dangte dinhmun leh hnathawh an bengkhawn ve sî lo a nih chuan, an tangrual thei dâwn lo va, pumkhat angin hnâ an thawk ho thei dâwn lo a ni. Chuvângin, Kristâ sipaite chuan inlungruâl takin hnâ an thawk ho thîn tûr a ni. Amahni chauh a inngâihlu bîk tûr a ni lo. Chutianga an tih chuan, an hnathawhin rah thâ a chhuah thei dâwn lo va, an hun leh an theihnat pawh an séng thlâwn mai a ni bawk ang. Tanrual hi chakna a ni a. Mi tlêm tê pawh ni se inlungruâl taka an thawh hova, tum thuhmun an neih a, hotu pakhat hnuia a thawh tlan chuan eng thilah pawh hnehna an chang thei thîn dâwn a ni.”—Ellen G. White, *Spalding and Magan Collection*, p. 121.

Paulan “Chanchin Tha palâi khâdiat bun” (*Efesi 6:20*) tia a insawi hi eng nge ni a awmzia?

Ram palâite chuan indo láiin hna pawimawh tak leh harsa êm êm bawk sî an thawk thîn a, chuvâng chuan Paulan ‘chanchin tha palâi’ tia a insawi pawh hi indo thu tehkhinna atâna a hman avângin a âwm hlê a ni. Ram

palâite chu anmahni tirtu ram emaw, mi emaw avângin zah taka en an ni thîn a. Mahse, Paula hi chu lei leh vâna Roréltu Chungnung berin a tirh palâi ni mah se, zah a hlawh vak lo tih chu a *khâidiât* bun hian a tilang chiang hlê. Hetih hun lâi vêl hian ram palâite chuan an awrh tûra siam bîk “officer khâidiat” an awrh thîn a, Paulan a awrh “khâidiat” erawh hi chu inzahna lantîrna ni lovin, intihmuâlphona a ni zâwk. Nimahsela, ani chuan zahawmna entirtu angah ngâiin a chhuâng êm êm zâwk a ni.”—David J. Williams, *Paul’s Metaphors: Their Context and Character* (Peabody, MA: Hendrickson, 1999), p. 152.

SAWI Ho TÛRTE:

OEI chênnâ ram, khua leh vêngah khân, indona leh inthen hrana eng eng nge awm? Chutiang kârah chuan engtin nge nangmah leh in kohhran kha “remna tlentu” in lo nih theih ang? Inpâwngnêkna leh tharum thawhna lo hluâr zêlna khawvêlah hian engtin nge remna palâi kan lo nih theih ang?

Nangmâ lam hawia rawn thlâwk “mei thal” eng engte nge awm? Chüng meithalte chu lo titit zêl tûrin engtin nge “rinna phâw” i lo hman theih ang? Ž”Tawngtâi lama mi hrât khawkhêng” tih tawngkam hi kan hmang thîn a. Efesi 6:18–20 thu behchhan hian engtin nge “tawngtâi rawngbâwlna” kan kalpui theih ang?

Indona ropuia inbeihnaah hian hliam tuâr an awm ngei dâwn a. Chüng mîte chu engtin nge kan enkawl dam ang? Indona sosân lâi tako tlanchhia, hlauh avângâ lehlam pâwla va pakâi ta daihte ang hi engtin nge kan hruai kîr leh theih ang?

ZIRLAI 14

SEPTEMBER 23–29, 2023

THINLUNGAH EFESI KHUA AWM RINGTUTE

CHÂNGVAWN: “**Rinna avânga khawngaihnaa chhandam in ni; nangmahnî thawh chhuah a ni lo va, Pathian thilpêk a ni; thiltih avâng a ni lo ve, chutilochuan mîn an chhuâng dah ang e. Thil tha tî atân Krista Isua-ah chuan siama awmin, Amâ kut chhuak kan ni sî a; chû thil tha tih chu kan awmna tûrin Pathianin a buatsaih lâwk a ni,**” (*Efesi 2:8–10*).

SABBATH CHAWHNÛ

SEPTEMBER 23

Chhiar Tûrte: *Efesi 1–Efesi 6.*

ENGLAND ram khawpui London tlawhtute chu ‘London Eye’ an tiyah chuan an chuang a. Thames Lui chung ft. 450 vêla sâng atang chuan London khawpuia awm Big Ben te, Parliament House te, biak in hrang hrang te leh hmun hmingthang dangte pawh a hmuh theih vek a ni. Thuthlung Thar zirna lama mithiam tak, Nicholas Thomas “Tom” Wright-a chuan “Efesi Lehkhathawn hi London Eye ang deuh niin, Paulan a lehkhathawn dangte hriat thiam kawnga min puitu a ni a. Hê lehkhathawn hi a lehkhathawntse zînga sei ber emaw, famkim ber emaw chu ni lo mah se, a ram hmêlhmgang pum pui min thîr thiamtirtu a ni thung. Hê lehkhathawn hi kan han zir chho zêl a, khângte atang khân Paula lehkhathawna thupui hrang hrang awmte chu a mal tê tê-in a awmzia kan lo hrethiam dâwn a ni.”—*Paul for Everyone: The Prison Letters*

(London: S.P.C.K. [Society for Promoting Christian Knowledge Publishing], 2004), p. 3.

Efesi Lehkhathawnah hian Efesi kohhran tân bîk chauha thil pawimawh a sawi lo va. Hmun tina ringtu awmte leh Kristian kohhran hrang hrangten an lo chhiar atâna a ziah a ni zâwk. Chutianga hun bîk leh tute emaw tinzâwn bîk nei lova ziah chu a nih avângin, keimahni hun leh ngaihtuahna theuh rawn hmu nia ngaihna kan lo neih phah rêng bawk a. Hê lehkhathawnah bung tinte kan chhiar paha kan rilru luahlu tûr chu: ‘Efesi Lehkhathawnah thutak chuangte hi engtin nge keimahni nunah danglamna siamtua nih chhunzawm zêl theih ang?’ tih hi a ni.

SUNDAY

SEPTEMBER 24

Krista-ah Malsâwmin Kan Awm

Mi tu emaw chuan Efesi Lehkhawthawn hi ‘Thuthlung Thar Alps Tlâng a ni e’ tiin a lo sawi a. Hê tlâng kan lâwnna tûra min kâihruaitu Paula hian Efesi 1-ah hian a ko sâng lâi tak chu min han chuan kâipui nghâl deuh dâwrh a ni ber mai. Chû tlâng chhîp kan han thleng chu kan thâw pawh a chham deuh titih nghâl a; chutih rual erawh chuan engkim mai hi a lang chiang êm êm thung sî a ni.

Efesi 1 kha chhiar nawn leh la. Eng lâi ber khân nge i rilru khawih? Hemi bunga thu langsâr ber nia i hriat chu eng nge ni?

Efesi 1:3–14 hi tlâng lâwn mîten an lâwnna tûr tlângte an hriat theihna atâna an en thin map ang deuh a ni a. Helâi thû atang hian chhandamna ruahman zâu êm êm maia hmun ropui tak kan chan ve chu min kawhhmu a.

Chhandamna chanchin chu a tîr atanga a tâwp thlengin a puâng a, Kristaa Pathian khawngaihna thiltihte chu a zavâiin min hrilh vek bawk. Pathianin ringtute a tlanna hian “leilung pian hmâ hauha” (*Efesi 1:4*) lo intan tawh, Pathian ruahmannna chu a rawn pho lang a, chu chu tûnah hian keimahni nunah a rawn thawk chhuak ta mêt a ni (*Efesi 1:7, 8, 13, 14* en la).

Hê ruahmannna, khawvél awm hmâa lo siam tawh hi tâwpna hunah hlen chhuah a ni dâwn a (*Efesi 1:9, 10*). Chutih hunah chuan “engkim—vâna thil awm te, lei chunga thil awm te pawh” hi Krista-ah chuan lo inpumkhat vek tawhin, a hunbi kimna atâna Pathianin ruahmannna lo siam chu hlen chhuah a ni tawh ang (*Efesi 1:10*). Chutichuan, Pathian ruahman mak leh ril tak hi a famkimin kan lo chang tawh ang a (*Efesi 1:9*). Tûnah pawh hian Kristaa chhandam kan nihna hi “thil engkim” tlan vek a nihna tûra Pathian ruahmannna siam zâu leh ril tak pêng pawimawh tak pakhat a ni tih kan ring ngam tûr a ni.

Tlâng chhîpa han chuân kâi hi thil nuâm tak a ni a, lâwmthu sawi loh rual a ni lo. Paula pawh hian ringtuten an tâna Pathianin ruahmannna a lo siam chu a taka an chan ngei theih nân a tawngtâi a, chutia a tawngtâi pah chuan Pathian hnénah lâwmthu a sawi pah nghâl bawk (*Efesi 1:15–19*). Hemi zawh hian khâm sâng tak dang min lâwn chhuahpu lehin, tholeh Krista, vâna hruai chhoha awm leh, châwimâwia han awm ta chu min kawhhmu a. Ani chu lalna te, thuneihna te, thiltihtheihna te, rorêlna zawng zawng te chunga awm, hê khawvél chauh ni lovin, khawvél lo la awm leh tûr thleng pawha hming sak tinrêng chunga ding a ni (*Efesi 1:20–23*).

Pathian khawngaihna, Krista Isuaa puān chhuaha awm zārah vawiinah hian tlâng chhipah chuan kan chuāng thei ta a nih hi!

Efesi 1:4 hian Kristan “hmangaihnaa thianghlim leh sawisêlbovin Amâ hmâah kan awm theih nân leilung pian hmâ khân amahah chuan min lo thlang tawh a ni tih min hrilh a. Amahah chuan khawvél lo pian hmâ hauh khân thlan kan lo ni tawh a nih chû! Hê thû hian Pathianin chhandama awma a duhzia che hrethiam tûrin a tanpui che em? Eng ang beiseina ropui nge a pêk che?

THAWH TANNÎ
Awm Ho Tûra Tlan

SEPTEMBER 25

Efesi 2 chhiar la, hê zawhna hi chhân tum ang che: Pathianin a Fapa Isua Krista hmanga thil min lo tihsak tawh chu eng nge ni?

“Nimahsela, Pathian chuan. . . .” Hêng thumal pathum lek hi mihringte tân chuan beiseinaa khata ni ngei ang. Efesi 2:1–10-ah hian a lehkhathawn lo chhiartute tûn hma nun tenawm thinzia a sawi a. Pathian laka hel tum reng mai niin, sual leh Setana thuhnuia awm an ni a ti (*Efesi 2:1–3*). Nimahsela, Pathian chuan khawngaihna a ngah a” An tân leh keimahni tân pawha Pathianin thil a lo tih chu eng nge ni? 1. Kristâ ruâlin min tinung vê a—Kristâ thawlehna kha keimahni thawlehna pawh a ni vê nghâl. 2). Kristâ ruâlin min kâitho vê a—Krista vâna hruai chhoha a awmna kha keimahni min hruai chhohna pawh a ni vê nghâl. 3) Vânah khian Kristâ bulah mi a thûttir vê a—Kristan lallukhum a khum chu keimahni tâ pawh a ni vê nghâl (*Efesi 2:4–7*).

Kristâ nuna thil thlengte kha râlkhat atanga lo thlîr mai kan ni lo va. Hêng thil thleng ropui leh chhinchhiah tlâk tak takte hi a taka chang vê ngeitu kan ni zâwk. Kan chan chhan erawh keimahnia thil tha eng emaw a awm avâng ni lovin, a khawngaihna avâng zâwk a ni a (*Efesi 2:8, 9*). Chuvâng chuan, Krista nén pumkhata awm a, thil tha kan tih theih apiang ti zêl tûrin beisei kan ni ta rêng bawk a ni (*Efesi 2:10*).

Efesi 2:1:10 hian Isua nén pumkhata awm tûrin min hrilh a; chutichuan, Efesi 2:11–22 hian a kohhrana awm vê mi dangte nén pawh inrem taka awm ho tûrin min zirtir bawk. Isuâ thihna khân Pathian nén inlaichinna tha min neihtir a (*Efesi 2:1–10*), chu mai chu ni lovin, mi dangte nêna kan inlaichinna pawh a siam tha bawk (*Efesi 2:11–22*). Isuan a kraws hmangin Jentail-te leh Juda-te then hrangtu, dâidanna bang chi hrang hrang awmte chu a tichim tawh a, an inkâr tikak zâu zualtu, Dân hman sualna pawh a tibo ta bawk (*Efesi 2:11–18*). Isuan thil thar ropui tak a siam bawk a, ringtute awm khâwmna biak in thar chu a ni. Tûnah chuan temple Hmun Thianghlima Pathian chibai an bûk vê phalsak ni ngâi lo Jentail-te chu Juda-te nén pumkhat an lo ni ta a. Keini ngei pawh hi Pathian kohhran, “LALPA-a biak in thianghlim” kan lo ni vê ta bawk (*Efesi 2:19–22*). /

Pathian khawngaihna azârah vawiinah hian Isua nén leh, ringtu nihpuite nén pumkhata awm thei kan lo ni ta.

Efesi 2:8–10 thû hi mi tam takte lo tipiangthar tawhtu a ni a. Martin Luther-a khân hêng chângahte hian a thinlung hneh êm êmtu khawngaihna a lo chhar a, chu mai chu ni lovin, Kohhran Siamthatna thu laimu thenkhat, hêng: rinna avâng chauha chhandamna te, khawngaihna avâng chauh, Kristâ zârah chauh leh Pathian ropuina atân

chauh tihte pawh hi he lâi thû atanga a chher chhuah a ni hlawm bawk.

Kum 1738 khân John Wesley-a chuan piantharna a chan atanga ni sâwm leh pariatnaah Oxford University-ah thu hrilin, “thinlung atanga tahna” tih leh “kohhran thar dinna tûr atâna ngaih dân” tih te a sawi a. A Bible châng innghahna chu Efesi 2:8 hi a ni. (A. Skevington Wood, “Strangely Warmed: The Wesleys and the Evangelical Awakening,” *Christian History* [magazine], vol. 5, no. 1 [1984] chhiar ang che).

**THAWHLEHNÍ
Pathian Nung Biak In Kan Ni**

SEPTEMBER 26

Eng vângin nge Pathian kohhran pêng nih hi a pawimawh bâkah, a phûrawm êm êm bawk le? Efesi 3.

Kohhran member-ten kohhran chungchânga thil tha eng eng emaw awmte an han sawi châng hian, kan lo phûr sawt thin a. Amaherawhchu, keinin kan lo sawi phûr vê thin zawng zawng hi chu Efesi 3-a Paulan kohhran chungchâng a lo sawi lakah hi chuan eng tham mah a ni lo thung. Hemi bungah hian ringtute tâna a tawngtâi thin thû a sawi tan a (*Efesi 3:1; 1:15–23* nén khâikhin la); mahse, chu chu tâwpsan rihin, Pathianin a kohhran a din dân a sawi ve leh phawt a, chumi zawah chuan a tawngtâi thû bawk kha a sawi chhunzawm leh ta a ni. Hetia a sawi kual vélna lamah hian Pathian “ruahmanna” emaw, “thurûk” emaw chungchângah thil pawimawh tak tak kan lo hriat thiam tâk a awm a. Chûngte chu:

· Hê khawvél lo pian hmâ daih khân Pathian chuan kohhran hi din a lo tum tawh a, chu a ruahman chu thurûk a ni (*Efesi 3:3–5, 9, 11*).

· Kristâ nun leh a thihna hmangin chu ruahmanna chu hlen chhuahin a lo awm ta a ni (*Efesi 3:11; Efesi 2:11–22* nén khâikhin la).

· Paulan Pathian inpuânnna avângin kohhran tâna Pathianin “ruâhmanna” a neih chu lo hriain, chu ruâhmannaah chuan Jentail-te pawh a tel vê vek a ni pawh a hre ta bawk (*Efesi 3:3–6*).

· Paula kha “Jentail-te hnêna Kristâ hausakna chhui chhuah ruâl loh chanchin hriltu” (*Efesi 3:3–6*) niin, hê chanchin thâ hi hmun hrang hrangah a lo puâng ta a ni.

· Kristâ tân mi tam tak hneh lo niin, kohhranah pawh Juda-te leh Jentail-te an lo awm ho ta a, chu chuan “vân hmuna lalnate leh thuneihnate” hnênah khian “Pathian finna tinrêng” a hriattir bâkah (*Efesi 3:1*) an boral hun chu a lo thleng têp tawh a ni tih a puâng bawk (*Efesi 6:10–20*). Tûnah hian Kristaa engkim tihiphumkhat vekna hnâ chu thawh mât a ni a; chuvângin, Setana leh a tirhkohte hian hun an nei tlêm tawh hlê a ni.

Paula hian kohhran tâna Pathianin ruâhmanna a siam chu a lo hriatin, ringtute tân a tawngtâi ta a. Efesi 3:14–21 hi tih tak zeta nangmâ tân a tawngtâina a ni tih lo hria ang che. “Pathian famkimna” tinrêngä i lo khah theih nân a tawngtâi a ni tih hria la (*Efesi 3:19*); chutichuan, kohhrana inpumkhatna leh inremna a lo awm theih nân theihtâwpia tan lo lâk i tum vê dâwn nia.

**Paula thuзиак atang hian kan kohhrana member-te min dâidangtu engte mge kan thiah vek ngâi awm le?
Chûng thilte chu thiah a nih theih nân eng nge tih theih i neih vê?**

Efesi 4-ah hian Paulan ringtute chu an thil tih thinte bân sân a, an la tih ngâi lo thilte ti thar tûrin a hrilh a. Chûng thilte chu eng nge ni?

Efesi 4 hi mi dangte ngaihsak tûra kohhran memberete a ngenna thû-a tanin, chumi thû vêk chuan a khâr leh bawk a (*Efesi 4:1–3, 32*). Hêng sâwmna thu pahnih inkârah hian, kohhran inpumkhatna vawng nung tûra min duhzia pawh chiang takin a sawi bawk. Inpumkhatna thlentu “pakhat” chi hrang hrang pasarih zet a sawi a, chûngte chu: taksa pakhat, Thlarau pakhat, beiseina hmun khat, LALPA pakhat (Isua Krista), rinna hmun khat, baptisma hmun khat, Pathian leh Pa pakhat a ni (*Efesi 4:4–6*). Hêng thlarau lam thutak pasarihte hian mî a tipumkhat a. Hêngte avâng hian pumkhat kan lo ni thei a ni.

Inpumkhatna chu Pathian Thûin min tiam ni tho mah se, keimahnin theihtâwp chhuaha kan thawh vê a ngâi thung a. Chuvâng chuan, eng tik lâi pawhin Thlarau inpumkhatna chu vawng tûra kan beih vê reng a ngâi (*Efesi 4:3*). Chumi kan tih theihna kawng pakhat chu Kristâ taksa “pêng” nung tha tak nih a ni (*Efesi 4:7–16*). Member tinte hi thilpêk dawng taksa pêng kan ni theuh a; chuvâng chuan, taksa hrisêlna atân kan thiamna leh theihna kan hmang theuh tûr a ni (*Efesi 4:7, 16*). Tirhkoh te, zâwlnei te, Chanchin Tha hriltu te, pastor-te leh zirtîrtute hnathawh lo chhawr tangkâitu kan ni vek bawk tûr a ni (*Efesi 4:11, 12*). Hêngte hi taksa bung hrang hrangte phuâr khâwmtu duâr leh thâ ang deuh niin, taksa Lû Kristaa (*Efesi 4:13, 15*) kan lo than chhoh zêl theihna tûra min tanpuitu leh min tipumkhattu a ni.

Paulan “dik lohna ngamthlêmna angin, fing vervêka mihring bum chawpin, zirtirna thli tinrênga lehlam lehlama vawrh leh len len naupang” ni tawh lo tûrin a hrilh bawk a (*Efesi 4:14*). Heta tang hian kohhran hmasâte khân “mihring bum” chîngte avângin thurin lamah harsatna eng eng emaw an hmachhawn a ni tih kan hre thei.

A tâwp berah chuan, “inkhawngaih tawna lainatna nei tûr leh, Pathianin Kristaa a ngaidam tawh ang bawka inngâidam tawn” tûra ringtute a sâwm hian, tûn hmâa an neih thin thinlung sak tak kha thlauh thlaa (*Efesi 4:17–24*), thinrim leh thu pawi sawi pawh bânsan tawh tûrin a fuih a; chûngte âi chuan khawngaihna thlentu leh pe chhuaktu tawngkam hmang zâwk thin tûrin a ngên a ni (*Efesi 4:25–31*).

Hemi bunga inpumkhatna thû a sawi hi thil a kal tluan lâi chuan chhiar a awlsam khawp mai. Amaherawhchu, harsatna eng eng emawten min tlâk buâk lâi chuan chhiar a harsa hlê thung; mahse, chu chu chhiar a tûl hun tak a ni bawk sî. Vawiinah hian Kristâ taksa inpumkhatna, amah pawhin a lo thih phahna chu a takin i lo chang em le?

Kan kohhran hian—tuálchhûngah leh khawvêl pum huâp pawhin—inpumkhatna a lo neih theih nân eng thilte nge tih theih kan neih? Kan tih theih angte lo tih vê chu eng vânga pawimawh êm êm nge ni le?

Efesi 5 chhiar la, chutia i chhiar pah chuan mi dangte n>na kan inlaichîn tawnna kawngah eng tiangin nge

chanchin thâ hi nun chhuahpui tûr kan nih ang tih inzâwt ang che. Paulan fuihna thû min p>kte zînga eng ber hine nangmâ tâna tangkâi awm?

Efesi 5 hi a bung tîr atanga i chhiar ngawt a nih chuan thupui pawimawh tak i hmuh thelh dâwn tihna a ni a. Chuvâng chuan, “inkhawngaih tawna lainatna nei a, Pathianin Kristaa a lo ngâidam tawh ang bawka mi dangte pawh ngâidam ve tûra” Efesi khuaa mîte a hrilhna thu, Efesi 4:32 atang hian kan chhiar tan zâwk tûr a ni.

Ringtute kan nih angin, kan nungchangah Pathian khawngaihna leh ngaihdamna chang tawh kan nihzia mi dangte lo hmuh theih tûra tilangtu kan ni tûr a ni a. A awmzia chu, Pathian zia kan kái tûr a ni tihna a ni (*Mat. 5:43–48 n>n khâikhin la.*)

Paula hian Pathian hmangaihna nungchang ang pu vê nun chu milem be mîte nun n>n a inan lohzia a sawi a. Milem be mîte chuan mi dangte chu Pathian chhûngkuua an û leh nâute angah an ngâi ve ngâi lo. An tîsa châkna hrikthlâkna atân an hmang fo thîn a, chu chu a ûanpui hlê thîn lehngħâl (*Efesi 5:3, 4*). Chutiang nungchâng chu Pathianin a ruahman khawv>1 tharah chuan a awm theih tawh dâwn loh avângin, ringtute chu fîmkhur hlê tûrin a chah a ni (*Efesi 5:5–7*).

Ringtute chu tûn hma lama an lo nun tawh thin dân thim tak atanga lo chhhuak a, “>ng fâte anga awm” tawh zâwk tûrin a chah a (*Efesi 5:8–10*), Pâ hmangaihna lan chhuahîrtu tûr an ni. “Thim thiltih rah,” “a rûka” tih thinahte chuan tel ve lo tûrin min hrilh bawk a (*Efesi 5:11, 12*). Chu âi chuan Kristâ >nga nung zâwk tûrin min sâwm a (*Efesi 5:13, 14*). Zu rûi buâia awm lovin, thianghlim takin kan nung zâwk tûr kan ni bawk a. Pathian hn>nah a

hmangaihna avânga lâwmthu kan sawi hian “remchânnna kan lei” (*Efesi 5:15–21*) tihna a ni.

Paulan Pathian hmangaihna lan chhuahîrtu kan nih tûr thu kha sawi chhunzawm leh z>lin, Kristian pasalte leh nupuite hn>nah thurâwn a pê a. Kristan a kohhran tâna amah a inhlân ang chiah khân, Kristian pasalte chu an nupuite tân an inhlân ve tûr a ni a (*Efesi 5:25–33*). Kristâ laka kohhran a rinawm ang chiah hian Kristian nupuite pawh an pasalte lakah an rinawm hlê tûr a ni bawk (*Efesi 5:22–24*). Kristian nupui leh pasalte chuan Pathianin mihringte hn>na mipat hmeichhiatna hman theihna a p>k hi mahni hmasial tak leh a ni lo zâwnga hmang lovin, an kawppuite zahna leh ngaihsakna entir nân an hmang zâwk tûr a ni a, chutiang chuan “tîsa pumkhat” an lo ni thei ang (*Efesi 5:28–33*).

“Chutichuan, fa duh takte angin, Pathian awm dân latute ni rawh u,” (*Efesi 5:1*). Pathian khawngaihna azârah vawiinah hian h>ng fuihna thûte hi mi dangte n>na in inlaichin tawnna kawngah nunpui i tum dâwn nia.

Eng tiangin nge “hmangaihnaa awm” tûra min hrilhna thû Efesi 5:2 hian Efesi 5:1-a “Pathian awm dân latute” nih chungchâng a sawi hi a awmzia hre thiam tûrin min tanpui?

ZIRTÂWPNI

Zir Belhna: Tûnah chuan Efesi 6 chu kan lo zir zo ta a. Hê bungah hian kohhran kan nih angin Pathian sipai, remna thlentu tûr kan ni tih kan lo hre chhuak ta a nih kha.

Efesi Lehkhathawnah hian kohhran chu Kristâ taksa (*Efesi 1:22, 23; 4:11–16*), Pathian biak in (*Efesi 2:19–22*)

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leh Kristâ mo/nupui (*Efesi 5:21–33*) anga sawi a ni a. Efesi 6:10–20-ah hian kohhran chu Pathian sipai ruâl anga sawi niin, Pathian râlthuâm famkim inbel tûrin a chah bawk. He lâi thû hian thil thâ leh tangkâi tak tak min hrilh ruâlin, a thil sawite erawh hriat thiam loh awl tak tûr a ni thung a.

Râlthuâm inbel tûra min sâwmna hi mi dangte n>na kan inlaichîn tawnnaah inhniâl leh thahrum thawh mai pawh hreh lo tûra min fuihpawrhna emaw lo tih mai a awl thei. Mahse, chutiang chu Paula min tihtîr tum a ni lo va. A sawi uâr >m >m chu inpumkhatna niin, mi dangte châwm lian thei thû sawi a, rilru tha tak pu theuh tûrin min chah zâwk a ni (*Efesi 4:25–5:2*). Pathian chanchin thâ chu “remna chanchin thâ” tiin a sawi a (*Efesi 6:15*). Chuvâng chuan, sipai lam tehkhin thu hmangin kohhran chu sual dova remna tlentu tûr kan ni tih min hrilh a ni.

Kan dote hi mihringte ni lovin, keini âia thiltithei daih zâwk, vân hmuna thlarau sual tak tak awmhote” (*Efesi 6:12*) an ni a, an hotupa ber pawh Setana a ni (*Efesi 6:11*). Chuvâng chuan ngun taka râl kan r>l pawh a ngâi r>ng bawk a; nimahsela, kan hm>lmâte hian min tizâm tûr a ni lo. Pathian chuan min dopui dâwn a (*Efesi 6:10*), râlthuam tha ber ber, Amâ râlthuâm ngêi “Pathian râlthuâm” tia Paulan a sawi chu mi pe dâwn a ni (*Efesi 6:11; Isaia 59:15–17* n>n khâikhin la). Kan kutah thutak, felna, remna, rinna, chhandamna leh Thlarau chu a dah tawh a (*Efesi 6:13–17*). Pathian chuan kan hmâhruaiin kan ke l>r atanga kan chhîp thleng hian râlthuâm min bel vek bawk a; hlawhchham thei kan ni lo. Hnehna chu kan chang ngêi dâwn a ni.

SAWI HO TÜRTE:

OEKan thiltihte hian min chhandam a ni lo. Chutih ruâl chuan, Paulan “thil thâ ti tûrin Krista Isua-ah chuan siam kan ni a, chu chu kan awm dân tûr r>nga Pathianin a lo ruâhman sâ a ni” (*Efesi 2:10, NKJV*) tih thû a sawi tho bawk. Eng nge ni a awmzia ni ta ang? Kan thil tha tihte hi enga tân nge ni?

Paula chuan, “Tichuan, keimahnia thawk thîn thiltihtheihna ang z>lin, kan dîl leh kan ngaihtuah zawng zawng âia nasa zâwk ti theitu hn>nah ngêi chuan” (*Efesi 3:20*) tiin a lo sawi a. Keimahnia hna thawk thiltihtheihna chu eng nge ni a, chû thiltihtheihna chu kan nunah hian engtin nge kan lan chhuahfir theih ang?

MORNING WATCH <u>July 2023</u>			183	184	MORNING WATCH <u>August 2023</u>
1. Sabbath	Rom	6:18			
2. Sunday	Sam	41:12	1. Thawlehni	2 Chronicles	16:9
3. Thawtanni	Roreltute	2:3	2. Nilaini	Joshua	10:8
4. Thawlehni	Isaia	5:4	3. Ningani	Joshua	14:12
5. Nilaini	Tirhkohte	16:25	4. Zirtawpni	Sam	24:3-4
6. Ningani	Zechariah	1:3	5. Sabbath	Joshua	23:14
7. Zirtawpni	1 Korinth	9:25			
8. Sabbath	Isaia	35:8	6. Sunday	Deuteronomy	4:24
9. Sunday	Jakoba	5:16	7. Thawtanni	Matthaia	8:21
10. Thawtanni	Hebrai	12:15	8. Thawlehni	Deuteronomy	17:1
11. Thawlehni	Hebrai	10:23	9. Nilaini	Deuteronomy	22:21
12. Nilaini	Sam	27:14	10. Ningani	1 Samuela	12:2-4
13. Ningani	2 Korinth	7:10	11. Zirtawpni	Galatia	1:10
14. Zirtawpni	Isaia	49:15	12. Sabbath	2 Korinth	2:15
15. Sabbath	Sam	16:8			
16. Sunday	1 Sam	2:30	13. Sunday	Ephesi	4:32
17. Thawtanni	Sam	4:3	14. Thawtanni	Rom	6:1-2
18. Thawlehni	Sam	37:4	15. Thawlehni	Rom	3:23-24
19. Nilaini	Exodus	6:2-3	16. Nilaini	Matthaia	6:9
20. Ningani	Genesis	12:1	17. Ningani	Matthaia	6:10
21. Zirtawpni	Johana	3:3	18. Zirtawpni	Matthaia	6:11
22. Sabbath	2 Korinth	4:4	19. Sabbath	Matthaia	5:3
23. Sunday	Philippi	2:12-13			
24. Thawtanni	Jakoba	5:20	20. Sunday	Matthaia	5:4
25. Thawlehni	Philippi	1:27	21. Thawtanni	Matthaia	5:6
26. Nilaini	Matthaia	6:8	22. Thawlehni	Matthaia	5:5
27. Ningani	Ephesi	4:25	23. Nilaini	Deuteronomy	7:22
28. Zirtawpni	Jakoba	4:8	24. Ningani	Isaia	11:2
29. Sabbath	2 Lalte	2:9	25. Zirtawpni	Johana	10:10
30. Sunday	Roreltute	16:20	26. Sabbath	Ephesi	5:15-16
31. Thawtanni	Joshua	1:5			
			27. Sunday	Luka	14:11
			28. Thawtanni	1 Korinth	16:9
			29. Thawlehni	2 Korinth	5:10
			30. Nilaini	2 Korinth	5:18
			31. Ningani	Marka	10:51

MORNING WATCH
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1. Zirtawpni	2 Chronicles	15:22
2. Sabbath	Exodus	18:14
3. Sunday	1 Samuela	12:23
4. Thawhtanni	2 Chronicles	31:21
5. Thawhlehni	Matthaia	10:8
6. Nilaini	Rom	8:35
7. Ningani	Deuteronomy	1:6
8. Zirtawpni	Luka	19:5
9. Sabbath	Luka	5:5
10. Sunday	Jeremia	2:2
11. Thawhtanni	Matthaia	28:19
12. Thawhlehni	Rom	8:29
13. Nilaini	Tirkohte	2:1
14. Ningani	Johana	1:4
15. Zirtawpni	Ezekiela	36:26
16. Sabbath	Daniela	9:23
17. Sunday	2 Chronicles	7:1
18. Thawhtanni	Tirhkohte	9:26-27
19. Thawhlehni	Isaia	5:20
20. Nilaini	Isaia	6:8
21. Ningani	Isaia	10:15
22. Zirtawpni	1 Petera	1:13
23. Sabbath	Rom	12:19
24. Sunday	Rom	12:1
25. Thawhtanni	1 Johana	4:16
26. Thawhlehni	1 Johana	3:6
27. Nilaini	1 Petera	5:7
28. Ningani	Jakoba	5:16
29. Zirtawpni	Deuteronomy	30:11
30. Sabbath	Tirhkohte	5:5