

**KHANGCING SABBATH SCHOOL
LAISIANGTHO SINNA**

Ephesians

John K. McVay

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Ephesians

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သိက္ခာတော်ရဓမ္မဆရာ ဦးမိုးခိုင်ငါခေါ်နှစ်မှ
တီးတိန်ချင်းပြန်ဆိုသည်။

Sabbath School Lesson
တီးတိန်ချင်းဘာသာ

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

ထုတ်ဝေသူ
ဦးစောထီမသေ (၀၀၅၈၉)
ဇန်နဝါရီ
မြန်မာပြည်သွေးစွဲမနေ့ကျပ်သင်းတော်
၆၈ ဦးဝိစာရလမ်း၊
ရန်ကုန်မြို့

အပ်ရေး – ၁၂၀၀

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2023**

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Ephesians: Zia-etna Hunsung in Zeisu Zuih dingzia

Ephesian laikhak sungah, Paul in Ephesus mite'thu mah hong gen hi. Ephesus khua ah Christian masate in a tuakkhak uh thulamdang teng khitciang in, Ephesian pawlpi mite in amau upna kician mahmah ahihna hong phukha ta uhhi.

Rome gamsung ah khuapi lian leh hau a lina ahi hih khuapi a ding in a lungkham denpa Paul hi a, tu in kiman in thongkiata hi. Thongsung panin laikhak in, Ephesus khua thu-umte in, gamkhangto leh khuapilian Ephesus milim biakna sungkhawng ah "lungkid" in Zeisu' nungzui ahihna uh amangngilh khak ding dahmahmah hi. Ama thungai mite pen Christian hikhin mahta leh, Paul in mithak mahbang in hilhcian ngiatngiat hi. Christian upna sungah guangphapha in, Christ tungah a ki-aapna uh kuangphasak in, hih pawlpi in zong leitungbup zawhna dingin Pasian khutzat khat a hihna hingpha sak kikkik hi.

Christian upna pen Christ hang ahih manin, Paul in Christ mah zahtak pahtawi ding hanthawn tangtang hi. A hoidengdong Christiante in amau'khe uh tangsak kik ding hileh, Zeisu a itna masa uhmah mankik ding uh a, Ama' hehpihna leh vangliatna sungmah ah bulphut ding uhhi. Tua ahih manin Paul in Christ pen vantung in, Ephesiante biaknop mahmah pasiante khempeuh tungah lamto mahmah ahihna pulakpha diak hi. Khang tawntungin Zeisu pen Pasian ngiimna bulpi hi a; thu-umte leh pawlpi in, Christ sungah nakhempeuh gawmkhawpna tawh mapang dingin Pasian'ngiimna ahihi.

Paul in Ephesus thu-umte Topa tungah ki-aapthak dingin a sapkawm in, nungzui Christiante ahihna zong mangngilh saklo hi. Christian nundan leh kimkot akibatna pawlkhat hilh hi. Christian peuhmah Kha'mi, Christ zahtak, Pasian makaihna tawh biaknapia cihte pen Paul in genpahpah hi. Christ tungah kipiakna in mikhat gamtat kampau huzaap hi. Christ a itmite in a lawm nungzuite zahtak in vangpia uhhi. Tua zongpen amau gamtatna sungah a kidimlua kha-bulphuhna leh zualzangna teng a langdona zong hipah hi. Innkuansung leh pawlpi sungah zong Kizopna limlim pen Christ hong kipumpiak bang kizopnate hiding hi. Ephesus khua mite ading in mihih nundan athak khat alahna zong hipah hi.

Pasian' pawlpimi hihna tungtawnin mihih' nundanthak ahoihnono tampitak mah Paul in honglak hi. Amah in mihihnte lakah Jew leh Gentile (*dawibia*) pen Pasian in pawlpikhat sungah hong gawmkhawm cihtu thupisak phadiak hi. Tuabang kipumkhat in nuntakna hangin, galphuan nopna peuh hong omding sangsik in, Pasian' gamthak sungah Ama'mite omzia dingpeuh hong lakkhia thei zawsop uhhi.

Pasian' pawlpi mimal hihnop kawmkal ah, Paul in zong thu-li hong pia sawnsawn hi. Thu ummite pen Christ' **pumpi**, Christ tungah ki-aapna leh khatlehkhat kipumkhatna nei uhhi. Pasian tungah biakpiakna mun a nungta **biakinppi** hi uh a, Calvary ah Christ kipiakna tawh akilam ahi hi. Christ' **mo** hi uh a, Mopiipa hongpaini ciangin alianmahmah mopawi bawl ding hun ngakin a omuh hi. A nunungpen Paul gentehna pen, Christian upna sungah Christ' **galkap** hi a, Pasian' thahatna tawh khuamial' vangliatna ado a, Zeisu hong paikik ding a lamente ahi uhhi.

Ephesian laibu in tulai a thadah Christian nungzuite mahbang ahi tua hunlai mite'thu hong gen hi. Christ lamto pahtawi in, a nungzuite peuhmah Ama' hongpaikik ding lam-en in, pilvang takin omding cihi. Tu quarter sungin thungetna tawh Ephesian laibu i simding a, Zeisu' nungzuite phutkhak thuthakte zong isin ding uhhi.

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Lesson 1*June 24 – 30***Paul leh Ephesus mite****Sabbath Nitaklam**

Tukalsung Simding: *Sawl. 18:18–21; 19:13–20:1; 20:17–38; Eph. 1:1, 2; 6:21–24; Eph. 3:13; Eph. 1:9, 10.*

Kamngah: “**Pasian in apilna leh athu muhnate zangin, ama’geelsa bangin hong sema, Christ zangin asepnop thusim teng eite tungah hong kilangsak hi. Tua ageelthu pen a hunhoih atunciang in Christ khutnuai ah vantung leitung a omkhempeuh gawm ding ahi hi” (*Ephesian 1:9, 10*).**

Thu khatpeuh igelhciang in, ngiimna khat inei hamtang a, ngiimna liampi khat peuh hithei hi. Abraham Lincoln in zong 1863 kum in a minthang **Gettysburg** agelhlai in, American’ tualgal sungah ama’ galkap 7000 bangin a sihlawh khitdeuh ahihi. Tua laibu sungah, gamsaat pulehpa teng pulak masa in, 1776 kum in a kisaat amau’gam in kip ding maw “leitung pan mangthang ding maw” cih sittelna hi ci in ama’ upna gen hi.

Paul in zong ama’ laikhakna sungah ngiimna lianpi khatmah nanei hi. Khenkhat pen ama’ thongkiatna vai hang hi (*Eph. 3:13; 6:20*) a, khenkhat pen bawlsiatna leh zia-etna hangin Ephet mite in upna akhahsuah dekdek uhhang ahi hi. Paul in amau hong pian thaklai in, Christ pen Honpa in sanguh a pawlpimi hongsuakuh cih phawksakpha hi. Christ’ pumpi hongsuakta uh (*Eph. 1:19–23; 4:1–16*), biakinn lamna vante hita (*Eph. 2:19–22*),

Christ’mo zong hilai (*Eph. 5:21–33*), galhiam kicing a tawisitset galkap (*Eph. 6:10–20*) zong hilai cih. A lianmahmah Pasian’ ngiimna ah mapansak, nakhempeuh Christ sungah gawmkhawm (*Eph. 1:9, 10*) cih. Ephesus mite in Christ’ nungzui ahihna uh picingtak in a teltheih nading in hanthawn hi.

SUNDAY*June 25***Paul, Ephesus mite tungah Evanpa**

Paul in ama’ khualzin anihveina Tawpna ah, Ephesus mite kiang a hawh masak lai in banghiah iam?
Sawl. 18:18–21.

Ephesus khuapi pen Roman Empire sungah khuapilian khat hi a, mimal 250,000 bang teeng uhhi. Empire sungah ahaupen gamkee ahi Asia Minor icihcih gamkee’ khuapi ahi hi. Paul’ hunlai pen, tua gemkee in ahauh mahmah laitak ahihi. Tuipigei khuapi hi a, leilampi a ding in zong lampikim kituahna ahi hi. Khuapi sung mihingte in pasian tampi abia uh a, **Artemis** pen khuapi-kem nusian ci uh in, lianpensak uhhi. Tuanu biakpiakna in mihi gualnopna, kimawlina leh kumkhenna pawi cihte bawl uhhi. (*Artemis pen Romete in Diana ci uhhi; Sawl. 19:24, 35*).

Paul in akhualzin thumveina khitciangin Ephesus hong tungkik (*Sawl. 19:1–12*) a, “*kumthum*” sung taam hi (*Sawl. 20:31*). Sawltakpa in Ephesus mite kician takin kiaapna neihpih a, tualai munah Christian bulkip omding ngiim hi.

Ephesus khuasung ah “Topa Zeisu” zahtakna
pen bang thupiang in makaih in kizeelsak hiam? (*Sawl. 19:13–20*).

Luka in tua tangthu pen tua khuapi sungah Jew-mi aitawi nasepna sagihvei tawh pulak hi. Zeisu leh Paul min zangkhawm uh a phuisam uh a, khuasungah aitawi nasepna teng hawkhat sawmin paikhialhna laang hi. Tuathu khuasung lamdungteng ah a kizelh ciangin mikhempeuh “laumahmah uh a, Topa Zeisu’min nakpi takin kiphat semsem” (*Sawl. 19:17*) cihi. Tua thupiang in thu-umsa mite tungah nakpi takin huzaap kha ahih manin pawlkhat bangin “**nguntang tulsawmnga aman**” (*Sawl. 19:19*) amau aitawi laibu teng hong paipih uh in, mipi’ maiah haltumliang uhhi. Khuapi mipi tampi takmah in zong Zeisu biakpiakna leh adangtangte biakpiakna peuhmah helzau theilo ding cih muhlawh uhhi.

**Tua zahin amantam mahmah ai-laibute a
haltumna tawh bang kilangsak hiam? Topa tungah ki
pum-aapna koibang in kilangsak naci hiam?**

MONDAY

June 26

Tualpi sungah Kitomna

**Sawl. 19:21–20:1 simin. Hih tangthu pan bang
pilna ngahthei ding ihi hiam?**

Pilna hauhna tawh a kidim Ephesus khua a Paul’ tec i panna pen muibun mahmah a, sumbawl siamna lamah khantoh lawhmahmah uh a, khualzin mite in **Artemis**

taattung hong zuanmahmah pah uhhi. Bang taattung himawk hiam! Hih pen khuam 127 tungah ki lam hi a, 60 ft. sangin, **Parian** suangkaang sitset manpha mahmah tawh akilam ahi hi. A khuam sawmthumlehguk tengpen khamtawh aki tuamsitset manin taanglai leitung nalamdang sagih lakah khatmah hong hipah hi.

Paul in tua milim biakna teng a langdo manin biakinn panpihna sum kiamtuam mahmah (*Sawl. 19:27*) a, ngunseekpa Demetrius bangpen hehphangphang lua kisa a lawm ngunseekpih pawlkhat saatgawp mawkmawk hi. Khuasungpan mipite manlangtak in hong kikaikhawm uh a, tua tualpi, mi 25,000 bang kikhop theihna ah hong tolhsuk gawp uhhi. Tua laiah buaihenhan lianguh in nainih sung bang kiko uh a, “**Ephet khua mite’ Artemis mah lianpen hi!**” (*Sawl. 19:34*) ci in awng uhhi. Khua laiatpipa in mipi a ciasak khitciang in, Paul leh thu-umte kimukhawm uh a, tuakhit ciangin paikhia uh hi.

**A thumveina khualzinna Tawpna ah, Paul in
Ephesus pawlpi upate tawh kimu thei hi. Paul ngaihsutna
koibangin i tomgen thei ding hiam?** (*Sawl. 20:17–38*)

Paul leh Ephesus mite tawmveino sung a kikhawlhna uh:

* A.D. 52: Paul in Ephesus a hawh kipatna (*Sawl. 18:18–21*).

* A.D. 53–56: Paul in kumthumsung Ephesus ah anasepna (*Sawl. 19:1–20:1*).

Hiteng a taam nununglam in 1Corinthian gelh hi.
(1Cor. 16:5-9).

* A.D. 57: *Miletus ah a omlai in, Ephesus upate tawh kimu hi.* (Sawl.20:17–38).

* A.D. 62: Paul in Rome ah khatguak akikalhkhum napan hih Ephesians laikhak gelh hi.

“Tua ahihciaang in limtak in kiging unla, kumthumsung tawntung khitui naptui tawh note khempeuh kahong thuhilhna naciamteh un” Paul in cihi. (Sawl. 20:31). Tuni eima pawlpi zong Paul in koibang in hongvau ding in nangaihsun hiam? Banghang hiam?

TUESDAY

June 27

Ephesian mite in tua Laikhak Simuh

Paul in a laikhakpen Ephesus biakinn sungah gingtakin simkhia dingin sawl hi. Paul paikhat khitpan kipan Ephesus khua ah Christian tattlehhek hong khangto mahmah a, innkuan tampi zong hong kibehlap uhhi. Tua thu-ummasa mite a dingin, **Tychicus** kici Paul mimuanpa in amau lakah hong omthei in, laikhakte simsakthei ahih manin hampha mahmah uhhi. Sawltakpa mah in a geelsa mahbang in amauta lakah bangkua lutang - pa, nu, tateleh silate (*Ephet 5:21-6:9*) cihi. Tua hunlai in bangkua khat cihteh – amau nasep pih khempeuh kihelpah uhhi. Tuateng khempeuh leh innkuan mite khempeuh kihel uhhi.

Anuai a tomlakna bangin simsuksuk inla, simging phial lecin minute 15 sungbang sawt ding hi. Alaikhak buppi' ngiimna bulpi bang hithei ding naci hiam?

1. Kam honna
Eph. 1:1, 2
2. Thupha piakna tawh thu-patna
Eph. 1:3-14
3. Christ bulphuhtheih na'ng thu-umte thungetsakna
Eph. 1:15-23
4. Kha lamah sikhin uh; Tu'n Christ tawh pahtawina ngah *Eph. 2:1-10*
5. Jews leh Gentiles lakpan Christ in Pawlpi Piangsak
Eph. 2:11-22
6. Paul pen Gentile tekiangah Christ' thuhilhpaa
Eph. 3:1-13
7. Thu ummite in Christ' itna aneihna'ng uh thungetsakna *Eph. 3:14-21*
8. Kha-kidim aki pumkhat Pawlpi kemcing
Eph. 4:1-16
9. A Ki-pumkhat Pawlpithak nuntakpih
Eph. 4:17-32
10. Itna, Khuavak leh Pilna sungah kalsuan
Eph. 5:1-20
11. Christian bangkua sungah Christ bang nundan neihna *Eph. 5:21-6:9*
12. Dingkhawm: Pawlpi in Pasian Galkap hon
Eph. 6:10-20
13. Kam-khupna
Eph. 6:21-24

Hih laikhak sungah thubulphuh bang hihtuak hiam? Nang ading bang aci hiam? Innkuan a sukha bangpeuh namu hiam?

WEDNESDAY
Ephesiante Amau Hunlai

June 28

Ephesus tetungah a laikhakna pen Paul in koibang in pan a, koibang in khup hiam? Ama' deisakna thuk koibangin namuhsak thei hiam? Eph. 1:1, 2; 6:21–24.

Laikhat a kipatna mahah Paul in laigelhpa amah kicipah hi (Eph. 1:1). Laikhak a lailam ciangin, Paul in ama' minmah pulak phakik in, amahpen "No Gentile mite hangin Zeisu Christ'thu tawh thongkia keimah" (Eph. 3:1) ci a, sawltakpa dingin a kisehtuampa bang ciliang zawsop hi (Eph. 3:1–13). Laikhak a tawpkuan ciangin, a thongkiatna mah pulak phakik a (Eph. 6:20), ama' vaikhakna kammalte zong kihel hi (Eph. 6:21, 22). Laisiam pawlkhat in hih laikhak pen Paul'gelh hilohi acihteit uhhang, alaite mahmah in Paul pen laikungpu hi cingiat ahihna thupi hi. Christian a tamzaw in laikungpu Paul hi cih saang uhhi.

Paul in ama' thongkiatna hangin Ephesus thu-umte koibang in a sukkhak ding lung himawh hiam? Eph. 3:13.

Paul in thongsungpan a laikhak dangte Colossian (Col. 4:7, 8) leh Philemon temah bangin Ephesian zong akhak hunuh kibang tuaklel hi. Ephesus ah a khualzin khit hun pawlkhat mah paikhinzo hihtuak hi (Eph. 1:15;

3:1, 2). Ephesian laikhak pen A.D. 62 kum Rome thongsungpan agelh hihtuak pen hi.

Ephesian sungah, Ephesus khuamite omzia Paul in tawmkhat genkhia hi. Ama' muhna pen zaimahmah hi. Hun tampi huamsak a, Pasian in khensatna abawl hun "leitung pianma" (Eph. 1:4) ciliang a, Christ sungah Pasian' hongpiak hotkhiatna bulpi omcih tangzai takin kilangsak hi. A laikhak kammalte in pahtawina laipi, sausak diudeu in kizom diudeu sak in gentehna khawng tawh pulak hi. Paul in tuadante mundang ah zong zangthei zel (Rom. 8:31–39) a, Ephesian sungah hiphadiak in, phatna thungetna leh biakpiakna kammal tampitak zang hi (Eph. 1:3–14; 1:15–23; 3:14–21). Tuate khempeuh zong pilvangtak leh siamna tawh azat ahi hi (Eph. 4:1–16; 5:21–33; 6:10–20).

THURSDAY
Ephesians: Christ-Dimphitphet Laikhak

June 29

Paul in ama' laikhak thupaipi koibang in pulak hiam? Eph. 1:9, 10.

Ephesian thupuak koici tomlak thei ding ihi hiam? Thongsung panin, Paul in, Christ aki bulphuh Pasian'ngiimna in ahun atunciang in pawlpi ah hong tungding cihi. Pasian in Ama' ngiimna tengpen Christ sungah hongsem a "Christ khutnuai ah vantung leh leitung a omkhempeuh gawm ding" (Eph. 1:10) a, pawlpi mahmah zongpen Jew leh Gentile kigawmkhopna mihingthak in bawl ding hi (Eph. 2:14). Thu ummite in hih ngiimna ombang in gamtang ding uh a, gitlohma vangliatna hangin Pasian' ngiimnapi ki imcip hi cihi (Eph. 3:10).

Ephesian 1:9, 10 in, Pasian' lungsim sunga kipumkhatna pen Christ kibulphuh hi cihi. Tua hi a Ephesian laibu pen Christ-kidim laikhak hicih lamdang sakhuai lo a, mun khempeuh ah, Christ sungah Pasian' nasepna leh thu-umte in Christ sungah amau' hamphatna teng cihkhawng ahi hi. Paul in "Christ sungah" cihpen sawmthumvei sang tamzaw zangin munkhempeuh ah Zeisu pahtawi hi. Tua laikhak nasim ciangin, hih thu-guite pen Paul in Zeisu a bulphuhna vive aihhlam namu ding hi.

Paul in Ephesus thu-umte Khalam ki-aapna kuangpha kiksak nuam aihh manin, amaupen pawlpi mimalte hi uh a, Pasian' lungsim in Christ sungah nakhempeuh gawm khawm ding aihhlam theisak nuam hi. "**Pawlpi**" (Greek, *ekklēsia*) anacih ciangin, leitung bup huam "**a huampi**" acinuam hi a, khuatual pawlpi bek hi lo in azaipi ahuam acihnopna ahi hi.

Pawlpi tawh kisai a kammal zatmun mahmah, gentehna thuk tawh azat munli (4) kician takin a zat teng pen:

1. Pawlpi Pumpikhat (*Eph. 1:22, 23; 2:16; 3:6; 4:1–16, 25; 5:23, 29, 30*).
2. A kilam Biakinn (*Eph. 2:19–22*).
3. Pawlpi in Mo (*Eph. 5:22–27*).
4. Pawlpi Galkaphon (*Eph. 6:10–20*).

Hihteng khempeuh in a pawlpi ading Pasian ngiimna bang hiam cih hong tellak mahmah hi.

Nangma omna pawlpi, Seventh-day Adventist pawlpi pen, Pasian in minam khempeuh, kampau

namkhempeuh, innkuan khempeuh leh ngeina khempeuh a gawmtuahna ahi hi. (Mang. 14:6) in Pasian' ngiimna khempeuh Zeisu sungah picing sak ding cihi. (Eph. 1:9, 10). Tua Pasian nasepna sungah koibangin nasemthei ding nahi hiam?

FRIDAY

Ngaihsutbeh ding:

June 30

Zeisu' min leh Paul' min a zangsual aitawite' tangthu (*Sawl. 19:13-20 Sunday sinna*) in, Ephesian laikhak sungah vangliatna cih kammal azatna hangthu telgen mahmah cih honglak hi. Thu umthak pawlkhat bangin Zeisu liabel ahihna a theihuh manun, amanpha mahmah amau ailaibu khempeuh haltumliang uhhi. Ai laibu *papyri* 250 kiim bang kimukhia a, tuasungah zeh, phuisam kammal, ngeina leh samsiatna cihkhawng tampitak mah omneunau hi. Tuate in thu-umte pen, pasiante leh nusiantre zolna'ng, sikhate in zong akingen bangbang hong hihsak theihna'ng vive ahi hi.

Luka in hih laibuteng nguntang 50,000 aihh keileh nitha nitulsawmnga thaman tawh kikim cih. Tulai nitha 10,000 hi a, 10,000 x 50,000= 500,000,000 thein tulnga bang tawh kikim hi. Hihte in amau nuntaksung vuah a thupiseh mahmahte a hihna hong musak hi. "*Amau' upna ah dawigal kidalna a kuahtheih oktheih tuamtuan, phuisam mitphial, thupha kipiakna, kha'vangliatna cihte panin a kikhel theihna'ngun, vanglian Pasian in panmun hong laksukna ahihi.*"—Clinton E. Arnold, *Ephesians* (Grand Rapids, MI: Zondervan, 2010), p. 34.

I telsiam ding thu-khat panin Ephesian laibu pen, thu-umte in "*dawi gilo' vangliatna teng dozawh na'ngin hong kigelhsak ciythu itelphat kul hi.*"—Clinton E. Arnold, *Power and Magic: The Concept of Power in Ephesians* (Grand Rapids,

MI: Baker Books, 1992), p. 165. Paul hong dawnna pen amah in Ephesian mite tungah sawltakpa hi a, tua sungah Christ pen vangliatna khempeuh tungah a kilamtopa (*Eph. 1:20–23*), thu-ummite a dingin Pasian hongpiak thahatna hi cihi (*Eph. 2:15–19; 3:14–21; 6:10–20*).

Kikupding Dotnate:

- 1. I leitung mahmah ah bang vangliatna leh ukzawhna peuh natuak kha hiam? Hih vangliatnate in thu-umte pen Christ tungah cihtakna tawh pahtawi ding sangin, amaumah zahtak ding koibang in hihzaw hiam?**
- 2. Pasian in “ahun acin ciangin” Christ sungah nakhempeuh gawmkhawm acih ciangin, mailam lam-etna a pulak ahi hi. A kammal zat “lam-etna” cihpen Ephesian 1:18; 2:12 leh Ephesian 4:4 tawh kisai in, mailam ah banghang in lam-etna neithei hiam?**
- 3. Anuai a munteng panin, Paul in Christ hongpaikik ding lam-etna lianpi aneihsna koibang in honglak hiam? *Eph. 1:13, 14; 1:21; 2:7; 4:30; 5:5. Tua lam-etna in eite a ding bang khatna nei hiam?***

Lesson 2

July 1 – 7

A Lian, Christ-bulphuh Pasian’ Ngimna

Sabbath Nitaklam

Tukalsung Simding: *Eph. 1:3–14; 2:6; 3:10; Col. 1:13, 14; Thuhilhkikna 9:29.*

Kamngah: “Christ tawh eite ikipawlina hangin vantung gampanin khatawh kisai letsong namkim hongpia ahih manin, eite Topa Zeisu Christ’ Pa ahi Pasian tungah i lungdamna kociat ni.” (*Ephesians 1:3*).

Kha-pi akhe tawh asik masapenpa **Neil Armstrong** in, kum 25 khit ciangin, amau’ tangthu thak apiangsak huihlak khualzinna **Extravehicular Mobility Unit** (EMU) a bawlte tungah lungdamkohna thupia pan hi. Taangthu sungah “maanzaiah ngahpenpen” hi kici a, ciannuihna in “a tungtuangte melsiatna teng seelsak” bang kici a, Armstrong in, Johnson akici vanlam nasepna mun a “**EMU innkuau**” tungah, ama’ nuntakna hoihtak in akembit tua vanlam khualzinna a dingin lungdamna leh pahtawina tampi pia hi.

Paul in zong Ephesian mite a laikhakna ah lungdam kohna, Pasian in amah a piaksa thuphate ading in lungdam kohna, min phatna cihte tawh kipan hi. Paul in a cihsna ah “leitung pianmapek” (*Eph. 1:4*) lai in Pasian in hih thupha khempeuhte a bawlkhitsa hi ci hi.

Hihtengah Paul thupatna pen, Pasian biakpiakna leh pahtawina tawh ahih manin manphazaw kanlai hi.

SUNDAY**Christ Sungah Kiteel in Kisangkhin**

July 2

Lungdam kohna kammal limlim pen letsong khat sangleng akipia ahi hi. Paul in zong, Pasian'letsong lungdamthu adingin lungdam kohna saupi khat Ephesian 1:3-14 sungah helsuk deudau hi.

Pasian in “*kha tawh kisai letsong namkim hongpia ahih manin*” Paul in Pasian aphat hi. Tua thuphate in *khalam* hi a (Greek, *pneumatikos*), Kha (*Pneuma*) hong piakmah ahihna Paul in a thupha saante pen Khasiangtho tungtawn in thu-umte nuntakna sungah hong kipia ahihlam tawpna ah pulak hi (*Eph. 1:13, 14*).

Ephesian 1:3-6 sungah, Pasian in Christ sungah eimah hong muhzia teng omhi. Leitung pianma in, Pasian in, Christ sungah eite hongteel khin a, “*siangtho paubaanglo*” dingin hong sehsa (*Eph. 1:4; Eph. 5:27*), Christ sungmah ah hong Piansaksa leh hong Tatkhiatna Ama’ tapate leh tanute hong suahsa (*Eph. 1:5*) ihi uhhi. Ni a taanmapek panin “*Ama itpa sungah hong sang*” (*Eph. 1:6*) hi. Tomgen ziau leng, Pasian in hong gumnuam hi. Eima’ mawhna kidim teelna in tua gupna hong taansak zawsop hi.

Ephesian sungah “vantung munte ah” acihcih penin bang khiatna nei hiam? (*Laisiangthothak sungah hiteng bekah kizang hi*) A kammal a zatdan kantel in. (*Eph. 1:3, 20; Eph. 2:6; Eph. 3:10; Eph. 6:12; “vantungah” peuh cizel hi. *Eph. 3:15, Eph. 4:10, Eph. 6:9.*)*

Ephesian sungah “*vantung munte ah*” cihleh “*vantungte ah*”, “*vantung ah*” acih ciangin Pasian maanna mun acihna hi a (*Eph. 1:3; Eph. 6:9*), kha vangliante omna (*Eph. 1:10, 20, 21; Eph. 3:10, 15; Eph. 6:12*), Pa’ taklam ah laptohna angah Christ’ omna ahi hi (*Eph. 1:20*). Thuummite in “*vantung munte*” pen Christ tungtawn in angahsa daanun a kingaihsutna mun (*Eph. 1:3; 2:6*) ahi hi. Vantung munte in thu-umte a dingin thupha saan na’ngmun ahihei hang, tu tadih in Christ in Topa ahihna mahmah zong gitlohma vanglian tetawh kituh tangtang lai (*Eph. 3:10; Eph. 6:12*) uhhi.

Ephesian 1:4 in “leitung pianmapek panin” Christ sungah eite hongteel cihthu lungngai lecin, tua in bang khiatna nei naci hiam? Tuathu in Pasian hong itna leh hong hotkhiat nopna koibangin hong lak naci hiam?

MONDAY

July 3

Manpha Tatkhiatna: Ciillo Maisakna

Paul’ mite nunna sungah mawhna pen khuamial ukte’ vangliatna ahi hi. Paul in tuate pen misisa gamtangte ci a – “*mawhna sungah asisa*” hinapi “*gamtang*” in Satan sawl bangin nungta uh (*Eph. 2:1-3*) cihi. Mawhna leh Satan’ sila suakuh a, amau leh amau suakta zolo uhhi. Hotkhiat kisam uh hi. Tuapen Pasian in Hehpihna lianpi tawh Christ sungah hongsem a, Paul in, thu-umte nunna sungah Pasian’ hehpihna thupha namnih pawikhaam sak a: tatkhiatna leh maisakna ahi uhhi.

Ephesians 1:7, 8 simin. “Tatkhiatna” pen *laisiangthothak sungah a omden thukhat ahi hi. Colossian 1:13, 14; Titus 2:13, 14; leh Hebrews 9:15*

**cihteng simkak lecin, Ephesians 1:7, 8 tawh akibang
ngaihsutna bangpeuh hongpia naci hiam?**

Greek kammal ah “tatkhiatna” pen Ephesian 1:7 ah *apolutrōsis* hi a, a bulpipen in sila leh galmatte suahtak na’ng kitatkikna ahi hi. Sila zuakte’ kihona aw leh sikkol gingte aw kizathei pahlel hi. Laisiangthothak in *tatkhiatna* a genciang in, silate suahtakna manphatzia tawh genteh pahpah hi.

Eite suahtakna pen mantampi tawh hongpiak hi a: “*Zeisu sungah, ama’sisan hang in hotkhia*” (*Eph. 1:7*) ihi uhhi. *Tatkhiatna* ciythu in amantam mahmah eite suahtakna’ng in phaltak in hongpiaksak cihna ahihi. Pasian in eima suahtakna leh minhoihna hongpia hi. Tu in sila ihi nawnkei uhhi.

“*Tankhia cihiang in mihing a kisim, nakhatpeuh in simlo cihna hi. Vantung gammi suakta, leitung sila hinawnlö cihna ahi hi.*”—Alister E. McGrath, *What Was God Doing on the Cross?* (Grand Rapids, MI: Zondervan, 1992), p. 78.

Theih huai mahmah thukhat panin, Pasian in Satan kiangah tatkhiatman pia cihpen, tanglai AD 500 pan 1500 kiim hunlai upna hi a, laisiangtho paizia zong hilozaw hi. Pasian in Satan tungah leibaa bangmah neilo hi. Calvary hamphatna mahmah pen “*eite’ mawhna hong maisak*” (*Eph. 1:7*) ngiat hi. Singlamteh tungah Christ in eite mawhna thaman, a beisa leh maihun a dingteng hong puaksak a, “*eite a dingin a hoihlo, i mawhna a kiciamtehna khempeuh hong phiatsak a, tuate khempeuh singlamteh tungah kilhcip in a beisakta hi*” (*Col. 2:14*). Christ sungah hih tatkhiatna

leh maisakna nasepna ah, Pasian in “*a kicing hehpihna*” tawh “*cil hetlo*” in phaltak in eite hongpia hi (*Eph. 1:7, 8*).

**Christ’ hong kipiakna tungtawn in mawh maisak
leh tatkhiat ihihna in nang ading bang khatna nei naci
hiam? Nangmah tuatawh kiphu kei lecin bang nacih
tam? (A kiphulo takpi mah nahih; tuopen singlamteh
vaipuakpi ahi hi.)**

Tuesday

A Lian Christ-Bulphuh Pasian’ Ngiiimna

July 4

**Pasian in “Ahun atunciang in” a cih in bangzah
zai huam hiam? Eph. 1:9, 10.**

Paul in Pasian’ngiimna namthum pulak hi. (1) “*Ama’pilna thuk*” (2) “*a geelna*” leh (3) “*ahun atunciang in*” cihte ahi hi. Pasian’ geelna picing in bang ahi hiam? Zeisu sungah nakhempeuh gawmkhawm ding ahi hi.

Tua ngiimna Paul pulakna ah, (Greek, *anakephalaiōsasthai*), nakhempeuh Christ sungah “*gawmkhawm*” ding cihi. Taanglai sazian tuatzia hileh, “*gawmkhawp*” khit ciang in alu ah suang hi. Pasian’ hotkhiatna ngiimna tengpen Zeisu in maingat gige hi. Hih Christ-bulphuh ngiimna pen “*leitung pianmapek panin*” (*Eph. 1:4*) geelsa hi a; zaipitak mah huam ahih manin “*ahun a tunciang in*” vantungnate leh leitungnate khempeuh gawm khawm ding hi. Christ sungah pumkhatna pen alian mahmah Pasian ngiimna hi cihi.

Pasian' "ahun atunciang" (*Eph. 1:10*) tawh kisai kikupna ah, Paul in ama' laikhak sungmah ah athupapi hong pulak hi. Pasian in nakhempeuh gawmkhawmta ding a, Zeisu' sihna, thawhkikna leh vankahna ah pahtawina cihte sungah zungkha (*Eph. 1:15–2:10*) in, pawlpi zongpen mituamtua akibanglo, Jew leh Ggentile mite cihang khawng Kigawmkhawm ding (*Eph. 2:11–3:13*) cihi.

Tuamah bangin, Pasian ngiimna teng kineuseh sakmahmah a, tuate zong abei ding hita hi (*Eph. 3:10*). Laisiangtho mundang ah zong: "vantung panin dawimangpa hong ki lawnsuk a, hun tomnobek neilai ahihlam kithei ahih manin, hehmahmah" (*Mang. 12:12*) cihi.

Paul laikhak alaipan a Tawpnalam tengin ki pumkhat ding hongsam (*Eph. 4:1–16*) a, ki pumkhatna a susiathei gamtatna limlim peel ding hanthawn in, thu-um mite khat leh khat ki thukhatna nei ding hong hanthawn hi (*Eph. 4:17–6:9*). Paul in pawlpi pen, a ki thutuak mahmah galkaphon bang, Christ' mintawh kilemna bawlna sungah thanuam takin kihel hi cihi (*Eph. 6:10–20*).

Christ Zeisu sungah nangahsa tatkhiatna pen, Pasian in Zeisu sungah nakhempeuh a gawmkhawp nopna ngiimna bulpi ahihlam koici bangin natelthei hiam?

WEDNESDAY

Ama' Minthanna Pahtawi in Nuntakna

July 5

"A cilpek a kipanin a ngaihsutsa thutawh kizui in Christ tawh ikipawlna hangin Pasian'tate ihihna dingin Pasian mahin ahong sehsa ihi hi. Tua ahih manin Christ a muangmasa eite in, Pasian phatin a minthanna vang kilang sakni." (*Eph. 1:11, 12*)

Ephesus thu-um mite in, amau Christian ahihlam nangawn uh phawkkha nawnlo lianguh a, "lungkia uh" (*Eph. 3:13*) hi. Acil apat in a kipsaksa (*Eph. 1:3–5*) mahbang in, Paul in Christian ahihna uh phawksakpha nuam mahmah hi. Thu-umte peuhmah, kamsia mi, pasian tuamtuanme nungzuilel, athu manglel cihang hituanlo uhhi. Amaupen Pasian' tapa tanu hi uh a, Pasian' tawntung thukhennasa ombang in Christ tungtawnin thupha tampi a sangdingte ahi uhhi. Pasian' ngaihsutna leh a geelsa (*Eph. 1:11*) bangin amau nuntakna sungah Christ tungtawnin nakhempeuh a zaisemsem in gawmkhawm ding ahi (*Eph. 1:10*) hi. Tua hileh Pasian'maiah pataulo takin dingtang thei dinguh a, Ahongpiak thupha khempeuh zong muibun takin sangthei ding uhhi. Amau nundan in Ephesian 1:3-14 sunteng awngin tangko ding uhhi: "I Topa Zeisu Christ i' Pa Pasian in thupha omden tahan" ciding uhhi.

Ephesian 1:11, 14, leh 18 sunga "gamluah" a cihcipen lungngai in. Paul in banghang in thupisa hiding hiam?

Mikhatpeuh a sihnung in ama'gamh na-ngahkha ngei hiam? Tanau khatpeuh in vanmanpha leh sum tami khawng hong nutsiat ngei hiam? Paul' muhna ah, Zeisu' sihna hangin, Christante in Pasian *kiangpan gamhngah* (*Eph. 1:14*) uh a, Pasian *tungmah* ah "**gamluah**" hongsuak uhhi (*Eph. 1:18*).

Laisiangtholui sungah, Pasian' mite pen Ama' "**gamhneite**" leh gamhluah te in ki ngaihsun uhhi (*Thuhilhzik. 9:29; 32:9; Zech. 2:12*). Hihbang in Pasian'gamhluah suahna pen Ephet 1:18 sungah kitelcian sitset a, Ephesian 1:11 a kammal tawh zong kibang hiuhiau

lel hi (*ama' sungah gamhluah kisuak hi*). Christiane thulaigil a hihmah bangin, Paul in zong thu-ummi peuhmah in Pasian'maiah amau' manphatna atheih dinguh deih sak hi. Pasian *kiangpan* gamhngah cihciang bek hiziaulo in (*Eph. 1:14; Eph. 3:6; leh Eph. 5:5 simkak*), Pasian' gamhluah mite ahi uhhi.

Nakhat peuh ngahzawhna dingin sepkhiatna leh tuatengmah gamh in luahziauna koibang in khentel thei ding nahi hiam? Zeisu sungah hong kipiasa teng telcian theihna'ng koibang in hong huhthei naci hiam?

THURSDAY

Khasiangtho: Ciaptehna leh Piakkhiatna

July 6

Ephesian 1:13, 14 sungah, Paul in ama'lai simmite tangthu tomgelh hi. Bang cialteng peuh hiam?

Thu-umte in amau' nunna sungvuah Khasiangtho a thupitzia kantel nading in, Paul in Kha pen lim namnih tawh genteh hi. Ciaptehna (*seal*) tawh genteh masa a, kikhel nipan kipanin Kha in hong ciamtehpah cihi. Tanglai in seal pen tangzaitak in kizang a: thukham leh thukimna vangkipna, vankhawng ahihleh bangzah omkha cikhawng (*Ezek. 28:12*), langnih ki thukimna laipi (*Jer. 32:10–14, 44*), nasep kithukimna lai (*1Kumpite 21:8*), gamhpiakna cikhawng in kizangpha mahmah hi. Van khatpeuh tungah tua seal a kitupleh neihna leh kepcinna hipah hi. Amau' nuntakna sungvuah Khasiangtho a omnak leh, amauta pen Pasian'aa hita uh a, Pasian' kepcinna tawh

tonkhawm tawntung ding uh hi (*Eph. 4:30 enkak in*). Amaute pen “*kamciamsa ombang in Khasiangtho tawh kiciamteh hī*” (*Eph. 1:13*).

Paul mahin, “*mikhat peuh in Zeisu upna tawh ama' nuntakna a kipiak phetleh, tua mipen hotkhiatnani adingin Khasiangtho in ciamtehpah* (Greek verb: *sphragizo*) cihi. *A lamdang suahtakna leh thukip thumaan hi!* Pasian Khasiangtho in Christ' nungzuite peuh mah pen amau' upnaneih pan kipan hotkhiatna seal tawh ciamtehpah *ngiatngiat hī* cihi. —Jiøi Moskala, “Misinterpreted End-Time Issues: Five Myths in Adventism,” *Journal of the Adventist Theological Society* 28, no. 1 (2017), p. 95.

Paul in azat, Khasiangtho limpua nihna pen “**aamahkhan**” cihi. Khasiangtho pen eite' gamhluah na'ng aamahkhan hi a, mailam hunah gamhluah te apicing takin a kipiakni dong lungmuan na'ng aamahkhan hi cihi (*2 Cor. 1:22 leh 2 Cor. 5:5 simkak in*).

“Aamahkhan” icih kammal pen Hebrew pau in (**arrabōn**) hi a, leitawina kammal, **Koine** Greek Laisiangthothak hunlai in, leitawi ding khatpeuh a omciangin lungmuan theihna ding in nakhat peuhpeuh “*piamasa, pia khol, kholkhol*” cihbang in a hihna uhpen acihna hi.

Hih piakkhol pen thu-umte in pia-kholzaw hetlo in Pasian *kiangpan* saangkha zawsop uh hi. Thu-um mite sungah Khasiangtho hong omna a manphatzia pen, Paul in, hotkhiatna leh tatkhietna picing takin gamh iluahna hi a, Zeisu hong kumsukni ciangin hong tangtung ding hi cihi. Ei' lampan ei hihtheihsun pen, Zeisu sungah hong kipia peuhmah lungdam kipak takin sangding hihang.

FRIDAY*July 7*

Ngaihsutbeh Ding: Ephesian 1:3-14 in, mihing' mailamthu peuhmah Pasian in geelkhol a, pawlkhat tawntung nungta ding leh, pawlkhat tawntung sihna ah ci in geelkhol hiam? Mi tampitak mah in tuabang in ngaihsunkha uhhi. Anuai a teng ngaihsun dih in:

1. Tua munah, Christ' maapanna ngaihsuthuai a, Pasian in "Christ tungtawn" in eimah hong teelmasa (*Eph. 1:5*), leh "ama'sungah" (*Eph. 1:4, 11*) cihi. Hihthu in Pasian' hong teelna leh geelkhola in, Christ sungah upna hangin hongteel hibek a, eite' pianmapek khawngin gupding leh mangthang ding khawng khenkholliang zawzen cihna hilozaw hi. Pasian' khensatna pen Zeisu sungah upna anei peuhmah entel, ngaihsunkhol in, amau'sepna bangin thukna pia hizaw hi.
2. Ephesian 1:3-14 sungmah ah hotkhiatna ading in Pasian hong sepsakna mah omsak hi. Pasian pen "**Pa**" hi a, eite pen "*hongsaan*" atate (*Eph. 1:3-5*), cingtak in hongpiak Ama' thuphate tampitak hongsangsak hi (*Eph. 1:8*). Pasian in hong teelna leh hong geelsak kholna kammal kizang tengzong telphat mahmah kisam hi. Pasian pen gamlapi pekpan in lungkimlohma peuh tawh hong thukhenpa peuh hi lo a, Ama'tate hoihtak in a kembit Pa ahi hi (*Eph. 3:15*).
3. Pasian mahin mihing' deihteelna zong pahtawi sak Eph.1:3-14 a, adiak in Eph. 1:13 sungah "**zakna**" leh "**upna**" pen thupisak phadiak in, (*Eph. 2:8, Eph. 3:17, Eph. 4:1-6:20* *sungkhawng ah zong, upna tawh mimal'* deihteelna

*ultungsak a), laisiangthothak sung mundang ah zong omlai hi (1Tim. 2:4; Saul. 17:22-31). Tua vai, Ellen White in zong: "Iphut hetlohp*i* Tapa hong piakna ah, Pasian in leitung buppi, huih in a tuamcip bangin hong hehpihna tawh tuamcip sak hi. Hih nuntakna huih a diik peuhmah in, Christ sungah numei pasal tebang khangcingto ding uhh*i*" cihi. —Steps to Christ, p. 68.*

Kikupding Dotnate:

1. **I pianmapek panin, gupngah ding leh mangthang ding peuhmah Pasian in sehsa in koihlo cihthu koibangin tec i lakthei ding nahi hiam?**
2. **Zeisu sungah hotkhiat hihleh hihloh kua in hong khensat sak ding hiam?**
3. **"Eite in alianmahmah Ama' hehpihna hangin, Ama sungah Ama' sisan hang in tatkhiatna leh hotkhiatna ingah hi" (*Eph. 1:7*). Hihthu in sepna hangin hotkhiat ngah hi lo in upna hangbek ahihna koibang in honglak naci hiam?**

Lesson 3*July 8 – 14***A Kipahtawi Zeisu' Vangliatna****Sabbath Nitaklam**

Tukalsung Simding: *Eph. 1:15–23; Eph. 3:14–21; 1Thess. 5:16–18; Thuhilhkik. 9:29; 1Cor. 15:20–22; Late 110:1.*

Kamngah: “Eite a thu-umte adingin Ama’ vangin bangzahta in lian, Christ sungah Amah nasemin sihna pan a thokiksak leh vantungah Ama’ taklam ah a tutsakna vangin bangzahta in lianhiam cih **Khasiangtho tungtawnin, thu-um mite in a muhtheihna ding uh ahihi.**” (*Eph 1:19, 20*).

Leitung mihingte in, thahat semsem den hi cihnophuai phial hi. Mawtaw bawlpa **Devel Motors** in, Devel sixteen akici cylinder 16 akibulh, 12.3-liter engine bawl a, sakol 5,000 thahatna tawh kikim hi. Tua zong hawmthawh lailai ihihleh, Peterbilt truck-neu a bawlpenn Pratt & Whitney J34-48 jet engine zong omlai hi. Sakol 36,000 tawh kikim a, 6.5 setkan sungbek in furlong 2 bang paithei a, a huihlukhu a khahkhatma in naikhat tai 376 (mph) bang taaizoen hi.

Tua tawh akilehngat in, Paul in, thu-umte pen amau’ngeina sunga pasiante peuh pahtawi dingin kizolpha mahmah hitaleh; Khasiangtho hangin Christ tungtawn in Pasian in tehpiah omlooliang vangliatna piading hi. Hih Pasian vangliat thahatna pen sakol thahatna peuhtawh kitehlo, dawi aai peuh zong hihetlo, leitung kiuli ah akimu, hotkhatna tangthu thupiang: **(1)** Zeisu thawhkikna **(2)** Pasian tokhom tungdong a kilaptohna **(3)** nakhempeuh

Christ adingin manpha **(4)** Christ zongpen pawlpi a dingin a lutang ahi hi (*Eph. 1:19–23*).

Hih thuli teng ngaihsun lecin, thu-umte in amauta a dingin a kizangkhia Pasian’ vangliatna pen zamin hong keemnuam ding uhhi.

SUNDAY*July 9***Thungetna leh Lungdamkohna**

Ephesus thu-umte in, Zeisu upna lamah kalsuan uh a, khatlehhkhat ki-it sawm uh cih thuthang hong piang a (*Tychicus thupuak Eph. 6:21, 22*), Paul in zong amau ading a thungetsakna pulak khia hi.

Ephesian sungah Paul’ thungetna nihveitak omte enkak in—Ephesians 1:15–23 leh Ephesian 3:14–21. Tuategel in bang thupaipi nei hiam?

Khatveivei thadahtak in thungetna khawngpen cimtakhuai mahmah a, haksatna peuh buaina khatpeuh khawng kithum nilohlel thei hi. Paul in ama’ thungetna Ephesian sunga hong pulakna ah lungdamkohna pen kammal zatngeina ahi hi. Pasian hong piaksa thuphateng kaikhawm in lungdamko ding hihang. Haksat mahmah hunciang in Pasian in semsak ding hang a, eima nuntakna hong puahphatsak ciangin Amah phat ding hihang. Zeisu’ hehpihna leh vangliatna pahtawi (*Eph. 1:20–23*), eima huam sungah thupha ading in lungdam iko uhhi. Hitengah Paul thungetna khantohna thusim in: *thungetna in phatna leh lungdamna tawhtang ahi hi.*

Paul in ama' thunget "note ading in tawngalo in lungdamko in, ka thungetna ah note kahong phawk tauntung hi" (*Eph. 1:16; Phil. 1:3, 4; 1Thess. 1:2; 1Thess. 5:16–18*).

"*Thungen niloh*" cihin bang acihnopna hiam (*1Thess. 5:17*)? Thungen in Pasian' maiah khukdin niloh cihna zong hituanlo hi. Pasian'Kha in thuphapia ahih manin, Pasian' vangliatna hong omtheihna ding leh Ama'tungah lungdamkoh ding lampi zong uhhi. Nuntakzia peuhmah Pasian deihna bang hihdingin kigingsa in omin, nuntakna a kawi a maam in Pasian' deihna bang mangding in kiging cihna ahihi. Pasian khawng kitheihloh bawl cihang hihlo in, Amah tawh kizom kinke in Ama' makaihna bangbang sang den cihna ahi hi.

Eite'n zong thunget pen ki hoihmuh zel mah a, khuahun hoihciang in anungzui zong kisuakzel mah hi. Paul leuleu in muhdan tuamkhat honghilh hi. Ephesus thu-umte a dingin a tuamvilvel in thungen a, lungdamkohna tawh zong thuahkhawm in (*Eph. 1:16; Eph. 1:3–14 enkak in*), amaute ading in palaina zong hongsepsak hi (*Eph. 1:17–23; Eph. 3:14–21*). Ama' ading in, thungetna pen Christian' upna ah thulaigilpi ahi hi. Hihmunte in thungetna lamah hongzol a, Paul hongpiak khuavak sungah, eimah mimal in "*thungen tawh Pasian' nasem*" ding in hong sam hi.

Lungdam a kohhuai khempeuh Pasian tungah lungdamkoh ding banghang in thupithei hiam?

MONDAY

Khasiangtho tungpanin Lungpilna Ngah

July 10

"Tawlnga lo in note ta'ngin Pasian tungah lungdamna kana pulak tawntung hi. I Topa Zeisu Christ'

Pasian ahi a minthang Pa Pasian in note tungah Khasiangtho, tua Khasiangtho in note tungah lungpilna hongpia in, note in Pasian natheihna dingun note tungah Pasian hong kilatsakna ding kong thungetsakna ahihi." (*Eph. 1:16, 17*).

Paul in ama' thungetna a pulakna ah, ama' thungetna thulaigilpen Pasian tokhom maiah kakoih cih. Thu-umte a kikhel phetun Khasiangtho in amau ciamtehpah cih zong hong theisak khinzo hi (*Eph. 1:13, 14*). Tu in ama' thungetna pen, lungsim sungtawng a thukpen in Zeisu telcianna Khasiangtho in hongpiakna ding angen hi (*Eph. 1:17*).

Khasiangtho in bang thuthum hongpiakna dingin Paul thungen niloh hiam? Eph. 1:17–19.

Paul in amauta lungpilna angetsak ciangin "note lam-et dingin hongsapna" (*Eph. 1:18*) ci a, abeisa hunin Pasian in amau kihotkhat na'ng vahawmsak khinzo cih (*Eph. 1:3–9; 11–13*) ahizong in, Amahmah in amauta' mailam ading a geelsa vangliatna teng zong phawkden ding (*Eph. 1:10, 14*) in thungetsak niloh hi.

Lungpilna ding a thunget ciangin "misiangthote a ding a lian aminthang gamh" (*Eph. 1:18*), laisiangtholui lai a thu-umte Pasian' gamhluah dingin a kizolna banglian ahi hi (*Thuhilhikna 9:29; 32:9; Zech. 2:12; leh etkak ding Eph. 1:11*). Pasian kiangpan gamhkhat luahkha cihcang bek hi lo, Pasian' gamhluah hingiat cih a theihding uh deih a, Pasian' maiah amau' manphatna theitel saknuam hi.

Paul in Khalam lungpilna ahi “*thu-umte ading alianlua Ama’ vang*” (*Eph. 1:19*) anget ciangin, Khasiangtho in tehttheihloh khop in Pasian vangliatna theitel sitset in amau nunna sungmahah zong nasemsak pahnuam hi. Hih thungetna teng khempeuh sungah, Zeisu sunga hong kipia khempeuh pen hih mite in nuntakpih ngiatngiat ding in deihsak hi.

“Thu umte adingin alianlua Ama’vang” acihpen koici lecin nuntakpih thei takpi ding nahi hiam? Nisim nunzia sungah bang khatna nei ding hiam?

TUESDAY

July 11

Thawhkikna Vanglian Sungah Mapang

Paul’ thungetna pulakna omlaiteng Eph. 1:20-23 sungah, Paul in ama’ lem-etna a thumna ah, Khasiangtho in thu-umte ading in: Pasian in a koihtuamsak vanglian hongpia ding cih lam-en hi. Pasian’ vangliatna a pulakna masa sungah hotkhatna tangthu nihtawh hong pulak a: **(1)** sihna pan Zeisu a thawhkikna; **(2)** vannuai leitung bup ukna tokhom tungah Zeisu a kilaptohna (*Eph. 1:20*) cihte ahi uhhi.

Zeisu’ thawhkikna ah Pasian’ vanglian koibang in hong kilang hiam? *Eph. 1:20; 1Cor. 15:20-22; Phil. 3:8-11; Heb. 13:20, 21; 1Pet. 1:3.*

Zeisu’ thawhkikna peuhmah pen kuamah’n a deektheihloh Christian upna khat ahi hi (*1 Cor. 15:14, 17*). Christ a thawhkik manin, thu-ummite in tua Christ hong

T-3

kumsukkik hunciang a tawntung nunna tawh a thawhkik dinguh ngakpah ngiatngiat (*1Cor. 15:20-23*) uhhi. Christ a thawhkik manmah in lungdamthu hanga hongpiang thuphate khempeuh, eima nunna sungah Khasiangtho nangawn ki lam-en theita hi.

Pasian in “*Ama’taklam ah tusak*” (*Eph. 1:20*) cih ngaihsutna pen, Late 110:1 pan in a kila hihtuak a, Laisiangthothak in tamveipi mah sutkikkik hi. Christ a kilaptohna pen Ephesian laibu’ thu-mapii ahi hi. Thu-umte zong “*vantungah Christ mahtawh tukhawm*” (*Eph. 2:6*) uhhi. Tua banah, Paul in, Christ a kilaptohna pen, nakhempeuhte Ama’ pawlpi a dingin hongpiakna ding thumakai (*Eph. 4:8-11*) ahihi.

Ephesian 4:8-11 ah, Paulmah in, Christ pen vantung Pa’ tokhom tungah mawktut keei cih ngaihsutna pelh ding hong theisak a, “*laisiangthothak cihna ah Christ in a Kha Siangtho tawh leitung buppi vankawikawi in a gualzo semsem ding kuankhia*”—F. F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Ephesians* (Grand Rapids, MI: Eerdmans, 1984), p. 133 cihi. Tua hi a, Paul in Christ akilaptohna leh a kumpi suahna pen Pasian’vangbek tawh hi lo a, tua vangliatna’ bulpi hizaw cihi.

Nangma nunna sungah Christ’ vangliatna koibang in kisamthei naci a, tua vang koibang in kizangsiam thei ding naci hiam? Ama’ vang i zatsiamna’ng hong khak-hal thei bangpeuh omthei hiam?

WEDNESDAY

July 12

Vangliatna Khempeuh Tungsiahah Christ

Paul in Zeisu kilamto a, vantung ah Pa’ tokhom tungah tu cihi. Christ ommun pen Pa’ tawh kizom a

(vantung Pa'taklamah tu *Eph. 1:20*), Paul in Zeisu leh “*vangliatna*” hong zomleuleu hi. Na khempeuh “*tungsiah ah*” Pa’ tawh ukna neikhawm (*Eph. 1:21*) uhhi.

Paul in gitlohma agengen pen leh Ephesian 1:21, Ephesian 2:2, leh Ephesian 6:12 sunga kha'vngliatna agenpen enkak dihin. Paul in hih vangliatna sungah lunglut mahmah cih nakoici theihthei hiam?

Sawlak 19:11-20 sungah **Sceva** tapa sagih tangthu in, Paul hunlai a Ephesus khua pen bumtawi aitawite phualpi aihhna gen hi. “*Hellenist gamhuam sung khempeuh ah bum leh aitawi nasia mahmah a kha tawh kisai huzaap khempeuh a kitheikhkhatna zong hong hipah hi. Bum leh aitawi a ngiimna bulpi pen, kha-hoih leh kha-gilo khentel theih na'ng leh, tuate ukzawh thahatna teltheih na'ng ci uhhi. Hih pilna pen lai tawh ahi a kam kigensaun ahizong in, nakhat peuhpeuh kepkhinkhianna tawh tua khate khentelthei ci uhhi. A paidan hoih in paileh, kha-gilo hangin natna piang damthei, leeng kidemna khaung zong zawhpih thei hi*” —Clinton E. Arnold, *Power and Magic: The Concept of Power in Ephesians*, p. 18.

Ephesus khua ah, a pasiante min leh vangliatna khawng tawh khimcip cihkhawng pen laangmahmah a (*Sawl. 19:13*), tulai nangawn in zong omlai hi. Paul in tua “**vangliatna**” teng leh Christ akizopna telgen nuam a: a kilamto Zeisu pen “*vantung ukna aana a neite khempeuh tungah Christ in ukna aana neila?*” (*Eph. 1:21*) cihi.

Zeisu lobuang vanglian dang bangmah omlo cih amite'n a theihsakna dingin, Paul in pasiante leh akhim theihnat pawlkhat khawng pulak in amin uh lo a: “*min*

khempeuh tungsiah ah min lianpen” (*Eph. 1:21*) aci hi. Tualai hun ading aihhna a genkhit ciangin, Paul in Zeisu’ ukzawhna hunpen ciangtan omlo aihhna tawh a thukhupsuk hi. Zeisu’ ukzawhna pen “*hiih hunsung bek hi lo a hongpailai ding hun khempeuh zong hilat*” (*Eph. 1:21*) cihi.

Tulai hunin zong tuabang dawigilo’ nasepna koibang khawng omthei a, tuate tawh iki khimcip saklohma ding bangcih ding ihi hiam?

THURSDAY

Zeisu, Nakhempeuh leh Ama’ Pawlpi

July 13

Christian masate in Late 110:1 sungah Zeisu a kilaptoh ding genkhol hi: “*Topa in kato kumpipa tungah, Nagalte nangma khengakna in kabawl mateng in kataklam ah tu in*” aci hi. Late 8 in zong tuamah bangin gen a, Pasian in “*nakhempeuh ama’ khenuai ah koih*” (Late 8:6), “*mihing’tapa*” (Late 8:4) khe-nuai ah koih cihi. Vantung teng ukna aana a neite pen amau lutungah omcih a upuh laitakun, tua vangliatna khempeuh zong Christ’ khe-nuai ah omlai aihhlam theikha uhhi.

Na khempeuh “*Zeisu’ khe-nuai ah koihkhin*” cihteh, Pa in pawlpi pen “*nakhem peuh tungsiah ah lutang suaksak cihna*” (*Eph. 1:22; “thukhempeuh ah pawlpi lutang”*) ahi hi. Ciatpeth dingin “*nakhempeuh Zeisu’ khe-nuai ah koih in*” Pa in “*pawlpi tungah lutangpi in koih*” acihleh (*Eph. 1:22; “thukhempeuh ah pawlpi’ lutang”*) cihteng enkak in. “*Na khempeuh*” acih in vannuai leitung ahuampi cihna hi a, Paul in a lungsim sungah Ephesians 1:21 a “*vangliatna*” lungngai hi. Na khempeuh, vannuai bup, vangliatna teng,

kha thahatna teng khempeuh in Christ' khe-nuai ah omgai a, Ama'sila ahi uhhi.

Christ pen vannuai bup tungsiahah kilamto a, vannuai leitungbup ukna nei a, pawlpi ading nakhempeuh vaihawmsak a cihciang in bang hamphatna omding hiam? Eph. 1:22, 23.

Pasian in gitlohma khempeuh tungah gualzo in Christ siamzo hi. Pawlpi in zong Christ kiang nai-om mahmah in, a kisapteng zong Amah'n siktawntung a, galte tungah zong gualzo ding aamahkhan hi. Pasian' vangliatna pen Zeisu'thawhikna leh a kilaptoh ciangin vannuai leitung buppi tungah tungto in, apawlpi ading in nahong sepsak hi. A gualzo Christ pen Pasian in pawlpi ading hongpia a, Amah tawh kipawlkhawm in Ama' pumpi kici hi.

Ei thu-umte in a kilamto Christ leh Pasian' vangliatna koibang in eima nunna sungah sangthei ding ihi hiam? Paul in hihbang a piantheihna dingin hihdaan ding cih khawng bangmah gentuanlo hi. Hitaleh tuateng zong ama' "thungetna kammalteng" hih tuak hi. Pasian in ama' thungetna sangding cih Paul' upna ahi hi. Christ sungah hong kipia Pasian' vangliatna kingahthei cihbel kipgen limlim a, Pasian' hong ompihna hangin tua vangliatna in thu-umte nunna sungah nasemthei dingin ngen ding cihi.

Thungetna'vangliatna koibang ciang namukha ngei hiam? Tua in, hong dawnsa thungetna ciangbek hi lo, thungetna khempeuh, tua thungetnate in, Pasian leh

Zeisu sungah hongpiak vangliatna tawh koibang in hong kinaizaw sakthei hiam?

FRIDAY

Ngaihsutbeh Ding:

July 14

Ellen G White kammal lakpan hih anuai a Christ a kilaptohna thutegel simpha in:

"*Christ in vantung kongpite a kantan ciangin, vanmite pahtawina in Amah tuamcip hi. Tua pawipi a venphet leh, Khasiangtho in nungzuite tungah kicingtak in hong tuaksuk a, Christ pen nakpi takin hong pahtawi in, khang tawntung in Christ in aneihsa a minthanna teng zong tawh hong pahtawi uhhi. Pentecost-ni a Khasiangtho hong buaksukna pen Tankhiapa in a nasep a picing takin a zawhna pahtawina ahi hi. Ama' kamciam omsa mahbang in, Amah siampi leh kumpi hi a, Ama'mite tungah Sathau kinilhpahihna teng pahtawina in, vantung panin a Kha Siangtho hong sawlsuk hi*"—The Acts of the Apostles, pp. 38, 39.

"*Pa' banzal in A Tapa kawi a, thupia hi, 'Pasian' vanmi khempeuh in Amah biata uhen' cihi*" Hebrews 1:6.

"*Genzawhloh lungdamna tawh, ukna aana neite leh vangliatna neite in nuntakna ukpa lianpen hi ci uhhi. Vantung buppi in 'a kigo Tuuno in vangliatna leh hauhna, pilna leh thahatna, pahtawina, minthanna leh phatna angah dingin kilawm hi*" (Mang. 5:12) cihi.

"*Galzawhna la teleh vanmite' gawsem awte kigawmkhawm in, vantung in nopna leh lungdamna dimletliang ding hi. Itna in gualzota hi. A manghangte kimukik ta hi. Vantung in, 'tokhom tungah a tupa leh Tuuno in, phatna, pahtawina minthanna, vangliatna ngah tawntung tahan' cihi kikona aw kidim ding hi Mang. 5:13.*"—the Desire of Ages, pp. 834, 835.

Kikupding Dotnate:

1. “Tu in” acihleh “nailo” acih Zeisu kilaptohna’thu ngaihsun in. A koici bangin Zeisu in “nakhempeuh” tungah Topa nahikhinzo a, dawigilo tezong Ama’ nuai ah ana omgige hi a, tua pen “tu in” koibang in hithei hiam? Nakhempeuh tung ah amaan ding zong mailam hi a, koibang in “nailo” (*1Cor. 15:24–28*) thei hiam?
2. Christ in nakhempeuh tungah ukding cihna bangciang nangmuhna omhiam? Ahihkei leh zong, a puksa hih vangliante ukna sungah bangciang omkha nahi hiam? Hihte koibang in nakhentel thei a, koibang in kipelh thei ding nahi hiam?

Lesson 4*July 15 – 21***Pasian in Hong Hotkhiatzia****Sabbath Nitaklam**

Tukalsung Simding: *Eph. 2:1–10; Eph. 5:14; Rom. 5:17; Eph. 5:6; 2Tim. 1:7.*

Kamngah: “Pasian hong hehpihna leh eite hong itna lianmahmah ahih manin, imawhna hangin kha’thu tawh kisai in misi iihh laitak in Christ tawh eite hong nungtasak hi.” (*Ephesian 2:4, 5*).

1987 kum October 14 ni-in, kha 18 bek aphapan **Jessica McClure** in ani’ phaitamah a kimawl laitak in, pi 22 a thuk tuikhuklui khat sungah kiasuk hi. Tuabang a tuahsiatna hangin leitung khempeuh media tengin Texas gamkee Midland ah hong lunglut lawh mahmah uhhi. Leitung mipi khempeuh in “**Naupang Jessica**” ihmutna, kahna, lasakna leh anu a sapna dongtakin enngeingai uhhi. Kintak in huihpiakna pipe a ki piaksukna khawng ki endemdam hi.

Letmat giat bekmah a vang sungah a kiatsuk khit nai sawmnga leh giat, ninihval khit ciangin Jessica a kihotkhiatzna teng khempeuh leitung bup in endemdam uhhi. Maan zaihpa **Scott Shaw** in **Pulitzer** minphatna a ngahlawh liangna maan sungah: Jessica a honkhia mite’n Jessica a hotkhiat na’ng uh a etsuk kawmin a hotkhiatzna khau in ama’ maitang phelnih suahsuk sesena maan ahi hi.

Tuabangin kiplet mahmah akul hotkhiatna tangthu, Paul in Ephesian 2:1-10 sungah honglak a, khangtawntung ah alianpen hotkhiatna tangthu ahi – Pasian in mihing hong hotna ahi hi. A tangthu paizia pen eite mahmah in pawi ente kihi lello a, eimahmah hong hotkhiatna tecipangte ihiciat uhhi.

SUNDAY**Satan' Khemna hangin Sikhin***July 16*

Ephesian 2:1–10 simin. Zeisu in eite a ding hong hihsaksa teng Paul in bang ngaihsutna tawh hongpiak hiding hiam?

Paul in Christiante tungah hong kipiasa hotkhiatna genkhinzo a (*Eph. 1:3–14, 15–23*), Ephesus khua thu-umte tangthu zong genkin hi (*Eph. 1:13*). Ephesian 2:1-10 sung ah, Paul in amau' kikhelna tangthu a kicing in hong genlai ding a, mimal muhna bang hong hiding hi. A beisa amau omzia mawhtatna teng (*Eph. 2:1–3*) leh Pasian' hotkhiatna thupha teng, Christ thawhkikna, vankahna leh Christ a lapsangna (*Eph. 2:4–7*) cihte, hehpihna sungah hotkhiatna leh Pasian' piansak nasepna khempeuh (*Eph. 2:8–10*) ahi uhhi.

Ephsian 2:5 sungah kician takin khenthum kisueh sitset hi: **(1)** i mawhna sungah i si uhhi **(2)** Christ tawh hong nungta khawmsak **(3)** hehpihna tawh hong honkhia hi.

Ephesian 2:1, 2 ah zong Paul in, amite pen a pianthakma in, thuman lohna leh mawhna tawh nungta

uh ahih manun khalam ah a si ahihna lungnuamlo (*Eph. 2:1*) takin gen a, Satan in ukcip (*Eph. 2:2*) cihi. Paul in mihing tungah laikhak hinapi, amaute "**misi**" (*Eph. 5:14 enkak in*) naci mikmek hi. Amaute khatveilai in, nuntakna bulpi ahi Pasian tawh kigamla mahmah in hamsiatna lianpi tawh (*Col. 2:13; Rom. 5:17; 6:23 cihte enkaklai in*) omkhin uhhi.

Hih athungai mite abeisa nuntakzia tungtawn in Paul in amau a ukcip thahatna nihtak pulaksak hi. Amasa in "*hih leitung gitlohna*" (*Eph. 2:2*) amau kiimlehpam gamtatzia leh ngeina tengpeuh zui uh in Pasian langdona lamvive tawn uh cihi.

Amau hunmasa lai in apualam pan a ukcip Satan pen Paul in namnih tawh pulak sakleuleu hi. Vantung huihlakah vanglian thahatna teng, dawi gilote panin kipan omuh ahih manun (*Eph. 1:3; Eph. 3:10; 6:12 enkak in*), Satan pen "**huihlak ukpa**" (*Eph. 2:2*) aci hi. Leitung ah nasep hahkat mahmah a "*tumahmah in zong thumanglo mite sungah nasem gige*" cihi.

Hih munte in kidona lianpi omtaktak cih hong koici hilh naci hiam? Tua kawmin, Zeisu in gualzo khin ahih manin lungnop lam-et omthei a, Ama' gualzawh nazong koibang in hawmsawn theilailai ding ihi hiam?

MONDAY**Eima Lunggulhna peuh Hailawh Ngei***July 17*

"Eite khempeuh zong amau tawh i kibang ngei a, i pianpih lungsim zui in nungta in pumpi leh lungsim deihna bangin i gamta hi. Tua hi a, eite zong Pasian' hehna hangin gimthuak dingte ihi uhhi" (*Eph. 2:3*).

Pasian honglutvat keileh bel, Ephesian 2:2 ah, mihing pen apualam thahatna in ukcip bekthamlo, asunglam panin zong “*i pianpih lungsim zui in nungta in pumpi leh lungsim deihna bangin gamta*” (Eph. 2:3; James 1:14, 15; 1Pet. 1:14) cihi.

Paul mah in ama’thu angaite pen “amaute mah bang ngei a, thumanglote nahi uh” acihpen bang a cihnopna ahitam? (Eph. 2:3) Etkak ding Ephesian 2:3 leh Ephesian 5:6.

Tu in nuntakna khat supna in dahuai mahmah hinaven, ani-nunung ading pen a lauhuai thukhat ahi hi. Mihing lelbel, “*midangte mahbangin pianpih thumanglote*” (Eph. 2:3) kihi lel a, nitawpni ciangin Pasian’ thukhenna maiah adingding kihilel hi.

“*Pianpih thumanglote*” cih kammal in thu-lauhuapi khatmah hong phawksak zel hi. Pasian’ limmel suun hihang a, eite sungah akikheek kawigawp khat omcih theihhuai hi. Christian nunna cihpen, “*gamtatsia*” khatpeuh, nihpeuh zosiang cih hi ziaulo a, “*thumanlohma leh mawhna*” (Eph. 2:1) zawhsiangna ahi hi. Eite in *mawhnate* tawh lungkim beklo in *mawhna* tawh i lungkmlua hi. Pasian langdona lam leh eima siatna ding lamah kisawitai ta hi. Mihing in ahilolo in, eima’ kisiatna’ng peuh, mawh gamtatna peuh, Satan ukna peuh (Eph. 2:2) a, eima’pianpih lungsim, mawhnopna peuh kizui mawkmawk hi (Eph. 2:3). Thu-umte pen khatveilai in “*thumanglote hingei uhhi*”.

Paul kammal in a beisathu ahihzong thupi hi. Eite in “*pianpih thumanglote i hingei uhhi*” (Eph. 2:3) cihi. Hihthu

hangin thu-umte pen gitlohma gamhluah te hi cihna hituanlo hi. Paul in thutampi mah gen a, Ephesian 4:17-5:21 sungah, tua mawhbawl nopna, mawhna sungah zungkha in Christian hihna pen lauhuai ahihlam vauna pia hi. Hih i “*pumpi-lu*” in, thu-umte ukcip nawnlo ding a, Christ’vangliatna hangin hih “*pumpi-lui suakhia*” in, Pasian limmel a suun, dikna taktak tawh siangtho “*pumpi-thak silh*” ding cihi (Eph. 4:22-24).

Zeisu tungah ikiapiak khit nangawn in eima pianpih pumpi in siatna kidim ahihlam a phawkkhalo a omding hiam? Hihthu in i hunneih khempeuh Amah i belh thiptyep lelding a thupitna bangpeuh honghilh naci hiam?

TUESDAY

Thokikta, Vankahta, Christ tawh Kipahtawita

July 18

“*Pasian hong hehpihna leh eihong itna lianmahmah*” hi (Eph. 2:4). Hiteng ah Paul in kammalkhauh nihzang a, abeisa amau hunlai teng kawkkik in “*Ahihang Pasian in*” (Eph. 2:1-3) ci in, lam-etna adim amau’mailam ding thuthak hilh (Eph. 2:4-10) leuleu hi.

Christ’ thawhkikna, vankahna leh aki lapsangna sungah ei thu-umte koibang daan in kihelthei ihi hiam? Cikciang in kihelthei ding ihi hiam? Eph. 2:6, 7.

Ephesian laibu pen Christ bekmah a kibulphuh thu-um mite kipawlkhopna khat ahihlam i theikhin uhhi. Ephesian 2:5 leh 6 sungah Paul mah in Pasian koppihna

hangin thumaan taktak a kidawkna ding, hih thupaipi pen azai theipenpen kammal thum tawh pulak a, thu-umte mahmah in zong tua hotkhiatna tangthu laigil Messiah Zeisu sungah mapang uhhi.

Thu-umte pen: (1) Christ tawh thokikkawm (2) Christ tawh kiphongkhawm (*Paul in Christ thawkiklai in thokik a van akahto teng acinuam*) (3) “vantung ah Christ tawh a tukhawmte” a cihteh vannuai leitung kumpi tokhom tungah tukhawm cihna hi a, Zeisu tawh kipahtawi khawm acihna ahi hi.

Paul in a gen vangliatna pen, Ephesian 1:19-23 enkik ding hang a, Topa’ sihna, thawkikna, vankahtohna, thu-umte a-ukcip denkeei dawigilo vangliatna tungah Christ in a gualzawhna cihte phawkkik ding hihang. Topa’ thawkikna, vankahna leh a kilaptohna tua vangliatna tengin, dawigilo’ vangliatna tungah hong gualzogawp phialphial hi. Leitung hong kikhelta hi. Thu-umte zong pawi ente bangbek in hong omnawnlo uh a, amau tektekmah hong kihel uhin nasemta uhhi. A thokik khawmte, vankahkhawmte leh laptoh ngakhawmte iih manin; Zeisu in eite a ding lampithak khat hong honsak hi. Dawi gilo’ ukcipna sungpan, Christ’ka vangliatna sungah nuntakna kinei theita hi (*2Tim. 1:7*).

“Pasian in eite tungah meidawina hong pialo a, thahatna, ki-itna pumpi ki-ukzawhna lungsim hong guan hizaw hi.” (*2Tim. 1:7*). Hihmun in tuni sinna koibang in telphasak tuam hiam?

WEDNESDAY

July 19

Hehpihna tawh Thupha Sangdenta

Ephesian 1:3, 4 sunga hotkhiat na’ng Pasian’ ngiimna leh Ephesian 2:7 sunga atawntung gahteng

enkak dih in. “Hotkhiat na’ng Pasian’ngiimna” adingin kulkisam bangteng namu hiam?

KG naupangte ahi a Ph.D ahi zongin *buaih* lukhunelkai khukna pen pawi thupi taktak mah ahihi. Tua buaih cihin gualzawhna khatmah hi a, nuntakzia cialkhat a kikhel zong hipah hi. Ei thu-umte iihleh, lungdamthu thumaan telcian ding thupi a: hehpihna sungah bel *buaih* kingahzolo hi. Hehpihna sungah Ph.D buaih ngahta ciheuhmah omthei ngeilo hi.

Paul mahin hihthu Eph. 2:7 sungah kipsak a, khanggui saupi huamin hong pulak hi. Christ hong hotna sungah Pasian mahin nasem a, Ama’Tapa Zeisu Christ tawh eite hong kisunsak in, Amah thokik khawm, vankah khawm leh hong lamto khawm hi (*Eph. 2:4-6*). Pasian’ ngiimna pen abeisa sungah hehpihna kidimtak in omkhin a, tu in zong lainatna tawh hong sawpden hi. Pasian’ ngiimna limlim, theihphakloh hunpan kipan in Siangtho kikupnapi panvive hiden a (*Eph. 1:4*), tuabang in paisuaklai hi. Hong tungding hunkhempeuh zong huamtolai hi (*Eph. 2:7*). Tawntung hun ading Ama’ ngiimna tengin tu in Ama’ nasepna mahbang in hehpihna thukhun mah ahi hi. “*Hongpai ding hunah*” Pasian in hong hihsak ding pen “*Christ Zeisu tungtaunin ahonglah tehpih omlo hehpihna leh itna*” (*Eph. 2:7*) ahi hi.

Paul in, Pasian hehpihna pen, hamphatna leh tehpihbei amanpha ci in ngaihsun a (*Eph. 1:7 leh Eph. 3:8 enkak*), thu-umte in amau kisapna bangbang a ngahtheihna uh cihi. Hih a lianmahmah Pasian’ hong citpiakna pen, gencimlo, hunciangtan omlo leh vannuai bup tungah hehpihna honglahna ahi hi.

"Eite lakah teengding Zeisu pen, Pasian in vanmite leh mihingte tungah honglak hi. Hih leita tetung bekah hong pulakkha hi lo hi. Hih leitung neucikpen vannuaibup adingin laisimbu ahi hi. A lamdang Pasian hong hehpihna in, itna tawh tatkhiantha thuthuk hi a, 'vanmite'n muhnophuai asak' khang tawntung in amau pilsin na'nguh ahi hi. Tatsate leh a puklo mite khempeuh in Christ pen amau'pilna leh lasak dinguh hiding hi. Zeisu' maitang tungah a taang minthanna in, pumpi kipiakkhat itna ahi hi."—Ellen G. White, *the Desire of Ages*, pp. 19, 20.

THURSDAY
Tu in Pasian in Honkhiata

July 20

Ephesian 2:1-10 simkik inla, Paul' thukhupna tang 8-10 sunteng entel in. A thukhupna ah bang thupi khatpeuh namuhsak hiam?

Ephesian 2:1-3 sungah, Paul in, Ephesus thu-umte hotkhiatna ngahpen, amau' gamtat hoihna peuh leh thalawh theihpeuh ahihlohnai ciaptehsak hi. A tangthu uh kipatna limlim ah khalam ah a si uh cihi. Nuntak-meel khatzong amau sungah omvetlo hi (*Eph. 2:1*). Mawhna in amau sincip (*Eph. 2:1*) uhhi. Mimal hihtheihna themzong lahkhalo uh a, Satan in amau lungsim leh pilna teng ukcip *Eph. 2:2, 3* ta hi.

A theihloh sasa in, kha'nuntakna neihloh maimai sangin suksiazaw dinmun ah tunguh hi. Tuate in mihingte tawh kipawlkhawm uh a, Pasian'gal taktak hongsuak uh in, nikhat Pasian' thukhenna masuan in nei uhhi. Amaute in "midangte mahbang in pianpih thumanglote" (*Eph. 2:3*) ahi uhhi.

Amau'pilna siamna sungvah zungkhak sangin, amau hotkhiatna in genzawhloh Pasian' hong itna sungah zungkha a, tua itna in ama'tukna muntawh manseh theihloh itna ahi hi. Lainatna leh itna sungah, Christ Zeisu sungah Pasian in amau adingin nasem a (*Eph. 2:4*), kha'sihna sungpan amau phongkik hi. Pasian hong kaallut manin, Zeisu'nung azuihna khempeuh ah alamdang muhna neitheihuhhi. Athuklua mahmah khalam asihna uh leh sila a hihna uhpanin, amau kithokik sakin, "vantungah" Christ'vannuai kumpi tokhom tungah tukhawm (*Eph. 2:5, 6*) uhhi. Pasian hong kaallutna pen khuaphia bang in hong phia-zal peuh hi lo hi. Pasian in Christ Zeisu tungtawn in Ama' hehpihna hong lahden ahih manin, eite tungah akipkho in omtawntung hi (*Eph. 2:7*).

A thukhupna Ephesian 2:1-10, tang 8-10 sungah, Paul in ama' deihna bulpi akip sakna dingin: thu-umte hotkhiatna peuhmah pen Pasian' nasep hi a, mihing sepzawh hi lo cihi. Eite' maabang patsa hihetlo a, Pasian hongpiak khong niat ahi hi. Tuathu ading in kuamah kisial theilo ding uhhi (*Eph. 2:8, 9*). Pasian'hehpihna tungah ding ihi a, thu-umte peuhmah Ama' hong hehpihna'mite vive ihi uhhi. Eite in "Christ Zeisu sungah" Pasian'khutsuak (*Eph. 2:10*) vive ihi uhhi.

Hotkhiatna in Pasian' kiangpan hongpai silsel hi a, eima' hanciamna sungah zungkha hetlo cih telcian ding banghang in thupi naci hiam?

FRIDAY
Kikupding Dotnate:

July 21

Ephesian laibu tawphahpi tangthu pen kisinkholna leh heemgenna pian vive ahi hi. A thupiangpi taktak teng anuai a bang ahi uhhi:

1. “Leitung pianmapek panin” Pasian in mihing hongteel khin (*Eph. 1:4, 5, leh 11*).
2. Abeisa in mangthang uh (*Eph. 2:1–3, 11, 12; 4:17–19, 22; 5:8*).
3. Christ tungtawn in honkhia dingin Pasian hong kaallut (*Eph. 1:7, 8; 2:4–6, 13–19; 4:1, 20, 21; 5:2, 8, 23, 25, 26*).
4. Amau unzong lungdamthu sangsiam (*Eph. 1:12, 13 leh mundangah zong omlai*). Khatveilai “**lam-etbei**” (*Eph. 2:12*) mahleh, tu’n “*lam-etna khatsungah*” thu-umte kalsuan khawm uh (*Eph. 4:4; Eph. 1:18*).
5. Tu a nuntakzia pen *nungzui dinmun* hita. Dawi gilote gallak salak ah nungta himah taleh aki lamto a Topa uh lam zuanta uhhi (*Eph. 1:15–23, Eph. 2:6; 3:14–21; 4:7–16; 6:10–20*).
6. Amau’ mailam dinguh pen Khasiangtho in “*aamakhhan*” pia (*Eph. 1:13, 14*); “**seal**” tum (*Eph. 4:30*) ahih manin gahpha pah uhhi. Hih pahtawina hunciang in, a citak mite in Christ sungah akipiakhinsa teng “*gamhluah*” dinguh (*Eph. 2:7; 6:8, 9*) banah; Christ sungah amau’upna hangun, Christ aki bulphuh hunpi ngah ding uhhi (*Eph. 1:21; 2:7, 19–22; 4:13, 15; 5:27*).

Kikupding Dotnate:

1. **Ephesian tangthu’ tawphahpi pen (a tunga omsa) kum zalom masa thu-umte’ tangthu maimai hi lo hi. Eimau’ tangthu zong ahihi. Tua tangthu lakah a koipenpen in nang ading lam-etna hongpia theipen naci hiam?**
2. **Banghang in Paul in, a mite’ mawhna kidim abeisa hunteng vive phawksakkikna tawh amau pianthak tuung hunteng phawkkiksak nuamden hiding hiam?**

3. Ephesian 2:8–10 sunteng tomkaihna leh Romans 1:16, 17 tomkaihna lungdamthu tegel enkaak in. A kibatna leh a kibatlohna namu hiam?

4. Thu-umte tatkhiatna sungah gamtat hoihna kihello cihang a, Pasian maiah kiphuutna peuhmah ahiloh hang, Pasian’ ngiiman sungah a thupitna bangpeuh omthei ding hiam? Eph. 2:10.

Lesson 5*July 22 – 28***A Pheilamin Kithoihna: Singlamteh leh Pawlpi****Sabbath Nitaklam**

Tukalsung Simding: Eph. 2:11–22; Rom. 3:31; 7:12; Isa. 52:7; 57:19; John 14:27; 1Cor. 3:9–17.

Kamngah: “A gamlapi a omngei hinapi, tu in Christ Zeisu tawh nakipawl manun, Ama’ sihna in Christ Zeisu kiang hong tunpih hi. Amahmah in eite pawlkhat in hongbawl in, nopsakna hongpiapa ahi hi.” Ephesian 2:13, 14.

Gentile nahi a, Greek nahi zongun, Jew mite’ Pasian’thu nasinkhin zo uhhi. Khat bekmah ahi Pasian taktak hongpom uh a, pasiante biakna nanusia khin uhhi. Jerusalem biakinnpi huangsung nalutsuk ciangin, biakpiakna awgingte in nangma phatna hong konlawh cih phawk in. Pi 4 bang asang kidaalna suang kiciang in namai hongkhak ding hi. Tawnnota hal in Latin pau leh Greek pau in: “Biakinn huangsungah minamdang lut kiphallo hi. A lut hongkimuh leh sihna in hong zuipah ding hi” kici hi. Tua namuhlian leh nang hong kipaaiikhia, hong kideidan, hong kihemkhia cih natheipah ding hi.

Paul in Ephesians 2:11–22 sungah, Christ’ singlamteh in kideidanna huang uumna daai teng khempeuh sukham khinzo cihi. A **kitunglam** in singlamteh in kideidanna teng hemkhia a, Pasian tawh hong kilawmta sak hi. A **pheilam** in, mihing khatleh khat hong kilawmta sakkik hi. Singlamteh in kihuatna hemkhia a, Jew mileh Gentile mite kilemsak,

“**minamthak**” (Eph. 2:15) khat hongsuah hi. “*Pasian’ Khasiangtho tenna*” (Eph. 2:22) biakinn thak hong suakkhawm uh hi.

Tuni eite ading in bang khatna neithei ding hiam?

SUNDAY**Christ Sungah Hong Kinaisak***July 23*

Ephesian 2:1–3 sungah Paul in Gentile mite’ nunlui a genna leh Ephesian 2:11, 12 enkak in. Amau nunlui’thu agen ciangin bang awsuah zang hiam?

Gentile mi hi a, Christ’ thu-umte leh Ama’ “*pumpi*” ahi, pawlpi in, abeisa hunlai in Israel leh Pasian hongpiak hotkhatna pan kikhenkhia ngiat uhhi. Paul in hih hunbeisa teng “*phawk*” ding (Eph. 2:11) thupisak hi. Tualai in Sathau kinilhpaa Israelte’ Messiah ahi “**Christ**” neilo uhhi. Amaute pen “*Israel mite*” ading pualam mite ahi uhhi. “*Kamciam thukhun tawh bangpen pualammi*” hipah uh a, a khangkhang in Pasian in hongpiaksa ahi hotkhatna zong mangngilh pahpah uhhi. Israel mite leh amau’ hotkhatna tawh kigamla uh ahih manun “*lam-et bet*” leh “*Pasian neilo*” (Eph. 2:12) in a omuh hi.

Abeisa hunsungah, Gentile leh Jew kikal ah galcipha in kimuhna omden hi. Paul in, tua ki galmuhna kipkho mahmah pen minkhat vawhsak hi. Jew mite in Gentile mite pen “**vun-aatlohte**” ci in ko uh a, Gentile mite in Jew mite’ “**vun-aatna**” pen buahbang (Eph. 2:11) cihsak uhhi.

Ephesian 2:13 in, thuthuampi khatmah pulak kikleuleu hi. Paul in: “*khatveilai in a gamlapi ah omngei*

hinapi in, tu in Christ Zeisu tawh nakipawlna hangun Ama'sisan in Pasian kiang hong tunpih hi' cihi.

Paul in Gentile thu-umte pen khatveilai in "gamla" acihpen Isaiah 57:19 sunga kammal akawm hi a: "nopsakna, nopsakna, a gamla leh anai mikhempeuh tungah omta hen. Keimah in amaute kadamsak ding hi" (Eph. 2:17, 18 tawh enkak in) Topa in cihi. Gentile thu-umte pen Pasian, lam-etna leh a sanggam uh Jew mite tawh a kikhenkhasa hinapi, Christ leh Ama' singlamteh hangin hong kinai theita uh hi. Paul gen a vanglian lungdamthu pen: A zailua mahmah Jew leh Gentile kideidanna kawmpi leh ki galmuyna tengpen, Christ'singlamteh in damkiksak thei hi. Tulai eima pawlpi sungmah ah tuabang kideidanna munteng khempeuh pen singlamteh' vangliatna in luahkhinta ahihthu hih lungdamthu in hong phawksak hi.

Na koibang dinmun ciangpan Zeisu in hong tankik hiam? Amah'n koiteng ah nang hong mukhia a, Amah'n hong mukhia kei zenleh nang koiteng khawng ah omtuak nahiam cih theihtel ding banghang in thupi nasathei hiam?

MONDAY

Kilemtuahna: Singlamteh pan Pasian'Silpiak

July 24

"Amahmah in eite kilemna hi a, Amah tawh kipawlina hangin minam nihte pawlkhat a suahtheihna dingin Jew leh Gentile deidanna ngeina khempeuh phiat siang in pawlkhat suahin kilemsak hi." (Eph. 2:14–16).

Ephesian sungah Paul in singlamteh leh Christ' nasepna koibang in gen hiam? Paul in singlamteh

agendaan leh eitawh i kizopzia koibang in hong gen hiam? (Eph. 1:7, 8; 4:32; 2:13, 14; 2:16; 5:2, 25.)

Tukal sinna pan Eph. 2:11-22 sungah, singlamteh in thu-umte adingin vangil nam thum hong neisak hi: (1) Pasian leh Amite kiangpan "gamlapi" a omte singlamteh hangin "kinaithet" (Eph. 2:13) ta a, Pasian' tanu tapate suahna hangin Jew thu-umte tawh unau sanggam suaktheita (Eph. 2:19) hi. (2) "Kigalneihna" (Greek echthan, "huatna" echthros, tawh kizom "galte"), Jew leh Gentile kikal a opmen "sisak" (Eph. 2:16) cihi. Jew leh Gentile kikal ah aomden thapai kihuatna leh kigalneihna teng pen Christ singlam-teh in hemkhia (Eph. 2:17) hi. (3) Kigalneihna munah kilemtuahna honglut hi. Amaute Pasian tawh kilemsak in singlamteh hangin pumkhat suahsak ding Christ' deihna (Eph. 2:16; Col. 1:19–22 enkak in) ahi hi.

Kilemtuahna in bangtawh kibang hiam? Kilemtuah cihteh koibangdaan hiam? Nu khatleh a tanu nasiatak in kisia a kumkhatval bang leptuah kulthei cihsaan in ngaihsun in. Hibang lungsim namahmah tezong hehpihna maisakna tawh kilemtuah theilai cih phawk in. Tua **lemtuah** kici hi. Kilemtuahna pen, pawlpimi khat in, midangkhat tawh akhenkhia thei ngaihsutna peuhmah hemkhia in, tua apawlpi mipihpa pen unau sanggam in a neih zawhciang in kilemtuah kicithei pan hi. Ki lemtuahna pen a kikhenkhamsa nakhat peuh pen setpeuh leh thukhun peuh tawh puahpha cihna hi lo hi. Paul in singlamteh tungah Christ'sepsa tengin mimal bek hi lo, mihon mahmah zong hong lemtuah zo hi cingam liang hi. Ama' muhna ah, ei nuntakna hong luah, kikhenna, kitotna teng vengsak in khatlehhkhat hong ki telsiamsak hi cihi.

Hih thukhun tepen midang khatpeuh tawh nakilemtuah theihna dingun koibang in kisamthei ding naci hiam? Na koici hih tammaw?

TUESDAY

Ki Deidanna Kawmpি Satkham

July 25

**Christ in “thukham leh angeina teng khempeuh”
Christ in lakhia acihpen banghiah acihna hiam? Banghang in tuabang in hih hiam? (Eph. 2:14, 15.)**

Israel biakinn huangsung a Herod’ biakinn uumna daai kikhan teng zong Paul in a hemgenna hihtuakphial hi. Hih daikikhan teng susia uh a, Gentile mite in zong Pasian’ biakna hong piathei ta uh cih Paul in ngaihsun (*Eph. 2:18*) hi. Tuabang kawmpি peuhmah Singlamteh in hemkhia cihi. Tualai panin kipan Jew leh Gentile mite kipumkhat taktaktakta uhhi.

Pawlkhat in Ephesian 2:14, 15 pen thukham sawm a cihna hi a, Sabbath thukham nangawn zong singlamteh in paaikhia, siansuahta ci in umuh hi. Ahihang Ephesian sung ah Paul in, Thukham sawm pen Christian nungzui hong suaksak ci in pahtawi zaw hi. Thukham angana gen a (*Eph. 6:2, 3*), adangte zong (*sagihna Eph. 5:3–14, 21–33; giatna Eph. 4:28; kuana Eph. 4:25; sawmna Eph. 5:5*) ciibang in hemgen suksuk hi. Hihthu hangin Paul in thukham khuauhtak in kipsak cihtheih (*Rom. 3:31; 7:12*) ahihi. Thukham zat-khialhna zong gen a, thukham ahihleh pahtawi in ompaisuak cihi. Laisiangtho mundangte in

Thukham Sawm pen kiptawntung hi a cih kawmkal ah, hih munte zangin, Thukham Sawm pahkhiet sawm hileng, Paul’deihna bulpi telkhialhna ahi hi.

Jew leh Gentile a khentam ding *them* in thukham khawng zangkha leng, Pasian abia ding mite lakah Gentile khawng hemkhia hileng; Paul in migilo hongci ding a, Pasian’deihna a zangkhial kihiding hi. Ephesian 2:14, 15 a Jew leh Gentile a khenkhia tua “thukham” a cihpen, biakpiakna ngeina hi a, atel hak Paul’ kammal “thukham leh ngeina khempeuh” ahih keileh zong Laisiangtholui ngeina leh zeh khempeuh pen behlap gawp, pawngsak gawp, zangkhial gawp in Jew leh Gentile khawng khenkhia mawkmawk uhhi.

**Seventh-day Adventist sungah ahi a,
Christian dangte tawh ahi zongin kitel khialhna
khatpeuh izawh ding a omkha thei diam? Christ i itna
in tua kitelkhialh nateng banghang in hong zawsakthei
ding hiam?**

WEDNESDAY

Zeisu, Lungdamthu Hilhpá

July 26

**Paul in Ephesian 2:17, 18 sunga Christ’ nasepna
koibang in tomgen hiam?**

Ephesian in kilemna thupisak mahmah a, a kipatna leh a tawpna tuakah, “eite Pasian leh Topa Zeisu Christ in note tungah dikna leh nopsakna thupha hong tungsak taken” (*Eph. 1:2; leh Eph. 6:23 enkak in*) ci hi. Ephesian 2:11-22 sungah zong, Christ in kilemna limpua a, “Amahtek in eite

kilemna hi" a, Singlamteh in hongpiak (*Eph. 2:14–16*) ci hi. Christ in Jew leh Gentile kikal kigalneihna teng a suksiat (*Eph. 2:14, 15*) banah, mithak suaksak in, kilemtuahna tawh kilemsak (*Eph. 2:15–17*) hi. Tuabang kilemna pen buaina omloh hang zong hituanlo a, Hebrew mite in *shalom* acih uh, pumpi taksa lungsim khempeuh Pasian tawh kilemna (*Rom. 5:1*) leh midang tawh zong kilemna ahi hi.

Zeisu' kilemna thupuak hawmsawnna sungah thu-umte koibang in mapang ding Paul in lunggulh hiam?
Eph. 4:3; Eph. 6:14, 15; teleh Rom. 10:14, 15 tawh Eph. 2:17–19; Isa. 52:7; Isa. 57:19 cihteng enkak in.

Lungdamthu in lungnopna hilhpaa Zeisu' lim honglahna teng ahi hi. Nungzuite a mangpha khakna ah, amaute leh eite ading in "*lungnopna note kong nutsiat hi, Keima' lungnopna note kongpia hi*" (*John 14:27*) cihi. A thukhupna ah zong "*Keimah tawh nong kipawlna uh hangin lungnopna naneihtheih nadingun hihthu a hong gen kahi hi. Leitung gimna nathuak ding uhhi. Ahihhang in Keimah in leitung'nate zokhinta kahih manin lung nuamin omun*" (*John 16:33*) a cihi. A thawhkik khit, nungzuite kiangah a kilaak ciangin, "*lungnopna ngahta un*" (*John 20:19, 21, 26*) cilai hi.

Ephesian 2:17, 18 sungah zong, Christ in Ama'leitung nasepna hunte galkhat dongmah lungnopna honghilh lailai cihi. Amah in tumahmah in "**a gamla**" (*Gentile thu-umte a pianthakma uh*) leh "**anai**" (*Jewish thu-umte; Eph. 2:11–13*) tungah "**lungnopna hilh**" hi. Hih tangkona asangkha thu-umte peuhmah thupha taktak sangkhapah uhhi.

Lungnopna hilhna in, buaina kitomna teng a luankhiat na'ng hawkguam ahihtheih na'ng koicih ding ihi hiam? Tumahmah in koibang in damsakthei ding nahi hiam?

THURSDAY
Pawlpi, a Siangtho Biakinn

July 27

Ephesians 2:11–22 sungah, Paul in, pawlpi sungah Jew leh Gentile akipum khat theihna sangpen lim in, bang hi ci hiam?

Ephesian 2:1-10 simpha kikleng, eite in Zeisu tawh kipumkhat takin omkhawm hongci a, 11-22 sungah, midangte tawh zong Christ' pawlpi mimal hihna mahtawh ki pumkhat mahin omkhawm cileuleu hi. Zeisu' hong sihna in atung-lam in Pasian tawh kipawlina hong phuhsak (*Eph. 2:1–10*) a, a pheii-lam in zong midangdangte tawh hong kipawlthei sak hi (*Eph. 2:11–22*). Singlamteh tungtawn in Zeisu in Gentile thu-umte leh Jew mite' akhenkhia denkeii teng hahsiang a, tua kikhenna kuam a zaitheithei dingin Thukham peuh kimawkzat hi (*Eph. 2:11–18*). Zeisu in thu-ummi kipawlkhawpna tawh a lamdang mahmah biakinn thak khat hong lam hi. Gentile mite pen biakinn sung siangtho biakpiakna ah kihelkha ngeilo hinapi, tu in, Jew thu-umte tawh biakinn thaksung ah hong kihelthei ta uhhi. Pasian' pawlpi mimalte vive ihi uh a, "*Topa sungah a siangtho biakinn*" (*Eph. 2:19–22*) ihita uh a, Zeisu tawh kipumkhat in omtheita bekthamlo, Christ sungah sanggam unau bangin midangte tawh ki omtheita hi.

Ephesian 2:19–22 sungah Paul in pawlpi pen, anuai a munteng ah zong biakinn tawh koibang in genteh hiam? 1Cor. 3:9–17; 2Cor. 6:14–7:1; 1Pet. 2:4–8.

Paul in pawlpi pen biakinn tawh genteh a, pawlpi sungah Gentile mite zong picing pawlpimi in kihelsak hi. Nidanglai in “*Israel biakbuk huangsung*” biakinn ah kihelkha ngeilo hinapi, tu in hong kiheltheita (*Eph. 2:18*) bek thamlo, “*Pasian Khasiangtho omna*” biakinn thaksungah, amau mahmah hong kihelthei (*Eph. 2:22*) ta uhhi.

Laisiangthothak laikungpu teng in, biakinn peuhmah pen a siangtho pawlpi ci uh a, pawlpi mite in Pasian’ deihna bangin kipumkhat in a khantohna mun ciciat uhhi. Tua a gentehna kammal zong pen nuntak kammal zang in, *Eph. 2:21* sungah biakinn *khangto* ciliang zawzen a, biakinn lamna vante tawh genteh in, “*note mahmah zong nakilam khawm uhhi*” (*Eph. 2:22*) ciliang hi. A tangtheilo nakhat peuhtawh genteh mawklo in, “*a nungta Pasian’ biakinn*” (*2Cor. 6:16*) civet zaw hi.

FRIDAY

July 28

Ngaihsutbeh Ding: A nuai a kikup ding dotnate nadawnma in hiteng simphot in:

Ephesian 2:11–22 sunga Singlamteh in mihingte kizopna a launkhakna Paul in koibang in gen hiam? Amah in Jew mileh Gentile thu-umte kizopna pen pawlpimi hikhawm uh cihi. Amaute’n telcian mahmah in a nuntakpih ngiat uh ahi Pasian’ pawlpi mimal dingin a kilemtuan tawm vive ahihlam uh Paul in gencian hi (*Eph. 2:19*). Paul inbel tua zong azaitheithi ding geelsak hi.

Pasian in Christ sungah nakhempeuh kipumkhat sak (*Eph. 1:9, 10*) ding a ngiimna Paul in bulphuh a, tuasung ah “leitung innkuuan khempeuh leh vantung innkuuan khempeuh” cihra a hi hi (*Eph. 3:15*).

Ephesian 2:11–22 sungah thubulphuhpi in a zat, Pawlpi sungah pawlpimite pumkhatna hi a, tang 10 ah “vantung a ukcip vangliatnate nangaun in pawlpi tungtawn in (pawlpi pen Jew leh Gentile kigawmkhawm kibawl) Pasian’ pilna a namtuamtua a muhtheih nading” cihi. Christ in singlamteh tungah a thalawhsa kipumkhatna hangin Pasian’ ngiimna bangin Christ sungah nakhempeuh gawm khawm ahihna thu-umte in pulak ding hi. A kilemtuantha amau kipumkhatna in Christ sungah kipumkhat ding Pasian’ ngiimna pulaksak hi. Tua hi a, Ephesian 2:11–22 sunteng pen, Ephesian laibu buppi thubulteng hiphial cih ahi a, tuni sinna pan a thupimahmah mihingte leh minam tuamtuamte kizopna ahi hi.

Kikupding Dotnate:

1. Ephesians 2:11–22 sungah minam leh kizopna thukhun bangteng peuh omkha hiam? Tuathu in Christ-kibulphuh mituamtua kizopna koibang in hong hilh hiam?

2. Mihing’mailam adingin Pasian ngiimna hong kipia hi a, (*Eph. 1:9, 10; Eph. 2:11–22*), pawlpi sungah kitukalhna leh minam buaina hoihtak in siansuah ding bangzah thupi ding hiam?

Lesson 6*July 29 – August 4***Thuthuk Lungdamthu****Sabbath Nitaklam**

Tukalsung Simding: *Eph. 3; Job 11:5–9; Ezek. 43:13–16; Amos 7:7, 8; Mang. 11:1, 2.*

Kamngah: “Ei a dingin na a hong sepsak, eite’ ngetzahval, leh i ngaihsut zawhloh zah dong in a vangliatna tawh tampitak ahong hihsak thei; eite Pasian pen pawlpi mite khempeuh leh Christ Zeisu tawh a kipawl mi khempeuh in a khang a khang in a tawntung in phatciat ta uh hen. Amen” *Ephesian 3:20, 21.*

Ephesian 3:6 ah, Paul in “Gentile mite in Jew mite tawh Pasian’ thupha ngah khawm thei a, amaute tawh pawlkhat suak in Pasian in piakding a ciampi thute, Christ hang in a ngahkhop theihna uh ahi h” cihi. Paul hun a pawlpi in Gentile mite tawmzaw ihih manin, ama’laisim mite ading in thulamdagpi khat bang hong suakliang zawzen hi.

Paul in humuapsa kammal ombang in zompaisuak in, Gentile mite’ tungah Zeisu’ lungdamthu hilhzomsuak hi.

Tuabang in a nasepna ah haksatna, adiakin Rome ah thongkiatna, cihbang in tampi thuak khazel hi.

Lungdamthu thuthuk ading in ama’ kipiakkhatna, pawlpi’ thuthukpen ahi Gentile mite in Jew mite tawh

unau sanggam in a omtheihna cihte zong izaksa vive ahi hi. Pawlpi leh vanuai bup huamin avaipuak ading, a lung hihmawhna zong kimuhsak ding hi. Pasian phat in, pawlpi tungtawn in Ama’ hehpihna hongpiak ding a thungetna zong izaksa ahi hi.

Tomgen leng, Paul in lungdamthu aveii mahmah bangin eite’n zong hong veisak zo hi.

SUNDAY**Paul: Gentile mite Hangin Thongkiapa***July 30*

Ephesians 3 nasim kawm in, a thubulphuhpi khat lehnih peuh zong sinin. Paul in bangpeuh thupisak pen naci hiam?

Ephesian 3 sungah alunglut huai thukhat omhi. Paul in a thupatna kammal “No Gentile mite hangin Zeisu Christ thutawh kisai in thongkia keimah Paul in” (*Eph. 3:1*) cihi. Tualai panin ama’ thukawng hei in, Gentile mite adingin sawltak asepna thuteng tawh zomsuk hi (*Eph. 3:2–13*). Tua thudangteng khitciang in, ama’ gennoppi pen tawh zomkik leuleu in “Tua thute hangin” (*Eph. 3:14*) ci in, tang 14–21 sungteng ah ama’ thunget sakna tawh zomsuk hi.

Ephesian 3:1 sungmah ah, “Christ Zeisu ading in thongkiapa” kici leuleu in, amah pen Rome thukhenzum maiah ding laiding hinapi, tua zong ama’ nuntakna tawh Pasian in a thukzawtham in ngiimna nei hiding cihi. Romete thongkhat kicilozaw in “Zeisu Christ’ thutawh thongkia” (*Eph. 4:1*) kici zawsop hi.

Paul in ama' "thuakna" gen (*Eph. 3:13*) a, sikkol a kibulhna (*Eph. 6:20*), thonginn sungah nuamtak in khawlhitthiat a kikoh hi lo (*Sawl. 28:16*) a, deineu sungah kikhum aihna gen hi. Kum zalom masalai khawng in deineu sungah kikhumcip cihpen thuakhak mahmeh hi. Roman kumpi in tua deineu tepeuhmah siangtho takin koikhhollo leh nekleh dawn zong ginapiak lo uhhi. A gamun bel thong deineu kisapna omveve than a, thong khatnapen mawhna daanpiakna in zangkhollo zaw uhhi. Thu sittel ding hun leh a kithah ding uh hun ngakna in deineu sungah kikohkha bek hi. Tua thongkiate peuhmah nekleh dawn akipan akisam bangpen sanggam unaute in vahawmsak uhhi.

Paul hunlai in thongkiatna peuhmah pen vangkiam mahmeh leh zumhuaithu aih manin, ama' thongkiatna hangin thu-umte' lungsim a sukkhak ding lung himawh hi. Mi khatpeuh in "*a kilamto Christ' sawltakpipa in koibang in ginalo thongkiapa hong suak thei hiam*" acihkhak ding patau mahmeh hi. Tua aihman in, ama' thongkiatna zong Pasian' ngiimna khat omhi cih thu-umte'n amuhtheih dinguh deihsak hi. Amaute ading in thuak ("note ading *thuakna*") aih manin tua zumhuaina khempeuh zong amau' "**minthan**" na'ng (*Eph. 3:13*) mah hizaw ding cih.

I kimkot sittelna a hanmahmah laitak in koibang in Pasian leh Ama' lampi muangthei ding ihi hiam?

MONDAY

Sawtpi aki Imcip Lungdamthu' Thusim

July 31

Paul tungah a kihilh thusim in bang a hiam? Eph. 3:1-6.

Ephesian 3:1-6 sim inla, anuai ate awlmawh in:

Amasa in Paul in hih munsan tengpen Ephesus khua a Gentile thu-umte innsim a dingin akhak ahi hi (*Eph. 3:1*).

Anihna, Paul in, ama' gensa khat amah'n zong ngahkha ding ci a, "*Pasian' hong hehpihna a kemsiamte*" "note" leh Gentile thu-umte ading hongpiak hi (*Eph. 3:2*) cih. Hih *kepsiamna* aihke'h hehpihna nasep pen, Paul in, Gentile mite tungah lungdamthu aihilh ding thupiak angahna (*compare Eph. 3:7, 8*) ahi hi.

Athumna, Paul in ama'tungah *thusim* hong kipulaak ci a (*Eph. 1:9, 10; Eph. 2:11-22*), a thulu aihlele **"Christ' thusim"** (*Eph. 3:3, 4*) naci hi. Paul in lungdamthu khawng bawltawm ziauziau a sakloh ding zong deihlai a, Pasian piaksa nasep kasem hi cih.

Alina, hih mailamthu pulakna *thusim* a sangkha pen Paul behkilo a, Khasiangtho in khangmasa "siangtho sawltak leh kamsangte" tungah zong hih Pasian' ngiimna teng pulak khinzo (*Eph. 3:5*) hi. Kamsangte acihzong laisiangtholui hunlai kamsangpite zong hituan khollo zaw in, pawlpi masa innkuwan makai a, khasilpiak angahte acihna hihtuak zawsop hi. Tua *thusim*, a ki-immcip cihpen, tu in aihlele "akihong *thusim*" cihding hita hi.

Angana, Amah in "tua *thusim* pen, lungdamthu akihilhna hangin, Gentile mite in Jew mite tawh thupha ngahkhawm thei a, amaute tawh pawlkhat suakin, Pasian in apiak ding a ciam thute, Christ hangin a ngahkhop theihna uh aihh" (*Eph. 3:6*) cih.

Jew mileh Gentile kigawmkhawm uhin pawlpi suakthei cih lungdamthu peuhmah pen Paul in veii phadiak

hi. Hih mipawliah tegel in Pasian' kipawlina thak ading kilamna vante hongsuak theita a, tuapen Pawlpi (*Eph. 2:14–16*) ahi hi. Khatveilai gal lehsa hihna panin "gamh luahkhawm, pumpipih" (*Christ' pumpi sungah*) suaktheita a, lungdamthu kamciam sungah "maa panpihte" suaktheita (*see Eph. 3:6*) uhhi.

Hih lungdamthu in honghilh bangin huamna tawh akilehbulh thei ngaihsutna khatpeuh akineikha thei ding hiam? Tuate panin koibang in suakta thei ding hiam?

TUESDAY

Pawlpi: Pasian' Pilna Pulakkha

August 1

Pasian leh Pasian nasepna teng Paul in bangci gen hiam? Ephesians 3:7–13.

Paul mahin, "Pasian' hehpihna silpiak" dungzui in Ama' "nasempa" kahi (*Eph. 3:7; Eph. 3:1, 2*) hi cihi. Hih silpiak pen, a lungdamthu mahbang in, angahte'n kiphulua zong hizawlo a, Pasian hehpihna tungtawn hizaw hi. Tua hi a Paul in amahmah pen "mi siangthote lakah kei aneupen kah" (*Eph. 3:8*) cihi.

Paul in ama' laigelhzia sungah, amah a kitelcianna lah hi a, mainawtna khat lah ahi veve, khentel phat ding akisam khat omcitciat hi. Acilpek panin Pasian hongsehsa sawltakpa kahi hi cingiat hi (*Gal. 1:1*). Anunglam ciangin, amahpen "sawltakte lakpan a neupenpa" kicikik leuleu a, T-5

"sawltak cihding zong a kilawmlopa" (*1Cor. 15:9*) kicikik hi. Ephesian laibu sungbang lian ahihleh "misiangthote lakpan aneupen" in amahleh amah kimu hi (*Eph. 3:8*). A nunungpen ah amahmah mawhneite lakpan "amawh phapenpa" (*1Tim. 1:15*) kahi hi cihi.

Bangbang citaleh, hibang Paul' ngaihsutna in Ellen G. White kammal telcianna ding hong panpih thei hi: "Zeisu tawh kinai semsem in nongpai ciangin, na khuamuhna hong siangsemsem ding a, Ama' hoihna namuh ciangin, nangma cinlahna khempeuh khehsa bangin hong kilang viauvuau ding a, nangleh nangmah mawh nakisa semsem ding h" —*Steps to Christ*, p. 64.

Paul in Ephesian 3:10 ah zomsuak a: "Tuhun laitak in vantung a ukcip vanmite in, pawlpi hangin Pasian' pilna a tuamtuan a muhtheih na'ngun" cihi. "Vantung a ukcip" a cihte kuate hiding hiam? Pawlpi in Pasian' pilna "atuamtuan" koici bangin pulaksak hiam? Ephesian 3:10 in, tua vangliatnate omzia bangmah a genloh hang, Ephesian 6:11, 12 in bel dawigilote hihsaktuak zaw hi. Tua hi a, pawlpi kipawlina ah akideidan sitset Jew mite leh Gentile mite kigawmkhopna in, dawigilote ahi "vantung aukcip vangliatna" pan in Pasian in "Christ sungah vantungnate leh leitungnate khempeuh gawmkhawm ding" cih tangkona lianpi hongsuak hi (*Eph. 1:10*). Pasian' ngiimna nuaisiah uh ahih manun samsiatna thuak ding uhhi. Pasian' gawmkhopsa pawlpi in suksiatna thuaklawh ding hi.

Na kipawlina mipi in Ephesians 3:10 sunga Paul gengen "Nasep kician" acihpen a thupiseh leh, napawlpi mite khatleh khat kizopna bangzah in kikhel ding in naum hiam?

WEDNESDAY
Christ, Note Lungsim Sungah Teeng

August 2

Ephesians 1:16–19 sunga Paul thungetna masa leh, Ephesians 3:14–19 sungah a thu-umte a ding a thuumtsak ngaungauna enkak in. Tua tegel a kibatna bang om hiam.

Ephesian 3:14, 15 pen mangpau in aletkhiatna nun glam ah kammal thupi khat om hi. Paul in “*vantung leh leitung innkuante’ Pa*” maiah kun acih ciangin, Greek kammal Pa acihna **patçr**, leh innkuan acihna **patria** cihtegel a zopna ahihi. Ephesian sungah, Paul in hotkhiat na’ng Pasian’ ngiimna amalmal in gen a, nakhempeuh kihelkha (*Eph. 1:9, 10*) a, tawntung hun ading ahi hi (*Eph. 1:21*). “*Vantung leitung innkuan omkhempeuh*” pen tua “**Pa**” aa ahi uhhi. Innkuan khempeuh (*patria*) in amin uhpen Pa (*patçr*) pan in angah uh ahi hi. Tuamahmah zong lungdamhuaithu ahihi.

Hihthu ngaihsun dih vou: Nangma innkuan, ginatlohna khempeuh ennawnlo in Pasian’aa nahi uhhi. Na innkuan in haksa pipi a naletkip tentan hihetlo in, Pasian in hong donmahmah hizaw hi. Pasian in a kicingtaaklo innkuante it hi. Amaute in Pasian’minpua uh hi. Ama’ neihsa ciaptehna nei uhhi.

Ephesians 3:16–19 sungah thu-umte in khalam thahatna tampitak angah theihna dingin, Khasiangtho amau sungah hong teenna ding Pasian kiangah Paul in ngen (*Eph. 3:16*) hi. Christ tawh zong kinai mahmah in,

amau sungah hongteng (*Eph. 3:17*) in, khalam ah bittak omin, itna sungah “*zungkha in bulkip*” in omding hi *Eph. 3:17*.

Thu-umte in thupha tampi sanguh ahih manun, Paul in Pasian aphantna dingin cial thumbek hilo, cial-li tak “*zai in sau a, thuk in sang*” (*Eph. 3:18*) ciliang hi. A tehna phazah lian agenloh hang, gollua mahmah ahihna thupi mahmah hi. Laisiangtho sangnaupangte a dingin lungluthuai thei mahmah bilbel hi. Pasian’ pilna tehpha tadihdih leng (*Job 11:5–9 in zong cial-li mah zang hi*), Pasian’ vangliatna (*Eph. 3:16, 17 enkak*), khalam ah biakinn Ephesian 2:19–22 (*Ezek. 43:13–16 tawh enkak*, cial-li mah nazang sese; *Amos 7:7, 8; Mang. 11:1, 2*). Ephesian 3:19 sunga “*Christ hong itna*” aliatzia “*azaina, asauna, athukna, asaanna*” (*Eph. 3:18*) iteh theihna ding leh, “*Christ’ itna theih zawhna ding*” (*Eph. 3:19; leh Rom. 8:35–39 enkak*) ahi hi. Ama’ kammalte eimuh bang bangpen lungdamthu hipahpah hi.

THURSDAY
Pawlpi Sungah leh Christ Sungah Minthanna

August 3

Paul in a thungetna pen phatna lagui tomno khat tawh thukhup hi. Bang a ding in Pasian phat hiam? Eph. 3:20, 21.

Paul in thu-umte a ding a thungetna laibu ah khum hi (*Eph. 3:14–19*). Thutang tak leh vangnei takin thungen hi. Paul phatna lagui in dotna namnih piangsak a: **1.** “*Pawlpi mite khempeuh leh Christ Zeisu in minthanna tangtahen acih*

a kammal in amah leh Christ kikimbawl uh a, pawlpi a kilawmlopi in hanthaun mawk hiam” (*Eph. 3:21*)? Paul in Ephesian pawlpi aveiimahmah manin, thu-umte sungah Christ ateenzel mahbang in tua Christ mahin pawlpi honkhiapa aihhna kician mahmah hi (*Eph. 3:17*). Tua phatna sungah Paul in Christ tungtawnin hotkhiatna hongpia Pasian a phat hi.

2. Akammal “*akhang akhang in a tawntung*” (*Eph. 3:21*) acih in leitung om laiteng beingeilo, Christ hongpaikik dong huamto hi. Ephesian in mailamthu akhauhpai mahmah vive honglak hi. Etpak ding in, Ephesian 4:30 in “*tatkhiatnani*” huamto hi. Thu-umte in “*hongtung ding hun*” a (*Eph. 1:21*) tehpip neilo Christ vangliatna zong ciamkha ding uhhi. Paul’ phatna lagui pen, Christ in thu-umte ading in abeitheilo a vangliatna pahtawina hipah hi.

Paul’thungetna nihna emphakik leng (*Eph. 3:14-21; leh Eph. 1:15-23 enkak*), Paul in Pa’ kepna sungah thahatna ngaythei hi (*Eph. 3:14, 15*), Khasiangtho zong kigingsa in omkhin (*Eph. 3:16*), Christ amahtek in hong panpihna (*Eph. 3:17*), tehpip omlo ciangtan bei Christ hong itna (*Eph. 3:18, 19*). Thu-umte in “*Pasian’thu acing in natheihna ding*” (*Eph. 3:19*, leh phatna sungah khalam phatna neithieh na’ng, misiangthote ading in kicing takin hongpiak Pasian’ vangliatna cihte tawh kidim dingin (*Eph. 3:20, 21*) hong deihsak hi.

Haksatna khatpeuh, zia-etna leh muanlahna ithuak uh ciangin, Paul’ thungetna kammalte tungah ikinga ding uhhi. Thongkia sawltakpa in eite khuamuhna pen, a lian mahmah Pasian deihna leh hehpihna lamah hong lamto a, bangciang peuh tungtaleng, Pasian ngiimna lianpi

sungah maapang ihihna (*Eph. 1:9, 10*), leh Ama’ vangliatna in eite sungah nasem gige ahihlam hong phawksak hi.

Pasian’ thupha abangpen in nangma ading manpha hiam? Tuate a dingin Pasian phatna leh thungetna ahi lagui khat bawldih in.

FRIDAY

August 4

Ngaihsutbeh Ding: Ellen G. White, “Modern Revivals,” *The Great Controversy*, laimai 461-478 simin.

“Eima khalam dimun zaungkhalna pen Ephesian 3:14-19 sunga, eite ngah ding apicing pilna tawh koibangin lemtuan thei ding ihi hiam? Khalam leh tumah in hehpihna sungah khantoh theihna’ng neinapi in, eima hamphatna nangawn a zangsiamlo eite pen Vantung in hong koici muh tam maw? Sawltakpa in hihthute pen eite hong lawpsuahna maimai ding leh, eima phutkhakte lungkhatna hangin lam-etna hongkhangsak maimai ding lel in a gelh hilo hi. Eite in Pasian’ gamh i luahleh bang hih ding cih khaung hong theisak hi. I theihna tawmkhialua leh koi bangin Pasian tawh maapangkhawm thei ding ihi hiam? Christian hamphatna ding ahi, Topa in hong deihsak Pasian tawh kisai nate khempeuh thuktakin i zong ding uhhi.”

“Laisiangtho i umtakpi hiam? Hihteng ah hong pulak Pasian theihtelna hangin ngah dingteng zong i umtakpi hiam? Pasian’ kampan hong paikhia kammal khempeuh i umkhin hiam? Kamsangte, sawltakte leh khuvak leh thupha apiangsak a, hauhna leh picinna sungah a ompa Zeisu Christ kammalte i umtakpi hiam? Pasian leh Ama’ Tapa i umtakpi hiam?”—Ellen G. White, *The Advent Review and Sabbath Herald*, October 1, 1889.

Kikupding Dotnate:

- 1. Ephesian 3:20, 21 sungah Paul phatna lagui leh laisiangthothak sung phatna dangte simkak dih in—Rom. 11:33–36; Rom. 16:25–27; Phil. 4:20; 2 Pet. 3:18b; Jude 24, 25.** Bang thubul leh ngaihdaan tawh pai naci hiam? Amau hong hilh praise and worship pen koici bangin zatsak thei ding ihi hiam?
- 2. Paul in Greek pau plçroma (“hunhoih”) acihpen namli in a zatna teng enkak in (Eph. 1:10, 23; Eph. 3:19; Eph. 4:13).** Paul in banghang in thupi sathei hiding hiam?
- 3. Ephesians 3 sunga Pasian’ nasepna Paul in a phatna teng lakpan, koipen in nang hong huzaappen naci hiam?** Banghang hiam?

Lesson 7

August 5 – 11

A Kipumkhat Christ’ Pumpi**Sabbath Nitaklam**

Tukalsung Simding: *Eph. 4:1–16; Phil. 2:3; Late 68:18; Sawl. 2; Isa. 5:4; 1Cor. 12:4–11, 27–30;*

Kamngah: “Amah in . . . pawlkhatte sawltak nasep, kamsang nasep, thuhilh kawikawi nasep, pawlpikem nasep, leh laihilh nasep cihbang in siamna atuamtuan semding in hongseh hi... Christ’ pumpi a khantohtheihna ding ahi hi” *Ephesians 4:11, 12.*

Aesop phuaktawm tangthu khat pen “**Gilpi leh Khete**” ahi hi. “*Gilpi leh khete in amau’thupitna ciat kamkinial uh a, khete in, gilpi sangin a hatzawkna uhpen ‘gilpi mahmah zong komau kong puaksa hilel’ acihuh ciangin, gilpi in dawng a, ‘ka lawmhoihte aw, keima sungah an honglut keileh, note khempeuh in zong bangmah puazo naunlo ding hi uhteh*” cihi—Lloyd W. Daly, *Aesop without Morals* (New York: Thomas Yoseloff, 1961), p. 148.

Paul mahin zong mihing pumpi pen khathu gentehna in zang hi. Paul in, mihing’ pumpi – leh pawlpi pen Christ’ pumpi bangin – siamna tuamtuan tawh kilam in, avekpi mahun cidamna ding in maapangkhawm ding uhhi. Ephesian 4:1–16 sungah, Paul in, mi’ pumpi tawh a gentehna pen tua-maa in zong zangngei khinzo hi (*Rom. 12:3–8, 1Cor. 12:12–31*). Christ in pumpi’ Lutang hi a, a pumpi pen “*siamna kidim*” miten zangin pumpi kipumkhat

sak, amau'munciat – pawlpi mimal ciat in – a vekpi tungah amau piak theih bangbang piakhia uhhi.

Paul in honglahkhat a cidam, a kipumkhat pumpi in Pasian mungtuppi banghiam cih hong telciansak a: Christ sungah pumkhat in a gahpha pawlpi hiding hi.

SUNDAY

Kha Sungah Pumkhatna

August 6

Ephesian 4:1–16 simin. Pawlpi kipumkhatna neitheisak ding in Paul in thu-umte koibangin hanthawn hiam?

Paul in Ephesian laikhak aphelnihna (*chapter 4–6*) tengpan, kipumkhat ding in thumakai nihtung tawnin kinsap mahmah hi. *Amasa* in Ephesian 4:1–6 ah, thu-umte peuhmah “*Khasiangtho tawh kipumkhat*” unla, kipawlsiamna (*Eph. 4:1–3*) tawh, lagui bangphial in “*cial sagih*” (*Eph. 4:4–6*) phasak hi. *Anihna*, Ephesian 4:7–16 sungah, amau’ gualzawhna teng pulaksak a, Zeisu pen lungdamthu tangkona ah hehpihna bulpi ahihna zong pulak in (*Eph. 4:7–10*), pawlpi mite kipawlkhawm in, cidamna, khantohna leh Christ'pumpi sungah pumkhat suahna nei ding hanthawn hi (*Eph. 4:11–16*).

A kipatna mahmah ah, Paul in Christian kici limlim “*note nuntakzia dingin ahong deihna tawh akilawm akituak in nanuntak nadingun*” (*Eph. 4:1*) ci in hanthawn hi. Paul in *kalsuan* cih kammal khat nazangkuau a, *gamtatna, nuntakpih* zong cihtheih (*Eph. 2:2, 10; 4:17; 5:2, 8, 15*) ahi hi. Amau’ *sapngahna* agenciang in, Christian upna naci

tangtang (*Eph. 1:18; 2:4–6, 13*) hi. Thu-umte in kipumkhatna aneihna uhtawh Pasian’ngjimna lianpi kilangsak dingin Paul in thapia hi (*Eph. 4:9, 10*). Kipumkhatna lamah hong makaih thei ding teng (*Eph. 4:1–3*) sungah kiniamkhatna, thunemna lungduaina cihte nuntakpih ding cihtawh pan hi.

Kammal khatsim encian nimaw.

Paul in, muntampi ah *kiniamkhatna* telkheh zel hi Ephesians 4:2, “*midangte thupi ngaihsut zawkna*” (*Phil. 2:3*) tawh zong zomtolai hi. Tua hi a, *kiniamkhatna* cihpen a hilolam in *ginatlohma* leh manneilohna cihbang in telkhialh ding zong hituanlo (*Col. 2:18, 23*) a, midangte tawh kizopsiamna neiding cihna lam hizaw hi.

Thunemna (*Eph. 4:2*), a letkhat navuah, “*mihing khatpeuh ngaihsutna lelpeuh in ki nencipsak ding hilo*” “*thusiamna, thukhualna leh lungnemna*” cihbang in zong khat theih ahi hi. —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 nunungpen in, *thuakzawhna, (lungduaina)* cihte hi a, hong kiphinphin ciang nangawn in thuakzo ding cihna ahi hi. Hibang siamna peuhmah in eimah kithupitsak luatna hong peelsak thei in, midang zong thupisak theita hi.

Kiniamkhatna, thunemna, thuakzawhna. Hibang lungsim neihna in pumkhat hong suahsak theihna’ng ngaihsun in. Hibang siamna koici neihtheih ding hiam?

MONDAY**Khat sungah Khat in Omkhawm***August 7*

Paul in pawlpi “pumkhatna” namsagih acihteng hihthu tengtawh bang bawl sawm hiam? (Eph. 4:4–6).

Paul gen “pumkhatna” sagih teng pen lagui bangpian hi a, Ephesus khua lapi khat hileh kilawm phial hi. A gualhsukna a nihgel in “pumkhat” suakzel uh a: **“Pumpi khat”** a cihteh (*pawlpi in Christ’pumpi cihna, Eph. 4:12, 16; 1:23; 5:23, 29, 30*), leh **“Kha khat”** (*Eph. 4:4*). A thumna khat pen “lam-etna khatbek” omci hi (*Eph. 4:4; 4:1 enkak in*).

A gualhna in thunamthum hongpia leuleu a, **“Topa khat”** (*Christ*), **“upna khat”** (*Christian upna guipi teng, Eph. 4:13; Col. 1:23; Col. 2:7; Gal. 1:23; 1Tim. 4:1, 6*), leh “tuiphumna khat” (*Eph. 5:26 enkak*), a thukhupna ah **“mikhempeuh’ Pa ahi Pasian, nakhempeuh a kicinna”** (*Eph. 4:6*) cihi.

Pa Pasian pen hih la-kammal tawh hibang in Paul in hong pulakpen bang deihna hiding hiam? Pasian’ omzia limlim “nakhempeuh’ Pa” Piangsakpa Pasian ahi hi. A lai gual azom ah, leitung bawl a, Pasian in Ama bawlsa **“nakhempeuh”** aneipa ahi hi. Paul in nakhempeuh pen pasian hilel hi acihna hizawlo hi (*pantheism – nakhempeuh pasian hi a, Pasian zong kihel cih upna*). Pasian pen “nakhempeuh tungsiah” ah a ukpipa, **“nakhempeuh a piankhiatna”** leh **“nakhempeuh... sungah omhi”** cihna ahi hi.

Pawlpi pumkhatna ah ngaihsutna namnih omcih phawk in (*Eph. 4:1–6*). Amasa, khalamthu, “pumkhatna”

sagichteng sungah zungkha hi (*Eph. 4:4–6*). Anihna, hih kipum khatna in khantoh na’ng hanciamna zong kisam hi (*Eph. 4:3*). Hih pumkhatna kisiatsak khakna hangin dahna kahna omtheizel hi. Bangbang in kisiatna hong omkha taleh, Pasian in Christ sungah nasem in pawlpi a pumkhat sakna ading in nuam unla, upna thugui ah **“Kha pumkhatna”** neithei veve iih manin (*Eph. 4:3*) lungdam veve ding hihang. Tua bang hipeuh leh hih pumkhat na’ng nasepna thahat thei veve ding hang a, Pasian’na sepna ah teisinsen in nasem thei ding hihang.

Ephesian 4:4–6 simin. Hong bangcih nakisa hiam?
Pasian in Christ sungah hong pumkhat sak cih natheihsa ahih manin, hong bangcih huai sazaw nahiam?

TUESDAY**A Kilamto Christ, Silpiak Hongpiapa***August 8*

“Eite khempeuh in citna tawh Christ in hongpiaksa siamna atuamkhat ciat i ngah hi. Tua ahih manin laisiangtho sungah, a sangna munah apaitoh ciang in, matsa salte tampitak paipih a, mite tungah letsong apia hi.”

“Vantung a kahtoh ciang acihsen phawkpha dih in. Tuathu in Christ zong eima leitung ah hong tuaksuk takpi cihna ahi hi. Tua hong tuaksukpa mah in vantungte khempeuh sangin a sangzawna ah kahto ding a, vantung buppi in amah tawh kidim ding hita hi.” (*Eph. 4:7–10*). **Hihtengah bangthu piang a, Paul cihnop bulpiper bang ahi hiam?**

Hihteng ah Paul in Late 68:18 nala in: "Nangmah asangna kahto in salte napaipih a, mihonte leh mi lehdo theite tung nangawn panin piakkhong nate nangah hi." Late 68:18 sungah Topa'thu a genna ah, **Yahweh** pen a gualzo generalpa, a galte tungah a gualzo, a sangna ah kahto in, salte napaipih a, mihonte leh milehdote'tung nangawn panin piak khongnate nangah hi (*Late 68:1, 2*). Amah in a galzawhte tungpan letsong peuh sangzel a cihteh Paul in a ki pahtawi Christ a cihna hi a, *Late 68:35* kammal pen a zaizaw in amuh zia ahi hi.

Late 68:18 sungbang zui ding i hihleh, Christ in *vankahto* masaphot (*Eph. 1:21-23*) a, hong *tuaksuk* kik in piaktheih teng hongpia a nakhempeuh hong dip hi. Tuapen Paul in, Pentecost ni a Khasiangtho hong kibuahsukna a cihnopna ahi hi (*Sawl. 2 enin*). Tua zong Ephesian 4:11, 12 in, a kipahtawi Zeisu in Khasiangtho silpiak hi ci in kipsak hi.

"Christ a sangna ah kahto in, a salteng paipih a, mihing tungah piakkhong nate pia hi. Christ a kahtoh khit ciangin, kamciamsa bangin Khasiangtho in huinhnung bangin hong tuaksuk a, nungzuite kikaihkhopna ah hong kidim ahih manin, bangthu piang hiam? Ni khatsung bekin tultampi kikhelsak hi" —EGWhite, *Ye Shall Receive Power*, p. 158.

Hih Ephesian sunga thute thukpai theilua himahleh, "Christ in mun khem peuh ah thukhempeuh cingtaak sak hi" acih dungzui in, Christ in eite ading hong sepsaksa leh a seplai ding thute hangin bang lungnopna peuh ngahthei tuam ding ihi hiam?" *Eph. 1:23*.

WEDNESDAY
Aki Sangkhai Zeisu' Hong Letsongte

August 9

Late 68:18 sungah Paul in Zeisu pen a thokik aki sangkhai gualzo leh, a sangna pan Ama' mite piakkhongnate piakhia cihi. Bang "letsong" bang ngiimna tawh piakhia hiam? *Eph. 4:11-13*.

Paul mahin, aki sangkhai Zeisu in apawlpi apiak "**letsong**" namli in hong khensak hi. (1) Sawltakte (2) kamsangte (3) thuhilhsiate (4) pawlpikem/laihilhsiate cihbang in khen hi. Christ in bel hih letsong tepen nasep thupi sepna ding in apiak hi a, "*misiang thote in Pasian'na a septheihna ding leh Christ'pumpi a khantoh theihna ding*" (*Eph. 4:12*) leh, "*Pasian'Tapa itheihna leh i thu-upna ah kithukhat in, eite a khangcing suak in, Christ' cingtaakna ciang i baanto ding uhhi*" (*Eph. 4:13*).

A nunungpen khat in Adventist masate ading athupi mahmah ahi, EGWhite khalam letsong saante ahi hi. Laisiangtho in nungzuite'hunlai pawlpi ading bekmah kha' silpiak kipsakna neikha hiam? Ahih keileh tua silpiak pen Christ hong kumkik dong kizom paisuak ding hiam? Adventist masate in Ephesian 4:13 sungah adawnna nangahta uh a, tembaw captainpa khat in a khualzinna lampi adingin thupiak tampi takmah azuih kul ahihna tawh genteh hi. Tembaw in tuipigei a phaktheih ciangin, tua azuih ding thuteng a zuihna in tua tembaw tuigei dong tunthei cih theita hi. Thupiak bulpi letkip theihna dingin, tembaw hawlpa in tuigei ah khawlsak masa ding a, thupiak dang aomlai leh azuihbeh lai kul ding hi. "*Tua thupiak bulpi kua in hongpia hiam?* Tua thupiak laibu sungah ombang in

tembau hawlpa' thu anial mi, amang mi kuate hiam? Khentel un —Uriah Smith, “Do We Discard the Bible by Endorsing the Visions?” *Review and Herald*, January 13, 1863, p. 52.

Tuucing icihcih pawlpikem siate leh laihilhsiate, thuhilhsiate pen, tuni tuhun eite lakmah a omuh ahii manun a kidophuai mahmah hi. Eite' ngaihsut zawhzah ciang etsak leng, Paul' hunlai in hihmite pen, pawlpimi nautaangte mah hiel napi, Ephesus khua a pawlpi hoihtak in nakemthei uhhi (*1Pet. 2:9; Sawl. 2:46; Sawl. 12:12*).

Isaiah 5:4 simin: “Ka lengguilo adingin kahih ding akilawm kahih nailoh bang omlai hiam?” Ellen G. White nasepna sungah Pasian in eite ading in hongpiak bangpeuh omthei ding hiam?

THURSDAY

Christ Sungah Khangto

August 10

Pawlpi in Christ bangin a picin nading bang galpeuh neitheilai ding hiam? Eph. 4:14.

Paul' muhna ah ei'hun tawh akibanglo amau' kimkot ah, “*upkhialhna*” leh “*khemna*” cihte in thu-umte lauhthawn den cihi. A vakvai upna tawh kisai in gentehna namthum zang hi: **(1)** a picingo naupang bang, “*naupang ihi naunkei a*” cihi; **(2)** tuipi tungah lauhuaina “*upna tuamtuan in huih bangin amut ciangin sukhoi tohol*”; **(3)** mipil misiamte khemsa, sum kikham mite, khutkhem siamte khem in om cihi. Paul in Greekpau ***kubeia*** (*ngatang kimawlna*), cihpen zang a “*zuaukhemna*” cihna ahi hi.

Paul in kikhenna zong khialhna lianpi khatmah in sang hi: Pumpi khangtosak in atungding sakpen hoih a, kitamsak, kikhenkhamasak cihpeh gitlohma hi cihi. Tuabang in kikhenkhap na'ng thuhilhna pan amuanhuai aki sittelsa siate lamah kiheina in (*Eph. 4:11*) Christian picinna lamah hong tunding a, Christ' pumpi hihna sungah hoihtak in nasem thei ding in hong makaih ding hi (*Eph. 4:12, 13; leh Eph. 4:15, 16 enkak in*).

A cidam pawlpi in a cidam pumpi tawh koici kibang hiam? Eph. 4:15, 16.

Ephesian 4:1-16 sungah, Paul mahin pawlpi kipumkhat ding leh nasepna ah zang ding in hanthawn hi. Pumkhatna pen upnakip neihna hi a (*Eph. 4:4-6*), eite' sepzawhthu hilo hi (*Eph. 4:3*). Pumkhatna neihna lampi khatpen, Christ'pumpi a “*them*” khatpeuh ihi uhhi (*Eph. 4:7-16*). Tua pumpi ah a them ihih uh manun a cidam na'ng leh a khantoh na'ng sepsak kul hi (*Eph. 4:7, 16*). Sawltakte, kamsangte, thuhilhsiate leh pastor-laihilhte khempeuh tungpan in hamphatna ngahlawh ding kisam hi (*Eph. 4:11*). Hite pen, kizopna, guh kizopna cihte tawh kibang uh a (*Eph. 4:16*), pumkhatna tawh kidim in, eite pumpi' lutangpi ahi Christ sungah hong khangtosak hi (*Eph. 4:13, 15*).

Tuni a eite lakah anung “huih upna” sungah koibangin kiptakin dingthei ding ihi hiam?

FRIDAY

Ngaihsutbeh Ding:

August 11

Thunih in Ephesians 4:7-10 sung i sinna pan theihna hong khang sakthei ding hi:

1. Ephesians 4:9 letkhiatna.

Letkhiatna pawlkhat in tuaksukna pen kahtohna maa in ommasa hi ci a, “*Amah hongtuaksuk masa hi*” ci uhhi. Adang letkhia mite in Greek ngaihdaan bang zui in, a kahtoh a tuaksuk hunte nusiaziau lel hi. A letkhia dangte in Greekpau nakzuihzaw uh a, a kahtoh leh atuahsuk gentello (*bangci kahto cihpen, leitungah hong tuaksuk keileh kahtoh kik omlo ding*) hi a, Tuesday sinna sungah, Late 68:18 zui hihtuak a, Christ in vantung kahtoh khit ciangin, Khasiangtho in hong tuaksuk kik hi cihi.

2. Salte paipih. Laisiangtholui Late 68:18 bulphuh in,

Septuagint acihuuh (Greek *pau lasiangtholuibu*) pan, Paul in Ephesian 4:8 sungah “*salte a paipih hi*” acih pen acihnopna taktak ah “*salamat bangin amat mite*” cihbang in kilet zaw hi. SDA pawlpi in, Christ in a thawhkiklai in thawhkikna tuam in a thokikte pen, vantung a kahtoh ciangin tonpih hi cihi (*Matt. 27:51–53*). Hihpen in “*buhлом viikna*” tatkhiatte anpal hi a, vantung Pa’ maiah va pulakto hi. (see *The SDA Bible Commentary*, vol. 6, p. 1022; *The Desire of Ages*, p. 834, compare *The Desire of Ages*, pp. 785, 786). Colosian 2:15 tawh enkak leng, Christ adingin a galte maiah a gualzawhna khat mah hi a, Satan leh ama’ vanmite matsa salte ahi uhhi.

Kikupding Dotnate:

1 . Ephesians 4:11 sunga “Khalam silpiak” kigual tengleh 1Corinth. 12:4–11, 27–30; Roman 12:4–8; 1Peter 4:10, 11 sungtenga omteng enkak dih in. A kilamdanna a kibatna bangteng peuh namukha hiam leh?

2. I pawlpi sunga a laang mahmah “huihmut bang upnate” SSchool class sungah kikum dihun. Paul in, huihmut bangin sukhoi tohoi loding acihzong naphawk zelun. Eimah ihi a, i lawmte ahizong in, hih huihmutna pan i kidal theihna ding bang lampi peuh namu hiam?

3. Paul in Ephesians tungtawnin “pumkhatna” khauh gen hi. Ei eleh iki pumkhat sawmbeek hiam?

Lesson 8

August 12 – 18

Christ-Melpua Nunna leh Kha Humuap-Kampau**Sabbath Nitaklam**

Tukalsung Simding: Eph. 4:17–32; Col. 3:1–17; Zech. 3:3–5; 8:16; Isa. 63:10; Rom. 8:16, 26, 27.

Kamngah: “Zuauna lungsim in a suksiat khitsa, nidang in na nuntakna ngei uh ahi na pianlui uh paikhia unla; nalungsim leh na ngaihsutna uh thaksuaksak un. Athutang asiangtho ahihnathu nuntakna mahmah panin a kilangsak Pasian’ pianzia tawh kibang in a kibawl nangeina thakuh bangin nanungta un” (Ephesians 4:22–24).

Jose Antonio in Spain gam Palma khua lampi tungah inn neilo in kum tampitak mah teng hi. A puakkaang, sam leh khamul lingchiuchiau in ama’ kum 57 sangin ham tuakzaw phial hi. Nikhat, sampauhna sai neipa **Salva Garcia** in, Jose vanaih in, a sam puahsak ding vangen hi.

Jose zong sampauhna tokhom tungah tu in, sampauh pawl in, hahkat takin nasem uh a, a meet, a nip leh sam leh khamul lomteng phel in puahsak uhhi. Tua banah Jose pen puanthak zong silhsak lai hi. Tua khitteh Jose in limlang’maiah aki-et ciangin, a khitui hongluang hi. “Kei kahimah hia leh? Kilamdang si’ng e; kua’n hong theinaun ding hia! Muhna kikhel bek hikei ei. Ka nuntakzia hong khel hi ei” cihi.

Ephesian 4:17-32 sungah, Paul in, thu-um mite peuhmah aihlel kikhel sitset ding kisam cihi. Amau milui hawkkhia khinzo a, amithakna silhkhin zo uhhi. Jose kikhel bang hileh a puathambek hinawnlo hi. Tuasungah “nalungsim uh leh na ngaihsutna uh thaksuak sak un” (Eph. 4:23), note nuntakna sungah “a thutang a siangtho thu” lutsak un (Eph. 4:24). Hihpen ki pumkhelna ahi hi.

SUNDAY

Mawhna Kual Sungah Kiasuk

August 13

Ephesians 4:17–32 leh Colossians 3:1–17 simkak in. Thu-umte pawlpi sungah kipumkhat na’ng Paul in koibang in thapia hiam?

Ephesians 4:1–16 amasa lamtengah, Paul’ thubulpi pen pawlpi pumkhatna ahi hi. Ephesians 4:1 leh Ephesians 4:17 etkak ciangin, hihtegel pen kalsuan nading leh nuntakpih theih dingin nakibang luakeei hi. Paul in ngiimna kibang tawh anagen hi a—pumkhatna leh athapia nuntakzia—a kipatcil limlim in athak leh ahoihzaw dinmun acihna ahi hi.

Ephesian 4:17–24 ah, Paul in Gentile mite nuntakzia in pumkhatna nuaisiah thei naci (Eph. 4:17–19) a, a khantoh theihna ahi Christian nunzia (Eph. 4:20–24) tawh genkak hi. Paul in, Gentile mite nuntakzia khauhtakin a mawhsakna i simciang in, amah mah in Gentile mite zong, Christ tungtawn mahin Pasian in tankhiazo, Pasian’ mite mah tawh maapang khawmtheita ahihna phawkden ding kisam hi (Eph. 2:11–22, Eph. 3:1–13). Ephesian 4:17–19

sungah, “**pianpih Gentile mite**” (*Eph. 2:11*) in, dinmun ginalo a neihna uh zong genkhia hi.

Paul in bel Gentile mite mawhna leh gamtatzia amalmal in akawkna hituanlo hi. Amau’ nuntakzia leh mawhna thuksungah kiptak in aletkip ngeungau tenguh agenna ahi hi. Ephesian 4:17-19 laigil in khalam ah lungsim khauhna: “amaute’ lungsim khauh in bangmah theilo uh ahih manin, Pasian hongpiak nuntakna neikha hetlo uhhi” (*Eph. 4:17, 18*) cihi. Hih lungsim khauhna pen amaute’ theihna amialsak “amaute’ lungsim khauh in bangmah theilo uh” acihpen ahi hi. Amaute “lungsim khauh” (*Eph. 4:18, 19*) in, (*zualzang lailai uhhi maizumlo in siatna sungah a utut bangun gamta Eph. 4:19*). Pasian’ kiangpan lampial uh a, Ama’ hotkhiatna hehpihna sungah koici nuntak ding theilo uh ahih manun mawhna kualsungah kiasuksuk mai uhhi.

Mawhna a tamsemsem sungah a kiasuksukpa koici bangin kaikhia kikngei nahi hiam?

MONDAY

August 14

Muhtheih dingin Puan Khekna

Ama’ mite kikhelna tangthu a sutkikna tawh bang deihna bulpi Paul in nei thei hiam? (*Eph. 4:20-24*).

Gentile mite’ omzia a genciang in (*Eph. 4:17-19*), Paul in, “tuabang gamtatnate pen Christ tangthu panin natheih khakuh hi lohi” cilozaw a, “tuabang gamtatnate pen Christ’ panin natheih khakuh hi lohi” (*Eph. 4:20*) cizaw hi. A kammal zat enleng “na zaksa” (Christ acihna), ama’ thutak hong “kihilhsa” (*Eph. 4:21*) acih tengleh, Paul in a behlapna ah

“Zeisu’ thutak sungah” Christ-melpua cilai hi. Paul ading in upna laigil sung ah Christ tawh kizopna nei in, siangtak teltak in “*Christ kisin*” cihi. A kipahtawi leh a tho kik Zeisu in eite tawh omkhawm cih zong itheihsa ahi hi. Ama hong thuhilhna bang in Ama’mel kipua thei a, amah i Topa tungah kicitak theita hi. Ama’ hong makaihna zui in, Khasiangtho leh Ama kammal ombang zuiding in ki-aap hihang.

Paul in Christ melpuakna in puansilh mahbang in paizia namthum kisam cihi: (1) nunlui “suakhhia” or nusia (*Eph. 4:22*); (2) sunglam thaksuah sak (*Eph. 4:23*); (3) Pasian tawh a kibang nunzia “silh” (*Eph. 4:24*) cihi. Paul in puansilh tawh a gentehna pen lai siangtholui sungah zong, **mawhna** (*Late 73:6; Zech. 3:3, 4; Mal. 2:16*), leh **hotkhiatna** (*Isa. 61:10; Ezek. 16:8; Zech. 3:4, 5*) tawh genteh hi.

Tanglai in, pasalte in, khukciang atual puan sungteen leh ni’sa kidaalna ding in puantual bantawng silhthei uhhi. Numei te’n zong pumthun silh uhhi. Amau’ ngeinate in Laisiangtho kammalte nuntakpih veve uhhi. Puan peuhmah manpha manham ahih manin sawtpi kikemcing hi. Puan khatsang a tamzaw kineizo mello hi. Apuante hoihna leh omzia in asilhpa dinmun a pulak hipah hi. Puansilh khek ding, midang khat tawh puan kikhek ding cihpeuhmah pen a omngei phalo athupi mahmah thupiang hikik zawzen hi. Tua hi a Paul in nuntakzia kikhel cihpen mikhat tawh puansilh buppi kikhek bang in ngaihsun liang hi.

Christ’ tangthu kisinna leh Christ theihtel ding sinna koibang in kibanglo hiam?

TUESDAY
Pumkhat Suahna, Hehpihnna Kidim Kampau

August 15

Paul in thu-umte athapiakna kammalteng lakpan, a koibel pen nang a dingin thupipen naci hiam? Banghang hiam? (Eph. 4:25-29).

Paul in Ephesian 4:25-32 sungpan thukhat a sutkikkik pen, taang 25 hi a: **khamna** khat “*zuau hemkhia unlā*”; leh **sawlna** khat “*khatlehhkhat thumaan kigenun*”; khitciang in, **suanolamh** khat “*Christ’ pumpi sungah nate ihi uh a, innkuankhat ihi uhhi*” cihi. Paul in “*thumaan gen ding*” hongsapna pen pawlpimi dangte khawng thunialnial ding a cihnopna hilo hi. Zechariah 8:16 sunga, thumaan genna tawh kilemna piangsak ding cihtawh zong hong hanthawn lai hi.

Ephesian 4:31 sungpan hehna leh hehpauna a paihkhat khit nungsang, 4:26 ah zong mipilak peuhmah hehding peuhmah phalna pialo hi. Thukhat ah, Paul in hehna pen ompakthei hi ci a, “*naheh uhlehzong, mawhna a tundong ultungsak kei un*” cihbeh hi.

Paul in a kampau kizomlo khat in *gutate tawh kisai* in “*guta ngeite gunaunkei taken*” (Eph. 4:28) cihi. Guta theite in, ngiimna khat nei in “*ama’ khutmah tawh nasem taken*” (Eph. 4:28; 1Cor. 4:12; 1Thess. 4:11), tua hileh “*mizawngte nangaun zong huh theilai ding hr*” (Eph. 4:28) cihi. Hiteng ah Paul in gutate’thu a helnathu pen guktakna leh khemna pen Sawl. 5:1-11 sunga **Ananias** leh **Sapphira** tangthu bangin, akizom cihna ahi hi. Christ in hong

puahphat theihna vanglianlua mahmah ahih manin gutate zong mihoih suakthei ding cih Paul’ upna ahi hi.

Paul in “*kamguh paukei unlā*” (Eph. 4:29) acih ciangin, kisiattheihna a piangsak thei kammalte a cihnopna ahi hi. Thuhoih lampanin Paul in, tua thusia tawlngacip pah ding zong civatvat tuanlo a, thu namthum tawh laihzaw ding cihi: (1) “*phattuamna a piangsak*” (2) “*ahun tawh kituak*” (3) “*a zaknophua*” (Eph. 4:29) hi taken cihi. I kampau khempeuh tuabang hithei leh maw!

WEDNESDAY
Thu-umte Nunna Sungah Kha Siangtho

August 16

Christian vengsung ah, kampau mawhna tawh kisai in, Kha Siangtho in thu-umte sungah hong omna Paul in koibang in gen hiam? Eph. 4:30.

Paul in a lauhuai vauna khatleh lungsimsung a lumsak kamciam khat pia hi. Eima pawlpi sungah khatleh khat iki mawhate pen, thuneu maimai hilo in sulzui nei a: Pasian hongpiaksa kampau siamna a zangkhial in midangte gensiatna in Kha Siangtho dahsakna hi cihi (Eph. 4:25-27, 29, 31, 32). Paul in Isaiah 63:10 sunga: “*Amaute (Israel) in lehdo uh a Kha Siangtho dahsak uh ahih manun; Topa in amautegal suakkik in, Topa mahmah in amaute ado hr*” cihi.

Kamciam khat a piakkikna ah, Thu-umte in Christ a saan nini in amaute Kha Siangtho in ciamtah (Eph. 1:13, 14) a, “*tatkhatna nt*” (Eph. 4:30) hong tundong kemcing cihi.

Kha Siangtho in thu-umte tawh hong kizopna pen a kisiabaih hilo in to mahmah hi. Kha Siangtho hongteng gige napi thu-umte'n a awlmawhloh bawluh ciangun, Kha in *paikhia* hilo in *dah* hizaw hi. Kha in thu-umte' sungah teng cinten in, Pasian' neihsa leh kepsa hi ci in Christ hong paikik dongmah hongkem hi.

Paul in Kha Siangtho pen Pasian taktakmah ahihna "**Pasian'Kha Siangtho**" hi ci in, **a mimal** mahin omin, Kha Siangtho **dah** hi cih*i* (*Rom. 8:16, 26, 27; 1Cor. 2:10; 13; 1Cor. 12:11; Gal. 5:17, 18*).

Lutang-Pasian tawh kisai thuthuk tepen kidawm takin kikup kul hi. Kha pen Khat mahin om a, Pa leh Tapa ahilo atuam sitsetmah ahiji. "Kha in zong Ama'deitheelna dung zuimah in nasem hi. A kisimmauh ciangin dahthei hi. Hibangteng pen a vangliatna hinai lo a, amimal omzia hipanbek hi. Tua ahihleh Kha pen nangleh keimah bangle mihing maw leh? Hilo hi, mihingte telzawh dingin mihing'kammal akizang hibek a, Kha in mihing tawh kibangthei peuhmah ngeilo hi"—Paul Petersen, *God in 3 Persons—In the New Testament* (Silver Spring, MD: Biblical Research Institute, 2015), p. 20.

"Pasian'Kha Siangtho" in eite sungah hong tengin eite' tatna hekna khem peuh hong makaih hi. Lutang-Pasian' lakpan khat tawh i nungtakhawm thei a, nitawp dongmah hong ciamteh (seal) hi. Hih alamdang thumaan koibang upna tawh dawngthuk ding nahi hiam?

THURSDAY
Migitna (Huatna Hilo)

August 17

"*Tatkhiatna Nidong*" (*Eph. 4:30*) acih ciangin, Christ hong paikikni dongmah acih nopna hipahlel hi. Ephesians

4:31, 32 pen, tua thupiangpi kinaih semsem ahihna hong tel sak semsem hi.

Christ hong paikik ding cihthu hangin, koibang gamtat leh kampau hepkhiat tuak hiam? Koibang lungsimpau leh gamtatzia pomtuak hiam? *Eph. 4:31, 32.*

Ephesian 4:17-32 sunga anunung hanthotna ah, asia khamna thupiak khat "*hemkhia in*" (*Eph. 4:31*); ahoih sawlna thupiak khat "*hehpihthei ding, lungnem ding, mawhna maisak ding leh ahoihlam ngiimna nei ding*" (*Eph. 4:32*) cih*i*. Thu-ummi peuh mah "*Pasian in zong Christ sungah note'mawhna hong maisak mahbang in*" khatleh khat mawhna kimaisak ding (*Eph. 4:32*) cih*i*. Kammal malguk gualsuk in a taangpi in thukhup kik hi: "*kimuhdahna, hehna, thangpaihna, kitotna, kikona, kilungsim neihna*" khempeuh beisak ding cih*i*. Tuateng kikal ah kammal li "*hehluatna, sinsona, hangaupna leh kigen siatna*" (*Eph. 4:31*) cihteng zong guang hi.

Greek pau in *blasphemia* cihpenn, mikangte'n zong kawmin Pasian kosiatna lamah kizang kammal suak hi. Greek pau inbel Pasian kosia bek hilo mihing mahmah zong "*gensiatna*" acihna ahi hi. A kigualsuk tengsung ah (*kimuhdahna, hehna, thangpaihna*) cihteng pen, (*hangawpna leh gensiatna*) piangsak hihtuak hi. Cihnop bulpi pen, Paul in Christian kampauna limlim sungah galvengsak hi. Hehna bekbek tawh kampau nopna lungsim peuhmah pen Christian galvan sungpen hemkhia limlim ding hi. Christian veng sungah hihtu teng hepkhiat khitciang bek in pawlpi pumkhatna (*Eph. 4:1-16*) omthei ding hi.

Kamsia pauna pen ki beengdaai khinzolo kikhel taktak zolo phial himah taleh, ei kampau leh gamtat peuhmah pen, Christ'innkuan sung ahih nakleh, hehna sungpan khang khia saklo ding hang a, hehpih theihna, lungnemna leh mawh maisakna cihte bulphuh in, a sangthei penpen in Pasian in Christ sungah eimah hong hihsak bangin (*Eph. 4:32*) hih ding hihang. Paul in “**atunglam maisakna**” (Pasian hong maisakna) leh, “**apheilam maisakna**” (*mi khatleh khat kimaisakna; Col. 3:13; Mate 6:12, 14, 15*) ci in namnih hong hilhzo hi.

**Nangma' kammalte vangneihna phawk in.
Laptopna, thapiakna leh upna kilamthakna ding in
nakoici zat theih ding hiam?**

FRIDAY

August 18

Ngaihsutbeh Ding:

“Na kampauna peuhmah kisikkik omsak kei in. Tatkhiatna Ni dong note hong ciamteh Pasian' Kha Siangtho khasia sak kha ke'n. Na lungsim sungah itna naneih nakleh, nasanggampa zong siangtho upna neitheih dingin han-ciampih ding hiteh. Na laum ahi a, sanggam khatpeuh in mikhat ahoihlo sung a tuntheih na'ng kamkhat peuh a paukhakleh, tuabang kampau thapia kei in. Tua in galpa' nasepna ahi hi. Pasian' kammal in tuabang kampaunate deihlo ahilam itna tawh phawksak in”—EGWhite, *Advent Review and Sabbath Herald*, June 5, 1888.

A nuai a thute kamciamna banglian in nangmah leh pawlpi mimalkim nungta peuhmah leh, mipite in bangzah in hong kikhel ding uh hiam?

1. SDA pawlpi innkuan sungah hoihna, lapsangna, upna lamthakna leh lungsim sangkhaina cihte a omtheih na'ngin, keimah in ka huzaap nuam hi (*Eph. 4:29*).

2. Christ in pumkhatna leh itna hong nget mahbang in, keimah in zong hoih ding in ka upte leh hoihlo ding in ka upte (*John 13:34, 35; 17:20–23; Eph. 4:1–6; 1Thess. 5:9–11*) mite muhtheih dingin ka pulakkha nuam hi.

3. Mi khat peuhtawh kaki thukim theihlohma a omciangin, ka sanggam thu-umpa zahtakna kapiazaw ding hi. Ama' vang leh Christ sungah a ki-aapna ka beisak kei ding hi. A kibango keima ngaihsutna teng damtak in kagenpih ding a, keilam bek ka khauhgen tuankei ding hi (*Eph. 4:31, 32*).

4. Lungnuam takin ka omding a, Christ hong paikik ding kangak kawmin, ka pawlpi mipih khempeuh kilamphatna a neihtheih nading bek kazong ding hi. (*Eph. 4:29, 30; Gal. 6:2; Heb. 10:24, 25*).

Kikupding Dotnate:

1. **Paul in Thumgawm Lutang Pasian in mihing hotkhiat na'ng bultakin a nasepna thu Ephesian laibu sungah 11 veitak a gentelna teng simpha kik in. Tuathu in Lutang Pasian koibang in hong telzawsem sakthei hiam?** *Eph. 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 (“Topa” Eph. 6:10 acihpen Christ acihna).*

2. **Paul in Christiane kampauzia ding acihpen,** (*Eph. 4:25–32*) tulai computer bulphuh hun, huihlak pan tualthah theih hun ahih manin koibang hiding hi ci hiam?

Lesson 9*August 19–25***Pilvang Takin Nungta****Sabbath Nitaklam**

Tukalsung Simding: *Eph. 5:1–20; 1Cor. 5:1–11; Mang. 16:1–16; Col. 4:5; Pau. 20:1; Pau. 23:29–35; Sawl. 16:25.*

Kamngah: “**Hoihtakin ngaihsun in gamta unla, mihait bang hilo in mipilte bangin nungta un. Tuhun pen hun hoihlo hun ahih manin, nahunneih khempeuh uh ahoih lamin zangun. Hai ommawk kei unla, Topa in bang semding in hong deih hiam cih kanun**” *Ephesians 5:15–17.*

A sawtnailo khatlai in, UK gamah, thankhik hapaak suangtawh kibawl tuithawl khatpen zuak dingin kikoih hi. Vanzuak kidemte in tua tuithawl pen “*kum zalom 19na lai in French zusan thawl*” hi a, US\$200 manhi cihi. A leinuam minih teleuleu in, hih thawl pen, a citawm nam hi a, Islam tuithawl ahihlam theician uhhi. Aman taktakpen £5 million (US\$ 6.5 million) hi cihi. A leinuam tegel in deekin a paikhiat theihna ding thudang om nawnlo tahi. A leinuamte in, a zuakte sangin a telphat zawkthu pen: tua tuithawl’ man taktak ahi hi.

Ephesian 5:1–20 sungah, Paul in milim biate leh thu-umte genkaak hi. Milim biakna pen aminam (*Eph. 5:4*) in omliang a, zukham mi *Eph. 5:18* leh, zualzang mi ahi (*Eph. 5:3, 5*) uhhi cihi. Thu-ummite a hihleh, ahun hongtun ciangin, amau manphatna hong kilang ding hi (*Eph. 5:5, 6*). Amaute in pawibawlna leh zudawnna peuh sangin, thudang Christ sungah “*amaan, ahoih, athutakte*” (*Eph. 5:9*) thupisak zaw uhhi. Paul in amaute’n Christ sungah

manphatna neizaw unla, tawntung nate nuntakpih (*Eph. 5:15–17*) zaw un.

SUNDAY**“Tuasang in Lungdamko zaw un”***August 20*

Thu-umte in bangmun teng peuhah “Pasian etteh ding” Paul in ci hiam ? Ephesians 5:1, 2.

Paul in Ephesus mi thu-umte peuhmah itna sungah kalsuan ding ci in a thupi sapna pia hi (*Eph. 5:8, 15*). Hih “*itna sungah kalsuan*” (*Eph. 5:2*) cihpen, Christ in eite hong itna (*Eph. 4:32*) hi a, mawhmai na’ng hong kipiakna sungah honglak khin hi. Tua mawhthoihna tawh kisai Paul in thu li gen a: **(1)** Pa Pasian hong itna (*Eph. 5:1*), leh Christ mahmah hongitna in tha hong piaksak (*Eph. 5:2*); **(2)** Eite aiawh in Christ in hong sihsakna hi. Christ in mikhutlum in si hilo, Amah hong kipiakhia ngiat hizaw; **(3)** laisiang tholui hun biakbuk nasepna sungah Christ’ sihna mahtawh Pasian’maiah kithoihna mah ahi hi; **(4)** Tua kithoihna pen Pasian in “**anamtui**” in sang (*Eph. 5:2; Pai. 29:18; Siampi. 2:9; Phil. 4:18*) hi.

Ephesian 5:3–5 in, zualzangna tangthu pawlkhat hong pulak khia hi. Ephesus khua a khangno hong kikhel thakte in, Christian sapnateng lumlet in, amau Christian tec i pang lo in zualzang gamtatna sungah anungtolh dinguh lauhuai mahmah hi (*1Cor. 5:1–11; 1Cor. 6:12–20; 2Cor. 12:21*).

Thukhat panin, Greco-Roman hun, kum zalom masalai in, munkhempeuh ah zual zang gamtatna

kizelkawikawi cihpen Laisiangthothak in pulakcian hi (*1Cor. 6:9; Gal. 5:19; Eph. 4:17–19; Col. 3:5*). Etpak theih dingin, mihaute annekpawi in, Eph. 5:3–14 sunga Paul gengen a hi: “*zukhamluatna, ciannuih hoihlo genna, a patauh huai pawi lahna leh zualzangna*” cihte ahi uhhi. Khuapi lakbangah suakta takin zualzangna pen kinakzat mahmah hi. Tampitak mah zong nundan siangtho sitset in anungta zong omuh hi. Lai siangthothak sungah gitlohma leh hoihna tawh kisai in innsung thukham pawlkhat hong pulak a (*Eph. 5:21–6:9, Col. 3:18–4:1*), a laikungpute in Greco-Roman gampi a cihnopna ahi hi. Hih leitung in khatveilai in siatna kidim in hoihna zong om a, tuopen Gentile mite gamtatna uh hi a, thu-umte peuhmah in tuabang ahihloh dinguh leh mite’ muhna ah ahoih in a gamtat dinguh Paul in hanthawn hi.

**Nangma’ tenna munleh nomau ngeina sungah,
Paul’kammal sunga zualzang gamtatna a cihte namuh
khak a om diam?**

MONDAY

Khuavak’ Tate bangin Kalsuan

August 21

Paul in, “*Hibang mawhnate ibawl hangin phamawh kei, ci in a mawkpau mite’ khemsa in omkei un. Pasian’thu amanglo hibang a gamta mite in Pasian’ hehna a thuak ding uhhi*” (*Eph. 5:6*) cihi.

Paul in, zummawhtak leh kisiklo takin mawhna tuamtuan abawl mite pen “*Nule pa khialhna a gamtami, ahuaiham mi*” (*Eph. 5:5*) naci hi. Amah’n khaughtak in acihna ah: “*Christ sunga ommi, hong tungding Ama’ gamsunga omdingmi in tuabang in gamtalo*” (*Eph. 5:5*) cihi. Tu in Paul

in, mipawlhat “*mawkpauna*”; thu-umte sungah zualzang gam tatna pen mawhna siahailua hikhollo lel ci in amau mahun a gamta nuam zong om cihi (*Eph. 5:6*). Tuate khemsa in omkha leh, Pasian’ thukhenna nunung ciangin “*thumanglote’ tungah hong tungding Pasian’ hehna*” Paul in patauhsak hi (*Eph. 5:6*).

“*Pasian’hehna*” acih peuhmah pen ton a lianpi khat ahi hi. Mihing’ ngaihsutna lel tawh Pasian’ hehna akici ziau hipeuh hi (*Eph. 4:31 enkak in*). Lungsim akhauh, gitlohma tawh akidim, a ngongtat mite tungah, athuakzo mahmah thumaan Pasian in a thukkikna i cihna ahi hi. Tua hi a, vantung hehna cihpen laisiangtho sungah a omzelthu khat ahi hong tungding Pasian’ hehna acihcih pen ahi hi (*Mang. 6:12–17; 16:1–16 leh 19:11–16*). Pasian in ahihleh hong tungding Ama’thukhenna pen – hehpihna leh lainatna tawh hi a, “*eite in pianpih hehna’tate*” iih manun, hih thukhenna in eite hong huam hi.

**Banghang in Paul in tuabang mawhnei mite tawh
“ki sukha” or “maapang khawm” loding ci hiam? (*Eph. 5:7–10*).**

Paul mahin, “*Khuavak’tate bangin gamta un*” (*Eph. 5:8*) acihkhit a thupiak dang khat pen “*bangteng in Topa lungkimsak hiam kan-un*” (*Eph. 5:10*) cilai hi. Milimbia mite in “*zualzangna, kihuaina leh huaihamna*” (*Eph. 5:3*) tawh lungnopna zong uhhi. Thu umte’ mungtuppi ahihleh kikelkii linlian a, eima’ lungnopna zonglo in Pasian’ lungnopna zongzaw uhhi (*Rom. 12:1; 2Cor. 5:9; Heb. 13:21 cihte enkak lecin Greekpau in, euarestos, “lungdam, saantakcing” cihna ahi hi*). Thu umte in Christ hong ki

pumpiakna lengkik sak dingin kisa uhhi ("Christ in eite hong itmanin eite adingin Amahmah hong kipia" Eph. 5:2) hi.

Tulai "mawkpuna" ikidop mahmah ding bangteng peuh omthei ding hiam?

TUESDAY

"Khanglo in, Ihmu mi aw!"

August 22

Ephesians 5:11-14 simin. Hitak ah akhauhpai bang vauna Paul in pia a, tuhun eite ading koibang in kituak thei ding hiam?

Ephesians 5:11-14 sungteng telphat theihna'ng in, Paul hong hanhotna thunih om hi: **(1)** "khuavak'tate" bangin Pasian pahtak nundan nei ding (Eph. 5:8; Eph. 5:1, 2, 4, 9-10, 11, 13, 14); **(2)** zualzang nundan, Pasian lehdo nundan, manna omlo khuamial nundan neilo ding (Eph. 5:11; Eph. 5:3, 4, 5-8, 12) cihi.

Ephesians 5:11 itelphat theihna'ng in Ephesians 5:8-10 tawh aki tuitonna teng deihtak in zonphat kul ding hi. Thu-umte ihihleh thu-umlo mite' maiah "Topa sungah khuavak, khuavak'tate" (Eph. 5:8) bangin omding hihang. Eite hihding a thubulpi penin "khuavak sung omna in ahoih, amaan, a thutakte hong piangsak" (Eph. 5:9) cihi. Tua hi a, Paul in Pasian' hoihna lahkhiat theihna'ng lamsial ahi hi. Thu umte in thuman thutak pulakna tawh bangmah manneilo khuamial nasepna teng kilangkhia sak ding hi.

T-7

Tua kawmkal ah, ton a khat ahi, taang 13 leh 14 sunga lagui pen, Paul deihna ah thu-um peuhmah in "khuavak'tate" bangin omding acihna hi a (Eph. 5:9), Christ upna sungah leitung mite zoding: "Nakhat peuhpeuh khuavak ah pusuah lehang apianzia maan takta hong kilangh ht" (Eph. 5:13, 14) cihi. A kiamsuk nunna pen khuavak in a lahkhiat ciangin, levitate in amau' nundan hong mutel dinguh a, la-etbei leh hehna thalawh (Eph. 5:5, 6), khuamial sungah omuh a, khuavak in apuahphat kulna (*nakhempeuh khuavak sung ah kimuthei*) theitelta uh a, tua puahphatna icihen Paul' laikhak asim mite in thu-umte a hihna uh tawh a phutkhak uh puahtphatna ahi hi (Eph. 5:8).

Ephesian 5:14 pen laguitom khat hi a, a lakamte zong huntawp ciangin misite tho ding cihthu (Eph. 2:1, 5 *enkak*) hi a, eima' khalam ihmutna pan khanlawhna peuh leh Christ in hong puahphatna ding peuhin laktheihna ding bangthu omhiam? Paul in Isa. 60: 1-3 sung sawkkik ahih nungsang, tuathu in Pasian'tate kawkpah lel a, tua alaguitom zong Ephesian 5:14 tawpna lam ah om a, tua laguitom in Christian thu-umte khanglo ding, amau' mission nasep semding, khuamial leitung ah Christ' khuavak lakhia ding (Phil. 2:14-16; Mate 5:16) cihi.

Khuamial in bang teng semsem cihen nangma khuavak nundan tawh koibang in lakhia thei ding nahi hiam?

WEDNESDAY

Deek Lauhlauh

August 23

Paul in Ephesians 5:1-20 sungah, hanhotna guicing nihtak pia a, Eph. 5:15-17 leh Eph. 5:18-20 hi uh a,

tuategel zong zahmawh siangthona tawh thukhup hi. Amasa Eph. 5:15 ah “*hoihtak in ngaihsun in gamta unla, mihaite bang hi lo in mipilte bangin gamta un*” ci a, Eph. 5:17 ah zong khatvei mah “*hai ommawk kei unla, Topa in bang semding in hong deih hiam cih kan un*” (Eph. 5:17) cilai hi. Tua tegel kikal ah “*hun zangsiam un*” (Eph. 5:16) ci in hongsawl hi.

Paul hong hanthotna ah thungen in pilvang takin omding acihpen ngaihsun dih in. (Eph. 5:15–17). Mihai bangin kalsuanlo in “*pil*” ding cihtegel kilamdanna bang ahi tam maw? “*Hun zangsiam*” acih zong bang acih nopna hiam?

Ephesian sungah Paul mahin laisiangtholui’ gentehna kammal “**kalsuan**” acih pen mikhat’ nundan (Eph. 2:2, 10; 4:1, 17; 5:2, 8) acihna ahi hi. Hiteng ah tua gentehna pen nungzuih na’ng hanthotna in zangleuleu hi. Khuamial sungah napai uh ciangun “*Na kalsuan ciangun hoihtak in kingaihsun un*” (Eph. 5:15) cihi. Eph. 5:15 leh Eph. 5:17 tegel in kituitonna khat nei uh a, mipilte bangin nuntak ding hong deih sak hi. Eima sungmahah pilna zon ding hilo hi. Piltheihna ding ei batphak hilo a, “*Topa in bang hong deih sak cih theihtheihna*” pen eima pilna khengval hi.

Paul in nungzui hihna pen lim kiciansak mahmah ding hanthawn hi. “*Hun zang siamding*” (Eph. 5:16; “*hun zangsiam*”) acihna munah **exagorazō** acih kammal zang hi (Col. 4:5). Sumbawlte’ kammal akikawm hi a, “lei” cihna peuh, Christ hong paikik ding i ngak kawm in “*a manzah deek*” cihna peuh ahi hi. Hiteng ah “**hun**” pen Greekpau in **kairos** zang a, hunhoih khat acihnopna ahi hi. “Hun” a

tawpdong a cihpen zong kamciam hun khatmah ahi hi. “*Hun hoihlo*” (Eph. 5:16; Eph. 6:13; Gal. 1:4) ahih manin acih zong ton a lian khatmah hi a, “*huihlak a ukte*” (Eph. 2:2) in hong ukcip ahih manin “*leitung in gitloh gamtat*” tahi.

Thu umte in Christ hong kumkik a lam-et kawmun, hun haksa sungah nungra uh a, Paul in lauhuau mahmah hinapi thaman ngahna hi cihi. Amau’ hunzatdan peuhmah in mi’mit lamahmah ding a, amau’ hun zatkhak sunsun pen a deeksiam mahmah te’n a deek dikdek khitciang in a omlai teng hiding hi. Hotkhiatna kileithei samlo ahihang: Christ in hong piak laitak in sangpah vat in.

THURSDAY

August 24

Kha-Kidim Biakpiakna (Eph. 5:18–20).

Ephesians 5:18–20 sungah, Paul in Christiante biakna piading in kikai khawm cihi. Tua biakpiakna sungah bang hihding amah’n ci hiam?

Ephesian 5:1–20 sung a thukhupna ah Paul in, thuumte peuhmah in, lungsim a hiksak khuaphawklo in a omsak thei zu zanglo in Khasiangtho vangliatna tawh kidimzaw ding ci in hanthawn hi. Paul in zukhamna peuhmah khaam a (Pau. 23:31, Greek *Lai siangtholui sung ombang*), pilna laibu sunga zu zatloh ding a genna teng ama’lungsim sungah teeng hihtuak hi (Pau. 20:1; 23:29–35). Zudawnna pan hongpiang siatna pen, gamvatvatna, zualzang kampauna, ngaihsut neihmellohna, kihuaina leh milim biakna cihte ahi hi (Eph. 5:3–14). Hihbang

tengpen ngaihsutna picing, Kha-humuap biakpiakna khawngtawh laih ding ahi hi. Paul in Kha tawh kidim ding acihcih pen Ephesian 5:19-21 sunga sepding bawlding agui in apiak “*kampauna, lasakna leh la aw bawlna, lungdam kohna leh kipum-aapna*” cihte ahi uhhi.

Paul in “*Khasiangtho tawh kidim ding*” (*Eph. 5:18*) a cihpen, thu-umte in Kha-humuapna tawh Pasian biakna a piak uhleh; milimbiate ngeina ahi eima’thubek thusakna (*Eph. 5:1-18*) munah ki pumkhatna hong khangto (*Ephesians 4*) ding hi. Hih ciaptehna sungah Christian masate’ biakpiakna pen tumging tawh kidim hi. Pawlpi masate in lakhawng samello kiciphial a; hih munteng leh Colossians 3:16 i simciang in lasakna a omlam tec ikipmahmah (*Sawl. 16:25; James 5:13*) ahi uhhi.

Tualai in “*a pheiilam*” in biakpiakna sungah, lasakna om a, pawlpi mite zong khat lehkhat kih diamdiam ahinhna “*khatleh khat kihopih*” (*Eph. 5:19*) naci hi. Ephesian 5:20 in amaute’ lakammal pen Topa phatna kammal vive hi a, “*Topa Zeisu Christ*” (*Col. 3:16*) cihi. Ephesians 5:20 a lungdamkohna zong pen, 5:19 sunga tumging tawh phatna mah tawh akikim hi a, tuapen “*eite Topa Zeisu Christ tungtaun in Pa Pasian*” tungah akipia phatna ahi hi. Tua lakammalte “*khalam late*” sungah “*khalam*” acihpen (*Greek pau in pneumatikos*) hi a, tua late khempeuh Kha Siangtho kidimna tawh kiphuak ahinh manin, tua biakpiakna sungah Kha Siangtho maapanna mun hong phawksak ahi hi. Christian masate’ biakpiakna Paul ciaptehna bang ahinhleh, Lutang Pasian thumteng vekpi in maapang khawm uhhi.

Nangma biakpiakna a khantohna dingin koibang in la zangthei ding na hiam?

FRIDAY

Ngaihsutbeh Ding:

August 25

Ephesians 5:1-20 sunteng lom-etkik leng, Paul in mawhna leh siatna adiak in zualzang gamtatna leh kampau hoihlo peuhmah nakpitak in pangin do hi. Pasian’ mite sungah gamtatsia peuhmah a omding phal hetlo hi. Ephesus a thu-umte ahinh peuhmah uhleh, “**Pasian’ta itte**” leh “*misiangthote*” ahihlam uh thei in, dinmun sang lending in deihsak (*Eph. 5:1-10*) hi. Christian vengte in khua mial sungah khuavak tangsak in, avengte in amau leh amau aki khaktan denna pan in Pasian hehpihna leh thumaan sungah zol in lutsak ding in (*Eph. 5:11-14*) Paul in lam-en hi.

Paul in pawlpi a veina tawh, ki-aapna thak khat ahi “*khuavak’tate bang in kalsuan*” ding a, Christ hong paikikna ngak ding leh (*Eph. 5:8; Eph. 5:15, 16*), biakna piading a kikaihkhop uh ciangun Christ ompihna tawh thupha sang ding uh (*Eph. 5:14*) hi. Amau’ dinmun a lawphuai mahmah Christ’ sihna tungtawn in (*Eph. 5:1, 2*) “**Pasian’ta itte**” ahinhna uh leh Kha tawh a kidimna uh (*Eph. 5:18*), amaute’ biakpiakna in amaute’ Topa Zeisu Christ leh Pa Pasian a phatna leh lungdam kohna uh in, thangahsak leh lungnuamsak mahmah hi. Vantung nate lenkip in, hong tungding thute lam-en kawm, Pasian in amau a’ding ahihsaksa teng sungah zungthukkha in, tuateng khempeuh Zeisu Christ amau Topa hangin picingsak thei ding uhhi (*Eph. 5:18-20*).

Hiteng telcian ciangin, tua laigual tengpen Christian nundan hong bang lelpeuh ding hi. Christiante dinmun

dingin kamsangte sawlna, ki-aapna, veng sung, hun nunung biakpiakna, veiina lianpi tawh Christ hong paikikni ciangdong “*deek ding*” (*Eph. 5:16*) sapna ahi hi.

Kikupding Dotnate:

1. **Ngeina hoihlo peuh sun tawh zantawh media khawng panin hong kihilh tawntung hileh; Paul gen dinmunsang te koibang in baanthei ding hiam?**

2. **“Topa’ lungdamsak theihna ding” (*Eph. 5:10*) leh “Topa’ deihna bang hiam theihna” dingin thu-umte in banghiah ding uhhiam (*Eph. 5:17*)?**

Lesson 10

August 26–September 1

Pasalte leh Zite: Singlamteh ah Kikhawl

Sabbath Nitaklam

Tukalsung Simding: *Eph. 5:21–33; Phil. 2:3, 4; Ezek. 16:1–14; 2Cor. 11:1–4; Pian. 2:15–25.*

Kamngah: “**Pasalte aw, Christ in pawlpi itin, a pumpi apiak mahbang in, nazite uh itun. Pawlpi pen paubaanna a omhetlo a siangtho mahmah in Christ kiangah akiapiak theihna dingin Pasian’thutawh tui ah aki sawpsiangkhit ciangin Pasian kiangah a aaptheihna dingin pawlpi a dingin Christ akipia ahi hi**” (*Ephesians 5:25–27*).

Ephesians 5:21–33 sungah, Paul in thu-umte khatleh khat a kizopzia dinguh hilh cianna bawl hi (*Eph. 5:21*); Christian nupite ngaihsut piakna (*Eph. 5:22–24*), pasalte (*Eph. 5:25–32*); tua khit ciangin a nihtuak akigawm in thuhilhna tawh athu khup hi (*Eph. 5:33*).

Hih ngaihsut piakna sungpan, tulai laisiangtho sangnaupang tampitak in eite kizop zia ding Zeisu’ honghilhna tampitak kizathei hi. Ephesians 5:21–6:9 sunteng i telphat ciangin, Paul deihna bulpi pen Christian innkuan kipumkhat theihna ding nahi gige hi. Khanglui mihing nundan amawhsakna tampitak khit ciangin (*Eph. 4:22*), khangthak nun danthak zong amah’n pulaksak (*Eph. 2:15*) in, a tangzaizaw mihing khempeuh ahuamkim kizopna bulphuhsak hi. Hih thuthakte sungpan in thu-umte in Kha Siangtho thahatna thak ngah uh a (*Eph. 2:22; 3:16; 5:18–21; 6:17, 18*), Christ in limhoih honglahna pan

muhna thak neihlawh in (*Eph. 4:13, 15, 20–24, 32; Eph. 5:2, 10, 17, 21–33*), tuate khempeuh in, Pasian in Ama'mite leh hih leitung adingin ageelsakna a picin theihna ding a deihna ahi hi.

SUNDAY**Christian Zite Ngaihsut Piakna**

August 27

Paul in Ephesians 5:21 ah thu kikhai lingleng khat tawh kipan in, 5:1-20 leh 5:22-33 tawh kizomsak a, pawlpi mite zong khatleh khat ki-aap tuak ding hanthawn hi (*Maku 10:42–45; Rom. 12:10; Phil. 2:3, 4*). Thu-umte in “*Christ a zahtakna uh hangun*” hih ding uh (*Eph. 5:21*) a, Christ tawh kizopna peuhmah agen masakpen zonglah hi, thu-umte ading athupipen zong ahihi.

Paul in pawlpi mite khatleh khat ki-aapna neiding acihpen bang adeihna hiam? Tua ngaihdan koibang in natei hiam? *Eph. 5:21.*

Paul in Christian zite peuhmah “*Topa'thu a manmah bangun pasalte'thu mang ding*” (*Eph. 5:22*) ci a, amau'pasal ciatuh'thu mangding (*1Pet. 3:1, 5*) a cihnopna ahi hi. Paul in “*Topa'thu aman uh bang*” acihpen, zi khat in ama' pasal pen Christ zahmah bang in thumang ding a cihnopna maw; ahih keileh Christ pen a dikpen leh a sangpen athu a mandingpa hi cihnopna ahi diam?

Ephesians 6:7 enleng, sila peuhmah in “*mi tungah sepbang hilo, Topa tungah sep bang*” ci a, Colosian 3:18 ah zong, zite peuhmah in a pasalte uh pen “*Topa bangin nahih un*” acihna a tawpna lam encian in. Zite peuhmah pen

amau' pasal khitciang in Christ bek mah a pahtawi ding thu-umte ahi ding uhhi.

Colosian leh Ephesian a nihtuakun, Christ – Christ bekmauh – pawlpi' Lutang hi a, pawlpi zong Ama' pumpi (*Eph. 1:22; 5:23, Col. 1:18*): “*Christ in pawlpi' Lutang hi a, pumpi a Honkhiapa Amah ahi hi*” (*Eph. 5:23*). Tua mahbang in, pasal in zong “**zi'lutang**” (*Eph. 5:23*) hi a, pawlpi in Christ tungah a cihtak mahbang in zi in zong etteh in pasal tungah citak ding hi. Ki deidanna omlo in ki-itna tawh kidon ding uhhi. Hih thute paulam in innkuan sungah kisimmawhna omsaklo ding hi.

Atunga simkhit ciangin, ngaihsut piaknate zuih ding bangzah thupi nasa hiam? Pasal pen, “khutgam, gilo, gamlum in ciaknianua, amah ki-uangsak, awsgang pahpah leh thuakhak mahmah hizenleh: tuapa in ‘pasal pen zi'lutang hi a, athu a man ding ahi hi’ cih kammal peuhmah paukha keitahlen; amah in Topa hilo hi, dinmun maantaktak in a ding pasal hoichtaktak hilo hi.”—EGWhite, *The Adventist Home*, p. 117.

MONDAY**Pawlpi, Christ ading Mo: Khen 1**

August 28

Ephesians 5:25–27, 29 pen Ezekiel 16:1–14 sung naupang kipaai tangthu tawh enkaak in. Paul in ama' ciaptehna sungah bang tangthu tawh lengsak hiam?

Paul in Ephesians 5:25-27, 29 sungah, kitenna pen pawlpi leh Christ kizopna tawh nagenteh a, tanglai mo kiten ngeinate mahtawh genteh hi. Pawlpi in monu ahih mahbang in Christ in zong Mopa hi a:

(1) Pawlpi pen mobang in it. (Eph. 5:25). Hihthu in Zeisu'lungtang sungpan hong luangkhia ahihlam mangngilh loding hihang. Amah'n hong it hi!

(2) Ama'pumpi mo'man in in hong kipia. Tanglai mopawi bawl ciangin, Mopa in a monu pen **mo'man** tawh "let" a, tuapen sum tampi peuh vanmanpha peuh, amau khua leh tui nuntakzia leh ngeina tawh kizui in kipia uhhi. Christ in zong "Ama' pumpi pawlpi akiapiak" (Eph. 5:25) nungsang, mo'man khempeuh apicing taktak in a piakhinzo ahi hi. Hong sunglutna leh singlamteh tungah, Ama' pumpi mahmah mo'man in hongpiakhia hi.

(3) Ama'mo tui ah Saup. Tanglai pekpanin mopawi bawlding ciangin mo' kipuahna pen ki thupisak mahmah hi. Tuhun mahbang in, monu leh ama' tanau teng in mopawi ading in kipuahpha mahmah uhhi. Paul in zong vantung mopa in Ama' monu piiding in kigingpha mahmah cih! Amah in "tuitawh hongsawp" in, hong siansuah hi (Eph. 5:26) a cihipen ki tuiphumna cihna hihtuak pen hi.

(4) Kamciam zong hongpia. Hih siansuahna pen "thutawh" (Eph. 5:26) hi a, Mopa in Monu tungah a kamciam piakna, zuthawl piakna hihtuak (Eph. 1:3-14; Eph. 2:1-10), thu-umte a kikheltuangun Pasian'kamciam a saantheihna uh ahi hi. Zuthawl piakna zongpen tanglai mite kithukimna khat hi a, tuasungah kikupkhop ding tampitak mah omsak a, mopa lampan mo'man apiak dingzah leh monu'innkuan lampan anget bang bang apiak ding uhtawh hinianua hi.

(5) Monu kizeemsak zeezaa. Monu pen Mopa tungah a kipiak laitak in nak hoihlua mahmah kisa, mawhbaan tuaklo liangzawzen hi (Eph. 5:27). Christ in a monu tuisawp beklo in; nakpi takin zeemzeezaa lai hi.

Hihthu teng panin Christ in eite hong veiina koibang in natheihlawh hiam? Banghang in ilung hong nuamsak mahmah thei naci hiam?

TUESDAY

August 29

Pawlpi, Christ a ding Mo: Khen 2

Paul in Corinth khuami Christiante a hanthotna in tanglai mopawi bawlzia koibang in zang hiam? Ama'genthu banghun in piang hiam? (2Cor. 11:1-4).

Paul in, tanglai mopawi tawh genteh in, Ephesian 5:25-27 sungpan, Christ in 6 veitak *Amah Mopa* kici hi. Tanglai in, monu peuhmah pen, beh-upa aihke'h apa tekin piakhia ngiat hi. Mo-liahte khawng in piakhia mawkhawk ngeilo hi! Paul muhna ah Zeisu in pawlpi pen Ama' tungah mo hi cingiat hi.

Paul in kitenna ngeina leh thukhun tengpen Christ leh pawlpi kizopna sungah a khang akhangin genteh suksuk a:

1. Zuthawl piakna. Christ, Amahmah in pawlpi a ding in "mo'man" apiak manin, pawlpi in zuthawl sangsa (Eph. 5:25) hongsuak hi.

2. Mopawi ading kiginkholna. Mopa'lungsim khempeuh pen monu a siansuahna ding vive lunggulh in nei hi (Eph. 5:26).

3. A mopawi mahmah. Christ in, mopa in a mopawi tungtang ah lunglutna nei ahihna hong pulak hi (Eph. 5:27).

Hih anunungpen thu in tua alian mopawi pen, Christ Mopipa hong tuaksuk ciangin, Ama' pawlpi mahpen Ama'aa suaksak ding cih*(Eph. 5:27; 2Cor. 11:1, 2; Col. 1:21–23, 28)*.

Tanglai in mopawi peuhmah zanlam hiphadiak hi (*Mate 25:1–13*). Mopa leh ama' pawlteng in mopa'inn ah hong kikaikhawm uh a, pawi nasiatak tawh hong kipan uhhi. Lungdamna tawh meisel vak uh in, la leh tumgingte tumin gingsak ziahziah in, mihonpi in monu'pa innlam zuanin tawnsa lamsa in hongpai uhhi. Mopa kiangah kikaikhawm uh in, mopa deihna bangin lampi tungah hihzuaizui uh in, monu pen mopa khutsungah aap ding in, amau' innthak lam hong manawh uh a, lenglate in kaalkhat bang taam uhin pawikhaam uhhi.

Christ in pawlpi Ama' aading in alakni ciangin, mihon tampitak tawh limpuasak hi. Tuabangin Christ nihveina hongpai ding pen hong tungding mopawi naci a, sawtpi tak a zuthawl a kipiasa Christ leh a pawlpi in apicing mopawi bawl in kigawmkhawm theita ding uhhi.

Hih thuhoih, lungdamna leh lam-eta adim hihbang limpuate panin bang thupuak peuh i ngahkha thei ding hiam?

WEDNESDAY

Nang Naki-it Bangin Na Zi it in

August 30

Pasalte in lungsim nemtak tawh zite ittheihna ding bang hanthotna thak Paul in hongpia hiam? Eph. 5:28–30.

Christian innkuuan ading Paul'thukham (*Eph. 5:21–6:9*) sungah mipi tawh kizopna vai kihel hi. Ephesian 5:28–30 sungah, Paul in pasalte a zi asat avua a omleh "ama'pumpi a mudah" (*Eph. 5:28, 29*) hi cih*i*. Paul hunlai a Greco-Roman gam sungah, "bangkua papi ukna aana" (Latin pau in *pater familias*) pen zaimahmah lel hi. Azi atate leh salte pen khauhtakin gimpia thei, thatlum thei liangphial hi.

Ephesians 5:25–27 sungah zong, Paul mahin itna limhoih hong gelhsak a, Christ in a pawlpi a itna, pasalte in zong a zite a itna ngei sangin ahoihzaw itna cilailai hi. Christ in limhoih hong piaksa ombangin Christian pasalte in Zeisu "ihbang in hih ding" (*Eph. 5:28*) a, Ama'mo, pawlpi adingin akisam bangbang in a vahawmsak (*Eph. 5:25–27*) denpa in "ama' pumpi kipia" hi. Christian pasal peuhmah in, tua hunlai in mite gamtatna bang gamta lo ding a, Christ in lungsim nemtak tawh hong itna zongzaw ding cih*i*.

Ephesian 5:28–30 sungah, Christian pasalte in a zite uh a itna athapia ding thuthak khat hong behlap a: ***Eimah ki-itna***. Paul in akhialtheilo thukhat hongpia a: "kuamah in ama'pumpi mudah ngeilo hi" cih*i*. Pasalte in amau' pumpi satngeilo hi. Tua sangsik in "hoihtakin vak in kemzaw hi" (*Eph. 5:29*) cih*i*. Christian zite langkhat ah awsang takin pauna, suksiatna cihte a omlohma dingin, Paul in Christian pasalte in amau'zite telcian ding in sawl hi. Nangmah in nazi tawh kipumkhatlua nahih manin, amah navuak dingpen, nangmah akiuva nahi a, lungsim hoih apua mi kuamah in tuabang in hihlo uhhi.

Zeisu' lim etteh kikleng, Christ in, "Ama'pumpi" thumte pen lungnem takin don hi cih*i* (*Eph. 5:29, 30*). Nazi

tungah nangma omzia teng sangkhaanto in, Paul in ci hi. Christ in nangmah honghii daan bangin nangmah in zong nangmah nakihih ta in.

Paul in Zeisu' limhoih pen pasalte leh zite ading cih. Zeisu in nangma innkuanih khat a it manin bang pilna peuh ngahlawh nakisa hiam?

THURSDAY

“Sa-Khat” Kitenna Hoihpen

August 31

Piancil 2:15-25 sunga Piansakna tangthu simphakik in. Pasal leh zi aki “sakhat” maa-un bangthu piangmasa hiam? (Pian. 2:24).

Paul in zite leh pasalte ngaihsut apiakna pen Piancil 2:24 (*in Ephesians 5:31*) asut kikna hi a, asangpen ahi hi. Piancil sunga Piansakna tangthu sungpan, Christian innkuuan sung cidam theihna dingin a kisamteng Paul in ngaihsun hi. Piancil 2:24 sungpan khang tawntung in aomden thupuak khat azakha hi. Pasian’ deihna bangin kitenna pen **“sakhat”** hi a, zahmawh pumkhatna sungah lungsim leh kha pumkhatna neithei in, tua lungsim leh kha pumkhatna in zahmawh pumkhatna piangsak hi.

Piancil 2:24 sunga mihing’pukma akitenna tangthu sungpan Christian pasalte leh zite kizopna ding thukhun teng Paul in hong teelkhia cihzong phawk in. Hih apuksa eima leitung ah, numei leh pasal kikal zahmawh zatna ah phengtatna in, tu khangthakte in tua zahmawh zatna tawh numeite zawhthawh bawl in ukcip ahihna kilangh sitset hi. Paul in hih zahmawh zatna pen, Piancil sungah ombang

mahin, kizawhthawhna ki ukcipna hizaw lo in, *kipumkhatna* hizaw cih. Pasal in azi’tungah ukzawhna neihna cizawlo in pasal leh zi *kipumkhatna* ci a, tuathu hangin amau tegel **“sakhat”** suak cizaw hi. Ephesian 5:21-23 leh Piancil 2:24 enkak leng, a thupipha mahmah leitung ngeina khat, Pasian’thu sungah thumaan kitenna leh zahmawh zatzia hong musak hi.

Hihsgunteng mahah Paul in **“thuthukpi”** *Eph. 5:32* khat cih gen hi. Tua sungah Paul gentehna thunamnih ahi: Christ leh Ama’ pawlpi kizopna tawh a tehkaak thapai denkeei Christian kitenna (*Eph. 5:32*), leh Christian kitenna tawh a tehkaak Christ leh Ama’ pawlpi kizopna ci in (*Eph. 5:32*) sungmah ah zong a pulakte ahi uhhi.

Christian kitenna pen Christ leh pawlpi kizopna tawh tehkaak in ki pahtawi hi. Christ in pawlpi don in kemcing ahih manin, Christian kitenna sungah, thu-umte in zong amau leh Christ kizopna panin midang a hawpsawn ding thuthak ngahthei ding uhhi.

Ephesians 5:33 pen: atunga tang 21-32 sunga Paul in ngaihsut hong piakna teng khempeuh a tomkaihna koibang in kicithei ding hiam? A kitengsa nahihleh, hih thukhunteg nomau innkuuan sungah koibang in nanuntakpih thei ding hiam?

FRIDAY

September 1

Ngaihsutbeh Ding:

Ellen G. White, “Responsibilities of Married Life” *Testimonies for the Church*, vol. 7, laimai 45–50, leh “Mutual Obligations” *The Adventist Home*, laimai 114–120 simin.

Ellen G. White in a kiteng peuhmah khatlehkhat ki ukcip ding hahkatlo ding cihi: “*Nangma lunggulhna bang hongzui dingin nalawm sawlngawh kei in. Tuabang nahih manin khatlehkhat ki-itna hong piangsak tuanlo ding hi. Thudik, lungduai, thuaksiam, thu-ngaihsun inla migi in*” — *The Adventist Home*, p. 118.

Colossian 3:18 leh (*Eph. 5:22–24*) tungtang ama' muhdan atang genna ah: “*hong kidongthei zel khat, ‘Zi khat in ama’ deihna omtheilo ding hiam?*” cih ahi hi. Laisiangtho in pasal pen innkuan lutang hi cihpen gentel mah mah hi. ‘Zite aw, na pasalte’thu namang un’ acih pen hiciang bek tawh khawl hileh, zi’dinmun peuhmah pen a hazat-huaina bangmah omlo hi. Pasalte in, “*Zite aw napasalte’thu mangun*” cihciang tawh khawlpah uhhi. Ahihhang eite in azom simsuak laiding hang a, “***Topa’thu tawh akituak in***” (*Col. 3:18*) naci hi. Pasian in, zi peuhmah Pasian' minthanna zahtak in masuan dending in hongkal hi. Zite' kipumpiakna zong, Ama' nuntakna tawh Ama'ta dingin hongleipa Topa Zeisu Christ tungbek mahah neih ding hi. Pasal' tungsiah leh zi'tungsiah ah Khatbek mah om a; tua pen amah a Tankhiapa hi a, ama'pasal tungah a ki aap ding zia ahihleh Pasian hong hilhna omsa mahbang in ‘*Topa’thu tawh akituak’ ahi hi*’ — *The Adventist Home*, pp. 115, 116.

Kikupding Dotnate:

1. **Mi khatpeuh in Ephesians 5:21–33 sungah, kitenna peuhmah ah pasal in ukna aana nei cimawk ahihteh, tuhun tawh kituak nawnlō, hong cikha ding hi. Na koici dawnkik tam maw? Tua sunteng panmah in bangpen zang in na dawngkik tammaw?**

2. **Ephesians 5:21–33 sungah Paul hongpiak ngaihsutna tengpan, a bangpen in, kitenna kizopna haksatna thuakte huhthei pen ding naci hiam?**

3. **Christian pawlkhat in Piancil Piansakna tangthu Piancil 1 leh 2 pen gentehma maimai vive hilel a, nakhempeuh pen kum awn tampi laipek panin amau'thuthu in damtakin hongpiang hilel hi hong ciding uhhi. Paul in bang kammal teng a taktak in nazang khinzo hiam?**

4. **“Sakhat” cih kammal lungngai inla; hihthu in kitenna siangtho cih leh tua siangthona pen nupa tegel in koibang in kemcing ding ciham?**

Lesson 11*September 2-8***Christ tungah Asangpen Cihtakna****SABBATH NITAKLAM**

Tukalsung Simding: *Eph. 6:1-9; Maku 10:13-16; Col. 3:21; 1Pet. 2:18-25; 2Cor. 5:10; Col. 3:24, 25.*

Kamngah: “**Tote aw, silate in note hong bawlmah bangin note in zong amaute limbawl unla, tawn-gawpgawp nate zang nawnkei un. Note leh na silate uh vantung panin To khat khutnuai a om nahihna uhleh, tua Topa in kuamah maitang zahtaktuam neilo in mikhempeuh a kibang in thukhen hi.** *Ephesians 6:9.*”

2018 kumin, Washington D.C., a tanglai vanzatte lahna laisiangtho Museum pen lungluthuai mahmah hi. Laisiangtho banglian mahin upna lamah kihilhna ding ngiimna leh lehdona leh sal tawh kisai lamsang teng omsaklo uhhi. 1808 kum in a bawluh hi a, laisiangtholui sungpan zaa ah sawmkua (90%) hemkhia, laisiangthothak pan zaa ah sawm nga hemkhia uhhi. Laisiangtho buppi chapter 1,189 a omna sungpan 232 bek omsaklai hi.

Sal tawh kisai thapiakna leh thuhilhna lamsang, adiak in laisiangtho sung mahmah panin “*lungdamthu*” lamsang peuhmah akihel lo tata, etpak dingin “*Silate aw, launa leh linna tawh naleitung tote'thu mang unla, Christ'na nasep uhmah bangun lungsim takpi tawh na nasepsak un*” (*Eph. 6:5*) cihbangte kicing takin hel uhhi.

Tuhun leh eite ngeina sungah eite simding a thupipen in Ephesian 6:1-9 hi a, tua sungah hotkhiatna tangthu a picing takin kipulak hi. Tulai mite omzia tawh kizui in Paul in lungdamthu a nuntakpih zia bangteng peuh kisinkha thei ding hiam?

SUNDAY*September 3***Tate tungah Ngaihsut Piakna**

Paul in tate tungah bang ngaihsutna pia a, tua ngaihsut piakna pen laisiang tholui sungpan koibang in kipkhosak hiam? *Eph. 6:1-3. (Mate 18:1-5, 10; Maku 10:13-16).*

Tate tungah Paul’ thuhilhna sangsiam ding in, Ephesus khuapi lianmahmah sung a pawlpi neuneute’ tangthu simphat kulding hi. “*Tate*” (Greek, *ta tekna*) pen, kum tampi sungzong hithei a, Greek mite ngeina ah pa in kum 60 a phakdong tate tungah thunei a, Roman mite ahihleh asihdong in thuneisak hi. Hih tate in a naupang lai in nulehpa’ khut nuaiah omding (*Eph. 6:4*) himah taleh, hong khankhin uh ciangun amau’ thuneihna tawh kizui in nungzuite suakthei uhhi.

Paul in, Christian huamsunga tate peuhmah in “*Topa Christ sungah*” nulehpa’tu mangin zahtakna piangiat ding (*Eph. 5:22; 6:4, 5, 7-9*) cihi. Ei picingte in zong tate pen Christ’ Nungzuite ahihna uh phawk in, biakpiakna sungah gamtangsak ding cihtu zong hong phawksak hi. Hihthu in, biakna sungah tate hoihtak in makaih theihna’ng tawphah hongpia ahi hi.

Paul in thumanna ah pum-man ding ciло hi. Nulehpa thupiakte in “*Christ’ deihna tawh hong kikelkit ciangin, lungsim nathuai mahleh, tate in Pasian’thu mah mangzaw henla, a nunghu piang ding teng Topa muanglel ta uhhen*” —EGWhite, *The Adventist Home*, p. 293.

Paul in tate a thapiakna pen thukham a ngana tawh thukhup hi. Tua in thukhamte pen Christian thu-umte ading amanpha makai khat ahinhna tecи apang ahi hi (*Eph. 4:1-6:9; 4:25, 28; 5:3-14*). “Na nulehpa uh zahtak un” (*Eph. 6:2*) cihtawh panngiat in, a thukhupna ah “*leitungah nakhansau ding uhh*” (*Eph. 6:3*) cih thukhamna teng lakpan kamciam ommasa pen tawh athukhup hi. Thukham ngana in, nulehpa zahtakna pen mihing ading Pasian geelsaksa ahinhna tecи kip ahi hi. Nulehpa, bangzah in kicinglah taleh, zahtak teiteina pen cidamna leh daupaina ahi hi.

Hihthute in innkuan sung kizopna pen bangzah in thupisak naci hiam?

MONDAY

NulehPa tung Ngaihsut Piakna

September 4

Ephesians 6:4 leh Colossians 3:21 simkak in. Colossians 3:21 in mi’tate sinsosak hehsak cihkhawng pelhtheih na’ng koibang in hong hanthawn hiam?

Sirach a minnei, Paul hunlai a Jew laikungpu khat in, pate in tate ahilh ding zia ngaihsut a piakna ah: “A *tapa a it mipa in satzel ding hi... naupang a nop nakzuih mahmah lecin, nang hong patausak ding a; tu in nanuih sak leh, hong lungkham sak ding hi ... Deihtak thuhilh in, na*

nasepsak keingal leh, nang hong maizumsak kik ding hi” (*Sirach 30:1, 9, 13*) cihi.

Paul ngaihsut piakna tuampian leuleu hi. Amah’n khamna piama saw hi: “*Na tate uh hehsak kei un*” ci masa in thuhoih tawh zomkik in “*Topa’ deihna tawh kituak in taii in hilh in pantah un*” (*Eph. 6:4*) cizaw hi. Paul hunlai in, pate in tate tungah thuneihna picing nei uh a, amau’neihsa bangin kingaihsun lel hi. Pate in nasiatak in vuathei satthei uh a, siphial leh zong phamawh khollo hi. Pawlkhat bangin, tote in a salte’tunga aana a neihna uh sangin, pate in tate tungah aana neizaw tham hi ci in ngaihsun lianguh hi. Paul in bel tua aana a kipsak hizawlo a, innkuan kizopna hoih a puahphatna hizaw hi. Paul in Christ mah alianpen cihtak na’ngpa hi a, pate in amau’ aana zangin tate hehsak cihbang hihlo ding “*Topa’ deihna bangbek in thuhilh ding*” (*Eph. 6:4*) ci in hanthawn hi.

“*Pate leh Nute aw, innkuan sungah Pasian’ dinmun ah om nahi uhhi. Thumanna bekmah zong unla, kamkhauh zanglo in, dikna leh itna tawh hih un. Innkuan sungah thunuam un. Hehna a piangsakthei kammal peuhmah peel un. ‘Pate aw, natate uh hehsak kei un’ cihipen Pasian deihna ahi hi.*”

“*Tate a thumanloh manun, nulehpa in nasia takin daanpiak na’ng phalna Pasian’ kammal sungah omlo hi. Pasian’ thukham pen, innkuan sung leh minam sung nuntakna ah tehpih omlo lungtang sungpan hong luangkhia ahi hi*” —EGWhite, *Child Guidance*, p. 259.

Hih sinna ah nulehpa tate peuh acihcih samhang, midangte tawh i kizopna ah zong bang thukhun peuh laktheih ding namu hiam?

TUESDAY

September 5

Laisiangtho leh Tangthu sungah Sal Khawina

Sal leh sal'tote ading ngaihsut piakna teng aban in simsuk in: Eph. 6:5–9; Col. 3:22–4:1; 1Cor. 7:20–24; 1Tim. 6:1, 2; 1Pet. 2:18–25. **Na koici toamlak tam?**

Paul in Christian sal'tote kiangah, Christian salte leh Christian sal'topa in Ephesus khua biakinn khat sungah tukhawm dingin kingaihsun sak hi. Greco-Roman hunlai in sal khawina leh anunglam a salkhawina pen kibang nawnphalo hi. Minam khatbek peuh ki bulphuh nawnloha hi. Khuapi sung mihaute in a salte nangawn pilna pia uh a, inn gelsiam, zatui siam leh thungaihsun siam mi khawng zong suaksak uhhi.

Inn a khawi sal pawlkhat pen ahun ciangtan khat acin nakleh kikhahkhia thei ahih teihang, a tamzaw peuhmah kikhahkhia ngeilo zaw hi. Tuabang in kibatlohma a omtheih manin, laisiangtho letkhiate in zong Greek pau **doulos** (*sal*) cihpen, Ephesian 6:5–8 sung ah “*a kihen nasempa*” cihbang danin naletkhia hi.

Hihbang dinmunte pen tam omkhollo hitaleh, sal ahihnak vualeh nasep hamsa mahmah hi. Koikoi ah omtaleh, sal ahihnak vualeh, sal'topa in salte tungah ukna aana ciangtan omlo in nei a, azi atate nangawn sal'topa' neihsa hilailai hi. Salpan a suakta khin **Publilius Syrus** in a thuum atuna ah “*sal suahna tawh vangbei dikdek sangin sihnophuai zaw hi*” cihi. Hihbang thute a omtaktak mah hi a, tua salte in zong atote' khutnuai ah sawlbangbang

mangdinguh ahih manin **doulos** cih kammal pen “*sal*” mah cihsak leng hoihpene ding hi *Eph. 6:9*.

Paul hunlai in salkhawina omden hi. Amah'n zong mi'dinmun puahpha ding dan in genlo kampau lo hi. Thuumte in tulaitak thupiangte koicich ding a, muhdan athaktawh mimal kalsuanpih ding, tua hileh minambup ading phattuamna tampi omding acihna hi a: “Ama’ ngiimnapi in Roman Empire sungah *salpan suahtakna* cihzong hizaw khollo hi. Ama’ deihna bulpi pen *thukham tawh* kituak in *salpan suahtakna* cihdan hi a, *unau khat sanggam khat hihna tungtawn* in *Pasian'tate hihna* sungah *thaksuahna* ahi hi. Paul in mi’ kizopna peuhmah pen, Christ’pumpi ahi pawlpi sung, khuatual sungtek, Christiante inn sungtektek ah khangto saknuam sese hi”—Scot McKnight, *The Letter to Philemon* (Grand Rapids, MI: Eerdmans Publishing Company, 2017), pp. 10.

Christian tangthu sungah minpaanna khatpen hih laisiangtho munte zangsa in hihbang gamtatnate siansuah pongmawk uhhi. Pasian'kammal hoihtak kiplet ding akisapna ah bang thupuak peuh kipaaikhia kha thei a banghang in lauhuai thei ding hiam?

WEDNESDAY
Christ' Salte

September 6

Christian salte a thuhilhna sungah Paul in bang ngetna nei hiam? Eph. 6:5–8.

Christian salte peuhmah a tote'thu, lungsim takpi leh hanciamna tawh mangding Paul in ngen hi. Paul in a

sutphat mahmahthu khat pen taangmi tawh kisai ahi hi. Christ tungah piakding cihtakna peuhmah Christ bekmah piading a, sal'tote tungah piakding hi lo cih hilhcian mahmah hi. Lungsim khempeuh tawh cihtakna leh hahkat takin nasepna peuhmah pen sal'topa munah Christ, Topa hisak ding cihi. Hihvai a hanthotna ah Paul in Christian upna sungah a kipuaphasa *to-sal kizopna hilhcian* hi.

Tua taangmi tawh kisai in Paul gendan pawlkhat endih in:

* Amaute' sal'tote pen "*leimi tote*" hibek a, ataktak vantung Topa hongkawkmuh hibek cihi. (*Eph. 6:5*).

* Amaute in "*launa, liinna leh lungsim takpi tawh, Christ ading nahihbang*" in semding cihi (*Eph. 6:5*).

* Paul in hih aiawhna sungah akician zawtham in Christian salte in nasepna ah salhoih bangin sem unla, natote hang hilozaw in "*Christ' salte*" nahih manun semzaw un" cihi (*Eph. 6:6*).

* Nasepna munkhempeuh ah, "*Pasian hongdeih bangin lungsim takpi tawh*" Pasian ading in nanasem un (*Eph. 6:6*).

* A hoihpen Paul hanthotna khat ah "*mihingte'na asem bang hilo in Topa'na asem bangin*" semun cihi (*Eph. 6:7*).

Lungsim takpi tawh asep uhleh, Christian salte in Christ hong kumkik ciang in thaman ngah ding uh hi. Ama'na sepsak khin uh a, Ama'kiangpan mahin thaman ngah ding uh a, thaman sangvetlo salte ading lungluthuai

zawzen hi. Sal khat in a leitung topa kiangpan thangahlohma peuh sangkhalel ding hi (*1Pet. 2:19, 20*). Thuum sal ahihleh adon mahmah Topa nei a, "*nahoih asemmi khempeuh*" thaman piading thukip (*Eph. 6:8*) cihi.

Laisiangtho in hih salkhawina pen mawhpaihlua khollo zaw cih zong phawk huai hi. Eima naseppih mihingte tawh kizopna ah, hih Paul kammalte sungpanin bang thukhun peuh i ngahthei tammaw?

THURSDAY

Salte Ahi Tote

September 7

Paul kampau nunung lamah, "*salte ahi a, salbote ahi zongin*" (*Eph. 6:8*), "*suakta*" cih kammal in sal'tote acihna zong hi a, Paul in hun kikhelsak a, salte leh sal'tote anihgel in Christ'thukhenna mai ah kikimsak leltak hi (*2Cor. 5:10; Col. 3:24, 25*).

Nangmah in Christian sal'topa khat dingin kingaihsun inla, Ephesian laibu zong a simpha khat nahihna tawh, nasalte' maiah hong kipia hih ngaihsutna teng nakoici dawnthuk ding hiam? Eph. 6:9.

Paul in tote sal'tote acihna ah, "*tote*" (Greek, *ho kurioi-tote*) hi a, a salte nasia takin a "*lauhthawnpa*" leh "**Topa**" (*ho kurios*), Christ cihna hi a, "*deidanna neilo*" Christ ahi hi. Paul in tote kiangah "*tuabang mahin hih un*" acihteh salte acihna mah hi a, kum zalom masa lai a salneite ading in patauhhuai mahmah hi. Paul in a ngetngetsaa mahbang in tote in a salte tungah ahoih deisakna leh Christ tungah cihtakna tawh ukding uhhi (*Eph. 6:5-8*). Tualai hunin salte

bawlsia in, tote in a utuh leh gimna tuamtuan, satna (*1Pet. 2:20*), zualzangpihna, itleh ngaihtawh kikhensak liangin zuakkhatna, nahampi sepsakna, anngawlhna, kolbulhna, siktulsa ciaptehna leh sihdan dongtakin apiakna tenguh khawl ding sawl hi.

Paul in ama' thupiakna tungtang ah, sal'tote in Greco-Roman gam khengval in agallam ending in hanthotna nihtawh kipsakpha hi: **(1)**. Amau leh amau' salte khempeuh zong "To" khatbek khutnuai ah salpihte ahi uhhi (*vantungah "To" khatbek nei Col. 4:1*); **(2)**. Vantung Topa in nakhempeuh deidan neilo in thukhen hi. Hih amaute' Topa in, amau khempeuh zong a kibangkim in koihlel ahih manin, amaute in zong tuabang in hih ding uhhi (*Philemon 15, 16*).

Ephesians sunga Paul' kammalte in Christian salte phadiak lungtaisak mahmeh hi: tate bangin pom (*Eph. 1:5*); tatkhatna (*Eph. 1:7*); gamhluaahnna (*Eph. 1:11, 14; Eph. 3:6*); Zeisu tawh kumpi tokhom ah tukhawmthei (*Eph. 2:6*); "gammite" suakkhawmthei "Pasian innkuaniptie" suakthei (*Eph. 2:19; leh 3:14, 15 enkak*); Christ' pumpi sungah nate kihikhawmthei (*Eph. 3:6; Eph. 4:1-16*) hi. Ephesians 6:5-9 sunteng in zong, salte leh sal'tote tawh kisai thuhilhna khempeuh pankipan kampau mukpau ding ngaihsut piakna teng (*Eph. 4:25-32*) leh zahmawh vaikhempeuh (*Eph. 5:1-14*) thahatsak hi.

FRIDAY

September 8

Ngaihsutbeh Ding:

Paul in naupangte zong thu-uppih mimah in a simna (*Eph. 6:1-3*) in, tuhun ciangin naupangte tungah ihihdaan

khempeuh hong laptohsak hi. Pate tungah a kammal (*Eph. 6:4*) in nulehpa vaipuakteng hong phawksak hi. Amau hunlai a mihih kizopzia peuhmah pen eihun tawh kigamla lualiang a, eite ading in salkhawina limlim pen lungsim gitlohpenna namkhat ahih manin; salte a ding Paul' kammalteng (*Eph. 6:5-8*), leh adiak in sal'tote a ngaihsut piakna teng in (*Eph. 6:9*), tona lianpi khat hongsuak hi. Hih kammalte pen humuapsa vive ahih manin, zuihpahpah ding vive ahihi. Kum zalom masalai Ephesus thu-umte tawh a kibangin eite'n zong hih lungdamthu ahi khatlehkhat kizopna hoih kineithi tahi.

Kikupding Dotnate:

- 1. Naupangte itna in "Topa ading in mi kigingsak" acih pen, Adventist pawlpi in bang khatna kineisak thei ding hiam? Luke 1:17 (*Mal. 4:6 enkak*).**
- 2. Paul in naupangte zahtak ding acihna in dotna piangsak hi: aneulai un ngongtatna, zahmawh simmawhna leh maizumna athuak khin naupangte tungah Christ' in a don bang in koibang in donthei ding ihi hiam? ACEs; <https://www.cdc.gov/violenceprevention/>.**
- 3. Paul in naupangte a zahtakna leh Zeisu in a donna tegel bangin, pawlpi in zong naupangte a pattah nading in bang vaipuak nei ding hiam? Bang system leh paizia zangleng hoih ding hiam?**
- 4. Paul in sal leh sal'tote ngaihsut apiakna Ephesians 6:5-9 tengpen, pawlpi sung nasemte tungah kizang zelzel hi. Koicih leng hoihpen ding naci hiam? Bang lauhuaina omthei ding hiam?**

Lesson 12

September 9-15

Dingtang ding Sapna**Sabbath Nitaklam**

Tukalsung Simding: *Eph. 6:10–20; Thuhilhkikna 20:2–4; Rom. 13:11–14; 1Thess. 5:6–8; 1Cor. 15:23, 24.*

Kamngah: “Tu a kipan in Topa tawh nakipawlna uh leh ama’ vangliatna hangin natha uh khauhsakta un. Dawimangpa honghiah nading khempeuh nadozawh na’ngun, Pasian’ galvan namkim nazang un” (*Ephesians 6:10, 11*).

Mitmang biaibuaipi in nasempa in, amau’omna innkimkot ah patauhhuai muhna khat hongmu a – galhiam cingkim atawi “galkap honpi, sakolte leh leengte munkhem peuhah dim” amu hi. Kamsang **Elisha** hopihpah in, “ka topa aw, bang cihding ihi hiam?” ci in tua thuthak ako hi.

Elisha in zong “laukei in! ... amaute tawh a omte sangin, eitawh a omte tamzaw hi!” ci in a nasempa’ maiah a uphuai lopi khat tawh dawng hi. Elisha in amah kai in, thu a ngetsak hi: “Topa aw, ama’mitte honsak inla musak in” a cihi. Kamsangpa’ thungetna thakhat in kidawngpah hi. Nasempa zong kulhpi lamah a vanaih ciangin, muhtheih leh muhmawhte’ kikal akidalna pen nakilaamto khinzo hi. Tu in galkap honkhat bek hinawn lo, honnih hong mutheita hi. “Topa in tangvalpa’ mit honsak a, amah in a ettoh ciangin, mualpang khempeuh ah sakol tampitak leh mei-sakolleng tampi takmah om amu h” (*2Kumpi 6:15–17*).

Ephesians 6:10–20 a gelhlai in, thu-umte in, kidona lianpi teltak in amuhtheih nading leh, amau tungah a kilahna dungzui in lam-etna a neihtheih nading un, Paul in thungen hi.

SUNDAY
Gal’ Phuang

September 10

Paul’ laikhak agingkhia thukhupna Ephesians 6:10–20 simpha in. Galdona awng acihpen, tuni kidona lianpi galdo eite ading bang khatna neithei ding hiam?

Paul in Ephesians laikhak pen galdo ding tawh thukhup a, thu-umte zong amau’ pawlpi in ado gitlohma galmai ah dingtang dingin hanthawn hi (*Eph. 6:10–20*). Suanmuan lianpen ahi “Topa sungah thahat un” (*Eph. 6:10*) ci in, “Pasian’ galvan namkim zang un” (*Eph. 6:11*) ciphalai hi. Hih ama’ sapna pen deihna bulpi khatmah tawh kipsakbeh lai a; (*dawimangpa hong hihna khempeuh dozawh nading in Eph. 6:11, leh galdona pen vanglian khate’ thahatna hi* (*Eph. 6:12*) cihi.

A kicing zawdeuh dingin Paul in galvan silhin sawl hi. Thu-umte in “*Pasian’ galvan namkim zang ding*” a, tua hileh galphual ah kiptak dingzo pan ding (*Eph. 6:13*), *thutak kaunggak, awmdalna, khedap, lum, lukhu leh namsau* cihte (*Eph. 6:14–17*) zang un cihi. Thu-umte in galvan namkim silhsa in galphual lutding uh a, tanglai galsimte in galphual alut uh ciangun a hihzel uh bangin – thungen un (*Eph. 6:18–20*) cihi.

Laisiangtholui sunga galphuang kammal omsa tengmah Paul in paukik in, pawlpi in galmai ah galvan tengtawh kithawi ding cihi. Paul in a hanthotna patna ah “*Topa leh Ama’ vangliatna sungah thahat un*” (*Eph. 6:10*) ci masapen hi.

Laisiangtholui sunga gal-hanthotna *Thuhilhkikna*. *20:2–4; Thukhen. 7:15–18; 2Khang. 20:13–20; 32:6–8; Neh. 4:14, 19, 20* cihbang teng in, Israel mite galzawhna pen, galhiam lamah amau nasalua hilo, galte sangin amau tamzaw khialua cihzong ahih lohna hong laktel hi. Tuate sangin Pasian vangliatna pan amau galzawhna hong piangzaw cih zong hong tellah mahmah hi. Amau’ galzawh theihna dingin amau mah kimuang hilo in Pasian’ vang leh Ama’ vahawmna mah muang ngeungau bek uhhi. Tuateng mah Paul in hangsan takin hanthotna in nazang hi; **(1)** pawlpi nasepna sungah teitang takin semding **(2)** amau’ nuntakna tec i panna apiang muhmawh thuteng zong awlmawh ding; **(3)** amau’ galzawhna’ng Pasian’ vahawmna teng phawksiam ding; **(4)** khuaphawk teitang in ki pumkhatna tawh semkhawp diamdiam ding.

Paul hongvauna ah, eite in cilehsa gal ado ihikei a, vangliatna anei galte ado ihihi aciethu in, bang hong hilh a, galzawhna’ng lam-etna koipan hongpai ci hiam?

MONDAY

Christ Sungah Thangahna

September 11

Paul in alaikhak thukhupna ah, alaikhak buppi sungah thukhun leh ngaihsutzia teng khempeuh gawmkhawm in galmai phul ding in sapna lianpi khat tawh thukhup hiA. A thukhupna pen a thukhun khempeuh in

huamsak in, galkapmang khat in galphuang awng bang in thukhup hi: “*A nunungpen in, Topa leh Ama’ vangliatna sungah thahat un*” (*Eph. 6:10*) cihi. A zom omlai teng Ephesians 6:11–20 in, hih thukhun lianpi azaizaw in khehkhiat sak hi.

Ephesians 6:10–20 simkik in. Paul in abulphuh tangtang vangliatna neite acihte in kidona lianpi sungah koibang in kihel ci in namu hiam? Nisim in Pasian tawh kalsuan khawpna ah, hih thumaan masuat tawntung ding banghang in thupi thei hiam?

Christ pen thu-umte’ thahatna bulpi ahihna Paul in “*Topa leh Ama’ thahatna sung ah*” (*Eph. 6:10*) ci a, tua **“Topa”** cihpen Christ hi in, Ephesians laibu sung tawntung ah omsuksuk hi (*Eph. 2:21; 4:1, 17; 5:8; 6:1, 21*). “*Pawlpi’ thahatna in a thokik ama’ Topa galkap Mangpipa’ thahatna sungah om hi*” —G. G. Findlay, *The Epistle to the Ephesians* (New York: Ray Long & Richard R. Smith, 1931), p. 398..

Ephesians 6:10 ah zong Paul in sutphakik lai a, *vangliatna* leh *thahatna* cihtegel kidawksak phadiak in: pawlpi in azattheih vangliatna pen thu-umte’ *luahsuk* vangliatna hilo a, hong *piaktawm* tanghial ahi hi. Topa Christ hong piaktawm ahi hi. Paul in hihteng ah a laikhakna thubulpi khat ahi, Pasian in a vangliatna hong hawmsawn cih hong theisak hi (*Eph. 1:19–22; 2:4–6; 3:16, 17*). Tu leh mailam haksatna ading in thahatna peuhmah pen, thu-umte in, a thokik akipahtawipa Christ kiangpan bekmah ngahthei ding uhhi.

Thu-umte ading thahatna in Christ kiangpan hongpai hi acih ciangin (*Eph. 6:10*), thumgawm Lutang

Pasian mahin, gitlohma dozawhna ding thahatna hongpia khawm uhhi. Pa Pasian in Ama' galhiam pen "Pasian' galvan" (*Eph. 6:11, 13; leh Isa. 59:17 enkak*) suaksak hi. Paul mah in **Kha** zong thu-umte thapiakna sungah nasem ahinhna "note' lungsim a thahatna ding in, a Kha Siangtho tawh note hong thakhauhsak" (*Eph. 3:16*) cihi. Hih teng ah namsau hongpia pen Kha Siangtho ahinhna "Kha Siangtho namsau ahi Pasian' Kammal" (*Eph. 6:17*) a cihi. Thu-umte peuhmah "Kha Siangtho sungah" (*Eph. 6:18*) thungen niloh ding cilai hi. Thumgawm Pasian a malthum mahin hih gitlohma vangliatnate dozawhna ding un galvan hongguan ahilham Paul in hong telsak nuam hi.

TUESDAY

Paul' Laikhak Sungah Kidona Lianpi

September 12

Romans 13:11–14, 1Thessalonians 5:6–8, leh 2Corinthians 10:3–6 simkak in. Hih munteng leh Ephesians 6:10–20 koibang in kizawitawn naci hiam? Paul in hibang mitkha-lim banghang in zang hiding hiam?

Paul in alaikhak sungah, galkap kammal leh mitkha-lim zangpahpah in, thu-umte in zong galkapvai mahmah dingin hanthawn hi. Ephesians 6:10-20 sunteng pen, galkap kammal tawh lungdamthu agentehna asaupen mun ahihi. Singlamteh tungah "ukpite leh vangliante" khempeuh a zogawppa (*Col. 2:15*) Christ in, tu in Ama' galzawhna hangin tua vanglian khempeuh tungsiah ah Amah kilaamto zohi (*Phil. 2:9–11*) cihi.

T-9

Vannuai galpi sungah Ama' nungzui teng amin gualpha in, Christ in a galkap hon galzawhna lamah kalsuanpih hi (*1Cor. 15:54–58; 2Thess. 2:8; Rom. 16:20*). Paul in a zat gal-limpua teng ikaikhkop ciangin, tua sialehpha kikal buaina peuhmah pen "vannuai bup galdona pen hunsawtpi hiding: galkap honnih kikal ah buaina asang aniam kikhelkhel zel mahtaleh a taupna ah langkhat in zo hamtang ding hi" —Peter W. Macky, *St. Paul's Cosmic War Myth: A Military Version of the Gospel* (New York: Peter Lang Publishing, Inc., 1998), p. 1.

Paul in vannuai galdona abulphuh denna pen Ephesians laibu hong piantheihna zong ahi hi. Galvan pua ding acihna ah (*Eph. 6:10–20*), vannuai buaina sungah ama'zat ngeisa galvan teng Paul in kaikhawm masa a: Pasian in thu-umte tungah aguat a lianlua mahmah "vang" (*Eph. 1:18–20; 3:16, 20*); Christ in vangliatnate tungsiah ah galzo in a ki tawisangna (*Eph. 1:20–23*); thu-umte pen khatveilai in a sikhinsa galkap hi a, tu in Christ hangin thokik in vangliatna akiguan a, amau' dongeisa khuamial' topa a dokik ding hita (*Eph. 2:1–10*); vantung a uk vangliante abeina ding lahkhiatna sungah pawlpi' mapanna (*Eph. 3:10*); Late 68:18 sunga Christ pen Galzopa ahinhna kilanghsak (*Eph. 4:7–11*); leh thu-umte peuhmah in lungdamna puan "silh" ding cihi. Pasian' "galvankim" silhding acih pen, vannuai buaina apiangsak bulpi teng telcian dingin kisakkhol banah, Christ in asang pen a gualzawhna sungah eimah in zong maapanpih lai ding acihna ahi hi.

Hih vannuai buaina bek hilo in, Zeisu hangin gualzawh theihna, nangma theihkhak bang teng peuh a omhiam? Ama' galzawhna peuh telcianna in banghang in eite' lam-etna'ng thubulpi peuh hithei hiam?

WEDNESDAY**Tanglai Galphual ah Dingtang***September 13*

Ephesians 6:10–20 sim inla, Paul in *ding* cih kammal azatna munteng na lungngai in. Banghang in ama' ading hih ngaihdan thupi thei hiam?

Paul zat tanglai galphual leh galvai limpuate telphat kulmahmah hi. “*Ding*” acih pen (*Eph. 6:11, 13, 14*) bang acihna hiam? Kidal ding ciangbek mah acihna maw? Gal-kammal limlim, galvai lai-aat siam laikungpu **Thucydides** in agelhna ah, galzawhtheihna ding in hihding namthum gualsuk hi: (1) galkap peuhmah in galte tawh akituah theih mateng mainawt in “*galte vanaih ding*”; (2) tua khitciang in galte do in “*dingkip*”, “*mun sikkip in ding*” in, galte tawh kilai ngiatngiat ding; (3) A tawpna ah, “*galte zogaup in nungkinsak ding*” (*Thucydides, The Peloponnesian War* [New York: E. P. Dutton, 1910], 4.10.1–5) cihi.

Tanglai gal kisimna peuhmah ah, a tunga thumteng lakpan anihna pen kizangpha mahmah a, galkaphon langnih tuak hong kivaat uh ciangin tau, sing leh cilehsa kisukna awging namkim gingziaua pen, tang-laikungpu **Xenophon** in “*a cikziathuai ginngaih*” naci hi —Victor Davis Hanson, *The Western Way of War* (New York: Oxford University Press, 1989), pp. 152, 153. Hihbang hun ciangin *amau'mun ciat sikkip in dingtang* cihpen tanglai galphual ah ton alianpen ahi hi. Kinaitak in a kisual ngiatngiatna sungah alangkhat tuak in “*mailam phuut*” ding hanciam uhhi.

Paul’ sapna aw in galkapte kidona ah “*ahonpi mah kinai takin kivaatgaup*” (—Victor Davis Hanson, *The Western Way of War*, p. 152) uh cih hong musak hi. Tuamah zong Paul mah in, pawlpi’ galadona pen *kilaaina* (wrestling) pawtawh genteh zel hi (*Eph. 6:12*) a, ama’ kammal zatzel “*dingtang*” cihpen taang 13 ah: “*haksat hun hong tunciang in galte hong sukna teng a nangzo ‘dingtang’ dingin*” cihi.

Hihpen noppdinna hikhollo hi! Tua “*ding*” cihpen galmai nisiatak in pang, galvan namkim tawh naitak in vaphu, galsim taktak mahbang in Paul in ngaihsun in “*lungdamna thutawh kipawl upnathu ah ngiumna kikhat in kiptak in omding*” (*Phil. 1:27*) cihi.

Hebrews 12:4 simin. Hihmun in Topa sungah *dingkip* cihpen bang cihnopna ci hiam? Dingkip cihteh bang acihnopna zong hithei lailai hiam?

THURSDAY**Gitlohma Vangliante tawh Kilaaina***September 14*

Paul in gitlohma vangliatna teng Ephesians 1:21; Eph. 3:10 leh Eph. 6:10–20 sungah a gualhsuk diudeu ciangin ama' ngiimna bang hiding hi ci in naphawksak thei hiam?

Paul in “*eite'dopen*” (*Eph. 6:12*) acihna ah, Greek’pau in **akilaite** acihna (*palé*) zang hi. Hiam-leh-hiam, khut-leh-khut kisuk ngiatngiatna galmai phutna dingin kisak kholna ding pen; *kilaaina* (*wrestling*) mah hoih kisa penpen hi. Paul in thu-um taktakte’ omzia pen gitlohma vangliante tawh naitak in *kilaaina* cihi.

Hiteng ah zong thulu pawlkhat hongpia hi:

Ephesian 1:21

Ukna neite khempeuh	Ephesian 6:12
Ukna nei khempeuh	Ukna aana neite
Ukna vanglian	Tua ukna neite
Min khempeuh tungsiah ah	Khuamial leitung ukte
	Vantung khagilo vangliante

Ephesian 3:10

Ukna neite
Ukna neite

“Min khempeuh tungsiah ah” (*Eph. 1:21*) acihna ah; “vantung a ukcip kha-gilote” (*Eph. 6:12*), nangawn Christ khutnuai ah omlai uh ahihna Paul in kipsak (*Eph. 1:21*) hi. Galphual khat peuhpeuh ah hong langpang galte neumuhna pen ngeina hoih hingei vetlo hi. Paul in “vantung a ukcip kha-gilote” tawh kido ihihlam hong theikholsak khinzo (*Eph. 6:12*) a, a phengphi phevelvul general khat in makaih (*Eph. 6:11*) hi. Tua vanglian galpa maingat laitak in, lungkiatna ding omvetlo hi. Galphual sungah Pasian in ei hong ompih (*Eph. 6:10*) a, galvan hoihpenn, Ama’ galvan icihciih “*Pasian’ galvan*” tawh hong panpih (*Eph. 6:11; Isa. 59:15–17 enkak*) hi. Amah i awlmawhlohna teng khempeuh pen, Ama’ thumaan, dikna, daihna cihtakna, hotkhiatna leh a Kha Siangtho tawh hong kidim sakkhin tahi (*Eph. 6:13–17*). Eite mai ah Pasian ana kuan a, eite luzaang pan khepimuk dong Ama’ galvan tawh hong tuamcip nakleh, lehna thuak ngeilo ding hihang (*Rom. 16:20; 1Cor. 15:23, 24; 2Thess. 2:8*).

Eite in bangmah lopi mahtawh, mihing khengval vangliatna anei gilote tawh i kido ciangin, tuate

khempeuh sangin a vanglianzaw bek thamlo a zogawp khinpa eite Topa Zeisu’ khut ikiplet ding koibang in hong theisak naci hiam?

FRIDAY

September 15

Ngaihsutbeh Ding:

“Eite in Zeisu’ galkap a citakte ihihna dungzui in, Ama’ sisani a baang dialkhai khai in galte kulhpi mah vato pah ding hihang. ‘Silehsa tawh a kido i hikei uh a, ukpiti, vangliante, hih leitung khuamial a ukte, a sangna ah kha-gilote tawh kido ihi uhhi.’ Eite khut thakiamsak in, sisani-baang dial niamsuk sak leng, Satan’ galmatte kisuak ding a, tua buaina kidona leh thuakna panin bel ki suakta pah ding hi. Ahihhang tua **lungnopna** pen vantunga om Christ i suplawh leh bek kingahthei ding hi. Tua ahih manin gal, gal, cihtak lohna tawh mawhna sungah lampialna sangin, leitung hun beidong mah galdo zaw ding hihang” EG. White, *The Review and Herald*, May 8, 1888.

Ephesian 6:10-20 in Mangmuhna tawh koici kizop na hiam? Mangmuhna sunga hun nunung thupiang dingteng, sihna, thukhenna, galdona cihteng mah hong hilhphapha hi (*Mang. 12; 16:12–16; 19:17–21; 20:7–10*). A munnih tuak vuah, Pasian’mite pen galpa ahi “*vanlai a ompa*” leh “*khang tauntung in vanglian pa*” in do niloh hi. A munnih tuak mahin Pasian’mite pen “*hong tungding tawn tunghun*” in thahatsak den hi. Tua banah “*anihtuak mahin hun nunung galphual panin galpa pen kisusia siang ding a, tawntung hunthak khat kiphut tading*” tua hunthak pen “*a nunungpen hi a Pasian’mite minthan hun*” leh “*galpa’tauntung beina hun*” hiding hi. (See Yordan Kalev Zhekov, *Eschatology of Ephesians* (Osijek, Croatia: Evangelical Theological Seminary, 2005), pp. 217, 233–235.)

Kikupding Dotnate:

1. Khuamial vangliante dotaktak nahihna cik in telsiangthei nahiam? Tua bang hunin bangin nang honghuh theipen cih namu hiam?
2. Ephesians 6:10-20 tungtawn in, “vanglian gilote” (Eph. 6:12) bawlsiat thuakte koibang in nahuhthei hiam?
3. “Dawimangpa hong hihna khempeuh” (Eph. 6:11) koibang in khentel in nialthei ding nahi hiam? Gentehna in, nangmah mawh kisalua, sia kisalua liangin, nangma’ upna khawng nakhahsuah nophun peuh aomthei hiam? Tuabang lungsim kua’n nang hong guan hiam – Christ maw khuamial ukpa?

Lesson 13

September 16-22

Lungnopna Thalawh**Sabbath Nitaklam**

Tukalsung Simding: Eph. 6:10-20; 1Pet. 4:1; 1Pet. 5:8; Isa. 59:17; Isa. 52:8-10; 1Thess. 5:16-18.

Kamngah: “Dawimangpa hongkapna thaltang kuangte na sukmit nadingun lum puak bangin upna nanei tawntung un; siklukhu khukbang in hotkhiatna nei unla, Kha Siangtho in ahongpiak Pasian’thu pen namsau zat bangin nazang un.” (Ephesians 6:16, 17).

John Bunyan in a thongkiat sungteng in a gelh kiaapna *The Pilgrim’s Progress* laibu sungah, Christian pen “a Topa uhin khualzinmi ta’ding a vaihauksak galvan namkim; namsau, lum, siklukhu, awmdal, thungetna, a kisia theilo khedap cihte tawh kituamcip sitset hi cih. Topa ading hihbang thuakna sung panin vantungah aksi omzah bangin mitampi takmah omuh hi.” Tua Christiane a paikhiatma un, amaupen galvan tawh kituam masa a, “a luzang panin akhepek dong mah akipailet zolo in bitsak a, tua hikeileh amau’lampi vuah ommuang pipi hong kisimvat thei ding hi.” cih.

Bunyan in 1678 kumin a laigelhna panin, ama’masiah kum 1600 lai a Paul in zong thong sungpan mahin Ephesians pawlpi tungah a laikhakna pen hong phawkkik sakzel hi. Tua laikhak sungah sawltakpa in pawlpi pen galkaphon ci a, Pasian’ galvan namkim tawh kituamkim uh a, Greekpau in **panoplia** acih, lupan

khepimuk dong tuamsitset acihna ahi hi. Pasian' galvan pen galkap khempeuh adingin ahoihpen galhiam mah hipah a, Ama' galkaphon in, "alupan khepimuk dong siktawh kituamsa in" mainawt uh a, Ama'min suangin lungnopna galbawl uhhi.

SUNDAY

Pawlpi: A Kipumkhat Galkaphon

September 17

Ephesians 6:10–20 simin. Pawlpi in bang galpeuh doniloh hi Paul in ci hiam? Mimal in eima khalam galdona acihnopna maw, aihke'h pawlpimi buppi in kipawl in, dawi mangpa'gal kido a cinuam hiam?

Greek leh Roman in a galzawhna thusimuh pen, galkapte in galhan penna sung nangawn ah semkhawm pangkhawm uh cihi. Galphual ah mimal omna pen namneu khuata mite galsimdan hi a, lehna kisiatna lam manawh bekuh ci uhhi.

Hihbang in galkapte galsim ngeina bang in, pawlpi in zong Ephesian 6:10-20 sunga dawimangpa tawh a kidona vuah, Paul' ngaihsutna zong thapiak theihna'ng thu tampi om hi: **(1)** Tuamen tengpen pawlpi'vai vive a genna mun ahihi. Paul in Christian mimal in khuamial ukte langkhat ah galdo ci in a thukhupna pen thulamdangpi khat ahi hi. **(2)** A tawpna ah, Paul mah in Christian' galmuan nading in "misiangthote ading" (Eph. 6:18-20) thungetsak ding in cial hi. **(3)** A kicianpen khat, a laikhak kipatna lamah Paul in dawi gilote vangliatna genkhin a, tuate pen pawlpi tungsiah ah omhi ci a, mimal'thu genlo in: "tu in vantung

*ukna aneite in **pawlpi** hangin, Pasian'pilna a namtuamtuan amuhtheih na'ngun" (Eph. 3:10) cihi.*

Tua hi a, Ephesian 6:10-20 in zong mimal omna tawh dawimangpa doding cihetlo hi. Tua sangsik in Paul in pawlpi pen galkaphon naci zawsop hi. Galvan picing silhding, galkaphon pumkhat ding, thalawptak leh pumkhatna tawh galphual zuan ding cihi. Paul in, pawlpi mapanna picing ding agenna ah, pawlpi pen Christ' pumpi (Eph. 1:22, 23; Eph. 4:1-16), ahihlam hong telsak hamtang a, Pasian' biakinnpi (Eph. 2:19-22) leh Christ'mo (Eph. 5:21-33), a nunungpen in pawlpi pen a nungta Pasian galkaphon cihi. "Haksat hun" (Eph. 6:13) leh sawtpi galdona a tawplam masuan iih manin, Pasian tungah iki-aapna leh, Christ' galkapte khatlehkhat ki itna cihtakna peuhmah thadah hetlo ding hihang maw.

Dawimangpa gal idona ah hongpai bangbang, a nangzo thei dingin, mimal koibang in mapang khawm in, kidona lianpi sungah koibang in semkhawm thei ding hiam?

MONDAY

Kawngkhau leh Awmdaal

September 18

Thu-umte in dawi gilo gal a dona dingun koibang in kisak kholhna kipan ding Paul in ci hiam? Eph. 6:14; 1Pet. 4:1; 1Pet. 5:8; Rom. 8:37-39.

Paul in doloh theilo (Eph. 6:13) a dingin, ama' laisimte dingtang dingin kisakhel ding asapna (*a liveina* Eph. 6:11, 13) galvan tawiding in asapna ahi hi (Eph. 6:14-

17). Paul in “*kawng-gak*” (*Isa. 11:5 enkak*) gaak ding cih. Tanglai, puan koldiahduah vaanuh a, nasep ding leh galsim ding ciangin kawnggak gaakkul (*Luka 12:35, 37; Luka 17:8*) hi. Paul in thu-umte pen Roman galkaphon (*legionnaire*) bangin savun kawnggak leh alu kizemsitset tawh gaak ding cih mitkha in musak hi. A kawnggak uh tungpan in siktawh akituam savunkhau kaaisuk sak uh a, amailam teng siinsuksak uhhi. A puantual gaakna kawm leh a dangdangte ading in kizang hi.

Thumaan cihpen thu-umte’neihsa zong hituanlo; Pasian’ letsong hi (*Eph. 2:8*). Pasian hong piakkhong ahih manin, mi muhtheihloh ding peuhin amau mahin nuntakpih selo in, seelcip khinkhian ding hilo hi. Tua Pasian’t humaan pen “***silh***” ding uhhi. Amau un Pasian’ thumaan nei dinguh hizawlo a, Pasian’ thumaan in amaute neiding a, kemin huu ding hi.

Azom in Paul in “*thumaan awmdalna*” (*1Thess. 5:8 enkak*) zang ding cih. Thutak kawnggak mahbang in, Pasian kiangpan hongpai hi a, Yahweh in a galsimna ah a maapanna (*Isa. 59:17*) ahi hi. Paul’ hunlai a pumpi tuamna galvan pen sikpekneu, taupekneu peuh tawh akibawl hi a, khatlekhhat aki-khilsa in kikhaisak uhhi. Tua pumpi tuamna leh awmdalna in, galte’ hong vaatna panin pumpi hongdalsak hi. Tuamah bangin, thu-um mite in zong, Pasian hongpiaksa *thutang* thumaan in khalam kidalna hiding hi. Ephesians sungmah ah, Paul in, *thutanna* pen siangthona, hoihna leh thumaan tawh kizomsak a (*Eph. 4:24; 5:9*), midangte tungah kikimtak leh thumaan takin adiak in unau thu-umte tungah gamtat siamna lunggulh pen hi.

Hoihna, siangthona leh thumaan in koibang in nangmah hongdal in hong kemcing ngei hiam?

TUESDAY

Khedap: Pawlpi in Lungnopna Thalawh

September 19

Roman galkap khatin, galsim ding in, akhauh mahmah galkap khedap bulh hi. Thuap tampi a kikhuikop, khepekk nuai ah siktukilh kisuan a, tua siktukilhte in galkapte leisikna mun peuhpeuh “***dingkip***” (*Eph. 6:11, 13, 14*) saklianlian hi. Paul in hih galkap khedap acihpen Isa. 52:7 sunga kammal azat hi a, thupuakpa kiangpan Yahweh in Ama’mite ading a galdo sakna pen zo ahih manin tu in lungnopna omta: “*Thuhoih a hongpuak, kilemmathu a genzak ... mualte kan tan in a hongpai kamtaipa’ khete in bangzah in hoih hiam?*” (*Isa. 52:7*) cih.

Paul in Ephesian sungah lungnopna giatvei tak agenna teng enkik in. Lungnopna lunglut mahmah napi, banghang in galvai gengen hiding hiam? Eph. 1:2; Eph. 2:14, 15, 17; Eph. 4:3; Eph. 6:15, 23.

Paul in “*eite’ lungnopna*” pen Christ’ nasepna hi a, lungnopna honghilhp, “*gamlapi ah omngei hinapi lungnopna tawh hong kinaisak*” (*Eph. 2:14–17*), Jew leh Gentile zong kinaisak in “*minamthak*” suaksak hi (*Eph. 2:15*) cih. Christ’ lungdamthu leh Ama’ lungnopna nasep nungta sak in, a beisa galzawhna teng lungdamko leh hong zawhpih lai ding teng lam-etna tawh, thu-um mite in kalsuan in galmai ah kisa ding uhhi. Isa. 52:7 bangin, thupuakte in Christ’ galzawhna leh Ama’ lungnopna tangko ding uhhi.

Paul in ama’ hong sapna bangin galte’maiah galvan namkim silhtaktak ding cihlam in saankhak ding deihlo

zaw hi. Tua ahih manin, thu-umte in “*lungnopna thu*” (*Eph. 6:15*) tangko aci hi. Thu-um unau sanggamte tawh zong kitukalh ding a deihloh manin, a kampauna ah, pum-khatna, kampau kidawpna, lungnemna cihte (*Eph. 4:25–5:2*) gentangtang hi. Pawlpi in Christian hoihna ahi kiniamkhatna, lungduaina, mawhmaisakna leh biakpiak thungetna cihte tungtawn in “***lungnopna thalawh***” ding hi. Tuabang in hihna in, Christ sungah nakhempeuh a gawmkhawm nuam Pasian ngiimna lianpi ahi hi (*Eph. 1:9, 10*).

Anuai a kammal tengin Paul' mitkha sunga galvai teng in eima nuntakna sungah bang khatna nei cih koibang in hong telcian sakthei hiam? “*Pasian in galvan silhding in hong sawl hi. Eite in Saul' galvan i deihkei a, Pasian' galvan namkim bek i deih hi. Tua hileh, Christ-bang lungnemna, veiina leh itna tawh nasem dingin lungsim takpi tawh kuan khathei pan ding hihang.*”—Ellen G. White, [Australasian] Union Conference Record, July 28, 1899.

WEDNESDAY

Lum, Siklukhu leh Namsau

September 20

Kidona lianpi sungah, thu-umte in lum, siklukhu leh namsau cihte tawh bang hun ciangin galdochha ding hiam? *Eph. 6:16, 17.*

Paul in ***lum*** cihipen, kiuli anei Roman galkapte zat lum acihna ahi hi. Sing tawh kibawl a, savun tawh kituam in, ageilam pan dona teng adal thei dingin, amonglam teng

a sunglam ah kuum sak hi. Tuisung ah kipap suk leh, “*meikuang thaltang mitsak thei*” hi. Paul in “*upna lum*” a cihciang in, laisiangtholui sungah Ama'mite a kemtawntung Pasian' lim puasak hi (*Pian. 15:1; Late 3:3*). “*Upna lum*” (*Eph. 6:16*) silhna zong, thu-umte ading in galddopa (*Eph. 6:10*), galvan hoihpen teng hong sikpa (*Eph. 6:11, 13*) Pasian sungah lungmuang peuhleh Amah in hong zawh pih taktak ding hi.

Roman galvan siklukhu zong sik aihke'h tau tawh kibawl hi. Lutang atuam haikuum a tungpan in, anunglam ah ngawng dalna, apangtuak panin bildalna, mitku dalna leh kha dalna a kikhepthei in kibawl hi. Tua siklukhu in a daltheih teng piasitset in “*hotkhatna siklukhu*” (*Eph. 6:17*) in, sihna zo in athokik, vantung akahto leh a kipahtawi sang Christ (*Eph. 2:6–10*) sungah, thu-um mite in lungmuang takin a omna uh limpua ahi hi. “*Hotkhatna siklukhu*” khukna in ahun hun in hong laang kha-gilo vangliatna nial in, vanglianpen Christ sungah lungmuang takin omna (*Eph. 1:15–23; Eph. 2:1–10*) ahi hi.

Galvan nunungpen “*Pasian'kammal ahi Kha Siangtho namsau*” (*Eph. 6:17*) hi a, Roman galkapte zat langnih hiam temtom acihna ahi hi. Galsim taktak ciangin teipi-nih khawh a (*Paul in genkhalo*), tuakhit ciangin a tem dok in, tua temtawh gal mailam kawksa in thupia zel hi. Thu-umte tem cihipen Kha Siangtho mahin hongpiak “*Kha Siangtho tem*” hi a, “*Pasian'kammal*” gal-van ahi hi. Paul in, a mailam ah hong kahto in galvan silh ding a sapna ah, Makaipipa Christ hangin lam-etna leh galzawhna hong kamciam khol hi. Ama' kamciamte pen Ephesian 6:10-20 sungteng a “*Pasian'kammal*” teng hi a, dawimangpa dona ding ahi hi. Tua “*Pasian'kammal*” icihzong pen laisiangtho sunga a tangzai mahmah lungdamthu kamciamte acihna hipah hi.

Galvai mitkha in muhden ding utkei phial mahleng zong, hih limpua tengin, kidona lianpi pen bangzah dipkuathuai cih hong phawksakthei naci hiam?

THURSDAY

Galphual Thungetna

September 21

Gal hanthotna a thukhupna ah, thu-umte peuhmah galkapte mahbang in “*misiangthote a ding*” (*Eph. 6:18*), leh thongkia taangmi (*Eph. 6:19, 20*) ahi amahmah ading tatsatlo in thungetna Paul in kal hi. Hih thungetna cihzong, tanglai galphual azuat uh ciangin Pasian (pasiante) kiang ah thunget pen ngeina in akinei ahi hi. Laisiangtho sungpan khat enpak leng: Jahaziel tawh akido dinguh ciangin, Jehoshaphat in “*a maitang lei ah kuunsuk in, Judah gam leh Jerusalem a tengte khempeuh zong Topa maiah puk in Topa abia uhhi*” (*2Khang. 20:18*) cihi. Thungetna pen galvan a sagihna zong hituanlo napi, Paul in galvai hanthotna apiakna sungah a thupi mahmah khatmah a nahi hi.

Thunget ding ngetna nihlakpan amasa sungah, Paul in deihtakpina, thu-kin leh tawlngalo in “*misiangthote ading*” (*Eph. 6:18*) thungen ding cihi. Pawlpi in dawi vangliatna tawh kidona ah gualzawhna dingin, Kha Siangtho tawh kidim thungetna tawh Pasian tungah kingakna neihkul hi.

Thunget ding ngetna anihna pen ama'ading hi a: “*kei ading zong*” (*Eph. 6:19*) cihi. Pasian in thupuak-maan apiakna ding “*ka thugen ding hong hilhna ding*”, ahun kituak in “*kakam kahon theihna ding*”, hunhoih kangahna ding “*hangsan takin tangko*”, a thupi mahmah “*lungdamna thusim*”

(*Eph. 6:19*) ading in thu nangetsak un cihi. Hih a nunungpen kammalteng in; Jew mite tungtawn in Pasian in Christ sungah Gentile mite atatkhat na’ng “*thusim kihongkhid*” (*Eph. 3:1–13*) acihpen hi a, “*minamthak suaksak*” (*Eph. 2:15; Eph. 2:11–22*) ahih manin, Christ sungah “*na khempeuh gawmkhawm*” (*Eph. 1:10*) ding acihpen a tangtunna hita hi.

Anuai a laisiangthothak sungah “thunget cialna” pen enkik in. Koipen in banghang in nang’ lungsim hong zopen hiam? *Luka 18:1–8; Phil. 4:6; Col. 4:2; 1Thess. 5:16–18.*

Banghang in thu-ummi peuhmah tatsatlo thungen dending in kcial hiam? Paul’ galvai limpuakna in dawnna nihtak hongpia: **(1)** khalam gal lauhuaina pen a taktakmah hi a miwing khengval galte hi; **(2)** Pasian hong kamciamsa kha thahatna leh gualzawhna pen Paul in galvai limpu tawh hong musak khinzo (*Eph. 6:10–17*) hi. Lungsim takpi leh tatsatlo thungetna tawh hih kamciamte phawkden in Pasian’ hong hehpihna lungdamko niloh ding hi.

FRIDAY

September 22

Ngaihsutbeh Ding:

“*Galphual ah galkaphon in nasemkhaum keileh buaigawp ding uhhi. Galkap khatsim in kuamah ki awlmauh mello in, amau’thuthu in nasem leh, cikmah hun in ki pumkhat theilo in tang om ding uhhi. Tua hi a, Christ galkapte in pumkhat ding uh hi. Khat tang omna tawh khangtolo ding uhhi. Tuabang in hihleh, Topa’mite in ki pumkhatna, lungsimkhat, ngiimna khat tawh mungtup lianpi sungah ki-aap mahtaleh, tua tezong*

amawkna suak in amau' hunleh hanciamna the mawkei ding hi. Pumkhatna in thahatna hi. Ngiimna lianpi nei in, lutangkhat nuaiah pumkhatna tawh nasem, a piangthak taktak kha tawmno in maa-tun ding uh a, munkhempeuh ah gualzo ding uhh" —Ellen G. White, *Spalding and Magan Collection*, p. 121.

Paul in "kolbulh taangmi" kahi hi akicihna pen koibang in kicianpha deuh nasathei hiam? (Eph. 6:20).

Taangmi peuhmah in gal-hun in nasep kin mahmah uh a, tuamah bangin Paul in amah zong a galvai pulak thutetawh kituakpha mahmah hi. Taangmi pen apuakkha gam mahbang in kizahtak bawl tawntung hi. Himah leh Paul in vannuai buppi ukpa' taangmi hinapi, zahtak lohna tawh *kolbulh khaukhih* in ana omna pen tuampian mahmah hi. Bang bang hileh taangmi peuhmah pen "*zumh kol*" bek kibulh ding kimlai; Paul in amah tungah a kibulh "*sikkol*" pen, "*minthanna sikkol*" bangin a muzaw hi. David J. Williams, *Paul's Metaphors: Their Context and Character* (Peabody, MA: Hendrickson, 1999), p. 152.

Kikupding Dotnate:

- 1. Nangma omna leikiu gallak salak mah ah, nangleh namipihte a dingin "lungnopna thalawh" ding cih in bang khiatna nei nasa hiam? Lauhuaina ngong tatna kidim hih leitungah, koibang in lungnopna vaihawmte kihithei ding hiam?**
- 2. Koibang "meikuang thaltang" in nangmah hongnawk hiam? "Upna lum" in tuate khempeuh koibang in sumit thei ding na-um hiam?**
- 3. Eite in "thungen galkap" peuh i kicithei hi. Ephesians 6:18-20 siksan in "thunget nasepna" kisemthei ding hiam?**

Lesson 14

September 23-29

Lungtang Sungah Ephesians

Sabbath Nitaklam

Tukalsung Simding: *Ephesians 1-Ephesians 6.*

Kamngah: "Note' upna hangin Pasian'hehpihna tawh hotkhiatna angah nahi uhhi, note' thalawhna hangin angah hilo in, Pasian hong piakkhong hi a, kisialhna ding bangmah omlo hi. Zeisu Christ tawh ikipawl ciangin gamtathoih gamta ding in ahong bawl ihi uhhi. Hihpen eite' omzia dingin ana ngaihsut kholsa ahi hi" *Ephesians 2:8-10.*

London honghawh lenglate in, **London Eye** akici, kualbem golpi tungah tuang hamtang uhhi. Thames gunpi tungah feet 450 sang ahih manin: Bigben, Parliament innpi leh tangthu sung ah minnei innpi leh biakinn tuamtuanme kimuthei hi. Laisiangthothak siampa **Nicholas Thomas** in "*Ephesians mite tungah Paul' laikhak pen London Eye tawh kibang hi. Ama' laigelh teng lak ah a saupen apicing pen zong hi tuanlo hinapi; tua laikhak in i khuamuhna khempeuh hong dipkua sakzo hi. Tua kualbem akipei kaumin, thudangdang zong hong muhbeh sak hi*" —Paul for Everyone: The Prison Letters (London: S.P.C.K. [Society for Promoting Christian Knowledge Publishing], 2004), p. 3.

Ephesians sungah, Paul in amau'kimlehpam thupeuh agenmawk hilo hi. Mun tuamtuan a Christian pawlpi a omna munmun ah ahopih ahi hi. Tua laikhak in hun ciangtan nei tuanlo in, eima hun leh eima ngaihsutna

sungah hong “*dipkua*” sak ahi hi. A chapter khatkhit khat i etet ciangin, hong piangkhia dotna khat pen: ei thu-umte nuntakpih theih dingin bang athupi thumaan peuh Ephesian sungah kikulh khinkhian hiam?

SUNDAY

Christ Sungah Thupha I Sang uhhi

September 24

Mikhat leuleu in Ephesians pen Laisiangthothak ah **Alps** mual hi cih. Mual tungkah makaipa Paul in hong kahtohpih nawhlua liangin chapter khatna pan mualdawn hongtun pah zaw zen hi. Mualdawn tungbajh mahmah in i khua-etau khempeuh in hong dipkuasak mahmah hi.

Ephesians chapter 1 simin. Bangin hong huup phadiak a, bang mualdawn namu hiam?

Ephesians 1:3-14 in, hotkhiatna ngiimna teng a zaipitak in Paul in hong telciansak a, eima manphat penna munteng pen, gamlim sunga, vanlaizang a mualdawn omteng kilang bangin hong lakkhia hi. Hotkhiatna tangthu a khaapcing in, abeisa hunpan kipan Christ sungah Pasian in hong hehpihna tawh tawntung hun huamin anasepna teng khempeuh hong musak hi. Pasian hong tatkhian pen “*leitung pianmapek*” (*Eph. 1:4*) pan hi a, tuni ciangdong mah eite sungah nasem gige lai hi (*Eph. 1:7, 8, 13, 14*).

Piansakmaa laipekpan ngiimsa tengpen hunbei ciangin picingsak ding hi (*Eph. 1:9, 10*). Tuaciang in, “*nakhempeuh, vantung leh leitunga omteng*” ahun atun ciangin Christ sungah gawm khawm ding acihzong tangtung ding (*Eph. 1:10*) hi. Tuabang in Pasian ngiimna

thukpi teng ki telsiang ding (*Eph. 1:9*) hi. Tumahmah in, Christ sungah hong hotkhiatna zong, “*nakhempeuh*” a hotkhiat ding in Pasian’ ngiimna zaipi sungah a thupi mahmah khatmah ahi hi.

Mualdawn ah omna in lungdam hong kosak hi. Ephesians 1:15-19 ah, Paul in, thu-umte hotkhiatna ding Pasian in ngiimna neikhin ahih manin, Pasian tungah lungdamkoh thungetna nei hi. Tua panin mualpang langkhat ah hong kahpih ciangin, athokik, van akahto, a kipahtawi leh theihzawhloh vangliatna tawh nakhempeuh a ukpa **Christ** hong musak leuleu (*Eph. 1:20-23*) hi.

Christ Zeisu sungah Pasian hong hehpihna tungtawn in, tua mualvum ah i teeng uh hi.

Ephesians 1:4 in, Christ in “leitung pianmapek panin eite hongteelzo a, Ama’ maiah siangtho mawhbaanglo in omding hongkal hi.” Bang acihnopna hiam ngaihsun in. Leitung nangawn omnailo in Ama’ sungah hong teelzo! Pasian in hong hotkhiat nopzia tungtawn in bang lam-etau lian nangah thei hiam?

MONDAY

Kipawlkhawm dingin Hong Tankhia

September 25

Ephesians 2 simsuk inla, hih dotna dawnsawm in: Pasian in a Tapa Zeisu Christ tungtawn in eite ading bang hong hihsak hiam?

“Pasian in...” acihden kammal nihin mihing adingin lam-etau kidim penpen ahi hi. Paul in Ephesians

2:1-10 sungah, amipite' beisa hunsia teng pulaksak hi. Mihing ading a lauhuaina teng pulak kawmin, Pasian a langdona uh, mawhna leh Satan' ukcipna zong theisak (*Eph. 2:1-3*) hi. "Hehpihna tawh akidim Pasian in ..." acihtek Pasian in amau leh ei bang hong hihsak hiam? **(1)**. Christ tawh hong nungtasak – Christ' thawkikna in ei'aa hita. **(2)**. Christ tawh hong thokik khawmsak – Christ'vankahna ei'aa hita. **(3)**. Vantungah Christ tawh hong tukhawmsak – Christ' kumpi lukhu ei'aa hita hi. Christ'nunna tawh vannuai puahphatna sungah eite in pawi enlelte hilo hihang! Pasian hibang a nasepna ah, eite' hoihna kihel kilkel lo, Ama' hehpihna liauliau bek hi (*Eph. 2:8, 9*) hi a, thu-um peuhmah Zeisu pumkhat suak in "gamtat hoih" ding hong deihsak (*Eph. 2:10*) hi.

Ephesians 2:1-10 in Zeisu tawh pumkhat suak ding ci ahihleh, Ephesians 2:11-22 in zong Ama' pawlpimi ahi midangte tawh zong pumkhat in nungta ding hong cilai hi. Zeisu' sihna in a tunnglam in hamphatna omsak, thu-umte leh Pasian kizopna kipsak (*Eph. 2:1-10*) a, apheilam in zong, eileh midangte kizopna hong kimatsak (*Eph. 2:11-22*) hi. Ama' singlamteh tungtawn in, Zeisu in, Greek thu-umte leh Jew mite a deidan, Thukham a zangkhial den kuamzaipi pen, paai khia (*Eph. 2:11-18*) hi. Tua banah Zeisu in, thu-umte kigawmkhawm in biakinn thak alamrang mahmah khat lam hi. Khatveilai in biakpiakna leh siangtho munte ah akihel khalo Gentile mite in, tu in, Jew mite tawh thu-umkhawm uh in pumkhat hongsuak uhhi. Eite zong Pasian' pawlpi sungah hong kihelsak theita a "Topa sungah siangtho biakinn" (*Eph. 2:19-22*) hong suaksak hi.

Pasian' hehpihna hangin, Zeisu leh thu-um lawmleh gualte tawh pumkhat theita hihang.

Ephesians 2:8-10 in mitampi kikhelna thu ahi hi. **Martin Luther** in zong hihmun panin a muh hehpihna in alungsim zo a, Kipuahphat nading thubulpi pawlkhat bang hong muhlawh hi: hotkhiatna peuhmah upna hangbek, hehpihna tungtawn, Christ tawh, leh Pasian' minthanna ding bek ahi hi. 1738 kum, **London** khuapi, **Aldersgate** lampi tungah, **John Wesley** in **Oxford University** ah "lungtang panin kahna" leh "kalsuanna thak pulakna" cih thulu tegel tawh thuhilh hi. A laisiangtho mun, **Ephesians 2:8** hi. (See A. Skevington Wood, "Strangely Warmed: The Wesleys and the Evangelical Awakening," *Christian History* [magazine], vol. 5, no. 1 [1984]).

TUESDAY

A Nungta Pasian Pawlpi Hihang

September 26

Banghang in Pasian pawlpi sungah kihel ding thupi leh lawphuai hiam? Ephesians 3.

Pawlpi mite in pawlpi aphant uh ciangun tha kingahthei mahmah hi. Himah taleh, eite' lawp penna mun in, Ephesian 3 sunga Paul in pawlpi vai a tecu panna baanzo nailo lai hi. Paul in thu-umte ading ama' thungetna hong pulak cilna (*Eph. 3:1; Eph. 1:15-23*) hi a, Pasian in pawlpi piangsak cingiat in (*Eph. 3:2-13*), tuakhit ciang ama' thunget pulakna khawl sak (*Eph. 3:14-21*) hi.

Tuateng tawh kizawitawn in, Pasian'"**ngiimna**" a ki "immcip" teng zong hong telkheh hi.

- Khang tawntung in, Pasian in pawlpi ading a “**ngiimna**” teng “**immcip**” hi (*Eph. 3:3–5, 9, 11*).
- Zeisu’ nuntakna leh sihna tungtawn in tua a ki immcip den ngiimna teng ki “**tangtungsak hi**” (*Eph. 3:11; Eph. 2:11–22*).
- Pulakna hangin, Paul in “**aki immcip**” pawlpi’thu, pawlpi leh Gentile mite nasem khawm theita cihthu theita hi. (*Eph. 3:3–6*).
- Paul in “**kuama’ theihzawhloh Christ’thu**” lungdamthu pen Gentile mite tungah hilhtheih na’ng thu ngah hi. (*Eph. 3:8, 9*).
- Christ kiangah mitampi tun in, Jew mileh Gentile mitawh pawlpi piangsak in, “**Pasian’pilna a tuamtuam**” tepen, vantung a ukcip vangliante in musak (*Eph. 3:10*), amau beina hun ding zong pulaksak hi (*Eph. 6:10–20*). Christ sungah nakhempeuh gawmkhawp ding ngiimna (*Eph. 1:10*) a nuaisiahte hun in tomlua mahmah ta hi.
- Hih telcianna hangin Paul in pawlpi a ding thu naknget mahmah hi. Ephesians 3:14–21 sung a lungsim takpi tawh Paul thunget bangin nang e leh? Amah in Pasian’thu a “**kicing in theih ding thungen**” (*Eph. 3:19*) in, pawlpi kipumkhatna thuthuk a pulakkhiat mahbang in ei zong e leh?

Paul laikhak sunga bangin, ei pawlpi sungah a omlo ding thu-umte sungah kideidanna bangkhawng peuh ahi thei diam? Tuate hepkhiat theihna ding nang huhtheih bang omding hiam?

WEDNESDAY
Upna Pumkhatna

September 27

Ephesians 4 sungah, Paul in thu-umte’n a hih nawnloh ding khat leh mitungah ahih dinguh khat ngen hi. Bangteng hiam?

Ephesians 4 kipatna leh tawpna pen pawlpi mite khatlehkhat kidon ding cihi (*Eph. 4:1–3, 32*). Hih sapna tegel kikal ah, Paul in pawlpi sung pumkhatna neihding khauhtak in thapia hi. Amah in “**khat**” vive sagih pia hi: Pumpi khat, Kha khat, lam-etna khat, To khat (Zieu Christ), upna khat, tuiphumna khat, Pa Pasian khat (*Eph. 4:4–6*) cihte ahi hi. Hihteng in eite khempeuh hong hencip ahih manin pumkhat in ki omtheita hi.

Pumkhatna pen biakna paizia ahihmah bangin, hahkat pian zong kul hi. Tua ahih manin, “*Kha Siangtho makaihna sungah pumkhatna kipsak*” (*Eph. 4:3*) ding cihi. Eite hihloh phamawh thukhat pen Christ’pumpi sungah “*nakhat*” (*Eph. 4:7–16*) ihi uhhi. Kipawlina sungah a omkha mi peuhmah, tua pumpi’nakhat ahih manin, tua pumpi cidamtheih na’ng maapang (*Eph. 4:7, 16*) ding hi. Sawltakte, kamsangte, thuhilhsiate, pawlpikem siate leh laihilh siate nasepna tungtawn in mikhempeuh in hamphatlawh ding (*Eph. 4:11, 12*) uhhi. Hihte in thagui bang in kizop theihna nei a, pumpi’ Lutang ahi Christ sungah eite hong khangtosak thei (*Eph. 4:13, 15*) hi.

Tua laitak mahin, Paul in “*upna lamah naupang ihi naunkei ding a, mite khemsa in, khial saktheite mutna hangin*

Sukhoi tohoi nawnkei ding hi (Eph. 4:14) ci in, pawlpi masate'n a thuak zeluh ahi "mite' khemna" teng teltak in pulaksak hi.

A tawpna ah zolna lamah "khatlehkhat kihehpih in lungnemna tawh, mawhna kimaikun" (Eph. 4:32) ci in, thu-umte in amau' pianlui lungsim khauh hemkhia ding (Eph. 4:17–24) a, hehna leh kamkauh Paulo ding, tuate munah hehpihna leh mi alamto thei kammal bek pau ding (Eph. 4:25–31) cihi.

Hih pumkhatna chapter pen lungnop mahmah laitak in simnuam mahmah hi. Haksat hun taktak hongtun ciangin simsemsem ding thupi mahmah hi. Christ'pumpi pumkhatna, Amah'n a sihlawh liangna pen tuni in na phawkkha hiam?

Eima khuatual leh leitungbup huam pawlpi pumkhatna a omtheih na'ng, ei hihsaktheih bangteng om hiam? I hihtheih zah hiding banghang thupi nasa hiam?

THURSDAY

Eite in Hehpihna Sangin Piakhia

September 28

Ephesians 5 sim lecin, Paul' mitawh kizopna ah lungdamthu i nuntakpih ding hong sawl hi. Hong hanthotna teng lakpan koipen nangma ading in khatna neipen nasa hiam?

Ephesians 5 simsuk lecin apatna ah, vangliatna kidim athupi mahmah khat, makhelh kha ding nahih

manin; Ephesians 4:32 panin panvet lecin, tualai ah Paul in "khatlehkhat kidiktat in, lungnem takin, Pasian in Christ sungah no'mawhna hong maisak mahbang in, note khatlehkhat mawhna kimaikun. Thu-umte peuhmah, Pasian in hong hehpihna tawh mawh hong maisak mahbang in, eite'n zong midangte tungah tuamah bangin hih ding hihang. Pasian etteh ding hihang (Mate 5:43–48).

Paul in, hih Pasian itna etteh nuntakzia acihpen a omngei zelsa milimbiate naihna ahi hi. Mihing khatlehkhat Pasian innkuwan sunga unau sanggam bangle in omlo uh a, zualzangna peuh zang uh in kisial mahmah lailai uhhi (Eph. 5:3, 4). Tuabang nuntakzia khawnglelte in leitungthak ah munneilo ding uhhi (Eph. 5:5–7).

Tuasang in, thu-umte in abeisa khuamial nuntakna nusia dinguh a "khuavak'tate bangin kalsuan" (Eph. 5:8–10) in, Pasian hong itna zil ding uhhi. Paul mah in "a simtham khuamial gamtatna" (Eph. 5:11, 12) nusia ding cihi. Christ' khuavak sungah nungta ding (Eph. 5:13, 14) cihi. Zukhamna sungkhawng hun mawkbeisak sangin, "hun kemsiam" ding a, Pasian leh Ama'hong itna lungdamko niloh ding (Eph. 5:15–21) ci hi.

Paul in Christian pasalte leh zite in zong Pasian hong itna mah etteh ding cilai hi. Christ in pawlpi adingin a ki pumpiakna pen, Christian pasalte ading etteh huai hongsuak (Eph. 5:25–33) a, pawlpi in Christ tungah a thumaanna in zong Christian zite ading ettehhuai mah hongsuak (Eph. 5:22–24) hi. Mihing in a zahmawh uh zualzang na'ngin azat uh sangin, Christian pasal leh zi in, "sakhat" (Eph. 5:28–33) suahna tawh khatlehkhat ki thupit sakna in zangzaw tahan.

“Pasian tawh kibang ding hanciam un” (Eph. 5:1). Pasian hong hehpihna hangin, note pen midangte tawh kizopna ah nanuntakpih nadingun hong sam hi.

Ephesians 5:2 in “itna sungah kalsuan” acihpen Ephesians 5:1 sunga Paul mahin “Pasian tawh kibang ding” acihpen koibang in hong telphasak thei naci hiam?

FRIDAY

September 29

Ngaihsutbeh Ding:

Ephesians 6 sungah, pawlpi in lungnopna-athalawh Pasian’ galkap acihteng tawh thukhup hi. Ephesian sungah, Paul in pawlpi pen Christ’pumpi (*Eph. 1:22, 23; Eph. 4:11–16*), Pasian’ biakinn (*Eph. 2:19–22*), leh Christ’mo/zí (*Eph. 5:21–33*) cihi. Ephesian 6:10–20 sungah, pawlpi pen Pasian’ galkap aih manin galvan kithuam dingin sawl hi. Phattuamna tampitak leh telkhialh theihna tampitak mah omtheihtuak hi.

Paul’ kammalte in lawmleh gualte tawh kido in galvan tawh kithuam ding lamah hong telkhialsak theihtuak hi. Aihhang Paul in pumkhatna, kampauhoh leh lungnemna cihte hong bulphuhsak (*Eph. 4:25–5:2*) hi. Pasian’ lungdamthu zong “*lungnopna lung-damthu*” (*Eph. 6:15*) cihi. Galvai tawh a genteh mah taleh, pawlpi in leitung ngeina bang in galdo ding sawllo hi. Dawi gilote’ galpen khalam galphual ah doding hizaw hi. Paul in kidona lianpi galphual lam masuan in, eite zong Pasian’galkap sungah minpia ding in hong sam hi.

Eite in galte mahmah zong hoihtak entelcian ding hang a, cikmah hun in galte peuhmah neuseh theilo ding hihang. Mihing maimai gal in do ihikei a, apilmahmah

dawimangpa (*Eph. 6:11*) in amakaih “*vantungte ah ukna aana anei kha-gilote*” (*Eph. 6:12*) tawh akido ihi uhhi. Aih hang galte hangin lungsim khalau vetlo ding hihang. Galphual ah Pasian zong hong kuan (*Eph. 6:10*) a, galvan hoihpente Ama’ galvan, “**Pasian’ galvan**” hongguan hi (*Eph. 6:11; leh Isa. 59:15–17 enkak*). Amah in eite lakhiat dingin thumaan, dikna, lungnopna, upna, hotkhiatna leh Kha Siangtho hongpia (*Eph. 6:13–17*) hi. Pasian, eite’ maiah kuankhia khin, eite’ lutang pan khepimuk dong Ama’ galvan tawh hongtuamsak khin a, leh ngeilo ding hihang. Galzawhna eite’aa ahi hi.

Kikupding Dotnate:

1. Sepna tawh hotkhiat hilo citateu zong in, Paul in “Christ tawh ikipawl ciang in gamtathoih gamta dingin Pasian in hongbawl ahi hi” acihpen bang acihnopna ahi diam? (*Eph. 2:10*) Tua aihleh eite gamtat hoihna in bang ngiimna nei hiam?

2. Paul in: “Eite adingin na hong sepsak, eite ngetzah khengval, leh ngaihsut zawhloh zahdong in, a vangliatna tawh natampitak ahong hihsakthei” (*Eph. 3:20*) acihtek bang acihnopna hiam? Bang vangliatna in eite’ sungah nasem a, tua vanglian in eite nuntakna sungah koibang in kician taktak thei ding hiam?

MORNING WATCH
July, 2023

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1. Sabbath	Romans	6:18
2. Sunday	Psalm	41:12
3. Monday	Judges	2:3
4. Tuesday	Isaiah	5:4
5. Wednesday	Acts	16:25
6. Thursday	Zechariah	1:3
7. Friday	1 Corinthians	9:25
8. Sabbath	Isaiah	35:8
9. Sunday	James	5:16
10. Monday	Hebrews	12:15
11. Tuesday	Hebrews	10:23
12. Wednesday	Psalm	27:14
13. Thursday	2 Corinthians	7:10
14. Friday	Isaiah	49:15
15. Sabbath	Psalm	16:8
16. Sunday	1 Samuel	2:30
17. Monday	Psalm	4:3
18. Tuesday	Psalm	37:4
19. Wednesday	Exodus	6:2-3
20. Thursday	Genesis	12:1
21. Friday	John	3:3
22. Sabbath	2 Corinthians	4:4
23. Sunday	Philippians	2:12-13
24. Monday	James	5:20
25. Tuesday	Philippians	1:27
26. Wednesday	Matthew	6:8
27. Thursday	Ephesians	4:25
28. Friday	James	4:8
29. Sabbath	2 Kings	2:9
30. Sunday	Judges	16:20
31. Monday	Joshua	1:5

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MORNING WATCH
August, 2023

1. Tuesday	2 Chronicles	16:9
2. Wednesday	Joshua	10:8
3. Thursday	Joshua	14:12
4. Friday	Psalm	24:3-4
5. Sabbath	Joshua	23:14
6. Sunday	Deuteronomy	4:24
7. Monday	Matthew	8:21
8. Tuesday	Deuteronomy	17:1
9. Wednesday	Deuteronomy	22:21
10. Thursday	1 Samuel	12:3-4
11. Friday	Galatians	1:10
12. Sabbath	2 Corinthians	2:15
13. Sunday	Ephesians	4:32
14. Monday	Romans	6:1-2
15. Tuesday	Romans	3:23-24
16. Wednesday	Matthew	6:9
17. Thursday	Matthew	6:10
18. Friday	Matthew	6:11
19. Sabbath	Matthew	5:3
20. Sunday	Matthew	5:4
21. Monday	Matthew	5:6
22. Tuesday	Matthew	5:5
23. Wednesday	Deuteronomy	7:22
24. Thursday	Isaiah	11:2
25. Friday	John	10:10
26. Sabbath	Ephesians	5:15-16
27. Sunday	Luke	14:11
28. Monday	1 Corinthians	16:9
29. Tuesday	2 Corinthians	5:10
30. Wednesday	2 Corinthians	5:18
31. Thursday	Mark	10:51

MORNING WATCH
September, 2023

1. Friday	2 Chronicles	15:2
2. Sabbath	Exodus	18:14
3. Sunday	1 Samuel	12:23
4. Monday	2 Chronicles	31:21
5. Tuesday	Matthew	10:8
6. Wednesday	Romans	8:35
7. Thursday	Deuteronomy	1:6
8. Friday	Luke	19:5
9. Sabbath	Luke	5:5
10. Sunday	Jeremiah	2:2
11. Monday	Matthew	28:19
12. Tuesday	Romans	8:29
13. Wednesday	Acts	2:1
14. Thursday	John	1:4
15. Friday	Ezekiel	36:26
16. Sabbath	Daniel	9:23
17. Sunday	2 Chronicles	7:1
18. Monday	Acts	9:26-27
19. Tuesday	Isaiah	5:20
20. Wednesday	Isaiah	6:8
21. Thursday	Ishiah	10:15
22. Friday	1 Peter	1:13
23. Sabbath	Romans	12:19
24. Sunday	Romans	12:1
25. Monday	1 John	4:16
26. Tuesday	1 John	3:6
27. Wednesday	1 Peter	5:7
28. Thursday	James	5:16
29. Friday	Deuteronomy	30:11
30. Sabbath	Acts	5:5