

**UPA SABAT SKUL ZIRLAI**

**TUARNAK SUNGAH KHRIH THAWN  
IN THE CRUCIBLE WITH CHRIST**

**A NGANTU: Gavin Anthony**

July, August, September  
2022

Sabbath School Lesson  
ဒလမ်းချင်းဘာသာ

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

**ထုတ်ဝေသူ**  
ဦးစောထီမသေ (၀၁၉၈၇)  
ညွှန်  
မြန်မာပြည်သွေးဆိပ်အသင်းတော်  
ဒေါ ဦးဝိစာရလမ်း၊  
ရန်ကုန်မြို့။

အုပ်ရေး - ၃၅၀

ဓမ္မဒါန

ပထမအကြိမ်

## A SUNG UM THUPAWL

- 1. Tuu Khal Ih Tuarnak (June 25-July 1) .....** 7
- 2. A Rathlengmi Tuarnak (July 2-8) .....**
- 3. Vate or Ar Ciir (Bawm) (July 9-15) .....**
- 4. Sui Tuahlu Ih Hmel Hmuhnak  
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- 7. Siat Thei Lo Ruahsannak  
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- 8. Hmuuh Thei Lo Hmuhnak (August 13-19) .....**
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## Sersiamtu Thahnak Rapthlak

“Thil hmuahmuah hi amah ih sersiam theh mi an si ih, thil sersiam mi lakah amah ih sersiam lo mi thil ziang hman a um lo.” (Johan 1:3)

Bible ih sim danah cun ziangkim hi Jesui sersiam mi a si ih “Jesu a tap” (Johan 11:35) tiah a ti. Sersiam tu cu a tap maw? Culawng si lo in” riahsiat, vansannak le thinnatnak a tuar, mi ih ngaisan a hlawh lo, an hmuhsuam.” (Isaiah 53:3). Riahsiat vansangnak a tuartu Sersiamtu cu ngaisang lo in an hnong maw? Cule “Ka Pathian, Ka Pathian, ziangah so i fehsan? tiah a au suak.

Hivek hi ziangah so a cang thei? Kanmah in Sersiamtu le in Runtu a si ih Amah cu that a tuartu Pathian, hringnun in tawmpa Sersiamtu a si. Milai ih tuarmi retheih zonzaihnak cu amai thubuai orh mi vekah la in hringnun a hmang ih cross parah Rom pawl ih thah a tuarnak in a cemnet ter.

In Sersiamtu Amah zarah “nunnak nei cangvai thei kan si” (Tirhthlah 17:28). Milai sinak ih reitheihnak cu ziangti khalin kan tong thei. Kan riahsiatnak, le kan ninghannak cu kanmah ten kan tuar rero thei men, “kan riahsiatnak, le kan ninghannakpawl” cu Amah in cross ah a zaten a phur theh zo (Isaiah 53:4). Himi cangvaihnak hi lei le van ih thuanthu roling pakhat a si.

Khami thuhla sirhsan in (cross ah thah tuartu Pathian in kan nun a luahkhat), Khrih hnenah pumpek awtu Khrihfa pawl ih tuarnak, kan theih thei lo mi pawl cu thate ih theihthiam kan tum. Asinan a ruang kan theih lo mi tampi a um, “Pathian cu duhdawtnak” a si timi lawng kan thei (1 John 4:8). Cule tuarnak poisaknak nei lo in Pathian kan rinsan thei.

Tui quarter ah Pathian thusuak kan zir ding, zumnak phun tampi le vun rong le cithlah danglammak aum ih, beidon thlak ih dungsipnak, sungnak, dan nei lo ih cangvaihnak, thuneihnak hmansualnak, kan ton rero mi pawl cu ziangvekin an pehtlaih aw timi kan zoh din? Ziangtin so nehnak an rak ngah? An zirsuah mi ziangso a si? Zohthimtlak an nun in ziangso in zirh?

Hi milai pawl ih, an cangvaih dan, harsa zetih an talbuainak, an zumnak hniksak an tonnak, (cuih pawl cu kan ton mi thawn a bang aw zul mai thei). Cross thuhla bensan ih zoh tikah a kah aw ringring vequin kan hmu ding. Zokhalin siat kan ton tik khalah, kanmah hnakin in Sersiamtu le in Runtu Jesu Khrih ih a tuar mi a bese sawn timi kan cing ringring ding.

Kan Pathian cu harsatnak tuaatu Pathian a si. Abert Camus cu Khrihfa a si ko nan cross ih manneihnak le Pathian ih retheih zohzaih a tuarnak pawl cu a rak theitheih lo. “Golgotha tiang par ih an thah zan kha milai san thuanthu ah a poimawh ruangah, Khawzing Pathian cu anmai nunphung cotha ngahnak ding a hnong ih a netabik thihsnak a thlen tiang harsatnak khuathai sung ih sabitzu cu farkkhat hman tang lo in a in thluh.” Albert Camus, The Rebel (New York: Vintage International, 1991), p. 33. Khami thuhla Ellen G. White, ih a ngan mi cu,”A hramthok ih kan sualnak, Pathian thinlung nat tertu ruahnak neilo ih kan aatnak cu Cross in a langter.” Education, p. 263.

Kan zirlai hi fimbirnak a si lo, Pathian diknak le felnak in thillirthalo a hmaisannak a si. Cumi hnakin kan sim theu mi cu leitlun hi thawthawt tluk ih ol in sual tuahnak hmun a si. Pumpelh theih lo in harsatnak kan ton mi paltlang thei dingah in rak bawm an tumnak pakhat cu, Pathian ih dungtunnak ruangah harsatnak le natnak kan tuar tiah zumtu khalin langter seh timi lawng an duh.

Khami ruangah kan tuar mi a si lo tiah sual cithlah milai pawl hnenah lungrual ten kan langter cio ding mi a si. Danglammak cu khami ciah a si, Jesu Khrih le amai in pek mi ruahsannak zarah, “Pathian duhdawttu pawl hrangah thil ziangkim hin an thatnak dingah ah tuan tlang.” (Rom. 8:28, NKJV). Himi thutiam rinsann in san nei lo zet le kan ruah ban lo mi thil khirkhan kan ton mi cu a sullam le a san kan thei thei ding. Thil ziangkim tuahtu Pathian a si, kan hrang harsatnak tinkim tuarsuak tu khal a si ruangah amah kan duhdawt.

Tui Kuata zirlai tuahtu cu Gavin Anthony, a si. Amah cu Sri Lanka ih ramthar nortu sungsuak ih thang lian mi a si. Himi zirlai a ngan laiah amah cu England ram Iceland peng ah Conference President le Pastor hnauantu a si.

**ZIRLAI 1****June 25 - July 1**

**TUU KHAAL IH TUARNAK**  
**The Shepherd's Crucible**

**SABAT TLAILAM****June 25**

**TUZARHSIARDING:** Saam 23; Rome 12:18-21.

**BIBLE CANGKEN:** “Ka nunnak tha a tlungtersal, ahmin ruagah dingfelnak lamzin pawlah i hruai? (Saam 23:3, NKJV).

Sophie cun thin khoih zetmi thuthang a thei ih, amah pa ziangtin so a um thei? Ziangtin so a um thei! A ti ih a tah hlan teah a mitthli a luang ih Sophie cu sangkaa pawk in zelah a tolh nal. A hmin siatnak dingah le a hnatauan siatsuah dingah a rinsan le a upat zet mi a rual pi tha in a tuahnak a thei. Ihnak parih a Bible a hun la, a theih ngun deuh mi cafabg pawl cu a bih thuaktho ih hmakhat te ah a hmuh mi cu: “Anih cun ka nunnak tha a tlungtersal; A hmin ruangah dingfelnak zinpawl ah i hruai. A si, thihnak phenthlam phaikuam zawh hman ningla thilthaloo ka tih lo ding; zianghtile ka hnenah nang na um; na talhtum le na kianghrol in ka hna in ngam ter.” (Saam 23:3, 4, NKJV).

“Himi hi cu a cang thei lo” Tiah amah ten a hun au suak. Asinan a ngaingai tiah cun pumpelh theih lo ding mi a si. Saam cabu sung ih tuu khal cun a tuu pawl cu dingfelnak lamzin ah a hruai, khami lam zin cu thilnak thlisia hrannak hmun thihnak thladem hnuai a feh.

Khami kha rual pi ih heknak a si men thei, Pathian in himi thimnak lam zin cu amah nu dingfelnak zirhnak dingah a hmang.

**Zohfelaw: Na nunnuam can ah maw na harsat can ah so thlaraulam ah na thangso sawn?**

**THAWHSAL NI**  
**LAMHRUAITU: TUU KHAL**  
**A Guide for the Journey: The Shepherd**

**June 26**

“Bawipa cu ka tuu khaltu a si; ka tlasam lo ding” (Saam 23:1, NKJV).

Nauhak hrekkhhat pawl in Pathian ih zuk in suaisak aw tiah an ti theu. Zokhalin anmai thinlung ih a suak mi an suai cio ko ding. Cun ziangruangah ti in an sut ding, cule Pathian cu duhdawtnak a si tiah an zaten a phi thuhmun an pe cio ding. Khami kha a tluangtlam zet.

Thil ziangkim a tluangtheh ahcun Pathian le a tumtah pawl cu a thatheh tiah hmuh thiam a ol. Kan kum a hung upa deuhdeuh ahcun thilharsa kan hmu vivo ih thil buaithlak a tam sinsin. Cule Pathian kan hmuh dan khal a thleng danglam vivo. Asinan Pathian cu a thleng aw dah lo (Hebrew 13:8; James 1:17) a thleng aw vivo mi cu kanmah sawn kan si.

Thlunghlun san tuu khal pawl ih nun dan a si ruangah Saam 23, in Pathian ih in kilkhawi dan cu tuu khal nun hmang in a ngan. Thlunghlun le Thlungthar sungha tuu khal cu Pathian khiihmunnak ah an hmang. Himi khiihmuhnak a maknak cu a danglam thei lo mi a

rak si. Saam 23, kan zoh hlanah, Bible sung hmuahhmuah ah tuu khal pawlih ziaza le umdan an bang awklonak Bible ngantu pawl in a theihthiam dan kan zohfel hmaisa ta ding.

**A tanglam ih Bible cangpawl ihsin tuu khal ih  
bulpak an umdan thuhla ziangso na zir thei?**

- Isaiah 40:11 .....**
- Jeremiah 23:3,4 .....**
- Ezekiel 34:12 .....**
- Johan 10:14-16 .....**
- 1 Peter 2:25 .....**

**Atu-ahcub Saam 23, zoh sehla, tuu khal in a tuu  
fa ziangvekin so a kilkhawi?**

- Saam 23:2 .....**
- Saam 23:3 .....**
- Saam 23:4 .....**
- Saam 23:5 .....**
- Saam 23:6 .....**

**Hivekih kilkhawitu na nei timi a lo theihter  
duhnak a si maw? A mai buainak ruangah Pathian sinak  
thuptumtu hnena hmi thuhla ziangvekin so na hmang  
ding?**

**TLAWNGKAI NIKHAT**

**KHUALTLAWNGNAK HMUNPAWL**

**Locations on the Journey**

**June 27**

**“Amai hmin ruangah dingfelnak zinpawl ah i  
hruai? (Saam 23:3, NRSV).**

“Dingfelnak lamzinpawl” (Saam 23:3), ih thuhla ruat hnik. Hmunhlapi na feh hlanah a lo remruat sak zo. Lamzin

ih a netnak cu na thei lo nan a tawpkhawkah Pathian ih in remsak mi kan inn a um timi cu na thei. Cuih lamzin cu zohfel hnik awla khui hmunah i hruai ti na hmu maw? Hmun hrekhat cu a felfai theh in na hmu ding nan a hrekhat pawl cu tihnung tuksun za harsatnak ih dipdalnak na hmu ding. A can can ahcun tlangtluan zawh lam zin bingbo khal na hmu ding. Hmun hrekhat ahcun lamzin nuam zinpheinak khal na hmu ko ding. Cuihlunah lamzin hnok le harsa khal na tong ding. Himi lamzin hi Israel pawl in Izipt ihsin an poksuak ih ramtiam an pannak ah an rak zawhmi lamzin a si. Himi lamzin hi Saam cabu ih a ngan mi a si.

**Dingfelnak lamzin thlunnak Pathian ih inn ah  
toihvahnak hmun pawl cu Saam 23 ihsin felfai zetin  
thleidang aw.**

Asinan ziangruangah himi lamzin pawl cu (NIV, NRSV) pawlin “dingfelnak lamzin pawl” or “lamzin dik pawl” tiah a ti? Himi hmunah a thupi zet mi thuhla pali a um. (1) Khami lamzin pawl cu a tawpah tuu khal ih inn thlen theinak lamzin a si. (2) Lamzin dik tiah kan ti theinak cu khami lamzin thlunthei dingah, lamzin thawn remaw ih in kilhimnak ruangah le tuu khal amah rori or neitu ngaingai ih hruainak ruang a si. (3) Lamzin dikpawl tiah kan ti theinak cu neitu ngaingai Tuu khat in midik si dingah zirh mi kan si. (4) Khami lamzin pawl cu a dik tiah kan tinak cu a dik mi hmuu theinak in pek ih mi ngaingai ah in tuah, cule Bawipai sunlawihnak kan thlenter thei. Cuih lamzin pawl cu “a dik” or “dingfelnak lampi” a si ih lamzin nuam khal a um ih a harsa khal a um.

Pathian ih in hruainak lamzin ngaingai kan theih a poimawh. Cuih lamzinpawl cu duhnak hmun thleng

dingah mawtawto vek men a si lo. Humhimnak dan le hruaiawknak dan tampi a um. Pathian in a minungpawl a hruai dan Bible sungah zohthim ding tampi a um. Abraham cu Pathian in thu a tiam ih a hruai, Israel miphun pawl cu mero thuam le meisa tleu thuam in a hruai. Pathian in a minungpawl a hrianakah dingfelnak thuhla a zirh ih a hruai theu.

**Tuu khal in na hmai ihsin dingfelnak lamzinah a lo hruainak na nunah theihthiamnak ziangvekin so na nei? Khrih ih nun ziaza na langter theinak dingah harsatnak pawl in na nun ziangvekin so thleng danglamnak a thlenter?**

**TLAWNGKAI NIHNIH**

**June 28**

**NELRAWNAH RUAHLOPI IH FEHKUAL RERONAK (1)  
Unexpected Detour 1: The Valley**

**“Thilhnak phenthlam hnuai horkuam zawh hman ningla, thil tha lo ka tih lo ding, ka hnenah na um ruangah, na talhtum le na kianghrol in ka hna in ngamter.” (Saam 23:4, NKJV).**

Dingfelnak lamzin cu tlimno tamnak tivate kiang lawng ih fehnak a si ahcun a nuam nasa ding, Asinan David ih ngam mi lamzin cu khativek a si lo. Thihnak phenthlam hnuai ih horkuam khal a paltlang ih khavek hmun cu pal rero hair um lo zetnak hmun a si. Israel pawl ih paltlang mi lam zin cu tivate horkuam thuk rinlo ral ih tilian ton theinak hmun khal kum khatah veitampi an tong theu. Hivek hmun cu kham kotlang sang horkuam thuk thim zet karlak lam zin a si. Curuangah “thihnak horkuam” tiah a langter ih “a thuk nasa ih a them zet tinak a si.?

**“Thihnak phenthlam hnuai horkuamthuk” ka zawh tiah na ti awk can kha vun ruat hnik. Ziangvek so a si? Tuu khal pawl khal khavek hmunah an feh timi na thei cing in thinphang le tih in na um maw? Kha vangtuk canah ziang Bible cang so na hrangah man a nei? Ziangruangah so a si?**

**Tuu pawl cu horkuam thuk sungah an thih ah ziangtin so na ruah? Tuu pawl anmahten an feh tiah na ruat maw? Asilole Tuukhal amah rori in tuu pawl a hruai tiah so na ruah? A phi na ngahnak thuhla sim fiang aw.**

Elisabeth Elliot ih ngan mi ah “Tuu cu thihnak thladem horkuam thuk sungah an feh timi cu hruaisualnak ruang ih thiltheng a si tiah kan ti thei ding. Thimnak tih lo dingah amah cu zirh a tul. Tuu khal cu tuu thawn hmunkhat ah a um.” Elisabeth Elliot, Quest for Love (Grand Rapid, MI: Revell Books, 1996), p. 218.

**Thihnak horkuam sungah hruaisual in ka um tiah na ruah awk can a um maw? Himi can ah ziangvekin so Pathian hnenah thu na thlen sal? Tuu khal in thihnak horkuam thimnak ih in hruai hrim tih ruahsualnak cun zuamnak an neih theinak ding a si tiah ziangruangah so zumnak a nei?**

**TLAWNGKAI NITHUM**

**June 29**

**NELRAWNAH FEHKUAL RERONAK 2: Cabuai  
Unexpected Detour 2: The Surrounded Table**

**“Ka ralpawl hmaika-ah ka hrangah cabuai na timlam; ka lu hriak na thih, ka khuathai cu a liam” (Saam 23:5, NKJV).**

Kan nun lamtluan ah hmuh thei lo ral pawl thawn kan tong aw thei. Ziangtin so na cingfel theu? Zan ih mangsia na man tik can ah na tal buai ih na tho theu ko lo maw? Khami ihsin kan ral pawl cingfel theinak dingah Khrihfa hrangah a ol lo mi a si.

**Na nun ah ziangbangtuk ral pawl na tong theu?  
Nangmah lo tinattumtu pawl cu ziangtin so na cingfel?  
Or ziangvekin so na ralring theu? Mathai 5:44, sung ih  
Jesui in zirh mi le Paul in Rom. 12:18-21, sung ih in zirh  
mi ziangvekin so na thlun thei?**

Saam 23:5, sungah David in pawl a cingfel dan theihhiar um zet mi a langter. An hmaiah an pah suak thei lo dingih a khamnak cu amah ai-awh in Pathian in a tuah sak mi, amah hrangah cabuai a timlam saknak a si.

David ih a tuah theu mi cu puai zawhtu mi khual upatnak ah le puai tuahnak inn sung an lut theinak dingah an lu ah siti a hnih sak theu. A hman mi siti cu Olive siti le rimhmui rawi mi a si. Cule ol te ih rawl ei thei dingah tonak a remsak theu.

**Thihnak phenthlam hnuai horkuam kan feh lai ah,  
Saam 23:5, sung ih (cabuai, siti, khuathai) himi thil  
pathum pawl in Pathian in kan hrang in timlam sak mi  
theithiam dingah ziangvekin so in bawm?**

Paul ih in theihter mi cu “Kan buan mi hi titsa le thisen an si lo, uktu pawl, thuneitu pawl, khawvel thim thuneihnak, le van hmun pawl ih thlarau sualral pawl an si (Efesa 6:12, NRSV). Kan do mi ral pawl cu kan hmuh theimi khal an um ih kan hmuh thei lo mi khat an um. Kan duh le duh lo khalah kan kimvel ih um an si. Tuu khal

vekin ral pakhat lawng kan nei lo, kan tuu pawl fir ih an deh theinak dingah kan hmuh thei mi an um ih kan hmuh thei lo mi khal an um.

**Na kimvelah ral pawl in a lo kuh theh tikah cu mi  
cingfelnak Tuu Khal ih in zirh mi ziangvekin so na  
hmang. Khavekih harsat can ah a hnena lungawi thusim  
ding ziangso na hmu thei?**

**TLAMGKAI NILI**

**KHAULLAM HRANGAH RINSANTLAK THUTIAM  
A Certain Promise for the Journey**

**June 30**

**“Thatnak le cem theilo duhdawtnak in, ka  
damsung hmuahmuah in thlun ding, Bawipai inn ah  
kumkhua in ka um ding.” (Saam 23:6, NKJV).**

Ral pawl in in kulh theh ih thihnak phenthlam tang kan feh tikah tanta mi ka si tiih zumnak nei dingah tukforh kan si. Pathian in thil tampi in tuahsak ruangah khavekin kan ruat ngun lem lo. A hramthok ihsin in rak bawm sehla himi dinhmun ah kan um lo ding tiah kan ti men thei. Asinan David in hivek ih ruhlang rori ih hmuh mi le theih mi a nei lo.

**Saam 23:6, sung ah David in a harsatnak ruat lo  
in a theih rori mi thil pahnih ziangso a sim? (Edesa 1:4;  
2 Peter 1:10; Hebru 11:13-15, sung khalah kan hmu thei).**

Thatnak le cemthei lo duhdawtnak cu letlingtu hrekhhaw pawl in (Pathian in tuah dingah a tiam mi thukham) tiah an letling ih cu mi in ka damsung hmuahmuah i thlun ding tiah an ti. A hramthok ih tuahnak langtertu cu a tha sawn, Bible cang ih thatnak le cemthei lo duhdawtnak cu kan damsung hmuahmuah

“lungkim zo mi vekih tuahsuak ding) tinak a si. Khami Bible cang ih tongkam cu Semtirnak 14:14; Joshua 10:19; le 1 Samuel 25:29, khalah himi pomdan cu fiangten a sim.

**Thanak le cemthei lo duhdawtnak cu “lungkim zo mi vekih tuahsuak ding) timi na ruah tikah ziangvekin so theihfiangnak na nei? Pathian ih in kilkhawinak thuhla David ih a sim duh mi ziangso a si tiah na ruah?**

Tunruh in ralpawl ih in donak le thihnak phenthlam sung a si hmanah a poi lo, Pathian ih thatnak le cemthei lo a duhdawtnak ih lam hruainak cu kan khualtlawnnak a nettiang in a um, Himi thinlung put cu Jesu in Calvary tiang a thlenpi theinak a si ih kan mah khalah a um ve ding mi a si.

Asinan kan rak kilkhawi mi pawl in ziangah timi thusuhnak can tampi an nei theu. David vekin hivek tihnung mi cingfelnak ding ahcun Pathian in a tuah thei timi tuah dan cu kan pathian thuhla ih thutak cu mahte varpawh ih pomnak le zumnak nemhngetnak a langter mi in theihter.

**Pathian thatnak le cemthei lo a duhdawtnak cun in um pi ringring ti langternak dingah Pathian thuhla ah nangmah rori ih theihnak na neih mi na langter thei mi ziangso a um? Khami ah Bible thuhla ziangso na lak thei ding? Pathian ih kilkhawinak na theih mi lo suttu hnенah khun zetin ziangvekin so na sim fiang thei ding? Himi in um pi ringringnak cu cross in ziangtin so sunglawi zetin a langter?**

TLANGKAI NINGA

July 1

**RUAHBETDING:** “Nettabikah nehnak ngahtu pawl cu anmai sakhaw nunah tuksumza buainak le harsatnak tongtu pawl an si. Annih cu Khrih tlawngtu nun dan zirsuaktu pawl an

si. A poimawhnak cu tlap ih ei mi an nun hmuahmuah hlonhlo ih thianfai thehnak dingah a si. Pathian siahhlawh cu ralpa ih soiselnak rapthlak tuar theitu an si ding ih, Setan in a fehnak lamzin ah dawnkhamtu tampi a ret mi neh theitu a si ding . . . .

“Buainak zoh lo in tlunlam ih Jesu Khrih na zoh ahcun, beidong in na um lo ding. Cuihtlunah nangmah bawm dingah Khrih in za a lo sannak na hmu ding. Cule tluangtlam zetih rinsannak in a mah hnенah zaa na san ve thei ding ih amah in lam lo hruai ding. Cuticun rinsannak nei ih zumtu pitling le ruahsannak nun pitling neitu na si thei ding. . . .

“Nun ziaza duhnung thawn a coihawtawk nun nei thei dingah Khrih hnen ihsin bomnak famkim na ngah thei ding. Khavek nun ziaza cu Setan thiltitheinak in a siatsuah thei lo. . . . Pathian in kan hnенah a laksawng thabik a fapa neihsun khal in pek. Amai lalnak ram ih a inn ah um thei ding in nun ze famkim, thangthat tlak, cawisan mi si dingah rem mi kan si.” Ellen G. White, Messages to Young People, pp. 63,64.

#### RELTLANGDING:

1. **Na nun ih a ra thleng mi tuksumza harsatnak le hnixsaknak pawl cu Khrih ih tlawng ah na zir fel zomi a sinak ziangtluk in so theihthiamnak na nei?**
2. **Thihnak phenthlam hnuai horkuam ih harsatnak a tuartu in a dingsuak theinak dingah Tuu Khal ih tuahdan vekin kan hnemnak, le forhnak cu ziangvekin so amah bawmtu a si thei ding? Pathian ih hman mi Khawhhran sinak in bomtul mi na bom theinak dingah na tuah thei mi ziang so a um?**

3. Zirlai nan zirnak ah Pathian thatnak le ngilneihnak in kan damsung hmuahmuah in umpi ringring timi bulpak tonnun reltlang uh. A bang aw lo mi pakhat le pakhat ih tonnun ihsin zir thei mi ziangso na nei?
4. Tuarnak sungah a lut mi Jesu Khrih ih nun tawpkharnak kha ruat aw. Bible or Ellen G. White, ih (Desire of Ages ih a sirhsan mi) sung ihsin na sim thei mi ziangso a um. Jesu cu hrингнun a hman laiah ziangvekin so tuartheinak a nei? Harsatnak ih hnicksak kan ton laiah a nun ziangvekin so kan cawng thei ding?

**ZIRLAI 2****July 2-8****A RATHLENGMI TUARNAK**  
**The Crucibles That Come****SABAT TLAILAM****July 2**

**TUZARHSIARDING:** 1 Peter 4:12-19; 1 Peter 5:8-11; Rom 1:21-32; Jeremiah 9:7-16; 2 Korin 12:7-10.

**BIBLE CANGKEN:** “Duhdawt mi tla, nanmah hnicksaknak dingih meisa vek tuarnak ra thleng mi hi, thil danglam zet nan parih ra thleng vekin ruat hlah uh. Cuhnakin a ropitnak a rung lang tikah aipuannak maksak thawi nan lungawi sinsin theinak dingah Khrih-ih tuarak pawl tuarpitu nan si ruangah lungawi aipuangin um sAWN uh.” 1 Peter 4:12, 13, NKJV).

Sivai tuahnak hmunah thil phun tampi cu bel fate pakha sungah an retih a sa zet mi meisa ah an suang. Cu tikah bel cu a hung sa ih a sung ih thilpawl cu an ti, tuah an tum mi thlengthei ding ah tleu zetin an kang ih an tiral theh. Khami suannak belte cu hnicksaknak bel (titternak bel) ti mi a si.

Himi titternak bel or hnicksaknak bel timi hrilhfiahnak cabu in hitin a hrilhfiah (1) thiltampi titter dingah nasa zetih satter mi titternak bel, (2) nasa zetih hnicksaknak, (3) thlengdanglamnak or thansonak dingah or mai duh vekih um thei dingah thunun theinak tuah mi um dang pawl a langter mi a si.

Himi hrilfiahnak in kan thlarau nunram ih thil thleng theithiam dingah in bawm thei ding. Tuzarh ahcun nitin kan tonnun ihsin kan thanso theinak dingah le nun ziazza thleng thei dingah kan kiangkap thil um mi ihsin in nornak hrekkhat kan langter ding. Himi ihsin Pathian in kan nunah ziangso a tuah timi theithiam dingah in bawm ding. Cule hniksaknak bel te sung ih kan luh tikah a ruahdan le pomdan kan thiam ding.

### **Zohfelaw: Ziangruangah harsatnak kan tong rero theu?**

**THAWSAL Ni  
LAUNAK  
Surprises**

**July 3**

“Duhdawt mi tla, nanmah hniksaknak ding ih meisa vek tuarnak ra thleng mi hi, thil danglam zet nan parih rathleng vekin lau hlah uh” (1 Peter 4:12, NIV).

Launak ruangah natnak phun tampi a thleng thei. Mawtaw feh rero laiah cangsualnak, ruah lo pi in hnatiuan bannak, sizung ihsin natnak thalo ih in tlaknak thuhla theihnak, na duhdawt mi or a lo duhdawt zettu tiah na ruah mi ih phatsannak tivek pawl ihsin a ra. Thuhla sia ih in lau ternak ihsin natnak siava a thleng thei ringring.

Tuzarh ahcun lau dingmi a si lemlo mi tuarnak or harsatnak thenkhat thuhla kan zir ding.

A hramthoknak ih 1 Peter 4:12, thuhla ah kirsal sehla. Grik tong ih “surprised” “lau” timi cu 1 Peter 4:12, ah (NIV) in a hmang ih “thu khirkhan poimawh” or “thil danglam” ti duhnak a si. Khrihfa pawl in nasa zetih hniksaknak le harsatnak cu an ton dingmi a si. Zumnk

sual thang sungih an tlak lonak dingah Peter in a ca siartu pawl a forhnak a si. Kan tuah theitawk kan tuah tiah ruat lo in ruahsannak nei dingah a duh.

Himi thuhla ah “meisa vekih tuarnak” timi tongkam cu (NIV, NRSV) ah a hmang ih (NKJV) sungah “A rapthlak zetmi hniksaknak” tiah a hmang, Grik tong a dang hman mi cu (a burning) “a alh rero mi mei” ti duhnak a si. Khami kha hmundang ahcun “titternak mei” tiah a letling. Himi tonnun cu zumnak ruangah tuarnak a si ih “titternak bel” tiah hman a theih.

### **1 Peter 4:12-19, siar aw. Peter ih thucah ziangso a si?**

Khrihfa nun hi a sunglawi le mannei ah a ruatlotu kan tam sawn. Curuangah harsatnak kan ton tikah an lautuk theu. Sakhaw lamzin pahnih a um, Pathian cu a thalam ah le Setan cu a sia lamah a si tiah kan thei. Pathian cu thatnak lamah a tang ringring tiah kan ruat ih, Setan cu a sia lamah a tang ringring tiah kan ti theu. Asinan Khrihfa nun cu a ol-ai mi a si lo. Pathian lam siseh Setan lam siseh ol tuk ih thuthencatnak tuah ding a si lo. Pathian hnen lam tannak khalah harsatnak ton can a um theu. Cule Setan dungthlun khal le cotha ngah vekih langnak can a um. Thuthimnak ah Job cu mi ding a sinan tuarnak nasa zet a tong, cutikah Pathian hnenah a san ziangso a si tiah thusuhnak a tuah. Cu tikah “Ziangruangah misualral pawl cu huham an nei zetih tarkun tiang an nung” tiah a ti (Job 21:7, NIV).

**Peter ih a langter mi cu Khrih hrangah dingsuak theinak dingah harsatnk kan tuar. Asinan phun tampi in harsatnak cu a ra thleng. Harsatnak a tuartu na rualpi cu 1 Peter 4:12-19, ih bawmnak zarah a tuarmi ah donhar le lau ih um lo dingah ziangvekin so na sim fiang thei ding?**

**TLAWNGKAI NIKHAT  
SETAN IH HNIKSAKNAK  
Crucibles of Satan**

**“Nan ralpa Setan cu a huk rero mi kiosa bangin a deh ding hawlih a tawihvah rero ruangah harhvang uhla, ralring uh.” (1 Peter 5:8, NKJV).**

A tlun ih Bible cang siar aw. Kan hrangah thucah ziangso a um? “Himi thu hi ziangtluk ih poimawh in so kan lak ding?” tiah nangmahten sut aw hnik. Khami thuhla a poimawhtuk ih na tinak langter dingah nitin in ziangpawl so na tuah?

Kiosa rilrawng na zoh dah maw? A rapthlak ih tihnungza a si. A deh thei mi hmuahhmuah cu ei a duh ti cu na thei. Peter in Setan khal deh ding hawl in a tawivak rero tiah a ti. Tualthahnak thil thleng thei himi thuhla ah kan hmu. Hmuntin ih man nei mi thilpawl cu amai duhdan in a fechter ih nun ziaza siatnak le nattuarnak le thihnak a thleng. Setan cu kan hmu dah lo asinan a hnatiuan mi kan hmu.

**1 Peter 5:8-11, siar aw. Mi a pel rerotu Setan cu Khrihfa pawl in ziangvekin so kan rak kham?**

**Retheih zonzaihnak a tuartu pawl cu Pathian in ziang thu so a tiam?**

Khrihfa zumnak ah Setan ih dodalnak khamnak dingah Peter in himi thuhla hi a ngam. Kan rak theih zo mi vekin Setan cu a phunphun in hna a tuan. Curuangah kan ralpa ih huham liannak le a fimnak ah fimkhur zetih kan um a tul. Kan beidong ding a si lo, ziangahtile Setan cu

**July 4**

Jesu in a neh zomi ralpa a si ti kan hngilh lo ding. Jesu thawn kan um sung hmuahhmuah le Jesui zumnak kan kaihnget sung hmuahhmuah cu Setan cun in neh dah lo ding. Ziangahtile cross ah Jesui nehnak tawmpitu kan si.

**Setan ih natternak thuhla dangpawl ruat aw. 1 Peter 5:8-11, kan siarnak ihsin Setan cu siatsuah a si zo timi cotha kan ngah mi ruangah sual umnak leitlun ih kan umnakah kan tuar mi retheihnak le natnak pawl cingfel thei dingah ziangvekin so in bawm?**

**TLAWNGKAI NIHNIH  
SUAL HNIKSAKNAK  
Crucibles of Sin**

**July 5**

**“Ziangahtile an dingfel lonak ih thutak hupbettu, minung pawlih Pathian ngaihsak lonak le dingfel lonak hmuahhmuah parah, Pathian thinhengnak cu van ihsin a rung lang.” (Rom. 1:18, NKJV).**

Kan tuah mi hmuahhmuah thaman a nei theh. Thu le hla hi an then aw dah lo. Danglam zetih nun kan tum khal le misual kan si thotho. Sual ih thaman pumpelh a theih lo. Pathian cu a umnak van ihsin misual pawl in tuksuzma sualnak ziangso an tuah timi a tonak hmun ihsin a ruah mi a si lo. Sual cu amah ten thaman a nei.

A poinak cu sual thaman luat dan ah Pathian hi a luan tuk tiah kan ruat theu. Sual thaman pumpelh theih a si lo. Paul in fiangte ih a sim mi cu, sual tuahnak ih thaman cu hloralnak hell ih tlaknak lawng a si lo tui kan dam sung khalah retheih zonzaihnak le natnak pawl cu kan tuar thotho tiah a ti.

**Rom. 1:21-32, siar aw. Paul in sualnak tuah rerotu le sualnak ih thaman a ngan mi a si. Himi cangpawl cu fimkhur zet le thlacamnak thawn siar awla, Paul ih a sim duh mi theih tum aw, sual ih sinak le sual ih thaman hmuitin ih ngan mi a si.**

Paul in a rak ngan mi sual ih thaman cu “Pathian ih thinhengnak” tiah a ti (Rom. 1:18). Himi ah Pathian thinhengnak tiah a ngan ih milai in a tualmi thaman a tuar dingmi cu Pathian rem a ti ve. Khrihfa nun ih kan tuah mi thaman kan tuarnak ah Pathian in tlangtlaknak a tuah lohli ringring lo. Pathian in kan tuah mi thaman tuar in siang, ziangahtile sual ih in siatsuah theinak kan theih a duh.

Pathian thupek buarnak ih thaman pawl cu kan ruat theu ko ding. Cun harhdamnak dan thupek kan buarnak teh kan ruat dah maw? Kan taksa ruangpi cu Pathian umnak inn a si. Kan cangvaihnak ah harhdamnak dan buar ih kan ei innak cu Pathian parih sual kan tuahnak a si ih tuarnak in tlentu an si.

**Nangmai na tuah mi sualnak ih thaman na par ih a thleng lohli mi na theih mi a um maw? Cumi ihsin ziangso na zir thei? Khavek thilthleng um ringring lo dingah dothlengnak ziangso na tuah?**

**TLANGKAI NITHUM  
THIANGHLMIDINGAH ERNAK BEL  
Crucibles of Purification**

**July 6**

“Curuangah ralkap rualpawl ih Bawipa Pathian in hitin a ti, ka er hai ding; ziangahtinle ka minung pawlih fanu parah ziangtin ka tuah ding?” (Jeremiah 9:7, NKJV).

“Nangmai thinlung sungah Pathian Thlarau in a lo natter tiah na tu ahcun, a lo natter duhnak a san a um, thither a duh mi a um timi thei thiam aw” Oswel Chambers, My Utmost for His Highest (Uhrichsville, Oh: Barbour & Company, Inc., 1963), p. 271.

**A tlun ih thuhla tawi ngan mi le Bible cang ihsin theihthiamnak ziangvek so na nei? Na tuar mi natnak cu ziangvek in so na thianhlim theinak dingah a si thei? Jeremiah 9:7-16, siar aw. Pathian in Judah le Jerusalem cu a” er dingih a hniksak ding” tiah (NRSV) a ti ih (KJV) cun “titter” tiah a ti (Jeremiah 9:7, NIV). Himi hrangah Pathian in ziangvek thuhla pahnih so a pek? (Jeremiah 9:13,14). Er ahcun ziangso a thleng ding? (Jeremiah 9:15,16).**

Pathian ih er titnak cu nasa zetih beihnak a tel. Er titnak le hniksak tuarnak phunthum in sim theih a si: (1) Pathian ih rem tinak in kan kiangkap ihsin kan sualnak in theih ter ih thinna le riahsia in kan um. Jeremiah in lungawi lo zet ih a rak ngan mi cu: “Sodawng pawl in meisa cu nasa zetin an zap, meisa in suan cu zap ko in a tuah, Er faitui er fainak cu thathnemnak kan neih theinak dingah nasa zetih beih kan tul theu. (2) Kan sualnak cu fiangte ih hmuhawknak kan neih ih thinlung kekkuai in kan riah a sia. (3) Lamdang zetih nun thlengnak kan neih theinak dingah beidonnak kan tong theu. Kan zongsang mi thil thalo hlom dingah thinlung donhar le beidong in kan um.

**Nabuai pimi sualnak pawl ih thuhla ruat aw. Pathian in tuisun ah lo er ding ti sisehla Pathian in ziangvekin so a tuah ding? Pathian in Israel pawl a tuah vekin nas zetih a lo tuah hlanah himi cingfel dingah ziangso na tuah ding.**

**TLAWNGKAI NILI**  
**PITLINNAK IH HNIKSAKNAK**  
**Crucibles of Maturity**

**“Cule ka hnen ih thuphuansuah mi a roopit tuk ruangih ka uangawk lonak dingah, kut thak hnawtnak ih i hmangtu ding Setan ih palai hling cu ka taksa ah pek ka si, cu lole ka uangaw pang ding.” (2 Korin 12:7, NKJV).**

Thingkung cu a than dan a that theinak dingah le rahtha tampi a suah theinak dingah a tek hleifuan pawl cu tan sak an si. Hivek thil hi nasa zetih danglamnak nei dingah tuah mi a si. Himi thil hman mi ah naamte hriam zet hman a si ih, hnatuan thok pekte pawl cun thingkung ih tantul mi hngepawl an thei lo ih thingkung pawl cu an siatsuah theu. Thlaraulam thuhla thawn pehpar in Bruce Wilkinson in hitin a ngan “Pathian ih lam hruainak Pathin ih thil titheinak thlawsuah pawl le Pathian ih Fapa neihsun Jesu vekih lo tuah dinga Pathian hnenah thlacamnak na tuah ko ding?

“A phi na pek mi cu a si na tin ko ding, cuti a si ahcun a hriam ngin mi naamte na dil tinak a si.” Bruce Wilkenson, Secrets of the Vine (Sisters, Or: Multnomah Publishers, Inc., 2001), P. 60.

Paul in “ka taksa sungih hling” (2 Korin 12:7, NIV) tiah a timi cu mak an ti. Himi hi amah dokalhtu pawl ih pek mi harsatnak a sim mi a si. Cule fiangte ih mit khaw hmuhnak a neih lo mi a simnak khal a si thei (Ellen G. White Comments, The SDA Bible Commentary, vol. 6, p. 1107, ah kan hmu thei). Amak zet mi cu Paul in “hling” cu “in pek mi” a si tiah a pom.

## July 7

**Paul in “in pek mi” tiah a timi cu a sim duh mi ziang a si tiah na ruat? Zo in so a pek? Paul ih hlawknak dingah Pathian in ziangvekin so a hmang?**

Paul in “hling” tiah a timi cu a dang tumtahnak a si timi hminsin aw: “aungaw ih a um lonak dingah” a si (2 Korin 12:7, NIV). Himi hi sualnak lamdang zet a tuah mi ruangah a si lo ih, a ralai ding mi can ah sualnak tuah lo ding ih venhim awknak dingah a si, ah a si.

**2 Korin 12:7-10, siar aw. Paul in hling cu ziangvekin so a pom? Paul in a tontaihnak cu thlarau lam hlawknak a si tiah a tinak na ruat dah maw? Paul ih cingfel dan thuanthu cu na tuar mi hling cingfelnak ah ziangvekin so a lo bawm thei?**

**Na thlarau thansonak dingah nanun thleng danglamnak Pathian in ziangvek ruahnak so a nei? Dingfelnak tampi in na rahuah theinak dingah na nun ih thilthleng thuhla ruat aw. Na thlarau nun ziangvekih man nei dingah so Pathian ih remthatnak hmang dingah na dil?**

## TLAWNGKAI NINGA

## July 8

**RUAHBETDING:** “Minung in anmai nun ziaza an theih awknak hnak in milai thinlung zohhliahtu Pathian in minung ih ziaza a thei sawn. Mi hrekkhat cu lam dingah hruainak ah olten thulung mi an si ti a thei. Cuih pawl cu a hnatuan hmasawn theinak dingah a hmang. Pathian ih zangfahnak zarah anmah cu lamdang zetin a khai sang. Cule an fimnak in a thuhmi an ziaza famkim lonak pawl an hmusuak aw. Khami famkim lonak pawl cu Pathian hnetuannak dingah remthat awknak dingah can tha khal

amah in a remruat sak. Anmah cu thianhlimnak ngaingai an ngah theinak dingah soiselnak meipi lak khalah a um ter theu." Ellen G. White, The Ministry if Healing, p. 471.

#### **RETLANGDING:**

1. Kan sual man kan tuar ngaingai cun poi kan ti cio. Pathian mit tlung in ka khawsa thei sal kem? tiah ah kan sut aw. Khami canah beidong lo ih paltlang theinak dingah taima tento dingin Pathian in ziangvek thutiamnak so a tuah? (Paul ih cakhuat Rom 5:1-11, sungah kan hmu thei). Himi thu lo suttu hnenah ziangso na sim thei ding?
2. Ellen G. White, in "A ngilneihnak" tiah a timi hi ziangso a sim duh mi a si? Ziangvekin so a tuah? Pathian ngilneihnak hnatauan ih thilthleng a si tiah ziangvekin so na theithiam? Harsaknak lamzin ih lo hruai laiah "Pathian ngilneihnak" ih cangvaihnak na theih mi ziangso a um? Khami kha zirlai nan zirnak ah reltlang uh. "Pathian ngilneihnak" thilthleng sungah talbuai rero tu cu ziangvekin so na bawm thei ding?
3. Hniksaknak a paltlang rerotu tuih can ah theih mi na nei maw? A parih thilthleng ziangso a si a thupi rori in a poimawh ngaingai maw? Thuhla fumfe ngaingai um si lo in tuarnak a tongtu cu ziangvekin so bawmnak na pe thei ding?
4. Thlanglam America ih a khawsatu Khrihfa thlai pakhat cun harsatnak nasazet a tong. Khami hnu ahcun Europe ramah a cer ih mi hnenah a sim mi cu
5. Thuhla pakhat khat ruangah hniksaknak nasazet a tongtu hnen, sii zung, hmun pakhat khat ah feh ih hnem dingah, hnangam lungawinak ngah thei dingah, bawmnak pakhat khat tuah ih fehsuak ding in rel khawmnak tuah uh.

**"A thimi kan taksa ruangpi cu Thlanglam America ah ka vuiliamta" Himi hi ziangso a sim duh? Ka taksa ruangpi cu hmun pakhatah ka vuiliam zo timi kan theih rori ziangah so a tul? Khami hnataunnak ah ziangvek hniksaknak so a si ding?**

**ZIRLAI 3****July 9-15**

**VA TE CIIR (AR TE CIIR)**  
**The Birdcage**

**SABAT TLAILAM****July 9**

**TUZARGSIARDING:** Suahlannak 14; Suahlannak 15:22-27; Suahlannak 17:1-7; Thufim 3; Luka 4:1-13; 1 Peter 1:6-9.

**BIBLE CANGKEN:** “Atu ah a tul a si ahcun, harsatnak phun zakip ruangah can rei lo te sung thinna in um hrih hman uhla, himi ah nasa zetih lungawi aiphuang in nan um.” (1 Peter 1:6, NKJV)

Ciir sungih khum mi vate cun sun khawvang lak ahcun a hna in awnmawi tampi thei thei ruangah a pu in zirh a duh mi hla cu a zir suak thei lo. A can la in a zirh mi cu a dikciah in a theleidang thei dah lo. Cule vate neitu pa cun ciir pakhat a tuah mi sungih a khum hnu lawngah vate in a neitu pa ih cuih hla cu va te in famkim ten le nal zetin a sak thei. Khawtleunak ah voikhat hman a sak thei dah lo mi hla cu kha tiih a zirh tikah khawtleu khalah a sak thei. “Pathian in khativekin a fa le cu in zirh. Retheih zonzaihnak thlazar hnuai ih kan um tik khalah kan rak zir mi hla cu kan sak ringring theinak dinga Pathian cun in rak zirh.” Ellen. G. White, The Ministry of Healing, p. 472.

Thimnak sungah vate a rettu cu vate neitu amah rori a si timi hminsin aw. Setan in natnak le tuarnak a thlenter timi cu olten kan thei. Asinan tuarnak le buainak

tonnun nei dingah hnixaknak sungah Pathian in inluhpi, kan tuatnak phenah Pathian a cangvai ih lam in hruai.

**Zohfelaw:** Pathian amah rori in minung pawl cu harsatnak tontehnun ah nasazetin an tuar ding ti a thei cing in Amah in khami ah lam a hruai timi Bible sungah zohthim ding na theihmi a um maw? Hlathar mawi ziangso sakter in duh tiah ruat aw?

**THAWHSAL NI****July 10**

**THIHNAK SUNG IHSIN RAMTIAMAH**  
**To The Promised Land Via a Dead End.**

“Cule Faro a ra nei tikah, Israel sungzapawl cun khua an cuan, ngai hnik, Izipt mi pawl cun an dungin an rak pan. Cule an tih tuk ih, Israel sungza pawl cu Bawipa Pathian hnenah an ausuak.” (Suahlannak 14:10, NKJV).

Bumnak sungah or thihnak sungah na thleng ih beidong in na um dah maw? Happy Birth-day tiah rinlo ralin an run au ih innpi sungah nuam celcelih toihvah can cu a nuam thei tuk theu. Can dang ahcun tuksuzma le ningtihruai kan tong theu. Tlawng inn ah or hnatiunnak hmunah mi ih deusawhnak le hmuhsuamnak ton can khal a um thei.

Israel pawl cu Izipt suahsan in ramtiam an thlen ni tiang, “Sun le zan khalih an feh theinak dingah an lamhruaitu Bawipa cu sun ah mero thuam in le zanah tleunak pe dingah meisa thuam in an hmai ah a feh.” (Suahlannak 13:21, NIV). An toihvahnak tinkimah Bawipa Pathian amah rori cu an lam hruaitu a si. Khui lamah a hruai timi hmaisabik in zoh sehla: an hmai ihsin tipi in a

kham ih tlang le tlang kar ceh sung ih an um ih Faro le a ral kappawl in an hmuh rori in an dung ihsin an dawi rero an hmuh lai fangah a si

**Suahlannak 14, siar aw. An tih tuk ding timi a theihnak hmun ah Pathian in ziangruangah Israel pawl cu a hruai?**

“Mero thuam le meisa thuam” thlun rero men in hnangam le lungawi in kan um camcin thei lo. Dingfelnak thilthuam kan hruk theinak dingah kan thinlung hnisksaknak hmun a si ruangah harsatnak khal kan tong thei, anmah khal tokeh bumhmang an si (Jeremiah 17:9). Pathian dung kan thlun ngaingai tikah harsatnak le tuarnak ih hnisksaknak a um ringring timi langternak dingah a si.

**Himi tonnun ihsin Israel pawl in zirlai ziangso an zir suak? Suahlannak 14:31.**

**Kan hrangah khawruahharza thutiam tampi in pek kan theih cingin can tampi ah Pathian rinsan hi ziangruangah so a har theu? Pathian in amah tihzah ih a parah zumnak nei thei dingah Bawipa in harsatnak tampi sungah i hruai tiah na ruah mi pawl siar sal aw.**

**TLAWNGKAI NIKHAT  
TIDAI KHA  
Bitter Waters**

**July 11**

**“Israel sungza pawl cu Pathian ih thupek bangtukin Sin Ram Thing ihsin feh vivo ding in an poksuak ih, Refidim ah an riak, asinan mipi hrangah in ding tidai a um lo.” (Suahlannak 17:1, NIV).**

Pathian hnen ihsin kan duh mi thil hmuahhmuah kan ngah lo timi kan theih a tul. Ka tul ciamco lo timi pawl

kan ngah a si lo sawm? Kan tul lem lo kan timi sAWN kan tulsambik mi a si lo sawm?

Israel sungza pawl ih an tul bik mi pakhat cu, tidai a si. Israel pawl cu mero thawn Tipi Sen kantan in Pathian ih a hruai hnu ah, nelrawn ramcar tidai um lo a sattuknak hmun khalah nithum sung Pathian an thlun. Cuih nelrawn ram car sungah tidai an ton sun cu soisel awknak ding tidai a si ih beidonnak rapthlak an tong. An tulsam mi tidai cu ziang tikah so an ngah ding?

Pathian in anmah cu khui ah so a hruai? Mero thuam cu a feh rero ih tidai umnak hmun Marah timi ah an thleng. Tidai an hmuh cun an lungawi lutuk. An hmuh mi tidai cu an vun in ih a kha tuk ruangah an phui theh. “Cule mipi pawl cu Mosi dokalhin, ‘ziang kan in ding?’ tiah an phun zai” (Suahlannak 15:24, NIV).

Khami hnu ni relo te ah Pathian in khavek phun a tuah sal. Himi can ih mero thuampi a colhnak hmun cu khuihmun khalah tidai ton ding a um lo (Suahlannak 17:1).

**Suahlannak 15:22-27, le Suahlannak 17:1-7, siar aw. Pathian in Marah le Refidim ah zo a sinak thuhla Israel pawl hnenah ziangvekin so a langter? Zirlai ziangso an zir thei?**

**Refidim ah Israel tefa pawl in thusuhnak ziangso an tuah? (Suahlannak 17:7). Khavek thusuhnak na tuah dah maw? Na tuah ahcun ziangruangah so na tuah? A phi na ngah tikah ruahnak ziangvekin so na nei? Cule na zirsuah thei mi teh a um maw? Khami thusuhnak tuah nawn lo ding in voi ziat so a phi ngah kan tul cio?**

**TLAWNGKAI NIHNIH  
RAMTHINGGAH DOAWKNAK ROPI  
The Great Controversy in the Desert**

**“Jesu cu Thlarau Thianghlim ih khatin, Jordan ihsin a kir ih, Thlarau in ram thing ah a hruai, cule khawsia in ni 40, sung a tuk forh” (Luka 4:1-2, NKJV).**

**Luka 4:1-13, siar aw. Sual tuahnak ah pumpek aw lo in, tukforhnak neh thei dingah himi thilthleng ihsin zirlai ziangso zir thei mi na nei?**

Kan cak hiarnak zulin tukforhnak khrh zet a um thei. Cule kan tontaih laiah a thleng sap bai.

Luka 4, cu Setan ih Jesu tukforhnak thuanthu hramthoknak a si. Kan ngaihsak ding mi a khrh zet pawl an um. A lang hmaisabik mi cu, Thiangthlarau in Jesu cu tukforhnak sungah a hruailut tiah a lang. Pathian ih tukforh in kan um dah lo ti a si (James 1:13). Sikhal sehla kan rak theih zomi vekin Pathian in tuarnak ih hnksaknak sungah in hruai lut. A mak zet micu Luka 4, sungah a nasa zetmi Setan ih hnksaknak tuar dingah Thiangthlarau cun in hruai thie ve timi kan hrangah phuan a si. Himi tukforhnak cu a va khrh ve tiah kan ruah can khal a um ding. Kan ruahnak ah felten Pathian ka thlun ngaingai lo tiah theihawk sualnak kan nei thei. Khami ruahnak le theihawknak hi a dik mi a si lo. “Rinhmai theinak dinhmun kan thleng theu nan Pathian Thiangthlarau ih hruai mi kan si. Jesu khal ram thingah Setan ih tukforh dingah Thiangthlarau in a hruai ve. Pathian in harsatnak sung in thlenpi tikah thatnak famkim kan neih theinak dingah a turmtah. Jesu cu Pathian ih thutiam pawl rinsan top dingah tukforhnak sungah a thleng lo. Tukforhnak a parih a thlen tikah beidongih colhsan lo. Kannih khal beidong ih colhsan ding kan si lo.” Ellen G. White, The Desire of Ages, pp. 126, 129.

F-3

**July 12**

Thianghlimnak ding asilo khalah hnksaknak meisa ih kang can a um theu. Tukforhnak tang ih kan kekkuai theh tikah thindaih hnangamnak umdan theihthiam dingah a si. Jesu in hngetkhoh ih a ding thei ruangah ruahsannak kan nei thei. Jesu cu kan sualnak in phursaktu a si timi cu kan hrangah thuthangtha a si. Tukforhnak kan tuar theinak dingah Jesu cu kan hlawhsamnak ih thaman in peksaktu a si. Pathian ih hnnon mi le dungtun mi kan si lo, kan tuar mi hnak ih nasa sawn in a tuar. Tuksun za ih sualnak a tuahtu misual hrang khalah ruahsannak a um thei thothonak a si (1 Timote 1:15).

**Tukforhnak ziangvek so na tong? Jesui nun na cawn theinak dingah Pathian ih lo zirh dingah can lak in thlacam aw. Tukforhnak tuar thei lo ih a sung pek ding na si lo timi cing ringring aw. Na sung ih na tlaksiat pang hman ah Runtu ding Bawipa na nei hngilh hlah.**

**TLAWNGKAI NITHUM  
A HMUN MI RORAH  
An Enduring Legacy**

**July 13**

**1 Peter 1:6, 7, siar aw. Peter in ziangso a sim?**

Peter in harsatnak tong ih bawmtu nei lo ka si tiah ruat awtu hnenah cakuat a ngan mi cu “Pontas, Galatia, Kappadosia, Asia le Bithinnia pengpawl ih a thekvai mi Pathian hril mipawl hnen ah ca a kuat” (1 Peter 1:1, NIV). Himi ram pawl cu tui san ah Turkey nitlaknak ram lam pawl tiah kan theih mi an si. Cuih hnu ah Peter in “thin na zetin harsatnak a phunphun tuar hrih hman uhla” tiah an tuar mi theihthiam saknak a ngan (1 Peter 1:6, NIV).

**Peter in raltlan le vakvai tiah a sim ih a ti duhsan ziangso a si? An tuar mi harsatnak khami in ziangvekin so a bet?**

Khami san laiah Khrifha timi cu thiltharhlam a si ih zumtu pawl cu an maltuk, hmuntin ah an um ih theihsualnak ruangah nasa zetih hrem an si, mi malte kan si bawmtu kan nei lo tiah an ruat aw theu. Himi harsatnak tuar mi hi tihpalh thil le mumal lo ih thil um pang mi a si lo tiah a hnem hai (1 Peter 1:6, 7). Zumnak ngaingai timi cu “harsatnak a phunphun tuartu pawl ih” tumtah mi a si.

**1 Peter 1:6-9, siar aw. Harsatnak tuartu pawl hnenah Peter in hnangamnak famkim ziangvek pek dingah a hawl? Kan hrangah himi ruahsannak sullam a nei maw?**

An tuarnak le harsatnak pawl cu an hngah mi Jesu rat tikih kumkhaw nunnak thawng cun reltlak a um sawm? Peter in a sim mi cu Pathian in kan hnenih a sim mi a si. Kan ton mi harsatnak ah poi tinak nei ding kan si lo. Harsatnak le tuarnak nasa zet kan tuar khalah a netabik kan ruahsan mi kumkhaw nunnak, van thar le lei thar, natnak harsattuarnak le thihihna um lonak hmun cu kan hngilh lo ding. Khami kha in tiam mi thukam a si ih Jesui thihihna thawng in aa-mah-khan a tuah. Zumnak thlaauthla lo ding hi ziangtluk in so a poimawh, zumnak lamzin ih dawnkhamtu hmuahhmuah thianfai sak dingah Bawipai hnenah dil aw.

**TLAWNGKAI NILI  
MEISA IH HNIKSAKNAK  
Trial by Fire**

Alex tiih an kawh theumi suakthuan pakhat a um. A sualral zet ih, rit thei si, pawngsualnak a tuah ih thawng a tla theu. Asinan zawnruahnak a nei zettu tualsung kawhhran member pakhat ih thil a ruknak zarah Alex timi

cun Pathian ih thuhla le Jesu hnen ih thinlung peknak ding cu a zir ngah. Alex cu Jesu ah mi piangthar a si zo nan a buainak le a harsatnak cu a reh cuang lo, a rak tuah mi zongsangnak in a buai ter. Pathian in amah a duhdawtnak ruangah Pathian thupek pawl cu duhdawtnak ruangah zawnlungten a thlun (1 Johan 5:1, 2). Alex ih thinlung sungah a ruah mi cu Pathian hnataantu dingah a si. A ruahnak tinkim ah khami lawng in a luahkhat. Cule thukthun lo ten Pathian ih kawhnak cu a pom.

College a kainak hramthok ahcun a tha zet. Cule a hnu ahcun pakhat hnu pakhat a pelh vivo ih a netnakah a thiar fihlim aw. A tangka ngahnak hrampi a hlo thok, a rualpi kom ngaih pawl in dung an tun thlang. Kha pawl tuah kha hminsiatnak a si ih a thalo tiah amah cu an mawhthluk. Khami hnu ah dam lonak a nei ih zohman in an theih lo. Khami in a zirnak pawl a siatsuah ih tlawng ban san ngaingai ding cun a thin a phang zet. Cumi hmuahhmuah lakah a thupibik mi cu rit thei si tham hiarnak ih tukforhnak a do rero. Khami si cu khawsung mipi hnenah ngah thei a si ko. Khami hmun kha hlanah nunrawng zetih a khawsaknak hmun a si fawn. Alex cun ziangah himi thil a thleng ti mi a ruat ban thei lo. Ziangatile himi tlawngah a hramthok ten Bawipa in amah a hruai tiah a thei fiang aw. Khami ah Alex a palh maw si? A si ahcun a nun lamtluan ah Pathian parah palhnak nasa zet a tuah maw si? A hramthok ih a rak zumnak hrampi khal rinhmainak a nei.

**Alex cu na hnenah ruahnak dil in a lo pan tiah ruat aw. A hnenah ziangso na sim ding? Amah vek minung cu nangmai tonnun ihsin ziangvekin so na bawm thei ding? Bible cang ziangso na hmang ding? A tang ih Bible cang pawl cu khami dinhmun ziangvekin so bawmnak a pek thei? Thufim 3; Jeremiah 29:13; Rom 8:28; 2 Korin 12:9; Hebru 13:5.**

Bawipai dung a thluntu hmuahmuah in anmai zongsang mi thil ihsin tukforhnak an tong cio ih Bawipai hruainak ah rinhmainak an nei cio. Himi din hmun ah thutiam rinsan ih kaihnget ringring hi a poimawhbik. Cule zumnak le tuar theinak nei dingah Pathian hneah thlacamnak le Pathian ih lamhruainak pawl zohkir sal aw. Bawipa cun kan parah a beidong dah lo. Bawipa phatsan in tukforhnak ziangvekin so a sungpek lo in kan um ding? timi hi kan sut awk ding mi a si.

#### TLAWNGKAI NINGA

**July 15**

**RUAHBETTING:** “Bawipa in hlanlai a minung pawl cu Refidim ah a hruai, kan rinumnak hneksak dingah khami hmunah in hruai a duh men thei. Bawipa in nomnak hmun lawngah in hruai lo. Kanmai bulpak hlawknak ding ah, amah cu in bawmtu a si ti kan hngilh tikah, khami a tuah men thei. Kanmai nunah amah nun langsuak ding a bawh ringring ruangah bawmtu nei lo kan sinak theithiam ih amah kan hnnonnak hmusuak aw in bawmnak dildan zirsuak dingah harsatnak le beidonnak kan parah thlenter a siang. Tlang pang lungpi sung ihsin a luangsuar mi tidai vekih dai dingah tuah theitu a si. Kan hrangah phurrit ziangtluk in so a phur timi cu Pathian thawn hmaiton ih kan hmuh awk hlan lo kan thei thei lo ding. Zumnak nei in kan phurrit cu nauhak vekin a hnenah kan thlen a si ahcun lungawiten in phur sak ding.” Ellen G. White, “Rephidim,” Advent Review and Sabbath Herald, April 7, 1903.

#### RETLANGDING:

1. Bulpak kan ton mi tukforhnak thuhla pawl cu kan rel theu. Cutikah kan kawhhranpi or tualsung khawhhran sinak in zapi ton cio mi tukforhnak ven him thei dan a um maw? A um ahcun ziangso a si?

2. Ziangruangah a nuam lo timi, thlen dah lonak hmun ih a nuam lonak thuhla sim hiartu pawl hnenah va sut aw? Khami an hmuh mi cu va zoh sal hai sehla an hmuhdan a danglamnak a hmu pei maw?
3. Kan thianghlimnak dingah le er sal kan sinak dingah Pathian in harsatnak tuar in siang ti kan thei theh. Thuthimnak ah mawtaw cangsualnak ruangah mi an thihihna kthuhla hi sullam nei lo vek a bang, khami thil ziangvekin so kan theithiam thei ding? Zirnak hmun a si vekin khami thil ih a phi cu a cang thei sung in hawl uh.
4. Zirlai zirnak hmun a si vekin harsat tuarnak ah tuarfainak nei dingah le zumnak dinhmun hngetkhoh thei dingah pakhat le pakhat hrangah thlacam sak awknak can tuah uh.
5. Nan zirnak hmun ah harsatnak tuar ih beidong mi nan thei maw? A um ahcun amah cu theihthiam ol zet ih hruaikir sal dingah ziangso na tuah ding?

**ZIRLAI 4****July 16-22**

**SUI TUAHTU IH HMEL HMUHNAK**  
**Seeing the Goldsmith's Face**

**SABAT TLAILAM****July 16**

**TUZARHSIARDING:** Mathai 5:16; 1 Korin 4:9; Efesa 3:10; Job 23:1-10; Mathai 25:1-12; Daniel 12:1-10; Efesa 4:11-16.

**BIBLE CANGKEN:** “Sikhalsehla kannih cu kan zaten hmai khuh loin, thlalang sung ih hmuuh vekin Bawiopai ropitnak kan hmu. Bawipai thlarau zarah ropitnak ihsin ropit sinsinnak ah, amah bang ih tidanglam in kan um lai rero a si.”  
*(1 Korin 3:18, NKJV).*

Amy Carmichael cun nauhak rualpawl cu India ram ih sui sodeng pai hnenah a hruai. A sa vutvo mi meihol ling lakah sui ernak lei bel a um. Cuih belte sungah cite, tengtere rah, le dipte ih tlakrawh den mi vut a um. Himi thil an rawi aw theh mi sungah sui cu a phum. Khami thil pawl cu meisa in a kangral theh ih sui cu thianghlim zet ah a cang. So dengtu cun caiceh thawn sui cu a hun la ih a duh vek ih a thiangfai hrih lo ahcun thil rawi thehmi meisa sungah a ret sal. Sui cu meisa sungih retsal a si tikah meisa cu a let in a satter sal. Nauhak pawl cun “ sui a thiangfai ngah timi ziangtin so na thei? tiah an ti. Cule so deng pa in “Sui par ih ka hmel ka hmuuh awk tikah” tiah a sawn. Amy Carmichael, Learning of God (Fort Washington, PA: Christian Literature Crusade, 1989), p. 50.

Pathian in kan nun a thianghlim ih kan nun ah amai hmel a lang theinak dingah sui vekin in er rero. Tumtahnak maksak a si, cu hnakin Khrih nun ziaza kan neihnak hi a mak sinsin. Harsatnak paltlang nun ihsin himi nun danglam zetin a thleng.

**Zohfelaw: Thiangfaiernak tuah dan ah ziangvek tuarnak so a um? Doawknak ropi thawn pehpar in himi thilpawl ziangtin so kan theithiam ding?**

**THAWHSAK NI****July 17**

**“AMAI HMEL SUN”**  
**“In His Image”**

“Ziangahtile Pathian in a thei cia mipawl cu a Fapa bangnak ih thlengaw dingah a ruatcia hai, cuti Fapa cu nunau tampi lakah fatir a si thei ding.” (Rom 8:29, NKJV).

A tirte ihsin Pathian in amai hmuihmel kengin in tuah (Semtirnak 1:27), asinan sualnak in khami hmel a siatsuah theh.

**A ziamral theh mi Pathian hmuihmel cu milai nunram ah ziangvek phunin so kan hmu thei?**

A ol tuk: Sual in rok mi le siatsuah theh mi kan si (Rom 3:10-19). Cule Pathian in a tir ih kan sinak ah retsal a duh. Tuisun kan hril mi Bible cang thawn a rem zet. Pathian ih tumtah a langter ih Thiangthlarau hnenah pumpek aw tu hmuahmuah cu “Fapa bangnak ih thleng danglam dingah” a duh (Rom 8:29, NIV).

Asinan himi ah tahnak a um. “Milai nun ramah Pathian hmuihmel langter sal a si ding. Pathian tihzah upatnak, Khrih tihzah upatnak cu a minungpawl nun ziaza ah famkimten a lang ding” Ellen G. White, The Desire of Ages, p. 671.

**A tlun ih Ellen G. White ih cangan mi na theih dan ziangvek so a si? Job 1; Mathai 5:16; 1 Korin 4:9; Efesa 3:10, khalah kan hmu thei.**

Khrihfa pawl cu lei le van laamtual ih um lei le van mi hmuahmuah ih zoh ringring mi kan sinak kan hngilh lo ding. Khrih le Setan an doawknak ropi cu kan kiangkap ah hmuh thei in a um. An doawk dan cu a phunphun a si. Mit ih hmuh thei lo mi tampi an um nan Khrih thluntu pawlih theihthiam mi a si. Kan nunram ah Khrih tihzah upatnak nun langter dingah doawknak sungtel kan si.

**Laamtual kaupi kha na mitthlam ah suai hnik. Khatlam kap ih tokhampawl parah Khrih hnen ih rinum vancung mi pawl an to ih, a lehlam tokhampawl parah Lucifer le a vancung mi pawl an to tiah ruat aw. Nikhat ih nazi 24, sung cu khami lamtual sungah a cangvai rero ih, khui lam lungawi zawng nun so na neih? Nangmahten cekawk aw, a phi ziangso na ngah?**

**TLAWNGKAI NIKHAT  
ERTITNAK MEISA LAKAH ZUMNAK  
Faith Amid the Refining Fire**

Ral donak pakhat ah a um dingmi pakhat asinan ralkap timtuahawknak hmuh ding a um lo. Himi hi Khrihfa pawl ih kan nunram a si. Kan ral pawl cu A lenglam ah ralpawl an um tiah kan theih mi cu kan nunram ih kan tuar mi a si. Cuihtlunah kan mitih kan hmuh theilo mi Pathian rinsan in zumnak ih kan buanneh thei mi a si (Hebru 11:27, NKJV).

**Job 23:1-10, siar aw. Job ih buainak a lairil ziangso a si? A hmuh lo mi ziangso a si? Cuveten a tuarnak hmuahmuah lakah zumnak thuhla ah ziangvek pomdan so a nei?**

Job in tuksuzma harsatnak a tuar lai khalah Bawipa a rinsan ringring. Job cun ziangkimah tuarfainak nei dingah a ruat cat. Cule le sui vekih mitak a sinak langter a tum. Hminthatnak laksawng a beisei lo, hmailam hrang ruahsannak a nei ih Pathian a kai hnget ahcun suithiang a sinak a lang tikah a tha sawn timi a thei. Job in thil a thleng mi phen ih a um mi a theihnak thuhla kan sim lo. A theih lo mi thil tampi um hman sehla ertitnak meisa cu a tuar suak.

Mei sa na tih ko lo sawm? Vaipi nisa rathleng ding na thin bang ko lo maw? Job bangtuk kan si Pathian ih satnak kan simfiang thei lo. Inn thar ih cer awnak or hnatauan thar ih cer awnak ah dinhmun remrel harsatnak vekih har khal a si thei. Hnatuannak hmun or na innsang sungtel tuamhlawm a tul khal a si thei. Bese ngaingai ih natnak or sumpai sung zatlaknak khal a si thei. Na nun ziazza ah Pathian in amai hmuihmel lang rori dingah thianfaiaternak, le ertitnaka ah ziangtluk ih harsatnak a thlenter ding ti kan thei ban lo.

Job in sui thiang a sinak a lang ternak cu thil pakhat lawng mit suan in a um ih cumi cu a harsatnak hmuahmuah tuarsuak thei ding ih bawmtu ah a cang. Thianhlimternak hnatauan fehpi dan ngaingai a theih ruangah natnak a tuarnak lakah hmual nei zetin a nun ziazza le a thinlungput a langter. A theih thiam lo mi tampi lakah himi harsatnak hi amah thianfaiertu ertitnak a si ti a thei.

**Harsatnak le tuarnak ih ertitnk na tong dah maw?  
Thianfaiaternak ah retheih zonzaih tuarnak lo a dang ziangso a um thei lai?**

**TLAWNGKAI NIHNIH  
JESUI TONGKAM NETABIK  
Jesus' Last Words**

Jesu cu a thihnak ding thuhla ah Jerusaem a thleng. Cule Thuthangtha Mathai ih a sim dan ahcun lanta puai an hman hlan te ah Jesu in a tirhthlah pawl cu tahthimnak thu hmang in netabik thu zirhnak a tuah. Cumi cu fala thianghlim pahra le tuu le me ih thuhla a si. Himi thuanthu hi Jesui ratnak a hngaktu pawl ih nuntu khawsak dan thuhla a si. Curuangah Jesu a rat zikte ih thilthleng ding hminsinnak pawl cu kan kiangkap ih thiltheng pawl thawn pehtlaih awknak an neihnak fiangten a lang.

Mathai 25:1-12, ih fala him pahra tahthimnak ih meiti cu hrilfiahtu pawl in Thiangthlarau a khiihmuh tiah an ti. Khami thu thlawp pi in Ellen G. White ih a sim mi cu himi mei ti cu zohman ih tuah famkim sak theih lo mi Thiangthlarau in zangfahnak zarah nun ziaza famkim pek mi a khiihmuh tiah a ti.

**Himi tahthimnak siarsuak aw. Meiti cu Thiangthlarau khiihmuhnak or Thiangthlarau zarah nun ze famkim neihnak thuhla ah a sullam ziangvekin so danglamnak a nei? Meiti cu Thiangthlarau khiihmuhnak or Khrih sungkhum nun nei ih Khrih nunze famkim langternak a si ahcun himi thuanthu in na hrangah ziangpawl so a sawh duh?**

Thiangthlarau \_\_\_\_\_  
Nun ziaza \_\_\_\_\_

**Mathai 25:31-46, sung ih tuu le me tahthimnak thuanthu siar aw. Tuu le me thennak ah tahfung ziang so a hmang?**

**July 19**

Siangpahrang in tuu le me a thennak ah an tuahmi ziaza sirhsan in a tuah timi hminsin aw. Jesu cun tuahnak zarah rundam ngah theinak in zirh lo. Asinan rundam khawkhannak ah nun ze thansonak hi a thupi zet ti kan hmu. Khrih zarah rundamnak famkim ka ngah ti awtu cun a ngah mi rundamnak cu a nuntu khawsak dan le a ziaza in a langter ding.

**“Misualral umdan” tiah kan thi aw theu. Zohman ih an lo ngaihsak lo tikah ziangtluk ih tlaktlai lo so na si? A phi nak pek mi in thleng danglam na tulnak ziangso a lo sim?**

**TLAWNGKAI NITHUM**

**“MI FIM”  
“The Wise”**

**July 20**

Jesui ratsalnak hngaktu pawl hrangah nun ze poimawhnak mizan zirlai ah kan zoh. Tuisun ih kan zoh ding mi cu Jesu rat can ih nungdam pawl nun ziaza a si ding ih a thupi sawn.

**Daniel 12:1-10, siar aw. Pehzomawknak ziangso a nei? Khawvel can hman mi ziang can a si tiah a langter? A poimawh ngaingai mi cu himi canah Pathian minung pawl ih ziaza ziangso in sim? Mi ding le mi sual ziaza zohthim ding ziangso in pek. Thuphuau 22:11.**

Daniel in thuanthu ngan san ih a um dah lo mi, a danglam zet harsatnak can Jesu rat zikzawng ih a thleng ding mi thu a sim. Daniel 12:3, 10, sungah himi can ih mi sual le mi ding um dan a lang ter. Mi sual pawl in sualral zetin thil an tuah ding tiah tiah a ti (Daniel 12:10, NKJV), mi ding pawl cun van ih arsi vekin an tleu ding tiah (Daniel 12:3), ralkah aw ih a sim mi hmainsin aw. Ziangatile mi thianghlim pawl cu thianghlim lonak deh khatte hman tang

lo dingah thiangfai zetih er mi an si (Daniel 12:10, NIV). Khami can sung ah ziang miphun hnen khalah a um dah lo mi ral donak can a si (Daniel 12:1, NKJV). Mi sualral pawl cun an thei lo ding ih, mi ding pawl cu an fim ruangah an thei thiam ding tiah a ti.

Ziangso an thei ding? Kanan maw, fimthiamnak, nasa zetih mawhpuhnak so? Thufim cabu ih a sim mi cu "Pathian tihzah cu fim hramthoknak a si" (Thufim 1:7, NKJV), tiah a ti. Himi hi fimmak thawn a kaih aw bik, mifim pawl cun fimmak an neih ruangah phuansuah theh a si mi ni neta ih thilhleng pawl, harsat mangbangnak can, thuhla an thei thiam. Hivekah lau in an um lo, ziangahtile Pathian ih thusim mi pawl an ziangzoinak ihsin hivek thilpawl a thleng ding ti mi an thei. Himi harsatnak hi anmah er titnak ih thianfaternak dingah thlenter mi a si ih a poimawh ngaingai timi an thei. Khatlamah misual pawl cun thulungkhen nei le lungruh in an um ding ih dodalnak le sualnak an tuahnak lamzin pawl an suahsan duh lo.

A thupibik mi cu er titnak le thianfai ternak a ngahtu pawl cu zo te so an si tiah a langter.

**Ni neta thawn a kaihhnoih aw mi cangpawl kan zirnak ihsin thianfai ternak le er titnak tuahdan felfai zetih theihthiam sinsinnak nei dingah ziangvekin so in bawm?**

TAWNGKAI NILI

July 21

KHAWTLANG LE NUNZIAZA

Character and Community

Hla pakhat cu "I am a rock, I am an island" ti ah a sak ih "riak laang va bang keimahte lawng" tinak a si. Cu vekin keimah lawng ka si tiah na ruat aw dah maw? Mi dang ai hramnak teh na thei maw? "Bulpak thuhla ah Pathian ih umpitnak ka lo sim ding. Thuhla dang a si lo"

**Efesa 4:11-16, siar aw. Paul in thupoimawh ziangso a sim? Khawtlang nun hrangah tuah dan ziangso in sim?**

Paul in Efesa cakuat a ngan tikah Kawhhran cu taksa ruangpum vek a si tiah a ti. Jesu cu lu a si ih a dang hmuahhmuah cu bulpak nangmah le keimah kan si. Efesa 4:13, na zoh a si ahcun khawtlang nun sirhsan in khawsak dan ding a si timi hminsin aw. Hivek hi tonteh nun a si ih "Khrih cencilh nunram tahnak a si" (NIV). Curuangah nangmah le keimah bulpak in kan poimawh.

Khrihfa pawl cu kan zaten pumkhat rori ding kan si. Kum zabu tampi hmuhsuam nautat ih hremnak tuarsuaktu pawl vekin pumkhatnak nun neih hi a tul rori. Pathian huham thawng in himi nun hi hmual a nei ngaingai, zohman ih cihmih theih a si lo. Paul in a thupibik ih thlir a duh mi cu lungrualten hmun khat ih hna kan tuan laiah kan zaten bulpak ciar in Khrih luahkhah nun cu famkim ten langter cionak ding thutak nun neihnak a sim duh.

**Efesa 4:11-16, sungah, Khrih luahkhah nun neih hlanah Khrihfa khawtlang nun ah ziangso a thleng tiah Paul in a sim?**

**Khrih luahkhah nun neitu pawlkom pakhat in ziangvekin so Khrih luahkhah nun cu famkim ten an langter? Doawknak ropi ah himi in thathnemnak ziangso a nei? Efesa 3:10.**

**Theih dahlo mi sing hnenah duhnung mi si cu a ol ngasingai, asinan in theifeltu le in huatu hnenah cun kan duhnunnak langter dingah a ol lo. A san cu theih dah lo hnenah zangfahnak le zawruahnak langter ih Pathian thuhla ih thutak humhim nak langter cu a ol te.**

**TLAWNGKAI NINGA****July 22**

**RUAHBETDING:** “Kan milai pi hnenah rinsantlak nun nei dingah nun ze tha ih remthat awnak hi a poimawh bik mi a si. Hlan ah kan tuah dah lo hmanah tu-ah thinlungtakten kan tuah ding mi a si. Lakhruak in mi thupi si a theih lo, thi hrulh ih zuamtentonak in mi thupi si ah a suak thei.” Ellen G. White, Education, p. 225.

“Tahthimnak sungah a aa mi falahim pawl in mei ti an dilnak a langter ih, an tulsam mi dilnak ah an hlawhsam. Himi hi a ra ding mi harsatnak can hrangah nundan fimkhurnak le remthat awknak nei lo pawl khiihmuhnak a si. An vengnen pawl hnenah kan hloral ding ual, nun ziaza in tawmpve uh tiah an ti ding mi a sim duh. Falahim a aa mi pawl cu falahim a fim pawl in mei ti an tawmpthei lo. Nun ziaza cu pekawk thei le tawmpthei mi a si lo. Zuar theih le lei theih khal a si lo. Bawipa in zangfahnak can sunglawi sungah dingfelnak nun ze kilhim in remthat theinak dingah remcannak tha mi kip hnenah a pek. Asinan mi pakhat in thihrulh ih a nun a rem mi cu midang pek theinak lamzin Pathian in a tuah lo. Anmah cu zirhtu ropi Jesui zirh mi an si ih, harsatnak lakah an tuarfai thei, cule tlang thawn thei zumnak thawn nun ze remfeltu an si.” Ellen G. White, The Youth’s Instructor, Jan. 16, 1896.

**RELTLANGDING:**

1. **Nun ziaza remthat timi sullam ziangso a si? Himi hi ziangvekin so na tuah thei ding? Nan kawhhran zatlang nunah le nangmai nunah hmuh thei ding in nun ziaza remthatnak ziangtlukin so nan rak tuah?**
2. **Tlawngkai nili ni zirlai ah Khrihfa pakhat ih khawtlang nun a poimawhnak kan rel zo. Kawhhran**

**cu Khrih ih taaksa ruangpum a sinak nan tualsung kawhhran in ziangtlukih tha in so a feh pi? Nan pawlkom ah Khrih ruangpum cu ziangvekin so nan langter? Ziaza remthatnak hmainor vivo thei dan ding reltlang uh.**

3. **Jesu zumnak thawng lawngih rundam kan si ahcun, ziangruangah nun ze remthatnak a thupit timi zirlai zirnak ah reltlang uh. Amai dingfel thianghlimnak le nun ze famkimnak ruangah run dam kan si ahcun ziangruangah nun ze remthat vivon kan tul?**
4. **Helen Keller, timi cu a sentet lai ihsin mitcaw le hnaset a si ih, hitin ca a ngan: “Nun ziaza timi cu famkim ten ol-ai zetih rem that theih a si lo. Hlawtling zetih nun ziaza rualban thei ding ahcun tumtah mi sangpi neih ih nun thunun aw theinak, nun zalam fiangfel zetih hmuh theinak, nei in thinlung pacang cuh ih harsatnak khalah taimak suah tentonak lawng in a ngah thei” Leadership, vol. 17, no. 4. Himi hi na thlawppi thei maw? Doawknak ropi, tuarnak, le nun ziaza karlak an hnoihhnih awk dan reltlang uh.**

**ZIRLAI 5****July 23-29****ERNAK MEISA  
Extreme Heat****SABAT TLAILAM****July 23**

**TUZARHSIARDING:** Semtirnak 22; Hosea 2:1-12; Job 1:6-2:10;  
2 Korin 11:23-29; Isaiah 43:1-7.

**BIBLE CANGKEN:** “Sikhalsehla amah vuakdurh ding cu Bawipai lunghmuizawng a si; anih in amah cu thinna ko an tuah. A nunnak cu mawh thilhan ih tuah a si tikah Amai cithlah a hmu ding ih, a damsung kumpwl a sauter ding. Cule Bawipa Pathian ih lunghmuizawngcu amah kut ah a hmuingil ding.” (Isaiah 53:10, NKJV).

Khrifha cangantu hminthang C. S. Lewis ih nupi cu a thi. “Pathian ka zum ih tihnungza tampi a um lo ding tiah ka ruat lo. A ngaingai ih tihnung za a ra mi cu amah thuhla zumnak ding a si. A netnak ah ka tih mi ngaingai cu Pathian ih thiltuah mi pawl a si lo ih Pathian cu ziangbangtuk teo so a si ti mi a si.” A Grief Observed (New York: HerperCollins, Publishers, Inc., 1961), pp. 6, 7.

Natnak le harsatnak a thlen ngaingai cun Pathian dungtun lohli a ol. Lewis vekin Pathian kan hmuhdan le ruahdan phun dang nei thei dingah thatlonak hmuahmuah ih lemsiah in kan um. Thusuhnak cu ziangtlukin so a sa? timi a si. Pathian in “A Fapa ih hmuihmel” kanmah ah a lang theinak dingah kan parah harsatnak ziangtluk in so thlenter a tum? (Rom 8:29, NIV).

F-4

**Zohfelaw:** Pathian in amah thei duhtu le duhdawt tumtu in amah theihsualnak nei thei dingah ziangruangah tumtahnak a nei tiah na ruat? Pathian in amah theihsualnak nei khop ih harsat tuarnak ihsin “a Fapa ih hmuihmel lang thei dingah” ziangvekin so a tuah ding tiah na ruat?

**THAWHSAK NI  
HNIKSAKNAK AH ABRAHAM**  
**Abraham in the Crucible**

**July 24**

Semtirnak 22, siar aw. Simfiangnak zianghman um lo in Abraham cu a fapa mei ur thawinak ih pe dingah Pathian in a ko. Abraham in ziangvekin a tuar ding ti ruat aw? Pathian thianghlim in na hrin mi fahniang raithawinak ah na pek a tul timi hi barakhiah thei mi ruahnak a si. Cu cingin Abraham cun pomtlak a si tiah a ti thotho, Pathian in rosar awk ding thuhla ah a thutiam pawl cu ziang so a si? A fapa a um lo ahcun thutiam khal thu lo lak ah a cang ding.

**Pathian in Abraham hnенah hивек raithawinak tuah dingah ziangruangah so a dil? Ziaangkim theitu Pathian a si ahcun a sim duh mi ziangso a si ding?**

Pathian ih fial mi cu lakhruak thil thleng a si lo. Thinlung kekkuai ih tuar dingah remruat mi a si. Ziangatile “Pathian in a hrang netabik hniksaknak cu retheihnak colh san ih hnangam thindai tei um hiar duahdo ih tar lam cauh hnu hrangah a ret sak.” Patriarchs and Prophets, p. 147. Rual ban lo Pathian ih hniksaknak maw si? A zaten a silo hman ah, “tuksuzma thim khawzingpi vek ni le can ah thinlung kekkuai ih a tuarnak cu milai rundamnak dingah ziangkim tithei Pathian ih

pekawk theinak sunglawi amai tonnun rori ih theihthiamnak a neih theinak dingah a si.” Patriarchs an Prophets, 154.

Abraham in a fapa that seh tiah Pathian in a duh lo, hnixsaknak men a si. Himi hi Pathian ih hnatiuan poimawh hmuhsaknak a si. Kan tuah famkim theilo dingmi thil cu Pathian in tumtahnak a nei ih infialnak a um thei. Kanmai thazang ih kan thlen theilonak hmun ah in fehter thei ko. Himi hi Pathian hrangah a rak thupi ngaingai ih a netnak a si lo. Rem thatnak tuah tul rero mi kan sinak kan thei ding.

“Nan pa Abraham cun ka ni can hmu dingah a ai a puang zet, cule a hmu ngah ih a lung a awi” (Johan 8:56, NIV) tiah Judah pawl hnen Jesu in a sim tikah Abraham ih tonnun a ruat ko ding. Abraham cun Setan in a tukforh rero laiah himi thil hmuh tlang theinak hi a pelh hlo thei mi a si. Pathian aw le Setan aw a thleidang theinak ruangah Abraham cu himi thuhla ah a him.

**Pathian aw na thei maw? Ziangvek so a si? Pathian in ka hnenah thu a sim tiah ziangtin so na thei thei? A duhnak na hnen ih a phuannak ah ziangvek so a hmang?**

**TLAWNGKAI NIKHAT  
ISRAELPAWL PIALNAK  
Wayward Israel**

**July 25**

Hosea thuanthu hi kanmah in zirhnak zirlai thazet a si. Hosea umdan hminsin a tlak zet. Hosea nupi Gomer cu fa nei cing in mipa dang a duh ih a tlan suak. Nunau le mipa sinak ah mi hlothlau a si. Pathian in Hosea hnenah a nupi cu ko sal ih hlan vekih duhdawt dingah a fial. Himi hi Israel pawl le Pathian karlak zohthim ding thuanthu a si. Israel pawl cun an Pathian an phatsan ih milem pathian

hnenah thlarau lam hlawhlannak an tuah. Cule Pathian in an parah duhdawtnak a neih ringring mi an hnenah langter sal a duhnak a si. Curuangah Pathian thiltuah dan Kan zoh ding!

**Hosea 2:1-12, siar aw. Israel pawl hruaikir sal dingah ziangvek tuahdan hmang dingah Pathian in a sim? Hivek tonnun ziangvek so a si?**

Hosea 2:2, 3, \_\_\_\_\_

Hosea 2:5-7, \_\_\_\_\_

Hosea 2:8, 9, \_\_\_\_\_

Hosea 2:10, \_\_\_\_\_

Himi thuanthu hi Pathian in sualsirnak nei dingah in hruaikir salnak tonnun thuhla a thupi zet mi pahnih a um.

(1) Pathian in hna a tuan rero timi theithiam lonak hi tih a nung. Israel pawl in lamzin harsa an zagh tikah harsatnak an tong. An Pathian in an rundamnak hrangah hna a tuan rero timi an rak theithiam lo. Kan lam zin cu hling le so ih khamnak hmun or khuijam kan pan ti thei lo in zin kan hlo tikah (Hosea 2:6), himi Pathian a si kem? Beidong vansang ih kan um tikah (Hosea 2:9, 10), Kan Pathian kan Pa cu khapawl lakah a um kem? Pathian cun in duhdawt tuk ruangah sualsirnak nei thei dingah in hruai ringring timi thutak hi kan ruah ringring dingmi a si.

(2) Pathian ih hnatiuan rero mi ah lunghrinnak kan nei theu. Kan hrangah Pathian hna a tuan timi kan theih khalah hnatiuan hlahseh ti kan duh men thei. Vansang le beidong ih kan um tikah Pathian kan mawhsiat ih,

tlangtlaknak in tuah mai lo, a tuah thei ko nan kan zawn in ruat lo tiah kan ruat theu. Asinan Pathian cun nun thar kan ngah theinak dingah a duhdawtnak thukham hmang in hna a tuan.

**Hosea 2:14-23, siar aw. Pathian thuhla ziangso a lang ter? Pathian hnen ihsin na tlanhlo tikah nangmah hruiatu dingah Pathian Thianghlarau dil aw. Dantat ih na um tikah ziangruangah harsatnak na pah tlang? Pathian hnenah na pumpek awk tikah ziangpawl so na bansan?**

**TLAWNGKAI NIHNIH**

**PATHIAN BIAKNAK ZARAH LUATNAK**  
**Surviving Through Worship**

**July 26**

**Job 1:6-2:10, siar aw. Ziangah so Job in natnak a tuar?**

Hitawkah thil maksak a um. Van mi pawl cu Pathian hmu dingah an feh ih Setan khal an lakah a tel ve. Pathian in Setan cu “khui lam ihsin na ra” tiah a sut ih Setan in “leitlun khat lam le khat lam ka hlehkatnak ih suk so ka vahvaihnak ihsin ka ra” tiah a ti (Job 1:7, NIV). Pathian in “Ka siahhlawh Job na ruat dah maw?” ti zawng in thu a sut (Job 1:8, NIV). Thusuhnak cu mak ti ding mi a si lo, amak mi cu thusuttu a si. Job hniksak ding ih thusuahtu cu Setan a si lo ih Pathian sawn a si. A hnu ih thilthleng ding mi pawl thei cing in Pathian in Setan thinkhei zawngin Job thuhla a sim. Leitlun ih Job cun harsatnak tawpkhawk a parah a thleng ding mi a thei lo. Job ih a tuarnak cu Pathian tuah mi a si lo ih Setan ih tuah mi a si. Job ih neihsiah le fanu/ fapa hmuahhmuah siatsuah thluhdingga Pathian in rem a ti pit. Cule a hnu ahcun a taksa harhdamnak tiangin siatsuah dingah rem a ti. Job ih

tuarnak ah Pathian remtinak a tel ahcun, Pathian or Setan cun bulpak in harsatnak thlentertu an si ding ih ziangso an danglamnak a um cuang? Job nat tuarnak ah Pathian rem tinak in Setan in a tuah a si ahcun Pathian thiamthu a um cuang ding sawm? Himi hi thu danglam a si ih, tuisan kan par khalah Pathian in a tuah thei ve.

**Job 1:20, 21, ah hniksaknak cu Job in ziangvekin so a langter?**

Khami tuarnak kha phun hnih in langter thei a si. Thin na ih hua thei kan si. Pathian cu tuksuzma mi hrem hmang tiah pom ih dungtun theih a si. Asilo le khoh sinsin ih Pathian kaihbetnak a si thei. Job cun Pathian a kai hnget ih a harsatnak a cingfel.

Job 1:20, 21, sungah Pathian biak dan phunthum ih a lang mi kan hmu. Cuih pawl cu riahsia vansang ih kan umnak ah in bawmtu a si thei ding. (1) Job cun bawmtu nei lo tong suak ngam lo ding a sinak a thei aw. “Ka nuih sul sung ihsin taklawngin ka suak ih, taklawng in ka kirsal ding’ (Job 1:21, NIV). (2) Ziangkim parah thuneitu cu Pathian a si ti Job in a thei ih “Bawipa in i pe ih, Bawipa in a laksal” (Job 1:21, NIV) tiah a ti. (3) A netnak ah Job in Pathian ih dingfel thianghlimnak a zumnak kha a nemhnget salnak ah “Bawipai hmin cu thangthat in um seh” tiah a ti (Job 1:21, NIV).

**Hniksaknak a tuar suak lo sawm? Job ih kekar dan thlun aw. Ziangtlukin so a lo bawm thei?**

**TLAWNGKAI NITHUM**

**Ruahsannak ih Nunnak**  
**Surviving Through Hope**

**July 27**

**“Kha tiin kan phurh thei lo ding mi phur rit nasa zet kan parah run thlengin, cumi ruangah nun ding hman**

**ruahsan lo tiangin kan um. A si kanmah le kanmah rinsanaw lo in, mithi kaithotu Pathian kan rinsan” (2 Korin 1:8, 9, NIV).**

Pathian belruat Paul cu midang hnak in a tuar hleice. Asinan Paul cu a sung lo. Pathian thangthatnak ah a hmang sinsin. Harsat a tuarnak a ngan mi pawl siar aw 2 Korin 11:23-29. Atu-ah 2 Korin 1:3-11, siar aw.

**2 Korin 1:4, sungah Paul in Pathian ngilneihnak ih hnemnak a ngah thu a simnak ah “Pathian ih in hnemnak in buainak phun zakip a tuartu pawl kan hnem ve theinak dingah anih cun kan buainak hmuahmuah ah in hmem theu” (NIV). Tuarnak cu hnatuannak ding ah kawhnak a si lo sawm? Himi ah ziangvekin so tiar aw cia in kan um thei ding?**

Pathian in harsatnak tuartu pawl hnemnak hnatauan dingah in duh. Himi thuhla ruangah harsatnak ton in siang. Cule kaa lawng ih mi hnemtu si lo in tonnun nei ih thinlung le taksa ih tuahnak thawn Pathian ih in hnemnak vekin kan hnem thei ding. Himi hi Jesui dan hrampi le a tuah dan a si (Hebru 4:15).

Paul in harsatnak a tuar mi pawl a langternak hi kan hnena a va poi ve tiah a ti lonak dingah a si. Hi pawl cu nasa zet kan tuarnak sung khalah kan Pa Pathian cun tlangtlaknak a tuah ih a ngilneihnak ih hnem kan si. Thah ding mi le ruahsan ding zianghman um lo nun cau in kan um thei, asinan Pathian in amah rinsannak dingah in zirh. Kan rinsan mi cu “Mithi kai tho theitu” kan Pathian a si (2 Korin 1:9, NIV).

Paul cun thuthangtha simnak ding khua a cuan ih, a ralai ding mi can khalah Pathian in i run ding ti a thei. Paul in khoh zetih a din theinak bawmtu thil pathum pawl cu 2 Korin 1:10, 11, sungah a ngan. (1) Pathian bomnak a ngan: “Pathian cun khavek thihnak rapthlak ihsin in

runsuak zo, a tu khalah in run,” (2 Korin 1:10, NIV). (2) Paul cun Pathian par rori ah a thum aw theh “amah cun in runsuak leh ding tiah ka rinsan” tiah a ti (2 Korin 1:10, NIV). (3) Mi thianghlim pawl ih thlacamnak ruangah tiah a ti “thlacamnak ih in rak bawm cio vekin” (2 Korin 1:11, NIV) tiah a ti.

**Harsatnak na tuar mi sungah nangmah na zangfak awnak ih tluknak ihsin venghim aw thei dingah Paul hnen ihsin ziangso na zir suak thei?**

**TLAWNGKAI NILI  
ERTITNAK MEI  
Extreme Heat**

**July 28**

Tu kuata ih zirlai tampi kan zir zo ih, kan nun ah Khrih nun lang ih thianghlimnak a thlen theinak dingah hniksaknak zohthim ding tampi kan hmu zo ding. Mi tampi pawl cun Pathian cu hnatuannak ah khirh zetih hotu le thupetu a si tiah an ti. Mi hrekkhhat pawl cun “Pathian in kan thatnak ding a duh ti kan thei. Asinan himi thuthimnak ah duhdawtnak le zawnruahnak ih zawinak a lang lo. Pathian cu a luantuk. A tumtah mi langsuk thei dingah ruah ban lo tiangih harsatnak in tuarter, himi ah kan tuah thei mi a um si lo” tiah an ti.

Sualnak ih luahkhat theh mi leitlun ah himi hi a dik mi a si. Ziangruangah himi thil hi a thleng tiah kan theih mi a mal tuk. Van kan thlen tikah tampiin kan thei leh ding (1 Korin 4:5, 1 Korin 13:12). Asinan a tu-ah kan hrang thiltha a thleng ringring lo hmanah Pathian cu kan hnena a um ih in kilhim ti mi zumnak kan neih theinak hi ka cantawk a si. Himi ruahnak cu Isaiah khal in a rak ngan.

Isaiah 43:1-7, siar aw. Isaiah 43:2 sungah Pathian in a minung pawl cu meisa an tannak can le tilian an

tannak can a um ding tiah a ti. Rapthlak zet tihnung in a lang mi, tipi sen le Jorsan tiva tan can pawl cu tih a nung ih a rapthlak zet. Asinan cuih lamzin cu nun thar thawn an paltlang ih leiro zin tha an zawh. Pathian in a minung pawl cu tihnak sung ihsin a humhim ding timi na theisuak thei lo sawm. Anmah cu a hruai ih lamzin nuam ah an feh lo sawm. Saam 23, sung ih tuu khal vek a si ih harsatnak can thlengthman sehla Pathian minung pawl cun thinphang le tlalau in an um ding a si lo, ziangahtile Pathian cu anmah thawn a um.

**Isaiah 43:1-7, siarsal aw. Tilian le meisa karlakah Pathian in a minung pawl a hnemnak pawl ngan aw. Pathian ih a langter dan na thilung sungah ziangvekin so a lang? Himi thutiam hi ka ta a si tiah na sim thei mi a um maw?**

Pathian ih hniksaknak phun thum pawl cu a tawinak in kan zir theh zo. (1) A saa zet mi mei thawn Pathian ih hniksaknak cu in siatsuahnak dingah a si lo ih kan sual kangralnak dingah a si. (2) A saa zet mi mei thawn Pathian ih hniksaknak cu cau theh ih kan umnak dingah a si lo ih sersiam tir ih thiaghlim vekin kan thiaghlimnak dingah a si. (3) Kan sinak zahpi lo in Pathian in ziangkim ah thin sau zetin in kilkhawi, in tanta dah lo.

**Himi cang pawlin Pathian ih nun ziazza le cangvaihdan ziangso a lo zirh?** Saam 103:13, 14; Mathai 28:20; 1 Korin 10:13; 1 Peter 1:7. **Na nun ah Bible cang ih sim mi na tong ngangai maw?**

TLAWNGKAI NINGA

July 29

**RUAHBETDING:** "Pathian in a minung pawl cu harsatnak meisa ah a hniksak ringring. Sui tak a si mi Khrihfha par ih a kop mi hnawm le tlap pawl thianfainak meisa a si.

Cuih hniksaknak cu Jesui tuah mi a si, a sunglawi thil langsuaik ih a duhdawtnak lang thei dingah tuahtul mi pawl cu amah in a thei. Pathian in a siahhlawh pawl cu nun a sim ih a hniksak theu. Pathian in a hnatuannak ih hman theih mi thil ti theinak nei, mi thathnem pawl a hmu. Cuih pawl hniksaknak cu a ngilneihnak ih tlenter a si ih an nun ze hniksaknak cu an sinak khaisangtu asi. . . . An tawntaihnak an hmu aw ti a hmu cule amah Pathian rinsan dingah a zirh. . . . Curuangah a hnatiuan cu a hlawhtling. Zirh mi, thate ih kaihruai mi le amah Pathian ih thunun theh mi an si. An hnen ih pek mi thilti theinak cu Pathian tumtah hlawhtlinnak ding ih timtuah mi a si." Ellen G. White, Patriarchs and Prophets, pp. 129, 130.

"Harsatnak tangah zawi thei ding in Pathian zangfahnak ih kawh kan si ahcun harsatnak khuat hai le cross cu kan pom a tul. Kan tongkam cu Pa Pathian kut ih ven him mi a si ti kan thei ding. Sun ah Pathian kan rinsan vekin zan can khalah Pathian kan rinsan ding. Kan thatnak ding a si ahcun Pathian in ziangkim kan parah a tlenter thei ti zum ngamnak kan nei thei kem? . . . Calvary cross par ih a lang mi duhdawtnak kan theih tikah harsatnak thim khawzing lakah Pathian thangthatnak hla sunglawi sak dingah thilung in duh lonak kan nei thei kem?" Ellen G. White, Testimonies for the Church, vol. 5, p. 316.

#### RELT LANGDING:

- Zirlai zirnak ah Abraham vekih a zumnak nasa zetih hniksaknak an ton mi a sim sal theu. Amah ih hlawhtlinnak or sungnak ihsin zir thei mi ziangso na nei?**
- Khrihfha Cross ah thah a si hlan nazi 24, sung ih a nun ruatsal aw. Ziangtluk ih nasa so a ton? Ziangtluk**

in so a zawi thei? Bulpak in hniksaknak kan ton tikah Jesu zohthim in tuah dan ziangvek so kan hmang?

3. Harsatnak kan tuarnak cu midang kan hnem theinak dingah a si ti mi thu tu zarh sung ih thlirdan reltlang uh. Himi ruahnak hi dik zet hman sehla kan ton thei ding mi buainak ziang pawl so an um?
4. Ellen G. White, in a tlunah, “Sun khawvang lai ah Pathian kan rinsan vekin zan can khalah kan rinsan ding” tiah a ngan. Khami thil kha sim ol tluk in a takah a ol lo. Mi dang in kha mi tuarsuak theinak zumnak nei thei dingah ziangtin so kan bawm aw thei ding? Siatton can ah Pathian rinsan ziangruangah a poimawh?

## ZIRLAI 6

July 30- August 5

### CAHNAK HMUAHHMUAH THAWN TALBUAINAK Struggling With All Energy

## SABAT TLAILAM

July 30

**TUZARHSIARDING:** Johan 16:5-15; Kolosa 1:28, 29; 1 Peter 1:13; Mathai 529; Semtirnak 32.

**BIBLE CANGKEN:** “Himi tuahsuak dingah Khrih ih pek mi, ka sungh nasa zetin hna a tauntu, cahnak hmang in taima zetin ka tuan” (Kolosa 1:29, NIV).

Pacang pakhat le nupi nu pakhat cu thurelnak hmun inn khan pakhatah an to tlang. An pahnih in nauhak thattu an si. Nupi nu ih fapa cu a liam zo mi 20 laiah thah a rak tong ih ni khat hnu ni khat a thinhengnak a reh thei lo a zual sinsin. Pacang pa cu mi danglam ngaingai a si. A liam zo mi kum reilo te ah a fanu cu rapthlak zetih that a tong. Amah pa cun tualthattu cu a ngaidamnak thu a sim ih, in tuahmawhnak cu Pathian in a thleng danglam zo tiah a ti. Hi pa in nunnak can tawite ah tuksuzma ih tuarnak a thleng mi cu thim khawzingpi vek sihmansehla Pathian in damnak a pek zonak a langter.

An Pahnih pomdan ziangtluk in so an danglam aw? Khrihfa nun ah thlarau lam nun thlengnak a suak ih, bulpakih ton mi hniksaknak sungah tluse lanta lo in harsat tuarnak cu nun pitling neihnak ah a cang.

**Zohfelaw: Bulpak in mai nun le sual donak ah kan thinlung duhnak le duhhrilnak ih hmualneihnak ziangvekin so a feh pi? Thutluknak kan tuahnak ah sual sal silo dingah ziangvekin so kan hrial thei? Hniksaknak sung kan luh tikah ziangruangah so a sung pek lo in kan tan a tul?**

**THAWSAL NI  
THUTAK THLARAU  
The Spirit of Truth**

Nun thleng danglannak um si lo in ziazza tha neih ka duh tiah Pathian hnenah zangfah dil in thla na cam dah maw? Kan nun ah nasa zetih thleng danglannak um dingah Pathian thiltitheinak dil in thla kan cam nan kan nun ah danglannak zianghman a um lo a bang, ziangruangah so a si? Pathian in duhsak zet le zalen zetin, cemthei lo a thiltitheink cu Pathian a si vekin in pek thei ti cu kan thei. Khami hlawknak hmuahmuah ngah kan duh, kan nun cu thlengdanglannak zianghman a um si lo, curuangah Pathian in ziangso in pek timi zohfel sal aw.

Ziangruangah? Theih ol te a si mi thubuai pakhat a um: Na duhhrilnak cu Pathian thununnak hnuai ah a um ahcun Thlarau in kan nun in thleng danglam thei.

**Johan 16:5-15, siar aw. Jesu in Thiangthlarau cu “thutak Thlarau” tiah a ti (Johan 16:13, NIV). Thiangthlarau in kan hrang a tuah thei mi ziangso a langter?**

Thiangthlarau in misual kan sinak thutak in theihter. Amah in sualsir dingah in tuah thei lo. Pathian sinak thutak sunglawi khal in theihter thei. Asinan a thu zawnlung tei pomih thlun dingah thuneihnak hmang in

inhruai lo. Pathian in thuneihnak hmang in innamnul sehla kan duhhrilnak a hlo ding. Cutikah minung ih thinlung le ruahnak cu Pathian in amai duhdan in a uk theh tiah Setan in a soisel ding. Cule doawknak ropi sungah Pathin cu bum hmang a si tiah mawh a puh thei ding. Van ah doawknak ropi a suah tik khalah Setan or vancung mi zokhal Pathian cu a tha ih a dik a si ti mi zum dingah le sual sirnak nei dingah zo hman a hnek lo. Eden hmuhan khalah Pathian in hmuhan laifang ih thingkung thuhla ih thutak cu fiangte in a sim. Asinan Adam le Eve in thulung lonak duh hrilnak an tuah mi a kham lo. Pathian in kan san khalah hitivekin a tuah thocho. Curuangah Thiangthlarau in Pathian thuhla ih thutak le sual thuhla ih thutak cu in sim ih “na hmuh thei dingah ka lo hmuhter zo atu-ah ziangso na tuah ding?” tiah in ti.

Hniksaknak ih kan um khalah hiti thocho a si. Kan sualnak kan sir aw lo ih thulunglo ih kan um ruangah hniksaknak cu a cekci in kan tuar theu. Kan Pa Pathian in khami hnatiuan cu a tuahsuak, kan nun thlengdanglam ih a um theinak dingah Pathian huham cangvaihnak um thei ding in sualsir ih thulung dingah duhhrilnak tuah in a hrangah sangka kan on sak ding.

**“Thutak Thlarau in” tu baite ah mawh a lo puhnak ziangso a um? Ziangtluk ih tha in so a thusim mi na theihsak? Zalen zetih duhhrilnak na tuah mi in a poi zet mi ziangso na tuah?**

**TIAWNGKAI NIKHAT  
HRINGNUN HMANG PATHIAN  
The Devine-Human Combination**

Hlawhtlinnak sunglawi na ngah mi a um maw? Hlawhtlinnak cotha cu zingpit ten na ihnak ihsin na thawh

veten a um hruak mi a si lo. Tui kan nunah hlawhtling si kan duh ahcun can lak ih tanlak a tul. Khrih ih tirhthlah kan sinak ruangah a danglam lo.

**Kolosa 1:28, 29, siar aw. Paul in Pathian hna nun pekih a tuannak a sim, milai tanlak a tulnak ziangvekin so a langter?** Danpeksalnak 4:4; Luka 13:24; 1 Korin 9:25; Hebru 12:4.

Kolosa 1:29, sungah himi hnatuannak ah Pathian thawn tangtlangnak a langter. A sim dan ahcun Pathian huham thawn nasa zetin a buaipi tiah a ti.

Hnatuantu ti mi a langter mi a sullam cu thanso reronak ah a cauhnak a langter ih hnatuannak ih thabangnak a sawh duh. Himi tongfang hi lehpannak ah zuam ding ih zirnak tongkam hman mi a si ih a danglam zet. A dung ih ra ding mi cafang “tal buai” timi cu mi phundang tongkam hman dan ahcun natternak ding timi sullam a nei. Curuangah cafang ih a langter mi cu lehpannak ah nehnak ngah ding ih zirnak a langter. Asinan Paul cu amai neih mi ihsin si lo in a hnenah Pathian ih a pek mi hmuahmuah a zingzoi ih lakkawi thei mi thu a sim bet. Paul ih hnatuannak Pathian huham thawn a tuah mi ah a zuam dan le a hnatauan dan pawl cu tluangtlamten thunet kharnak in tuah sak. Hivek hnatuannak ih tangtlang ahcun Khrih ih mize famkim kanmah ah a thanglian theinak dingah in sawmnak a si.

Duh tamnak khawvel ah kan um ih tuah theimi nei lo minung kan si timi kan theih a tul. Cuih thil cun Khrihfa pawl cu in kai awk. Na zum rori a si ahcun Thiangthlarau cencilhnak in Pathian thiltitheinak ih thilmak ropi tuah thei dingah Khrihfa hnatuantu evangelist pawl cu tiakam an si. Asinan himi hi thutak

famkim lo tihnung za a si thei. Ziangahtile a netnak ah hnangam le remrel zetih kan um laiah Pathian thiltitheinak huham a thlen can kan hngak a tul!

**Paul in buaipit rero timi thuhla ah tonnun na neih mi ziangso a um? Na buaipi rero mi thilah Pathian in na thinlung sungah ziangso a lo ret sak? Pathian duhnak tuah dingah ziangtlukin so pumpek awknak na tuah thei?**

**TIAWNGKAI NIHNIH  
THINLUNG UKAWKNAK  
The Disciplined will**

**August 2**

Kan thinlung khawruahnak uktu bik cu cakhiarnak a si. A poi lo kan ti theu mi kan mithmuh mi le hna ih theih mi rimawi tinkim ih rem mi awnmawi umnak ah kan khawsa ih, thinhengnak, tihpennak, or cakhiarnak in pekih kan ruahnak in hruai peng theitu lakah kan thang lian. Zanriah ka ei mi khui in so? Tuisun ih ka tlanlen dan a mawi maw? Ka lei mi thil ah ka diriam ngaingai maw? hivek pawl hi kan ruat taktak theu maw. Ruahnak le thutluknak tuahnak hi then aw thei lo kop aw mi an si. Ruahnak hi thilsual a si lo. Asinan thil pakhat kan ruah mi cu a dik mi le a thabik mi thawn a sengawk thei. Asinan ruahnak hi mi bum a hmang (thinlung hi thil hmuahmuah hnakih mi bum hmang a si [Jeremiah 17:9]). Kan ruah mi pawl cu tuah ngaingai tikah a dik lo in a lang theu. Thutluknak dik lo kan tuah ruangah a si ih kan tuah mi lala in harsatnak kan thlen aw theu.

**Pathian thusuak Bible ah hngat aw lo in mai ruahnak parah thum aw ih duhhirlnak a tuahtu pawl ihsin zohthim ding ziangso na hmu thei? Ziangso a thlenter? Semtirnak 3;6; 2 Samuel 11:2-4; Galati 2:11, 12.**

**1 Peter 1:13, siar aw. Peter in ziang thuhla so a ruat? A ca siartu pawl in tuah rori seh ti a duh mi ziangso a si?**

Peter in thinlung ih khawruahnak hi kan ruangpum zaten a uk thehtu a si ti a thei. In thunun tu kan thinlung khawruahnak um lo sehla kel awh lo le rual ban lo kan si ding.

Tuu khaal ih inn pannak lamzin fiak kha na thinlung mitthlamah suai hnik aw. Zin thuan ah hmuntin fehnak zintek tampi a um. A hrekkhat cu feh kan pahi lonak hmun a si. A hrekkhat cu kan ruahnak in kai peng thei deuh kan duhdan vekih lemsiahnak a um. Cuti cun lam zin dik tanta in kan hril mi zin cu kan zawh tikah zin dik ih kirsal dingah a ol nawn lo ih duhlo cing in kan hril mi zin kan zawh.

**Thuthencatnak tuah harsazet a poimawh mi ziangso na tong? Pathian thusuak kakh in duhnak cakhiarnak, ruahnak pawl hmang in duhhrilnak ka tuah timi ziangtin so ka thei aw thei ding tiah pheh aw lo ten ruat hnik?**

**TLAWNGKAI NITHUM  
THUTIAM PERHHLEI  
Radical Commitment**

**August 3**

**“Na vorhlan mit in lo tlukter a si le, phorh suak awla hlom aw, na taksa pumpi hell sung ih thlak a si hnakin, na tangsa peng pakhat a hloh cu na hrangah a tha sawn.” (Mathai 5:29, NIV)**

**A tlun ih Jesui thusim mi ruat aw. Himi hi a luantuk na ti maw? Cuti a si ahcun ziangruangah?**

A fekfeh rori ih cangvaihnak hi a tulnak a um lo, Pathian in Khrihfa nunramah harsatnak a tuah ah a cang

ding. Kan sinak le kan nunphung hman in Pathian khawkhannak ihsin hmunhlapi ah in hruai zo. “Minung pawl in mah le mah ziangtin so Pathian thawn hi tluk ih hla in kan rak then aw? tiah mah le mah mangbangaw in kan um theu. A phi cu voi hnih khat mallai te lawng kan timi a si theu.

Mathai 5:29, 30, siar aw. Jesu in sex tuah thatlonak thuhla a sim. Asinan sualnak dangpawl cingfelnak dan hrampi khal a si. A ngaingai ti ahcun a tlangpi in danhrampi pawl hi Khrih sungah mi pitling sinak ih kan thanglian theinak dingah a si.

**Mathai 5:29, 30, sungah Jesu in a thupi zet mi ziangso in sim? Mah le mah rualban lo ih tuah aw ngaingai dingah in fial maw?**

Jesu in kan taksa peng zianghman harsatnak pek aw dingah in fial lo. Kan taksa manneihnak nei lo ih tuah dingah si lo in kan thinlung uk aw vekin kan taksa sunloih dingah in fial. Bible cang in Pathian hnenah kan dil ding mi in sim lo timi hminsin aw. Cule Pathian hnen ihsin kan pialnak pawl cu Pathian in a thianfai theh ding timi hngilhhlah. Pathian in kan hrangah zawnruahnak thawn hivek thil in tuahsaknak can a um. Asinan hlontul mi thilpawl thlah dingah pumpekawnak ngaingai nei ding ah in ko theu. Cule kan thinlung ihsin a suak mi hmuahhmuah tuah theh dingah in fial lo ih a thar ih hramthok dingah in ko. A har zetmi khal a si thei! Duhhrilnak dik kan tuah ringring theinak dingah Khrih sungah ruahnak pitling neitu si kan tul. Kan tontaihnak hmun cu kan nunah tukforhnak a cahnak hmun a si.

A cancan ah kan kiangkap ah ri celcel ih buainak hmunah Pathian in kan ruahnak pawl in hruai theinak dingah harsatnak pawl cu a hmang theu. Harsarnak sungah cun Pathian hnen ihsin hmunhlapi ah kan um timi

theihthiam a har ngaingai. Pathian in van ih kan Patumtahnak sungih kirsal dingah thuthencatnak dik mi tuah thei rori dingah harsatnak a hmang ih in ko theu.

**TLAWNGKAI NILI**  
**TUMRUH IH TUAHTENTO ATUL**  
**The Need to Persevere**

**August 4**

**Jakob le Pathian an buan awknak thuanthu siar aw (Semtirnak 32). Beidonnak rapthlak lakah tumruh ih tuah tentonak thuhla ziangso in sim? (A phi na pek hlanah Jakob ih thuhla le a dinhmun zaten ruat aw).**

Pathian le a thutiam pawl kai hnget harsatuk kan ti ih thinlung buai ih kan um tikah a dik mi thei thei dingin kan duhnak cu a dikmi tuahnak ah kan hmang ding. Ziangahtile kannih hi tihrut le tontai kan si. Curuangah Khrihfa pawl ih kan cahnak umsun pakhat cu beidong san lo in taimak ih tuah tentonak a si.

Jakob hi tiamak suah ih tuah tentotu Bible sung ih zohthim ding ropi bik a si. Khami hlan kum tampi ah Jakob cu a u Esau bumtu le fa upa covo angah thei dingah a pa khal a rak bum (Semtirnk 27). Khami ruangah Esau a thinkeng ih amah thah a tumnakah a tih ih a tlanhlo. Cucing in a mang ah lei ihsin van tiang kailawn a don mi a hmu ih cumi cu Pathian in amah lam a hruainak le thlawsuah a peknak a si (Semtirnak 28). Amah cu sawihsawm ralih ih tlan a si thotho. Jakob cu Pathian cohlan nemhngetnak hrangah beidong in a um nan a hnenah kumtampi a liam zo mi thu a tiam mi pawl cu a dik ringring. Jakob in a kheelruh siat theh tiang ih a buan mi cu Jesu a si. A siatsuah awk hnu cun naa a ti ruangah a buantir vek in a tang thei nawn lo ih thlah duh lo in a kai ringring. An buan awknak ih a kaih ringringnak in theih

lo karlak ah thlengdanglamnak a um. Jakob cu thlawsuah a ngahnak fiangte ih a theih ngah hnu tiang Jesu cu hngetkhoh zetin a kai ringring. Curuangah Jesu in “I thlah aw, khua a vang zik thlang” tiah a ti (Semtirnak 32:26, NIV).

Jakob cun nat tuar hlawh in thlawsuah a ngah. Kanmah khal kan si ve. Pathian in kan thazang cahnak in siatsuah ih na kan ti cing in amah kai hnget ringring dingah in ko. A ngaingai ti cun Pathian in nat tuar ringring in siang ih Jakob khal a u Esau a ton khalah a ke a bai thotho. Lenglang tontainak cu sungram cahnak langtertu a si (2 Korin 12:9).

**Tukforhnak lakah beidong ih na um lai ah Bawipa thawn tang tento ih na um theinak dingah (thlarau lam nun, hardamnak tuah dan, casiar, nun ze remthat) himi pawl lakin tuah dingah ziangso na hril ding?**

**TLAWNGKAI NINGA**

**August 5**

**RUAHBETDING:** “Setan thuneihnak sungih tluknak ihsin, himi duhnak timi hi mi nung nun ziaza danglamnak suahpitu bik a si. Minung hnenah harsatnak, zonzaihnak, siatnak tawpkhawk a suahpitu khal mai duhnak le nuamnak hawl ruangah a si.” Ellen G. White Testimonies for the Church, vol. 5, p. 516.

“Pathian bawmnak ngah thei dingah, milai in a famkim lonak le a tontaihnak a theih a tul. Cule amah in thinlung thleng danglam tumnak nasa zet in a tuah ding. Thinlung thathonak nei thei dingah catlo in thlacamnak thinlung takten a neih a tul. Cutikah tuah zongsang zo mi nun ze tha lo le nunphung tha lo pawl cu hlonthlak thei a si ding ih, nun ze dik lo remthat dingah thuthencatnak a nei thei ding. Cule nehnak ngah tiang in a dik mi dan hrampi

a thlun ding. Mi tampi pawl in nun ze rem that awknak an tuah lo. Nun ze remthatnak cu Pathian ih tuahsak dingah an hngak. Khami tuahnak dingah Pathian in anmai sungah thiltitheinak a pek zo. An zaten hmantlak minung si dingah thunun mi an si ih thinlung ruahnak le nun ziaza ah khirh zetih zirh an si. Cuih nun ze remthat zuamnak ah Pathian thiltitheinak le Thiangthlarau thawn an tang tlang." Ellen G. White, Patriarchs and Prophets, p. 248.

#### **RETLANGDING:**

- 1. Duhnak ti mi cu "tluknak ihsin Setan thuneihnak sungah pek asi" ti na thei ngah ih a dang ruah bet thei mi na nei maw? Kan hnenah Pathian zangfahnak sunglawi Jesui nun ziaza ihsin a langter mi misual kan sinak in ziangtin so kan theihiam thei ding?**
- 2. Mathai 26:36-42, sung ih Gethsemane hmuah sungih Jesui umdan thuanthu siar aw. Pathian duhnak thawn a kah zet mi Jesu ruahnak le saduhthat ziangpawl so an si? Himi zohthimnak hmangin kan zir thei mi ziangso a um?**
- 3. Zirlai zirnak ah a danglam zet mi na nunphung in venhimawk theinak in siatsuah sak thei ih Setan ih in beihnak ah kan him thei lonak rel tlang uh. Himi tihnung za ihsin venhimawk theinak dingah ziangvekin so midang kan bawm thei ding?**
- 4. Nan kawhhran reipi a suahsan ih zuamnak neih a paih nawn lo na theih mi a um maw? Amah cu Jesu hnen kirsal dingah forh in ziangvekin so na bawm thei ding? Amah cu ziangvek tuahpi so na tum?**

#### **ZIRLAI 7**

**August 6-12**

#### **SIAT THEI LO RUAHSANNAK** **Indestructible Hope**

#### **SABAT TLAILAM**

**August 6**

**TUZARHSIARDING:** Habakuk 1:1-4; Job 38-41; Isaiah 41:8-14; Jeremiah 29:1-10; Hebru 12:1-13.

**BIBLE CANGKEN:** "Ruahsannak cun kan ning in zakter lo, Pathian in kan hnenih in pek mi Thlaraau Thianghlim hmangin kan thinlung ah a duhdawtnak a burh zo." (Rom 5:5, NKJV).

Biak inn sungah hlim hmel thawn kan um cio tikah thunuam rel ih ruahsannak thangthat hlasak a har lo. Harsatnak sungah kan um tikah ruahsannak neih a har. Kiangkap ih in nornak a um cun a hleice in Pathian fimmak ziangkim ah thusuhnak kan tuah.

C. S. Lewis in cabu Pakhat sungah zumnak ah kiosa vekih ih tuah awknak timi thuhla a ngan. Himi kiosa hmuh an duh, kiosa cu a him maw tiah an sut. Mi pakhat in a sim mi cu a him lo "asinan amah cu a tha" tiah a ti.

Sim cianak um lo in Pathian ih thil tuah mi a um ih kan thei thei theu lo. Cutihih kan titikah Pathian in indodal tinak a si lo. Asullam cu rak thei cia lo tinak a si men. Hnangamnak, rinsan aw ngamnak, le ruahsannak ngah thei dingah kan buai rero. Pathian ih theih thei mi le simsung theih rori mi cu a si ko. "Himnak" dingah kan ruahnak sungah amah um a tul. Khami ah kanmahten beidong in kan tuah aw.

**Zohfelaw: Ruahsannak kel awh ringring thei dingah harsatnak in Pathian mize theihthiamnak ziangvekin so in bawm?**

**THAWSAL NI  
ZUK TUMPI  
The Big Picture**

**August 7**

Tuahmawh ih kan um tikah kan parah ziangso a thleng tiah khami thil pakhat te lawng ruah a ol. Keimah lawngin ka tuar lo timi ol te ih hmu thei dingah Thuphuan 12:7, le Rom 8:22, sungah tumpi in a langter.

**Habakuk 1:1-4, siar aw. Habakuk in ziangso a sim?**

Pathian in hitin a sim ding tiah ruahnak na nei thei "Habakuk, tihnung ngaingai a si ih, lo bawm lohli theinak dingah Ka ra ve ding." Khavek kha Pathian pek mi a phi a si lo. Habakuk hnenah himi hi siatnak lam a pan deuhdeuh tiah Pathian in a ti. Habakuk 1:5-11.

Israel pawl cu Assyria sal kaih mi an si, siatnak a zual sinsin ding tiah Pathian in a tiem. Judah mipi pawl cu Babulon pawl in an hruaihlo. Habakuk 1:12-17, sungah Habakuk ih a sim mi cu Pathian ih a sim ding mi hngak aw tiah a ti.

**Pathian in Babulon siatnak thu tlangzarnak a tuah ih ruahsannak an neih theinak dingah ziangvekin so thu a tiem (Habakuk 2:2, 3)?**

Habakuk 2, nak hi Babulon siatnak ding Pathian thu tiem a si. Hebru 10:37, in Habakuk 2:3, ih thuhla a lak ih himi thutiam cu Messiah rat salnak ding thuhla langternak ah a hmang. Himi thuhla an bang awknak cu Babulon siatnak thutiam a si vekin a Ropi zet mi Babulon siatnak ding thutiam kan nei ve (Thuphuan 18:2, NIV).

Habakuk cu a siakha ngaingai mi pahnih kar ceh in a um ih, Pathian in a luar sawn a ra lai ding tiah thu a tiem. Rundamnak thuanthu ah himi simsungnak hi mah te ih hmuh awknak a si. That lonak nasa zetih kulh mi kan si ih a sia sinsin mi a ra thleng lai ding tiah Bible in in sim. Habakuk cu a tumtah mi a zate ih hmuh dingah a pek. Curuangah Habakuk 3, sungah Habakuk in thlacamnak le faknak a tuah ih a hlawhsam nasa ziangatile a ralai ding mi can ah Pathian ih tuah ding mi a si.

**Habakuk 3:16-19, siar aw. Ruahsannak thuhla ziangso a langter? Simsung thu ih a netabik phuansuah mi a lang ding kan hngak vekin Pathian ih minung pawl in ziangso an ruahsan? Himi ruahsannak hi ka ta a si tiah na ti theikem?**

**TLAWNGKAI NIKHAT  
AMAH KAN PA  
Who Our Father Is**

**August 8**

" Ziangso na tuah rero tiah Pathian na sut dah maw? A lo sim dah lo ding. Cumi khami ka tuah tiah Pathian in a lo ti dah lo ding. Amah cu zoso a si ti lawng a lo theihter ding." tiah Oswel Chamber in a ngan. My Utmost for His Highest (Uhrichsville, OH: Barbour & Company, Inc., 1963). January, 2.

**Chamber in ziangso a sim duh tiah na ruah?**

Job cabu cu Job bulpak buainak thuhla ngan mi in hramthoknak a tuah ti kan thei cio. Amai nunnak le a nupi nunnak siarlo a sungral theh. A nupi in ruahnak a pek theimi umsun cu "na Pathian camsiat awla thi aw" tiah a ti (Job 2:9, NIV). A rualpi pawlin ziangah so hi

hmuahmuah thilthleng a um ti mi theih an tum rero. Thilthleng hmuahmuah thuhla ah Pathian in daitei um dingah ruahnak a pek.

Job 38, ahcun rinlo pi ah Pathian a hun tong suak: “Theihnak tel lo tongkam hmang ih khawkhannak hlawhsamtertu zo a si?” tiah a ti (Job 38:2, NIV). Thusuhnak 60 hmang in Job cu Pathian in cat lo in thu a sut. Na Bible kau aw la Job 38 le 39, kha fimkhurten zoh aw.

Thusuhnak a cemnet tikah Job cun a sawn “keimah cu ziang hman lo ka si. Ziang ka lo sawn thei ding? Ka kaa ka hup zo. Vei khat ka tong zo, asinan ka tong nawn lo ding. A si vei hniih asinan ka pehbet nawn lo ding” tiah a ti (Job 40:4, 5, NIV). Asinan Pathian cun a theh hrih lo. Cule Pathian in thusuhnak mak ngaingai pawl cu peh vivo in a sut.

**Job 42:1-6, ah Job in Pathian a sawnnak siar aw. Pathian in Job hnenah ziangso a sim duh? A hrugah thathnemnak a um maw?**

Job ih rualpi pawl in ziangah so tiah an ti mi cu Pathian in a phi a pek lo. Pathian cun cungnungbik a sinak hmu she tiah a langter sawn, mangbangza sersiamnak hnatun a tuah mi pawl a phuang. Cule Job cun a phi dang ngah a tul nawn lo. Hrilfiah a tulnak hmuahmuah khal Pathian ih a langter mi a thuneihnak in a lehkhuh thluh.

Himi thuanthu hi a mak ih a dik, mi thinlung a thamthei zet. Kan theih mi a mal ti theithiamnak in ruahsannak le thathonak a suahpi. Hnangamnak ngah thei dingah ziangkim thei thluh kan tumnak hi kan suahpit mi a si. Cule theih thei mi kan nei lo ih beidong in kan um. Pathian in kan ruah dah lo mi theihter in duh can a um theu. Ziangahtile kanmah hnakih a tumsawn le sang sawn kan buainak hnakih tum sawn thiltitheinak a neitu theihthiamnak hi minung himnak le ruahsanak umsun a si.

**A tui thilthleng pawl hi na thei thei lo a si lo sawm? Pathian ih ziaza tumtahnak a nei men thei. Na theih thei lo mi lak ihsin a tu-ah thazang suah dingah ruahsannak ziangvek so na nei thei?**

**TLAWNGKAI NIHNIH  
KAN PA TELVENAK  
Our Father's Presence**

**August 9**

**“Ziangahtile Kei Bawipa na Pathian in na kut vorhlam ka kai, tih hlah ka lo bawm ding tiah a ti” (Isaiah 41:13, NIV).**

Mi pakhat in a rak sim mi cu “hmun hlapi ih um Pathian tiah kan ruah laiah tawivak ih cangvai rerotu zo so a si?” Buainak ih in ciimpil lai ah Pathian in dung in tun tiah kan ruat. Pathian cu kan hnen ihsin hmunhla khui hmanah a feh lo ti mi hi thutak a si.

Judah pawl salkaih an si laiah Pathian cun an hnenah a um lo vek a bang. Asinan Pathian cun Isaiah hmang in hmailam can ah suah zalen dingah thu a tiam. Jerusalem ih an tlun kirsalnak ding cu kum reipi a duh lai cuih canah Pathian ih a duh mi cu a minung pawl in anmah thawn then aw in hmun hlapi ah a um dah lo tiah ruahsannak nei thei dingah a sim.

**Isaiah 41:8-14, siar aw. Suah zallenak a hngakhlap zet pawl hrangah ruahsan ding mi thu na theih mi ziangso a um? Kan hngakhlap mi thutiam in sual sal ih kan umnak leitlun ah ziangvekin so in bawm thei?**

A langsarbik a lang kan hmuh mi cu Isaiah 41:13, sungah kan hmu thei. Lei le van hmuahmuah uktu Pathian minung pawlin thinphang ih an um lonak dingah a sim. Ziangahtile “an kut vorhlam kai ih hruaitu cu Amah” a si (NIV). Pathian ih Bawitokham umnak le hi leilung hi

an hlat aw zet ih cuih hmun ihsin leitlun ih a minung pawl a hruainak ih thilthleng pawl cu ruah phu rori mi pakhat a si. Asinan a duhdawt emem mi a minung pawl kut kai ih a hruaidan kan hmuh mi hi a mak in a danglam ze.

Buai zetih hna kan tuah lai ahcun kan hnenah Pathian a um timi theihthiam a har. Amah cu Pathian kan hnen ih um Immanuel Pathian a si timi hi amak ih a danglamnak a si. Kan hnen ih um Pathian hmaika ih um hi nun thleng danglamnak ding A tumtah mi le A thutiam huhamnei zet a um.

**A liam zomi can ih na nun danpawl ruat aw lei le van uktu Pathian cun na kut in a lo hruainak le nangmah bawm dingah a lo tiam mi thu pawl cu tikcu le can in a liam rero timi ruat aw. Na nun ih na cangvaih dan khawsak dan a thlengdanglamnak hminsin awla ngan aw. Cuih na tonnun cu zirlai zir can ih reltlang dingah timtuah aw.**

**TLAWNGKAI NITHUM  
KANHRANG KAN PAI' KHAWKHANNAK  
Our Father's Plans for us**

**August 10**

**Zokhal in ruahsannak kan nei cio. Cuih ruahsannak cu khui in so kan ngah? Mi hrekhat hrang ahcun rualpi pawl hnisiamsi te ih an hmel hmuhnak in an ngah. Cun mi hrekhat hrang ahcun sumpai duhdim te neihnak or thitumnak thutiam hnget ah ruahsannak an ret theu. Ruahsannak na neih ngamnak cu khui hmun ah so a si?**

Profet Jeremiah cabu sungah ruahsan ding nei lo saltang pawl hnenih cakuat a ngan mi a um. "Babulon tiva kapah kan to, Zion ngai in kan tap" tiah a lang (Saam 137:1, NIV). Beidong le thihlung kekkuai ih an um hmanah Jeremiah cun beidongsan lo dingah a sim.

**Jeremiah 29:1-10, sungah ruahsannak nei thei dingah ziang thuhla pawl so a pek?**

Himi hmun ah ruahsannak neih theinak ding hrampi a thupi zet mi thu pathum a um.

(1) Pathain in a minung pawl beidong lo dingah a sim, ziangatile an din hmun hi khavekih um dingah khawlairel mi le raksimsung theih lo mi thilthaloo ruangah a um mi a si lo. Pathian amah rori in "ralkaih mi hmuahhmuah (Judah) Jerusalem ihsin Babulon ah ka hruaihlo hai" (Jeremiah 29:4, NIV) tiah a ti. An kiangkap ah thilthleng siatnak in khat theh hman sehla Judah cun Pathian zapei kuar sungah a um.

(2) Pathian in a minung pawl beidong lo dingah a sim, atui an ton rero mi harsatnak lak ihsin Pathian a cangvai thei thotho ruangah a si. "Sal ih ka lo tanternak khawlipi ih daihnak le hlawhtlinnak ding hawl uhla, a hrangah Bawipai hnenah thlacam uh, ziangatile khua in daihnak a ngah ih a hlawhtlinnak a ngahnak ah nan daihnak le nan hlawhtlinnak a si ve ding" (Jeremiah 29:7, NIV).

(3) Pathian in a minung pawl beidong lo dingah a sim, ziangatile saltang an sinak a can ritek sak a si "Bawipa in hitin a ti, Babulon hrang ih ka lairel mi kum 70, a kim tikah, ka lo vehvai ding, tongkam tha ih ka lo tiampak mi cu ka kim ter ding ih, himi hmunah ka lo hruaikir ding" tiah a ti (Jeremiah 29:10, NIV).

Himi ah Pathian in a liam cia mi an can ih tuanvo latu amah a sinak a sim. Tui an can le an hmailam can hrang khalah amah in tuanvo a lak thotho. Cule a minung pawl parah a zawnruahnak le a kilvennak cu duhnung zetin a langter (Jeremiah 29:11-14).

**Jeremiah 29:11-14, siar aw. Na hrangah Pathian ih thusim mi tiah nangmai hmin sal in himi thupawl siar aw. Pathian in nangmai bulpak hrangah himi thutiam a lo pek a si ahcun, na harsatnak le na buainak ah himi thutiam hmang aw.**

**TLAWNGKAI NILI  
KAN PAI' IN THUNUNNAK  
Our Father's Discipline**

**August 11**

**Hebru 12:5-13 siar aw. kan hnenah thucah ziangso in sim? Tu kuata sung ih zirlai kan zir mi thawn ziangtlukin so an kaih aw?**

Hebru 12:5-13, sungah Paul in tuarnak hmang ih nunsimnak thuhla a langter. Himi catlang NIV in nunsimnak timi tongkam cu a phunphun in a hmang ih veihra tiang a ngan. Grik pawlih hmandan ahcun "zirh awknak" timi cu sirhsan ah an hmang. Curuangah kan theih ding mi cu nunsimnak cu zumnak tlawngah theihthiamnak nei ding in Pathian ih in zirhnak kan ti thei. Hebru 11, sung khalah Paul in cutin a langter.

Hebru 11, sung hmuahhmuah ah Paul in zumnak ih nung pawl thuhla a langter. Nun thap in an tuar tento ih an zumnak thawng in an dingsuak thei. Hebru 12, sung vunluh tikah casiartu kannmah lam hoi in a ngan. Kan hmaiah mitampi in zum theilo khop in an tuar tento ih hnget zetin an ding thei. Curuangah kannih khal zumnak nun ah kan tumtah mi cu hlawhtling zetin kan tuahsuak thei ding tiah a sim. A simduhbik mi cu Jesu mitsuan ringring dingah a si (Hebru 12:2), harnak kan ton tikah amah kan zohthim ding (Hebru 12:3). Hebru 12, siar hi phentu hlip ih fiang puppi vek a si. Hebru 12, ruangah kan

nunphung in harsatnak in pek mi cu fiangten kan hmu thei. Himi tello in zianghman fiangten kan hmu thei lo. Cule a har mi hniksaknak pawl cu fimkhur zetih paltlang dan fiangten kan thei.

**Hebru 12:1-13, ih fiangternak hmang in siar aw.  
Hebru 12:5-13, sungih thuhla hmang in a tangih thusuhnak phi aw.**

Nunsimnak hrampi ziangso a si? \_\_\_\_\_

Nunsimnak ziangtinso kan pom? \_\_\_\_\_

Nunsimnak in ziangso a tumtah? \_\_\_\_\_

**Hebru 12:1-13, siarsal aw. Ruahsannak hrampi na theih mi thuhla pawl hawl awla ngan aw. Thlaraulam zirhnak na ngah rero lai ah ruahsannak ziangvekin so na neih thei?**

**TLAWNGKAI NINGA**

**August 12**

**RUAHBETDING:** "Riahsiat ninghannak kan tuar can ah beidong in kan um theu. Hivek harsatnak can ah Pathian in leitlun ih a hrin mi a fa le pawl a zangfah ringring timi zum a har zet. Harsatnak le buainak kan ton ni le can ahcun thih kan hril sawn theu. Cutikah Pathian rinsannak an thlah ih rinhmainak le zum thei lonak salah an tang. Kha lai canah Pathian zangfahnak zarah zumnak thar le nunnak thar kan nun ihsin a hungsuah dingah van mi pawl in kan nun ah tlang hnakih hngetkhoh sawn ih dingsuak thei dingah in helhkam rero ti mi ruahnak nei in kan thei fiang thei maw." Ellen G. White, Prophets and Kings, p. 162.

**RELTLANGDING:**

1. Riahsiatnak kan tong ih beidong in kan um cio tiah Ellen G. White, in a sim. Khami can kan paltlang lai kha kan thei cio maw? Beidong le vansang ih kan um can ah ruahsannak palai tha si thei dingah ziangvekin so kan zir thei ding?
2. Tlawngkai nihnih thusuhnak netabik kha zirlai zirnak ah reltlang uh. A hlan hnakin Pathian in a lo naihsawn timi theihfiangnak in na nunah danglamnak ziangvekin so a tuah?
3. Zirlai zir canah Job 38-41, sung kha ringpi in siar uh. Pathian pianhmang ziangvekin so a lang? Ruahsannak le thathonak ngah dingah ziangso na zirsuak? Himi hmuihmel langter dingah Sabat nizarh hi a remcang thei maw? Pathian ziazza le sinak a hlan hnak ih cingkeng thei dingah ziangvekin so a lo bawm?
4. Nun thlengdanglamnak cu van ihsin a ra ding tiah an ruahsan. Himi ih asullam cu bulpak nunah ruahsannak ih thlacmnak a thlenpi tinak a si. Cuih pawl cu ruahsannak tharsuah theinak dingah can tampi nasa zetin thla an cam ih pai cunco in an feh. Midang ih buainak hlo theinak dingah le ruahsannak an neih theinak dingah khami hnakih thasawn na tuah thei mi ziangso a um?
5. Mi hrekkhhat pawl cun hlanlai an nun hlun ih harsatnak le beidong vansang ih an umnak pawl thei dingah suh an duh theu. Khai minung kha khuilam so a herter? Beidong le vansang ih kan um laiah ih tonnun cu midang bawmnak ah ziangtin so kan sim thei ding?

**ZIRLAI 8****August 13-19****HMUH THEIH LO HMUHNNAK**  
**Seeing the Invisible****SABAT TLAILAM****August 13**

**TUZARHSIARDING:** Rom 8:28-39; Johan 14:1-14; Efesa 1:18-23; Isaiah 40:27-31.

**BIBLE CANGKEN:** “Zumnak in siangpahrang thinlingnak tih loin, Izipt ram a tlansan; ziangahtile hmuh theih lo pa a hmuh ruangah a tuar tento” (Hebru 11:27, NKJV).

Hebru cabu sung cu zum ngamnak langternak in a khat theh. “Zumnak cu ruahsan mi thilpawl a um rori a si ti theihnak, hmuh lo mi thilpawl theihfengnak a si” (Hebru 11:1, NIV). Kan hmuh lo mi thil cu a um rori tiah ziangtin so zumngamnak kan nei thei? Cuih thuhla cu kan cangken sungah Mosi in fiangten a langter. “Hmuh theih lo pa a hmuh ruangah a tuar tento” tiah a ti (Hebru 11:27, NIV)

“Hmuh theih lo pa” hmu fiang rori dingah kawh mi kan si. Cumi cu remcangnak tha ngah can lawngah si lo in kan nunram a siattheh hmanah kan neih ding mi nun a si. Curuangan Pathian le a lalram thuhla thutak ih piantharnak tuahsak mi Khrih ih neih mi zumnak vek zumnak kan neih a tul. Kan Pa Pathian ih thatnak thutak, Jesui hmin huham neihnak, thawhsalnak thiltitheinak, Pathian in lainat zawnruahnak thutak pawl cu tukforhnak phunzakip kan tong ih a khirkhan zetmi hniksak kan ton tikah raltha ih kan ding suak theinak dingah a si.

**Zohfelaw: Kan nunram din hmun a siat theh ih can khirh zet sung kan um tikah Pathian thuhla thutak ziangbik in so raltha ih ding ngam dingah a lo bawm?z**

**THAWSAL NI  
KAN PA IH RENAWKLONAK  
Our Father's Extravagance**

"Pathian cun in duhdawt ngaingai sehla , ka hrangah a tuah rori ding!" Mak ka ti theu mi cu thinlung thlaphang le donhar in veiziat so kan um. Kan kiangkap kan vun zoh ih Pathian cun in duhdawt ngaingai sehla hi te tal cu a ti danglam thei ko nan tiah lunghrinnak kan nei thok.

Pathian ih thatnak ringhlel theinak thu pahnih a um. (1) A tha ding tiah nunnak pek in thinlung ih kan ruah mi le kan duh mi a um tikah Pathian in thil danglam zet pakhat kan hrangah duhsaknak a nei ding tiah kan ruah mi hi hnihsuak za a si tiah kan ruat men thei. (2) Kan tuah mi hi kan tumtah vekih kan hlawhtlin lo tikah Pathian thatnak rihhmainak kan nei thei. Thil ziangmaw cu a tha zetih neih ding khalah a tha ih sualnak a si lo tiah kan ruah mi kan ngah lo tikah Pathian parah kan thin a heng theu.

Himi hi zum ngamnak nei ih tuahnak a si. Kan zum mi kan tuah ih kan rak ruah mi vekih kan lam a tluan lo tikah Pathian thatnak thuhla ah lunghrinnak nei ding ih tukforh in kan um theu.

**Rom 8:28-39, sung ih thuhla pawl cu kan parah Pathian thatnak hmual nei zetih ngan mi a si. Pathian thatnak ringhlel theinak ah venhim aw ding in lo bawm theitu ziangso na hmu?**

Rom 8:32, sungah kan kiangkap thuneihnak ih in ciimpil thei lo dingah venhim awknak thazet le rin tlak zet F-6

a um. "Amai Fapa rori hman ui loin, kan zate hrangih petu cun thil hmuahmuah khal a Fapa zawngah a lakin in pecih lo in a um ding sawm?" (Thucah a si). A Fapa hman kan hrang thi dingah zangram lo ih in pek ahcun a tirhfaktuk tiah kan ruat thei ding sawm?

Khrih thihnak hi Pathian ih tenren lonak thutak kan hmuh mi a si. Himi hi kan thinlung ih rinhmainak kan neih thei mi hmuahmuah hnak in thiltitheinak a nei sawn.

**Kan lunghrinnak hnak in Pathian thatnak thutak cu ziangtlukin so hmual a nei? Pathian ih thatnak thutak ruangah kan ai-awh in Khrih cu thihnak tuar dingah in peknak can reipin ruat aw. Tui kan dam lai ih kan taksa damnak dingah a cangvaih ternak ih a thatnak pawl ruat sal aw. Pathian na zumnak ah himi in ziangso a lo tuah sak?**

**TLAWNGKAI NIKHAT  
JESUI HMIN IN  
In the Name of Jesus**

**"Ka hmin in ziangkhal nan dil asile, cumi cu ka tuah ding." (Johan 14:14, NKJV).**

Cuihhnu ah tirhthlah pawl thawn Jesu can rei a um nawn lo. Anmah thapetu le bawmtu van ah a so. Cule tirhthlah pawl cu an tawntai ih thinlung buai in an um. Tirhthlah pawl cun Jesui pum taksa an hmu thei nawn lo nan hminsin tlakzet mi thutiam Jesu in a pek hai.

Johan 14:1-14, sair aw. Johan 14:13, 14, thuhla ah a hmin in "ziangkhal" dil ih in tuahsak dingah thu in tiam. Himi ruangah kan thlacam netnak ah "Jesui hmin in, Amen" tiah kan bet theu.

**Khami kan sal theh tikah asullam ziangso a si tiah na ruat? Hivek ih thlacam ding in forh tikah Jesui a duh san ziangso a si?**

Jesui hmin in thla kan camnakah Amen ti theh venten mit kan meng tikah kan kiangkap thilthleng a danglam hngal dingah kan zatei beisei mi a si theu. Jesu in thlisia a daipter lai ah Pathian ih huham in mithmuh ah a cangvai vekin Gethsemane ah Jesu cu mithmuh lo in Pathian thiltitheinak in daitei tuar theinak a pek. Thilthleng a um lohli lo tikah kan hrangah Pathian a cangvai lo tinak a si lo.

**Johan 14:1-14, siar sal aw. Cule na siar sinin Jesu in hmai ton ten i biak tiah ruat aw. Himi thutiam pawl ihsin ruahsannak le thinlung thathonak ziangso a lo pek? Thutiam pawl neitu kan si vekin kan nun lamtluan hrangah a thlengfamkim mi ziangthil pawl so a um? Thleng danglamnak tuah dingah ka thinlung sung in tumtahnak ziangvek so ka nei? tiah nangmah ten sut awk aw.**

**TLAWNGKAI NIHNIH  
THAWSAL THILTITHEINAK  
The Power of the Resurrection**

Thawhsalnak hi milai tontaihnak a langter. Jesui nunnak, thihnak, le thawhsalnak kan ruah tikah Jesui thihnak thilthleng in ziangtin so Pathian pomtlak ah in tuah timi kan ruat ih himi hi a dik fawn.

Cuihtlunah thawhsalnak in rundamnak tahfung a langter. Jesui thawhsalnak sullam cu kha lawng a si lo ih ni khat ni ah amah vekin kan thosal ding timi khal in theih ter. Jesu thawhsal hnu ah a Pai vorhlem ah a um

timi in thuneihnak huham a langter. Himi thawsalnak huham hi Pathian in tuisan kan hrang khalah in tuahsak.

**Efesa 1:18-23, sungah Paul in Pathian ih huham thuhla a sim. Himi in thawsalnak ih huham thuhla ziangso in zirh? Na hrangah ruahsannak le thutiam ziangso na hmu thei?**

Paul in Pathian bawmnak lawng ih theihthiam theih a si mi thil hrekhat cu Efesa kawhhran pawl ih theihthiam dingah thla a cam (1) Nun thlengdanglamnak le hmailam kumkhaw nunnak ruahsannak thuhla ah Jesu in in ko, (2) Kan ai-awh in thiltitheinak ih tuah ding mi thei thiam dingah a si.

Paul ih a tumtah mi cu himi thiltitheinak ih maksaknak a ngan. Khami thiltitheinak cu tuisan kan hrang khalah hman theih in a um lai mi huham a si. Himi thawsal thiltitheinak in Jesu cu thlanthim sung ihsin nunnak a pek sal lawng si lo in Pa Pathian ih vorhlem ah dinhmun a pek.

Paul in a bet hrih mi cu thawsal thiltitheinak in Jesu hnenah huham lawng a pek lo ih a minung pawl in tlaithuan ih an tulsam mi thuneihnak khal a pek tiah a ti.

**Jesui thawsalnak huham na nunram ih na tulsam mi pawl ngan aw. Cumi theh in na nunram ih hmangsuak dingah thlacam aw. Cule tuah that thei mi na nei maw? Duhhrilnak ziangvek so na tuah thei? Nangmai nun ah luat zetih hnatauan theinak a lo pe maw?**

**TLAWNGKAI NITHUM  
KAN THINBANGNAK HMUAHHMUAH PHUR DINGAH  
To Carry All our Worry**

“Vansang ih nan um tikah ziangah so thla nan cam?” tiah mi hrekhat ih inn phar parah an tar mi siar ding a

um. Hnihsuak za a si, ziangahtile Pathian hnenah kan vansannak thlen mi hnak in Pathian in lungrethei ih kan um ringringnak a thei sawn.

Veikhat ah mi pakhat in kan nun temptawn in a um tikah Pathian hnenah phelhsak ding ih pek ahcun a phelh theh tiah a ti. Cuih thil cu Pathian in tuah a hiartuk. Makzeten kan thubuai hmakhat te ah kan rehter thei. Kan thubuai Bawipa pe lo in ziangah beidong tiangin kan um?

**1 Peter 5:7, siar aw. Peter in Saam 55:22, sung ih thuhla lak sin mi a si. Kan hrangah thucah hrampi ziangso a um? Mathai 6:25-33.**

1 Peter 5:7, ih thuhla hi a khrirkhan lo. Theihthei lo dingah thuh mi khal a si lo. A sim duh mi cu fiangfai ten a langter. Thum or hlon timi cu khami buainak le natnak kha na buaipit a tul lo ih nangmah thawn pehtlaih awk a tul lo timi a sim duh. Asinan kan phurrit khui hmanah kan ret lo, kan vansannak khal kan hlonhlo lo. Khami rehter dingah van ih um kan Pa Pathian in thu in tiam ih amah kan pe ding. Jesu in khami thu kha Mathai sungah in rak sim. Kan buainak kan Pa hnen ih pek hi a har lo, a ol tuk, a dik fawn ih a tha famkim.

Vei or ngaihsak timi cu retheih tuar nawn lo dingah in helkam ih in veinak a si. Retheih tuarnak timi cu a phunphun in a um ih, harhdamnak or sumpai lam khal a si thei. Pathian pomtlak ka si lo ti ih ruah awknak khal a si thei. Ka sualnak cu in ngaidam thei lo ding tivek ruahnak khal a si thei.

Kan thubuai cu a hnen kan thlen ahcun midang tluk in kan tuar lo kan ti thei. Asinan Peter in khami pomdan ruat sal dingah in forh. Pathian ih ngaihsak mi ka si lo tiah ruah ding a um lo. San tlai lo le hmantlak lo kan

si hmanah Pathian cun in ngaihsak ih in kilkhawi ringring. Bible ih in sim mi cu sinak thlengdanglam thei dingah in ngaihsak tiah a ti.

**A tu-ah ziangthuhla ah so thinbang in na um?  
Khami buainak pumpelh theih lo le ninumzet khal Bawipai hrang ah a har kem? Kan buainak cu a pipa tuk ih a harsatuk ding nan Pathian in a thei ih a hmu fiangtuk timi kan zum ding. A cingfel theilo ding tiah kan ruah mi khalah a cingfel thei, Bawipa cu kan buainak hnak in a tum sawn. Himi thuhla hi ziangtluk in so a dik ti mi na tonnun hmang in ruat aw.**

**TLAWNGKAI NILI**

**PATHIAN LANGLO KHALAH RINUM CAMCINNAK**

**Still Faithful When God Cannot Be Seen**

**August 18**

Siat ni le that ni ah ngaihsaktu ka nei lo timi ruahnak hi beidon thlak a si. Cuhnak in Pathian hnon mi le dung tun mi tiih ruahawknak hi a sia sinsin.

Judah pawl cu Babulon sal an tan lai ah Pathian in a ngaihsak lo vek a bang. An sualnak ruangah saltannak hmun ah an um ringring ih Pathian phatsan mi ah an ruat aw. Isaiah in an hnenah hnemnak thu cu Isaiah 40, Pathian in a minung pawl a dimdoihnak thuhla hitin a sim: “Tuu khal bangin a rante rual a khal ding, tuu fano pawl cu a ban in a finkhawm hai ding, cule a note pawl cu dimdoih zetin a hruai hai ding.” (NIV). Can reipi hnu ah saltang pawl cun Bawipa khuiyah so na um tiah an ti? A cangvaihnak thilthleng kan hmuh lo hman ah a lo ngaihsak in a lai kilkhawi ringring.

**Isaiah 40:27-31, siar aw. Isaiah in Pathian um dan ziangvekin so a ngan? “Ka fehnak lamzin Bawipa in a hmu lo, Pathian in ka thuhla khal a ruat lo” titu pawl cu**

**himi cangan mi hmangin Pathian in ziangvekin so a sawn  
(Isaiah 40:27, NIV).**

Harsat kan tuar mi Pathian in a hmu lo a titu mi bur dang pawl cu Esther cabu ah kan hmu. Himi cabu sungah voikhat hman Pathian timi a lang lo nan siatsuah dingah thupek suah mi thulhsal a theih lo mi dan thawn thuthen saknak Pathian minung pawlin an tonnak ah Pathian tlangtlaknak kan hmu thei. Himi hi thuanthu ngan mi men a si lo, a ralai dingmi can ah Pathian minung pawl dokalh ih dan suah mi ruangah hrem ih siatsuahnak an ton sal ding mi hmuhsaknak a si (Thuphuan 13:15). Anetnak ah thnung tuksuzza thilpawl kan kiangkap ah a um ding timi na thinlung mitthlam in na ruat thei maw. Khami thuhla ah Pathian in a minung pawl a dungtun ngaingai kem? Asinan kan thinphan ding a um lo. Esther cabu sungah a hrilm a minung pawl a runsuaktu Pathian cun anetnak ih doawknak khalah a runsuak sal ding.

**Saltannak ah Pathian telvenak Isaiah ca ngan mi ah kan siar zo. Pathian tansan mi kan hnena Pathian a um nawn lo tiah ruahnak neitu hnen ah ziangtin so Pathian na theihter thei ding? Zumnak mit in Pathian a hmuh theinak dingah ziangvekin so na zirh ding?**

**TLAWNGKAI NINGA**

**August 19**

**RUAHBETDING:** “Thiangthlarau cu in dil le ka lo pe ding tiah Pathian in a ti maw? Himi Thiangthlarau hi in hruaitu dingah a um ngaingai maw? Mi hrekkhhat in Pathian thusim mi pom ngaingai dingah an tih. Pathian in anmah zirh ih lam hruai dingah thla an cam ih Pathian thukham pawl cu an upatzet, asinan an hnena Pathian ih thuzirh mi pawl zum ih pom dingah an tihrut. Thlarau ih zirhmi le hruai mi si dingah van ih kan Pa Pathian hnena hnuaidor in kan rak pan zo, lunglutzet le thinlung thatho zetih zir mi

kan si nan Pathian a thutiam mi a tuah famkim ding mi ah ziangah so kan ringhle! Hivek rinhlehnak le na tihzah lonak hi tuahpang mi a si lo. Pathian thawn hnatuannak ah A duhnak theih na tum, Bawipai duhdan in na um ih amai lam hruainak le thlawsuah ngah dingah na zum ding. Mah le mah rinsanaw ngamlonak ruangah Pathian thuzirh mi dik lo zetin simfiangnak kan tuah. Pathian zangfahnak zarah A tumtah mi a dik ciah ih hrifiah thei dingah Pathian Thiangthlarau lam hruainak le amah zum ih rinsan pumhlum dingah thlacam kan tul.” Ellen G. White, Manuscript Releases, vol. 6, p. 225.

“Rinhmainak le dodalnak tamnak hmun ah zumnak a cak. Cuih tonnun cu lungvar man khung hnak in man a nei sawn.” Ellen G. White, Testimonies for the Church, vol. 3, p. 555.

**RELTLANGDING:**

1. **Zirlai zirnak ih hmuh lo mi a um rori tiih zumnak kan neih mi reltlang uh. Himi in “Hmuh thei lo hmuhnak” ziangvekin so a lo bawm?**
2. **Tlawngkai nithum zirlai thusuhnak netabik reltlang uh. Khami din hmunah kan ding theu maw? Kan duhdanah thil a um lo hmanah Bawipai lam hruainak hi a thabik tiah rinsannak ziangtin so kan nei thei ding?**
3. **“Dodalnak le rinhmainak tamnakah zumnak a cak” ih “cuih tonnun cu lungvar man khungnak in man a nei sawn” ahcun khami dodalnak in ziangtin so in remkthat tiah na hmu?**
4. **Khrihfa mitampi pawl ih lenglang an nun dan cu tuksuzza in kan hmu. Khami hnakin a sia mi cu thlacam hrelhlo le a thabik si tumnak a si. Zirlai zirnakah himi theithiam dingah ziangtin so a langter?**

**ZIRLAI 9****August 20-26**
**THANGTHAT NUN**  
**A Life of Praise**
**SABAT TLAILAM****August 20**

**TUZARHSIARDING:** **Filipi 4:4-7, Joshua 5:13-6:20; Saam 145; Tirhthlah 16:16-34, 2 Sansiarnak 20:1-30.**

**BIBLE CANGKEN:** “**Bawipa ah lungawi in um ringring uh, ka simsal ding lungawi in um uh**”  
**(Filipi 4:4, NKJV).**

Thanuam can ah Bawipa hnen ih lungawi thusim a ol. Hniksaknak meisa sung ih kan um can ah le vansannak can ah Bawipai hnenah lungawi thusim a ol lo. Kan zumnak hngetkhoh theinak dingah bawmtu cu catbang lo ih Pathian thangthat sinsinnak a si.

Pathian thangthatnak in thimkhawzingpi vek kan vansannak pawl cu a thleng danglam ter thei. A thlengdanglam thei dah lo ding tiih kan ruah mi pawl cu a thleng danglam thei rori. Cuihlunah kan ton dingmi pawl tong ngam dingah ralthatnak in pek.

Thangthatnak cu zumnak ih a cangvaihter mi a si. Khami nunram cu sual cithlah in kan kentel mi a si lo. Kan nunah kan tuah rero tikkah kan suahpi nun neih vekih neih thei mi a si. Cuih thangthat nun in thleng danglamnak le nehnak pe theitu huham a kengtel.

**Zohfelaw:** **Thangthatnak timi ziangso a si? Harsatnak lakah thangthatnak nun hi thlarau ralnaam ah**

**ziangvekin so kan hmang thei ding? Thangthat nun in kanmah le kan kiangkap dinhmun ziangvekin so a thleng danglamter thei?**

**THAWHSAL NI****August 21**
**THANGTHATNAK HRANGAH RUHREL**  
**Framework for Praise**

Rusia cangan hminthang Fyodor Dostoyevski cu thi ding ih thuthen sak a si. Cumi cu a netabik can ih an thlengdanglam duak mi thuthennak a si. Thawng inn sungah kum tam pi a um. Thawng inn sung ih a tonnun a ngan mi cu: “Mi hmuahhmuah rinum lo in pial theh hman sehla zumnak nei aw, na thilhlan cu kengin rinum mi pakhat lawng tannak ih khawharnak ruangah Pathian thangthattu umsun si aw.”

Paul cu zum harsa tuksuzza hremnak a tuar theinak himi zirlai sungah kan hmu. Tu hi Rom thawng inn sungih a um lai a si. Amah cu beidonnak a nei lo Filipi khua ih zumtu pawl a vei ruangah thatho zetin anmah thapeknak ca a ngan.

**Filipi 4:4-7, sung siar aw. Paul cun thawng sung ih a um lai ah khami cakuat a ngan thei lai ih ziangvekin so na ruah? Pathian ih hnangamnak ngah dingah a poimawh bik mi ziangso a si?**

Ziangkim a feh tluang theh ahcun lungawi a ol ko. Asinan Paul cun lungawi ringring dingah in forh. Paul ih ngan mi vekih kan lak ahcun kan hrangah can poimawh pahnih huap mi a nei.

(1) A tlaituan in lungawi ding ahcun, kan kiangkap boruak a siat theh ih lungawi ding um lo khalah kan lungawi

ding tinak a si ding. (2) Tlaitluan ih lungawi ringring ding kan si ahcun kan thirlung a hlim lo khal le lungawi kan zir rori a tul ding ti duhnak a si ding.

Kan boruak a siat theh ih thil um dan kel ih a um lo khalah Pathian hnenah lungawi thusim ih thangthat dingah Paul cun in sawm. Kan ruah ban lo tiang ih riahsiat beidon can khalah lungawi dingah kawh kan si. Phundang ih sim ahcun thangthat timi cu zumnak ihsin a irhsuak mi a si. Zumnak timi cu kan kiangkap thil um dan parah a hngat aw lo ih Pathian thuhla thuktak theihnak sirhsan mi a si. Curuangah lungawi aipuang ih Pathian thangthatnak cu riahsiat vansan kan ton can le beidong ih kan um can khalah kan tuah ding. Ziangatile thutak Pathian cun thu in tiamkam zo ih cuih thutiam cu rinsantlak thutak a si. Cuih zumnak in kan khawsak dan nunram, kan ruahnak, kan tumtahnak a zaten a hramthok ihsin mak danglam zetin a remfel theh.

**Thawng inn sung khalah a lungawi tertu thutak Paul in tuisun Bible cang sungah a tarlang mi Pathian thuhla ih thutak timi ziangso a si? Pathian thuhla ih thutak na theih mi pawl cu ngan suak aw. Kawl ni suak tinten catlo ih Pathian thangthatnak ding a san khal ngan aw. Himi thil in na nunram le na ruahnak le na kiangkap thilpawl ziangvekin so a danglamter?**

**TLAWNGKAI NIKHAT**

**PHARDAWL CIM KO-IH THLACAMNAK**

**Praying Down Walls**

**August 22**

“Inn kil ihsin thok in hnih aw” timi miring tong kauseh a um. Inn zel si na hnih tikah inn sunglam ihsin lenglam suahnak sangkapi lam pan vivo ih na hnih lo le

suak thei lo in na awktang ding timi ruat aw. Na hnih mi si a ro hnu lawngah lengah na suak thei ding.

Inn sunglam ihsin lenglam suahnak sangkapi pan vivo ih si hnih vekin kan zumnak feh dan khal a um theu. Sii hnih thiam lo inn kil ih tang vekin a can canah kan zumnak ih kai tang in kan um theu. Thil um dan dinhmun kan zoh ih Pathian phatsan ding in kan um. Zumnak kan nei ih ziangkim kan nei theh tiah kan zum, or kan zumnak in a cang thei dah lo ding tiah in nor theu.

Pathian in Israel pawl cu awlok song ih umnak hmunah a thlen pi. Hramlak ramcar ah kum 40 sung an vahvaih can khalah, Pathian in hlawhsam dingah a hruai lo, ram tha daihnak ramah a hraui. Kanaan ram sung hmuahhmuah ih a hngetkhohbik khawkulh umnak hmunah Pathian in a fehpi. Cuih khawlikpi cu niruk sung aw-an pakhat hman suak lo ten an hel rero. A nisarihnak ni ahcun Pathian in napi ih ausuak dingah thu a pek. Tawtawrawt aw thawn hmunkhat ah nan au sauk ding ih nan neh ding tiah Pathian in a ti.

**Joshua 5:13-6:20, siar aw. Pathian in Israel pawl cu ziangso zirh a tum?**

Napi ih an au ciamconak ruangah phardawl a hnin ih a cim mi a si lo. Pathian in Israel pawl au dingah a fial tikah Saam 66; sungah “Leilung hmuahhmuah, Pathian hnenah aipuang in au uh! A hmin ropitnak cu hla in sak uh; A thangthatnak cu ropitter uh.” (Saam 66:1,2, NIV) tiah David ih a rak ngan mi phun a si. Himi an au-suahnak hi Pathian thangthat ih au-nak a si! Niruk sung an hel hnu ah phardawl tum le sang cu an zoh ih anmai cahnak thazang ih tuah cim theih rual a si lo.

**Hebru 11:30, ih a sim mi sullam theithiam dingah himi in ziangvekin so in bawm?**

**Kan nun ah thilthar Pathian in tuahsuak a tum tikah a thuneihnak Bawifung a hmang ih, Jeroko phardawl tum le sang hmaiah in ret theu. Ziangahtile kanmai thazang ihsin nehnak kan ngah lo ih amai in nehsaknak a huham rinsan dingah in zirh a duh. Kan tul mi cu kanmai sung ihsin a suak lo ih lenglam ihsin a ra mi a si. Curuangah kan hmaiah ziangkhal thleng sehla poisak kan nei ding a si lo. Kan tulsam mi hmuahmuah ih a hrampi cu Pathian thangthatnak tuah ih au-suah a si. Himi hi zumnak ihsin a irhsuak ih a tak in tuahsuak a si theu.**

**TLAWNGKAI NIHNIH  
THANGTHAT NUN  
The Life of Praise**

Tonthat can le nunnuam can khalah Pathian thangthatnak hi kan pianphung a si lo. Thilthaloh tuah hi ziangtluk in so a harsa sinsin? Kan nunram a thleng danglam ih mangbang vansang ih kan um khalah Pathian thangthat kan tul himi tuah dingah kawh kan si. Thangthat nun cu danglam ciamco mi a si lo nan, kan tuah rorinak nun ah alang rori ding.

**Saam 145, kha siar aw. David ih Pathian a thangthatnak san ziangpawl so a ngan? Saam sung ih ngan mi pawl cu na nunah ziangvekin so na hmang thei ding?**

Thuthangtha sim hminthang Charles Haddon Spurgeon in “Thangthatnak Tuahdan” “The Practice of Praise” timi cabu a ngan. Saam 145:7, sung ih thuhla sirhsan mi a si. Spurgeon in a thupi zet tiah ruah ding pathum ah a then, thangthatnun pitling nei ih thangso dingah in bawm thei ding.

**1. Kan kiangkap kan hmu mi ihsin thangthatnak tuah dan.** Kan kiangkap ih Pathian ropitnak kan zoh lo ahcun ziangruangah Pathian kan thangthat timi kan thei lo ding. Pathian ih sersiam mi mawinak in thangthat phu Pathian a sinak leilung a sersiamnak ihsin ziangso na hmu thei? Khrihfa thalai hrang thansonak Thlarau lam khawvel ah thangthat phu a sinak ziangso na hmu thei?

**2. Kan hmu mi ihsin thangthatnak tuah dan ding kan thei.** Thangthatnak hmun ih um kan duh ahcun thangthatnak tuahnak ih a san kan hngilh lo ding. Pathian ropitnak thuhla, (Pathian thatnak in theihtertu khhimuhnak or urhsun zetih saklaw thilthar cangkangzet ih tuahnak tivek) cule Pathian ih thatnak le rinumnak thuhla hngilhlo ding in ziangvekin so kan thei thei?

**3. Khami thuhla simrelnak ihsin thangthatnak tuah dan.** Thangthatnak tuah timi cu kan kiangkap pawl in theiseh tiah kaa ih au suak mi a si. Tongka thawn Pathian thangthatnak ding thuhla na ruah thei mi ziangso a um? Khami thangthatnak ihsin thathnemnak ziangso a um? Midang zo parah so thathnemnak a um?

**Himi thuhla pathum pawl cu can lak in catlap parah ngan aw. Na nun ah thangthatnak tuahdan cangkang ziangso na tuah thei ding?**

**TLAWNGKAI NITHUM  
A THEITU MAWHPHURTU  
A Witness Who Convicts**

Tirhthlah cabu sungah thangthatnak tuah mi theitu pawl parah mak zetih hngong a neihnak kan hmu. Tirhthlah 16:16-34, siar aw. Paul le Silas cu thawng in sungah lawngfangkheh in an ret ih an thawinak thuhla a um. An vuaknak hma thawn an ke kolbunter an si ih thawng

**August 23**

**August 24**

inn thimnak bik hmun ah an ret, an hma si hnihsak an tong lo. Cule Paul le Silas ih thlacamnak, thangthat hlasaknak cu thawngtla mi dangpawl in an ngai.

Cuih hnu ah nasa zetin ling a hnin ih thawngtla pawl kiltu cu Pawl le Silas le midang thawngtla pawl hmuahmuah an tlansuak lo in himten an um theh ti a hmu. Cule “Paul le Silas hmaiah thawng inn kiltu pa cu a bok”. Paul le Silas cu lengah a suahpi ih “pu le pawl rundam si thei dingah ziangso ka tuah ding” tiah thawnginn kiltu cun a sut (Tirhthlah 16:29, 30, NIV).

**Himi thilthleng hi thawngkiltu in ziangruangah amai bulpak rundam tulnak ah a lak thei? Thawngtla pawl an tlan lonak le thawnginn kiltu le a innsang piantharnak a suahernak ah Paul le Silas ih thlacamnak le hlasaknak ziangtin an tuah ding tiah na ruah?**

Thangthatnak kan tuahnak ah kan kiangkap mipi pawl kumkhaw nunnak thlenpitu piantharnak le nun thleng danglamnak a um thei mi hi a mak a si tiah ruah a phu. Paul le Silas cu an ai hramnak khal thawngtla dangpawl ih theithei lonak hmun thim lakih an to ahcun khami zan ah runsuaktu a um ding tiah na ruat maw?

Cule Khami hnu ah thawngtla kiltu pa le a innsang pawl cu ziang an cang ti kan thei lo. Asinan Rom thawnginn sung ih thawngtla pawl hnen ihsin Paul ih cakuat ngan mi cu a siar ding tiah ruah ding a um. “Khrih nan zumnak lawng si loin amai hrangah tuar ding khal a lo siang. Curuangah ka tuar mi dodalnak nan hmuh rero zo mi cu, a tu khalah ka tuar ti nan theih mi cu nan tuar ve.” (Filipi 1:29, 30, NIV). Paul ih tuarnak in lungawinak a thlen vekin himi ca an siar ih Paul ih neih mi nun lungawinak an nei ve. Khami ihsin an thinlung ih hlasak thei ringringnak a thlenpitu, rinum dingih zumnak tharsuahnak an tuah ih an tuarnak cu poi an ti nawn lo.

**Zo ih Pathian thangthat hlasak mi so na thinlung a lo tham ih na nun a luahkhat tiah na ruah? Khawlak ih Pathian thangthatnak concert (khawnser) tuahnak in midang thinlung nasa zetin a luah khat ko lo maw?**

**TLAWNGKAI NILI  
NEHNAK RALTHUAM  
A Weapon That Conquers**

**August 25**

2 Sansiarnak 20:1-30, siar aw. Jehoshaphat in nehnak ral thuam cu thangthatnak a si tiah a ti. Jehoshaphat cun ralkap burumpi in a simnak thuhla a theisal ih hmakhat te ah ral hriamnam a cuh lohli lo “Bawipai cingfel sak dingah a dil” sawn (2 Sansiarnak 20:3, NIV). Judah mipi pawl cu rawl ul thlacam dingah Jerusalem an pan ih Jehoshaphat in thil umdan a theih ngah cun “Kammah do ding ih ra mipi tam zet hmaiah thiltitheinak kan nei lo, ziang tuah ding khal kan thei lo, asinan nangmah lawng kan lo thlir a si” (2 Sansiarnak 20:12, NIV) tiah thla a cam.

**Na mit hmuh ah ralkap burpi in lo pan sehra anmah hmaisan dingah na pianken fimmak thawn ziangso na tuah ding? 2 Sansiarnak 20:3-12, ih Jehoshaphat thuhla cingfel dan ihsin in tamneh ih dodaltu cingfel dan ziangso kan zir thei?**

Bawipa Thlarau cu Jahziel hnenah a thleng ih raltha zetin “Himi doawknak ah maw Judah le Jerusalem, nan do a tul lo ding, tiar aw uh, daiten ding uh, a lo umpitu Bawipai runsuahnak thlir uh. Tihhlah uh, thanau in um fawn hlah uh; thaisun ah anmah do dingin poksuak uh, ziangatile Bawipa in a lo um pi.” (2 Sansiarnak 20:17, NIV). Khami hnu ah “aw ring zetih aunak thawn” thangthatnak hla an sak ih Pathian an baik (2 Sansiarnak 20:19, NIV).

An ralpawl hmaisan ding ah an feh ih Pathian cu an hrang raldo sak ding in a pok.

Himi hi raldonak ah tuahdan kel a si lo. Kha tiih an poksuak tikah Jehoshaphat in choir hlasak ih Pathian thangthattu pawl a thiah. "Cule hlasakih thangthatnak an thok tikah Judah do dingih ra, Ammon mipawl, Moab mipawl le Seir Tlang mipawl do ih bawhtu ding Bawipa in a ret; nehnak cu Judah pawl in an ngah" (2 Sansiarnak 20:22, NIV). Cangantui ngan dan ahcun Pathian ih thutiam an rinsan ih an zumnak langternakah "Bawipai thiaghlimnak le mawizia thangthatnak hlasaktu ding pawl a ruat" (2 Sansiarnak 20:21, NIV), cuveten anmah tlangtlak dingah Bawipa a cangvai lohli.

**2 Sansiarnak 20:1-30 siarsal aw. Vansang le mangbang ih na um laiah Pathian thawn na um tlangnak langter dingah thlaraulam tuahdan a hrampi ziangso na hmu thei?**

#### TLAWNGKAI NINGA

**RUAHBETDING:** "Pathian duhdawtnak maksak sim le phuang ih thangthat dingah kan hmur le kan thinlung kan zirh ding. Ruahsannak nung neutu si dingah le Calvary cross ih tleunak pan dingah kan thinlung kan hruai a tul. Van Siangpahrang ih faduat, Ralkap burpi hotu Bawipai fate kan sinak kan hngilh lo ding. Pathian hnenih hnangam thindaihnak kan neih mi kan thlauthila lo dingah himi cotha kan ngah." Ellen G. White, The Ministry of Healing, p. 253.

"Pathian biaknak le sunloihnak ka tuahnakah telve in Pathian sunloih uh ti ka duh. Cule harsatnak sumzing hnuai khalah Bawipa na thangthat thei ding. Tukforh ih na um khalah thangthat hla na sak thei ding. Tirhthlah in "Bawipa ahcun lungawi camcin uh, ka sim sal ding Lungawi uh" tiah a ti. Khami in na innsangah riahsiatnak sum a F-7

zingter kem? Thleng ter hlah, lungawinak ni a suak ter sawn ding. Ropitnak Bawitokham ihsin na kimvel hmuahmuah ah a darhsarh mi tleutertu kumkhua tleunak cu na khawlkhwam thei ding. Ka lo forh duh mi cu himi hnatuan ah telve ding a si. Tleunak le nunnak cu nangmai hrang lawng a si lo, na kiangkap na vengnen hmuahmuah hrang khalah a si. Cumi in na kimvel hmuahmuah a cangkangter ding ih thathnemnak a thlenter ding. Khawvel thil hnakih sangsawn le mannei sawn van ropitnak, kumkhaw siat thei lo catuan daih thil, thitheilo roconak hawldingah hruai an si ding." Ellen G. White, Testimonies for the Church, vol. 2, pp. 593, 594.

#### RELTLANGDING:

1. **Khrihfa nun ah a huho ih thangthatnak ziangvekin so tuah a si? Sabat nizarh khawm can ah thangthatnak nan tuah dan ngan aw? Thansoter theih a si maw? Thinnaunak le harsatnak lakah member pawl rinum dingah an phur maw? Cuti a si lo ahcun ziangtuah ah so a tha ding?**
2. **Tukforhnak sungah or harsatnak sumzing hnuai ih um tik khalah Bawipa thangthat uh timi ih asullam ziangso a si? Zo in so hivek din hmun ihsin thangthat thei dingah in bawm thei ding?**
3. **Member pawl ih bulpak thangthatnak nun ah thathnemnak ziangvekin so an nei timi bulpak in tetti khanter aw. Bulpak ciar ih tonnun ihsin zirlai ziangso na ngah?**
4. **Zirlai zirnak ah Saam sung ih thangthatnak kha can lak in siartlang uh. Thangthatnak thuhla ah ziangso a lo zirh? Thangthatnak cu na zumnak ah ziangvekin so thathnemnak a nei?**

**ZIRLAI 10****August 27- September 2**

**TUARNAK SUNGAH ZAWITHEINAK**  
**Meekness in the Crucible**

**SABAT TLAILAM****August 27**

**TUZARHSIARDING:** **Ezekiel 24:15-27; Suahlannak 321-14;**  
**Mathai 5:43-48; 1 Peter 2:18-25; Saam**  
**62:1-8.**

**BIBLE CANGKEN:** “**Nunnem pawl cu mithlawsuak an si, ziangahtile leilung hi ro ah an co ding.**” (Mathai 5:5, NKJV)

Nunnem timi tongfang hi kan hmang tam lo. Mosi ih thuanthu siarnak ah le thlawsuahvanluh thuhla tlangpar thuzirhnak siar lo ah kan hmu tam lo. Nun ih khami langter hi a har lo. Nunnemnak cu “mi ih hriam or innatter ih kan um khalah thinheng lo te ih zawitheinak le thinsaunak a si.” Kan theih tam lo khal a mak lo, sanman nunphung ah tihzah upatawnak ih khawsak san a si zo. Himi tongkam hi Bible letlingtu pawl cun “tangdornak” ti ah an hmang theu. Cule tangdornak cu nunphung tamsawn in duhnung ziaza ah an hmuh lem lo.

Harsatnak in pek ih in hriamnak ah lungsau thinfualten thinhengnak um lo ih zawitheinak hi Jesu dungthluntu pawl ih umtu khawsaknak ah hmual a neih tertu a si. Khami umdan cu sanu khua ih mual an liam hnu khalah a hlo lan lo. Thinsau ih zawitheinak thinlungput hi tuarnak lakah hmual nei zetih nehnak tlentu a si. Thungaiten tuarnak hi thinlungnem zirnak

hmun sunglawi a si. Ziangahtile kekkuai ih kan umnak hmun le kan tuarnak hmun ah thinsau zetih kan zawithein ahcun Pathian hrangah hmualnei zetih tetti khannak hmun a si.

**Zohfelaw:** **Thinsau zetih zawitheinak le tuarnak an penzomawknak ziangso a si?** Midang hnen ih tetti khannak dingah kekkuai ih in hriamnak hmunah thinsau zetih zawitheinak ziangtin so kan tuah thei ding? Thinsau ih zawitheinak hi Khrihfa pawl hrangah tontaihnak si lo in ziangvekin so kan thazang cahnak a si thei?

**THAWSAL NI****August 28**

**SANGPHEL LE SABITTI THLETMI**  
**Broken Bread and Poured-out Wine**

**Oswald Chamber in kannih hi midang hrangah “phel mi sang le thletmi sabit ti” kan si a tul tiah a ti. A sim duh mi ziang a si tiah na ruah?**

Midang hrangah a “kekkuai” mi pawl Bible sung hmuahmuah ah zohthim ding tampi a um. Mi nunnem Mosi kha a miphun pawl ramtiam a hruainak ah cat bang lo ih soiselnak a tuar mi zawitheitu dingah kawh mi a si. Joseph khal Izipt ramuktu lal hna tuan dingah heknak le thawngthlaknak lamzin zawh dingah a ko. Hi te pahnih an din hmun ah Pathian in torh a siang, ziangahtile Pathian in a minung pawl zangfahnak thawn fingkhawi dingah a si ih anmai bulpak hrang lawngah a si lo. Khavek phun in Pathian ih hman mi kan si thei. Khami din hmun kha a poi ti ih thinheng a ol. Pathian in thinsau ih zawitheinak nei dingah le thinheng lotei’ tuar theinak a pek.

**Ezekiel 24:15-27, siar aw. Thilthleng ziangso a um? Ziangah so Ezekiel cu himi tuarnak sungah a ret?**

Ezekiel 24:24, sungah Pathian in “Ezekiel cu nan hrangah hminsinnak a si ding, thil a tidan hmuahmuah bangtukin nan tuah ve ding, cule himi a rathlen tikah, keimah cu Thuneitu Bawipa Pathian ka si ti nan thei ding.” tiah a ti (NIV). Ezekiel ih tahthimnak in Israel sungza pawl cu Pathian cu zo teo so a si timi thutak a theih ter. Ezekiel nun ih hmimsinnak le simsungnak thupawl le harsatnak a tuar mi hmuahhhmuah cu mipi pawl in an nun ih an ton ngaingai tikah thutak a si ngaingai timi theithiam dingah Pathian in a tuah mi a si. Kekkuai ih kan tuarnak hmun ah “Pathian cu Thuneitu Bawipa” a si ti a theithiam tu minung paiziat an um ti mi zoso theithei ding?

**Kekkuainak nun cu zo hnen khalah amah ten a um mi a si ih a tuan le a tlai a si ko. Ziangah so nun kekkuainak na rak tong? Zirlai ziangso na zirsuak thei? Kekkuai nun na neih mi ihsin midang bawmnak dingah Pathian in ziangvekin so a hmang?**

**TLAWNGKAI NIKHAT**

**ZANGFAH DILNAK HRANGAH**

**Iterceding for Grace**

**August 29**

**Suahlannak 32:1-14, siar aw. Kan tuah ve ding mi Mosi ih tuah dan ziangso kan hmu thei?**

Mipi pawl in sui cawfa lem an biak hnu cun Pathian in mipi an zaten cimiter theh dingah le Mosi cu miphun ropi ih tuah dingah a ti. Asinan Pathian ih duhsaknak pom hnak in Pathian in a mipi pawl parah zangfahnak nei dingah a dil ih Pathian cu a thinlung a thum aw sal.

Suahlannak 32:1-14, sungah thil thupi tarsuah mi a nei. (1) Pathian in Mosi thlawsuah pek ih mipi pawl cimiter theh dingah a sim mi ah Mosi a hnksaknak a si. Thulunglo mipi pawl parah Mosi in zawnruahnak le

lainatnak a neih mi langter dingah Pathian in a duh. Mosi cu himi hnksaknak camibuai ah a ong. Mosi cun Jesu vekin misual pawl hrangah zangfahnak a dil. Himi ah thinlung khoih ngaingai mi tampi a langter: Pathian in mi ih dodalnak in tonter, cumi ah leile van hmuahmuah in kanmah in thlir ih an hmaiah zinpeng zawh misual pawl parah ziangtlukin so zunruahnak le lainatnak kanneihnak hmuh thei a si ding.

**Bawipa in Israel pawl siatsuah theh lo ding in Mosi ih zangfah dilnak thuhla a suahpi mi ziangso a si?**

(2) Dodalnak hi thulunglo pawl parah zangfahnak langter dingah umter mi a si. Zangfahnak timi cu co phulo pawl hrangah a tul bik. An phu lo tiah kan ruah mi pawl parah co phu lo ih an um can ih pek mi a si. Mosi cu a farnu Meriam in a dodal tikah Meriam parah pharnatnak a thleng ih cumi damter dingah Mosi in Pathian hnenah au in a dil sak (Mipumsiarnak 12). Korah le amah thluntu pawl parah Pathian a thinheng laiah an zaten siatsuah theh dingah a hronakah Mosi cu leisinh in a kun ih an nunnak zuah dingah a dil. Khami ni hnu ah thulunglo dodaltu pawl an thiinhak ah Israel pawl cun Mosi parah an phunzai. Cule Pathian in an zaten that fai theh dingah a hro sal ih, Mosi cu leisinh in a kun ih Aaron hnenah rimhmu khang thawinak zamrang zetih hlan lohli dingah a fial. (Mipumsiarnak 16). Mosi cu zangfah phulo pawl aiawh in zangfahnak a dilsaknak hi tanghmasial lonak le a nunnem thinsaunak nun a neih mi hnksaknak a si.

**Na kiangkap ah zangfahnak cophu lo a um mi zo a si tiah na ruah. An hnenah nunnem thinsaunak le tanghmasial lo zawnruahnak na langter mi in an parah Pathian ih zangfahnak ziangvekin so a langter thei?**

**TLAWNGKAI NIHNIH  
IN NATTERTU DUHDAWTNNAK  
Loving Those Who Hurt Us**

Mi pakhat in hitin a rak sim: “kan ral duhdawt ding timi cu sui faute a tlaknak ciarbek duhdawt ding tinak a si lo ih ciarbek lakah sui faute kha duhdawt ding ati duh mi a si. . . . Pathian in duhdawttlak kan si ruangah in duhdawt lo, in duhdawt ruangah duhdawt phu kan si.”

**Lo huatu na hmuh tikah sui faute maw or sui faute tlaknak ciarbek sawn so na hmu?**

**Mathai 5:43-48, siar aw. Jesu cun in ral pawl duhdawt ih thlacam sak dingah in ti. Ziangruangah kan ral kan duhdawt ding timi theithiam dingah Jesu in zohthim ding tokeh thil um dan ziangso in sim? In zirh duh mi ziangso a si?**

Mathai 5:45, Pathian thiltuah dan ihsin Jesu in, in hua ih tuarnak nasa zet in thlentu pawl parah kan tuah dan ding in sim. Pathian in mi dingfel parah le dingfel lo parah ruah a surter ih thlawsuah a pek tiah Jesu in a ti. Pathian in mithalo parah ruah a surter ahcun an parah ziangvekin so kan tuah ve ding?

Jesu in harsatnak in pektu hmuahmuah hnenah duhdawt zetih lawm thiam ringring dingah in sim lo. In huatu pawl duhdawt ding timi ah thinlung ruahnak ih duhdawtnak a ti duh mi a si lo ih a parah kan ngaihsaknak le kan zawnruahnak a hleice ih langter ding ah in sim. Jesu in thunet kharnak ah thu el awknak a suak thei mi tampi thawn a tuah mi cu “van ih nan Pa a famkim vekin famkim ve uh” tiah a ti (Mathai 5:48, NIV). A sim duh mi cu a fiang ko: Pathian famkim vekih famkim a duh mi cu Pathian in amah parah duhdawtnak a langter vekin amah

huatu parah duhdawtnak a langter a tul tinak a si. Pathian hmai ih mifamkim si ding ahcun in huatu le in raltu duhdawt ding tinak a si. Himi tuah dingah Pathian pek mi thinsaunak le nunnemnak lawng in tuah thei.

**Nunnemnak le thinsaunak timi ih a sullam (nasa zetih hriamhmabaih tuarnak khalah thinheng lo in zawithei ding tinak) thinlungah cing ringring aw. Naral pawl parah a dikciah in thinsau le thinnemnak na langter theinak dingah Bawipa in a lo pek a lo bawm theinak dingah na nun thlengdanglam tul mi hmuahmuah ngan aw.**

**TLAWNGKAI NITHUM  
KAA CIP (TONGHLAH)  
A Close Mouth**

Harsat tuarnak sungah thinsau le lungnemnak ih hmual a neihnak cu Jesui hnen ihsin a ra mi kan zohthim ding. A hnen pan ih zir dingah in sim “kei cu minunnem le thinlung tangdor mi ka si, ka nun cawng uh tiah in ti” (Mathai 11:29). A sim duh mi kan ruahnak in a ban lo men thei.

**1 Peter 2:18-25, siar aw. Peter in sal pawl hnenah amak zetmi thurawn tampi a pek. A sim mi cu Jesu in dik lo zetih hremnak a tuarnak ah an zohthim dingah atan ta “a keneh pawl nan thlun theinak dingah zohthim ding in tan ta” (1 Peter 2:21, NKJV). Himi hmunah Peter ih a sim mi Jesui nun kan zohthim ding mi ihsin tuarnak sungah thinnemnak le tangdornak um dan ziangso kan zir thei?**

Dik lo zetih pakhat le pakhat an hremawk zoh hi a nuam lo tuk a sum. Hivek tuahsiaitnak ton cu a na hlei ce. Ziangatile hivek tuahsiaitawlaknak hmun ah kan um dah

lo. Diknak a umnak hmunah thinlungput a dik mi ruahnak in a thunun ringring ruangah dik lonak kan hmuh tikah kan pianpi fimnak sungah “a dik mi thil a ret”, cumi cu thinheng tikih um dan ding le dingfeltei um tikih um dan ding ruahnak a pek.

Diknak a um lonak hmun pohpoh ah thudik le thutak pom hnget mi kan neih lo ahcun a cang thei lo. Hivekih nun ding hi thil ol a si lo. Van ih um kan Pa Pathian in amai duhdan vekin kan ai-awh ih a cangvai tikah amah in a cingfel theh ding tiah kan zum a tul. Hivek hi Pathian cangvai dingah ong awnak a si ih Jesui tuah dan a si. Dik lo zetih tuahawknak ihsin kan luat ringring lo ding. Kan theih ding mi cu van ih Pa Pathian in tuanvo a lak ih in um pi ringring timi kan hngilh lo ding.

Peter in Jesui nun cawng dingah ruahnak a pek mi cu amaktuk dik lo zetih tuarnak ah daite ih umnak hi “mi lai thiamthu simnak” hnakin Pathian ropitnak nasa zetin a langter sown tiah a ti. Jesu cu Caiaphas le Pilat ih thusuhnak an tuah nakah amai thiamthu tampi a sim thei ko ding a sinan a sim lo. Daite ih a umnak in a thinnemnak le thinsaunak a langter.

**Dik lo zetih tuahsiatnak tong awla ziangtin so na cingfel ding? Tuisun zirlai ih kan hmuh mi tuahdan, na nunah thathnemnak ih na hman thei ding mi ziangpawl so a um?**

**TLAWNGKAI NILI  
KAN BEUNAK LUNGPI  
Our Rock and Refuge**

Mi hngal pawl cu tluangkhawng le tanghmasial in an um, mai sunlawihnak kilhim thei lo mitawntai an si. An uangawk ih tongdornak cu anmah ah hmuh ding a um

lo, ruahnak nei lo le rualban lo vek an bang. Hnuhmai ruahnak neih, mai manneihnak theihthiam, mi ih cohlan theih mi sinak, pawl cu harsat can a thlen tikah ah an tulsam vekin kan tulsam cio mi a si. Bawipai hnen lawngah khami thil pawl kan ngah thei. Nunnemnak le tongdornak cu tontaihnak langternak a si lo. Himnak lungpi parah hngetkhoh zetih hrambun mi sinak a langter sown.

**Saam 62:1-8, siar aw. Saam in sirhsan ziangso a tuah? David in ziangso a sim duh? A sim mi ihsin thlaraulam danhrampi zirthei mi nan nei maw? A poimawh bik mi cu na nun ah ziangvekin so na hmang thei ding?**

“Thuhla um lo in ralawk a theih lo. Pathian minug pawl ih thinlungput cu khawvel mi pawl lawng si lo in an suahpi unau khalin an thei sual. Curuangah Bawipai siahhlawh pawl cu harsatnak hmunah an thlen. Tanghmasialnak le diklonak in mi dingfel cu zinpeng a zawhter. . . . Dik le fel ih an nun lonak ruangah an thunun theinak piahlam khawvel dinhmun ihsin ara mi nun ze dik lo an nei ih an hnatuannak ah an buai. Rinsantlak an si lo ih Kawhhran member pawl in an rinsan lo. Pathian ih siahhlawh pawl cu Jesu Khrih ih thinlung vek an neih a tul. Dik lo zetih tuahnak le hmuhsuamnak tong lo dingah an beisei lo. Mi luarkai pawl ti an hlawh. An bei a dong lo. Pathian kut cak cu a zangfahnak hnatuannak parah a um ih amai hmin sunloiohtu hnatuannak ah a hruai.” Ellen G. White, The Upward Look, p. 177.

**Mi ih hmuhsuamnak le soiselnak ziangtlukin so na tuar thei? Tuartheinak dingah thazang suah a harsa maw? Pathian na beu ringring ih a lo duhdawttu na sunsak zet maw?**

**TLAWNGKAI NINGA****September 2**

**RUAHBETDING:** “Nunnem le zawitheinak neitu Khrih sungkhum nun neih ahcun a harsatuk mi ton a tam lo. Kan Bawipai tangdornak kan nei ngaingai ahcun nitin hnaihnoknak kan ngaihsak lo dingih thin nuam lonak a reh ding. Cule tlunlam ih lam hmuhsak mi kan pan thei ding. Mah le mah uk aw theitu Khrihfa in tihzah upattlak nunze mawi a langter. Eiruknak le nunrawngnak ngamzet le hnangam tei' tuahtu a thinlung duhnak thunun lotu cu amah ah Pathian in nunzemawi le tha a pek mi hnongtu a si. Jesu Khrih dungthluntu hrangah tangdornak thinlungput cu nehnak petu cahnak thazang a si. Anih cu van rorelnak hmunpi thawn an pehzom aw.” Ellen G. White, The Desire of Ages, p. 301.

**RETLANGDING:**

1. **Hnaihnoknak le harsat tuarnak ah tongdornak thinlungput in ziangvekin so in khaisang? Ziangvekih umdan tangdornak in hivek tuah theinak a suahpi tiah na ruah?**
2. **Bulpak na nundan ah, tangdornak le nunnemnak umdan ziangvekin so a lang? Cuih pawl cu ngaihsak a hlawh in upat a tong maw or ziangvek so a si? Na nundan ih lo hnaihnoknak ziang so na tong? Tangdornak le nunnemnak nunze nei thei lo dingah ziangtin so a lo buaiter?**
3. **Tuisan minung pawl nunziaza ihsin zohthimtlak nunnemnak le tangdornak a um maw? A um ahcun zote pawl so an si? Himi nundan ziangvekin so an langter? An hnen ihsin ziangso na zir thei?**
4. **Tangdornak le nunnemnak hi ziangruangah tontaihnak vekah kan hmu theu?**

5. **David in Bawipa cu ka beunak a si tiah a ti mi kan hmu. Asile khami a beu dan ziangvekin so a si ding? Khami beunak cu ziangvekin so a langtheu? Phundang ih sim ahcun, Kawhhran kan si vekin anhai pawl hrangah beunak ziangvekin so kan tuah ding? Tualsung kawhhran ah anhai pawl beunak ziangvek so nan tuah? Anhai pawl beunak hmun ah ziangso nan bawm?**

**ZIRLAI 11****September 3-9****TUARNAK LAKAH HNGAKTHEINAK**  
**Waiting in the Crucible****SABAT TLAILAM****September 3**

**TUZARHSIARDING:** Rom 15:4, 5; Rom 5:3-5; 1 Samuel 26; Saam 37:1-11;

**BIBLE CANGKEN:** “Asinan Thlarau rah cu . . . thinsaunak a si.” (Galati 5:22, NKJV)

Mifim pawl in nauhak kum 4, pawl le ralkap uknak zohfelnak an nei. Cuih nauhak pawl cu mifim pawl in ralkap hohanak nan tong cio ding tiah an sim. Asinan mifim pawl cun thiltuah theh ih an rat tiang an hngak thei ahcun thil pahnih pek dingah an tiam. Mifim pawl an tlan veten nauhak hrekkhat pawl cun thulung lo lungruh in an um ih a hrekkhat cun an hngak tento. An danglamnak hminsing an si.

Cule mifim pawl cun khami nauhak pawl cu tleirawl an si tiang an thlithlai ringring. A hngak theitu pawl cu lungruh ih thulunglo pawl hnak in tlawngta tha le ruahnak remtha aw thei le rinsan aw ngam theitu pawl an si. Thinsau ih hngak theinak cu thil thalam pan thei sawntu, nun ziaza ah mipoimawh rinsantlak an si thei sown. Bawipa in khami ah nun fimkhur dingah in simnak hi a mak ti ding a um lo.

Tuzarh kan zoh ding mi cu tuarnak ah zuam tento ih hngak theinak hmuahmuah phenah ziangso a um timi a si ding.

**Zohfelaw: Ziangruangah reipi hngah tul mi a um theu?**  
**Hniksaknak a thlen can ah thinsaunak thuhla ziangso kan zir thei?**

**THAWHSAL NI**  
**ZAWITHEITU PATHIAN**  
**The God of Patience**

**September 4**

**Rom 15:4, 5, siar aw. Kan hmuh thei mi ziangso a um?**

Kan thinlung ih kan duh zet mi or kan hnen ih thukam mi a thleng hrihlo mi thuhla ah a tlangpi zawi theinak kan nei lo. Kan duh ih kan hngakhlap mi pawl kan ngah tik lawngah lungawi mi kan si. Kan duh canah kan duh mi kan ngah thei lo ruangah kan thin a tawi ih kan zawi thei lo. Hivek dinhmun ah Pathian rinsan in hnangamten kan um thei lo.

Hngak can hi rei kan ti theu. Hebru pawlin tong pakhat an neih mi cu “thinsau zetin hngak aw” (Saam 37:7, NKJV). Hebru tong an lehlin sin mi pawl cu “hngak theilo ih thintawi theinak” “thin thir thehnak” “taksa tiang ih thir le thia theinak” “tuar thei nawn lonak” “riahsiat theinak.” Zawitheinak zir hi a ol lo, himi hi hrsatnak tuar can ih thil um dan an si.

**Saam 27:14; Saam 37:7; le Rom 5:3-5, siar aw.**  
**Ziangpawl so kan hnenah an sim? Zawitheinak in khui lamah in hruai?**

Thil pahnih kan hngak lai ah thinlung ih vei sown mi kan nei theu. Beiseinak thawn kan hngah mi cu kan thinlung ih kan vei mi or Pathian kut sung ih a um mi kha kan beisei thei. Thil pakhat kan hngah tikah a danglamnak cu ziangtluk ih rei kan hngak ding timi or kan hngak lai

ah thinlungput ziangvek kan nei timi a si. Bawipa kan rinsan ih amah thuthu siseh kan ti tikah kan thinlung duhnak cu a hnenah kan ap ahcun, kan hrang a thabik a tuah ding tiah kan rinsan ding. Kan hrangah a thabik a si ahcun harsatnak a um khal le a poi lo tiah kan ruat theu.

**Beidong theh ih na hngah mi ziangpawl so an um?  
Pathian ih can rikhiah mi sungah le Pathian kut sungah  
pumpekaw thluhnak ziangvek in so na tuah thei ding?  
Bawipa hnenah pumpek aw pumhlumnak ih a thupek  
vekih um dingah na thinlungput le na nun ziaza ih thlun  
dingah thlacam aw.**

**TLAWNGKAI NIKHAT  
PATHIAN CAN RUATAH  
In God's Time**

**Rom 5:6, le Galati 4:4, siar aw. Pathian ih can ruat  
mi thuhla ziangso in sim?**

Himi cang pawl ah Paul in Pathian can ruat a kim tikah Jesu cu kan hrangah a thi tiah a ti. Asinan Paul in can ruat a tulnak san a sim lo. Himi cang siar ahcun a va mak ve ti a ol te, sual thuhla cingfelnak dingah Jesu in leitlun ih a ratnak dingah ziangruangah kum thawng tampi a hngak. Sual hi tuksim za a si timi van le lei hmuahmuah in a theih lo ruangah a si kem? Kan suh bet hrih thei mi cu a voiinh ratsalnak teh tutiang ziangruangah so a hngak? Cuihtlunah kan thlacannak let dingah ziangahso can reipi hngak a tul?

**Thuthimnak ah Daniel 9:24-27, ih zarh 70,  
simsung thuhla ruat hnik sehla. Simsung thu ah Jesu  
cu Messiah a si tiah a langter (a tul ahcun zohkir sal  
uhla). Himi can ruat hi ziangtluk in so a rei? Kan hrangah**

**can rei pi vekih kan ruahmi ah Pathian ih can tiam  
hngaknak zirnak thawn pehpar in himi in ziangso a lo  
sim?**

Thlarau lam thuhla ah can ruat hngahnak thuhla poimawh tampi a um. (1) Hngahnak in kan ruahnak cu can reipi ih thil ngaihven salnak a suahter ih Pathian amah hnenah kan kir sal thei. (2) Hngahnak ah in phurtertu le kan saduhthahnak fiangten a langter. (3) Hngahnak in tumruhnak a suahter. (4) Hngahnak cu zumnak le rinsannak ah thlarau lam thazang thansonak sangka ongtu a si. (5) Hngahnak cu thil khirkhan ih a langmi Pathian ih hlondlo dingah peknak a si. (6) Kan hngahnak san kan thei dah lo men thei, asinan zumnak nundan zirnak a si. Hngahnak thuhla dang na bet thei lai maw?

**Amai can te ah Pathian a cangvai theunak Bible  
sungah zohthim ding na hmu ko ding. Amai can ruat ah  
Pathian in ka hrang i tuah sak ve ding tiah amah rinsan  
theinak dingah ziangvekin so a lo bawm? (thuthimnak  
ah Abraham, Sarah le thutiam fapa, thuhla ruat aw). Cule  
can reipi ih ka thlacam mi a phi cu tlaipi hnu lawngah ka  
ngahnak ah ziangso ka rak tuah timi nangmah ten sut  
awk hnik.**

**TLAWNGKAI NIHNIH  
HNGAHNAK THUHLA AH ZIRSUAH DING: DAVID  
David: An Object Lesson in Waiting**

1 Samuel 16:1-13, sungah tleirawl David cu siangpahrang tuan dingah Samuel in hriak a hninhnak kan hmu. Asinan a pa Jesse sumtual ihsin Jerusalem lal tokham cu can reipi hnu lawngah a luah thei. Himi can sung hmuahmuah ah harsatnak can tampi a tuar ding ti cu rinhmai ding a um lo.

Saul siangpahrang ih thinlung buainak rehter dingah tingtang tumtu ah voikhatnak kawh a si (1 Samuel 16). Cuih hnu ah Goliath a that ih Israel miphun lakah mihrat khawkheng Pasal tha a si (1 Samuel 17). Khami hnu ah David cu a nun himnak dingah kum tampi a vakvai. David cu siangpahrang tokham luah ih rosartu a si ding timi Saul le a fapa Jonathan in an thei (1 Samuel 23:17, 1 Samuel 24:20). Asinan David in Pathian ih pek mi a hmailam ih covo thuhla ah khawkhannak zianghman a tuah lo. Cu cingin amah cu dodaltu le raltu vek a bang zo. David cu Saul in thah a tum rero nan amah ih Saul thah a tum dah lonak langternak ah siangpahrang ih korfual zim cu a thuften a tan sak (1 Samuel 24:4-7). Cule Saul in David thah a tum salnak ah David in Saul thah theinak remcannak tha a ngah ko nan a tuah duh lo (1 Samuel 26:7-11).

**1 Samuel 26:1-11, siar aw. David in ziangah so Saul thah a duh lo? Kan nun ah Pathian in amai tumtah a kentelnak thuhla ah umdan dik ziang so in zirh?**

**1 Samuel 26: 12-25, siar aw. David ih Saul thah duhlonak in ziangvekin so Saul a danglam ter? Pathian cangvaihnak hngahnak ih thathnemnak thuhla himi in ziangso in zirh?**

David in laltokham a pannak zoh ahcun Pathian ih pek hlanah pawngpa neih tum hlah tiah tongkam hnighkhat ten kan sim thei ding. Can reipi hngahtul hmanah kan hrang a thabik mi cu a can cut tikih Pathian kut ih pek mi thlawsuah ngah mi a si. Thlai ci keuh hrekkhhat cu reilo tei' thang khal a um, hai kung tivek pawl cu kum reipi a duh. Asinan thingkung tum pawl cu thlisia a hran tikah ol ten a tluk ve lo.

**David in Saul that sehla ol ten thiam a co thei timi ruat aw. (Cuihlunah Saul cu zinpeng a zagh zo ih F-8**

**David hnenah bawitokham peknak sim a si zo). Cucingin Pathian a rinsannak cu a tuah mi ah a lang. Ziangtlukih hngak tul hman ah himi nun zia nangmai nunah ziangvekin so na langter ding?**

**TLAWNGKAI NITHUM  
HMANHMAWHNAK IH BUAI: ELIJAH  
Elijah: The Problem of Rushing**

**September 7**

Karmel tlang ih doawknak a cem (1 Siangpahrang 18). Van ihsin mei a ra ih Pathian dik cu mi hmuahmuah in an thei. Cule profet deu pawl thah theh an si. Pathian cu thiamcoter in a um. Khami ni le can hmuahmuah ah Elijah cun thlarau lamah nun thangsonak a ngah ding tiah na ruat ko ding. Asinan tuksuzza thu suah a thei lohli ih thih a duh. 1 Siangpahrang 19:1-9, sung ih thuanthu pawl siar aw. Khami cang ih a netabik tongkam ah vansang lam in a um “Bawipai thusuak cu a hnenah a thleng ih ‘Elijah, hi tawkah ziang na tuah?’” tiah a ti (1 Siangpahrang 19:9, NIV). Elijah cu a tih ih a um lonak ding hmun ah a tlan hlo ih a relh.

**Karmel tlang ih thilthleng hnu ah Bawipai rolh awknak zarah a nunnak hrangah a tlan ih a relhnak hnak in Elijah in zumnak le rinsannak thawn a khat sinsin. Thil tha lo zohthim ding mi ihsin ziangso kan zir thei?**

Himi thuanthu in a thupi zetmi thil pakhat a langter, kan thinlung hmanhmawh ih thil kan tuah tikah a dik lonak hmunah kan um timi kan hmu awk lohli thei. Elijah ih thuhla ah ramcar hram lakah hmanhmawh zetih a tlanhlonak cu a tih tuk ruangah a si, rak piang lo ta sehla ti hman a duh. Asinan Pathian khawkhannak lenglam ah hmanhmawh zetih in tlanhlo ter thei thil dang pawl a um lai.

**A tang ih Bible cang siar aw.** Semtirnak 16:1-13; Mipumsiarnak 20:10-12; Thuthentu 14:1-3; Mathai 20:20, 21; Luka 9:52-56; Tirhthlah 9:1. **Pathian duhnak lenglam ih in tlan hloter lohlitu um dan ziangpawl so a langter?** Khami thil pawl ah tumruhnak, thinhengnak, helkamnak, zumnak tlaksannak, or Bawipai hna ah phurnak khal a tel thei. Curuangah hmanhmawh tuk in kan nam lohli lo ding. Himi tihnungza thil tuar theitu le hrial theitu an um lo. In duhdawt ih kan hrang a thabik in duhsaktu Pathian thatnak le zangfahnak zum ih rinsannak nunneih mi cawm pitlinnak cu nehnak a si. Himi hi amahten a hung um mi a si lo kan nun ih zirtul mi le cawm pitlin tul mi a si. Zumnak cu laksawng a si ih, laksawng kha zir ih cawm pitlin a tul, a zir ih zir reronak le fimkhur ih venhim awknak a tul.

**TLAWNGKAI NILI  
BAWIPA AH LUNGAWI ZIR AW  
Learnig to Take Delight in the Lord**

**“Bawipa ah lungawi awla, na lungthlitum a lo pe ding.” (Saam 37:4, NRSV)**

Saam 37:4, hi a lamdangzet thutiam a si. Ruat hnik saduh na thah theu mi a si kha. Bawipa ah lungawinak neih ringringnak hi saduhthannak ngah famkimnak a si. Curuangah “Bawipa ah lungawinak” timi sullam ziangso a si?

Saam 37:1-11, siar aw. Saam 37:4, hi a mak deuh lo sawm. David in Pathian dodaltu le amah dodaltu pawl karlak ih a umnak thuhla a ngan. In dodaltu pawl parah kan thin a heng ih thiam kan coh awk theunak hi kan tokeh a si. Asinan David ih ruahnak in pek mi cu a danglam rori.

**A tang ih Bible cang pawl in hivek dinhmun ah Pathian minung pawl hnenah David in fim simnak ziangvek so a tuah?**

Saam 37:1, \_\_\_\_\_  
 Saam 37:5, \_\_\_\_\_  
 Saam 37:7, \_\_\_\_\_  
 Saam 37:8, \_\_\_\_\_

**Saam 37:4, siar sal aw. A tlangpi in Bible cang pawl ih lang dan na ruahnak ngan aw, “Bawipa ah lungawi aw” timi ih a sullam ziangso a si?**

David in a phunphun in a sim non rero mi cu “Pathian Rinsannak.” Rinsannak ih cangvaih dan. Pathian cu na Pathian a si ruangah beidong san hlah, atu khalah na hrangah hna a tuan rero. Nangmah ten thil thleidang tum mai aw, na hrangah a har lo. Van ih na Pa Pathian in tuanvo a lak theh. Amah rinsan men aw. Ziangkim ah amah rinsan pumhium aw.

Bawipa ah lungawi aw timi David ih a ngan duh mi cu himi a si. Pathian rinsannak nun dan famkim tei’ a lang mi cu Pathian ah lungawinak timi a si. Pathian cun kan hnenah a um ih hna a tuan rero ruangah kan hnangamnak siatsuah theitu zianghman a um lo. Lungawi sopar ten amah kan thangthat thei, ziangatile kan Pathian cu zohman in a bum neh thei lo. Himi kan nun in kan tuah thei tikah kan lungthlitum cu kan ngah rori ding. ziangatile in duhdawttu kan Pa ih in pek duh mi a si ih, Bawipai lalram hrangah le kanmai hrangah a tha hnem zet mi can a si.

**“Bawipa ah lungawinak” cu ziangtin so na zir thei ding? Khami nun nei dingah Pathian hnen ah thinlung takten thlacam taima aw la, Pathian ih lamhruainak theih tum rori aw.**

**RUAHBETDING:** Pathian ih tumtah mi ah reipi hngak a tul mi khal a si thei, a hartuk khal in kan thei ngaingai ko ding. Pathian amah in kan hrangah hna a tuan rero timi Pathian minung in kan rinsannak langter dingah can ruat mi sungah thinsaunak kan zir ding. Hngak ding thuhla tampi a um, kan hrangah le Pathian ih a lalram hrangah Pathian khawkhan mi a famkim maw ti khal kan ruat cio ding. Pathian hrang ih phur tuknak ruangah thiltampi kan thlauthla theh khal a si thei, asinan amah rinsannak thinlungput le ziaza kan neih ringring ahcun amah ah lungawinak tampi kan ngah thei ding.

Bawipa in harsatnak kan tuar mi hmuahmuah a thei theh. "Harsatnak ka tuar mi ah Pathian ih tumtah mi ka thei ban lo. In sersiamtu rin um le rinsan tlak hnenah ka pum, ka ruahnak le ka thlarau ka pek ahcun amah in ka hrang a thabik a thei. 'Ziangahtile ka zum mi ka thei ih, a hnen ih ka ap mi thil pawl cu cuih ni a thlen tiang a kilhim thei ti ka thei fiang.' (2 Timote 1:12). Kan nunnak cu van ih kan Pa rinsan ngamnak, rinumnak, duhdawt sinsin theinak, zawithei sinsinnak tampi ih kan zir a si ahcun dodalnak lakah lungawinak le hnangam daihnak kan nei thei ding tiah ka thei.

"Jesui tang sung ihsin kanmah ten donharnak neih hi Bawipa a lungawi lo. Ruahsannak thawn daite ih kan hngak a tul. Lamzin dikah ka um lo tiah santlai lo ruahnak kan nei theu. Cule a can thawn kaih aw ih hmainsinnak hmuh kan tum. Zum timi hi ruahnak a si lo ih thukham tuah mi thlunnak a si." Ellen G. White, Selected Messages, book 2, p. 242.

**RELTLANGDING:**

1. **Jesu in harsat tuarnak hmuahmuah ih "a thei theh" timi sullam ziangso a si? Kan hngak laiah himi ih in bawmnak ziangtin so kan thei?**
2. **Ziangkim hngahnak ah thinsau le zawitheinak an neihnak thuhla tetti khan dingah sawm aw. An tih mi ziangso a si ih ziang mi ah so an lungawi? Ziangvekin so an tuah thei? An zirsuak mi ziangso a si? Thutiam ziangso an kai hnget?**
3. **Thil pakhat khat hrangah Pathian ih can ruat kan hngak laiah harsatnak tuartu pawl bawmnak ah nan kawhhran or nan zirlai group in ziangso nan tuah?**
4. **Thinsau ih um thei dingah ziangvekin so thla kan cam ding? An nun ah thinsau ih an um theinak dingah Thiangthlarau dil in thla na cam sak maw?**

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ZIRLAI 12

September 10-16

**THLAICI VEKIH TOIHLALNAK**  
**Dying Like Seed**

SABAT TLAILAM

September 10

**TUZARHSIARDING:** **Filipi 2:5-9; Rom 12:1, 2; 1 Samuel 2:12-3:18; 1 Samuel 13:1-14; Zekhariah 4:1-14.**

**BIBLE CANGKEN:** “**Thungaiin, thungaiin ka lo sim, sangvut ci cu leilung ah a tla ih a thih ta lo ahcun amah kelten a um, asinan a thih ahcun, rah tampi a suah.” (Johan 12:24, NKJV).**

Pathian duhnak tuah dingah pumpek awknak duhnung zohthim ding Jesu in thlai ci thihnak in a langter.

(1) Lei ah a thla. Thlai ci cu leilungih a tlak ahcun a parah thuneitu a um lo. Lei parah a tla ih amah ten a ril men.

(2) Hngak can a um. Thlai ci cu leilung sung ah a pil, a ralai ding mi can ih athleng ding mi a thei lo. Thlai ci men a si ih, hmailam can ih nunnak a um ding mi khal ruah ban thei a si lo.

(3) Thihnak a um. Thlai ci cu lei ah a tlak lo ahcun zianghman a cang thei lo, thlai ci amah kel ten a um ringring. Amah sinak tanta in nun hlanawk ih a thih ta a tul. Rah a suah mi kung si thei dingah a nun tleng danglam a tul.

**Zohfelaw:** **Pathian in a thabik in duhsak timi thei cing in, harsat can a thlen tikah ziangah so kan pom thei lo?**

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**Nun hlan awknak zohthim ding kan hrangah Khrih in ziangso a tanta. Thlai ci tah thimnak hi ziangvekin so na hmang ih na thathnem pi thei?**

THAWHSAL NI

**RIAN DINGAH HLAWKNAK**  
**Submission for Service**

September 11

**Filipi 2:5-9, siar aw. Kan hrangah a thupi zet mi thucah ziangso a um?**

San tiluan ih nunphung cun nu hrin covo kan neih mi lon in tum rero. Hi pawl hi a um rero mi thil a si ih an tha theh. Pathian duh mi cu Jesu vekin kum khua a hmun mi Pathian lalram hrangah thahnem zetih hnatiuan thei dingah nu hrin covo kan neih mi zaten a hnenah zalen zet ih pek theh dingah in dil. Kha pawl pek thehnak tuah dan hi a ol lo, a nuam lo, harsat tuarnak a um theu.

Jesui tuah dan kan zoh ding (Filipi 2:5-8). Pa Pathian ih duh mi tuah dingah amai palung in pumpek awnak a tuah. A tirten, Paul ih in theihter mi cu “Khrih Jesu ih thinlungput, nanmah ah um seh” (Filipi 2:5, NIV). Jesui thinlungput dan phunthum cu:

Jesu cu in rundam theitu a si theinak dingah, Pathian tluk sinak a neih mi cu a hlip ih tawpcin nei milai sinak la in leitlun ah a ra (Filipi 2:6, 7, NIV).

Jesu cu mi ropi le hminthang vekin a ra lo ih, milai vekin sal sinak in a la (Filipi 23:7, NIV).

Jesu cu sual sal milai pianzia in a khawsa ih nun hnangamnak nei lo, a dam sung hmuahmuah “a thih tiang in zawnlungten a um.” Mi hminthang le tihzah kai upat mi vekin a thi lo. “Thih tiang rori thulung in a um, cross par ih thihnak tiang a tuar” (Filipi 2:8, NIV).

**Jesu nun ziangvek phun so kan hrangah zohthim a tlak bik? Nu hrin covo le tlukawk theh kan sinak a tha tuk nan, venhim awk a tul tikah kha pawl hliptluh a tulnak pom tlak in ziangtin so na sim fiang ding? Filipi 2:9, siar aw, himi cang in Pathian duhnak tuah dingah pumpekawk dan pomtlak ih thei thiam dingah ziangvekin so in bawm?**

Thiangthlarau hnen ih fimnak dil thlacamnakah, “Ka innsang, ka kawhhran, ka venghenen pawl riantu dinhmun ah Jesui duhnak pom ding dawnkham theitu nun ziaza ziangpawl so a tu ah na nei? Hmualei zetih midang ka rian theinak dingah ziangtluk in so tuar theinak ka nei?” tiah sut awk aw.

#### TLAWNGKAI NIKHAT

**September 12**

#### PATHIAN DUHMI THEIH HLANAH THIHNAK Dying Comes Before Knowing God’s Will

Khrihfa rinum zet pawl in an khawsaknak dingah Pathian duhmi theih an tum. “Ka nun khawsaknak ding hrangah Pathian duh mi ka theih ding um sun cu, ka ziangkim in amai hrangah ka hlan ding.” Cumi khal Pathian ih thu in tiam hnu a si thotho. Pathian ih duh mi thuhla ah buainak kan nei men thei. Rom 12:1, 2, sungah khami thu kan hmu thei ding. Paul in Pathian duh mi theih thei dingah hitin a ngan ih a thupi zet mi cu, na nun hlan hmaisa aw la Pathian duh mi tuah ding na thei ding!

Rom 12:1, 2, siar aw. Paul in a ngan mi cu an theih rori theinak dingah “Pathian duh mi cu zir uhla thei fiang uh” (Rom 12:2, NIV) tiah a ti. Ziangtik ah.

1. Kan hrangah Pathian ih ngilneihnak kan theih ngaingai tikah (Rom 12:1, NIV)

2. Pathian hnenah raithawinak nung ih kan pekawk tikah (Rom 12:1, NIV)

3. Kan thinlung Pathian in a tharsuah tikah (Rom 12:2) Tharsuah mi thinlung lawng cun Pathian duh mi a dik ciah in a theithei. Kan nun hlun a thih tikah thinlung tharthawhnak a um. Khrih ih thihnak in tuarsak men in a ngah lo.

**Na thih ngaingai lonak thei thiam dingah Thiangthlarau hnenah bawmnak dil aw. Pathian hrang raithawinak nungih na hlanaw theinak dingah Thiangthlarau in na hlon tul mi ziangso a lo sim?**

Kan nun hlun a thih ngaingai lo tikah Pathian in amah lam ih in hruai theinak dingah tuarnak sungah in thlen. Kan tuarnak cu kan sualnak theih ngah ding lawngah in bawm lo, kan hrang Jesui nun hlan awnak theih thiamnak khal in pek. Elisabeth Elliot, in “Kan thinlung hlan awknak ih a tumtah mi cu cross theihthiamnak nei thei dingah a si. . . . Kan tuarnak pawl cu in runtui’ tuarnak hnakin a neptuk lai. Kan Bawipai tuarnak vek kan tuar tikah amah theihfengnak in pe ding. Kan Bawipa in a tuar mi tuar ve dingah in ko.” Elisabeth Elliot, Quest for Love (Grand Rapids, MI: Fleming H. Revell, 1996, p. 182).

**Thlacamnak thawn Rom 12:1, 2, siar aw. Na nun na hlan awk theinak dingah na hlon tul mi pawl ruat aw. Cross parah Jesu in na hrang a tuarnak theithiam dingah ziangvekin so a lo bawm? Jesui tuarnak tawmpitu si dingah himi theihthiamnak in ziangvekin so a lo bawm?**

#### TLAWNGKAI NIHNIH

**September 13**

#### THULUNG DUHNAK THINLUNG Willingness to Listen

“Bawipa a ra ih a ding, cule can dang vekin, Samuel, Samuel, tiah a ko. Cule Samuel in ‘thusim aw,

**ziangahtile na siahhlawh in a lo ngai a si' tiah a sawn" (1 Samuel 3:10, NIV).**

Na ngaihsak lo mi Thiangthlarau ih aw kaa nemte le dimte kha na thei dah ko lo maw? Ziangkim tisual theh hnu ah a thaman na tuar mi cu a vapo'i ve ziangah so thu ka rak lung lo na ti ko lo maw?

Samuel pakhatnak ah puithiam tarpa le a fapa pahnih cun thu an lung lo ih nauhak pa te cun thulung in a um timi thuanthu a ngan. Pathian hnen ihsin ralrin peknak NASA zet a si ih, an thiltuah dan pawl thleng danglam a tul mi a si.

**1 Samuel 2:12-3:18, ih an thuanthu siar aw. Zawnlung ih Pathian thu thluntu le thlun lotu danglamnak ziangso a lang?**

Eli ih fapa pawl cun thildang hnakin Pathian lamah ruahnak neih sawn ding an a si. Eli in a fapa pawl hnenah thu a sim mi a theih tikah tuah thei mi zianghman a nei nawn lo. A fapa pawl cun Pathian duhnak tuah dingah an nun an hlan lo timi cu fiangten a lang. Nauhak Samuel thawn ziangtlukin so an danglam aw!

Thuthangtha simtu Charles Stanley cun "laklawh ih umnak hrialnak" timi cabu ah thinlung ong aw zet in nun ih Pathian thuthlunnak a poimawhtuk tiah a ngan. A sim bet mi cu "Thiangthlarau cu . . . . thuthannak lawng a tuah lo a thu pom ding khalin a sim. Cule kan remruatnak pawl cu a kah aw ih can heu men hlawhtling lo ding khawruahnak a si ti a thei. Cule Thiangthlarau cu daiten a um theu. A aw kan thei ih thulung thei si dingah awloksong ih kan um can in bawh." Charles Stanley, The Wonderful Spirit-Filled Life, (nashiville, TN: Thomas Nelson Publishers, 1992,) pp. 179, 180.

**Stanley ih sim mi "awloksong" timi ih sullam ziang a si tiah na ruah? Pathian hnen ih thinlung na**

**onnak thuhla ruat aw. "Thu lung dingah awloksong ih lo tuahtu" ziangpawl so an si tiah na ruat? Pathian ih aw le a lamhruainak cu na nun in thukthun lo ih thlun dingah zir ding ziangso a tul lai?**

**TLAWNGKAI NITHUM  
RINSAN AWNAK  
Self-Reliance**

**September 14**

Eve cun Pathian thusim mi rinhmainak a neih ruangah Eden hmuhan ah sualnak a tuah. A ruah mi cu a tha le a dik mi thleidannak fim neitawkah a ruat aw ih amai ruahnak a rinsan. Kan ruahnak kan hman ahcun Pathian thusuak a kah ih buainak hmuahmuah a luanglut theu.

Saul ih thuanthu in mai palung hmannah a lanter ih buainak in a dawi man lohli. Pathian mipi ukku siangpahrang si dingah Saul cu Samuel in sathau a hnih, (1 Samuel 10:1). Saul cu a hleice ih zirh mi asinan thu a lung lo (1 Samuel 10:8).

**1 Samuel 13:1-14, sung ih Sual thuanthu siar aw. Saul in amai tlaksiatnak ding ziangso a tuah?**

Sianpahrang a si hnu reilo te ah Saul cun mai palung hmannah ih a pialtertu karbak pathum a um. A poi mi cu khami karbak pawl cu that lonak a um lo. Asinan khami karbak tin ah Pathian rinsan lonak a tel theh ih riahsiatza thlaici a pai. Hminsin tlak Saul ih tlaksiatnak a suahteru pawl cu.

1. Samuel a um si lo, ralkap pawl le an tlan thluh "ka hmu" (NIV) tiah Saul a ti (1 Samuel 13:11). Saul cu a thinphhang ih, a poinak cu a mit ih hmuh mi lawng in a cangvai.

2. Saul in filistine pawlin inneh ding “tiah ka hmu” tiah a ti (1 Samuel 13:12, NKJV). Thil um dan cu a mit hmuh dan or a ruah dan hmang in a sim.

3. A thinphang ruangah raithawinak tuah a hnekawk tiah a sim (1 Samuel 13:12, NKJV). Saul cun thinphan um in a ruah ruangah a cangvai.

Hi pawl hi kan um dan a si theh, milai hmuh dan ah kan thum aw, mai ruahnak hmang dingah hruai kan si, milai ruahmannak ah thum aw ding ih hruai kan si veikin kan cangvai.

**Dikciaih ih thu zirhnak Pathian ih aw cu Saul ih thinlung hnathlamah a cam ringring cing in, ziangah so khami ah amai palung ruahnak hmang in ol te'n thuthencatnak a tuah tiah na ruah? Theihnak famkim lo derthawng ti thei aw cing in ziangruangah mai ruahnak kan rinsan theu? Mai palung hman hnakin Pathian thusuak a thupek pawl rinsan dan ziangtin so kan zir thei ding?**

**TAWNGKAI NILI  
AI-AWHNAKPAWL  
Substitutes**

Mani ah kan mai thangzang rinsan awnak ruangah Pathian duh mi tuah thei lo ih hlawhsamnak kan hmu. Thil dang kha Pathian ai-rawl ih rinsannak a si. Mi hrekkhat cun an lungrethehnak rehter dingah dawr ah thil an lei in an vak. Mi hrekkhat neinung tawkih an ruat awtu cun hminthannak an hawl. Mi dang cun innsang rem aw lo ih nuam lo tikah an thinlung nuamtertu mi dang an hawl theu.

Thinbang lungretheih rehernak a phunphun kan hmang khapawl in kan buainak a cingfel thei lo. Can dang

hrangah dinhmun tha sawn in tlentu khal a si lo. Kan buainak cu Pathian van lam thiltitheinak lawng in a cingfel thei. Kan thubuai cinfelnak ah Pathian ai-awh in thil dang kan tuah theu.

Pathian ai-awh ih kan hman mi phun thum pawl cu:

1. Pathian phuan awknak kan tul canah kanmah kan rinsan aw ih milai ih pom thei kan duh.
2. Pathian cinfelsak kan tul canah thubuai ngaihsak lo ih dungtun kan hmang.
3. Pathian huham thom kan tul canah thutak hmaisan lo in Pathian kan hrial sawn theu.

Ai-awh hmang ding lemsiah ih kan um tikah Zekhariah in a thupi ngaingai mi ngaihsak dingah in bawm. Kum reipi hnu-ah Babulon saltannak ihsin a netnak ah an tlung ih hmakhat te-ah biak inn pi saksal hram an thok. Cuih thil cu zum theilo ding khop in dodaltu an rak um (Ezara 4-6, sung khalah khami thuhla sirhsan kan hmu thei). Curuangah hnatuannak hohatu zo a si ti mi thucanh thawn Zerubbabel forh dingah Zekhariah a ra thleng.

**Zekhariah 4, ih thucanh siar aw. Zekhariah 4:6, sunghah Pathian ih a sim duh mi ziangso a si? Himi innpi saknak ah Thiangthlarau thawngin ziangvekin so a theh thei ding? Kan hnatuannak hmun ah Thiangthlarau thawn pehtlahi awknak thuhla ziangso in zirh?**

Pathian in biak inn saknak dodaltu pawl kham dingah a tum lo veikin himi hnatiuan hohanak ih Zerubbabel ih lungrethei khal a siang. Dodalnak hmun ihsin Pathian venghimnak a um camcin lo. Dodaltu a rat tikah khami harsatnak kha Pathian in amah rinsan thei dan ding in zirhnak ah a hmang.

**Lung retheihnak a thlen tikah ziangso na tuah hmaisabik? Ei in ding nah awl maw? Tv na zoh maw? Thla na cam maw? Pathian hnenah na pumpek aw maw? Zir na tul maw, thleng danglam so na tul, na thuhla a phi na ngah mi in ziangso a lo sim?**

TLAWNGKAI NINGA

September 16

**RUAHBETDING:** Mai tumtah le saduhthah thither hnu lawngah Pathian duhnak thlun ih pumpek awknak a um thei. Himi in thinlung taktei' mi dang ren duhnak a suahter. Pathian thu lun duhnak le hlanawknak nun tel lo in Pathian hrangah kan nung thei lo. Kan Pa Pathian ih duhnak cu kan duhnak si dingah kan lak luh a tul. Mai le mah rinsan awnak hi tihnungza a si ti kan theih feng a tul. Pathian thilitheinak le Pathian kaa suak thu pawl ai-awh ih thildang hman mi nei hi tuksim za a si. Pathian duh mi tuah tum ih pek awknak hi Khrih thinlungput neihnak a si. Pathian in amah rinsan thei dingah nat tuar in siang.

"Leitlun ih nu le pa hmuahmuah hmaiah Eli ih daithlangnak cu fiangtei theihter a si. Amai nun thianghlim lonak ih thaman or lunglut lo zetih Pathian hna a tuannak ih thaman a si. Curuangah fapa hrokhrawl pawl ih sual rah a at. Nu le pa in thilsual tuah kan kham lo tikah, fatepawl in Pathian hmai ah sualnak an tuah. An sualnak hrangih thilhan le raithainak khal Pathian in a pom lo." Ellen G. White, Child Guidance, p. 276

#### RELTLANGDING:

1. Kan sualnak ruangah Pathian Fapa in thihnak tuar dingah hring nun a hmannak hi zum a har zet. Khami ruangah khawawng kan tonnak thuhla cu zirlai

zirnak ah reltlang uh. Mi dang hrangah thathnemnak a um theinak dingah le anmah kan rian theinak dingah mai nun phatsan awnak le pumpek nun ziangso in sim? Tuah dan ding dan hrampi zirh mi kan si zo nan Jesui tuah mi vek zianghman kan tuah thei lo. Cross ah Jesui in hmuhter mi pum ap awknak nun le mah phatsan awknak nun cu kan kiangkap hnenah ziangvekin so kan langter thei ding?

2. **Mi tampi pawl cu a hnu ah tihnung ziangso a thleng ding timi ruat lo in Pathian hnenah an pek aw. Mah le mah rinsanaw hnak in Pathian rinsan a that sawnnak mi hnenah ziangvekin so na sim ding? A ra thleng ding mi theihnak kan neih lo mi ah tihnak nei lo ding in ziangvek thu sim in so na bawm ding?**
3. **Pathian tumtah rinsannak hi a hmun mi daihhak lamzin um sun a si ti an theih theinak dingah, Pathian duh mi tuah hi a hartuk titui' hrangah zirlai zirnak hmunah can lak in thlacam uh. Pathian hnenah pumpek aw ih a duh mi tuah hi a thabik tiah an theih theinak dingah anmah cu ziangvekin so na bawm thei? Pathian ih duhdawtnak le zawnruahnak mi dang ih an theih theinak ding bawmtu ah Pathian in ziangvekin so a lo hmang?**

**ZIRLAI 13****September 17-23**

**TUARNAK SUNGAH JESU KHRIH**  
**Christ in the Crucible**

**SABAT TLAILAM****September 17**

**TUZARHSIARDING:** Luka 2:7, 22-24; Mathai 2:1-18; Johan 8:58, 59; Luka 22:41-44; Mathai 27:51, 52; Rom 6:23; Titas 1:2.

**BIBLE CANGKEN:** “Cun zanlam nazi pathum hrawngah Jesu cu aw ring zetin, Eli, Eli, Lama sabakthani? Tiin a au, asullam cu Ka Pathian, ka Pathian ziangah i tlan san? (Mathai 27:46).

Tuarnak thuhla kan zoh tikah, thusuhnak a um mi cu: Tuarnak suaftertu sual cu ziangvekso a si? Van lam ih thuphuansuah mi zarah a tha zet mi a phi kan nei: Pathian in luatnak a pek ih dik lo zetih tuahsiat an si ko nan an tho sal. Himi khal in thusuhnak dang a suah pi: Pathian in tluknak a um thei ti a thei cia si lo maw? Thei e, Pathian in khami a ruat rori ti a fiang, C. S. Lewis cun, “a hlawk thlak zet” tiah a ngan.

A hlawk riae maw? Zo hrangah? Kanmah hrangah, Pathian cu van ih a Bawi tokham par ih a to lai ah maw? Cu ciah cu a si lo. Thilnung hmuahhmuah hnenah zalen zetih theih thiamnak Pathian pek mi hi a thianghlim zet. Kan zallenak in hnon sak hnakin, zallenak kan hman sual ruangih retheih zonzhaih tuar ding mi ih a natnak bik cu Pathian amah rori ih tuar dingah a hril sawn. Cule himi tuarnak cu Jesui nunnak le thihnak ah kan hmu. Amah

cu sual cithlah kan sinak ih suahpi mi harsat zonzhainak a tuar mi ruangah kumkhua ih a hmun mi lei le van pehzom awknak a suahter.

**Zohfelaw: Khrih in kan ai-ah ziangso a tuar? A tuarnak ihsin zir thei mi ziangso kan nei?**

**THAWSAL NI**  
**SENTETLAI CAN**  
**The Early Days**

**September 18**

Jesui nauhak lai can kha Bible in malte lawng in sim. Leitlunah Runtu Bawi a rat lai can ih thil um mi thuhla pawl cu cang malte sungah a ngan.

**Luka 2:7, 22-24, (Puithiam 12:6-8, khalah a um)**  
**le Mathai 2:1-18, siar aw. Jesui sentetlai nunram ih a ton mi nunphung tuahdan a langmi ziangpawl kan hmu thei?**

Jesu cu sentetlai ihsin retheih zonzhaih tuar ih khawsa dingah or thah ding ih an tumtah mi a si lo. Asinan Jesui sentetlai nun ihsin danglam zetih a temtuarnak pawl theithiam dingah in bawmtu danglam zet pakhat a um.

**Johan 1:46, siar aw. Naute Jesu ih a ton mi retheih zonzhainak thei thiamnak bawmtu dingah himi in ziangso in sim bet?**

Adam le Eve an tluk hlan siar tel lo in Jesu lawng hi leitlunah sawikop lo ih khawsatu um sun a si. Mawh nei lo mithianghlim a sinak ihsin leitlun sualnak sungah a hnim pil aw. Nun thianghlim nei nauhak asinan sualnak thawn cat loin an tong aw ih hmuhsuam in a um ringring. Sualnak ruang ah harsa in kan um nan ningsinza sualnak le thiltha lo tonnak ihsin kan talsuak theu. Amah cu nun thianghlim

mawh nei lo a si ih Khrih hrangah ziangvek a bang ruat hnik. Khami thuhla ah amah cu a kiangkap minung pawl thawn an danglam aw zetnak ruat aw. A hrangah cun tuar har le tenum a si rori ding.

**Kan kiangkap ih sualnak pawl ruangah ziangtluk in so ka thin a phang? tiah sut awk aw. Ka suahpi unau pawl an si anmah harsatnak ka pe ding maw? Amah cu harnak na pek ahcun na siar mi ca pawl ruangah a si pei maw? Khami thuhla pawl ruat aw.**

**TLAWNGKAI NIKHAT  
NGAIHSAK LO IH HNON HLAWHTU  
Despised and Rejected of Men**

**Atang ih Bible cang pawl siar aw. Jesui cungnunnak thuhla pawl cu na thinlung in ruat aw. Amah cu van le lei Sersiamtu a si. Amah in leitlun hmuahmuah ih sualnak hrangah raithawinak ih pek aw dingah a ra (Mathai 12:22-24; Luka 4:21-30; Johan 8:58, 59). Leitlun ah Jesui ton mi tuarnak pawl theithiam dingah himi cang pawl in ziangvekin so in bawm?**

Hruaitu pawl, mipi pawl in Jesui nundan, cangvaih dan, le a thu zirhnak pawl cu thei sualnak an nei. Rundam ding ih a ra mi cu mipi pawl ih hnnonnak le huatnak a tong. Kan theih theinak dingah nau hak thulung lo cu bomtul an si timi nu le pa in an theih vek a si. Khami nau hak hrangah nu le pa in ziangkim pek an duh cing in nu le pa cu a hmuhsuam, nautatnak, siatsuahnak tawpkhawk ihsin amah zawnruattu le pamhmaitu umsun nu le pa cu a nautat ih a hnong. Khami umdan kha Jesu in leitlun ah a ton mi a si ve. A hrangah zianglukin so a na.

**Mathai 23:37, siar aw. Jesui phatsan a tonnak thuhla ziangso in sim? Na siar mi vekin nangmah ten**

**sut awk aw, “amai hrangah a tuar mi a na tuk kem, (phatsan le hnon kan ton tikah teh) or suanlam tuahnak dang a um maw? Suanlam hawlak thuhla um sehla ziang thuhla so a si ding?**

Phatsannak cu poi kan ti theu, mai zawnruat lo Khrih tuar vekin kan tuar men thei. Naa kan ti rori. Kan phatsannak ruangah a si lo, in phantsantui tumtah ruang ih in phatsannak a si. Kan kilkhawi rero mi in Khrih sung ih rundamnak pom ding a hnon vek a si thei). Anmah rundamnak ding ah Jesu in ziangvek tonsia a tong ih ziangtluk in naa a ti, timi zo in so a ruat timi pawl ruat hnik. Khami hnnonnak ruang ih thilthleng ding mi teh kan ruat ngaingai maw. “Khrih cu mawh nei lo thianghlim a sinak ruangah Setan ih hmuhsuam nautatnak NASA zetin a tuar.” Ellen G. White, Selected Messages, book 3, p. 129.

**Phatsannak ih poi khoihnak thei thiam deuh dingah Khrih tuarnak ihsin ziangso na zir thei? Zohthim ding ziangso a lo pek? Ziangvekin so na hmang thei ding?**

**TLAWNGKAI NIHNIH  
GETHSEMANE AH JESU  
Jesus in Gethsemane**

**September 20**

**“An hnenah, ka riahsiatnak cu thihnak tlak khop in thinlung na ka tuar, hitawkah rak um uhla, ralringten um uh.” (Marka 14:34).**

Jesu cu leitlun ah kum 33, sung a tlang leng ih tuarnak tinkim a paltlang. Cross a thlen hlan can netabik ih tuar hramthoknak pawl cu tahthim ding a um lo. Leilung hram bun hlan ihsin (Efesa 1:1-4, 2 Timote 1:8, 9; Titas 1:1, 2) khawkhan zo mi cu leilung ih sualnak hrangah Jesui raithawinak ih a pek awknak a si ih, a tu ahcun kha pawl cu hlanlai thil a si theh.

**Gethsemane ah Jesui a tuarnak thuhla a tanglam  
ih Bible cang pawl in ziangso in sim? Mathai 26:39; Marka  
14:33-36; Luka 22:41-44.**

“A aw an theih lonak ding le amah an hmuu lonak ding ah an hnen ihsin hlat deuh ah a feh. Cule a cau ih lei parah a bokkhup. Sualnak ruangah Pa Pathian thawn then aw ah a thei. A hmai ah an karlak hlat awknak cu a kau, a thuk, a thim tuk in a thei ih, a thinlung a khur theh. Himi thin natnak a tuarnak ihsin talsuak thei dingah Pathian a sinak huham a hmang lo. Minung ih sualnak thaman cu milai sinak in a tuar a tul. Dan buarnak donak dingah Pathian thinhengnak khuathai cu minung sinak in a in rori ding mi a si.

“Jesu Khrih cu a um dah lonak hmun ah a um ih sinak danglam zetah a thleng. Profet Zekhariah in Jesui tuarnak cu fiangbik in a langter, “Maw ralnam ka tuu khaltu le ka rualpa dokalh in tho aw, ralkap pawl ih Bawipa in a ti” (Zekhariah 13:7). Misual pawl ai-awh le aa-mah-khantu a si vekin, Khrih cu Pathian thuthennak tangah a kun. Diknak ih sullam ziangso a si ti a hmu. Tuisun ni tiang in amah cu midang hrangah palai a si ringring. A tu-ahcun amai hrang palai neih a hiar tuk.” Ellen G. White, The Desire of Ages, p. 686.

**Gethsemane ah Jesu parih thilthleng pawl ruat aw.  
Leitlun ih sualnak hmuahmuah cu amah parah a tla. Ruat  
hnik ziangvek a bang na ti. Hivek tuar dingah milai  
zohman kawh kan si dah lo. Himi in Pathian duhdawtnak  
le ruahsannak ziangvekin so a lo theihter?**

**TLAWNGKAI NITHUM  
CROSS IH THI PATHIAN  
The Crucified God**

Cross ih thihihna hi Rom pawl ih thihi dan peknak a si ih a rapthlak zet. Thihsia ih thi ah ruah mi a si.

**September 21**

Tuksumza ih thahnak a si ruangah hringnun hmang in Pathian Fapa Jesui ratnak kan cing ringring. An thawi, an hrem a kut le a ke ah sobul thawn thir ih khennak in a taksa natnak pawl hi a rapthlaktuk, a taksa ih tuarnak ah tuk a sum. Himi hi tuksum za a si vekin rapthlak zetih tualthahnak a si. Mawh nei lo Jesui tuar mi cu a dik lo lawlaw.

Khrih taksa ih a tuar mi ngaingai kan thei ban lo ih kan thei nep tuk. Mawhnei lo thah tuarnak ah himi hi a luar kai na sa.

**Jesui thihihna thuhla ah anmai san mipi pawl ih  
an theihthiam dan hnakin a luar sawnnak ziangvekih a  
tuarnak in so a langter bik? Khami hmun ih thilthleng  
langtertu bawm thei dingah himi thilthleng pakhat ciar  
in ziangvek suallam a nei cio ti mi ziangso kan hmu thei?**

Mathai 27:45, \_\_\_\_\_

Mathai 27:51, 52, \_\_\_\_\_

Marka 15:38, \_\_\_\_\_

Mawhnei lo thihihna hnakin dan leng ih thiltuahnak fiang zetin a lang. Bible ih a sim vekin Pathian in sual a camsiatnak a si ih, Jesui parah kan sualnak cu a tla. Jesu mi dingfel cross ih a tuarnak cu leitlun ih sualnak parah Pathian thinhengnak ih thilthleng a si. Zo hman in kan ton mi le kan tuar mi a si lonak hi midang hnakh Jesui tuarnak a luarkainak a si.

**Vansang le mangbang in harsatnak tuar hman aw  
la, Jesu in na hrangah Cross parih a lo tuarnak hnak in  
ruahsannak le hnangamnak ziangvek so a lo pe thei?**

**TLAWNGKAI NILI  
HARSATTUAR PATHIAN  
The Suffering God**

Hi leitlun ah retheih zohzaihnak kan tuar mi cu kan danah kan neih a si men thei. Tluse mi thilnung kan si vekin kan cemnetnak khal a si. Khami ih thaman a danglam theinak ding Bible thutiam pakhat hman a um lo. A kah rori . . .

**A tangih Bible cang pawl in a tui thu lu ih thuhla ziangso in sim? Tirhthlah 14:22; Filipi 1:29; 2 Timote 3:12.**

Cun kan tuarnak lakah, thinlung ih kan cin ringring ding mi pa hniih a um.

(1). Jesu in kan tuar hnak ih siakha in a tuar. "Kan riahsiat ninghannak le retheih zonzaihnak hmuahhmuah amah in cross ah a phur" (Isaiah 53:4, KJV). Bulpak ih kan theih mi cu, Jesu Khrih in kan zate tuar ai in tuar sak theh. Mawh nei lo a si nan "kan mai ruangah" misual ah a cang (2 Korin 5:21). Kan ruah ban khal a si lo, Sersiamtu cu sersiam mi misual vekin kan tuar ding mi a tuar.

(2). Tuarnak sung kan um tikah Jesu Khrih in tuarnak ih thaman kan hngilh lo ding, cumi cu kan hrang Khrih ih in tuah sak mi ruangah kan nih cu thutiam mi kan si.

**Johan 10:28; Rom 6:23; Titas 1:2; Ie 1 Johan 2:25, siar aw. Thu in tiam mi ziangpawl so a si?**

Ziangtluk in tuar hman aw la, Jesui hnenah lungawi thu sim aw, kan sualnak ruang ih ningzak le hremnak in tuarsak mi ruangah lung awi aw. Zangfahnak thuthangtha sunglawi ruangah le zumnak ruangah Jesui famkimnak cu tu rori ah kan famkimnak tiah kan sal thei. Cule kumkhaw nun na nei tiih thutiam kan si ruangah

**September 22**

lungawi thusim ding kan si. Khrih ih famkimnak nun le a famkim mi raithawinak in tuahsak mi ruangah thutiam hnget khoh kan nei. Hitawk leitlun kan umnak ah sung zatlaknak, le natnak citin thawn, nun beidong in kan khawsak nak cu, hmakhatte nimthlakau kan hmu ih a hlo veikin an hlo theh ding. Kan hngakhlap zet mi kumkhaw nunnak thawn thim sehla kumkhua kan umnak hmun van thar le lei thar ah, sual, retheih zonzaihnak le thiinhak a um nawn lo ding. Khrih in kan hrang harsatnak tawpkhawk in rak tuarsak zo mi ruangah thu in tiam mi hmuahhmuah cu aa-mah-khan sak kan si theh zo. Ni khat ni ah amah cu a ra cing ding ih "a nunnak ih a tuanbang rah a hmu ding ih, a di a riam ding" (Isaiah 53:11).

**TLAWNGKAI NINGA**

**September 23**

**RUAHBETDING:** "Voithum rori thlacannak a tuahnak cu milai ih raithawinak tuah mi hloral thehnak dingah a vawrtawp raithawinak a tuah mi a si. A tu ahcun milai ih thuhla cu leitlun Runtu Bawi hmai ah a thleng. Dan buarnak pawl a hmu, tanta mi an si ahcun an hloral ding ti fiangten a thei. Zangfakza bawmtu nei lo minung ih dinhmun a hmusuak. Sual ih thiltitheinak fiangten a thei ngah. Sual tursia ruangih milai ai-hramnak le hacang rial ih an tahnak cu a hna in a thei. Hmailam ih an umdan ding a hmu fiang ruangah thuthen catnak a tuah. Minung rundamnak cu a mawhphurh ah a pom. Amai ruangah hloral ding mi hmuahhmuah in kumkhaw nunnak an ngah theinak dingah thisen hnai luang ih tuarnak a pom. Bawhsiatnak ruangih a tlu mi hi leilung pakhat runsuak ih a hlo mi tuu pakhat runsuak dingah van ih a Bawitokham, a thianghlimnak, a lungawi thanuamnak, a ropitnak, hmuahhmuah tanta. A tumtah ih a hnatum mi

cu a thulhsal lo ding. Misual pawlih hrem le thah a tong ding. A aw hman a suah thei lo ih a thaw lawng in thla a cam mi cu: ‘maw ka pa a cang thei asile hi khuat hai hin i lan hram seh, asinan ka duh vek si loin, nangmai duhdan vekin si sawn seh.’ “Ellen G. White, Desire of Ages pp. 690.

#### **RETLANGDING:**

- 1. Jesu Khrih taksa ah Pathian amah ih a tuarnak a theihthiamnak hi kan zonzaih retheihnak pawlah ziangtlukin so in bawm thei? Kan ai-awh in Khrih ih a tuar mi cu kan hrangah sullam ziangso a nei? Himi thutak danglam zet ihsin hnangamnak ziangso na ngah thei? A phi na ngah mi ruat rero aw, cun “tuarnak hmuahmuah cu sual ih suah pi mi a si ih Pathian tang ih pom mi Fapa neihsun tlunah a tla.” Selected Messages, book 3, p. 129, ah Ellen G. White, ih thusim mi cu hminsin aw.**
- 2. Tu zarth sung ih zirlai hmuahmuah ah Jesui tuarnak pawl kan zir. Khrih in ziangvek harsatnak pawl so a tuar? Kanmai nunram ah an bang awnak le an danglam awknak ziangvekin so a um? Himi harsatnak a cingfelnak ihsin harsatnak kan tuar mi pawl cingfelnak in bawm thei dingah ziangso kan zir thei ding?**
- 3. Na riahsiatnak le natnak na tuar mi cingfel dingah Bible sung ih thutiam hmuahmuah lakah thutiam ziangso na duh bik? Ka hrang rori a si tiah phuang awla ngan aw, zirlai zirnak hmunah sim ve aw.**
- 4. Tu kuata zirlai sung ihsin na thinlung a lo khoihtu bik theithiam dingah a tawinak in ngan aw. Na hrangah thusuhnak a suak thei mi ziangso a um? A phi na ngah thei lo mi ziangso a um? A buai zetih harsatnak pe theitu pawl pumpelh theinak dingah pakhat le pakhat ziangvekin so kan bawm aw thei ding?**

#### MORNING WATCH July 2022

1. Tlawngkai Ninga	John	11:50
2. Sabat	Luke	4:19
3. Thawhsal Ni	Luke	4:18'19
4. Tlawngkai Nikhat	Revelation	14:1
5. Tlawngkai Nihnih	Luke	15:12
6. Thawhsal Nithum	Luke	15:13
7. Tlawngkai Nili	Luke	15:20
8. Tlawngkai Ninga	Luke	15:23
9. Sabbath	Luke	15:24
10. Thawhsal Ni	Matthew	12:20
11. Tlawngkai Nikhat	Matther	22:12
12. Tlawngkai Nihnih	John	1:17
13. Thawhsal Nithum	John	8:7
14. Tlawngkai Nili	John	8:11
15. Tlawngkai Ninga	Matthew	21:31
16. Sabat	Matthew	20:9
17. Thawhsal Ni	Matthew	20:14
18. Tlawngkai Nikhat	Matthew	18:27
19. Tlawngkai Nihnih	Matthew	18:33
20. Thawhsal Nithum	Matthew	9:33
21. Tlawngkai Nili	Matthew	9:9
22. Tlawngkai Ninga	Matthew	9:13
23. Sabbath	Mark	11:21
24. Thawhsal Ni	Mark	11:15
25. Tlawngkai Nikhat	Matthew	6:12
26. Tlawngkai Nihnih	Luke	13:16
27. Thawhsal Nithum	Mark	14:30
28. Tlawngkai Nili	Luke	22:32
29. Tlawngkai Ninga	John	18:11
30. Sabbath	Mark	16:7
31. Thawhsal Ni	John	6:37

MORNING WATCH  
August, 2022

1. Tlawngkai Nikhat	John	1:1
2. Tlawngkai Nihnih	Luke	24:27
3. Thawhsal Nihnih	Matthew	21:33
4. Tlawngkai Nithum	John	7:37
5. Tlawngkai Nili	John	11:25,26
6. Thawhsal Nitnga	John	11:41
7. Sabat	John	3:3
8. Thawhsal Ni	John	3:15
9. Tlawngkai Nikhat	Matthew	19:21
10. Tlawngkai Nihnih	Matthew	19:26
11. Tlawngkai Nithum	Acts	7:55
12. Tlawngkai Nili	Matthew	14:29
13. Thawhsal Ninga	Matthew	13:44
14. Sabat	Matthew	9:16
15. Thawhsal Ni	Matthew	7:24
16. Tlawngkai Nikhat	Matthew	11:29
17. Tlawngkai Nihnih	Mark	2:27
18. Tlawngkai Nithum	John	5:8
19. Tlawngkai Nili	John	15:2
20. Thawhsal Ninga	John	15:5
21. Sabat	John	6:29
22. Thawhsal Ni	Mark	10:15
23. Tlawngkai Nikhat	Matthew	18:4
24. Tlawngkai Nihnih	Matthew	15:3
25. Tlawngkai Nithum	John	21:19
26. Tlawngkai Nili	Acts	26:18
27. Thawhsal Ninga	Matthew	9:38
28. Sabat	Matthew	2:15
29. Thawhsal Ni	Revelation	12:11
30. Tlawngkai Nikhat	Matthew	28:19
31. Tlawngkai Ninh	Acts	11:17

MORNING WATCH  
September, 2022

1. Tlawngkai Nithum	John	1:36
2. Thawhsal NiLi	Luke	5:6
3. Tlawngkai Ninga	Luke	5:10
4. Sabat	Luke	4:27
5. Thawhsal Ni	Matthew	12:7
6. Tlawngkai Nikhat	Mark	9:25
7. Thawhsal Nihnih	Matthew	20:15
8. Tlawngkai Nithum	John	4:7
9. Tlawngkai Nili	John	4:14
10. Tlawngkai Ninga	John	4:28
11. Sabat	Luke	13:4
12. Thawhsal Ni	Matthew	18:14
13. Tlawngkai Nikhat	Matthew	18:15
14. Tlawngkai Nihnih	Matthew	8:11
15. Tlawngkai Nithum	Luke	10:36
16. Tlawngkai Nili	Luke	10:37
17. Tlawngkai Ninga	Luke	9:55
18. Sabat	Luke	24:46,47
19. Thawhsal Ni	Mark	5:15
20. Tlawngkai Nikhat	Mark	5:19
21. Tlawngkai Nihnih	Matthew	23:13
22. Tlawngkai Nithum	Mark	15:39
23. Tlawngkai Nili	Luke	14:13,14
24. Tlawngkai Ninga	Luke	22:42
25. Sabat	Matthew	25:14
26. Thawhsal Ni	Matthew	25:40
27. Tlawngkai Nikhat	Mark	4:26,27
28. Tlawngkai Nihnih	Luke	7:44
29. Tlawngkai Nithum	Luke	6:38
30. Tlawngkai Nili	Mark	4:31, 32

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