

**KHANGCING SABBATH SCHOOL  
LAISIANGTHO SINNA**

**Haksat Hun Sungah Christ tawh**

**In the Crucible with Christ**

**Gavin Anthony**

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**2022**

Sabbath School Lesson

တီးတိန်ချင်းဘာသာ

ပုံနှိပ်သူ

ဦးယန်းနိုင် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသွေးလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

ထုတ်ဝေသူ

ဦးစောတီမသေ (၀၀၅၈၉)

ဥက္ကဋ္ဌ

မြန်မာပြည်သူ့မနေ့ကုပ်သာသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့

အုပ်ရေ - ၁၂၀၀

ဓမ္မဒါန

ပထမအကြိမ်

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## A KIKHAILUM PIANGSAKPA

“Pasian in Thu tawh na khempeuh piangsak a, Thu tawh lo in a kipiangsak khatbeek omlo hi” (*John 1:3*). “Na Khempeuh” a piangsak Zeisu hi a, Laisiangtho in “Zesis a kap hi” (*John 11:35*) cihi. Piangsakpa kap tazen! Tua banah Zeisu pen “ki simmawh, kinial a; gimna leh natna thuak” (*Isa. 53:3*) cihi. Piangsakpa, dahna thuakpa, simmawh leh nial thuak maw? “Ka Pasian, Ka Pasian, banghangin hong nusia nahi hiam” (*Mate 27:46*) ci in kiko hi.

Koi bangin tuate piangthei hiam? Zeisu, hong piangsakpa, hong tanpa, a kikhai Pasian, ki niamkhiatna tawh eima dinmun hong lasuk a, Rome mite’ singlamteh tungah khailupna thuakpa ahi hi. Eite hong piangsakpa Amah hangin “hingin i gamtang hi” (*Sawl 17:28*) eite kuamah in i thuakzawhloh thuakpa ahi hi. Eite in eimau dahna lungngaihna bekmah phukha hihang a: Amah in singlamteh tungah “eite” natna leh gimna teng thuak” (*Isa. 53:4*) hi. Vannuai ah a lamdang penpen thupiang zong hipah hi.

Tua thuteng siksan in, mailam khathum sunteng in, eite theihzawh lohthu tampitak, eite thuakna, Christiante’ thuakna leh Christ tungah a kipiakna cihte i lungngai ding uhhi. Dotna khempeuh dawngkhin thei sam keini in, Pasian in itna hi” (*1 John 4:8*) a, bangpeuh piang taleh, Pasian mah muang tentan in, nasamahmah taleng, Ama’ hehpihna sungmah ah khango ding hi hang.

Tu quarter sunteng, Pasian’ thu bangzah in umtaleng, lametbei, lehbawlk thuak, thumaan lotak in suplawh cihte phukha veve ding hihang. Koibangin gualzo ding a, bang pilna peuh ki ngah lawh thei ding hiam?

Hiteng ah miteng i etciangin, amau phutkhak,

thuak khak upna sittelna tepen singlamteh bulphuh mahin hongtung cih itheih kul hi. Zeisu Christ Piangsakpa leh Tanpa' thuakssiat zahin a thuak kuamah omnailo cih zong phawk tawntung ding hihang.

I Pasian in a thuakssia Pasian ahi hi. Christian a hibeecklo **Albert Camus** nangawn in, singlamteh tungah Pasian' thuakna teng thei kisa in: "Tua Golgotha nitakin Pasian in Ama' dinmun nusia liangin, gimna dahna tawh sihna hong thuaksuk zawzen cihpen tangthu sungah thupi mah mah hi"—Albert Camus, *The Rebel* (New York: Vintage International, 1991), p. 33, cihi. EG White in zong "Pasian' mai ah eite pen mawhna in a cimtakhuai mahmah hong suaksak cihpen, singlamteh in hong lakkhia hi"—*Education*, p. 263.

I lesson sinnate pen, dawimangpa' maiah Pasian in eite hong pumgup cip hi lo hi. Mawh baih mahmahna leitung mahah, lohtheihloh a thuakna te'tungtawn in nasepna hong huhding a deihna ahi hi. I kihilhnop penthu in, natna dahna supna cihte pen Pasian in hong nusiata cihna hi lo a; a puksa mihingte iih manin thu-um mite nangawn zong thuak ding cihna hilel hi. Zeisu leh Ama' hongpiak lametna tungtawn in, khatna neilo ngiimna neilo teng khempeuh in khatna leh ngiimna hongnei ta, eite'nngaihsun zokei phial mahleng zong, "Pasian a itte khempeuh adingin na khempeuh a hoihlam in piangsak" (*Rom. 8:28*) hi. Pasian, Amah a piangsakpa mah in nakhem peuh thuak ngiat a hihman in Amah i it hi.

*Tu quarter bup pilna hongpia dingpa, Gavin Anthony pen Sri Lanka gam pan naupang Pasian nasepna pan hong khangto hi. England ah Pastor sem a, hih Lesson sinna teng a bawl laitak in Iceland conference president a sep laitak ahi hi.*

## LESSON 1

\*June 25–July 1

### TUUCINGPA' HAKSATNA

#### SABBATH NITAKLAM

June 25

**TUKALSUNG SIMDING:** *Late 23, Rom. 12:18-21.*

**KAMNGAH:** "**Thahatna thak kei hong guan hi; A hong ciamsa mah bangin lampi maan ah kei hong kha hi**" *Late 23:3.*

**Sophie** in a lupna khaan kongkhak tungah kingamsa in sual tungah tusukcip hi. A khitui hong luangsuk kalkal a, a kam panin phun susupsa in, "a koici peuhmah aitam tuapa!" ci hi. Ama' lungsim a sukha mahmah thuthak khat za hi. A zawl in a ngaihsut, a muan mahmah khat in, ama' vangkiamtheih nading zah dong ciang phuaktawm thu tampi na zeel gawp hihtuak hi. A lupna tung pan a Laisiangthobu la in a honpak leh: "Thahatna thak kei hong guan hi; A hong ciamsa mah bang in lampi maan ah kei hong kha hi. Khuamial thukpi ka nawk hangin ka lau kei hi. Na molhtum leh Na ciangkhut in kei hong huu hi" (*Late 23:3, 4*).

"Hi theilo hivaw!" ci ngaungau hi. Late sungah Tuucingpa in A tuute lampi maan ah paipih himah taleh tua lampite in sihna gamkuam nawkthei hihtuak hi. Pasian in amah lampi maan ah paipih nading in, hihbang lawmhoih khat in zuakding cihpen piangthei ding hiam cih hong ngaihsun hi.

SUNDAY  
**KHUALZINNA MAKAI KHAT: TUUCINGPA**

June 26

**“Topa in tuubang in hong cingpa hi a, Kisapna teng ka kicing hi”** (*Late. 23:1*). Naupang pawlkhat pen Pasian’ lim kisuaisak hi. Ciangtanna omhet lo in, amau’ lungsim suak bangin kisuaisak lel hi. A kidotkik ciangin amauteng khempeuh mahin Pasian in ki-itna hi ci in dawng kik ngeingai uhhi. Tuabang hiziau lel hi.

Na khempeuh a hoih laitak in Pasian tungah mihind’ ngaihsutzia pen hoihbajh mahmah lel hi. Ahihhang khangham semsem ciangin nuntak haksat manpeuh in Pasian i muhzia kikhel thei hi. Pasian ahihleh bel eite bangin kikhel themthum hetlo hi (*Heb. 13:8, James 1:17*).

Laisiangtholui mite in tuucing vive ahih manun, Pasian in mihind’ a kepzia pulak na’ngin Late 23 zangpha mahmah uhhi. Laisiangtho a lui leh a thak in zong Pasian pen tuucing mahtawh genteih hi. A lamdang mahmah leh a kikhel theilo limciing ahi hi. Late 23 i etmaa in laisiangtho laikungpute in Tuicingte nuntakzia a teldaan uh theih masak kul hi.

**Hih anuai a munte panin tuicing khat’ nuntakzia koibang in namuhsak hiam?**

*Isa. 40:11*

*Jer. 23:3, 4*

*Ezek. 34:12*

*John 10:14-16*

*1Peter 2:25*

**Tu’n Late 23 en in. Tuucingpa in A tuu koici kep hiam?**

*Late 23:2*

*Late 23:3*

*Late 23:4*

*Late 23:5*

*Late 23:6*

**Hih bangin nang hong kemden Khat omcih na theih manin bang naci hiam? Hihthu hangin, Pasian limmeel a telkhial haksatna thuak mikhat tungah koibangin hanthotna napia thei ding hiam?**

**MONDAY****KHUALZINNA AH DINMUN**

**“Hong ciamsa bangin lampi maan ah hongkha hi”**  
*(Late 23:3).*

Namai ah a kiphah dihdiah “Lampimaan” (*Ps. 23:3*) cihthu lungngai in. A tawpdong muh theihloh hang, Pasian’ innah a ciahgige nakithei hi. Nangleh nangmah na ki etcian ciangin koilam manawh cih nakithei hiam? Munkhatkhat siangsitset mahleh, munkhatkhat lauhuaina ling peuh omthei ding hi. Khatvei leh mualdung bang hi a, munkhatkhat paina nuam mahmah in, a hksat mahmah hun zong omding hi. Israel mite in Egypt pan Khapsa Gam a zuatlai uh mahbang hiding cih Late sungah ki pulak hi.

**Late 23 sungah Topa’ innlam zuanin a pai tuute in lampimaan a totna vuah David in bang dinmun peuh muhsak hiam?**

.....

Hih lampite pen banghangin “lampimaan” kici hiam? Thu-li omhi. Amasa in, Tuucingpa’ innlam manawh ahih manin lammaan ahi hi. A nihna, Tuucingpa mahtawh hong tonkhawmsak a hih manin lammaan ahi hi. A thumna, Tuucingpa mahbang in, mimaante hong suaksak hi. A lina, lampimaan ahihna uh dungzui in, tecimaan pang in, mimaan hong suaksak in Topa’mín thangsak hi. Amaute “maan” uh a, “thumaan” lampi ah haksa taleh baih taleh pailel uhhi.

Pasian in hong makaih nakleh, a ngiimna mun a tun ding pen lunghian omlo cih theih huai hi. Makaihna leh kepcinna bek hi hetlo hi. Laisiangtho sungah Pasian

*June 27*

in A mite a makaihzia tampi takmah kimu a, *(kamciam tawh Abraham a makaihzia leh Israel mite meikhuam leh meii tawh a makaihzia)*, Pasian in hong makaih nakleh Amite peuhmah thumaan sungah thuhilhna kihel den hi.

**Tuucingpa in nang nuntakna sungah thumaan hong deihsakzia naphawk hiam? Christ nuntakzia lengsak thei dingin zia-etna in nang nuntakzia koibangin hong puahphat sakthei ding naci hiam?**

**TUESDAY****LAM-ETLOHPI LAMPIALNA 1: ZANGKUAM***June 28*

**“Kei hong ompih na hih manin, khuamial thukpi ka nawk hangin kalau kei hi. Na molhtum leh na ciangkhut in kei hong huu hi.” Late 23:4.**

Thumaan lampi in lonona mun tuivot luannagei tengbek nawk lehbel nuam mahmah lel ding hi. David in tua bang ciло hi. Sihna gamkuam khuamialna zong omzel a, painophuai hetlo lel hi. Israel gam a luiluangte leh hawkguamte pen amau uthunhun in tui adim in hong luangpak zel thei hi. Hih munte pen kawcik in, keen mahmah ahih manin khuavak liahthei mahmah hi. Tua a hih manin “sihna gamkuam” cihpen “khuamial thukpi” cihna ahi hi.

**Nangma aituam “sihna gamkuam sung” na om hun ngaihsun in. Bang tawh a kibang hiam? Tuucingpa om gige cih thei napi na lau veve hiam? Bang Laisiangtho mun in banghang in nang ading manphapen thei naci hiam?**

.....

**Tua gamkuam ah tuute thukhupna koibang hiding na-um hiam? Tuute amau thuthu in pailel ding maw, Tuucingpa ngiat in makaih ding maw, ngaihsun in.**

**Elisabeth Elliot** in, “sihna gamkuam sungah a tunlam a thei tuupen, kimakaih khial cih a theih kul hi. Khuamial pen lau mawkmawk ding hi lo a, kisin zawk ding ahihi. Tuicingpa in ama kiangah om gige lel hi.”—Elisabeth Elliot, *Quest for Love* (Grand Rapids, MI: Revell Books, 1996), p. 218.

**Tuabang gamkuam ah “thumaanlo takin” hong kimakaih ngei hiam? Tuabang hun ciangin Pasian hong sapna koibangin nadawng hiam? Thu tellopi in khuamial thukpi sungah i lutding pen Tuicingpa in bangzah in hongvei ding in na-um hiam?**

**WEDNESDAY**

*June 29*

#### **LAM-ETLOHPI LAMPIALNA 2: SABUAI KIIM AH**

**“Keima galte muhna sabuai tungah an nong lui hi; Ka lu sathau nong nilhsak a, ka hai dimlet hi.” Late 23:5.**

I nuntak sungin gal tuakkhak ding zong pelhlo phial hi. Tua hunciang bang nacih hiam? Zan thapai ihmu lo in, kiheihei in, nang hong natsak sawm leh nanasepnate hong suksiasak a sawm nagalte tungah phulak dingdan khawng nangaihsunsun ngei hiam? Christiante in a galte a hihding danpen ngaihsut haksa tham hi.

**Koibang galpeuh naphukha hiam? Nang hong suksiat sawmte leh hong itte koibang in nathuk hiam? Mate 5:44 sung a Christ’ kammal leh, Rom. 12:18-21 sung a Paul kammal nakoici zuih hiam?**

Late 23:5 sungah, David in galte thuhkikzia ding hong hilhhilh hi. Tua galte khawng awlmawh selo zaw in Pasian in ama’ ading bang hihsak ding cihlam enzaw hi. Pasian in ama’ ading pawi bawlsak zawsop hi.

David’ ngeina in, a zahtakhuai mi khat pawi hong siim ciangin, inntekpa in alu sathau nilh sak in pawi innsungah lutsak hi. Tua sathau pen nisukthau leh paknamtui a kihel ahi hi. Tua ciangin tua zinpa pen midangte nekding sangin a tamzaw ankuang lam ah tusak hi.

**Hih Late 23:5 sunga na nam thum (sabuai, sathau, leh hai) tengin, gamkuam sungah omphial mahleng Pasian in hong kem veve ahihna koibangin honglak hiam?**

.....

**Paul** in zong, “Eite do pen leitung mite hi lo a, vantung huihlak a omte’ ukna aana a neite hih leitung khuamial a ukte ahi hi” (*Eph. 6:12*) cihi. I galte pen muhtheih a ommah bangin muh theihloh zong omlai hi. I deih a, deihkei phial zongin hong kiim um zo hi. A hihhang in, eite’ Tuicingpa in eitawh hong omkhawm ahih manin, i galte muhtheih muhtheihloh khatpeuhpeuh in, i Topa hong piaksa teng khat zong hong guksak theilo hi.

**Galte in nang hong kiim-uum laitakin, Tuicingpa in bang hong hihsak cihthu lungngai masa in. Tuabang haksat hun laitak nangawn in lungdam nakohtheih nading in, bangthu peuh namu hiam?**

**THURSDAY**

*June 30*

#### **KHUALZINNA AH A KICIAN KAMCIAM**

**“Na hoihna leh Na itna in ka khantawn in a hongzuih ding teltakin kathei ta a, a tawntungin Na innsungah ka omding hi.” (Late 23:6.**

Khuamial sungah galte'n hong kiim-uum laitakin, eite hong ki-pumnutsiat dingin umkha thei hihang. Pasian in nasem khollo bang hilel a, Amah'n hong huh hileh hibang dinmun kitung lo ding cih nophuai peuhmah hi. A hihhang David in tuabang lam in mulo zaw hi.

**Haksatna tampitak kawmkal ah, David in Late 23:6 sungah, kician a sak bang thu-nih gen hiam?** (*Eph. 1:4; 2Pet. 1:10; Heb. 11:13-15 etbeh in*).

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Pasian in thuciamna sungah hongpiak a hoihna leh hong itna in, ka nuntak laiteng hong "**nungzuih**" tawntung ding hi ci in a kilet khia hi. A kammal bulpi taktak in hong "**nungdelh**" cihna hizaw hi. *Piancil 14:14; Joshua 10:9; 1Samuel 25:29* cihte sungah Hebrew kammal pen in "**suulzuih**" cihna hi a, kician mahmah hi.

**Pasian' hoihna leh mongneilo hong itna in nang hong "suulzuih" keei cih namuh ciangin bang na ngaihsun hiam? Pasian in hihbang danin hong khoi ciithu David in bang a deihna tawh hong gen hiding hiam?**

Khuamial bangzah thuk a, bangzah in gal-han taleh, Pasian in a hoihna leh mong neilo hong itna tawh lam tawp dong hong makaih den ding cihpen dotdot zong kulnawnlo zaw hi. Hi bang ngaihsutna mah tawh, Zeisu in Calvary ah nagualzo khin hi cih phawk ding hihang.

I phutkhak thute hangin dotnop tamthei mahmah zel hi. David mah bangin, hihbang thute pen Pasian in bang hong hihsakthei cihziau hi lozaw hi. Late 23:6 ah David in, kipkho tak in i Pasian' thumaan tawh i lungsim hong kizosak hi.

**Pasian' hoihna leh mong neilo hong itna in nangmah hong "nungdelh" taktak a hihna bang thupiang nanei hiam? Laisiangtho sungpan bangthu tawh nakizom sakthei diam? Pasian hong khoina a lunghiangte tungah hihthu koibang in hawmsawn thei ding nahi hiam? Singlamteh in koibangin hong ki "suulzuih" a hihna limlianpen hithei hiam?**

FRIDAY

July 1

**FURTHER THOUGHT:** Ellen G. White, '*Testimonies for the Church*' vol. 4, Lamai 143 ah "Missionaries in the Home" leh; '*The Desire of Ages*' Laimai 476-484 "The Divine Shepherd" simin.

"A tawpna ah a gualzo mite in amau biakna nuntak sungah haksatna zia-etna a thuakzel uh hangun, Christ in a thuhilh nopte hong khalna ahi, khamuanna mansuah ngeilo ding uh a, niin khempeuh hahsiang nading in a phawmawh khatzong ahihi. Pasian' nasempa in galmai ah kulhpi kiplet kul a, a ki simmawh bawlnate, alampi ah Satan in ling a koihsak khempeuh tungah a gualzawh kulngiat hi.

Nangma haksatna teng bek en suksuk zawlo in, a tunglam dakto lecin, Zeisu na muh ciangin, Amah in a khut hong khak ding a, lungmuangtak in na khut piazzau inla, Amah'n makaih sakziau lecin, na tha nemtuanlo zaw ding hi. Na muansiam nakleh lametna tawh nakidim pah ding hi.

Christ kiangpan huhna na ngah ciangin, Zeisu' omzia hoihte kiptakin nasuun ding uhhi. Tuabang omziate pan khuavak tangkhia peuhmah pen, Satan in susia theilo hi. Pasian in silpiak hoihpene, a Tapa neihsun hongpia khin a, Ama' gamsungah a innpi ah om dingin a kilawm ding in hong domto hi"— Ellen G. White, *Messages to Young People*, pp. 63, 64.

#### KIKUPDING DOTNATE:

1. **Nang tungah hongtung "a lauhuai mahmah zia-etna" pen "Christ kiangah khalna" a kisinsin na hihlam bangzah na phawk kha hiam?**
2. **Gamkuam a omte eite'n i huhna tengin, Tuucingpa'n mite a huhnop dan koi bangin hithei ding hiam? Pawlpi khat i hihna tawh, mi kitasamte huhna pia ding in Topa'n koibangin hong zangthei semsem ding hiam?**
3. **Khan sungah, mikim kihel in hoihna leh itna in "suulzuih" ahihna kikum sak in. Mi malkim phutkhak thute pan bang pilna na ngahthei ding hiam?**

#### LESSON 2

\*July 2 – 8

#### HONGTUNG HAKSATNATE

#### SABBATH NITAKLAM

July 2

**TUKALSUNG SIMDING:** 1 Pet. 4:12-19; 1 Pet. 5:8-11; Rom. 1:21-32; Jer. 9:7-16; 2 Cor. 12:7-10.

**KAMNGAH:** "Ka itte aw, note upna hong ki zia-etna in gimna haksate na thuak manun a thu lamdangpi in ngaihsun kei unla, Na lungkham ngaihsut kei un; Tua bangin Christ tawh thuakkhawm le uh cin, Ama' minthanna hong kilat ciangin, note lungdam mahmah ding na hih uh manun, tua bangin na thuakna uh ah na lungdamzaw un." (1Peter 4:12, 13).

**Chemistry** kisinna ah, na nam tuamtuamte pen kuang neu khat sungah koih in a sa mahmah in huanthei uhhi. A kuang a sat semsem ciangin, a sung a omnate tuisuak a, a namzui in meikuangthei phial hi. Tua kuangneu pen **zia-etna haksa (Crucible)** kici hi. Crucible cih kam mal pen Dictionary sungah (1) a samahmah in nakhat peuhpeuh huantuina kuang, (2) nasia takin sinna (3) huzaap khatpeuh leh khantohna khatpeuh a dingin nasia takin thasaan cihangin letkhia hi.

Hih letkhiatna tengin eima' khalam bangthu piang cih hong theisak tuam hi. I gamtatzia kipuahphat theihna'ng in a hun leh a mun in eite koici bangin hong sawlengawh hiam ciithu tukal sunteng i kisin ding uhhi.

Tua hileh Pasian in eite a ding bang hong hihsak a, zia-et haksat hun hong tun ciangin koibang in dawngkik thei ding cih ngaihsutna hong ngahsak tuam ding hi.

**SUNDAY**  
**LAMDANGSA**

*July 3*

**“Ka itte aw, note upna hong ki zia-etna in, gimna haksate nathuak manun lamdang sal ua kei unla, lungkham ngaihsut kei un.” (1 Pet. 4:12).**

Lamdang sakna a thuak haksa mahmahte hong om vatvat thei hi. Nmai ah mawtaw khat hong kawivat thei hi. Nasep taanna lai zong kingahvat thei hi. Cidamna sittelna pan zong lam-etlo thusia kingah vat thei hi. Na itmahmah hong itding na lam-et khat in hong lehheek thei ek hi. A natmahmah mahbang in lamdang takin suksia semsem theilai hi.

Tukal sungteng pen a namahmah zia-etna pawlkhat bul-etmahmah ding hihang.

I kipat na’ngin 1Peter 4:12 ah kileh vatleng, “lamdangsa” cihpen Greekpau in “**midang**, or **gamdang**” peuh a cihna ahi hi. Peter in ama’ laisimte peuhmah in, meikuang lauhuai mahmah leh zia-etna haksa khawngte lauluatna thaang sungah awksak nuamlo hi. A omngeina hilel a, a omding mah zong hilel cih theisak nuam hi.

“**Meikuang**” tawh kisittelna a cihzong pen Greekpau mah ahi hi. Mundangdang ahbel “**meikhuk**” khawngpeuh naci hi. Upna ki sittelna limlim peuhmah a “**tuikhamp**” ding mah kisam hi.

**1Peter 4:12-19 sim lecin, Peter’ thupuak bang hiam?**

.....

Christian’ nundan limlim pen ol ngaihsuttheih lua iih manun, thuakna a omteh lamdang kisavat thei hi. Langnih omcih theihsa hi a, ahoih Pasian leh a sia Satan ahi uhhi. Tua hi a, ahoih a piang khempeuh pen Pasian i pia a, a sia a piang khempeuh Satan kingawh pong hi. Nuntak pen amaimai hi hetlo hi. Eima ngaihsut phutkhak khawng tawh Pasian ahi a, Satan ahi a kingawh mikmek theilo hi. Khatveivei Pasian tawh tonkhop khawngpen tona haksapipi khawng omthei hi. Satan’ nung zuileng peuh hamphatna’ng tam zawsop hi. Job zong thumaan mahmah napi a thuak siat ciangin, Pasian kiangah dotna dong a, “banghang in migilote khangto in hau in lianthei hiam?” (Job 21:7).

**Peter in hih haksatna khempeuh pen Christ ading in dingtang in omhang hi cihi. Haksatna bel thudang hangin zong hong tungthei mah hi. 1Peter 4:12-19 in, zia-et haksatna a thuak nalawm khatpeuh in lamdang a sakloh theihna’ng koici hilhcian ding in hong hilh hiam?**

**MONDAY**  
**A HAKSA SATAN’ ZIA-ETNA**

*July 4*

**“Note pilvang in khuaphawk un. Na galuh ahi Dawimangpa humpinelkai bangin a nektheih ding zongin vak kawikawi hi” 1Pet. 5:8.**

**A tunga laisiangtho mun na sim ciangin, bang thupuak i mu thei hiam? “Hih thute bangzah in thupisak ka hiam” cih ngaihsun in. Na nuntak sungah hithute nathupit sakna in bang nahih hiam?**

Humpinelkai gilkial na mukha ngei hiam? A ut peuhpeuh manziau in ne thei cih i theihsa ahi hi. Peter in, Satan zong tuabangin kileh kawikawi hi cihi. I kiimkot

i etet ciangin, thatnuamlua cih i muhsa ahi hi. Mun khempeuh ah sihna thuakna lungsim suksiatna cihte omsak kawikawi lel hi. Satan nasepte muhna pan kisuakta theilo lel hi.

**1 Peter 5:8-11 simin. Satan' vialvaakna Christiante in koici thukkik ding ihi hiam?**

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**A thuaksiate ading Pasian in bang kamciam pia hiam? 1Pet. 5:10.**

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Christian' upna Satan in a dona thuhkikna in Peter in hihlai hong gelh hi. I gengensa mah bangin Satan zong lampi tuamtuam tawh nasem hi. Galpa' thahatna leh vanglatna i theihtee hang, lungkia ngeikei inla, Zeisu in Satan zokhin hi cih phawkden inla, Zeisu tungah upna tawh i ki aap laiteng Satan in hong zotheilo ding cih thei in. Singlamteh hangin Christ' gualzawhna in eima' gualzawhna hongsuak hi.

**Satan in hong natsak theihna lampite ngaihsun in. 1Peter 5:8-11 na sim ciangin, Satan in a suksiat gawpna hih leitungah tenglai nahihlam leh koici bangin phu ding cih hong theisak naci hiam?**

TUESDAY

July 5

**MAWHNA THUAKHAKSATNA**

**“Mihingte in amawhna leh gitlohma hangun Pasian’thumaan selcip uh ahih manin, van panin ahehna hong kilangsak in a gimpiaakna dingzia hong kilangsak hi” Rom. 1:18.**

Nasepna khempeuh in khaptawn nei hi. Nisa nuai ah vukkhal tawi lecin tuisuak ding hi. A hangthu leh a nungzui tonkhawm den hi. Thu pen a tuamtuam in khenkhia niloh mahleng zong mawhna mah hiveve hi. A khap hong tawnveve ding hi. Pasian in vantung panin, a kuamawh a, bangci thusia piakding omhiam cih zongzong tuanlo hi napi, mawhna in ama' khap hong tawn kiklel hi. Pasian' pilna khawng ki makhelh nuam pahpah in, mawhna in a khap hongtawn ding cih phawk khalo pahpah hihang. Tuabang hi ngeilo hi. Mawhbawlna in, tawntung hun a ding bek hi lo, tuni mahmah a dingin a namahmah in a khap hong tawnkik thei cihtu Paul in pulak hi.

**Rome 1:21-32 ah, Paul in, mihingte mawhna sungah a puktheihzia leh tua mawhna' khaptawn teng zong hong hilhpah hi. Hihmun teng limtak sim inla, Paul in mawhna bang ciang tunga, a khaptawn bang ciang omthei cihtu koici gen hiam?**

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Paul in hih zuau khaptawn teng pen “**Pasian’ hehna**” (Rom. 1:18) zong ahi hi cihi. Hihlai Pasian’ hehna cihipen mihing in ama' vawh bangin aatkik ding Pasian in a phalna ahi hi. Pasianin Christiante nangawn, eimau gamtatna' gahte peuhmah hong hepkiatsak pahpah hetlo hi. Eima nasepna tawh mawhbawlna in bangzah siahuai hi cih i teltheihna dingin, a khaptawn zong hong phalsak zel hi.

Pasian' thukhamte palsatna teng vive ki ngaihsunkha bek tawntung hi. Cidamna thukham palsatna eleh? Eite pumpi in Pasian' inn ahi hi. Cidamna

nekledawn leh kimawl hun neihlohma leh, aval lua in nasepna khawng zong Pasian langdo in mawhna ahi hi. Tua bangte in zong a haksa mahmah khaptawn neithei hi.

**Nangma nuntak sungah, namawhna in koibangin akhap hong tawnkik ngei hiam? Bang pilna peuh ngah nakisa hiam? Tuabang nahih kikloh nading bangteng nakikhel hiam?**

**WEDNESDAY**  
**A HAKSA SIANSUAHNA**

*July 6*

**“Vanglian Topa in acih in ah: ‘En un, amaute a siantho nadingin suangtui in ka zia-et ding hi; Tua lo Ka mite bangcih nawnding Ka hi hiam?’” Jer. 9:7.**

“Pasian’ Kha in nang’ lungsim hong nasakzo Topa’ kammal khat hong guan aihlel, tua hangin sihtheinhna ahi nangma sunga omsa khat a natsak nopman ahi hi.”—Oswald Chambers, *My Utmost for His Highest* (Uhrichsville, OH: Barbour & Company, Inc., 1963), p. 271.

**A tunga Laisiangtho mun nang teldan koibang hiam? Tua kisiansuahna sungah nang zong naphutkhak nanasak bangpeuh a omkha hiam?**

**Jeremiah 9:7-16 sim in. Pasian in “suangtui in zia-et” ding cihi. Judah leh Jerusalem a cihna hi (Jer. 9:7). Bang paulam thunih Pasian in pia hiam? (Jer. 9:13, 14). Koi bangin hong suangtui ding hiam? (Jer. 9:15, 16).**

Pasian in, nasia takin suangtui in a zia-et ding hi. Suangtui in zia-etna in a haksat mah mah theihna’ng thu thum omhi. Amasa in, Pasian in i mawhna hong phawksak kik ciangin nasamahmah ding hihang. Jeremiah in zong “nakpi takin pum a kizap hangin a ekte tuitheilo a, luangkhia theilo hi. Pum a kizapzap hangin amawkna a suak hi. Banghang hiam cihleh migilote omlai veve hi” cihi (*Jer. 6:29*). Eimah kiphawktawm theihna dingin nasia takmah in hih kultuak hi.

Anihna, eima’ mawhna i telcian mahmah ciangin dah in lungkham mahmah ding hihang.

Athumna, kikhelnop mahmah hang beidong leltak ding hihang. Eima neihkhitsa tuathu luite paihkhat ding pen hong haksa mahmah ding hi.

**Nang hong kitomtom sak mawhna teng ngaihsun kik in. Tuni in Pasian in nang hong suangtui in hong zia-et ding hileh, hong koicih tam? Israel mite khauhtak in ahih mahbang in, Pasian in nangmah, koibang in hong hihthei ding naci hiam?**

**THURSDAY**  
**PICING DING HAKSATNA**

*July 7*

**“Ahizong in hih a lamdang natampi takte kamuhna hangin, kisial in ka kisaktheih khakloh nadingin, Satan’ sawltak bangin na asem, keima pumpi sungah natna khat hong kipia ahih manin, kakisaktheih luatloh nading in hong kham hi” 2Cor. 12:7.**

Phuk cih leh **hahsiang** cihtegel kikal khentelsiam haksa hi. Singkung i deih nawnlchte ki phukpai hi; gahpha semsem ding i deih kungte ki hahsiang hi. A nihtuak in

temhiam tawh kisem khawm hi. Hahsiang cih ciangin huanneipa in hoih a sakloh singhiangte tankhia in a suksiat bang ahi hi. Kha lamah enleng, **Bruce Wilkinson** in “*Pasian kiangpan a tam mahmah thuphate leh Ama’ Tapa tawh kibang dingin thungen ngaungau na hi hiam? Tuabang na hih peuhmahleh pen, mulmet ding a ngenngen na hi gige hi?*”–Bruce Wilkinson, *Secrets of the Vine* (Sisters, OR: Multnomah Publishers, Inc., 2001), p. 60.

Paul in “ka sungah ling khat” (*2Cor. 12:7*) acih pen mite’n lamdangsa uhhi. Hih bangin thu telhak a pauna pen, Paul in langdo athuakna khawngpan kipan a tuamtuam kingawhsak pong hi. A mit hoihloh zong a cinuam hihtuak hi (EGWhite Comments, *The SDA Bible Commentary*, vol. 6, p. 1107). Hihbang in “**ling**” hong kipia hi ci in Paul in um hi.

**Paul in “hong kipia” acihteh bang a cinuam ahi tam? Kua’n pia hiding hiam? Tuapen Paul a ding a hoihzaw lamin Pasian in koici zattheih hiam?**

Paul sunga “**ling**” in deihna tuamkhat nei hi: “ka kisaktheih khakloh nading” (*2Cor. 12:7*) cihi. Ama’ mawhna khatpeuh hang hi lo in, mailamah a mawhkhak lohna’ng khamna hizaw hi. Paul in ama’ pianzia limlim mawhthei dingin thanemna neicih kithei a, tuapen hih “ling” in khamzo hi.

**2 Corinth 12:7-10 simin. Paul in tua a “ling” koicih hiam? Paul in ama’ thanemna dangte hangin bang hamphatlawh zaw ding naci hiam? Nangma puak ding**

**“lingte” tawh kisai in Paul hihdan in bang huhna hong piathei ding naci hiam?**

.....

**Pasian in nang khalam khantoh na’ng a lampite leh nangma lampite koibang in ki lamdang hiam? Thumaan sungah gahpha nagahtheih nadingin bangteng kisam cih ngaihsun in. Pasian in nang hong “hahsiang” nading in khalam pan bangteng peuh kisam ding naci hiam?**

**FRIDAY**

*July 8*

**FURTHER THOUGHT:** EGWhite, *Signs of the Times*, Nov. 18, 1903 sungpan “Effectual Prayer,” simin; *The SDA Bible Commentary*, vol. 4 laimai 1182 ah EGWhite kammal simin; *My Life Today* laimai 92 ah “God Permits Trial and Affliction to Purify Me” simin.

“Lungsim a simpa in amau’ gamtatna pen amauté sangin telpha semzaw hi. Pawl khatte a lungsim uh tei mahmah, thumaan khentat thei in Ama’ nasepna ah kizang thei mahmah ding cihzong mugige hi. Ama’ vahawmnna sungah hihmite muntuamtuam pia a, dinmun tuamtuame panin amau’ theihzawhloh in, amau’ sunga a kiseel khinkhian, amau’ gamtat hoihlohma teng phawkhhia sak hi. Tua siatna teng pan in kipuahphat na’ng hun zong pia in, Ama’ nasepna sungah kilawm sak hi. Amaute a kisiansuh na’ngin meikuang haksate zong pia zelzel hi.”–Ellen G. White, *The Ministry of Healing*, p. 471.

**KIKUPDING DOTNATE:**

1. Mawhna in suul hong zuih ciangin haksaa sa mahmah veve ding hihang. “Pasian tawh ka kilemkik theilai ding hiam” bang ciliang ding hihang. Tuabang hun ciangin kipkho thei ding leh lehlo ding in Pasian in bang hong kamciam khin hiam? (*Paul kamal Rom. 5:1-11 simin*). Hihbang lianin hong dongte tungah koici dawn ding nahi hiam?
  
2. EGWhite in “Pasian’ vahawmna” acihpen bang acinuam hiam? Tua in koibang in nasem hiam? Thupiang khatpeuh pen Pasian’ vahawmna a hihlam koibang in kithei hiam? Pasian “vahawmna” in nangma nuntak sungin haksatna sungah koibang in hong makaih hiam?
  
3. Haksatna a thuak mikhat natheih ciangin, bangzah phamawh thei ding in namu hiam? Bangbang a piang zongin tuapa thuakna koibang in huhthei ding nahiam?

**LESSON 3***\*July 9 – 15***VASA BUK****SABBATH NITAKLAM**

July 9

**TUKALSUNG SIMDING:** *Pai. 14; 15:22-27; 17:1-7; Paunak 3; Luka 4:1-13; 1Peter 1:6-9.*

**KAMNGAH:** “Tu laitakin mite’ bawlsiatna na thuak manun tawlkhant na lungkham uh ahi zongin, hihbang thuakna hangin lungdamzaw un.” *1 Peter 1:6.*

“**Sun** nitangpi mah, awging gamlum tuamtuan lakah, buk sunga kikhumcip vasa in, a topa hilhsa la leh awte ciengkik theilo hi. Tua awte manthei vatmah ahiihang, khentel sitset theilo hi. A topa in a buk siin in, ama’ hilh la bekmah a zaktheih ding munah koih in hilhleh zui thei bek hi. Khuamial ciangin a maan sinsen in a sak theih dong hilhpha kikkik hi. Tuabang in a siamsitset khit ciang in a pualamah pulak panleh khuavak sungah zong sathei suak hi. Pasian in zong a ta-te tuabangin hilh hi. Hong hilh ding la khat nei a, haksatna tampite kawmkal mahah i saktheih kimkhit nakleh, satheisuak ding cihi”—Ellen G. White, *The Ministry of Healing*, p. 472.

Phawk dingthu pen, tua vasa khuamial sungah a paipih pen a topa mah hipah hi. Satan in natna hongpia mah taleh, tua haksatna teng khempeuh sungah Pasian in makaih a hihmanin, buaina haksatna khempeuh kantanzo hi.

**SUNDAY**  
**LAMPI KHAT BEKMAH TAWH KHPASA GAM ZUAN**

**“Pharaoh a hong nai ciangin Israel mite khuadak to uh a, en in, amaute’ nungah Egypt mite hong kuan uh hi. Amaute lau mahmah uhhi. Topa tungah Israel mite kiko uhhi” (Pai. 14:10).**

Suahtak na’ng lampi omlo liangin hong kikhakcip ngei hiam? Khatveivei a hoihzaw lamin innkhaan khat sung khawng tungvat in “Happy Birhtday!” peuh hong kici in na nuam mahmah ngei hiam? Khatvei lah a lauhuai mahmah thusia khatpeuh hivat thei hi. Sangkah laitak khawng zong hithei, naseppih khatpeuh in nang hong lung amsakvat nuam peuh zong hithei hi.

Israel mite in Egypt pan hong paikhiat pan kipan Khapsa Gam a tundong “sun hitaleh zan hitaleh, khualzin a paitheih nadingun sunin amaute lam alak dingin meiikuam khat tawh, zan in amaute khuavak apia dingin meikhuam khat tawh, amaute’ maiah Topa apai hi.” (Pai. 13:21). A khualzinna munkhempeuh Pasian in makaih ngiat hi. Ahihang koiah paipih masa cih enin: amai vuah tuipi in a khaktanna, aziat avei vuah mualte omna, anung ah Pharoah galkapte omna mun ahi hi!

**Paikhiatna 14 sim in. Israel mite’n a lau mahmah nading munah Pasian in banghang in paipih sese hiam?**

Tua khuam’ nung zuihna in lungnopna hongpia denlo ding hi. Thumaan lampi kihilhna ah, a khemhat mahmah lungsim sittelna zong kihel ahih manin thuakhak mahmah ding hi (Jer. 17:9). Tuabang haksat hunlaitak in,

Pasian’ nung zui takpi hihna in haksatna natna omlo hi lo a, Pasian hong sawlna leh hong makaihna bangin, lungsim taktak tawh zuih cintenna a hihi.

**Hih thute panin Israel mite in bang pilna peuh ngahkha uhhiam? Pai. 14:31.**

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**Pasian kamciam lamdang tampi takmah thei gegu mah in, Amah muanna pen banghangin khatveivei haksa thei hiam? Pasian in Amah nakihtak theihna ding leh na-up theihna dingin hongpiak haksatna teng simkikkik in.**

**MONDAY**  
**TUIKHA**

*July 11*

**“Topa thupiak bangin Israel mihon khempeuh Sin sehnelgam panin giahphual aban aban in satuh a, Rephidim ah phualsat uhhi. A hihhang in mite dawn ding tui omlo hi.” (Pai. 17:1).**

Pasian kiangpan i deih khempeuh kingah pahpahlo hitaleh, i kisap khempeuhmah lam-en hi lo ihi hiam? Kisam ding i uppeuh hi lo in i kisap takpite hizaw hi.

Israel mite’n a kisap taktak khat pen, tui ahi hi. Tuipsan sungah Pasian in meii tawh a makaihna Israel mite’n zui uh a, tui omlohma sehnal sungah ni thum sungbang Topa’ nung zui uh hi. Sehnal sungah tui muhding pen haksa mahmah a, amau’ masuan uh pen theihsa hilel hi. Cik ciangin amau kisap tui kingah thei ding hiam?

Tua ahihleh Pasian in koi ah makaih hiam? Khuam in Marah ah paipih a, tualai ah tui om bilbel hi. Amau lawp mahmah ding uh hi napi, tui a ciapuh ciangun, kha lya ahih manin siakhia kik uhhi. Moses tungah mite phun uh a, “bang dawn ding ihi hiam” (*Pai. 15:24*) ci uhhi.

Ni tawmvei khit ciangin zong, Pasian in hihkik leuleu hi. Tua lai-in zong a khuam in tui omlohma mahah tawlnge leuleu hi (*Pai. 17:1*).

**Paikhiatna 15:22-27 leh 17:1-7 sim in. Marah leh Rephidim ah, Pasian in Israel mite tungah Amah koi bangin ki pulak hiam? Bang pilna peuh sinkha uh hiam?**

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**Rephidim ah Israel mite in bang dotna dong hiam?**  
*Exod. 17:7. Tuabang dotna nang zong nadong ngeikha hiam? Banghang maw? Tua hong kidawn khit ciangin koibang in nangaihsun hiam? Dot ding i khawlmaa in bangzah vei bang hong kidawn ding kisam nakisa hiam?*

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TUESDAY

**SEHNE LAKAH KIDONA LIANPI**

July 12

**“Khasiangtho tawh kidim in Jordan gun panin Zeisu hong ciahkik a, Khasiangtho in gam lakah paipih in, Dawimangpa in ni sawmli sung a zia-et hi”** *Luka 4:1, 2.*

**Luka 4:1-13 sim in. Mawhna sungah lutlo in mawhzolna tungah gualzawh na’ng bang pilna na ngah kha hiam?**

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Mawhzolna cih peuhmah, i lunggulh phat mahmahte tawh hong kizol ahih manin haksa thei mahmah bekthamlo, thanempen hun laitakin hong pai sese thei hi. Luka 4 pen Satan in Zeisu a zia-etna tangthu kipatna hi a, a ngaihsut haksa thu pawlkhat omkha hi. A kipatcil lam in, Khasiangtho in Zeisu pen mawhzolna sungah makaih bang hihtuak hi. Cihteei hang, Pasian in mihing mawhzol ngeilo hi (*James 1:13*). A taktak in, Pasian in haksatna sungah hong paipih hi. Luka 4 sungah, Khasiangtho in a nasia mahmah Satan’ mawhzolna sungah hong tonpih thei hi cihi. Tuabang hun ciangin mawhzolna khauhtheilua ahih manin, Pasian nung maantak in kizui khalo hi ci in umuh hi.

“Hong ki zia-et ciangin Pasian’ Kha in hong makaih takpi mah hiam cih ki lunghiang thei hi. Zeisu mahmah zong sehnal gampalakah mawhzol thuak dingin Kha mahin a makaih hi. Tua bangin Pasian in eite hong sin ciangin, eima ading ahoihzaw hong deihsakna hang hizaw hi. Zeisu in Pasian’ kamciam peuhmah mawhzolna thuaklo in ngah ding ci hetlo a, Amah ngiat mawhzol a thuaklai in zong lungkia in lelh sawm peuhmah lo hi. Eite zong lungkia keini.”—Ellen G. White, *the Desire of Ages*, pp. 126, 129.

Khatveivei, hong siansuah ciangin hong kaangh gawp zawsop hi. Tua hi a, mawhzolna i thuakuh ciangin, Zeisu zongin thuakin, dingkip hi cihtawh kihansuah ding hihang. Zeisu in eite’ **Mawhna Puakhiapa** ahih manin lungdamthu ahi hi. Eite’n mawhzolna sungah i dinkip theihna dingin Amah in ei’ thuakding teng hong thuaksak a, eima thuak ding ahi Pasian’ nutsiatna ciang dong hong thuaksak hi. Tua ahih manin a “**mawhbelpa**” nangawn in lam-etna neithehi hi (*1Tim. 1:15*).

**Bang mawhzolna peuh na masuan hiam? Thunget hun la inla, Zeisu' phutkhak thute panin lim hoih ngahding ngen in. Mawhzolna thuak zawlloh sawm ke'nla! Na thuak zawk keikhak zenzenleh zong Honpa neigige nahihlam phawk zel in.**

**WEDNESDAY**  
**A KIP TAWNTUNG GAMH**

*July 13*

**1 Peter 1:6, 7 sim in. Peter in bang gen hiam?**

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Peter in, lungleng khuangai takin haksatna athuak mite tungah laikhak hi. "Pontas gam, Kappadocia gam, Asia gam leh Bithynia gamah ki thehthang in peemtami in om mite kiang ah" (1Pet. 1:1) a laikhak ahi hi. Tua lai munsan pen tuhun a Turkey gam nitumna lam teng ahi hi. A nuaideuh panin "thuakna tuamtuam" (1Pet. 1:6) nei cihzong Peter in genlai hi.

**Peter in amaute "peemta" leh "ki thehthang" a cihteh bang acih nopna hiam? Amau thuakna koibang in pulaksak behlai hiam?**

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Tua hunlai a Christian khat hihna pen thuthakpi khat hi a; thu-ummi tawm mahmah in, muntuamtum ah ki thehthang uh bek thamlo citawm mahmah uh a, kitelkhial mahmah in bawl siat zong thuakpha mahmah uhhi. Peter inbel hih haksatna tengpen, hangthu paipi omlo a kithuak mawkmawk hi lo cih (1Pet. 1:6, 7). "Thuakna tuamtuamte" pen, upna maantaktak neihtheih na'ng hong ngiimsakna hizaw hi.

**1 Peter 1:6-9 simin. Peter in hih mite pen amau' thuaksiat kawmkal pan, bang khamuanna piaksawm hiam? Hih lam-etna in ei a ding bang khiatna nei naci hiam?**

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Bang haksatna peuh hitaleh, bang thuak taleh uh, Christ hong paikik ciang in i ngahding a i ngakthapai keei, tawntung hun tawh koibangin tehkak thei ding hiam? Bang peuh thuak talecin, Peter' kammalte pen, eite ading Pasian' kammal mah hipah hi. I thuakna in bangzah haksa in namahmah taleh, a tawpdong en lecin, vanthak leithak ah tawntung nuntakna leh natna thuakna sihna omlo ding cihthu mansuah peuhmah loding hihang. Zeisu' sihna tungtawn in hong kiciam hih kamciam uplahloh ding thupi a, thuaksiatna kawmkal mahah Topa' hong sawpsiang ding upna tawh ngen tawntung in.

**THURSDAY**  
**MEI TAWH SITTELNA**

*July 14*

**Alex** kici khangno khat omhi. Khamtheih guihtheih leh ngongtatna hangin tawlhat sung thongkia khinzo hi. Alex mah in van a guksak ngei pawlpimi khat' hoihna tawh, Alex in Pasian tawh kimuthei ahih manin, ama' lungsim Zeisu a piata hi. Ama' ngeinalui tengmah tawh ama' pumpi buai in kitomkeei mah taleh, Alex pen Zeisu sungah mi thak asuak khinzo hi. Amah'n a Pasian it ahih manin, A thukhamte zuih ding (1John 5:1, 2) khensatta hi. Pasian nasem khat suah ding bang hong lawpkee ta hi. Thu khempeuh tualam ah paikhinta a, Pasian' sapna dawng theita cihna ahi hi.

College hong tun ciangin, a cillam bel hoihmah napi, a nun glam ciangin haksatna in hong zui ciaiciai ta hi. A sumnaak hong kangta a, a it mahmah a lawmkhat in amah lehdo in, a vangbei thei ding zah dong in hong gensia ta hi. Tua khit banah hong cina lailai; bang na cihzong kua mah in theihpihlo, a sangkah zong a tawpkik kulding zah dong in hong patau mahmah hi. Tuate banah a zatang zatte zong a vengvuah tamlua mahmah ahih manin, tuate hong buaipih kik leuleu hi. Tua santak ah a guallel hong hi tamai hi. Pasian' makaihna tawh hih saang hong tungthei cih amah'n thei hinapi, hibang thuteng a piantheih pen Alex in telzo nawnlo hi. *Alex khial naci hiam? Tua ahihleh Pasian tawh a kimuh pen khialhna lianpi ahi diam?* Ama' upna thubulpi teng khempeuh zong hong lunghianhuai ta hi.

**Hibang haksat hunsung ah, Alex hongpai in nang ngaihsut piakna hong ngen hileh, bang peuh napia diam? Nangma phutkhaksa khatpeuh in tuabang mikhat koibangin huhthei ding hiam? Bang laisiangtho mun nazang diam? Tuabang hun ciangin anuai a laisiangtho munte in hong bangci huhthei tam maw? Paunak 3; Jer. 29:13; Rom. 8:28; 2Cor. 12:9; Heb. 13:5.**

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**Topa' nung azui peuhmah in, Topa' makaihna tungah lunghian theihna ding in mawhzolna thuak mah ding uhhi. Tuabang hun ciangin Pasian' kamciamte lenkip in, a beisa hong makaihnate simkikkik in, upna sungah kipkho ding thungetna thupi hi. Topa ei hong khahsuah ngeilo ding hi. Mawhzolna peuhmah koibang in guallelh lo in Pasian kiang ah koibangin ki aap thei ding hiam?**

**FRIDAY***July 15*

**NGAIHSUTBEH DING:** Ellen G. White, *Patriarchs and Prophets*, laimai 281–290 sungpan “The Exodus”; laimai 291–302 pan “From the Red Sea to Sinai,” leh *The Desire of Ages* laimai 114–123 sungpan “The Temptation” simin.

“Tanglai in, Topa in Amite pen acihtak leh takloh a sin nadingin, Rephidim lamah makaih in paipih hi. Amah in mun nuamah hong paipih den tuanlo hi. Tua bangin hong paipih mawkleh, eima kicinloh kawmkal ah, Amah in huhpa ahihlam phawkhalo ding hi hang. Eite tungah Amah hong kilaak in, eima’ paihkhiat bangbang hong dimkik pahpah nuam hi. Eima thanemna kitheihtel nading in, ziaetna lungkatiatna hongpia zel a, Ama’ huhna nget ding zong i kisin ding hi. A sakmahmah meisuang sungpan in tuivotciim luangkhia sakthei hi. Amah tawh maitang kimuh masiah, eite khatleh khat ikimuh bangin kimuh masiah, naupang bangin upna tawh Ama’ kiangah i paipih eima vangikte thanuam takin bangzah hong puaksak cih kithei zolo hi.”—Ellen G. White, “Rephidim,” *Advent Review and Sabbath Herald*, April 7, 1903.

**KIKUPDING DOTNATE:**

1. **Mawhzolna pen mimal in hongpai phadiak cih i theihsa ahi hi. Pawlpi buppi ahi a, Khuuatual pawlpi in ahi zongin, kipawlkhawm in i kidaal ding mawhzolna a omthei ding hiam? Bangpeuh ahi diam?**
  
2. **“Mun nuamloh na” ah a kipaipihte in gen ding a nei uh diam? Banghang in munnuamlo kicithei**

**aitam? Tuni in tua munte vapaikik ding hileh uh muhdan a kidang kha tam maw?**

3. **Haksatna zia-etnate pen hong siansuahna dingin Pasian in phal ahihlam thei khin zo hihang. Zia-etnate haksatna pawlkhat pen bangmah manneilo bang ahilel thei diam? Gentehna in, mikhat mawtaw tawh suakkhial vat ciikhawng e?**

#### **LESSON 4**

\*July 16 – 22

#### **KHAMSEEKPA' MAITANG KIMU**

#### **SABBATH NITAKLAM**

**July 16**

**TUKALSUNG SIMDING:** *Mate 5:16; 1Corinth 4:9; Ephet 3:10; Job 23:1-10; Mate 25:1-12; Daniel 12:1-10; Ephet 4:11-16.*

**KAMNGAH:** “Eite khempeuh i maitang hong kiliah nawnlo in, Topa minthanna vaangtaang i kilangsak hi. Topa kiangpan in a hongpai Khasiangtho ahi tua minthanna vaang in Amah tawh akibang dingin eite hong bawlpha a, minthanna khatpan in minthanna sangzaw ah hong omsak hi” *2Corinth 3:18.*

Amy Carmichael in naupang honkhat pen India gam **khamseekpa** khat kiangah paipih hi. Meihol aam beba sungah suangpeek kual khat omhi. Tua suangpeek kual tungah ci, makeng leh leiseekvui kihel kikoih hi. Tua a kihel sungah kham kikoih hi. Meikuang in tua a kihelte a kaat ciangin kham hong siangsemsem hi. Khamseekpa in taaiteh tawh kham lakhia in, siang asak naikei leh bang koihsuk kik zaw phial hi. Kham a koihsuk kik sial in, meisa kibehlap sak zel hi. Naupang pawl in “Kham siangtho ta cih koici kitheitheih hiam?” ci in dong uhhi. Amah in “Kham sungah ka maitang a kimuhtheih ciang” ci in dawng hi.— Amy Carmichael, *Learning of God* (Fort Washington, PA: Christian Literature Crusade, 1989), p. 50.

Pasian in hong siansuah nuam den a, kham bang in hong thaksuahsak in, Ama' meel hong puasak nuam hi. Tua pen a lamdang mahmah ngiimnapi khat hi a, nuntak haksatna tampi tak sungah, Christ tawh kibang nuntakzia a kimuh manin lamdang semsem kisa kaanlai ding hi.

**SUNDAY**  
**"AMA' LIM"**

*July 17*

**"Pasian' Tapa in, mi khempeuh lakah a upa pen a suah theih nadingin Pasian in a teelkholsa mite a Tapa tawh kibang ding in a sehsa ahi hi."** Rom. 8:29.

A kipatcil in, Pasian in Ama' lim suunin ei hong bawl hi (*Pian. 1:27*), ahih hangin tua lim pen mawhna in susia khinzo hi.

**Mihing sungah Pasian' lim a mialna koibang in kimuthei hiam?**

Thu kician khat: eite khempeuh mawhna in hong susia khin hi (*Rom. 3:10-19*). Pasian hong deihksakna taktak pen, eima pianna bulpi ah hong ciahkiksak nuam hi. Tuni i laisiangtho mun tawh kituak sinsen hi. Pasian' ngiimna pen, amau nuntakna Khasiangtho tungah a ki aap mi peuhmah "a Tapa tawh a kibang dingin a sehsa ahi hi" (*Rom. 8:29*) cihi. "Mihing sungah Pasian limtaktak hong piang ding ahi hi. Pasian pahtawina, Christ pahtawina cihte pen Ama' mite gamtatna sungah kicing takin a omding ahi hi."—Ellen G. White, *The Desire of Ages*, p. 671.

**Hih a tunga EGWhite kammalte koibang danin na tel hiam? Job 1; Mate 5:16; 1Cor. 4:9; Ephet 3:10.**

Christiante in, leitung limciinna sunga teng i hihlam mangngilh lo ding hihang. Christ leh Satan kidona lianpi in eite kimkot ah omgige hi. Gal maitang in limmeel tuamtuam in hongpai hi. Muhtheihloh tampi a omteei hang, Christ nungzuite ihihna dungzui in, hih limciinna sungah eite zong a khenken in kihel in, eima nuntakna tawh Christ i pahtawi ding ahihlam theilua hihang.

**Tualpi golpi khat sungah omding in kingaihsun in. Tutphah khenkhat ah Topa' tungah a citak vanmite leh, tuate galkhat ah Lucifer leh a puksa vanmite tu dimdiam ci in ngaihsun in. A beisa nai 24 sunteng nangzong tua tualpi a omgige hilecin, koilam tha napia zaw tam? Nangma dawnna in koibang ahi tam?**

**MONDAY**  
**SIANSUAHNA MEI SUNGA UPNA**

*July 18*

Galphual ah vakihel zong thukhat; vakihel lo, amuh a muhloh zong thukhat vet hi. Ei Christiante pen tuabang vive ihi uhhi. Apua ah galhan mahmah cih zong thei, eima nunna sungah zong phukha lel i hihman in, "muhtheihloh Pa" (*Heb. 11:27*) tungah upna tawh muang in mainawt ding bek ahi hi.

**Job 23:1-10 simin. Job' thuakna a thupaipi bang hiam? A muhloh bang omhiam? Tua laitak mahin ama' haksatna teng kawmkalah, upna tawh bang lenkip hiam?**

A lipkhaphuai zia-etna kawmkal mahah Job in Topa muang veve hi. Thudangteng awlmawh lo-in dinkip sawmzaw hi. Amah a dingkipsak pen kham ahi hi. Khampeek peuh hizaw lo a, amah Pasian tungah dingkip peuhleh – khambang in amah hong suakta ding hilel hi. A thupiang teng nunglamah bang omcih a theihzah kigenkhia hetlo hi. Ama' maiah bangzah kiseelsim taleh tua sittelna meisungah amah kip paisuakzo hi.

Tua meikuang na kihta hiam? Nangma dinmun ah tua meikuang ading nalungkham hiam? Job adingin Pasian meisa pen gen tham vetlo hi. Eite' haksatna pen innthak ading, nasep thak peuh hikha thei ding hi. Nasep munah ahi a, innkuan sungah ahi a, mi' hosiatna thuakzawh na'ng peuh hikha ding hi. Sum lampan supna leh damlohvai peuh hithei ding hi. Telhak mahmah ahih hang, ei hong kipuahpha in Ama' lim suttheih na'ngin Pasian in tuate zangthei leuleu hi.

Job pen kham suakding in kisittel cihteh lawphuai bilbel a, a haksatna teng a zawhdong thuak keikui dingin mitsuan khat a nei hongsuak hi. A thuaksiatna khempeuh ah amah in a ki siansuahna thuakzo cihna tec ihoihmahmah khat ahi hi. Hih thute tampi a telkholloh hang, amah ki siansuah ding ahihna pen theilua hi.

**Nangma phutkhakna sungah haksatna in koibang in nang hong siansuah hiam? Thuaksiatna ahi tuanol, thudang khawng tawh zong hong kisiansuah theilel hi lo hiam?**

TUESDAY

**ZEISU' KAMPAU NUNUNGTE**

Jerusalem ah Zeisu a siding hita hi. **Matthew'** lungdamthu in, Paisanpawi madeuh a Zeisu in a nungzuite a thuhilhna ah a kampau nunungpen sungah nungak-

July 19

sawmte' thu tawh tuu leh kelte' tangthu ahi hi. Hih tangthute in Zeisu hong paikik ding ngak kawmin eima nuntakzia ding vive ahi hi. Tu hun ciangin Zeisu hong paikik na'ng limte tawh a kithutuakna ciangciang khat om veve hi.

Nungak-sawm gentehna (*Matt. 25:1-12*) sungha sathau pen Khasiangtho ci in ki letkhia hi. Tua pen EGWhite in zong thukim veve a, tua banah sathau pen, kuamah in hong laksak theih hetloh i gamtatzia zong hilai hi cihi.

**A thugentehna simpha in. Tua sathau pen Khasiangtho ahi a, gamtatna ahi zongin a kicih phet in, a khiatna koibangin kikhel thei hiam? Hih tangthu sungha sathau in Khasiangtho ahihna leh Christ bang gamtatzia cihtheih nading bangthu namu hiam?**

Khasiangtho: \_\_\_\_\_

Gamtatzia: \_\_\_\_\_

**Mate 25:31-46 sunga tuu leh kel thugentehna sim in. Tuu leh kel khentel nadingin bang thupaipi kizang hiam?**

.....

Kumpipa in tuu leh kel pen amau gamtatzia bulphuh in khen cihthu phawk in. Zeisu in gamtatna tawh hotkhiatna a gen hetloh hang, hotkhiatna ngiimna sungha gamtatna a thupitzia, Christ hangin hotkhiatna ngahtaktak mite in amau nuntakzia leh gamtatzia uh tawh pulak uhhi.

**“Gamtatna pen khuamial sunga mikhat omzia” hi kici hi. Kuamah’n hong etloh laitak in nangmah in bangcimi nahi hiam? Nangmah nakikhel theihna dingin bang hih ding hongci hiam?**

**WEDNESDAY  
“A PILTE”**

Zanni in Zeisu’ hongpai kik ding angak mite ading gamtatna a thupitzia sinkhin hihang. Tuni in Zeisu nihveina hong kumkik hunin a nungta mite’ nuntakzia a thupitna i sinlai ding uhhi.

**Daniel 12:1-10 simin. Bang thubulphuh omhiam? Leitung’ tangthu sungah a bang hun hi kici hiam? A thupipen ah, hibang hunsunga mite’ gamtatzia ding koibang ci hiam? Mi gilote tawh tehkakna in, amau a ding koibang gamtatzia kipia hiam? Mang. 22:11.**

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Daniel kiangah, Zeisu hongpai mediakin, hundang a te tawh a kiteh theilo gimna piang ding cihi. Daniel 12:3, 10 sungah tua hun a mipilte leh migilote khentelna ki pulak hi. Migilote in “gilo semsem ding” (*Dan. 12:10*) ci a, “kisiansuah in ahoih leh hoihlo kikhentel” ahih manin aksi bangin a taang (*Dan. 12:3*) uhhi cihi. Hih “gimna hun pen, leitung mihing a pianzawh a kipan a nasia penpen” (*Dan. 12:1*) cihi. Migilote in telzolo hinapi, “**mipilte**” in ahihleh tel uhhi cihi.

Bang tel uh hiam? Math, science leh gensiat khawng maw? Paunak in “Topa zahtakna in pilna kipatna hi” (*Pau. 1:7*) cihi. Hun nununga piangding gimna’thu a telthei mite

pen “**pil**” cihi. Tua thute hong pian ciang in amau in zong dongtuakovat hi lo a, Laisiangtho simna pan a theih uh ahi hi. A thupi penpen inah, hih gimna hunsung in amaute kisiansuah ding cih telsinsen uh a; mi gilote ahih uhleh, amau lehdona sungmahah ngawngkhauh semsem uh in amau gitlohma zom paisuak uh cihi. A thupipen in, mihing hong kisiansuah leh khentel ding ziateng hong kilakna ahi hi.

**Hih munte pen, hun nunung thupiang dingte i cihcih tee hang, tuni mahmah in hong kisiansuah na’ng leh hong kikhentel na’ng ahihna bang thupaipi peuh namu hiam?**

**THURSDAY  
GAMTATNA LEH VENG SUNG**

*July 21*

La khat in: “Keimah in Suangpi, Keimah in Tuikulh” ci hi. Tua bangin nangmah bek ding teta ding cih nalungngai ngei hiam? Midangte khawng in zong, “Pasian tawh ka tonkhopna pen keima aituam hi a, ka gengen nuam tuankei hi” acih uh zong nazangei ding uhhi.

**Ephet 4:11-16 simin. Paul in bang thubulpi agennuam hiam? Veng sung adingin bang tantuam hongpia hiam?**

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Paul in Ephet mite lai akhak lai in, a pawlpi uhpen pumpi khat in gen hi. Zeisu in a lutang hi a, a mite uhpen a dangteng tawh genteh hi. Ephet 4:13 en lecin, tuabang vengsungah nuntak pen “Christ’ cingtaakna baan” cihi. Tua ahih manin khatleh khat i kingaih kul hi.

Christian khat in khattang in omtheih luatlel hi. A khang a khang in mi tampi takte in pampaihna bawlsiatna thuak uh a, khatguakin tang-om thei uhhi. Pasian vangliatna hangin, mite in amau' kiimkot a nenniamna nuai ah omciplo uhhi. Tuabel himah taleh, Paul in thumaan khat hong pia a: mihing kipawlkhawm in sepkhopna hangin Christ cingtaakna i baanthei ding hi.

**Ephet 4:11-16 sim lecin, Paul in i vengsungah Christ' cingtaakna i lahkhiat theihma in bang thuteng piang masa ding ci hiam?**

.....

**Mimal in Christ' picinna i pulaak bang tawh a kibanglo in veng buppi in Christ' pi cinna koibang in pulaak thei ding hiam? Hih thute lakah, kidona lianpi sungah kihelna ahi sak bangteng omhiam? Eph. 3:10 simin.**

FRIDAY

July 22

**KIKUPDING DOTNATE:** Ellen G. White, *Sons and Daughters of God* laimai 100 “God Promises Us a New Heart of Flesh”; *Christ’s Object Lessons* laimai 405-421, “To Meet the Bridegroom”; *The Great Controversy* laimai 613, 614 “The Time of Trouble” simin.

“Gamtatza kisinna pen mihing a dingin a thupipen nasep hi a; nidanglai in tuni zahin nakpi takin kisin ngei khollo hi. Taanglai mite in hizah in thupi ngaihsut ngei khol lo uhhi; tuhun a khangnote in lauhuaina a phutkhak zahun taanglai khangnote in phukha khollo uhhi.”—Ellen G. White, *Education*, p. 225.

“Gentehna sungah, numei haite in sathau ngen in pai uh ahihang ngah zolo uhhi. Hihpen haksat hunsung ah a dingtangzo dingin gamtat omzia tawh kithawi kholhma bang mah a neilote acihna ahi hi. Tua ahih manin vengte kiangah pai in ‘Na gamtatna uh nong kawm keivua leh mangthang petmah ding hi’ng’ a citawh kibang hi. A pilte in amau’ sathau uhpen a hai nungakte hawmsawn theilo uhhi. Gamtat omzia limlim ki hawmsawn theilo a, kilei kizuak theilo a, kilaksak theilo hi. Topa in mimalkim tungah, hun ciangtanh khatsung in gamtat omzia hoih neihtheih ding hun pia a, ahih hang midang hawmsawn in, tua hawpsawn ngahmi in Topa kiangpan pilna tampi sinthei ding, haksatna khawng thuak zo pah ding, apiang theilo ding mual lianmahmah khawng zong upna lianpi tawh khiinzo ding cihkhawng hitheilo hi.”—Ellen G. White, *The Youth’s Instructor*, Jan. 16, 1896.

#### KIKUPDING DOTNATE:

1. **“Gammat lamna” cihpen bang a cihna hiam? Koici lamtheih ding? Nangma nuntakna sungah ahi a, pawlpi sungah ahi zong in muhtheih dingin gamtat kilam theihdan muhtheih ding a omhiam?**
2. **Thursday sinna sungah Christian khat in vengsungah a nuntakzia ding kisin khinzo hi hang. Na khuatual pawlpi in Koibangin Christ pumpi limpua thei ding hiam? Na veng buppi in zong koibang in Topa’ lim puathei ding nahi uh hiam?**
3. **Zeisu sungah upna bektawh hotkhiat ihihsam hang, gamtat kilamna banghang in thupi thei hiam cih kikumun. Dikna leh Ama’ gamtat picinna in hong**

**hon aihleh banghang ingamtatna kilam ding  
kisamthei hiam?**

4. Helen Keller, akici naupanlai panin mittaw benggongnu in, "Gamtatna cihlimlim pen ommawkna pan kingah theilo hi. Haksatna lehthuakna bek in i kha thahatna piathei a, muhna siangtho sak, lunggulhna hong kiguan in hong gualzo sak hi"—*Leadership*, vol. 17, no. 4. Na thukim hiam leh? Gamtatna, thuakna leh kidonalian cihte a kizopna kikum un.

## LESSON 5

\*July 23–29

### SA LUA

#### SABBATH NITAKLAM

July 23

**TUKALSUNG SIMDING:** Piancil 22; Hosea 2:1-12; Job 1:6-2:10; 2 Cor. 11:23-29; Isa. 43:1-7.

**KAMNGAH:** "Amah a kisatnim ding pen Topa deihna ahi hi. Amah in natna thuaksak hi. Mawhna hangin Ama' pumpi a kipiak ciangin, Amah in a suanleh khakte mu ding a, ama' khan a sau ding hi. Topa' deihna ama khut sungah pung ding hi." *Isaiah 53:10,*

A minthang mahmah Christian laikungpu C.S. Lewis' zi a sih ding ciangin, Lewis in "*Pasian sungah ka upna khawl ding cih lau het ke'ng. Ka launa pipen in Amah tawh kisai a lauhuai upna ka neikhak ding lauzaw ing*" cihi. A thukhupna ah Kei launa pen "*Pasian om vetlo ht*" cih hi lo a, "*Pasian pen hibang himawk hi cihte hizaw ht*" cihi.—*A Grief Observed* (New York: HarperCollins Publishers, Inc., 1961), pp. 6, 7.

Na i sak mahmah hun ciangin, Pasian peuh kinial mawkmawlk thei hi. Pawlkhat leuleu pen, Lewis mahbangin, Pasian a muhdaan kikhel in, a sialam vive tawh muthei uhhi. I kidotnop thukhat pen, tua thu bangzah a sa ding hiam? Pasian in, Amite'n, Ama' Tapa' lim suun thei dingin bang zah asa tawh hong haal nuam hiam? (*Rom. 8:29*).

#### SUNDAY

July 24

#### HAKSATNA SUNGAH ABRAHAM

Piancil 22 sim in. Bangmah thupaulam omvetlo in Pasian in, a tapa biakpiakna dingin Abraham samvat hi.

Abraham ading a thuakhakzia ding na phawksak hiam? Pasian in nangma tapa taktak biakpiak na'ng hong ngen leh, tua thu in lehdona vai hilel hi. Abraham in tua sawlna sangsiam mahleh, a suanlekhkak ding Pasian' kamciamte e leh? A tapa om nawn keileh tua kamciamte abei hiziau lel hi.

**Abraham in hibang biakna pia dingin bang hangin  
Pasian in ngen hiam? Pasian in na khempeuh thei ahih  
nakleh bang a ngiimna hiding hiam?**

Pasian' ngetna leh ahun ding pen Ama ut-hunhun hilel hi. Ama adingin lungkhamna thukpen hunmah hipah a, "Pasian in a nunungpen sittel nadingin, ama' nuntak sungin a gikpen vangikpi mah suan hi."—Ellen G. White, *Patriarchs and Prophets*, p. 147. Hihbang sittelna cih mawkpen Pasian hailiang hiam? Hilo hi, "hibang khuamial thukpi sungah a lauhuai mahmah zia-etna a phutkhak pen, mihiung hong hotkhiat nadingin Pasian in zong tuabang biakpiakna mahtawh hong kipiakhia ahilam a tellakna ahi hi"—*Patriarchs and Prophets*, p. 154.

Hihciang zong zia-etna maimai hi a, Abraham in a tapa that takpi ding cih Pasian deihna hi tuanlo hi. Khatveivei Pasian in a thupi mahmahna mun ah a nasepzia hong theisak hi. I zagh dong a i sepzawlhol dingpeuh hong sawlkha ding hi. Hong tunsak noplohna munkhat peuh pai ding hong sawl ding hi. Pasian adingin a tawpna zong thupi tuanlo a, tua thu in eimah hong puahphat ding thupi zaw hi.

Zeisu in zong Abraham phutkhakte lungngai hihtuak a, Jew mite kiangah "Note pupi Abraham in keima hun ding lawp mahmah a, amahin tuahun mu in nuam mahmah hi" John 8:56. Abraham in Satan' thu peuh manglel

leh hih hunte zong mulo theilel tak hi. Abraham in hihteng khempeuh sungah kiptak in a zawhtheihna pen Pasian' aw a theih hang ahi hi.

**Pasian' aw koici theih ding nahi hiam? Pasian in  
nang hong hohpihlam koici theih ding hiam? Ama' deihna  
teng nangtungah koibang in hong hilh zel hiam?**

MONDAY  
**A PHENGPHI ISRAEL**

July 25

Hosea' tangthu in zong hong thuhilhna tampitak omhi. Hosea' dinmun pen ciapteh huai mahmah hi. A zi, **Gomer** in taisan in pasal dang khawng tawh zong ta neihsan hi. A pasal tungah a cihtakloh hang, Pasian in, a zi mah samkik dingleh itna picing takmah lakkik dingin sawl hi. Hih tangthu in Pasian leh Israel kikal thu gentehna ahi hi. Israel mite in Pasian nusia uh a, pasian dangte biakpiakna sungah zualzang uh hinapi, Pasian in amau it-teitei in Ama' itna zong lak nuam mahmah hi. Pasian' hihdan enpha in.

**Hosea 2:1-12 simin. Pasian in Israel a nungkaihkik  
nading bang cih ding ci hiam? Hihbang thute bang cinasa  
hiam?**

Hosea 2:2, 3

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Hosea 2:5-7

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Hosea 2:8, 9

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*Hosea 2:10*

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Hih tangthu in dotna thupi namnih piangsak a, Pasian in eite hong kisikkik theihna ding ahi hi.

**Amasa**, Pasian in nasem gige cih phawk kul hi. Israel in tuabang haksatna a phut laitak in, amau' suahtak na'ngin Pasian in nasem gige ahihlam phawkkha lo maihlei tak uhhi. I lampi ah linghiam in hong khaktan in, kulh in hong uumcip in pai nading mun kitheilo phial (*Hos. 2:6*) a, tuapen Pasian mah ahi hiam? Eite' kisapna bulpi ki mansuah in, omdaan a noplöh ciangin (*Hos. 2:9, 10*) I Pa in tua kawmkal ah hong lut ding hiam? Eite ngaihsutna bangbang ahi zongin, Pasian in eite hong it veve ahih manin, kisikkik dingin hong makaih hi.

**Anihna**, Pasian in nasem gige ahihlam kitelkhial zelzel hi. Pasian in nasem gige cih i theihte hang, Ama hihpen i deih kholkei hi. Na i sak mahmah leh i maizum ciangin, Pasian in hong donlo ci in gilosa in mawhsak ding baihlua hi. A hihhangin Pasian in hong itna thuciam sungah eite hong thaksuahsak nuam mahmah hi.

**Hosea 2:14-23 sim in. Hih munin koibang in Pasian honglak hiam? Nangma nuntak sungin Pasian kiangpan taikhia nahihna munte hong laktei dingin Khasiangtho ngen in. Tua bang nahihkhak leh, sittelna kinei dingin bang ngakngak na hiam? Topa tungah naki aapding bangin hong khak-hal hiam?**

TUESDAY

**BAKPIAKNA SUNGAH NUNGTA**

**Job 1:6-2:10 sim in. Job' thuakna bangin piangsak hiam?**

July 26

Thu lamdang khat omhi. Vanmite Pasian tawh kimu dingin hongpai uh a, Satan zong hong kihelkha hi. Pasian in Satan koiteng ah pai cih dong a, Satan in zong "leitung khempeuh ka vak kawikawi napan in kongpai hi" (*Job 1:7*) ci in a dawng hi. Pasian in "Ka nasempa Job namu kha hiam" (*Job 1:8*) ci in dong hi. Tua dotna lelbel ciapteh takliang sam kei; a dongpa ciapteh huai hi. Job sittel dingin a phuangkhia pen Satan hi hetlo – Pasian ngiat ahi hi. Bangthu piangding cih theitel sinsen ahih manin sittel ding phalna Satan tungah a pia hi.

Job in hihbang haksatna samahmah a thuakna hangthu bang hiam cihzong theimello hi. A hihhang, Job thuakna a bawlpa in Pasian hi lo leuleu a, Satan hizaw cih kician mahmah hi. Job' neihsa teng a suksiasak leh a tateteng sisak a, ama' cidamna zong a sukhhaksak dingin Satan tungah phalna apiapa in Pasian mah hong hizel hi. Pasian in Job thuakna ding phalna pia ahih leh, Pasian leh Satan a nihgel mahun thuaksiatna bawlkhawm uh ahi diam? Satan in Job tungah thuaksiatna piangsak ding in Pasian in phal ahihleh Amah thumaan kicithei ding hiam? Hihthu in a tuamvilvel in a piang maw, aihke'h Pasian in tuni in eite zong tuabangin hong hihlai ahi diam?

**Job 1:20, 21, sungah Job in tua sittelna koici dawn hiam?**

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Hih thuakna pen lampi nih tawh kidawngkik thei hi. Hehna leh thangpahihna tawh Pasian ki nungngat thei a, ahih keileh zong a kipzawsem in kibeel theilai hi. Hihzah supna lianpi lakmah ah Job in Pasian maimah ah om cinten in Amahmah bia lai veve hi.

Job 1:20, 21 sungah gimna thuakna sungah, biakpiakna namthum omthei hi. **Amasa** in, Job in, ama' thanemna theitel in bangmah a hihlohnna: "kanu sungpan in guaktang in kasuak a, guaktang mahin ka ciahkik ding hi" (Job 1:21) cihi. **A nihna**, Pasian in na khempeuh ukhi, cih Job in telcian mahmah a: "Topa'n hongpia a, Topa mah in lakik hi" (Job 1:21) cihi. **A thumna**, Job in Pasian' dikna sungah upna mah kipsak hi. "Topa' min kiphat taken" (Job 1:21).

**Sittelna nathuak hiam? Job khekhapte zui in. Ahoihna namu thei hiam?**

**WEDNESDAY**

**LAMETNA TAWH NUNGTA**

*July 27*

**"Ka thuakna uh lianlua mahmah ahih manin nuntak zawhna ding lam-etna omlo hi. A si ding taktak hita hang ci in ka ki ngaihsun uhhi. A hizong in tuazah a ka thuakna uh pen, kote' thatang kimuanglo in, sihna panin misite a hingkiksak Pasian ka muan theih nadingun a piang ahi hi" 2Cor. 1:8, 9.**

Pasian teeltuam sawltak ahihna tawh Paul in mite sangin thuakzo zaw hi. Ahihhang Paul lungkialo hi. Tua sangin Pasian phat semsem zawsop hi. Ama thuaksiatna teng anuai a munteng ah kigualsuk hi. 2Corinth. 11:23-29 leh 2 Corinth. 1:3-11 simin.

**2 Corinth. 1:4** sungah, Paul in Pasian hong itna leh lainatna ngah theihna'ng pen, "Amah in kote haksatna hong huh ahihmanin kote in zong Pasian tungpan in kangah uh tua huhna mah zangin, haksatna a nam tuamtuam a thuakte ka huhsawn thei leuleu uh

hi." **Thuaksiatna bangciang a om ciangin Pasian' sapna kici thei hiam? Hih thu sungah koi bangin tei takin ki om thei ding hiam?**

Eite tungtawn in thuaksiate tungah Pasian in nasem nuam hi. Tua ahih manin tuabang thuaknate hong thuaksak masa hi. Tua hileh eite'n zong, sepding dan genkhia bek hi lo in, eima phutkhak Pasian hong lainatna leh hehnepna i theih taktakna tawh hanthawn thei ding ihi hi. Tua pen Zeisu' nuntakzia ahi hi (*Heb. 4:15*).

Paul in hong gentel hih haksatna tepen ama' ading in i dah ding adeihna hi lo hi. Hih thute in, eite in i thuuk om mahmah lai nangawnin Pa in A lainatna leh hehnepna hong pia veve cihna ahi hi. Eima nuntakna ading nangawn patau in sihtheih ding dinmun hiphial mahleh, laukei in, Pasian in Amah muan ding hong hilhna ahi hi. I Pasian in "misi thokiksak" (*2Cor. 1:9*) ahih manin Amah muang in.

Paul in lungdamthu tangko dingbekmah a mitsuan laitakin, Pasian in zong amah honkhia ding cih theitel mahmah hi. Paul in kip takin a omtheihna thu-thum pen *2Corin. 1:10, 11* sungah omhi. **Amasa** in, Pasian' thukimpihna: "tuazah in a lauhuai sihna ding panin hong honkhia zo a, zong hong honkhia laiding hi" (*2Cor. 1:10*) cihi. **A nihna**, Paul in Pasian bekmah mitsuan ding a khentatna: "mailam ah zong hong honkhia kikkik ding hi ci in Amah ka muang uhhi" (*2Cor. 1:10*). **A thumna**, misiangthote' thumsakna: "hong thungetsaknate uh" cihi (*2Cor. 1:11*).

**Paul tungpanin nangma thuakna hangin nangmah na kihehpih khakloh nading bang pilna peuh na ngah thei hiam?**

**THURSDAY  
SA LUA**

*July 28*

Tu quarter sungteng, Pasian in mihing nuntakna siansuah in Christ bang hihna a piaktheih na'ng haksatna a piakna limte i sinzom laiding uhhi. Hih lim teng amu mi pawlkhat in bel Pasian pen a gilo mahmah topa hi cikhaphial ding uhhi. Pawlkhat leuleu in, Pasian in ei ading a hoih hong deihsaak cihsak thei hang e, ahihhang hihbang munah itna leh lainatna hong lakkhol kei ci ding uhhi. Pasian ngongtat sa zawsop ding uhhi. Ngiumna khat tawh a ngaihsuthuai mahmah hunte hongpia zel a, ei hihtieh bangmah omtuanlo hi.

Mawhna adim hih leitungah i om laiteng in bel, a hang thu tawmcik bekmauh telzo ding hi hang. Vantung ah tampi telpan ding hihang (*1Cor. 4:5; 1Cor. 13:12*) a, tu tadih in bel thuhoih piang kholkei phial mahleh zong, Pasian in hong ompih hong kem cih ciang upna i nuntakpih ding hi. Isaiah in hihthu hoiktak in pulak hi.

Isaiah 43:1-7 sim in. Atang nihna ah, Pasian in A mite'n tui leh meikuang kantan ding uh cih. Hih thu pen lauhuai mahmah phial mahleh, Tuipisan leh Jordan gun kaanlai hun a lauhuai hunte tawh kibang a, tua hunte in nuntakna thak naguanzel uh hizaw hi. Pasian in, hih lauhuaina panin ka mite ka hong kem ding hi khawng hong ci ding peuh i-sa a, tua lampi lauhuai peelzaw in lampi dang khatpeuh ah hong makaih ding i-sa hi. Late 23 sunga Tuucingpa mahbangin, haksat hun hong tun ciangin, Pasian' mite'n patau lo ding hi. Amah in hong tonpih gige hi.

**Isaiah 43:1-7 enkik in. Tui leh meikuang hun sung in Pasian in A mite hehnep a piak zia tuamtuame**

**gualsuk in. Nang ading Pasian in bangpeuh hong lak a, bang kamciam peuh nangah kha hiam?**

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Pasian hong piak haksatnate thu-thum tawh telgen thei ding hihang. **A masa** in, Pasian' mei sa lua pen ei hong suksiatna'ng hi lozaw a, mawhna suksiat na'ng hizaw hi. **A nihna**, Pasian' mei sa lua in hong lungkhamsak, hong mangbangsak hi lozaw in, hong siansuah hizaw a, hong bawlthak hizaw hi. **A thumna**, Pasian in a tawntung in lungnem takin hong kem – bangbang hong piang taleh hong tangnutsiat ngeilo ding hi.

**Hih anuai a munteng in Pasian omzia bang peuh hong theisak hiam?** Late 103:13, 14; Mate 28:20; 1Cor. 10:13; 1Pet. 1:7. **Hih munte nasim ciangin nangma nuntakna sungah naphutkhak bangthu peuh naphawk kha hiam?**

**FRIDAY**

*July 29*

**NGAIHSUTBEH DING:** EGWhite, *Patriarchs and Prophets*, laimai 145-155; “The Test of Faith,” *Testimonies for the Church*, vol. 5, laimai 315-319 pan “Praise Ye the Lord,” sim in.

“Pasian in meikhuk sunga khamtak leh kham-ek a kisittel bangin, Christian dikleh diklo hong sittel hi. Zeisu in tua sittelnate en gige hi; Ama’ itna kilatkhat sak nading in koici siansak ding cih zong Amah’n thei hi. Thuaksiatna leh haksatna tawh Pasian in Amite thuhilh hi. Pawlkhatte in Pasian nasepna a mainawt theih nading siamna leh theihnatne nei uha, ahih hangin amaute kicingtaak taktaklo

a hihlam uh a kitheih nadingun Pasian in sittelna a pia masa phot hi.”—Ellen G. White, *Patriarchs and Prophets*, pp. 129, 130.

“Pasian’ vaihawmna tungtawnin, sittelna sungah dingkip dingin hong kizawt leh, a singlamteh i sang ding a, a haikha dawnpih in, eite’ muukah tua hai hong tulh pen i Pa’ khut ahihlam mgangngilh kei in. Sunlai in i muanmah bangin zan khuamial sungah zong muang veve ding hihang. Ei ading a hoihzaw hong pia ding cih um zolo ding ihi hiam? Singlamteh tungah hong itna hong lahkhit nungsang, zanlai thuaksiatna sungah zong, i lungsim laamto in i awte tawh phat ding nialzo ding ihi uhhiham?”—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 316.

#### KIKUPDING DOTNATE:

- 1. Abraham zah a hih samloh hang, upna sittelna a thuakkha-te, a thuakna uh sim suksuk sak in. Tua pa phutkhak thute, a gualzawhna leh a guallelhnae pan bang theihbeh na nei thei hiam?**
- 2. Christ a sih madiak nai 24 sunteng etsakkik in. A khengval bang phukha a, koi bangin dingkip hiam? Ama’ hong limlahna sungpanin, eima thuak haksatna sungah i zatpah theihding bang peuh na mu hiam?**
- 3. Tukal sunteng sinna sungpan, eima thuakna tungtawnin, a thuak midangte tungah koici bangin huhna kipiathei ding hiam?**
- 4. Atunga EGWhite kammal: “sunlai in i muanmah bangin zan khuamial sungah muang veve ding hihang” cihi. Asep sang a gen baihzaw tham hi. Tua bang upna neih zawh nadingin koici bangin i ki huhthei ding uhhiham? Hunsia sung nangawn ah Pasian muan teitei ding banghangin thupi na ci hiam?**

#### LESSON 6

\*July 30 – August 5

#### THA NEIHZAH TAWH KITOM

**July 30**

**TUKALSUNG SIMDING:** John 16:5-15; Col. 1:28, 29; 1 Peter 1:13; Mate 5:29; Piancil 32.

**KAMNGAH:** “Hihbang a tangtun theih nadingin, Christ in kei tungah a hong piak ka thahatna khempeuh zangin, nakpi takin nasem in ka hanciam hi” *Colossians 1:29*.

**Papi** khat leh nupi khat tukhawmin kihohuhhi.

Naupangno khat a kithahna thu kikum uh hi. Nupinu’ tapa pen tunung kum 20 lai in kithat a, a hehna leh thangpaihna nasalua hi. Papipa’ apen thu tuampi khat hileuleu hi. A sawt nailo deuhin a tanu pen mi ngongtatte in thatlum uhhi. Mithatte ading mawhmaina leh Pasian in ama’ thuakna pan a puahphatna thu gen hi. A thuakna pen suksialua mahmah taleh, hih mipa in, i nuntaksung a khuamialpen hun sung nangawnin Pasian in damna hong piaktheihzia lim honglak hi.

Hih mi nih tegel in a kibanglo dawnna koibang in nei thei uhhiham? Nuntaksung in i thuak haksatnate in hong lungkiacip saklo in koici bangin khalam kikhelna hong piathei zaw ding hiam?

**SUNDAY**

**July 31**

#### THUMAAK KHA

“Pasian aw, kei hong puahpha in!” ci in thungen hinapi, kikhelna om mello in i om ngei hiam? Pasian in

hong puahphat ding naknget mahmah napi, i nuntakzia a ngeimah a ngei veve thei hiam? Pasian in ciangtan omlo vangliatna nei a, tua a vangliatna ei tungah hong pia nuam mahmah hi. Hih thu tawh kisai in hamphat i sawm mahmah uhhang, Pasian hong piaknop nuntak zia ciang peuhmah kitung zolo hi.

Banghang hiam? Thukhat in hong khak-hal den hi: Khasiangtho in eite hong kheeltheih na'ng ciangtan omlo in vanglian hinapi, eima' deihtelna in Pasian' nasepna ciangtanh zel hi.

**John 16:5-15 sim in. Hih munah, Zeisu in Khasiangtho pen “Thumaan Kha” na ci hi. (John 16:13). Khasiangtho in eite ading bang hong hihsak thei ding ci hiam?**

Khasiangtho in eite' mawhnei i hihna hong lakkhia thei a, hong kisikkiksak theilo hi. Amah in Pasian tawh kisai thumaan lianpen hong lakthei a, a um ding leh a thumang dingin hong sawlngawh theilo hi. Pasian in thuneupen khat nangawn hong sawlngawh lehbel, eima deihtelna a mansuah ihi a, Satan in, Pasian a mawhsakna tawh, mihing lungsim Pasian in ama' deihbang in zang hi ci in kidona lianpi sungah khemna zang hi ci in mawhsak ding hi. Vantung ah kidona lianpi hong kipat ciangin, i Pa in zong Satan leh a nungzuite pen, Ama' hoihna thumaanna um ding, thumang ding leh kisikkik ding in sawlngawh tuanlo hi. Eden huansungah zong, huanlai a singkung tawh kisai in Pasian in kitelcian takin gen hinapi, Adam leh Eve tegel in aneek ding ciangun, amau deihtelna Pasianin khaam tuanlo hi. Pasian in tuni eite tungah zong tumdang tuanlo ding hi. Tua mah bangin Khasiangtho in zong Pasian'

thumaan leh mawhna vai a genna ah: "Keimah in ka hong lahsa bangin, note in na hih ding uhhi" cihi.

Eite in haksatna i tuah ciangin tuamah bang hiding hi. Khatveivei ciangin haksatna pen kicingthei mahmah napi, eite zaw in i mawhna i kisik nuam hetkei hi. I Pa in tua bang in hongsep sak ahih manin eite'n zong kisikkikna kongpi i hon dinguh a, eite hong puahphatna dingin Pasian vangliatna i lutsak ding uhhi.

**“Kha thumaan” in koibang in nang hongzo naci hiam? Ama’ aw bangzah in nangai beek hiam? A thupipen in, nangma deihtelna tawh bang khentatna nabawl thei hiam?**

MONDAY

**PASIAN-MIHING KIGAWMKHAWM**

August 1

Na gualzawhna lianpen bang ahi hiam? Hamphatna khatpeuh nangahsun zongpen lupna tungpan zingsang thawhkawm khawng in a piangziau hi hetlo hi. Na lian khatpeuh bawlzawh i sawm peuhmah leh, hahkat leh hun piak kul hi. Christ' nungzuih zong tuamah bang ahi hi.

**Colossian 1:28, 29 sim in. Pasian in kei sungah nasem hi ci in Paul in gen himah taleh, mihing hahkatna zong kisamveve cih koici gen hiam? Thuhilhkik. 4:4; Luka 13:24; 1Corinth. 9:25; Heb. 12:4.**

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Colossian 1:29 sungah, Paul in ama' nasepna ah Pasian tawh a kikhawlhkhopna lunglut huai mahmah hi. Ka hanciam mahmah hi cihi – Pasian thahatna tawh cihi.

“Nasem” cih kammal pen “gimta” cihna “a tawpdong a semsuak” cihna peuh ahi hi. Hih kammal pen kimawlsiamte a kisinna vuah kizangpha pen hi. “Hanciam” cih kammal pen, mun dangdangah “gentheihph” cihna zong hilai hi. Gualzawhna dingin sagaap naliang dongin hanciamna kammal ahi hi. Hihteng ah Paul in tua thu tegel heekkhawm hi. Ama’ hihzawh teng hi lo a, Pasian piaksa teng hizaw hi. Tua hi a, Paul’ nasepna peuhmah pen nakpi takin hanciamna leh thukhun khauhtakin zuihna vive ahih hang, Pasian’ vangliatna bekmah tawh gualzo den hi. Eite’n zong Christ’ gamtatzia eima sungah i khantohsak nopleh a tunga mahbang hiding hi.

Hanciam in sepkhiatna a tawm theithe in neih leh lam a tamtheithe a kideihna leitung ahih manin, hih thute hoiktak ciapteh ding kisam hi. Tua ngaihsutna pen Christian sungah damdamin hong lutta hi. Christian thuhilhsia pawlkhat bangin, um peuh le-uh cin Khasiangtho hong tuaksuk ding a, nalamdang lian mahmahte hong piangsak ding hi ci uhhi. Hih thu pen thulang –maan bek hi a, lauhuai mahmah hi. Pasian’ vangliatna khawng pen nuamtak in i tutmun khawng peuhah zong kingah theilel hi cih lampang in mihingte hong makaih thei hi.

**Paul in hanciam takin nasem ding acih bangin nang zong nangma phutkhak peuh a omkha hiam? Nang zong na hanciam mahmah dingin Pasian in nalungsim sungah bang hong koihsak hiam? Pasian deihna sungah koibang in naki pum-aap thei ding hiam?**

TUESDAY

**OMZIA HOIH LUNGGULHNA**

August 2

Eima lunggulhnate sungpan gal lauhuaipen khat in lungsim thuakna ahi hi. Tuhun ciangin etding limleh

maante, tumgingte in eima theihlohkaal in lungsim hong khoikhha mahmah uh a, hehna, launa leh lunggulhna cihte hong guanthei gige hi. “Nitak an bang duh ka hiam” cihbang khawng na ngaihsun ngei hiam? “Tuni bangpeuh ka bawl tam maw?” “Hih pen lei leng a hoih tam maw?” Thu khensatna sungah lungsim thuakna in hong sunglut mahmah hi. Lungsim thuakna zong a sia hi samlo napi, tua lungsim thuakna mahin thumaan leh a hoihpen in khensatnate sukha thei hi. I lungsim thuakna in hong khem thei-a “Na khempeuh lakah lungsim in a khemhat pen ahi hi” (*Jer. 17:9*), thumaan taktak pen a maanlo suakkak, a sialam hong teelsak in, eima haksat na’ng hong bawltawm sak hi.

**Mihingte in Pasian’ kammal sangin amau’ lungsim thuakna bulphuhin khentatna a bawl uh Laisiangtho sungah na mu kha hiam? Bangin a khap hong tawnpah hiam? Pian. 3:6; 2Sam. 11:2-4; Gal. 2:11, 12.**

**1 Peter 1:13 sim in. Peter in bang lunggulh a, a laisim mite in bang hihding hong deih sak hiam?**

I pumpi a hawlna pen i lungsim ahihlam Peter in telcian mahmah hi. Ngaihsutna hawlna lakhia leng, thuakna tuamtuamte in ei hong hawlgawpta ding hi. Tuucingpa’ innlam zuanin lam kawcik ah pai dingin kingaihsun in. Lamkaal ah mun tuamtuam hong tun thei lampi tampi takmah om ziazua hi. Lampi pawlkhat bangpen

ei painoplohma munpeuh hongtun ding uhhi. A dangte in zong hong zolzol phial a; lungsim, lawpna leh deihnate hong huup mahmah hi. Khatpeuh zui ziau leng, lampi maan pan kipialkhia in, suahtak kikding haksa mahmah ta hi.

**A thupi bang khensatna peuh na masuan hiam?**  
**“Pasian’ kammal tawh a kitukalh in, lungsim thuakna, lawpna leh deihna peuhtawh khensatna bawl” na hihlam koibang in kitheithei ding na hi hiam?**

**WEDNESDAY**

**A BULPI AAPNA**

*August 3*

**“Na mit taklam in na mawhna ding hong piansak leh khelkhia inla paai in. Na pumpi bupin hell khuk sungah hong kikhul sangin, na pumpi na khat pelhem leh nang adingin hoihzawlai hi.” Mate 5:29.**

**Hih Zeisu’ kammalte lungngai in. Ama’ kammalte zong a bulpi hi nasa hiam? Bang hang?**

Christian nuntakzia a haksaluat man hi lo in, eite in Pasian hong ngiimsakna panin lam pialkhia khin i hihmanun i bulpi mah tawh ki-aapna mah kisam hi. Mihingte in “Pasian kiangpan in koi bangin gamlapi lampialkhia thei ka hi hiam” ci in a khuaphawk uh ciangin lamdang sathei uhhi. A dawnna bel kal khatkhat in pialkhiaakhia hilel hi.

Mate 5:29, 30 sim in. Zeisu in zualzangna tawh kisai in a gen ahi hi. Ahihhang mawhna khempeuh i tawphahpi ahihna a genna ahi hi. Tua tawphahpi penmah, Christ sungah khantohna ding in kizangthei veve ding hi.

**Mate 5:29, 30 sungah, Zeisu’ kammalte in a thupi bang hong pulak hiam? Ei leh eimah mah ki poisuahsak ding a cihna mah hiam?**

.....

Zeisu in eima pumpi mah liamsuah ding acihna hi hetlo hi! I pumpilam hizawlo in, i lungsim kemsiam zaw ding a cihnopna hizaw hi. Phawkding khat ah, thugetna tawh Pasian in mawhnopna lungsim teng hong nilkhiat sakding cituan hetlo hi. Khatveivei Pasian in hehpihna tawh hong hihsak theimah hitaleh, nutsiat zaghna ding kipum-aapna ahi a, ihihnop hetloh nakhat peuh hong semsak thei hi. Bangzah in haksa ding hiam? Deihteeina maan a kibawl simin, hong thahatsak semsem in, mawhzolna zong thanemsak semsem hi.

I kiim leh paam ah buaina gamlumna a tamciang in, eima lungsim hong laaktheih nading in, haksatna peuh hong zangthei hi. Pasian kiangpan bangzah gamla pialkhia cih i kitheih ciangin haksatna lianpi anei ihi tahi. Tua haksatna pen, i Pa ngiimna sungah ciahkik theihna ding in Pasian hong sapna peuh hithei hi.

**THURSDAY**

**THUAKZAWHNA KISAM**

*August 4*

**Jacob in Pasian tawh a kilaaina tangthu sim in (Piancil 32). Hih tangthu in lungkiat theihna’ng tampi kawmkal ah, bang thuakzawhna gen hiam?**

.....

Thumaan leh thumaan takin hihding theithei lel iihang; netsukna khatpeuh hangin, Pasian leh Ama' kamciamte letkip ding haksa thei hi. Tua pen eima' thanemna leh meidawina hang hilel hi. Tua hi a, Christian adingin, thuakzawhna in a thupi mahmah thahatna hi a, beidon ciangin hong lungkipsak kik hi.

Laisiangtho sungah thuakzawhna lim hoihpen in **Jacob** ahi hi. Kum sawtpi khatlai in Jacob in a sanggampa leh a pa khem in, ta upa' dinmun (*Pian. 27*) a laksakpan kipan in, **Esau** in thatnuam ahih manin taimang hi. Pasian' panpihna kamciamte leh a mangsung a vanbaan kahlei a muhna ah thuphate (*Pian. 28*) om mah taleh, amah lauveve hi. Pasian in abeisa kum tampilai a A kamciamnate kiplai mah hiam ci in patau mahmah hi. Zeisu ana hi gigepa tawh akilai kawmin, a kheelguh kipelh hi. Tua ciangin a kheelguh nasa mahmah ahih manin laaizo nawnlo hi. Galdo panin ki-aapna ah hong kikheel kul hi. Jacob in, thuakzawlloh natna hangin Zeisu tungah hong ki-aap ta a, thupha hong saanlawh zawsop hi. Tua ciangin Zeisu in "Hong khahta in, khuavak ding hita hi" (*Pian. 32:26*) cihi.

Jacob in natna sungah lenkip ahih manin thupha sang hi. Eite zong tuamah bang e. Pasian in i kheel hong phelsak in i natciang in, Ama' tungah i ki-aap pah hi. Pasian in tua meima pawn omsuaksak a, Jacobin a sanggampa tawh a kimuhkik ciang in zong kheelbaailai hi. A pualampan ahilleh thanemna hi napi, Jacob a ding in ama' thahatna lahkhiatna hileuleu hi.

**Mawhzolna lungkiathuai tampi thuakzawhna ding in, a kizangthei taktak ding bangpeuh na bawl thei ding hiam? (*Kipawlna, nundan, laisimna, cidamna thu leh kha' thu*).**

**FRIDAY**

*August 5*

**NGAIHSUTBEH DING:** EGWhite, *Patriarchs and Prophets* Laimai 195-203 sunpan "The Night of Wrestling," leh; *Steps to Christ* Laimai 43-48 sung "Consecration" sim in.

"Mihing gamtatna sungah a thupi mahmah ahi hih lunggulhna in, Satan' khut sungah iki piaklai in zong om khinzo a, mihing in ama' utbang in omlel in kisiatna a tung dingin nasemsem khinzo hi." EGWhite, *Testimonies for the Church*, Vol. 5, p. 515.

"Pasian huhna ngahtheih nadingin, mihing in ama' thanemna leh kicinlahna telcian ding a; ama' lungsim kikhel nadingin zang in, thuakzawhna leh thungetna tawh hanciam kul hi. Gamtatna leh zongsatna hoihlote paaikhia in; khialhnate puahpha in, thudik bang a omnopna a ki neihciang bek in zawhna kingahpan ding hi. Mi tampite in amau hihding sepding a kipiate semlo in, Pasian in a sepsak ding bek ngak uh ahih manun, a omna ding uh dinmunte ah omkha lo uhhi. Pasian zattham a cingding mite in, nakpi takin kibawlphat, kipuahphat kul a, a haksat luatna munte ah Pasian in panpih ding hi."—Ellen G. White, *Patriarchs and Prophets*, p. 248.

#### **KIKUPDING DOTNATE:**

1. **"Satan khut sungah Kiatna" ciangdong hong tun lunggulhna nei ihihlam koi bangin i kitelthei ding hiam? Zeisu nuntakzia etcian ciangin, eite pen a puksa mite ihihna leh Pasian hong lainatna in bangzah lian cih koibang in hong phawksak hiam?**

2. **Gethsemane ah Zeisu tangthu simpha in** (*Mate 26:36-42*). **Pasian' deihna tawh a ki 1 e h b u l h , Z e i s u '** deihna leh lunggulhna taktak bangteng hiam? Sinbeh dingin bang omthei hiam?
3. **Nomau ngeina sungah Satan hong dona pan kidalna lumteng hong suksiat sakthei bangteng omthei ding cih kikum un.** Pawlpi mite in hih lauhuainate kidawm thei ding leh, huhna kisamte koibang in huhthei ding ihi hiam?

**LESSON 7***\*August 6 – 12***SUKSIAT THEILOH LAMETNA****SABBATH NITAKLAM****August 6**

**TUKALSUNG SIMDING:** *Hab. 1:1-4; Job 38-41; Isa. 41:8-14; Jer. 29:1-10; Heb. 12:1-13.*

**KAMNGAH:** “**Pasian in eite tungah a hong piak a Khasiangtho tawh eite sungah ama’ itna hong guang ahih manin, hih lametna in eite hong lungkiasak ngeilo hi**” *Rom. 5:5.*

**Biakinn** sungah mite a nuihmai uh ciangin, lametna tawh kampau lasak nuamlua hi. A hihhang haksatna hong om khaleh, lametna neihding haksa hi. I kimkot in hong gakcip manin, dotnop hong tam mahmah a, a diak in Pasian’ pilna kidong nuampen hi.

**C.S. Lewis** in, a laibu khat sungah humpinelkai tangthu khat gelh hi. Tua humpinelkai a mu nuam mi khat in, a ombit hiam cih a dot ciangin ombit kei in “amah gi lua hi” cihi.

Pasian omzia kitelzo mello ahih hang, theihkholloh thu peuh a piangsak vatvat tawh kibang a, tua zong eite hong langpanna hituanlo hi. I teltheih kimzawh nailoh hang hibek hi. Gamdaihna, muanna leh lametna cihte tawh i kipeek ciangin, Pasian pen kitelhei zawdeuh a, kimu khol zaw deuh hi. Eite lungsim sungah amah a “ombit” kul hi.

**SUNDAY**  
**LIM GOLPI**

*August 7*

Na i sakmahmah ciangbek in, eitung a thupiang pen a thupi pen bekmah hi cih ding pen baih mahmah hi.

Aihhang “**kei**” sangin a lianzaw deuh lim khat omlai hi (*Mang. 12:7; Rom. 8:22*).

### **Habakkuk 1:1-4 sungah Habakkuk in bang phukha hiam?**

Pasian in Habakkuk kiang ah “lauhuai mahmah ding ahih manin Keimah in amanlang in ka hong huh nuam hi” cikha dingin lenam ding hihang. Aihhang Pasian in, lauhuai semsem zaw ding hi ci in lametna tawh a kilehbulh in dawng hi. *Habakkuk 1:5-11* sim in.

Israel mite pen Assyrian mite in galmat uh aihhang, Pasian in suuk semsem zawkan ding uh cilai a: Judah mi khempeuh Babylon mite in galmat gai dinguh cizawsop hi. Pasian in tuabang thupiangte hong etsuk nading in Habakkuk in a ngetna *Hab. 12-17* sungah omhi.

### **Pasian in Babylon kisiatna ding thupatna Habakkuk 2:2, 3 sungah koibang in lam-etna pia hiam?**

Habakkuk 2 pen Babylon kisiatna ding Pasian kamciamna ahi hi. Hebrew 10:37 in *Hab. 2:3* a kammal lakik in, messiah hong pai ding lam-etna khat hong guan kiau hi. Babylon kisiat ding thukip a ommah bangin, “Alian Babylon” (*Mang. 18:2*) zong a kisiat ding thukip eite’n inei khin uhhi.

A suukzaw kanlai Pasian’ kamciam leh a kimkot a gitlohma lianpi kikal tengah Habakkuk kipei keei hi. Cihteit hang eite pen hotkhiatna tangthu sungah kinungta cih i

kithei lel hi. Siatna lianpi in hong kimkot mahtaleh, Laisiangtho in suuksemsem lai ding hong cizaw hi. Habakkuk in a thuakzawh theihna pen a vekpi in a kimuh saknop hang hizaw hi. Tua hangmah in, chapter 3 ah a thungetna pen, mailam a Pasian in a hihding teng lungdamkohna ahi hi.

**Habakkuk 3:16-19 simin. Habakkuk in bang thu bulphuh in lametna na neithei hiam? Tua genkhohlna khempeuh hongtun ding ngak kawmin, Pasian’ mite in bang lametna kinei thei hiam? Tua lametna pen koi bangin nangma a’ hisak thei ding nahiam?**

**MONDAY**  
**TUA EITE PA IN**

August 8

**Oswald Chambers** in, “*Pasian aw bang hihlai ding na hiam ci in na dong ngei hiam? Cikmah hunin Amah’n hong gen ngeilo ding hi. Pasian in Ama sepding gen ngeilo a; Amah kua cih ciangbek hong lak hi.*”—*My Utmost for His Highest* (Uhrichsville, OH: Barbour & Company, Inc., 1963), Jan. 2.

**Chambers in bang a cihnopna hiding hiam?**

Job’ laibu pen lungzuan khuangaihna vive tawh kipan hi. Ama’ nuntakna leh a zi lobuang mansuah a, a zi in, “*Pasian hamsiat inla si in*” (*Job 2:9*) cihi. A lawmteng in zong banghang in hi bangthu piangthei hiam cih zonkhiat sawmliang uhhi. Amau kihona sung tawntung Pasian in gamdai dide hi.

Tua laitak in, Job 38 napan Pasian hong kilangh a: “*Kei’ pilna nial dingin nang kua na hi hiam? Thu a kilangsak na hi bek hi*” (*Job 38:2*) cihi. Tua khit ciangin, Pasian in tawlinga lo in dotna 60 dongsuk zatzat hi. Job 38 leh 39 sungah sim in.

Dotna nunung pen khit ciangin, Job in, "Topa aw ka haipau kha hi. Hong bangci dawn theihding ka hi hiam? Tu a kipanin ka pau nawnkei ding hi" (*Job 40:4, 5*) ci in a dawng kik hi. Tua ciang tawh Pasian khawl nailo hi. Hong kipan kik leuleu a dotna "**lian**" honpikhat mah dong kik leuleu hi.

**Job' dawnna nunungpen Job 42:1-6 sungah sim in. Pasian in Job tungah bang a gen nuam hi a, ama' tungah bang hongtung hiam?**

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Job' lawmte'n "banghang hiam" ci in a dotnate pen Pasian in dawnglo hi. Ahihang Pasian in piansaknate tungtawnin tehtheih omlo a lamdang mahmah vanglatna Job tangthu sungah hong lak hi. Tua khit nungsang Job ading dawnna dang bangmah kisam nawnlo hi. Telkheh ding a kisapna khempeuh pen, Pasian' vanglatna in tuamcip kikta hi.

Hih tangthu in lungsim la napi lam-et ommello hi. Ahangthu tawmcik theipeuh leng lam-etna leh lungnopna peuh hong neisak thei hi Eite in, noptuam theihna'ng in nakhempeuh theikhin nuam in a hanciam theizel a, i theihzawhloh ciangin i lungpeuh kiathei hi. Khatveivei ciangin, ei mah sangin a lianzaw Pa tungah ombit theihna ding in Pasian in eima theihlohma peuh hong zatsak thei zawsop hi.

**Nang telzawhloh thute tuhun in a piangzel hiam?  
Tua bang aihleh, Pasian nasep hi ci in. Tu a na ngaihsut zawh hetloh thupiang sungah kiptak in omzawh theihna'ng koibang in lametna hong piathei ding hiam?**

TUESDAY

### I PA' HONG OMPIHNA

**"Keimah Topa Na Pasian in na khut taklam ka len hi. "Lau kei in, nangmah kong huh ding hi" nang tungah a hong cipa Ka hi hi" Isa. 41:13.**

Khatvei mi khat in, "Eite kiang panin Pasian a gamla tawh a kibat ciangin, kua pen a hia a kikhin?" cihi. Buaina i neihciang in Pasian in hong nusiata kici mawkmawk hi. Ataktak in Amah koimah pai khialo hi.

Jew mite salmat in a om lai in, amau kiangpan Pasian gamla om tawh kibang hi. Ahihang, Isaiah tungtawnin Pasian in amau suahtak ding kamciam pia hi. Jerusalem a ciahkik dinguh pen kum tampi mah samlai ahihte hang, amite kiangpan Amah kihemkhia hetlo a, amau ading lametna mah hilai veve cih theisak nuam hi.

**Isaiah 41:8-14 sim in. Mailam a suahtak ding a ngak thapai mite adingin lamet theih nading bang thu peuh na pia thei ding hiam? Hih kamciam in hih leitung ah salmat ihih laitak in koibangin a tawpdong hong ngakzo sakthei ding hiam?**

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Hihteng lakpan lim hoihpen bel **Isaiah 41:13** sungah om hi. Vannuai ukpa vanglian Pasian in Ama' mite peuhmah Amahmah in "*a khut taklam uh pan lenkip*" ahih manin lausak nuamlo hi. Ei leitung panin a gamla mahmah mun khat ah kumpi tokhom tung panin Pasian in eite hong makaih gige ahihna phawkhuai hi. Himah taleh Ama' itte khut lenkip thei ding zahmah in Amah hong nai veve cihzong thu tuampi khatmah ahihi.

August 9

Eite i buai mahmah ciangin, Pasian hong nai lam kiphawk khalo zel hi. Amah eite tawh hong omkhawm Immanuel Pasian ahihlam i phawk ciangin, hong kilamdang sakzo hi. Amah'n hong ompih ciangin Ama' ngiimnate, Ama' kamciamte leh Ama puahphat zawhna vangte in ei a hita hi.

**Zinglehthai ah banghiam khat kisin dihni. Vannuai a ukpa Pasian in nangma khut lenkipzo dingin hong nai mahmah a, kamciam zong hongpia ciithu tumahmah in ngaihsun in. Hihte in nangma nuntakna hong khelsakzia ciamteh in. Tuate SS khan sungah kikum un.**

**WEDNESDAY  
I PA' NGIIMNATE**

August 10

**Mikim in lam-etna lunggulh uhhi. Koiah i mu diam? Mi' nuihmaina peuhpan a ngah zong om thei hi. Adangkhat adingin sumlehpai, innkuanpih peuh tawh mu thei uh hi. Nang e leh koipan na lunggulh hiam?**

Jeremiah in, amite'n galmat hun sunteng lamet bei dikdek ahihna uh a laibu ah ciamteh hi. "Zion khuapi i ngaihsut khak ciangin, Baylon luite geiah tusuk in i kapkap hi" (Late 137:1). Amaute lungsimuh kitamkham phialmah le-uh, lamet a beinalohna thute Jeremiah in pulak hi.

**Jeremiah 29:1-10 sungah lametna'ng bang thu om hiam?**

Hihtengah lametna'ng a thupi thuthum hong kipia hi.

**Amasa** in, tua thupiangte in ama' thuthu in piang a, theihkholloh thupiang peuh hi lo ahih manin, Pasian in Amite beidonglo ding cihi. Pasian tektek mahin "*Keimah in Jerusalem pan Babylon ah salmat in kong paipih hi*" (Jer. 29:4) cihi. Siatna in amaute kimkot ah om mahleh Judah in Pasian' khutkuak nusia ngeilo hi.

**Anihna** ah, Amite haksat hun sung nangawnin Amah'n nasem thei veve ahih manin lungkia sak nuamlo hi. "*Salin kong koihna khuapi phattuam nading bawl unla, tua khuapi adingin Topa' tungah thungetsak un. Tua khuapi in phattuamna ngah leh no zong phattuamna a ngahmah nahi uhhi.*" (Jer. 29:7).

**Athumna** ah, Pasian in a saltan hun beina omsak ding ahih manin, amaute a lungkiatloh nadingin "Topa'n hibangin cihi: 'Babylon ah kum sawmsagih sung na omkhit uh ciangin, note kong kan kik ding a, Kong thuciamsa hong tangtungsak in, hihmun ah kong lakik ding hi.' (Jer. 29:10) cihi.

Pasian in amaute' hunbeisa teng a kemcingpa ahihlaam a genkhit ciangin, tuhun zong leh mailam hun zong a kemcingpa ahihna zong gen a, Amite zong itna tawh hoihtak in kemcing ahihna zong gen hi (Jer. 29:11-14).

**Jeremiah 29:11-14 sim lecin, nang hong cihkhit ciangin namin sam in nang tungah kamciam hongpia dingin ngaihsun in. Tu laitak in bangzah haksatna thuakmah lecin, hih kamciamte koibangin na zangthei ding hiam?**

**THURSDAY**  
**I PA' HONG KHALNA**

**Hebrew 12:5-13 sim in. Ei ading bang thupuak hi a, tu quarter sung sinna tawh bangzah in ki thutuak hiam?**

Hebrew 12:5-13 sungah, Paul in khalna leh a haksatna teng gen hi. NIV Laisiangtho in hih *khalna* cih kammal thu tuamtuam tawh sawmvei sisen pulak hi. Greek mite adingin hih kammal pen “**pilna siamna**” a cihna ahi hi. Tua hi a, “*khalna*” cih kammal i teltheih nadingin, Paul in Heb. 11 sungah a pulak upna’ sang ah Pasian in eite pilna hong pia ahihlam theih ding kisam hi.

Hebrew 11 sungah, Paul in upna nei pasal leh numei te’ thu gen hi. Amau upna mahun, haksatna tuamtuam a phut uh ciangun kipsuaksak hi. Alian 12 sungah, Paul in a laisim eite’ mai ah mi tampitakte’n haksatna tuamtuamte sungah kipkho khinuh ahihmah bangun, eite zong upna i nuntakpih theih ding kisam hi. Zeisu i mitsuan gige ding a (*Heb. 12:2*), haksat hun ciangin Amah i etteh ding uhhi (*Heb. 12:3*). Alian 12 a simte pen mitlimlang a kipia tawh kibang hi. Hih mitlimlangte omkei leh i khuamuhna pen sianglo hi. Ahih hang, tua limlangte tawh enleng, tanglai ngeina khawngin hong sukbuai a thuakna leh a mial nianua teng pen hong siangtho pah ding hi. Tua ciangin kician takin i tel ta ding a, tua haksatna teng pilvang takin i phusiam ta ding uhhi.

**Hebrew 12:1-13 sunga “limlang” tungtawn in simsuk in. Aneu 5-13 sung sim inla anuai a dotna teng dawng in:**

August 11

Khalna’ thubulphuh in bang hiam?

Tua Khalna koici dawnkik ding hiam?

Khalna pen bang a ngiimna hiam?

**Hebrew 12:1-13 simpakik in. Lametna a om theihna’ng thu khempeuh gualsuk in. Tua lametna pen nangma’ khalam “pilna” adingin koici bangin na zangthei ding hiam?**

**FRIDAY**

August 12

**NGAIHSUTBEH DING:** EGWhite, *Education* laimai 301-309 sungah “The School of the Hereafter” pp. 301-309; *The Ministry of Healing* laimai 470, 471 sungah “Help in Daily Living” cihte simin.

“Hihteng khempeuh a phutkhak laitakun phunna tauna leh lungkiatna omthei ding a, dahna thuak ciangin, Pasian pen leimite adingin phattuamna piatheipa cihding zong uphuai nawnlo liang zahin; gimnate in lungsim hong zawh ciangin nuntak ding sangin sihnopna peuh om thei zawsop hi.

Mi tampitakte in Pasian khahsuah in lunghianna leh uplahna’ sila suakding uhhi. Hihbang hun ciangin Pasian’ vahawmnate kha’ mit tawh i muthei ding a, vanmite in eite mahmah hong gumnuam lua, i khete zong a kipmahmah tawntung mual tungah upna thak, nunna thak i neihtheih nading hong hancampih mahmah hi.”— Ellen G. White, *Prophets and Kings*, p. 162.

**KIKUPDING DOTNATE:**

1. EGWhite in “phunna, tauna leh lungkiatna omthei ding” cihi. Hibang hunte sungah khatlekhhat koi bangin i kitelsiam thei ding hiam? Tuabang lungkiatna sungah i lawmte koi bangin i huh thei ding uh hiam?
2. Tuesday dotna nunungpen enkik in. Nangma maiah Pasian hong naih tawntungna in nang nuntakna koi bangin lamdangsak zothei hiam?
3. Job 38-41 sunteng agingkhia in sim un. Pasian pen koi bangin pulak hiam? Bang lametna leh hanthotna na mu hiam? Tua munah Sabbath koi bangin kiguang thei hiam? Pasian’ omzia koibangin hong telzawsem sakthei hiam?
4. Tua puahphatna pen vanpan hong pai hi. Mi kim adingin hihbang lametna neihtheih nading thunget kul cihna ahihi. Tunai mahmah in a puk mikhat in lametna a neihkik theihna dingun hunla in thungetsak in. Tua banah abeidong mite in lam-etna a neihtheihlai nadingun, bang nahihsak thei ding hiam?
5. Aut a om leh, mi khat sam inla, lametna leh upna a khahsuah zah dong dinka khauh zia-etna leh thuksiatnate sim kik sak in. Bangteng in amah pei hiam? Lunghianna leh lungkiatna ih thuak laitak in eite khat leh khat koi bangin tha i ki piak thei ding hiam?

**LESSON 8***\*August 13 – 19***MUHTHEIHLHPA MU****SABBATH NITAKLAM****August 13**

**TUKALSUNG SIMDING:** Rom. 8:28-39; John 14:1-14; Eph. 1:18-23; Isa. 40:27-31.

**KAMNGAH:** “Moses in kumpipa heh ding lau hetlo in, Egypt panin paikhia a, a kimutheilo Pasian a mu bangkeek in a nungkik hetlohma zong upna hangmah ahi hi.” Hebrews 11:27.

**Upna tawh** kisai Hebrew genna ah tona omden hi. “Upna nei i cih ciangin, i muhtheih nailoh i lamette ngah takpi ding ci in muanna lungsim neihna ahi hi” (Heb. 11:1). I muhlohte koi bangin muangthei ding ihi hiam? Hihthu pen kamngah sungah Moses in hong lakkhin hi. “A kimu theilopa amuhna hangin nungkiklo” (Heb. 11:27) cihi.

Hun hoih ciang zong hi lo, hun siat laitak nangawn in “muh theihlohp” mu dingin hong kisapna pen tona lianzaw semlai cihna ahi hi. Tua adingin Pasian’ thumaan tawh a kituak Christ’ upna bang upna i kisam uhhi. I Pa’ hoihna thumaan, Zeisu’ min sungah vangliatna, thawkikna vangliatna leh Pasian in hong lainatna cihte in, haksat hun sung, lunghian hun sung adingin, Pasian’ thumaan thutak ahi hi.

**SUNDAY**  
**I Pa’ Uangluatna**

**August 14**

“Pasian in kei hong it takpi ahihleh hiteng, hiteng hong hihsaak ding hivaw!” Tua bang lungsim khawng kineithei

maitak hi. Eima dinmun i ki-et ciangin Pasian in hong it takpi hi peuhmah leh, kilamdanna om teitei ding hi ci-in kingaihsun khathei hi.

Pasian' hoihna hong lunghiangsak thei thubul nih om hi. **Amasa**, eima lunggulh mahmah, hoih mahmah dingin i upkhat pen, Pasian hong deihsakna lampan ei adingin kisimmawh bawlna bang peuh hithei mawkmawk hi. **Anihna**, eima phutkhak omsa khat tawh kizui in, Pasian hoihna khawng ki lunghiang thei hi. Hoih i sak khat, nuam i sak khat, dik i sak khat, lim i sak khat peuh pen hoihpah lel ding hi i ci hi. A piantheihloh ciangin Pasian tung khawngah kihehthei mawk mawk hi.

Tua pen upna in na hong sepna ahi hi. Pasian leh Ama'hoihna lunghiang dingin hong kizol ciangin, upna hong lutin na hong semta hi.

**Rom. 8:28-39 pen ei tungah Pasian hoihna pulakna ahi hi. Pasian' hoihna i lunghian lohna'ng koibang in i lungsim kemcing thei ding ci hiam?**

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Rom. 8:32 ah, kimle pam in hong khuhcip lohna'ng hong kemcing thei ding thu khat omhi. "Pasian in eite maiah na khempeuh hong koihsak ding ziakai lo-in, eima' dinmun hong theihpih in, a siapen dinmun nangawn ah a Tapa hong sawl ahih leh, lungdam takin hong hih saklai ding bangdang omlai nawnding hiam?" Pasian in, sihna thuak dingin a Tapa hong sawlkhit nungsang, ciil mahmah i sasalai thei ding hiam?

Pasian in phal takin hong kipiakna pen Christ' sihna sungah kimukhin a, a haksa lunghian theihna teng khempeuh sangin, i lungsim hong zozaw thei hi.

**Nang' lunghianna mawkmawkte sangin, Pasian' hoihna thumaan in koibang in nang tungah nasemzaw sak thei ding na hi hiam? Pasian in nang' aiawh in a si dingin Zeisu hong sawlna thu lungngai inla, tuni ciang dongmah hih lampi a tulsim tawh hong kipiaden cih zong ngaihsun in. Nang upna ading bang hong hihsak hiam?**

**MONDAY**

#### **ZEISU' MIN PAULAM**

*August 15*

**"Keima' min paulam in na hong nget nak uh leh, ka hong pia ding hi" John 14:14.**

Zeisu in a nungzuite tawh sawt kikhawl khalo hi. Amaute panpihden in a thapia denpa in vankah ding hita a hih manin, nungzuiteng lungmang in thakiam gawp uhhi. Nungzuite in a mit tawh mu thei nawnlo ding uh ahih manun, Zeisu in zong kamciamkip khat a pia hi.

John 14:1-14 sim in. Aneu 13 leh 14 ah, Ama' min paulam in i nget "peuhpeuh" Zeisu in hihsak ding cih kamciam hi. Tua thu hang mah in, i thunget simin a tawpna ah "**Zeisu' min in**" kici den hi.

**Tuabang i cih in bang khatna neiding in i um hiam? Tua bang in thungen ding Zeisu in hong sawl pen banghang ahi diam? Ama' ngiimna a kitheih na'ng bang thusim khatpeuh namu kha hiam?**

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I thungetna pen "**Zeisu' min paulam**" i hih nakleh, vantung buppi in ei adingin diang ngeingai ding cih theihpah ding ahi hi. I kimkot ah vanmite manlah mahmah cih i mu theikei zongin, eite' thungetna a picingsak ding in van pan hong sawlsuk ahihlam phawkkul hi.

Khatveivei bang ciangin, Zeisu' min paulam in thu i nget khit ciangin, i mit i hon ciangin ki lamdang pah vatvat ding khawng i sakleh a ngeimah na ngei veve hi. Khatvei leuleu ciang, Pasian in a lamdangpi khat in a vangliatna hong lak a, Zeisu in huihpi daihsak bangte zong, Pasian in Gethsemane huan sung ah Zeisu a kipsak mahbang in, gamdaihna ah zong a kiphawk kha mello in piangthei hi. Tuabang thute piang mengmeng khollo ahih hang, Pasian in eite ading nasemlo cih hi peuhmahlo hi.

**John 14:1-14 na sim kawmin Zeisu in nang tawh maitang kimu-in hong hopih dingin ngaihsun in. Bang lametna leh thapiakna khawng na mu thei hiam? "Hih kamciamte in kei tungah a tangtunna bangpeuh a om hiam? Keima lungsim tawh bang kikhelna peuh ka ngiim thei ding hiam?" ci in nangmah kidong in.**

**TUESDAY**  
**THAWHKIKNA VAANG**

Thawhkikna in mihing thenemna hong pulakkhiat sak hi. Zeisu nunna, sihna leh thawhkikna i ngaihsut ciangin, Zeisu hong sihna in eite pen Pasian tawh hong kilemsak ahihlam hong phawksak zangzang hi. Thumaan zong hipah hi.

Tua banah thawhkikna in hotkhiatna lampi kician takin hong lak hi. Zeisu' thawhkikna in zong, eite zong khatvei thokik ding cihciang bek hi lo in khiatna thukpi nei lai hi. Zeisu in a thawhkikna hangin Pa' taklam ah tu in vangliatna leh hihzawhna khempeuh ngah hi. Tua thawhkikna vanglian mah pen, tuni mahmah in zong Pasian in eite adingin hong pia hi.

**Ephet 1:18-23 sim lecin, Paul in Pasian vangliatna gen hi. Hih munte in Thawhkikna vangliatna bang hong hilh hiam? Hih munte panin bang lametna leh kamciam na mu thei hiam?**

.....

Paul in, Pasian' panpihna tungtawn in **Ephet** mite in a teltheih nading thungetsak hi. (1) Zeisu hong sapna dungzui in lametna puahphatna leh tawntung hun omlai (2) a vangliatna pen eite adingin hong piakhia cih hong telsak hi. Tua banah tua vangliatna a lamdangzia Paul in genphalai hi. Tua vangliatna in, Zeisu pen leisung pan thokik ziau ciangbek hi lo in, Pa' taklam ah vanglian in tu dingin thokiksak hi.

Hihciang tawh Paul khawl nailo hi. Thawhkikna in Zeisu tungah vanglian pia ziau hi lo a, tawntung in a ukding leh Amite' kisapna bangbang vaihawmsak ding hi.

**Nangma nuntak sungteng a thokik Zeisu' vangliatna a kisapzia gualsuk in. Tua khit ciangin, nangma kisapna tengah nazat theihna dingin thungen in. Tuateng kawmkal mah ah tua vangliatna in nang nuntakna sungah ahoihzaw na khatpeuh, a hoihzaw teelsiamna khatpeuh tawh suakta takin koibang in nasem thei ding hiam?**

**WEDNESDAY**  
**LUNG HIHMAWHNA KHEMPEUH PUAKHIA**

Mi pawlkhat in a inn vuah lai kisuang nei uh a, "Lung himawh theipipi banghang thungen na hiam?" cih khawng suangthei uhhi. Pasian kiang zuanzaw in i lunggulhna teng Amah aapding sangsik in, lung himawh keei thei hihang.

Mikhat in, i nuntakzia hong kihencip ciangin, Pasian kiangah ki-ap inla Amah phelkhia sak in ci ngei hi. Pasian in bangzah hong hihsak nuam hiam? Himah taleh tua i buaina tengmah thuak tentan in, kin vat khawng kulthei liangphial hi. Topa kianglam zong pai nailo pipi in bang hang in lungkia pahpah ihi hiam?

**1 Peter 5:7 sim in. Peter in Late 55:22 sungpan a lak ahi hi. A thu bulphuhpi bang hiam? Mate 6:25-33 sim beh in.**

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1 Peter 5:7 pen kitel mahmah lel hi. Seelsim neilo lel a, a kigelh bangbang a cihna hipah pah lel hi. Tunpih cih zong paaikhia, piakhia cihna hi a, nang hong nasak khatpeuh pen nangtawh kisai nawnlo kizom nawnlo cihna ahi hi. Cihteei hang i vangikte mundangah ki paaikhia samlo hi. Lung hihmawhna zong mangthangpah samlo hi. Hong hepkhiet sakding vantung i Pa kiangah ki piakhia hi. Matthew laibu sungah Zeisu in tuathu genkhin hi. Haksa loluazaw ahih manin buaizaw lai hihang; baihlua mahmah in thumaan mahmah lel hi.

Lung hihmawhna pen thutuamtuan panin hong paithei hi. Nasepna panpeuh zong hithei hi. Lametlohipi mawhsakna omthei hi. Hong kideihlo hong kingailo bang peuh ahi hi. Cidamna lam leh sumlam buaina zong hithei hi. Pasian' maiah eite kihoih zolo iihh manin, mawhna zong hong kimaisak zolo dingin ki umthei hi.

Bangpeuh ahi zongin, buaina khawng i lettentan theihna pen, midang khat peuh sangin eimah mah siamzaw ding i ki upman peuh ahi hi. Peter in tua thu hong ngaihsunpha saknuam hi. Pasian in hongkem ahih manin T-6

lung hihmawhluat ding zong hi tuanlo hi. Nupa kima ding peuh a omleh Pasian in a donman beek hiam? A piang khempeuh hong puahphatsak ding in Amah'n hong don cih laisiangtho in gen hi.

**Nang hong lunghimawh sakthei bang peuh omhiam? Bangzah in thumaan a, bang zah in buaihuai taleh, Topa adingin bang haksalua hiam? Ei ading a haksa pen buaina zong Pasian in siansuahthei cih i up teei hang in, Ama' siansuahzia pen eite deihna bang suak ding in ki ummello hi.**

**THURSDAY** August 18  
**PASIAN A KIMUHTHEILOH HANG CITAK VEVE**

Ei tungah na khat a pian ciangin kuamah'n hong donloh pen nuam hetlo hi. Tua sangin Pasian in eite hong theihloh leh hong donloh pen lungmanhuai penpen hi.

Judah mite Babylon ah galmat a hih lai-in, Pasian in amau don khollo tawh kibang hi. Galmat hilel uh a, amau' mawhna uh hangin Pasian in hong nusiata ci uhhi. Isaiah in bel hanhotna kammal pau hi. Isaiah 40 pen, Pasian' omzia Isaiah in dam takin a genna hi a: "Amah in tuucing pa bangin ama' tuuhonte anvak ding a, ama' tuuhonte kaikhawm in, a ang sungah pua ding a, no ngeklai a neite damtak in a paipih ding hi" (Isa. 40:11) a cihi. A kigalmat a sawtsem ciangin, a lungsim sung vuah, *Topa aw Nang koi ah om na hiam? Nang hiteng ah hong om in ,Nong thudonna ka mu kei uhhi ci uhhi*.

**Isaiah 40:27-31 simin. Isaiah in Pasian koibang hi ci hiam? Isaiah in Pasian a genna bang hileh, "Topa kiang panin keima lampi kiliah a, keima Pasian in ka lungkhamna hong thudonlo hi" (Isa. 40:27) cihi.**

A lampi uh Pasian' mai pan kiliah hi aci mi pawlkhat mah **Esther** laibu sungah om leuleu hi. Tua laibu sungah khatvei zong Pasian kipulak lo hi. Ahihhang a tangthu buppi sungah, a kikhel theilo thukhun hangin, Pasian in Ama' mite a minambup in a kisia ding dinmun panin a hotkhiatna ahi hi. A beisa tangthu bekmah hong pulak hibeklo a, hong pailai ding hun ah Pasian' mite a kibawlsiat na'ng thukhun om ding (*Mang. 13:15*) cih zong hong pulakna ahi hi.

Hibang hun haksat mahmah laitak in, Pasian in hong thudonlo cihtieih ding a baihzia i ngaihsun ngei hiam? Lau peuhmahlo ding hihang. Esther tangthu sungah A minamte a honkhiapa in hun nunung haksat hun ciang zong hong honkhia ding hi.

**Isaiah in salmat mite kiangah Pasian omzia a genna simkhin hihang. Pasian omnawnlo a zong hong thudon nawnlo hi aci mite tungah koibang in Pasian hilhthei ding nahi hiam? Amau kimkot a, amau muhna cianglel tungah omsak lello in upna mit tawh koibang in khua musak thei ding nahi hiam?**

FRIDAY

August 19

**NGAIHSUTBEH DING:** EGWhite, *Prophets and Kings*, laimai 598–606, “In the Days of Queen Esther sim in.

“A Khasiangtho a ngen khempeuh Kapia ding Pasian in ci hi lo ahiam? Hih Kha pen makai hoihtaktak hi lo ahiam? Mi kimkhat in Pasian’ kammal muangzolo uh a, tua in uplahna ahi hi. Topa in a thuhilh ding ngenteei uh hi napi, Pasian’ kammal leh Ama’ hong hilhsa teng thudonlo uh hi. Tua bangin vantung i Pa’ maiah kiniamkhiat takin hong pai in, Ama’ thuhilh ding i ut nakleh, banghang in Ama’ kamciamna hong tun ding muang zolo i hi hiam? Tua bang muanlahna tawh Amah simmawhbawl ding hi hetlo

hi. Ama’ deihbang zonding ciangin, ei’ lam pan Ama’ deihna na bawl manin hong makaih in thupha hongpia ding cih upkul hi. Ama’ hong thuhilhte kitelkhial thei ahih manin, eimah kimuanglo ding hi hang. Tua sangin thungetna sungah i pulakzaw ding a, Amah muangsuaakzaw in, Ama’ Khasiangtho in hong makaih leh, Ama’ ngiimna leh hong vahawmsaksa khempeuh maan takin kitelhei pan ding hi.”—Ellen G. White, *Manuscript Releases*, vol. 6, p. 225.

“Langdona leh uplah theihna’ng huzaapte na phutkhak ciangin upna hong khangthei zawsop hi. Hihbang hun sunga phutkhak thute peuhmah in suangmanpha sangin manphazaw tham hi.”—Ellen G. White, *Testimonies for the Church*, vol. 3, p. 555.

#### KIKUPDING DOTNATE:

1. **Na khansung vuah, ei muhna ciangciang in a om nailo, i muhlohte up theih ding thu kikum unla, tua thute in “muhtheihloh Pa” upzawh theihna’ng koibangin hong huhthei ding hiam?**
2. **Wednesday sinna pan dotna nunungpen kikum kik dih un. Tuabang dinmun bangzah vei bang i tungka hiam? Ei deihna bang a hiphahlohang, Topa’ lampi mah hoihzaw hi cih theihna ding koici hihthei ding hiam?**
3. **“Langdona leh uplah theihna’ng huzaapte masuanna hangin upna hong khangthei zawsop” a, a hoihzaw lamah hong makaih thei “suangmanpha sang a manphazaw” tuate in, eite phutkhak haksatna sungah koibang in hong panpih thei ding hiam?**

**LESSON 9***\*August 20 – 26***PHATNA TAWH NUNGTA****SABBATH NITAKLAM****August 20**

**TUKALSUNG SIMDING:** *Phil. 4:4-7; Josh. 5:13–6:20; Late 145; Sawl. 16:16-34; 2 Khang. 20:1-30.*

**KAMNGAH:** “**Topa sungah lungdam tawntung un. Kong cihsa bangin lungdam un ka hong cikik hi!**”  
*Philippi 4:4.*

I lungnop mahmah ciangin Topa phat a ot ding pen baihmahmah hi. Khuahun a siat ciang, a siatpenpen hun ciang leh, haksat mahmah hun ciangin baih khollo veve hi. Ahihang i kisappen hun zong hizel a, hun dangte sangin kisamzaw kaan hi. Pasian’ min phatna in upna kipsak zo hi.

Tua phatna in, i khuamialpen hun nangawn hong puahphatsak thei a, i kimlehpam hong khelsak hi loin, eimahmah ahi a, i kimkot a ton a om peuhmah hong khelsak ngiat hi.

Phatna ichih in a nungta upna ahi hi. Eima pianpih zong hikhollo sop ding ahih hang, eima nuntakzia hong suak in, kikhelna leh gualzawhna hong piathei hi.

**SUNDAY****August 21****PHATNA'NG THUPAIPI**

**Fyodor Dostoyevski** min a nei Russian laikungpu pen sihding thukhenna ngah a, a nung lam ciangin kheeltheih dingin kikoih hi. Kum tampi sungmah thongkia

hi. A thongkiat sungteng a phutkhak thu tawh kisai in: “*A taup dongin muang in, midang khempeuh lampial gaupmang in nangmah bek citaklai phialmah lecin; Na sumpi hong paipih teitei inla, lungzuangpipi mah in Pasian min phat veve in*” ci in gelh hi.

Hih sinna sunghan, Paul in langdona leh bawlsiatna lian mahmah sungah kipkho cih kimu hi. Tu in ahihleh Rome thong sungah omtha hi. Himah taleh lungkia vetlo banah; Philippi khua mite tungah hanhotna lai hoh khak zawsop lai hi.

**Philippi 4:4-7 sim in. Paul in amah thongkia pipi mahin, hanhotna laipeuh koibang in khakzo thei hiding hiam? Hih munah “Pasian hong piak lungnopna” a ngah theihna thubulpi in bang ahi diam?**

.....

Na khempeuh a hoih ciangbel lungdam mah hang e. Ahihang Paul in lungdam tawntung ding cizaw hi. Lamdang saliang ding hihang. Paul’kammalte i saantakpi leh kikup ding thunih omthei hi.

Amasa, lungdam tawntung ding i hih leh, lungdam na’ng thu omlo pipi in zong lungdam mawkmawk ding cihna ahi hi. Anihna, lungdam tawntung ding i hih leh, lungdamhuai i sak hetloh hunte ah zong lungdam veve ding cihna hileuleu hi.

Paul in, hun a paingei in a pailoh laitak nangawn in, Pasian phat den dingin hong sam hi. Ahang thu zong om tuanlo tuak hi. I muhtohtoh ding pen, a hang thu a om

hetloh hun ciangin zong, lungdam dingin hong sam hi. Thu khat pan tua pen upna tungtawnin sepna ahi hi. Pasian' thumaan taktak ahihleh, upna peuhmah pen, a hunzui ahihloh mahbang in, Pasian' thumaan taktak bang a hihleh, nuam i sak hetloh hun sungah zong phat ding Ama' hong kamciamsa ahi hi. Upna in eima' ngaihsutna, lungsim thusuak leh thupiangte, a lamdang takin hong bawlphatsak thei hi.

**Tuni ading in Paul in, thong sung nangawn ah hong lungdamsakzo Pasian' thumaan bang peuh pulak a hiam? Pasian' thumaan nangtheih bangbang tawmno khat gualsuk dih inla, tuateng khatkhit khat ensuk in Pasian phat in. Tuate in nang ngaihsutna bangzah hong khelsak zo diam?**

**MONDAY**

**KULH CIMHSAK THUNGETNA**

*August 22*

“Mikang kammal kizang khat: “*innkiu khat ah zazuut bang*” ci hi. Inndei khat sungah a sual zazuut dingin kingaihsun inla, a kiu khatah nangmah awkcip in paikhia theilo – nangma zazuutsa teng sikkik loh in suakta theilo ci leng, a keu mateng na ngak hithiat kul ding hi.

Khatveivei ciang eite’ upna pen innkiu khat a zazuut bang ihi hi. Sual tungah zazuut keu nailo tawh a kibat hun ciangin, eima’ upna mah in hong “**thaangsiah**” hi. Tuate omzia entel phot khit ciangin Pasian leh Amah i upna teng nusia ding maw, ahih keileh, a piang theilo ding khat peuh hong piang ding ci in upna peuh i neizaw thei diam.

Pasian in Israel mite pen kiu khatah paipih hi. Gampa lakah kum 40 a vakthap khit uh ciangun, Pasian in gam awngthawl lono hingna khawngah paipih hetlo hi.

Tua gamkuam cuppi ah khuapikulh hoihpen khuapi ah paipihpah hi. Tua lai ah Jericho khuapi kiimkot ah gamdai takin niguk sung paisak hi. A nisagih ni ciangin, deihtak awng in pengkul mut leh gualzawhna ngah ding cih Pasian sawlina ahi hi.

**Joshua 5:13–6:20 simin. Pasian in Israel mite bang a hilhnuam hiam?**

.....

Ging takin otna in khuapikulh a cimzo thei dingin thawngawp hi deksuailo hi. Pasian in Israel mite “**awng**” dingin a sawlina pen, Late 66 sunga otna tawh kisai David’ kammal bangin: “Leitungmi khempeuh aw Pasian tungah lungdamna aw ging phasak un. Ama’ minthanna sa unla, Amah minthanna pia un” (*Late 66:1, 2*) a cihtawh kibang hi. Hih otna pen phatna ahi hi! Niguk khitciang in khuakulhpi a etvua leh, amau thatang peuhmah tawh suksiat zawhding hi mahmah lo hi.

**Hih thu in Hebrews 11:30 pen koibang in hong telsiamsak thei naci hiam?**

**Pasian in eimau nuntakna sungah thuthak khat peuh hong bawsak ding ciangin, Jericho ah hong paipih masa hi. Eima thahatna leh siamna tungtawn in Pasian’ vangliatna hongpai ahihlohma tualai ah hong hilhmasa hi. I kisap khempeuh pen a pualam panvive in hongpai zaw hi. Tua hi a, i maiah bangbang omtaleh, bangzah in vum taleh, phamawhlo hi. I kisap khempeuh ngah theih nading pen Pasian phat ding hibek hi. Tua pen upna tawh sepna ahi hi.**

**TUESDAY**  
**PHATNA NUNTAKPIH**

August 23

Topa phatna pen hun hoih laitak nangawn in i pianpih hi khollo thei hi. Hunsiat ciangin bangzah haksa semlai ding hiam? Himah taleh tua ding mahin hongsam hi. Phatna cih peuhmah pen hun ciangtanh khat sung peuhin i hih zelna pan eima nuntakzia ahih dongin kikhelsak ding hi hang. Phatna peuhmah pen phatdan ding cih thuciangtanh omlo a, nuntakzia a hihding ciangtanh bekmah omhi.

**Late 145 sim in. David in Pasian a phatna bang thuteng hang hiam? Koibang in hih late in nanga hisakthei ding nahi hiam?**

.....

British mi thuhilhsiam **Charles Haddon Spurgeon** in “**Phatna Zatzia**” (*The Practice of Praise*) cih laibu khat gelh hi. Late 145 tang 7 bulphuh hi. Hih tangtom sungpan Spurgeon in ei nuntakna sungah phatna i khantoh theihna ding thuthum hong phawksak hi.

**1. I kimlehpaaam etkawm in Phatna kizang hi.** I kimleh paam envetlo in Pasian’ liatna mukha keileng Amah i phatna’ng thubulphuh omlo lel hi. A kipiangsak hih leitungah Pasian piansak khempeuh ahoihna a phattaakcingna na mu hiam? Kha lam ah zong, Christian khangno khat sunga upna a khantohna phattaakcingna na mu thei hiam?

**2. I muhsate phawkkik manin Phatna a kizang ahi hi.** Phatna i nuntakpi nopleh, a hangthu zong masa phot in. Pasian hoihna leh a thumaan in eite lungsim sungpan a taaikhiat loh nadingin a bawl na lianpite koibang in

phawkkik thei ding (*ngeina thak leh Ama’ hoihna hong musakte*) hiam?

**3. Phatna thu kikupna pan kizang thei hi.** Phatna cih pen lutang sunga ombek hi lo hi. Kam pan hong paikhia ding a, kimlehpam in zong za ding hi. Kam tawh Pasian i phat theih nading bang thubulphuh om thei hiam? Tua phatna in bangthu piangsak thei a, kua sukha ding hiam?

**Laikung leh laidal tawh hih thuthum teng siksana in septheih dingteng gualsuk in. Nangma nuntakna sungah phatna koibang in khangsak nuam na hiam?**

**WEDNESDAY**  
**A KIMAWHSAK MITE TECI PANNA**

August 24

Sawltak laibu sungah, phatna in a za mite tungah thulamdang piangsak cih. Sawltak 16: 16-34 sim in. Paul leh Silas tegel pen a tangguak in a satgawp khit uh ciangin thong khumlaui uh hi. A nungzang liam biatbuat a, kuama’n zatui nuhsak hetlo lel hi. Thonginn sung a mialpenna dei sungah kikhum uhhi. Paul leh Silas in lasa thungen in a om uh ciangun, thongkia midangte khempeuh in amau’tu ngai ding in hong tu uhhi.

Zinliing gawp khit ciangin, thong cingpa in Paul leh Silas a nihgel mahun taihetlo cih a muh ciangin “liingkawm in Paul leh Silas khe ah vakidenna in a vaboksuk hi. Tua ciangin amau pusuahpih in, Tote aw hotkhiatna kangah nadingin bangci gamtat ding kahi hiam?” ci in a dong hi (Sawltak 16:29, 30).

**Hih thongcingpa in ama’ aituam hotkhiatna ngahna ding banghang in mitsuan hiam? Paul leh Silas tegel thungetna leh lasakte in, thongkia mite a taikhiat lohtheih na’ng leh thongcingpa leh a innkuante pianthak theihna’ng bangci nasem hiding hiam?**

A lamdang mahmah khat ah eite phatna awging in i kimlehpam mite' tawntung hun puahphat sak zozen hi. Thongkia midangte banglel in Paul leh Silas zong thum in tau in khuamial sungah omcip peuhmah leh, tua nitak in kua suakta thei peuhmah ding naci hiam?

Thongcingpa leh ama' innkuan sungah bang piang cih kithei tuanlo a hihhang, amaute in, thong dang khat panin Paul' laikhak na sim kha cih phawk in: "Christ' nasepna ding a hunpha zong note tungah a hong kipia hi a, Christ upna tawh Ama' na asem hibeklo in, thuakna tawh zong asem na hi uhhi. Note in na hong muhuh ka gallona leh tumahmah in kado lailai na zak uh thute ah kei nahong dopihthei ding uhhi." (*Phil. 1:29*). Amaute in hih thu sim hileh, Paul' thuakna in lungdamna pia cih a muhuh ciangun, amau' lungsim sungah la khat hong tun ding a, bangzah mantam taleh thumaan cihtak ding hong utding uhhi.

**Nangma lungsim sungpan in hong suakkha  
Pasian na phatna la in a kuabang teng huzaapzo dingin  
na-um hiam? Pasian naphatna pen nakimkot a mite  
kiangah a kithehkhiat theih semsem nadingin phatna  
pawi khat bawl in. Bangzah phattuamna omding cih thei  
nailo hiteh.**

**THURSDAY**

**A GUALZO GALVAN**

2 Khang. 20:1-30 sim in. Jehoshaphat muhkhiat mahbang in, phatna in gualzawhna ahi hi. "**Galkap honpi**" in amah simding in hongpai a zakciangin, Jehoshaphat in galdo ding in kithawi pahvat hetlo a, "Topa' lamlahnna" a zong masa hi. Judah mi khempeuh antang dingin Jerusalem ah hongpai uh ciangin, Jehoshaphat in

thumaan thutak ahi "hih galkap honpi a doding in kote in thahatna ka nei kei uhhi. Ka cih nadinguh ka thei kei uh a, Nangmah bek kong-mitsuan uhhi" (*2Khang. 20:12*) ci in thungen hi.

**"Galkap honpi" hong pai na muh ciangin bang na  
cih ding hiam? 2Khang. 20:3-12 sunga Jehoshaphat  
hihdan na muh teh hong langdote koici phut ding nahiam?**

.....

Pasian' Khasiangtho in **Jahaziel** tungah hong tung a, amah in: "Note in hih kidona ah nado dinguh kisamlo hi. Judah gammite leh Jerusalem khua mite aw, na panmun uh la in taanglo in ding unla, note tangin Topa' gualzawhna mu in, kihta kei unla, lungkia kei un. Topa in note hong ompih ding hi" (*2Khang. 20:17*) aci hi. Tua khit ciangin, amaute in Pasian bia-uh a, "aw gingpha mahmah" tawh phatna la sa-uh hi (*2Khang. 20:19*). Pasian in dosak ding cih tei hang, amau mahmah in galte a maituah dinguh kul hi.

Hih pen bel galmai kuan maimai hi lo hi. Jehoshaphat in a galkuan kawmun Topa phatna sak ding lapawl sehsa in koih hi. "Amaute in lasa in phat ding a kipat uh ciangin, Judah mite a sim dingin hong pai Ammon mite, Moab mite leh Seir mual gammite a pangsim ding Topa in koih a, amaute kizo hi." (*2Khang. 20:22*). Laikungpu genna ah, amaute in Pasian kamciam muangin upna tawh "Pasian' liatna leh siangthona phat" uhhi (*2Khang. 20:21*).

**2 Khang. 20:1-30 simkik in. Zia-et haksat hun  
sung phadiak in Pasian tawh tonkhop theih nadingin,  
bang khalam thukhun kimu thei ding hiam?**

**FRIDAY***August 26*

**NGAIHSUTBEH DING:** EGWhite, *Prophets and Kings* Laimai 190-203 “Jehoshaphat”; *Patriarchs and Prophets* Laimai 487-498, “The Fall of Jericho” sim in.

“Tua ahih manin eite lungsim leh mukte in tehpikhomlo Pasian’ itna a phathei dingin kisin sak ni. Calvary singlamteh panin hong taang khuavak sungah abu thiptyep thei dingin i kha-te kisin sak ni. Vantung Kumpipa leh mihonpite’ Topa tapa tanu i hih lamtak mangngilh hetloh ding ahi hi. Pasian sungah gamdai hithiat in i omthei ding hi.”—Ellen G. White, *The Ministry of Healing*, p. 253.

“Keimah in Amah zahtak in ka phat ciangin, kei tawh kibangin Amah hong phatsak nuam ing. Khuamial sung na kiat laitak nangawnin Topa phat in. Mawhzolna sungah zong Amah phat in. Topa sungah lungdam tawntung in, kahong cikik hi Lungdam in.’ Tua in nang innkuan sungah khuamial hong tunthei ding hiam? Hilo hi; nitaang hongtun zaw ding hi. Vantung tokhom panin tawntung khuavak nangahkha ding uh a, nomau kimkot ah na hawmsawn thei ding uhhi. Hih nasepna ah kihel ciatding in hong hanthawn ing. Nangma kimkot, nangma’ lampi tungbek hi lo, nangma’ kikkholhpihte lampi tungah zong, hih khuavak hawmsawn in. Na kimkot a mite a hoihzawk na’ng, nalaptoh na’ng, vantung minthanna muhsak theihna’ng, leitung’ nate ahilo, tawntungnate, sihtheihlohma gamh kisia theilote hihsak ding nangma ngiimna hisak in.”—Ellen G. White, *Testimonies for the Church*, vol. 2, pp. 593, 594.

**KIKUPDING DOTNATE:**

1. **Kipawlkhopna tawh phatna in Christian nunna ah bang phattuamna piathei hiam? Sabbath kikhopna ah koibangin phatna nabawl uh hiam? Hong domsang hiam? Haksatna liamna baina sungah pawlpi mite citak dingin a thapia hiam? A hihkei zenleh, bang icihthei lai diam?**
2. **“Khuamial sungah kiatlaitak nangawn in Topa phat” cihleh “mawhzolna sung nangawn ah Amah phat” cihin bang acihnopna hiam? Hihbang hunsia sungah phatna in koibangin nang honghuh thei ding hiam?**
3. **Phatna in pawlpi mite nuntakna a sukkhakzia tecipangsak in. Mikim phutkhakna panin bang pilna ingah thei diam?**

**LESSON 10***\*August 27–September 2***HAKSAT HUN SUNGAH LUNGNEM****SABBATH NITAKLAM****August 27**

**TUKALSUNG SIMDING:** *Ezek. 24:15-27; Pai. 32:1-14; Mate 5:43-48; 1 Pet. 2:18-25; Late 62:1-8.*

**KAMNGAH:** “**A lungnem mite in Pasian ciamsa leitang ngah dinguh ahih manin, thupha ngah mi ahi uhhi**” *Mate 5:5.*

**Moses’** tangthu leh mualtung thuhilhna sung lobuang **lungnem** cih kammal kimukha khollo hi. A hangthu Ama’ omzia lahkhiat na’ng zong haksa khollo lel hi. Lungnemna cihpen “natna thuakna sungah hehna tawh kipelhin thuakzawhna” ahi hi. I zaakngei khollo zong lamdang lualo lel; tulai mite’ ngeina sungah a omselo khat ahihman ahi hi. Laisiangtho mun khatkhat ah “kiniamkhiat” ci in let hi. Kiniamkhiatna cihlimlim mihing ngeina sungah a kician mahmah ngeina khat hikhollo lel hi.

Natna, thuakna sungah hehna tawh kipelh in, hih lungnemna in, Zeisu leh Ama’ nungzuite’ vangnei gamtatzia khat higige hi. Tuaciang bek in khawlnailo: lungsim niamkhiatna cihpen natna leh thuakna sungah a thahat galvan khatmah hithei veve hi. Zia-et haksatna in lungsim niamkhiat kisinna mun peuh hithei a, eima’ kiniamkhiatna leh lungsim kitapna munte in Pasian adingin a thahat tecu panna hong hithei veve hi.

**SUNDAY****KHOMUN BALNEN IN LENGTHUI SUNG***August 28*

**Oswald Chambers** in eite in midangte adingin “**khomun balnen in lengthui sung**” mite suak ding cihi. Bang a cihnopna ahi tam?

.....

Laisiangtho sung tawntungah midangte adingin “**a kibalnen**” mite om suksuk hi. Moses mahmah pen gensiat mawhsak beilo thuakding in, Khapsa Gam dong amite kimakaihsak hi. Joseph zongpen, thongkia dingin kizuka a, Egypt ah nasem dingin kipaipih hi. Thupiang khem peuhah amite’ nuntakzia pen Pasian hehpihna leh thudonna lahkhiatna ahithei ding leh amaute mahbang in midangte’ hoihna ding in Pasian’ phalna tawh piang hi. Pasian in eite zong tuabang in hong zangkha ding hi. Hehhuai mahmah leh nasaktheih na’ng zong baih ding hi. Zanni in i sinsa mahbang in, lungnemna pen Pasian hong piakkhong hi a, “**natna thuakna sungah hehna tawh kipelh in thuakzawh**” nading ahi hi.

**Ezekiel 24:15-27 sim in. Hi takah bangthu piang hiam? Banghang in Ezekiel in haksatna kithuaksak hiam?**

.....

Ezekiel 24:24 sungah Pasian in “tua ciangin kei pen note adingin lim ka hi ding hi. Keima gamtat bangin a gamta ding na hihna uh hong gen hi. Hi bangthu hong pian ciangin, keipen Topa **Pasian** ka hihna hong thei ding uhhi”

cihi. Ezekiel' limte tungtawn in Israel mite in Pasian in, Vanglian Topa hi cih a theihtheih nadinguh ahi hi. Tua thumaan a theihuh ciangun Ezekiel' nuntakzia limpua leh ama' phutkhak genkhohlna thute a tangtunna muthei ding uhhi. Eite ki balnenna hangin mi bangzah in "**Vanglian Topa**" muhlawh ding uhhi?

**I nuntakzia in hong balnen limlim hi. Hong kibalnenna na theikhak a omkha hiam? Bang theihbehna naneithei hiam? A kibalnen nangma' kha pen Topa in midang huh nadingin koibangin hong zang thei ding hiam?**

MONDAY

**HEHPIH NA'NG PALAINA**

August 29

**Paikhatna 32:1-14 sim in. Hitengah Moses in bang panmun ah pang hiam?**

Mipite in bawngno milimbiak a kipatkhit uh ciangin, Pasian in, amaute khengval luata uh a, tua mite susia in Moses pen minamlian suaksak ding ciliang hi. Pasian' silpiak sanding sangsik in, Amite hehpihna lakzaw ding in Moses in anget ciangin, Pasian in hehpih kikthei hi.

Paikhatna 32:1-14 in dotna namnih piangsak hi. Amasa, Pasian in, a langdo minam susia ding a, Moses thupha pia ding cihpen lungsim-etna hipah hi. Hih thumang mello minamte ading in Moses in bangzah veina neicih a lakhkhat saknopman ahi hi. Moses in tua lungsim-etna nazo bilbel hi. Zeisu mahbang in mawhneite a ding lainatna

T-7

ngetsak hi. A lungluthuai thukhat hong hilh a: khatveivei, Pasian in langdona hong phutsakna pen; a vakvai lampial mite a dingin bang zah lainatna nei hiam cih vannuai in a muhtheihna dingin hong sittel nahi zaw hi.

**Topa'n Israel a suksiat lohna dingin Moses in bang paulam hiam?**

.....

A nihna, hihthu panin langdona leh thumanlohma pen hehpihna ngahna'ng hizaw cih hong lak hi. Hehpihna pen kiphutloh pen laitakin kisampha penzaw hi. Kiphutloh pen laitak hun in, hong kitawmpiaq pen hun hiding in i umlailai hi. Sanggamnu Miriam in, mawhna bekbek a zon laitak in Moses in, a phaknatna pan a damkik sakna'ng Topa tungah thumsak hi (*Gam. 12*). Pasian in Korah leh a nungzuite tungah a hehmahmah a susia ding a cih laitak in, Moses in Topa' maiah boksuk in amaute nuntak na'ng thumsak hi.

A zingciang in, langdo mite a sihna hangmah in Israel mite in Moses mawhsak ngeingai uh ahih manin, Pasian in susia ding hi'ng acih leuleu ciangin, Moses boksuk in, Aaron kiangah mawhthoihna a manlang penin bawlsak dingin sawl hi (*Gam. 16*). Ama' neih lungnemna, ama' neihtawm angkhual lohna tawh, hih haksatna sungah, Moses in, a kiphu vetlo minamte a dingin hehpihna thumsak ngaungau hi.

**Nomau kimkot ah hehpihna a tawmphut pen mite phawk inla, kiniamkhat leh lungnem takin angkhuallohma tawh Pasian hehpihna nalak thei diam?**

**TUESDAY**  
**HONG NASAKTE ITNA**

August 30

Khatvei mi khat in: “Galte itna cihpen, **kep** a kiphumna a niin teng itna hi zawlo in; niin sungah a kiphum tua kep itna hizaw hi. Eite’n i pianpih in ithuaina hangin Pasian in hong it hi lo hi. Amah’n hong itmasa ahih manin ithuai ihizaw uhhi” cihi.

**Na “galte” na-et ciangin, “kep” a hihkei leh “niin” koizaw na mu hiam?**

.....

**Mate 5:43-48 sim in. Zeisu in galte it-in thungetsak dingin hong sam hi. I galte it theih nadingin Zeisu in bang etteh theih ding peuh hongpia khin hiam? A deihna bulpi bang hiding hiam?**

.....

Mate 5:45 ah, Zeisu in, eite hong nasak a haksatna lianpi hong thuaksakte tungah i hih dingdan ci in vantung A Pa’ hihnatet etteh dingin hong hilh hi. A Pa in midikte leh midik lote a ki bangin nitaang guahui piaveve hi. Pasian in midik lote zong guahui a piakleh, eite’n zong koi bang in i hihding kilawm naci hiam?

Eite hong nasak hong buaisakte tungah thuneem thuneel denkeei ding a cihna zong hituan lo hi. Galte itna cihpen, lungsim takpi tawh itna a cihna zong hipah zawlo a, amau tungah thudonna leh ngaihsut sakna neiding a cihnopna hizaw hi.

Zesisu in hihthu tungtang a thukhupna ah kikuphuai thutampi a piangsak khat ahi: “*Vantungah om na Pa uh a cingtaak mahbangin note zong lungsim citak in na cingtaak ding uh hanciam un*” (Mate 5:48) a cihi. A cihnopna bel kician mahmah lel hi: Pasian in A galte itna a lah mahbang in, Pasian bangin a cingtaak nuam mite in amau’ galte tungah itna lak ding ahi hi. Pasian’ maiah cingtaakna pen hong langdote itna hi a; tuabang hihtieihna dingin Pasian bek in hong piaktheih lungnemna kisam hi.

**Lungnemna i a khiatna pen i lungsim sungah kemkhinkhian inla (“natna thuakna sungah hehna tawh kipelhin thuakzawhna”), galte tungah lungsimhoih neihtheihna ding in Topa in lungnemna hongpiak theihna ding bangteng hih kul ding cih gualsuk in.**

**WEDNESDAY**  
**A KI-IMM KAM**

August 31

Haksat hunsunga a vanglianpen lungnemna limpen Zeisu kiangpan hongpai hi. Hongpai unla “Kei kiangah hong kisin-un” (Mate 11:29) a cihpen, eite’ ngaihsut zawlloh lampite a cih nopna ahi hi.

**1 Peter 2:18-25 simin. Peter in nasem silate ading ngaihsut piakna pawlkhat pia hi. Zeisu in thumaan lotak in a nasakte tungah a thukkikzia hong gen a, “Ama’ khekhap nazuihtheih nading” (1Pet. 2:21) hong nusiat hi cihi. Peter hong genna bangin Zeisu kiang pan i kisin theihding lungnemna leh kiniam khiatna thubulpi bang namu hiam?**

.....

Mikhat peuh tungah ngongtatna khawng i muh ciangin khasiat huai kisa hi. Tua bangte a thuaklam i hih ciangin na kisa mahmah hi. I lungsim sungah liangko kim ding cihkhat omkhin ahih manin, liangko kimlohma a om ciangin, eima lungsimpuak danpen a hoihpen dingin ki um in “**lemptha**” nuamthei hihang.

Tuabang lianin nuntak ding baihlo hi. Eima muhna thumaan isak khatpeuh lenkip tentan cihzong hitheilo hi. Thumaanlohma khempeuh ah, Pasian in nakhempeuh ukgige a, eite ading in Ama’ deihna bangin a hoihpen in hong sepsak ding hi. Thumaanlohma tepan in suakta denden theilo ding ihih manin, Zeisu bangin lampi honsakzaw ding hi. Ahih hang vantung i Pa in hong kem tawntung ahihlam mangilhloh ding ahi hi.

Peter in ngaihsutna hong piakna pen, Zeisu’ nuntakzia sungpan hi a, a tumdang diakna khat ah, thumaanlohma khatpeuh naphutkhak ciangin gamdai hithiatzaw lecin, Pasian minthang sak hizaw a “*mihingte a puahpha*” na hizaw hi. Zeisu zong, Caiaphas leh Pilate in a thusit ciangin Amah thutang a tantheihna’ng in dawn ding dan tampi takmah omlel himah taseleh, dawng selo lel hi. Ama’ gamdaihna in a lungnemna tec i panna hizaw hi.

**Thumaanlo takin nang hong kihih ciangin nakoicich zel hiam? Tuni in nasimkhak thute nangma nuntakna sungah koibang in nazangthei ding hiam?**

**THURSDAY**

**EIMA SUANGPI LEH BUKNA**

*September 1*

Mi kiphasak penpen leh a kisathei penpente in, lungsim ngaihsutna niampente hipha deuh thei uhhi.

Amau kiphatsakna pen – lungnemna leh kiniamkhiatna nei vetlo uh hi a – a puatham in neiphial mahleh, a sungyuah omvetlo hi. Amau kisap pen eite’n zong i kisam a: haksat hun laitak in bitna, kilawmna, saanna cihte kisam hihang. Tuate pen Topa tungtawn bekin kingah thei hi. A tomin cileng, lungnemna leh kiniamkhiatna in thanemna hi deksuai lo a, Suangpi tungah kiptak in a kiphut kha omzia khauhpen ahi hi.

**Late 62:1-8 sim in. Hih late nungah bang omtuak na sa hiam? David in bang thubulpi a bawl hiam? Ama genna panin khalam thukhun bangpeuh na mu hiam? A thupi pen in, hih thukhunte nangma nuntakna sungah koibang in nazangthei ding hiam?**

.....

“Paulap omlopi in hong kigalbawl ding hi. Pasian mite omzia pen leitung mite bek hi lo, sanggam unaute nangawn in telkhial ding uhhi. Topa silate pen haksatna sungah kikoh ding hi. Angkhual mileh lamkhial mite pen thumaan thutang hi a ciitheih nading in buisaai peuh mualpi suaksak mawkaw ding uhhi. Mi theikhiall theih dingin hih mite pen thumaanlo khuamial mi hisak ding uhhi. Mi muanhui lote ci in kawk ding uhhi.

Tua pen pawlpi mite sepding a hihi. Pasian’ nasemte in Christ’ lungsim galvan kithuam ding uhhi. S immawhna leh thukhenkhialna pelhtheih ding lam-ethuai lo hi. A lawpluate, a haipalte peuh hong kici kha ding hi. Lungkia keita uhhen. Pasian in Ama’ minthan nadingin Ama’ khut ngiat tawh vaihawmpih den hi.”—Ellen G. White, *The Upward Look*, p. 177.

Midangte' hong thaangsiahna bangzah in kidalzo ding ihi hiam? Tuabang kidal zawh ding zong hikei maw? Midangte hong langdona pan nakidal zawhna dingin, nang hong it manin namawhna hang in a sihlawh Topa tungah koibang in nangma lungsim naki- aap thei ding hiam?

FRIDAY

September 2

**NGAIHSUTBEH DING:** EGWhite *The Ministry of Healing*; Laimai 453-454 ah “The Importance of Seeking True Knowledge”; *The Desire of Ages*; Laimai 298-314 sungah “The Sermon on the Mount” leh *Evangelism* Laimai 630 ah “The Worker and His Qualifications” simin.

“I phutkhak ding haksatna tengpen lungnemna tawh Christ sungah i bukna in tampitak mah kiamsak tuam ding hi. I Topa’ kiniamkhiatna neizen hileng maw, nisim in i thuak elzel ahi simmawhna, nialna, buai sakna cihte khempeuh tungah kahto vingveng in, tuate maimialsak zawsop ding hihang. Christiane’ thupitna sangpen in pumpi ukzawhna ahi hi. Gamdaihna leh lungmuanna ngahna’ng in ngongtatna a zang mite in, Pasian’ picinna hong lahkhiat na’ng a buluh uh ahi uhhi. Lungsim kiniamkhiatna pen Christ’ nungzuite gualzawhna thahatna hi a; vantung thukhen zumh tawh kizopna zong ahi hi.”—Ellen G. White, *The Desire of Ages*, p. 301.

**KIKUPDING DOTNATE:**

1. Kiniamkhiatna in “natsakna leh buaisakna-te” tungah koibangin hong lamto thei hiam? Tuabang i

hihitheih nadingin a thupipen kiniamkhiatna gamtatzia in bang hiding in na um hiam?

2. Nomau ninam ngeina sungah, kiniamkhiatna leh lungnemna koibang in kilak zel hiam? Ki pakta maw, ki simmawh maw bangci? Tuabangte naneih sawm ciangin bang peuh in hong nengcip thei ding naci hiam?
3. Tuate pen tuhun a dingin lungnemna leh kiniamkhiatna’ limhoih naci hiam? Nacihleh, kuateng peuh hi a, amau kiangpan bang pilna nangah thei ding hiam?
4. Banghang in lungnemna leh kiniamkhiatna kibangsak denthei ihi hiam?

**LESSON 11***\*September 3 – 9***HAKSATNA SUNGAH NGAK****SABBATH NITAKLAM****Sept. 3**

**TUKALSUNGTENG SIMDING:** *Rom. 15:4, 5; Rom. 5:3-5; 1 Samuel 26; Late 37:1-11.*

**KAMNGAH:** “Khasiangtho gah in . . . thuakzawhna hi” *Galat 5:22.*

**Scientistte** in naupang kum 4 phaleh *marshmallow* moh tawh sinna khat bawl hi. Naupang khatsim in *marshmallow* moh khattek ngah thei ding a; scientistte in nasepna khatpan hong ciahkik dong a ngakzote ahihleh nihta kipia ding cih. Naupang pawlkhat te’n scientistte a paikhiat laitak mahin a mohte uh a kam denna pah leluh a; pawlkhat te’n ngak bilbel uhhi. A ki lAMDANNA bel kician bilbel hi.

Scientistte in tua naupangte kum sawm a val hun sungteng omzia ciamteh uhhi. A ngak naupangte pen kithutuak thei, laipil zaw in, a ngaklote’ sangin lungmuanna neizaw uhhi. Mihing’ nuntakna sungah lungduaina mah in nalian bawlhei zaw in thupizaw hi cihnophuai hi. Topa in zong lungduai dingmah hong hanthawn hi.

*Tukal sungtengin, a haksapen sittelna nunglam ah bang omsim hiam cih sinding hang a: ngak haksatna sinding hihang.*

**SUNDAY****THUAKZAWHNA PASIAN***September 4***Rom. 15:4, 5 sim in. Bang om hiam?**

.....

Hong ki kamciamsa hinapi i ngah nailoh na khat peuhpeuh ahih keileh i deihphat mahmah khatpeuh hangin, thuakzolo thei hihang. I lunggulh mahmah khat i ngah ciangzong lungkim mah mah thei hihang. I deihmahmah khat i ngah pakpakloh ciangin, omnuamlo liangin, thuaklah thei hihang. Tuabang dinmun i tunciang in, gamdai takleh lungmuang takin omding zong hithei mello hi.

Ngakngak pen na mahmah mai hi. Hebrew laibu’ kammal khat ahi “lungduai takin ngak” cihpen (*Late 37:7*) sungah Hebrew kammal hi a “Nasa mahmah” “ki-sing” “patau” “liamgawp” cihna hi

**Late 27:14; 37:7 leh Rom 5:3-5 sim in. Bangteng hong gen hiam? Thuakzawhna in bang ciang hong tun hiam?**

.....

I ngakkawmkawm in, thu nam nih lakah khat tungah i kinga hi. I ngakngak na khatpeuh tungah ki mitsuan thei a, ahih keileh tuanate a khutkuaksung ah a koihpia ki mitsuan thei hi. Kilamdana a piangsak penbel, bang tanvei ngak kul ding cihhang hi lo in, i ngakkawm in lungsim puak hang hizaw hi. Topa i muan nak a, i nuntakna Ama’ khut sungah i koihnakleh, lunggulhna teng Ama’ deihbang dingin i aapnak leh, ei a ding a hoihpen

mah a hoihpen semin, uphuailo liangdong in hong bawlsak thei hi.

**Nakpi takin lam-en in nangak bangteng omhiam?  
Na khempeuh Pasian aap in Ama' sephun koibang in  
ngakthei ding nahi hiam? Topa tungah naki aapsiang  
sitset theihna ding in thungen in.**

**MONDAY**

**PASIAN HOIHSAK HUN**

*September 5*

**Rom. 5:6 leh Galati 4:4 simin. Pasian hoihsak hun  
koibangin gen hiam?**

Hihteng ah, Paul in, Pasian in hoih a sak hunlian in Zeisu in eite ading a siding in hongpai cihi. Ahihhang Paul in banghang hunhoih hithei cih gentuanlo hi. Hih munteng simciang in, Mawhna thusia siansuah dingin, banghang in Zeisu in kumtul tampi ngakngak hiam? Vannuai in mawhna pen thusia mahmah cih a theihna sawtluata hi lo hiam? Zeisu in nihveina hong kumkik dingzong banghang in ngakngak hiam cihzong dongnuamlai hang. Ka thungetna banghang in sawtpi hong ngaksak hiam cih zong dot ding hilailai e.

**Daniel 9:24-27 sunga kaal 70 genkhohlha  
ngaihsunpha lecin, Zeisu pen Messiah hi ci in a kawkna  
ahi hi. A hun bangtan sawt hiam? Pasian' hun hoihsak  
pen eite a dingin bangzah sawtmah taleh, banghang in  
ngak tentan kulding ciham?**

Hun akingak keeina tawh kisai khalam pilna'ng thutampi takmah omthei hi. Amasa in, i ngakna in i lunggulh "**natampi**" hong hepkhiat sak in, Pasian kiang hongtunkik zaw hi. Anihna, ngakna in eima tatlehhekna lunggulhna teng a kitelcian zaw in hong musak thei hi. Athumna ah, ngakna mah in thuakhatna leh khalam thakhauhna hong guan hi. Alina, ngakna in, khalam thahat theihna'ng upna leh muanna hong guan hi. Angana, ngakna in eite theihzawlloh munte ah Pasian in thutuamtuam tawh nasemsak thei hi. Agukna, ngakna ding a hangthu bel theizo vetkei ni-in, upna tawh kalsuan ding hihang. Ngakna ding ahangthu a dang natheihbeh a omlai hiam?

**Nangma aading in, Pasian in hoih asak hunkhat  
ah nasem ding cih, laisiangtho sung ah Ama' hoihsak  
hunkhat ah a nasepna panin namuh theih khatpeuh a  
omdiam? (Abraham leh Sarah tenupa tungah tapa  
akhapthu ngaihsun lecin). Nungpek khawngin hong  
dawntheih lel hinapi, hong ngaksaksak manin bang  
hihthei ding nahi hiam?**

**TUESDAY**

**DAVID: NGAKNA'NG MUHTHEIH PILNA**

*September 6*

1 Samuel 16:1-13 sungah, tangval David pen kumpi dingin Samuel in sathau buak hi. Jerusalem kumpi' inn pen, a pa' Jesse tenna lo pan a gamla mahmah Jerusalem kumpi inn atung hi. Khatveivei haksa samahmah thei ding hi.

Amasa in, tangvalpa in, tumging tumna tawh, Saul' kha niin hawkhiatsak dingin kisam hi (*1Samuel 16*). Tua khit teh Goliath a thahttheih manin Israel' galhangpa hong suak hi (*1Sam. 17*). Tua khit in David in a nuntakna adingin

kum tampi bumang hi. Saul leh Jonathan a pata in David kumpi suakding cih theikhawm uhhi (*1Sam. 23:17; 1Sam. 24:20*). David in Pasian piaksa a mailamthu peuhmah khuattawm tuanlo lelhi. Tua sangin, lehtatzaw bang hiliang hi. Saul in amah thahding a zonlai in a puanmongtep tawmcik a aatkhiatsak nangawn aatkhiatloh hoihsazaw hi (*1Sam. 24:5-7*). Saul in thah dingin zongkik leuleu a, tua hunin, amah in Saul thah theih nading *hunlem ngahzawsop* hinapi nialzaw hi (*1Sam. 26:7-11*).

**1 Samuel 26:1-11 sim in. Banghang in David in Saul athah ding nial hiam? Pasian in eite a ding a ngiimna hong tangtun nading lampi koibang in hong theisak naci hiam?**

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**1 Samuel 26:12-25 simkik in. David in Saul athahding a nialna in, koici bangin Saul sukha zaw hiam? Pasian ngaklelna tawh hamphat zawkna koibang in hong hilh hiam?**

ian in hoih asak hunkhat a hongpiak bang bang pen hoihpen tawntung hi. Sawtpi zong kingak khathei hi. Betang in naitawmvei sung in hongpo thei mah taleh, gel-tang in kum tampikhit ciangin pokhia panthei hi. Ahih hangin huihpi nakpi'n nungtaleh gelsing kilongkhia lo ding hi.

**David in Saul thatziau lelleh zong thumaan kicilel peuh ding cih ngaihsun in. (*David in kumpi ding hi a, Saul pen gilomahmah a kicimah hilel hi*).** Cihteei hang ama' gamtatna in Pasian upna taktak nei cihna ahihi. Ngak tawntung lelding ahoihna hihteng ah nang etteh theih ding bang limhoih na mu hiam?

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**WEDNESDAY**  
**ELIJAH: NAWHTAT BUAINA**

*September 7*

Carmel mual tungah ciantelna kizota hi (*1Kumpi 18*). Van panin mei hong kiasuk khin a, mipi in Pasian maan theikhia ta, zuau kamsang tengzong sihdaan kipia khinta hi. Pasian zong mi' mawhsakna pan pengta hi. Elijah zong khalam ah nisim mahin thahat semsem ding uphuai napi, a thuzakvat khat hangin sinuam liangzawzen hi. Ama' tangthu 1Kumpi 19:1-9 sungah sim in. A kammal nunungteng bang khasiathuai zawzen: "*Topa in hopih a, Hih lai-ah banghih na hiam?*" (*1Kumpi 19:9*) a cih. Elijah a launa tawh a tai ciangin dinmun maanlo ah amah dingsak hi.

**Carmel mual tungah Topa in hizahta in a panpih khit nungsang upna leh muanna tawh a kimsitset ding hizaw hinapi; launa tawh ama' nuntakna ading in ataita hi. Hibang limhoihlo panin bang pilna nangahthei hiam?**

.....

Hih tangthu in a thupi mahmah khat limpua hi: I nawhtatluat ciangin dinmun kikhial thei mahmah cih hong hilh hi. Elijah tangthu enleng, launa in amah zogawp in, gamlak ah nawhtai mahmah a, a suak ngeilo ding bang utliang zawzen hi. Pasian hong ngiimsak thute panin i nawhtat luatna khawngzong omthei hi.

**Anuai a teng simsuk phot in. Pian. 16:1-3; Gam. 20:10-12; Thukhen. 14:1-3; Mate 20:20, 21; Luka 9:52-56; Sawl. 9:1. Pasian deihna pualamah bang khawng in hong nawhtai sakthei hiam?**

.....

Topa ading tupna, hehna, thuaksiatna, uplahna lehlawpna cihte in eima om nading ahi lo mun khawng hong nawhtun sakthei mawkmawk hi. Hih lauhuainate kuamah in lawt khollo lel hi. A deihna bulpi pen eite hong it in ahoihpen hong deihsakpa' hoihna leh lainatna sungah upna leh muanna neihtheihna'ng ahi hi. Tuazong mawkpian hetlo hi. Upna cihpen silpiak khat ahihteei hang, kisinzek, ciinzek leh kepcinzek mah kulveve hi.

**THURSDAY**

**TOPA SUNGAH LUNGKIM DING KISIN**

*September 8*

**“Topa sungah lungkim in; Amah in na deihna hong pia ding hi”** (*Late 37:4*).

Late 37:4 pen lamdang kamciam khat ahi hi. Na lungdeih tawntung khat ngah dingin ki ngaihsun in. Lungdeih teng ngahna pen Topa sungah lungkimna tungah kingaa hi. Tua ahihleh “**Topa sungah lungkimna**” cih in bang a hiam?

Late 37:1-11 sim in. Late 37:4 tawh a kizopna bel lamdang veve hi. David in Pasian leh amah a langpangte in kim-uum uhhi cih. Mite in eite langkhatah hongpan uh ciangin, eileh eimah kithutang sakding hehding hipeuh hi. David in tuabang hihlo in a tumdang diakin thupia hi.

**Anuai a munte ah, hihbang hunin Pasian’ mite ading ngaihsut piakna bangteng hiam?**

*Late 37:1*

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*Late 37:5*

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*Late 37:7*

.....

*Late 37:8*

.....

**Late 37:4 simkik in. Hih munteng nasimkhit ciangin “Topa sungah lungkimna” tawh kisai in nangma’ muhdan gen in.**

David in lampi tuamtuan tawh “**Topa muang**” ci kikkik hi. Ama’ sepna muangngiat in. Ki dahsak ke’n, Pasian pen nang’aa hi a, tumahmah in zong nang’aa ding hong sepsak hi. Nang lungkham luat ding leh hanciam luat ding kisam khollo hi. Vanah i Pa in vaihawm gige hi. Amah pummuan lel in.

Hih mun pen David in Topa sungah lungkim a cihnopna ahi hi. Pasian sungah lungkimna cihpen muanna picing nuntakpihna ahi hi. Pasian in eikiangah omin nahong sepsak ahih manin eite’ lungmuanna bangmah in liingsak zolo hi. Kuamah in Pasian khengin pilzolo ihihmanin, Amah phatthei hihang. Tuabang hihding ikisin ciangin, i Pa hongpiaknop teng ngahding ihih manin, i lungdeih kingah a, tuateng lakah hamphat penna in Ama’ gam ahi hi.

**“Topa sungah lungkim” ding koici kisin ding ihi hiam? Thunget hun la in la, hihthu teng nanuntakpih theih na’ng in, Pasian makaihna zong in.**

**NGAIHSUTBEH DING:** EGWhite, *Patriarchs and Prophets* Laimai 637-642 sungah “*The Anointing of David*” sim in.

Pasian hong ngiimsakna limlim ngakngeungau kul a, tua zong haksatnapi khatmah hiveve hi. Hihbang hun in lungduaina kisin zongpen, Pasian mahmah muanglel in Amah’n hong sephun ngak ding hilel hi. Ngak nading paulam tuamtuam omthei a hihhang, a vekpi mahun Pasian hong ngiimsakna tangtun dingtawh kisai hi. Pasian makhelh in nawhtaina teng khiamthei ding hang a, Amah sungah lungkim peuh leng hamphatna lianpi i ngahthei ding uhhi. Topa in haksatna khempeuh hong tehsak khinzo hi.

“Ka haksat hunsung in Pasian’deihna theizolo mahleng, Amah’n a hoipen thei a, keilam pan kanuntakna pumpi leh kha pen piangsakpa tungah pum-aap ding kisam hi. ‘Ka uppa kathei a, Ama tungah ka aapsate tuani dong hong kepsakzo ding hi’ (*2Tim. 1:12*). I kha in upna, itna, lungduaina leh vantung i Pa muanna nei dingin hilhpil theileng, nuntaksung haksatna teng nisim in i kantankawm in lungsim daihna leh lungdamna in khangsemsem ding hi.”

“Topa in eite Zeisu khut pualam ah omin eileh ei kipatausak keei cihzong Topa lungdam hetlo hi. Ki gawmtuah in encik sitset in ngaktentan ding kisam takpi mawk hi. Eimahmah mundik ah omthei nailo napi, a kituakthei ding limte kizongzong a, tua phawkna thupen lungsim lawpna bektawh hi lo in upna takpi tawh hiding hi.”—Ellen G. White, *Selected Messages*, book 2, p. 242.

**DOTDING KIKUPNATE:**

1. **Zeisu in “khaikhin in teh” hi cihteh bang a cihnopna hiam? I ngakkawm kawmin tuathu koibang in theitheih ding ahi hiam?**
2. **Lungduai takin ngakna tec i pangding in mimal tec i panna sam in. Amau’ launa leh lawpna in bangkhawng ahi hiam? Amaute in bangpeuh sinkha uh a, bang kamciam tungah luai uhhiam?**
3. **Pawlpi khat leh khankhat hihna tawh, Pasian hoihsak hun ngak gige in haksatna a thuaklai mite koibangin huhthei ding nahi hiam?**
4. **Lungduaina kisinna ah thungetna in koibangin maapang hiam? Pasian’ Khasiang- tho in lungsim sungah lungduaina peuh a khantoh theihna’ng in midang khat koi bang in nahuhthei ding hiam?**

**LESSON 12***\*September 10 – 16***BUHTANG BANGIN SIHNA****SABBATH NITAKLAM****September 10**

**TUKALSUNG SIMDING:** *Phil. 2:5-9; Rom. 12:1, 2; 1 Sam. 2:12-3:18; 1 Sam. 13:1-14; Zech. 4:1-14.*

**KAMNGAH:** “**A mantakin, mangbu hum tangkhat in leilakah kituh in simasa keileh, tangkhat mah hi ngitnget hi. Ahi zongin simasa leh tang tampitak hong neithehi hi.**” *John 12:24.*

Zeisu in mangbu tangkhat a sihphotna pen, eite Pasian deihna bangin ki-aapna tawh genteh hi. **Amasa** in kiasuk phot hi. Tua mangbu hun kiatnak lai in, ama kiatnak'ng mun amah'n teelthei tuanlo hi. Ama' kimkot a omsa leitang tungah zong ukzawhna neizolo hi.

**Anihna**, ngak kulphot hi. Buhtang leisungah a omciangin, ama' mailam ding amah'n bangmah thei tuanlo hi. Mangbu tang hilel ahih manin ama' mailam ding bangmah “**ngaihsun**” theilo hi.

A thumna, sihna thuak hi. Buhtang mah in bittakin kikoih khinkhian lelleh, buhkung hong suak theilo hi. Silimlim ding a, a hihneina nusia in, a tang panin a kungah hong kikel kul hi.

**SUNDAY***September 11***Nasem Dingin Ki-aapna**

**Philippi 2:5-9 sim in. Ei a ding bang thupuak phamawh omhiam?**

I khanpih ngeina in, eima' thuneihna zangpah ding in hong kal ngiat hi. Hoih zong hoihlel in ahi ding mahzong hilel hi. Ahihhang Zeisu tawh tonleng, Pasian'na septheihna'ng, tawntung Pasian' gamtawh kituaktheih na'ngin, Pasian in eima' thuneihna teng khahkhia dingin hong ngen zawsop hi. Tuate khahkhiat ding cih peuhmah pen haksatna in nuamhetlo ding a, haksatna lianpi khatmah hidig hi.

Zeisu' hihdan en veni (*Phil. 2:5-8*). Hih munteng panin, Zeisu in Apa' deihna a zuihdan cialthum tawh hong lak hi. A kipatna lamah Paul in “Zeisu Christ lungsim puakzia nanei ta-un” (*Phil. 2:5*) cihi. Eite hong gumpa' dinmun a tuntheih nading in Zeisu in a Pa tawh kizopna teng su-tatgai in leitung ah ciangtanh nei mihing in hong paisuk hi (*Phil. 2:6, 7*). Zeisu in mi minthang khatpeuh in hong pailo in, mite' sawltak banglel in hong paizaw hi (*Phil. 2:7*).

Mi' sawltak khat hihna tawh, Zeisu in lungnuam khansau takin hong omlo in, “sihdong in thumang” hi. Tua nangawn mihau milian bangin zong sibekklo lai hi. “Singlamteh tungah sih dongin thumang” hi (*Phil. 2:8*).

**Hihteng ah Zeisu eite etteh theih ding bangteng peuh namu hiam? Mi' thuneihna leh lingko kimna hoih in kepcin ding ahihleh, koibang hun khawngin tuate nusiat kulthei hiam? Philippi 2:9 simphot in. Hihmun in Pa' deihna i teltheihna dingin hong koici huhthei ding hiam?**

**“Ka innkuān, ka pawlpi leh ka kimkot mite tungah ka Pasian'na sepna leh Zeisu tungah kaki aapna hong khakhal thei ahi mimai' thuneihna bangpeuh ka lententon kha hiam?” ci in Khasiangtho dong in thungen in. Midang a ding sepsakna in bangzah a nuamlo dongin na sem nuam kahi hiam?**

**MONDAY**  
**PASIAN' DEIHNA THEIHMAA IN SI MASA**

September 12

Christian tampitak in amau'nuntakpih dingin Pasian deihna zong taktak uhhi. "Keima nuntakpih dingin Pasian deihna theizo peuhmah leng, nakhempeuh Pasian kapiagai ding hi" ci uh hi. Hihbang in kamciam piakkhit nangawn in, Ama' deihna koibang hiam cihzong lungbuai lailai ding hihang. Tuabang buaitheihna ding a paulam in Rom. 12:1, 2 ah kimu hi.

Pasian deihna theihtheihna ding Paul in hong hilhna ah a thupi mahmah khat pen: Pasian' deihna natheih nopleh ki-aap masa in!

Rom. 12:1, 2 simin. Paul in "Pasian'deihna naphawkthei ding uhhi" cihi (*Rom. 12:2*), banghun ciangmaw:

1. Pasian' hehpihna i teltaktak ciang (*Rom. 12:1*)
2. A hingtang in Pasian kiangah kipiak ciang (*Rom. 12:1*)
3. Lungsim kikheel ciang (*Rom. 12:2*).

A kikheel lungsim bekmah in Pasian' deihna telhei hi. Tua kikheelna in zong pumpi deihna sihsak masakphot kullai hi. Christ in a sikhul e peuh ci in, Ama' thuakziauna tawh kicing peuhmahlo hi.

**Na "sih" taktak lohna mun bangteng omhiam cih hong lak dingin Khasiangtho ngen in. "A hingtang" in Pasian kipiak theihna dingin, Khasiangtho in bangpeuh napaihkhiat a kulsak tammaw?**

I nuntakzia pawlkhata sihtaktak lohciang in, Pasian in haksatna khatpeuh tawh hong phawk sakkik hi. Thuakna in mawhna maituah ngam dingin hong huh

bekthamlo – Zeisu in Ama pumpi hong kipiakna hong mutelsak semlai hi. **Elisabeth Elliot** in "Eima lungsimtawng panin lunggulh teng aapna in singlamteh teltaktakna hi a, i Topa'kikhaina tawh tehpihngam ahihloh hang, eimah ngiat a kikhain bangkeek in, Ama' thuakna teng hong telpha sak hi. Eima thuakna khempeuh tawh zong kipawlkhawm dingin hongsam hi."—Elisabeth Elliot, *Quest for Love* (Grand Rapids, MI: Fleming H. Revell, 1996), p. 182.

**Rom. 12:1, 2 sim inla thungen in. Na kipiak theihna dingin napaihding teng ngaihsun in. Zeisu in nangma ading in singlamteh tungah a maingat teng koibang in hong telsak thei hiam? Hihteng theihtelna in Zeisu leh Ama' thuakna sungah koibang in hong ki pawlkhwawm sakthei hiam?**

**TUESDAY**  
**THU MANG NUAM**

September 13

**"Topa hongpai in hong ding a, ahun dangte a mahbang in, 'Samuel! Samuel!' ci in asam hi. Tua ciangin Samuel in, 'Hong genin, Na nasempa in za hi' a cihi. (1Sam. 3:10). Khasiangtho awneucik nazangei a, naawlmauhlo ngeikha hiam? Na khempeuh a kipelh zangzang ciangin, aw, bangdinga thumanglo kha kahia leh peuh nacingei hiam?**

Samuel masa in, puteek khat leh thumanglo a tagilo nihte' tangthu leh thumang naupang khat tangthu hong gen hi. Topa in vauna khauh piapia mah taleh, kikheel nuam hetlo uhhi.

**Amaute' tangthu 1Samuel 2:12–3:18 sungah sim in. Pasian' thu amang leh amanglo koibang in ki lamdangsak hiam?**

Eli' tapate in Pasian vaipuakte sangin vaidang lunggulh zaw uhhi. Eli mahmah in Pasian' deihna a zakkhit in a tapate hopihsam napi bangmah hihtuanlo hihtuak hi. A tapate in zong amau nuntakna buppi Pasian kiangah aap dingin kiging nailo zong hihtuaklai hi.

Thuhilhpaa **Charles Stanley** in, Pasian hongsapna awpen lungsim hongin dawnding a phatmawhna pen "hong lai-omsak" "*shifting into neutral*" cihi. Ama genna ah "Khasiangtho in thu-zaksakna bangin hong gengen hilel beklo hi. Dawnkik zeldingin hong hopih hi. Eima gelnasa khempeuh pen eima' lunggulhna bang vive ahihlel leh a langkhat lam hongzol hang hun mawk beilel ding hi. Tuabang hun ciangin Khasiangtho gamdai lel hi. Thu zathei in thumang thei ding in lai-om hun hong ngakziau hi."— Charles Stanley, *The Wonderful Spirit-Filled Life*, (Nashville, TN: Thomas Nelson Publishers, 1992), pp. 179, 180.

**Stanley in "lai-om" a cihpen na koici muh hiam?**  
**Na lungsim Pasian' maiah hong gige na kisak laitak in "thu-zaktheihna leh thuman theihna" na neih zawhna'ng hong dal thei ding bangkhawng omthei hiam? Pasian aw ka theih nadingin lungsim kihong in Ama' makaihna bang thuman theih nadingin bang na hih ding kisam thei ding hiam?**

**WEDNESDAY**  
**EIMAH KIMUANNA**

September 14

Eden huanah Eve a mawh ciangin, Pasian' kammal tungah lunghianglua zong hikhollo lel hi. Ama' lungsim buainapi pen, ama aading a hoih a dik in khentat thei dingin a theihna kicinglel hicih a ki upna hang ahi hi. Ama'

thukhenna muanglel hi. Pasian' thu nial in, eima thukhenna tungah i dinleh, buaina khempeuh honglutna ding konghong ihi hi.

**Saul**' tangthu in eimah kimuanna kalsuanzia leh tuahsiatna in manlang takin a zuihpahna tangthu ahi hi. Samuel in Pasian' kumpipa dingin Saul sathau buak hi (*1Sam. 10:1*). Tua ciang in Saul gamtatzia ding amalmal in pia hinapi (*1Sam. 10:8*), Saul in manglo hi.

**1 Samuel 13:1-14 sungpan a tangthu simzom in.  
**Saul in ama' kiatsuk theih na'ng bangteng bawl hiam?****

.....

Kumpi a kisuaksak khit nungsang kiatsuklam a manawhna cialthum bang omthei hi.

A buaihuaina khat pen, tua buaina cialte in amau sungha bangmah siatna omkhollo lelhi. Himah taleh Pasian tawh kipelh sitset a hihmanin, tuate sungha tuahsiatna cii om khinkhian hi. Saul kiatsukna teng a cialcial in ensuk in.

1. Saul in, "**ka mu hi**" - Samuel omloh kalin ama' mite kithehthaang gawp (*1Sam. 13:11*) cihi. Saul ading vangikpi hongsuak a, tuaciang in ama' muhna bangin thukhen ziauta hi.

2. Saul in "ka mu hi" panin "**ka ci hi**" lamah paikik a – Philistine mite in hong zogawp ta ding hi cihi (*1Sam. 13:12*). Ama' mittawh ama' muuhna bangin upmawh thutawh amau dinmun tawh kisai hong paukhiata hi.

3. Saul in “ka ci hi” pan in “**ka kisa hi**” cihlam ah pai in, biakna pia ding in kisawltawm hi (*1Sam. 13:12*). Saul in ama’ lungsim ngaihsutna in ama’ lungsim hong lawng hi.

Eite khempeuh zong tuabang kihithe a: mihing mitmuhna peuh kimuang i hih manin, mihing’ ngaihsutna hong muangsak in, mihing lungsim mah hong lawng hi. Tua hong kilawn bangin ki gamta ziau mai hi.

**Pasian in a kician mahmah gamtatzia ding a piakte ama’ bil sungah ginggaing hinapi, Saul adingin, ama’ khentatna zuihlel ding banghang in baihlam thei na ci hiam? Eima’ thanemna kithei a, ciangtan pilna bekmah kinei lel ahih manin, banghang in eimahmah kimuang lailai ding ihi hiam? Eileh ei kimuan sangin Topa’ thu muangzaw dingin koi bangin kisin thei ding ihi hiam?**

**THURSDAY**  
**TAANGMITE**

September 15

Zanni in sinnasa bangin eima thatang i suanluatleh, Pasian tungah ki-aapna kineuseh kha thei ding hi. Pasian taangmite tungpeuh ah kimuang khathei ding hi. Mi pawlkhat a lunggik uh ciangin sai ah pai uh in a lungnop theihna dingun vanpeuh lei uhhi. Mi pawlkhat leuleu kicinglah a kisak uh ciangun minthan na’ng peuh zong uhhi. Pawlkhat leuleu, a angkawi tawh lungsim a ki tuakloh uh ciangun, amau lungnop theihna dingun midang peuh zong uhhi.

Vangik puakte hong zaangsak tuam thutampi ommah taleh, buaina taktak vengsak zolo, bek thamlo, hong

pailai ding hunte bangcih ding cihzong hong theisak zolo hi. Pasian’ vangliatna bekmah in hong huhthei hi. I buaitheihna bulpi in, Pasian munah a taangmite tungah i kingah pah pah hang ahi hi.

Pasian dinmun ah taangmi in a kizang paahpah taangmite thum teng:

1. Pasian thupiakna i kisap mahmah laitak in mihing’upna leh abeisa hun in i phutkhakte.
2. Pasian in thubuai hong siansuah sak ngaklo in eima lungsim pan buaina daalna.
3. Pasian leh Ama’ vangliatna tawh kipawlkhop ding pelh in suahtak theihna.

Taangmi peuh zang dingin hong kizol ciangin, a phamawh taktak pen banghiam cihtu **Zechariah** in hong hilh hi. Saltang minamte in kumtampi glamlapi ah a omkhit nungah, biakinn lamkik dingin Babylon panin hong ciahkik uh a, biakinn lamkik dingin kipanpah uhhi. Ahihhang langdona nasiatak in hong omna Ezra 4-6 sungah kimu hi. Tua hi a, Zechariah in, nasep makaipa **Zerubbabel** kiangah hih hanthotna thupuak tawh hong pai hi.

**Hih thupuak Zechariah 4 ah simin. Zechariah 4:6 ah Pasian in bang a cinuam hiam? Lamphat kikna a zawsiang na’ng Khasiangtho in koici panpih thei ding hiam? Khasiangtho leh eima sepleh bawlna koibangin kipawlkhawm thei ci hiam?**

.....

Biakinn lam ding langdona pen Pasian in daltan sak tuanlo a, Zerubbabel zong lungkham pengsak tuanlo hi. Tua

mahbang in eite zong haksatna panin Pasian in hong daal hetlo hi. Tua bang langdona hong omciangin Pasian in Amah i suan i muan theihna dingin tua haksatnate zang hi.

**Lungsim vangik hongtun ciangin bang nahih masapen hiam? Anne maw, TV en maw, thungen mawleh? Pasian aap maw leh? Nangma dawnna sungah nangma kisinlai dingleh nakikheel laiding bangteng omding hiam?**

FRIDAY

September 16

#### NGAIHSUTBEH DING:

EGWhite, *Patriarchs and Prophets* Laimai 575-580 ah “Eli and His Sons” leh laimai 616-626 sungah “The Presumption of Saul” simin.

“Eima’ pumpi deihna leh lunggulhna a sihkhit ciangin Pasian kiangah ki-aapna hong omthei pan hi. Tua ciangin midangte ading nasepna’ng lampi kihong hi. Pasian’ aw ngai in ki-aapna tawh a nungtalo peuhmah Pasian a dingin nungta theilo ding uhhi. I Pa’ deihna sungah eima deihna aapna dingin, Pasian kammal leh a vangliatna aiawh in a taangmi peuh i muankhak loh ding kidop huai hi. Christ lungsim bang lungsim tawh Pasian deihna sungah a ki-aap mi peuhmah, Pasian in Amah a muantheih nadingun haksatna pia ding hi.”

“Eli in awlmawhlo in a omna mahbang in gamsungah nulehpate in omuh hi. Ngaihsutna siangtholo leh a lungkim huailo nasepna hangin, mawhna leh tagilo bekmah ngahkha hi. Nuleh Pa akipan tagilote zong

a langnih tuakun Pasian’ maiah mawh uh a, amau’ mawhna a dingun mawhthoihna bangmah omlo ding hi.”—Ellen G. White, *Child Guidance*, p. 276.

#### KIKUPDING DOTNATE:

1. **Na khan sungvuah, eima mawhna a ding sihna thuak dingin Pasian’ Tapa in mihing bangin leitungah hong tuaksuk nathu kikum un. Midangte hoihna dingin eite i mimal in ki piakhiatna in bang khiatna nei ciham? Eite in Zeisu bangin i hihzawhloh hangin, eite maiah a thukhun koihsak gige hi. Zeisu in singlamteh tungah hong lahkiat ki pumpiakna bang kipiakkhiatna koibang in neithei ding hiam?**
2. **I mailam ah bangpiang ding cih theilo pipi in Pasian kiangah ki-aapna pen mi tampi in lauhuaisa uhhi. Pasian muanding sangin amau a kimuangzaw mite koi bangin ngaihsut hoih piathei ding nahi hiam? Amau’ mailam ding bangmah a theihloh manun a patauhnate uh koibang in paihkhiat pihthei ding nahi hiam?**
3. **Pasian deihna sungah ki-aap ding haksatna anei mite in, Pasian’ deihna bekmah pen a kiptawntung lungnopna ahihlam a theihna dingun hunla in thungetsak un. Tua kawmkawmin, Pasian’ lampi mah hoihpen hi ci in Pasian tungah hong ki- aaptheih nadingin bangteng peuh hihsak thei ding nahi hiam?**

**LESSON 13***\*September 17 – 23***HAKSATNA SUNGAH CHRIST****SABBATH NITAKLAM****Sept. 17**

**TUKALSUNG SIMDING:** *Luka 2:7, 22-24; Mate 2:1-18; John 8:58, 59; Luka 22:41-44; Mate 27:51, 52; Rom. 6:23; Titus 1:2.*

**KAMNGAH:** “Nitak naithum hunpawl laitakin Zeisu nakpi takin kiko a, “Eli, Eli lama sabacthani” aci hi; Ka Pasian, ka Pasian, banghangin kei hong nusia nahi hiam, a cihna ahi hi.” *Mate 27:46.*

**Thuakna** a bulpi i etphat ciangin dotna khat omthei a: Mawhna leh thuakna koibang in hong piangkhia limlim hiam? Pasian hong hilhna tungtawnin lungdamthu khat neigie hihang: Mi suaktate in Pasian hong piak suahtakna susia uh ahihman hi. Tua in zong dotna dangkhat mah omsak leuleu a: Hihbang thute piangding ahihlam Pasian in a theikhol hiam? Theikhol mah hi. C.S Lewis laibu sungah “aman kituak salel hi” cihi.

Aman kituaklel maw? Kua a ding? Eima a ding e,

Pasian in vantungah omhithiat hiam? Hi deksuailo e! Ama’ piansaksa khempeuh a hotkik ding pen thusiangtho mahmah khat hi a, eima’ suahtakna i palsat manin, thuak ding khempeuh Amah ngiatmah in thuaksak kik dingin teelzaw hi. Tua thuakna tengpen Zeisu nuntaksung leh a sihna ah kimuthei a, eima’ cilehsa mahtawh i thuakkhakna mah in vantung leh leitung a kizop tawntung theina piangsak hi.

**SUNDAY  
A NEULAI***September 18*

Zeisu’ neulai huntawh kisai Laisiangtho in tawmkha bekma hong pulak hi. Aneulai omzia tawmno khat leh a kimlehpaaam a hotkhiat ding leitung mite omzia tawmno khat bekma pulaksak hi.

**Luka 2:7, 22-24 (Siampi. 12:6-8 zong enin) leh Mate 2:1-18 sim in. Zeisu in aciil apat in a phutkhak thukhat peuh hitengah a kimuthei hiam?**

.....

Neulai pan kipan zawnglehgau in nungta in, amah a thatnuamte lakah nungta mipen Zeisu a masapen zong hituanlo hi. A hihhang Christ in a neuciklai panin thuakbaih mahmah cih zong kician mahmah hi.

**John 1:46 simin. Naupang Zeisu in a thuakteng teltheih nading in hihmun in bang teng hong gen hiam?**

.....

Adam leh Eve a pukmaa in amaugel helkei leng, mawhneilo in hih leitungah a nungta ngei pen Zeisu bekma ahiji. Ama’ siangthona, Ama’ mawhlohma mahtawh mawhna kidim leitungah omsuk hi. Naupangno khat ading in, Ama’ siangtho lungsim in mawhna tawh kizom den cihzong lauhuai mahmah hi. Mawhna sung khauhlut luata ihih manin, huathuai mahmah isak siatna tengsung khawngmah ah kibual kikzelzel hihang. Lungsim siangtho a, mawhna themzong a baangvetlo Christ ading ngaihsutsak

huai mahmah hi. Amah leh Ama' kimkot a mite kikhainha ngaihsuthuai mahmah hi. Na samahmah kha ding hi.

**“Eima kimkot a omsa mawhnate bawl ding bangzah in baih hiam?” cih nangmah kidong in. “Tuate in kei hong buaisakzo hiam, ahih keileh hong sawkzolo hiam?” Hong sawkzolo a hihkhak leh, nalaisim, na-et, na-septe a hikha diam? Ngaihsunpha in.**

**MONDAY**

**MIHINGTE’N SIMMAWH IN NIAL**

*September 19*

**Anuai a munte sim inla, Zeisu in Pasian, vanlehlei piangsakpa hi napi, leitung buppi mawhna a ding Ama' pumpi biakpiakna dingin hongpai cih ngaihsun in (Mate 12:22-24; Luka 4:21-30; John 8:58, 59). Hih munte panin hih leitungah Zeisu' thuakna teng koibangin hong telsiam sakthei naci hiam?**

.....

Makaipite ahi a, nautaangte’n ahi zong in, Zeisu' nuntakzia, sepleh bawlte telkhia den uh a, Ama' hotkhiat ding mite in nial in mudah keei ding in ngaihsun uhhi. Tapa vakvai, huhna kisam phamahmah khat, nulehpa te'n zong a piaktheih bangbang a piaknopliang tapa a nei nuleh patawh kibang uhhi. A tapa inlah amah a honkhia thei ding a nulehpa bekmah hinapi samsia keei hi. Zeisu in leitungah tuabang dinmun lianin phukha hi. Na samahmah ding hi.

**Mate 23:37 simin. Christ in nialna a thuakna koibang in pulak hiam? Na sim kawm in “Ama' ading a khasia maw, thudang khatpeuh hizaw maw?” ngaihsun in. Thudang khat peuh ahih leh, bang ahi tammaw?**

.....

Nialna guu thuaktek hihang a, angkhuallo takin thuak iihlel bel Christ' thuakna tawh ki bang bilbel ding hi. Ei hong kinialman in nasaklam hi lozaw in, tuabang hongnial mite in Christ' hotkhiatna a nialuh ahihman hizaw ding hi. Amaute a hotkhiat theihna dingin deihsakna taktawh a thuakpa in, amaute' nialna hangin asuulzui in a piangding khempeuh zong a don tawntungpa ahi hi. “Christ in a mawh baanlohma pen, Satan' gal a dozawhna mah hipah hi.”—Ellen G. White, *Selected Messages*, book 3, p. 129.

**Nialna guu thuakzawhna dingin Christ kiangpan bangpeuh i sinthei ding hiam? Tua lim koibangin etteh theiding nahiam? Koibang in nuntakpih thei ding nahiam?**

**TUESDAY**

**GETHSEMANE AH ZEISU**

*September 20*

**“Ka lungsim dahna lianmahmah ahih manin kasi dektak hi. Hihlai ah omunla nangak-un” aci hi. Maku 14:34.**

Zesi in kum 33 a nuntak hunsungah bangbang thuakkha taleh, singlamteh a phut madiak a hun nunung sungteng zahtawh tehtheih hivetlo hi. A khang tawntung in leitung' mawhna khem peuh ading biakpiakna'ng geelna ombang in hong tangtung ding hita hi (*Eph. 1:1-4; 2 Tim. 1:8, 9; Titus 1:1, 2*).

**Anuai a munte in Gethsemane ah Christ' thuakna teng koibang telkheh hiam? Mate 26:39; Maku 14:33-36; Luka 22:41-44.**

.....

"Amaute in azak amuh theihkhopna ding mun ah tawmkhat paikhia in lei ah boksuk hi. Amah pen mawhna in a Pa kiangpan khenkhia khin bangin a lungsim in thuak hi. A kikal vuah kuampi athuk azai leh amial mahmah khat in hal ahih manin aci lienggawp hi. Hih thuakna pan a suahtak na'ngin a vangliatna zanglo ding hi. Mi khat ahihna mahtawh mihing' mawhna suulzui a thuak kulding hi. Mihing ahih manin mawhna tungah Pasian'hehna a thuakzawh kul hi."

"Christ in a beisa a dinmun hi nawnlo in dinmun dangah hong dingta hi. A thuksiatna zong kamsangpa genna ah, 'Namsau aw, ka tuucingpa a suding in kipan inla, keitawh nasem khawmpa langpang in' (*Zechariah 13:7*). Christ in Pasian' thukhenna ombang in, mawhneite ai awh in hong thuak hi. Thutang cih zong Amah'n nathei zo hi. Midangte a thuumsakpa hinapi, Amah in zong thuumsakpa kisam kisa hi."—Ellen G. White, *The Desire of Age*, p. 686.

**Gethsemane ah Zeisu tungah thupiangteng lungngai in. Leitung mawhna khempeuh Ama' tungah hong kisuanta hi. Koici bang hihtuak hiam ngaihsun in. Hihbang thuakna a thuakngei mihing khat zong omngei nailo hi. Tua in Pasian itna bangteng hong gen naci hiam? Hih tungtang pan bang lametna naneithei diam?**

**WEDNESDAY**  
**A KIKHAI PASIAN**

Singlamteh tungah khailupna pen Rome mite in daanpiakna khauhpen in a zat uh ahi hi. Sih siatpenna ahi hi. Tuabang in a kithat mikhat bangzah lipkhap huai hiam, a diakin Pasian' Tapa eleh! Zeisu pen cilehsa mah

T-9

September 21

tawh mihing in hong paisuk cih phawkciat ding hihang. Vuak leh sat, akhut leh khete siktukkilh a kilh manin, Ama' pumpi gikna in a liamma panin a keeksak cihte pen a pumpi in nasamahmah ding hi. Mawhneilo a siangtho Zeisu in hihbang mawhna daan lianmahmah a kithuaksak pen thutang hetlo in ngongtatna ahi hi.

Himah taleh, Christ in cilehsa tawh a thuksiatna teng pen a thupiang taktak ding sangin phadawm zawtham pek hi. Mawhneilo mikhat thahna lel tungah khengval lai hi.

**Zeisu' sihna in, tua hunlai a mite' Zeisu' sihna atelna bang sangin a khengvalzaw bang omcih a kimlehpam thupiangte in koibangin hong lak hiam? Tua lai a thupiangte i telphat theihna ding in, thukician bangpeuh na mukha hiam?**

*Mate 27:45* .....

*Mate 27:51, 52* .....

*Maku 15:38* .....

Hih tengah, mawhbaanglo mikhat thutanglo takin a sihna sang a thuthukzaw pawlkhat omlai hi. Laisiangtho genna ah, eima' mawhna tungah Pasian' hehna tengpen Zeisu tungah kisuan hi cihi. A thumaan Pasian in, leitung buppi' mawhna tungah a hehna tengpen Zeisu in singlamteh tungah thuak hi. Tuabang in Zeisu in mihing khatpeuh in a theihngeloh a thukmah mah, a mial mahmah leh a namahmah in thuakkha hi.

**Bang haksatna peuh nathuak zong in, singlamteh tungah Christ in nang ading in a thuakna hangin, bang lam-etna leh hehnepna peuh na ngah thei hiam?**

**THURSDAY**

*September 22*

**A THUAKSIA PASIAN**

Hih leitungah i teenlaisiah, a thuaksia ding mah i hi uhhi. Piansaksa a puksa mite ihihna dungzui in eima kamsiatna ahi hi. Laisiangtho in zong kamciam tumdang bangmah hongpia tuanlo hi. Tua sangsik in . . .

**Anuai a munte in i thulu tawh kisai in bang hong gen naci hiam?** *Sawl. 14:22; Phil. 1:29; 2Tim. 3:12.*

I thuksiatna teng kawmkal mahah, lungngaih ding thunih omhi.

Amasa, Christ i Topa in eite mimalsim sangin thuksiazaw hi. Singlamteh ah bel “Amah in eite natna teng thuak in, eite gimna teng puakhiakhin taktak hi” (*Isa. 53:4*) cihi. Eite’n bel a mimal bek in i thei a, Amah in maapangkhawm in eite khempeuh ading hong thuaksak hi. Mawh neilopi mah “eite ading in mawhnei” (*2 Cor. 5:21*) suaksak a, eimah mawhnei mite in zong i ngaihsut zahwloh zahdong in hong thuak hi.

Anihna ah, i thuak kawmmah in, Christ’ thuakna hangin hamphatna phawkhuai a, tuapen Christ in a hong sepsakna tungtawn in hong kamciamsa ahi hi.

**John 10:28; Rom. 6:23; Titu 1:2 leh 1John 2:25 simin. Bang hong kamciam hiam?**

Bang thuksiatna thuakta leng, Zeisu tungah lungdam in, eite mawhna daan hong thuak sak manin lungdam ding hang a, lungdamthu hongpiak manin zong lungdam ding, upna tawh Zeisu sungah picing takin hong dingsak a, tawntung nuntakna zong hong kamciam hi. Christ in hong sepsak manin, kamciam i neitheita a, a picing Ama’ nuntakna leh a picing Ama’ biakpiakna hang in; natna, lungkiatna leh supna tawh a kidim hih leitungah i omna pen, mawhna natna thuak siatna a omnawnlo nuntak tawntungna a omna vantunghak leh leitung thak tawh tehkak leng, genthamcing vetlo lel hi. Hihteng khempeuh pen eite hong kamciamsa hi a, Christ leh Ama’ haksatna thuakna hang bekmah hi a, nikhat, Amah hong paikik ding a, “*Amah in a gimna thaman mu in a lungdam ding hi*” (*Isa. 53:11*) cihi.

**FRIDAY**

*September 23*

**NGAIHSUTBEH DING:**

Ellen G. White, *The Desire of Ages* laimai 685-697 “Gethsemane” leh laimai 741-757 ah “Calvary” simin.

“Thumvei sitset tuathu ngen hi. Mihing in a nunungpen biakpiakna ding panin thumvei sitset ton hi. Ahihhang leitung honkhiapa maiah mihing in tangthu hong neita hi. Amah in thukham palsat mawhna hong muhsakta a, koihcip lelleb bel kisia ding uhhi. Mihing’ tha nemna hong muhsak hi. Mawhna thahatna zong mu hi. Lam-et bei hih leitung i thuumna tauna in Ama’ maiah hong kahto hi. Kamsiat theihna in mu in ahih manin, khensatna khat hongnei hi. Bangzah peuh a manphial zongin honkhia ding hita hi. Ama’ sisan tawh ki tuiphum

leh, a kisia ding awntampi in nungta tawntung ding cih pomtheita hi. Ama' siangthona leh minthanna tawh a kidim van innpi nusia liangin, a mangthang tuuno ahi, mawhna sungah a kiasuk hih leitung honkhia dingin hongpai hi. Tua nasep nungheisan ngeilo ding hi. Mawhna a zongsang minam in Amah maibiak tading uhhi. Tu in Amah in 'Hiihka ka dawnding panin kakipelh theihkei ding lehzong, Nangma deihna picing taken' cizaw hi."—Ellen G. White, *The Desire of Ages*, pp. 690, 693.

#### KIKUPDING DOTNATE:

1. **Pasian tektek Christ in mihing' thuakngeite sangin nakthuak zawtham cihthu in, ei thuakna koibang in hong nuamtuamsak naci hiam?** Eite ading Christ' thuakna teng in eitungah bang khatna nei naci hiam? Hih a lamdang thumaan panin bang hehnepna peuh i ngahthei diam? Dawn nading ngaihsut kawmin; anuai a EGWhite kammalte phawk in: "Mawhna hangin thuaksiat na'ng omkhempeuh pen mawh neilo Pasian' Tapa tungah kisuanta mai hi"—Selected Messages, book 3, p. 129.
2. **Tukal sungteng a Christ' thuakna teng enkikkik in. Christ in, haksatna bangteng maingat hiam?** Eite' haksatna tawh koibangteng kibang a, koibangteng kibanglo hiam? Eima haksat hunlaitak in, Ama' haksatna teng a phutdaan koibang in i kisin thei ding hiam?
3. **Dahna natna sungah, nalunglut penpen leh napomtheih ding Laisiangtho kamciam bangkhawng**

**ahi diam? Gualsukpah inla nalawmte hawmsawn dihve.**

4. **Tu Quarter sungteng pan thupi nasak pawlkhat a tomin gualsuk dih in. Bang phat tuamna nangah kha hiam? Phattuamna nangah nailoh bangteng omlai hiam? Eite hong patausak den thute tungah koibang in khatleh khat kihuhthei ding ihi hiam?**

## MORNING WATCH

July 2022

1. Friday	John	11:50
2. Sabbath	Luke	4:19
3. Sunday	Luke	4:18'19
4. Monday	Mangmuhna	14:1
5. Tuesday	Luke	15:12
6. Wednesday	Luke	15:13
7. Thursday	Luke	15:20
8. Friday	Luke	15:23
9. Sabbath	Luke	15:24
10. Sunday	Matthew	12:20
11. Monday	Matthew	22:12
12. Tuesday	John	1:17
13. Wednesday	John	8:7
14. Thursday	John	8:11
15. Friday	Matthew	21:31
16. Sabbath	Matthew	20:9
17. Sunday	Matthew	20:14
18. Monday	Matthew	18:27
19. Tuesday	Matthew	18:33
20. Wednesday	Matthew	9:33
21. Thursday	Matthew	9:9
22. Friday	Matthew	9:13
23. Sabbath	Mark	11:21
24. Sunday	Mark	11:15
25. Monday	Matthew	6:12
26. Tuesday	Luke	13:16
27. Wednesday	Mark	14:30
28. Thursday	Luke	22:32
29. Friday	John	18:11
30. Sabbath	Mark	16:7
31. Sunday	John	6:37

## MORNING WATCH

August, 2022

1. Monday	John	1:1
2. Tuesday	Luke	24:27
3. Wednesday	Matthew	21:33
4. Thursday	John	7:37
5. Friday	John	11:25,26
6. Sabbath	John	11:41
7. Sunday	John	3:3
8. Monday	John	3:15
9. Tuesday	Matthew	19:21
10. Wednesday	Matthew	19:26
11. Thursday	Sawltak	7:55
12. Friday	Matthew	14:29
13. Sabbath	Matthew	13:44
14. Sunday	Matthew	9:16
15. Monday	Matthew	7:24
16. Tuesday	Matthew	11:29
17. Wednesday	Mark	2:27
18. Thursday	John	5:8
19. Friday	John	15:2
20. Sabbath	John	15:5
21. Sunday	John	6:29
22. Monday	Mark	10:15
23. Tuesday	Matthew	18:4
24. Wednesday	Matthew	15:3
25. Thursday	John	21:19
26. Friday	Sawltak	26:18
27. Sabbath	Matthew	9:38
28. Sunday	Matthew	2:15
29. Monday	Mangmuhna	12:11
30. Tuesday	Matthew	28:19
31. Wednesday	Sawltak	11:17

MORNING WATCH  
September, 2022

1. Thursday	John	1:36
2. Friday	Luke	5:6
3. Sabbath	Luke	5:10
4. Sunday	Luke	4:27
5. Monday	Matthew	12:7
6. Tuesday	Mark	9:25
7. Wednesday	Matthew	20:15
8. Thursday	John	4:7
9. Friday	John	4:14
10. Sabbath	John	4:28
11. Sunday	Luke	13:4
12. Monday	Matthew	18:14
13. Tuesday	Matthew	18:15
14. Wednesday	Matthew	8:11
15. Thursday	Luke	10:36
16. Friday	Luke	10:37
17. Sabbath	Luke	9:55
18. Sunday	Luke	24:46,47
19. Monday	Mark	5:15
20. Tuesday	Mark	5:19
21. Wednesday	Matthew	23:13
22. Thursday	Mark	15:39
23. Friday	Luke	14:13,14
24. Sabbath	Luke	22:42
25. Sunday	Matthew	25:14
26. Monday	Matthew	25:40
27. Tuesday	Mark	4:26,27
28. Wednesday	Luke	7:44
29. Thursday	Luke	6:38
30. Friday	Mark	4:31, 32