

UPA SABAT SKUL ZIRLAI

Sabbath School Lesson
ဖလမ်းချင်းဘာသာ

Saam Cabu

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

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ထုတ်ဝေသူ
ဦးဖိုးဖိုးလှ (၀၁၉၈၇)
ဥက္ကဋ္ဌ
မြန်မာပြည်သတ္တမနေ့ဥပုသ်အသင်းတော်
၆၈ ဦးဝိစာရလမ်း၊
ရန်ကုန်မြို့

အုပ်ချုပ် - ၃၅၀

**January, February, March
2024**

ဓမ္မဒါန
ပထမအကြိမ်

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Saam cabu: Pathian le minung thinlung hmuh awknak hmun

Saam cabu hi Bible sungih ummi hla thu le thlacamnak tha zet a si. Thangthatnak, lungawinak, riahsiatnak le thinpitnak, thurelnak le bulpak le vantlang ih hlasa mi lole relsuak mi, mipi menmen le siangpahrang pawl khal in relsuah mi, biazai le puithiam pawl le miding fel pawl le misual pawl khal ih phuang mi sam hlabu cu thlacamnak bu le zumtu thlahsawng aw vivo pawl hnen ih hlabu a si.

Bible sungih cabu tamzet cun kan hnenah thu a sim ih asinan saam cu kan hrangah, kan lakah thu a sim sawn a si. Sam hlabu hi ruahsannak, beiseinak le thangphawknak hrampi a si. Mah le mah ngaihtuah awknak le Pathian ropitzia, a thuknak hmun ihsin ausuah tu zalennak petu le Pathian hnenah thum thar thluh dingih hip zettu kaihruaitu a si. Mi tampi in saam hlabu cu an thinlung ngaihtuahnak thawn pehzom aw mi le an hmuhton mi pawl thawn an hmuh tikah an thlacamnak vekih an rak pom hngal mai khal hi thilmak a si lem cuang lo. Luther cun saam hlabu thuhla hitin a rel:- "Saam hlabu sungih thangthatnak le lungawinak aiih lungawinak langter theitu tongkam mi pakhat in khuitawk ahsaw a hmuh ding? Cumi ahcun a nuam zetmi hmuandum lam na zoh vek ciah in mithianghlim pawl ih thinlung hmuahmuah na hmu thei ding, asilole vanlam na thlir ringring thei ding, asilole Saam hlabu ih lungngai tahhla nganmi ai hmin ih nasa zetmi sualsirnak, riahsiatnak le lungngainak simfiangnak tha cu hmuh a si ding? Cumi ahcun thihnak le hell ram sung zoh vek ciah in mithianghlim pawl ih thinlung na hmu thei thluh ding, a thim zet ih, Pathian ih thinhengnak thlam thlengawknak pawl cu hmuh a theih...cumi ruangah si mithianghlim pawl

ih cabu duhbik mi cu saam hlabu a sinak san cu! Khuitawk hmun ih um minung khal in himi saam cabu sungah a duhmi, a hrang ih rak um cia vekin a thei aw thei ding. Cabu dang pawl ah hivek thawn bangaw mi, hi tongkam pawl ai ih tha cu nan hmu zik lo”-Martin Luther, Martin Luther: Selections From His Writings, ed. John Dillenberger (New York: Anchor Books, 1962), pp. 39, 40.

Saam hlabu ih hringnun thleng danglam thilti theinak kan tontehnak dingah Pathian kan thangthatnak, thlacamnak, sualphuannak, riahsiatnak le Pathian ih zangfahnak le dingfelnak ruangih lungawi thusimnak ih Saam hlabu hmang theutu zumtu thlahsawng aw vivo kan si vekin thlacamnak nei dingin le thangthatnak hla sak dingih kawh kan si. Saam hlabu hi kan zir nasat a tul, cule the? Cathianghlim bu dang pawl vekin Saam hlabu hi santhuanthu, Pathian thu le an nunphung thawn kaih hnawih aw mi ih ngan a si ve. Saam hlabu zir cu tuisan ih ca a siartu pawl lamah Saam leitlun cun a naihter deuhdeuh a si. Saam cabu hi Pathian minung pawl ih thlacamnak le Jesuh, Leitlun ih a rungsuak mi ih thlacamnak vekih kan hmingsin lai ah Saam cabu hi Jesuh thuhla thlacamnak khal a si thotho. Annih pawl cu minung pawl hnenih Pathian phuangawknak a si. Saam cabu zirnak dang cu Pathian ih tuahmi thuhla pawl hmuahhmuah saam cabu ihsin zir ding le Jesuh Khrih fehtlang ih leitlun hrang kan tuah dingmi zirnak pawl a si.

Saam hi biazia 150 khawngkhawm mi si hman sehla, cumi khawngkhawm mi cu a landan vek a si thluh lo. Saam cabu cun Pathian minung tampi pawl ih thlarau kekarnak ih theihpitu a si. Zumnak thawn kekar thoknak cu a dikmi pawl laksawng pekih a sualmi hremnak ding hmu Pathian lairelnak le fekzetih din mi a si. Kan zirlai kan zir vivo asile a tha zetmi leitlun ih zumnak a um tiki setan pa ih a ti buai ah ziangvek thil a thleng timi kan

hmu ding. Pathian in a uk lai maw? Ziangtin saw ramdang ah Pathian minung pawl in Bawipa thangthatnak hla an sak thei ding.

Kan duh thusam le ka thlacamnak cu kan hringnun kekarnak ah Saam in thazang cahnak in pe ih, cumi ihsin Jesuh khrih hmaton rori ih kan hmuh hlan tiang thinlung hmunkhat in Pathian thawn nitin kan hmu thei a si.

Dragoslava Santrac thukam hlun lam zirnak ihsin PhD ngahtu a si ih, the General Conference of Seventh-day Adventists World Headquarters ih um the Encyclopedia of Seventh-day Adventists ih editor a hnatuan tu a si. Seventh-day Adventist International ih Bible simfiangnak ngannak ih Saam 76-150 ngan tu khal amah a si.

ZIRLAI 1

December 30–January 5

SAAM HLABU SIARDAN**SABBATH SIIMLAM**

Tuizarh sung siar ding: 1 San. 16:7; Neh. 12:8; Saam. 25:1–5; Saam. 33:1–3; Rom. 8:26, 27; Saam. 82:8; Saam. 121:7.

Bible cangken : Cun anih in an hnenah hitiin a sim, Hi thu pawl hi nan hnen ka um laiuh ka rak lo simmi an si, Moses ih daan bu ah siseh, profet pawl ah siseh, saam ah siseh, keimai' thuhla nganmi hmuahhmuah cu a thleng kim thluh tengteng ding a si, tihi. Cun cathianghlim an theihthiam theinak dingah, an theihnak a onsak(Luka 24:44-45)

Saam cabu hi Judah le Khristian pawl ih kumkhua ih an hlabu le thlacamnak bu a si. Saam cabu ngantu ih tongkam zate deuhthaw hi Pathian relnak lampang si thluh khal sehla, cangan tu pawl cun thithe minung pawl thawn siloin an ruahnak run thawkhum tu Pathian thawn ngan mi a si. A ngaingai ti ahcun, Bawipa cun cangan dingin a umpi hai, cutin ca thianghlim hmuahhmuah hi ngan a rak si(2 Piter 1:21), Saam cabu sung ihsin Pathian cun a siahhlawh pawl le A Thlarau hmangin kan hnenah thu in sim a si. Jesuh, dungthluntu, le Thukam thar cangan tu pawl cun saam cabu hi an run rel ih, Cathianghlim ah an telh a si(Mark 12:10; Johan 10:34, 35; Johan 13:18). Saam cabu hi Semtirnak le Rome cakuat vek ciah in Pathian kamsuak thu an si thluh ve.

Saam hlabu hi hlanlai Israel cangan thiam mi dangdang hnen ihsin ngan mi Hebru biazai ih ngan mi a si. Curuangah Saam hlabu cun anmai leitlun kha a khih

hmuh deuh bik, ziangkhal sisehla, an thucuh cu leitlun pumhuap a si ve thung. Saam hlabu ih Pathian kamsuak thu le Saam biazai pawl ah thinlung pe zetin, an san thuanthu, Pathian thu an ngan mi pawl, an nunphung pawl ziangkim kan pawm cun kum thawng tampi ihsin tui kan san tiang a um mi an thucuh thupi zetzet pawl kan theithiam ding a si.

NIKHAT NI**December 31****Hlanlai Israel pawl biakinn ah Saam hlabu**

Siar ding: 1 San 16:7, Nehemiah 12:8, Saam 18:1, Saam 30:1, Saam 92:1, Saam 95:2, Saam 105:2, Kolosa 3:16, le James 5:13. **Saam hlabu hrekhat ngan dingih umter mi pawl kha ziangsaw an si? Ziangtik ahsaw Pathian minung pawl in saam hlabu an hman thok?**

Saam hlabu hi bulpak ih hman ding ah le khawmnak ih hman dingah kan hrang ih phuah mi an si. Khawmnak hmun ah awnmawi lam(Saam 61:1), a on theimi(Saam 9:1) le awnmawi kaihruai(Saam 8:1) pawl tarlan a si vekin an kaihhruainak thawn hlasak a si theu. Hebru Bible ahcun Saam hlabu ih a thuhlu *tehilim* “Thangthatnak” timi cun a tumtah bik mi, Pathian thangthatnak a khih hmuh. Saam cabu Mirang ih um mi hi Grik tong *psalmoi* ihsin lak suah mi a si ih, cumi cu Septuagint ah hmuh a si. Cui thil cu Hebru Bible Grik tongih an lehlin hmaisabik mi a si(Kum zabi 2 le 3 BC hrawng ih lehmi a si).

Saam hlabu hi Israel pawl khawmnak ih telh lo theih lo mi cabu a si. Thimnak ah Biakinn apnak neih caan, sakhua puai neih caan, lamzawh caan le Jerusalem ih thukham kuang an retlai caan tivek ah an hmang theu. “Kaisohnak hla” (Saam 120-134), khaulawlawnnak hla tiuh theih mi cu kumtin puai tumzet pathum hmang dingin nunphung daan vekin Jerusalem ih an feh lai ih an

hmanmi hla pawl a si(Suah 23:14-17). “Iziptpawl Hallel”(Saam 113-118) le “Ropi Halle”(Saam 136) pawl cu kumtin hman mi puai tumzet pathum le thla thar puai le Biakinn apnak tivek ah an sak theu. Izipt pawl ih Hallel cun lantaak puai tuahnak ah hmunram thupi zet a rak co ve. Saam 113-114 cu lantaak puai rawlei thoknak ah an sak ih, Saam 115-118 cu an theh zawngah an sak(Matt 26:30). “Nitin Halle”(Saam 145-150) timi cu Sinakok ih zingtin thlacamnak an neihnak ah an sak theu.

Saam hlabu cun mipi pawl ih Pathian cibai bukdan a thlun lo ih, Biakinn sungih cibaibuknak an neihdan ding a khihhmuh sawn a si. Jesuh cun Saam 22 ih ummi tongkam hmangin thla a cam(Matt 27:46). Kawhhran hmaisaw pawl hringnun khalah Saam hlabu cun hmun thupi zet a luah ban a si(Kol. 3:16, Efesa. 5:19).

Kannah cu Leilung puanthlam vek biakinn ah Pathian cibai buk lo khal sehla, bulpak in simaw, asilole mipi umkhawmnak hmun ah simaw, ziangtin saw Saam hlabu hi Pathian cibai kan bukna hmunah kan hmang thei ding?

NIHNIH IN

Saam ngantu pawl hmuhnak

January 1

Saam hlabu ih a hmin langtam zet tu David siangpahrang hi Israel pawl in Pathian cibai an bukna ih cangvai tamzet tu a si. Anih cu, “Israel ih hla mawi zetzet phuahu pa” tiih kawh a si(2 Sam. 23:1). Thukam thar cun David hi Saam hla phunphun ngantu a si zia a nemhnet (Matt. 22:43-45; Tirh 2:25-29, 34, 35; Tirh 4:25; Rom. 4:6-8). Saam hla tamzet hi Biakinn ih awn mawi kai tu, levi mipun pawl ih phuah mi an si. Thimnak ah, Saam 50 le Saam 73-83 hi Asaph ih phuah mi, Saam 42, Saam 44-49, Saam 84"85, le Saam 87"88 hi Korah fapa pawl ih phuah

mi a si ih, Saam 88 khal hi EzraHITE mi Heman ih phuah mi a si. Cule Saam 89 hi EzraHITE mi Ethan ih phuah mi a si. Cumi lenglam khal ah Solomon (Saam 72, Saam 127) le Moses (Saam 90) khal in saam hlabu hrekkhat cu an ngan ve.

Siar ding: Saam 25:1-5; Saam 42:1; Saam 75:1; Saam 77:1; Saam 84:1, 2; Saam 88:1-3; le Saam 89:1. **Himi Saam pawl in a ngantu pawl ih tonteh mi ziangvek in saw a pholang?**

Thiang thlarau cun hla ngantu pawl a thawkkhum ih, an thiamnak cu Pathian riannak ah le zumnak ih an pawlkomnak ah a hmang. Hla phuahu pawl hi pumpekawknak dik le zumnak thukzet neitu pawl an si ih, cucing khal in kanmah vek ciah in beidonnak le thlemnak tongtu pawl an si. Kum tampi liamzo ih ngan mi sikhah sehla, Saam hla cun tuisan ih kan thilton mi hrekkhat pawl cu a tarlang tengteng ding.

“Ka thlacamnak cu na hmaiah thleng hram seh: ka au aw lamah na hna thong hram aw; Ziangah tile ka nunnak cu harsatnak in a khat ih, ka nunnak in thlan a naih a si” (Saam 88:2-3). Himi au aw hi kum 3,000 liamzo ih mi pakhat ih au-aw a si vek ciah in tui kum zabi 21-nak ih nunnak au-aw khal a si thotho. Saam hlabu hrekkhat cun harsatnak lam an rel ih; a hrekkhat pawl cun lungawinak lam an bitum ve thung. Saam cangan tu pawl cun Pathian hnenah bomnak an dil ih, phulo duhsaknak an dong. Pathian cu a rinumnak le duhdawtnak ruangah an sunloih ih, A hrangah cau loih pumpe aw ringring dingin an tiamkam. Saam hlabu pawl cu Pathian tlennak theihternak le Pathian ih zangfahnak le beiseinak hmainsinnak a si. Saam hlabu cun zumnak hmangin Pathian ngaidamnak laksawng le nunthar thilpek a pawm tu hmuahhmuah hnenah Pathian thutiam a thlen a si. Cucing khal in cuvek a um lai hman ah a tlusia mi leitlun

ih harsatnak le tuarnak cu khuh hloh simaw, thuh simaw, tiniam deuh tumnak khal zianghman an nei lo.

Tu ih kan tonvek harsatnak ih mi rinum zet saam cangan tu pawl khal in an rak tong ve dah timi kan theihnak hin ziangtin saw beiseinak le hnhemh awknak kan sersuak thei ding?

NITHUM NI

January 2

Tikcu pi tinkim hrang Hla pakhat

Siar ding: Saam 3, Saam 33:1-3, le Saam 109:6-15.
Himi Saam pawl in minung thilton mi phun dangdangpawl ziangtin saw a sim vivo?

Saam hlabu cun zumtu pawlkom pawl cu minung ih hmuhton mi dangdang a theihter thluh ih, zumtu pawl in ziangvek tikcu caan khalah Pathian cibai an buk thei timi an tar lang. Cumi lakah a hnuai mi pawl hi kan hmu thei: -

(1) Hla cun Pathian ropinak, le sersiamnak ih thiltitheinak, a siangpahrang daan, thuthennak le a rinumnak pawl an langter. (2) A cem theilo mi Pathian thlawsuahnak ruangah Saam cun lungawinak a pholang. (3) Harsatnak ihsin runsuah in an um ruangah thinlung takten Pathian hnenah au aw a um. (4) Fimnak hla cun dingfel pawl nundan ding kaihhruainak a pek. (5) Lalnak Hla cun siangpahrang le Pathian minung pawl runsuahtu Khrih a khihhmuh. (6) San thuanthu hla cun Israel tikcu liamcia a theihter ih, Pathian rinumnak pholang in, rinum lo Israel pawl cu a ralai dingmi san ah an pupa pawl tuahsual mi vek tuah sal lo in, Pathian le a thukham ih rinum dingin a zirh.

Saam hla bezai pawl cun ca siartu pawl ih ngaihven hlawh thei ding thiltitheinak danglamzet a tarlang. Himi Bezai ngantu pawl ih hmanrua hrekkhat pawl hi lehlinnak

ah hlo hmansehla, kanmai' suahpi tong vekin tamzet cu kan la lut thei thotho.

1. Bangawknak tampi hi tongfang, catlangtluan le ngaihtuahnak ahhin a um theu. Bangawknak tamzet cun catlang tluan ih sullam in theihter a si. Thimnak ah, "Maw ka nunnak, Bawipa cu thangthat aw: ka sungih um mi hmuahhmuah tla, a hmin thianghlim cu thangthat uh"(Saam 103:1). Himi bangawknak ah, "Ka nunnak" timi cu, "Ka sungih um mi hmuahhmuah" ti a si ih, cumi cu Pakhat lawng relnak a si.

2. *Mitthlam* cun Casiar tu pawl ih taksa lam theihnak cu nasa zetih ngennak a neih theinak dingah zohtertu tongkam a hmang(thimnak ah, Pathian humhimnak cu, "A thlazar phenthlam" tin a rel (Saam 17:8))

3. *Pehzom aw mi tongthimnak* cun danglamnak pahnih a langter. "Na hmai ah a sun a zan in ka au" tin cawl loih a au thu a run tarlang(Saam 88: 1)

4. *Tongkam hmandan* pawl cun tongfang aw tluk pawl a tuahtha ih, thlarau lam thucuh thupi a kengtel. Saam 96:4, 5 ih um Hebru tong, "elohim, "pathian pawl" tile 'elohim, "mitem" timi tongkam cun phunhnam pawl ih pathian cu, 'elohim, "pathian pawl" vek lawng in an lang ko nan, 'elohim "mitem" men an si timi thucuh a tarlang.

A netnak ahcun, "selah" timi tongkam cun caan reilote sung thumawknak lam a khihhmuh ih, cumi cu thangthatnak hla bu hrekkhat thucuh cu cawlhsan in, ngaituah dingih kawhnak simaw, awnmawi a thlun aw mi tuah danglam dingih kawhnak simaw a si thei(Saam 61:4)

NILINAK

January 3

Thinlung thozet thlacamnak

Siar ding: 2 samuel 23:1,2 le Rom 8:26, 27. **Himi bungcang pawl in thlacam thuhla ziang in zirh?**

Saam cabu hi thlacamnak le Israel pawl ih thangthatnak in a luahkhat thluh, cun Saam ahhin Pathian ih aw cu a mi pawl thawn an um tlang a si. Saam cabu ahhin Pathian thawn umtlang theinak a um ti fiangzetin a lang. Saam cangan tu cun Pathian cu bulpak zetin, “Ka Pathian,” “Aw BAWIPA,” tile “Ka siangpahrang” tin a ko (Saam. 5:2, Saam. 84:3). Saam cangan tu cun Pathian cu “In ngai aw”(Saam 5:1), “Ka thlacamnak ngai aw”(Saam 39:12), “Run zoh aw”(Saam 25:18), “I sawn hram aw”(Saam 102:2), “I run aw”(Saam 6:4) tin ngennak a nei theu. Himi pawl cu mi pakhat in Pathian hnenih a thlacamnak langternak a si ti a fiang zet.

Thlacamnak le thangthatnak vek ih a danglam zetmi saam hlabu ih mawinak le mi hip theinak ahhin Saam hi Sakhua mi zet zumtu pawl ih thangthatnak le thlacamnak sungih um Pathian kamsuak thu a si. Curuangah Saam cu Pathian fate pawl nelawk tlang theinak a pe ih, cuvek cu Rom 8:26, 27 a relfiang: “Cuvek thothoin Thlarau khal in kan cah lonak pawl in bawm mheu: zianghatile kan thlacam ding awm cu ziangvek a si ti kan thei lo: asinain Thlarau amah rori in mongih sim theih lo khop ih hruum in in dilsak. Cun Pathian ihduhzawng in mithianghlim pawl hrangah a dilsak mheu ruangah thinlung a zohtu cun Thlarau ih thinlung cu a thei a si.”

Jesuh khal in Saam cabu ta a lak suah mi Luka 20:42, 43 ah a um. Himi hi Saam 110:1 ihsin a lakmi a si: “David amah rori in Saam cabu sungah, Bawipa in ka Bawipai’ hnenah, Ka kut vorhlam ah to aw, Na ral pawl cu na ke paldam ih ka tuah lai hlanlo, a ti”. Saam hrekkhat cu santhuanthu thil thleng mi le hla phuahtu pawl ih hmuhton mi ihsin ra suak mi le Israel hnam ram ih hmuhtonnak ihsin ra suakmi si khal sehla, Saam cabu cun thlarau lam thuk zet hringnun dinhmun dangdang a

rel suak ih, nunphung dangdang, sakhuanak, hnam thleidannak, le mipa nunau thleidannak ramri pawl khal a paltlang thluh. Tongdang ih kan sim asile, Saam cabu na siar tikah, beiseinak, thangthatnak, tihphannak, thinhengnak, riahsiatnak, le lungawi lonak, tivek pawl hi khuitaw hmun khalah, kumtin, ziangvek dinhmun a si khalah an tong theu mi thil pawl an phuangsua knak a si ti na hmu ding. Kanmai bulpak hmuhton mi tongkam hmangin kan zaten in bia a si.

Jesuh ih a hmanmi Saam hin kanmai bulpak hmuhton mi zumnak thawng kan hmang thei ding mi thil thupi zet ziangsaw in sim?

NINGA NI
Saam ih leitlun

January 4

Siar ding: Saam 16:8; Saam 44:8; Saam 46:1; Saam 47:1, 7; Saam 57:2; Saam 62:8; Saam 82:8; le Saam 121:7. **Hla phuahtu pawl nunram ahhin Pathian in ziang hmunram saw a luah?**

Saam ih leitlun cu Pathian ih umpinak laimu bik a si. Cumi cun thlacamnak in le thangthatnak in hringnun ih tonteh mi hmuahhmuah Pathian hnenih ap thluh dingin a hawl. Pathian cu Sersiamtu, Siangpahrang le leitlun hmuahhmuah ih thuthentu a si. A fale hrangah ziangkim a pe thluh. Curuangah anih cu ziangtik lai khal ih rinsan ngam dingmi a si. Pathian minung pawl hlawhsam dingih an lang caan ah Pathian minung pawl ih doral pawl hman in hitin an sut, “ Khuitaw h saw nan Pathian a um?” tin(Saam 42:10). Bawipa cu a mi pawl hrangih um ringring le hlawhsam dah lo Pathian a si vekin Pathian minung pawl cun an hmai lam ih um ringring tu Pathian an nei. Anetnak ahcun mi hmuahhmuah le sersiammi hmuahhmuah in Pathian cibai an buk ding tikcu caan cu Saam cabu hin a rak hmu cia(Saam 47:1, Saam 64:9).

Nunnak ding hrangih Pathian thupit ruangah cumi cun cibai buknak hmunpi a hringsuak a si. Saam ih a hmanmi cibai buknak cu tuisan ih mi tampi ih an theihthiam mi cibai buknak thawn an danglam aw tuk. Ziangahthile Bible nunphung ih cibai buknak cu khawtlang nun pumpi tuahthatnak le tawhawknak um lo hringnun pawlkom awknak hmunpi a si ruangah a si. Curuangah Pathian minung pawl hringnun ih thil a thleng mi hmuahhmuah, a sia siseh, a tha siseh, zianghman pumpeh loin cibai buknak ah a langsuak a si. Pathian cun hla phuahtu ih auaw cu a thei, khuitawk ih a um khalah a famkim mi Amai tikcu caan te ah a let theu (Saam. 3:4, Saam. 18:6, Saam. 20:6).

Hla puahthu cun Pathian umnak hmun cu vanram a si lam a thei, asinan cuti rual in, Pathian cu Zoin ah, a mi pawl lakah biakbuk ah a um. Cuti rualin Pathian cu hla zetah le nai zetah, khuitawk hmun khalah a um, a Biakinn(Saam 11:4) ah, relhna hmun ah(Saam 10:1) le phuansuahnak pawl ah a um(Saam 41:12). Saam cabu ahhin himi Pathian mizia dangdai zetih langmi pawl hi hmunkhat ah an um thluh. Saam hla phuahtu cun a hla ih ummi le a nai ih ummi cu Pathian thutak sungah tekdarh ter a theih lo timi a theithiam (Saam 24:7-10). Saam hla phuahtu cun himi thlarau lam buainak hi an theithiam tuk. Ziangvek hmuhtonak an neih rero lai khalah Pathian thatnak le umpinak an theihnak cu ziangti zawng khalin, ziangvek caan khalah Pathian an hnenah tel ve dingih an rak hngah lai ih an beiseinak ticak tu a si.

Ziangtin saw Saam cabu hin Pathian cu kan umnak peng pakhat lawngah kan muangcang ter thei lo zia theithiam dingih in bom ding? Bawipa cu hmun hla ah ret dingih na hawl reronak na hringnun peng pawl cu ziangsaw a si?

NIRUK NI

January 5

Ruahbet ding: Siar aw: Ellen G. White cangan mi Profet pawl le pupa pawl timi sungih “Biakinn le cumi apnak” pp. 35–50; Mino hnen ih thuchah timi sungih “Awnmawi hlawnak,” pp. 291, 292.

Saam hlabu ahhin 150 tiang a um, cumi pawl cu bu 5 ah thenfel an si: Bu khatnak (Saam 1-41), Bu hnihnak(Saam 42-74), bu thumnak(Saam 73-89) Bu linak(Saam 90-106), le Bu nganak(Saam 107-150). Saam bu panga ih then hi Judah hnam rak tuahdan a si ih, **Pentateuch** (Semtirnak ihsin Daan peksalnak)hmun nga ih an then thawn an bangaw ciah.

Saam cabu cu saam hla khawngkhawm ih rak um cia zo mi a si timi langternak a si: Korahite ih khawnmi(Saam 42-49,84,85,87,88), Asaphit pawl khawnmi (Saam 73-83), tlunkai hla pawl(Saam 120-134), le Hallelujah hla(Saam 111-118,146-150). Saam 72: 20 cun David ih saam khawnkhawm mi mallai a um timi a theihpi ve.

Saam cabu hi Siangpahrang David le siangpahrang hmaisabik (Kum Zabi 10 BC) thawn zomawknak an rak nei deuh lai khalah Saam hlabu khawnkhawm mi pawl cu a hnuai ih kum zali pawl khal ah an pung vivo lai: Siangpahrang hmaisabik thenawknak, saltannak, le saltan hnu khalah a pung vivo. Biakinn thar sak dingih hna an tuan laiah Ezra ih kaih hruainak thawn in Hebru cangan thiam pawl hnuai ah saam hlabu fate cu khawngkhawm in tuah a si. Cangan thiam pawl in Saam hlabu an ti hngat deuhdeuhnak in Pathian thawkkhum a sinak a la hlo lo. Hla phuahtiam tu pawl vekin cangan thiam pawl cun Pathian an rian. An hnatan cu Pathian thawn zomawknak an nei(Ezra 7:6,10). Saam ih Pathian le minung sinak hi tisa ih rung cang Bawipa Jesuh Pathian

le minung pumkhat awknak thawn tahthim theih a si. “Asinan Bible, minung tongih langtermi Pathian pekmi thutak cu Pathian le minung zomawknak ih pek mi a si. Cumi zomawknak cu Pathian fapa le minung fapa a si mi Khrih sinak ah a um. Curuangah himi cu Bible thudik a si, Khrih cu, “Thu cu tisa ah a rung cang, kan hnenah a ceng” tu kha a si.”—Ellen G. White, *The Great Controversy*, p. 8.

RELKHAWM DING THUSUHNNAK PAWL

1. Saam cu Pathian le minung karlak thlacamnak le hla a si timi ih sullam ziangsaw a si? Ziantisaw himi ruahnak hi theihthiam har zet si khal sehla, Pathian in a minung pawl thawn nai zetih um ding ih in duhdan hmu thiam dingih in bawm ding? Cumi cu ziangtin saw amai lamzin te ah minung pawl thawn kan naih awk zia le kanmah bulpak cio ahhin Pathian kan naih timi a lang ding?

2. Zirnak ahkhan, Saam hlabu in nangmai dinhmun a run relmi thil ziangmaw tal si maw na hmuhsuah caan thuhla rel aw. Ziangmi hnehawknak le beiseinak saw cutawk ah na hmuh?

ZIRLAI 2

January 6–12

THLACAM IN ZIRH AW

SABBATH SIIMLAM

Tuizarh sung siar ding: Saam. 105:5, Kol. 3:16, James 5:13, Saam 44, Saam 22, Saam 13, Saam. 60:1–5.

Bile cangkan: “Cun hiti hi a si, hmun pakhat ah thla a cam rero ih a colh tikah, a dungthluntu pawl lakih pakhat in a hnenah, Bawipa, Johan khalin a dungthluntu pawl a zirh bangin thlacam in zirh ve aw, a ti” (Luka 11:1).

Khristian hrekkhat lakah zianghman zircianak um loih thlacam, mai’ palung suak te ih thlacamnak lawng hi thlacamnak ngaingai a si timi zumnak hi a tam zet vekin a lang. Ziangkhal sisehla, Jesuh dungthluntu pawl in Jesuh hnenah Thlacamdan zirh dingih an dil tikah lawmman sunglawi zet an don pah. Pathian cun thlacamnak cabu, Saam cabu hi Bible sungmuril bikah a ret ih, cumi cun hlan lai ih Pathian minung pawl ih thlacamdan lawng hi in khihmuh lo ih, tuisan ih kan thlacamdan ding khal in zirh a si. Hlanlai san ihsin Saam cabu hi Pathian minung pawl ih thlacamnak hriam zet a si, Jesuh thlacamnak khal cumi ah a tel ve (1 San . 16:7, 9; Neh. 12:8; Matt. 27:46; Efesa. 5:19). Tuizarh ahcun Pathian minung pawl ih an lamzin zawh mi ah le Pathian thawn an pehawknak sungih an thansohnak ah Saam cabu a rak phumawkdan pawl kan zoh ding. Saam cabu hi thlacamnak cabu a si timi kan cing ringring a tul, cutivek a si ruangah manmual khal a nei zet, cumi cu Pathian thu an theihthiamnak lawng siloin kan bulpak nun le khawtlang nun ih thlacamdan pawl danglamter le that ter deuhnak lamzin khal a si.

Saam thlacamnak cun zumtu tamzet cu thlacam nun tha le famkim zetmi din dingin le kai hngget dingin a bawm a si. Tui zarh ahcun saam cabu kan zoh lehsal ding, a hleice in kan hrangih thil ropi zet a thlen lemlo lai can thawn milaw mi kan zoh ding.

NIKHAT NI

January 7

Thlacamnak ih saam cabu hmanna

Siar ding: Saam 105:5, Kolose 3:16, le James 5:13.
Zumtu pawl ih cibai buk hmuntonnak ih Saam cabu in ziangvek dinhmun saw a neih?

Nitin nunnak ah saam kan umterdan ding lamzin olsam bik cu Saam 1 ihsin thokin Saam cabu ih thupek vekin Nitin Saam siarnak tikcu caan pek hi a si. A dang pakhat cu na dinhmun thawn a milaw mi Saam cabu siar hi a si, ziangvek a thleng khalah : Cui saam ahcun Tah hla, zapi hrang lungngainak Saam, lungawi thusimnak saam, hlabu, sirawknak saam, fimnak saam(Pathian fimnak le kaihhruainak hawl), San thuanthu saam, thinhengnak le thin-ai thoknak um kop saam, khualtlawnnak saam pawl an si.

Asi ahcun ziangtin saam cabu kan siar ding?

A hmaisai ah Saam cabu siar awla, ruatnak olsam zet hmang awla, cule thlacamnak nei aw. Saam cabu sungih saam hla dangdang tel mi pawl vun ruahsal rero ahcun : Hla phuahtu pawl in Pathian an biakdan le an thlacamnak san pawl ruat a tul zet. Na dinhmun cu hlaphuahtu ih tonnun thawn an bangawkdan le Hlaphuahtu in nangmai tonnun ah a lo bawm theidan ding ruat aw. Na siarmi thawn milaw in thil a um timi na hmuhsuah tikah mak na ti zet ding.

Saam cabu sungah harsatnak lo petu thil ziang simaw a um asile cumi saam cabu cun tu ih na thil ton

rero lai mi na beiseinak diklo zet pawl cu a tuahtu maw timi ngunngaih zetin ruat aw. Khirh ih mizia le rundam hnatuannak le Khrih ih hnatuannak cun caan reizet beiseinak in pekmi eng ah Saam thucuh pawl hi ruat aw. Kan theih vekin asilole kan theih tul vekin Bible ih thil um mi hmuahhmuah hi thinglamtah le Khrih ih eng ahhin kan thlir ringring a tul.

Cule Saam cabu ih a pekmi thlacamnak thar cu thlir sal in, cumi pawl cu na kawhhran, leitlun le nangmai hrangih an thupitzia ruat aw. Na thinlung le ruahnak ah Pathian thu a um theinak dingin Pathian hnenah dil aw. Na mi theihmi mi pakhat dinhmun cu saam cabu thawn an bangaw a si ahcun cu pai' hrangah thlacam sak aw. Relduhmi bik cu Saam cabu in hringnun tampi a fangkual ih, kan hnenih an relmi pawl kan thinlung sungih kan siarnak ihsin kan that phah thei a si.

“Khrih ih kamsuak thu cu tamzet in nanmah ah um hram seh”(Kol. 3:16) a timi ih sullam ziangsaw a si? Zianghsaw cumi hmuhtonnak dingah Bible siar hi karbak thupibik le hmaisabik a si?

NIHNIH NI

January 8

Buaicaan ih rinsannak

Khristian hmuahhmuah cun thinhar le harsattuar caan, ziangsaw Bawipa cun a tuahtu rero tiih ruah buaicaan asilole Ziangruangah saw Pathian in hivek um dingih a sian tivek pawl hi an thei thluh ih, hmuhton khal an nei cio thluh. Cuvek ciah cu anmah Hla phuahtu khal in an pahtlang ve ko. Cule Pathian umpinak thawng in an hmuhton mi pawl cu an ngan khum a si.

Siar ding: Saam 44. **Himi in kan hnenah ziangsaw a rel, cule zianghsaw himi hi san um vivo mi zumtu pawl thawn pehawknak a neih?**

Khawm caan ah Biakinn ih Saam cabu hrilsuah mi cun kan thlacamnak ih kan relsuah mi tongkam le thinlung put lawng hi a langter theu. Cuvek ih khapnak pawl cu kan nun ih thimnak ngaingai pawl remtha dingih khawruah harnak asilole kan thilti theilo mi hmingsinnak tla a si men thei. Harsatnak ih in run tlakbuak ngaingai caan ah Pathian cun diklo zetin in kilkhawi tin kan ruat men thei, cuvek pawl cu vantlang Pathian cibai buknak ah simaw, bulpak thlacamnak khal ah vun relsuahnak ding remcang kan hmu dah lo.

Hivek duh lonak pawl cun cibai buknak ih bitum bik cu in thelh ter thei a si. Pathian hmai ah kan lungput le hmuhdan diktak cu felfai zet le dikzetin thlacamnak ih kan relsuak lonak cun mai' lungput hmang pawl sal ah in tangter a si. Himi khal in Pathian kan va naihnak ding ah mah le mah rinsan ngamawk lonak in pe a si. Saam cabu ih thlacamnak cun thlacamnak kan neih le khawmnak kan neih tikah kan hmuhton mi pawl cu hnongsak asilole cohlang lo ding ih beisei kan si lo timi in theihter a si.

Thimnak ah Saam 44 cun Pathian cibai buku pawl cun soal nei lo harsatnak an ton mi pawl cu zalen zet le famkim zetih relsuak dingin a bawm a si. Saam cabu thlacamnak cun thlacamnak ah mi hmuahhmuah in zalen zetin thu an rel theinak ding ah a bawm a si. Kan tongsuak thei lo le, kan thiam lo mi tiang in Saam cabu cun in sim a si. "Kan thinlung cu dung a siip lo ih, kan kekal pawl khal na lamzin ihsin an peng lo; Nang cun rulhreg pawl umnak hmun ah nasa zetin i siatsuah ih, thihnak phenthlam thawn in tuam ko na'n" (Saam. 44:18, 19).

Ziangkhal sisehla Saam 44 ih a thokdan kha hmingsin aw. Cangan tu cun a liamcia tikcu caan ih Pathian in a minung pawl hnen ih a thiltuah mi ropi zet a rel. Curuangah cangan tu cun, "Ka thal ah"(Saam 44:6) siloin Pathian ih rinsannak a neih thu a phuanglang.

Hivek um cing khal in harsatnak cu Pathian minung pawl hnenah a thleng thei thocho. Riahsiatnak le tahnak cu a rei zetih a na zet fawn. Ziangkhal sisehla, himi pawl hmuahhmuah ah hla phuahtu cun Pathian hnenah runsuahnak dil in a au, "Na lainatnak zarah in tlen hram aw" (Saam 44:26). Cumi cu harsatnak tuar lai khalah Pathian sinak ngaingai le a duhdawtnak a theifiang a si.

Ziangtin saw caan liam zo ih Pathian umpinak ngaingai na theih mi cun Pathian cu hmun hla zetah a um tiih ruahbuainak na ton caan ah a lo bom thei ding?

**NITHUM NI
Beidonnak Saam**

January 9

Saam thlacamnak cun khawmnak hmun ih zalen zetih an thlacamnak ai hnakin thil a ti thei deuh. Saam cabu cun Pathian duhdan vekin an hmuhton mi pawl a kilkhawi ih, beiseinak an neih theinak ding le Pathian umpinak an don theinak ding a tuah sak.

Siar ding: Saam 22. **Himi ihsin harsatnak nasa zet tuar lai fangih Pathian ah rinnak neih ding thu ah ziangtin thazang kan la thei ding?**

Saam 22:1 ih tapnak tongkam pawl cun riahsia le riangvai mipi pawl ih harsatnak an tonmi a bawm thei ko ding: "Ka Pathian, ka Pathian, ziangahsaw i tlansan? Ziangah saw i bomnak le ka aihramnak tongkam pawl ihsin hlapih ih na um?"

Si e, himi tongkam cu Khristian lakih larzet ah a rungcang, ziangah tile Amah Jesuh rori, thinglamtah parih a um lai ih a tongmi pawl an si, himi awsuak pawl hmuahhmuah ihsin Jesuh hi Saam cabu ih a laimu bik a si zia in hmuh a si (Matt 27:46)

Ziangkhal sisehla, harsatnak le hniksaknak kan ton laifang khalah , himi tongkam pawl khal hi relsua a si: “Ka unau pawl hnenah na hmin ka phuang ding: mipi pung khawm pawl lakah ka lo thangmhat ding” (Saam. 22:22, NKJV). Tongdang ih kan sim asile, himi pawl hi cangan tu ih thinlung sungih a um lai takfang tla a si lo men thei, hla phuahtu cun Pathian ih a zumnak a phuang lang ih, ziangvek thil thleng khal sehla Pathian a thangthat ding thu a fiangter a si.

Thupibik mi cu thlacam ding tongkam pawl pekih kan sinak thawngin saam cabu cun tu ih kan dinhmun lenglam tiang thlir dingin in zirh a si. Zumnak thawngin Pathian zangfahnak hmangin kan nun tuahtat a si ding caan hmu dingah in zirh.

Saam thlacamnak cun Pathian cibai buku pawl cu thlarau lam nunthar nei dingin a hruai a si. Saam cun cibai buknak neitu pawl ih theihthiamdan le ruatnak a pholang ter. Asinan an umnak hmun ah tanta in an um lo. Pathian cibai buku pawl cu an tuarnak, riahsiatnak, thinhengnak, Pathian hmai ih beidonnak pawl fehsan thluh dingin le ziangvek dinhmun khalah Amah Pathian rinsan dingih hruai an si.

Saam cabu hmun tamzet ih um tahnak ihsin Pathian thangthatnak lam ih hernak hin zumtu pawl in thlacamnak in hmemhna le Pathian zangfahnak an don tiki an hmuhtonmi thlarau lam thleng danglamnak ah thuron nasa zet a pe a si.

Ziangtin saw hniksaknak lenglam kan hmuh thei ih, tu ah ziangvek thil tong khal sehla Pathian thatnak ih rinumnak hi ziangtin kan zir thei ding?

NILI NI

January 10

Beidonnak in beiseinak ah

Pathian umpinak cu kan hnen ihsin hlaral ah a um vekih kan theih caan hi zocio khal in kan nei ko

ding. Cuvek tikcu caan ah hitin zosaw ruat dah lo ih um ding: Hivek thil ziangtin a um thei?

Hla phuahtu hi kanmah vek minung a si ih, cuvek thil cu a tong ve tengteng ding. Cuvek caan ah kan sualnak cun kan parah fiahnak a run thlen, caan dang leh ahcun diklo zet veki tla a lang, a tu ih kan ton mi hi phu lo tuk vekah tla kan ruat theu. Cuvek tong dah lo zosaw um ding?

Siar ding: Saam 13. Himi saam cabu ah na thleidan thei mi thil thupi pahnih ziangsaw a si? Saam cabu sungih hmuhdan tlangpi ah thlengawknak ih hrampi bik hi ziangmi thutluknak a si pei tin na ruat? Ziang thutluknak in saw hla phuahtu thlirdan hrampi bik thleng danglam dingih thlentu ih na hmuh?

“Maw Bawipa, ziangcan tiangsaw i theih hngilh ding? Kumkhua in maw? Ziangcan tiang saw ka hnen ihsin na mithmai na thuh ding?”(Saam 13:1). Hitawk khalah himi lungput hi dik lo khal sehla, zosaw cuvek lungput nei dah lo ih um ding?(Kan lakih pakhat sangsang hi Pathian in a theihhngilh dah maw si?) Saam 13 ah a diklo mi hrialnak ding lamzin a khihmuh. Cumi cu kanmah ten kan bitum awk le kan buainak cu thlacamnak ih her danglam ding hi a si. Himi Saam cun rinum sal dingih kaihhruainak hmangin kan thlacamnak in danglamter thei a si. Asinak thleng dah lotu Pathian cun a minung pawl a kilveng a si.

Saam cabu hi tahnak le duhphorhna in simaw hram a thok ih, cun cutawk ah a net a khar lo. Cumi cu kan theih ding thil thupi zet a si Saam cun tumruh zetin Pathian tlennak thiltitheihnak rinsan dingin in hruai a si (Saam. 13:5), cutin tihnak le khawruah harnak tivek pawl cu Pathian rundamnak ah nuamnai ten a hlo cupco rero. Cule tahnak ihsin thangthatnak, beidonak ihsin beiseinak tivek pawl thlengawkdan khal kan thei thok thei fang (Saam 13:5,6).

Ziangkhal sehla Saam tongkam hi a sullam theihthiamnak malte lawng nei ih rel nawnsal rero cun cui an hmanmi tongkam cun a tumvek in a thleng danglam thei zik lo. Saam thlacamnak neih tikah Saam ngantu ih ngendan vekih kan um theinak dingah thiang thlarau hnenah bomnak kan dil a tul. Saam cabu hi thutheihternak menmen a siloih, zumtu pawl ih mizia le cangvaihnak thlengdanglam tu Pathian kamsuak thu a si. Pathian zangfahnak thawngin Saam cabu ih thutiam pawl cu zumtu pawl ih nun ah langter in a um. Himi sullam cu Pathian duhdan vekin a kamsuak thu cun in hmang dingin le famkim zetin Pathian duhdan phuangsuaaktu Khrih ah pumkhat si dingin le leitlun ih rung um Pathian fapa in saam cabu thlacamnak ih a hman vekih hmang dingin in hmang dingah kan duh a si.

Ziangtin saw na harsatnak cun Pathian naihnak ah a lo hruai? Na ralring lo a si ahcun ziangtin saw A hnen ihsin an lo hlonhlo theidan ding?

NINGA NI

January 11

Oh, In tuahtha sal aw

Siar ding: Saam 60:1-5. **Ziangruangah saw himi Saam hi thlacamnak ih milbik dingih na ruah? Thinnuam lungawi ih kan um caan te khalah ziangtin saw Tahnak saam hlabu ihsin hlawknak kan ngah theidan ding?**

Tahnak saam hi mipi pawl in taksa lam, thinlung lam lole thlarau lam, asilole a pathum in harsatnak tongin talsuah an tum lai nun ih thlacamnak a si tin an theithiam. Ziangkhal sisehla, cuvek tikcu caan tha kan neih ruangah hivek Saam pawl kan hnong ding tinak a si lo. Khuimaw caan ahcun Saam tongkam pawl le Pathian cibai buku pawl ih hmuhton mi tongkam pawl hi an peh aw thluh lo theu. Cumi tahnak saam cabu cu zianghman thinharnak nei lo Pathian cibai buk tui' hrangah hlawknak ah a suak thei ko ding.

A hmaisai in, Saam cabu cun harsat tuarnak cu mi zaran ih ton mi a si ti theithiam dingin in sim a si, cumi cu midingfel le misual hnen khalah a thleng. Saam cun Pathian cu a tikcu caan te ih cangvai tu le thazangcahnak in petu, harsat ton caan ih lamzin khihhmuhtu a si ti in hmuh. Himi saam cabu khalah harsatnak um cingin, ("leitlun cu na hninter zo" Saam 60:2) hlaphuahtu cun Pathian runhimnak sungih beiseinak a um zia a langter.

A pahnihnak ah, saam cabu cun zawnruahnak nei vivo dingin le harsat tuarnak pawl thuhla in zirh. Pathian hnenah kan lungawi thu le kan lungawinak kan langter caan ah, a hleice in vantlang ih kan langter tikah, vanthatnak malte tal cu kan ruah a tul. A dik tuk, tu ahhin thiltha kan nei tla si ko ding, asinan kan kiangkap ih um harsatnak tong pawl a thei lotu zosaw um ding? Saam thlacamnak cun harsatnak tong rero lai pawl theihngilh lo dingah in bawm ding a si. Jesuh ih a tuahdan vekin harsatnak tong pawl hnen ih thuthangtha sim ding ih caknak le zawnruahnak cu Saam cun kan sungah a langter.

"Hi leitlun hi natnak ih khatmi inn a si, Asinan Khrih cu natnak damter dingah, Satan salsung ihsin suah zalennak thu phuang dingah a ra a si. Amah cu mi hrisel le cakvak zet a rak si. A nunnak cu damlo, riahsia zet, khawsia ih tibuai mi pawl hrangah a pe a si. A damter thilti theinak duhuh pantu pawl a rak hnong lo. Bomnak diltu pawl cun anmahten natnak an thlenaw ti khal a thei ko; cucing khal in damter duhloin a hnong cuang lo. Khrih hnen ihsin ziaza tha cu himi thlarau lam farah pawl hnen ih a luh ngah tikah sual ih thiamlo coter in an um ih, mi tampi cu thlarau lam natnak tidam in an um ih, cuvek ciahin an taksa natnak khal damter in an um. Cuvek thiltitheinak thotho cu thuthangtha ih fehpi rero mi a si, ziangah tuisan ah cuvek pawl thawn bangaw in rahsuah

mi kan hmuh thei lo ding?”—Ellen G. White, Welfare Ministry, pp. 24, 25.

Tu zori ah, na thlacamnak lawng siloin Pathian hna na tuanak ih na va tham ngah ding tul zettu zosaw na theih mi um?

NIRUK NI

January 12

Ruahbet ding: Siar ding: Saam 42:8 le Ellen G. White, “Biazai le Hla,” pp. 159–168, **timi Education sungta pawl siar aw. Himi Bible cang pawl thawn ziangtin saw thlacamnak le hla pawl in pehtlaihnak an neih?**

Ellen G. White cun David sirawknak saam(Thimnak ah Saam 51) cu sualnak ruangih riahsiatnak diktak hmuhsaktu a nunnak le a thlacamnak tongkam vek a si thu a rel(Step to Christ pp. 24,25). Anih cun zumtu pawl cu an nunnak ah Pathian umpitnak an theihnak pawl a thanso vivo theinak dingah saam cabu siar dingin forhfiainak a nei ih, thlemnak le harsat buainak ton caan ih Saam tongkam Jesuh ih a hmandan thupi zet khal a tarlang. Hitin khal in a ti, “ Hla thianghlim tongkam pawl hmangin sualsirnak le zumnak, beiseinak, duhdawtnak le lungawinak cu thlarau ah hmingsinnak an nei dah tuk lem lo...Ngaingai te cun Hla tamzet cu thlacamnak a si”— Education, pp. 162-168.

Saam kan sak ih, thla kan cam tikah, Saam phuahtu pawl ih beiseinak, thazang ngahnak, ngamhuainak le tuarfeinak pawl kan thei. Kan thlarau khualtlawnnak peh vivo dingin thazang in pe ih, kanmah lawng kan si lo timi hnemhnak in pe. Kanmah vekin midang pawl khal khawthim an rak pah ih, cucing in Pathian zangfahnak zarah nehnak an co thei a si. Cumi rualin, Saam cun kan ai-awih ih Khrih ih tuarzia le kan hrang thlacamnak a neih ringring zia kan hnenah a langter a si (Heb. 7:25).

Thlacamnak le khawmnak ih Saam cabu hmanna in zumtu pawlkom pawl cu minung pawl ih hmuhton pawl famkim in a theiher ih, Pathian cibai buknak neitu pawl cu Pathian cibai buknak ih an hmuhton mi tamzet pawl ah thinlung pezet dingin a zirrhai a si. Saam cabu hi Pathian-minung thlacamnak le hla a si. Cumi ruangah Pathian cibai buknak ih Saam cabu hmanna cun zumtu pawl cu Pathian ih duhdan le a zangfah damter thilti theinak hmunpi ah mi a hruai a si.

RELKHAWM DING THUSUHNAK PAWL

1. Mai palung suak le kaihhruai cianak um lo thlacamnak hi ziangah saw lamzin umsun thlacamnak a si lo? Ziangtin saw Saam cabu ihsin kan thlarau nun ah hlawnak kan neih thei ding?

2. Kan thlacam hmuhton ah ziangtin saw Saam cabu in in thatter deuh thei ding? Tualsung kawhhran khawmnak ih Saam cabu nan hmandan hrekhat pawl relkhawmnak nei uh.

3. Minung zumnak ih khualtlawnnak lamzinharsat zia le Pathian zangfah tidam thilti theinak thuhla hi Saam cabu in ziangtin a langter?

ZIRLAI 3**January 13–19****BAWIPA IN A UK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam 8; Saam 100; Saam 97; Saam 75; Saam. 105:7"10; Gal. 3:26–29; Saam. 25:10.

Bible cangken: “Bawipa in a uk, anih cu zahumnak thawn a thuamaw; Bawipa cu cahnak thazang thawn ngerhaw in a thuamaw: leilung khal hi mhawn theih lo dingin din hnget a si zo” (Saam 93:1)

Saam cabu cun Pathian ram uknak sungih zumnak lungphum cu fekzet in a kai hnget a si. Bawipa cun a sersiam ih, cui a sersiammi pawl hmuahhmuah a ngaihsak. Anih cu leitlun siangpahrang hmuahhmuah tlun ih uktu a si. Cule leitlun cu diknak le dingfelnak thawn a uk. A daan le a thupek pawl cu an tha ih, a thluntu pawl hnenah nunnak a pesuak thei. Bawipa cu thuthentu dik a si ih, leitlun hi a sidan ding vekin felzet ih a um theinak dingah a kilkhawi tu a si. Mifel pawl lawmman a pe ih, mifel lo pawl hremnak a pe, Asinan kanmai tikcu caan ah siloin amai tikcu caan te ih cangvai theutu a si.

Israel thawn Pathian ih thutiam cun leitlun humhimnak lam ah dinhmun thupi zet a luah, ziangahatile Bawipa ih rundannak a phuansuah ruangah a si. Bawipa cun Israel pawl cu A thil neih thupi zet vekin a pawm ih, Israel mipun cu a mipun ah a suah a si. Bawipa cu a thutiam ah a rinum zet, cule a tuu rual pawl cu an rinum lo lai khalah a kilkhawi peh vivo ih, cuvek lai ih dodalnak an neih khalah a kil vivo lai.

Bawipa ih uknak cun Leitlun cu hnget zet le himzet in a umter. Saam ngantu cun casiar tu pawl in himi thudik lungphum an theihthiam ding a duh zet. Himi leitlun thlirnak hi an eng ah hmangin Saam ngantu pawl cun Pathian cibai buknak ah thekdarh aw loin Pathian riannak le thangsonak lam a hawl a si.

NIKHAT NI**January 14****Bawipa’n in tuah**

Siar ding: Saam 8 le Saam 100. **Himi Saam cabu ahhin ziangtin saw Pathian le minung a tarlan? Himi Saam cabu in Pathian mizia thuhla ziangsaw a langter?**

Sersiamnak thuhla hi Saam cabu sungah hmun thupi zet a luah, Pathian uknak khal a si. Vanram, cui “A kut ih tuahmi” pawl cun a thiltitheinak le a sunlawi zia an phuang (Saam. 19:1"4, Saam. 97:6). Pathian hmin cu leitlun hmuahhmuah ah a sangbik (Saam. 8:1, 9). Bawipa cun ziangkim a tuah; hramthoknak nei lo(Saam. 93:2) le netnak nei lo a si(Saam. 102:25"27). Anih cu kumkhua, hnamkip pathian pawl tlun ih thilti theibik, cu bang pawl cu “Minung kutih tuahmen mi” pawl an si (Saam. 115:4), Cumi lo ah zianghman an si lo. Milem “kut an nei nan, an tham thei lo” (Saam. 115:7); Bawipai’ hrang ahcun, “A kut sungah leitlun thukzet pawl an um... cule a kut cun leicar a tuah” (Saam. 95:4, 5).

Saam hmun tamzet ahcun ramdang pawl in pathian ti ih an zummi thiltitheinak nei pawl tlun ah Pathian thiltitheinak a pholang a si(*Thimnak ah* Saam 29, Saam 14). Himi saam pawl cun Bawipa uknak cu sersiammi tlun hmuahhmuah ah a um ih, thiltitheinak le upatnak sangbik neitu a si timi a phuang. Saam 100:3 cun milem biaknak thu a run lasuak – Mah te thumawk ngamnak, “Kanmah ten siloin” Pathian ih tuah mi kan si timi hi thupi ah a ret

a si. Sersiamnak khal hi Pathian duhdawtnak langfiangtertu a si. Thil um hmuahhmuah in Pathian umnak an khihhmuh thluh ih, cule anih cu Nunnak neitu khal a si (Saam. 95:7, Saam. 147:4"9). Hminsin aw, Pathian in minung hi a umter men asilo ih, hlanlai Israel pawl kha, "A minung, le a khalh mi tuurual pawl" ah a tuah (Saam. 100:3). "A minung" le "A tuu rual" timi ruahnak cun Pathian in a minung pawl thawn pehtlah aw ih a um ding a pholang a si.

Sersiamtu Pathian lawng in a minung thansoh ter theinak le thlawsuahpek thilti theinak a nei, cule anih cu cibai an buk le an rinsan ding rinsan tlak umsun a si. Saam tamzet ah thaw a nei mi, leipar, tiva le ziangkim pawl in Bawipa hmai ah lungawinak thu sim ding in a ko hai a si. Pathian sunlawinak cu sersiamnak ah hmuh a theih zo, sersiammi a tlusia zo leitlun hman ah hmuh a theih, Pathian lawng hi cibai buktlak umsun a si timi hi Saam cabu cun in sim a si.

"Minung hi ziangsaw an si ih, na ngaihsak, cule minung fapa hi teh ziangsaw a si ih na vehvaih?" (Saam. 8:4, NKJV). **Nangmah a lo sersiamtu a si vekin Pathian ziangtin na let ding?** (Saam. 147:4), **Pathian in ziangtluk in a lo ngaihsak tin na ruat?**

NIHNIH NI

Bawipa in a uk

Bawipa cu sersiamtu a si vekin uktu a sinak cu hnget zetin le then aw lo dingih kaihngetnak thawn an pehtlai aw a si. "Bawipa in a uk" tiin Saam 93:1, Saam 96:10, Saam 97:1 le Saam 99:1 ah an run tarlang. Asinan a aw khawk cu Saam cabu sung hmuahhmuah ah theih a si thluh.

Bawipa cu zahumnak, ropitnak le cahnak thawn a thuan aw thluh (Saam 93:1, Saam 104:1). Anih cu mero le

thimnak ih kulh thluh in a um (Saam 97:2), asinan Amah ten, "Puan bangin Eng in a tuam aw" (Saam 104:2). Himi tongthimnak cun Siangpahrang thilti theinak le ropitnak a cawisang. Minung pawl ih theihban lo Pathian ih danglamnak ropizet cu phuangsuak ding in fimkhur zetin a hril a si.

Siar ding: Saam 97. **Pathian in a uknak ih ziaza ziangsaw a si? (Saam. 97:2, 10). A ram uk sung hi ziangsaw a si (Saam. 97:1, 5, 9).**

Pathian lairelnak cu a sersiamnak (Saam 96:5), rundamnak (Saam 98:2), le thuthennak (Saam 96:10) ah a lang. Bawipa cun leitlun pumpi ah siangpahrang a sinak a din (Saam 47:6-9). Pathian ram cu kumkhaw ram a si ih, thiltitheinak le ropitnak thawn tahthim rual khal a si lo (Saam. 45:6; Saam. 93:1, 2; Saam. 103:19). Bawipa ih uknak cu zangfahnak, diknak, dingfelnak parih dinhnget a si ih, cumi cun sersiammi leitlun ah thlangamnak a thlen a si (Saam 98:3, Saam 99:4). Pathian ih uknak cun van le leitlun ih Pathian cibai buktu pawl cu Pathian thangthatnak ah hmunkhat ah a umter (Saam. 103:20"22, Saam 148). Saam cabu hmun tamzet cun minung hmuahmuah in Pathian ram uknak an theithiam thluh vekin a mitthlam (Saam. 96:10, Saam. 97:1, Saam. 99:1, Saam. 145:11-13).

Asinan minung hmuahhmuah, asilole leitlun uktu pawl khal in tu tiangah an tuah thei lo. Bawipa ih uknak cu misual pawl in an dokalh ringring, an hnong ih, Bawipa an hmuhsuam ih, a minung pawl khal harsatnak an thlen (Saam 14:1, Saam 74:3-22). Misual hrekkhat pawl cu neihsiah lam in a tibuai, Pathian tuarfainak thawngin an buai ih, Hla phuahu cun Pathian uknak ram ah a rinnak a pek ih, Pathian lairel diknak ah a thangso vivo (Saam. 68:21, Saam. 73:17"20). Zumnak in Pathian minung pawl cu Khrih tlennak hnatuannak hmangin Pathian ram

ongnak ah an lungawi ih, Khrih a ratsal tikih ram uknak a tuah fel ding cu an hngak a si (Matt. 12:26-28, 1 Kor. 15:20-28).

“Bawipa a duhdawttu pawl, sualnak hawl uh” (Saam 97:10). Ziangahsaw Pathian kan duhdawtnak cun sualnak hua dingih in tuah? Himi pahnih hi ziangtin an pehtlai aw thei?

NITHUM NI

January 16

Pathian cu thuthentu

Siar ding: Saam 75. Ziangruangahsaw mi thalo pawl ih porhawknak cu zianghman lo men a si?

Siangpahrang cungnung bik a si vekin Bawipa cu Daan pesuak tu(Saam 99:7)le thuthentu a si(Saam 98:9, Saam 97:2). Mi sual pawl cun Pathian in leitlun ih a dinmi thupek thazet pawl cu an dodal ringring, asinan Bawipa cun leitlun thu a then leh ding ih, mitha lo pawl ih kaihhruai awknak cu a cemter leh ding (Saam. 75:8-10, Saam. 96:13). Saam 75 ah, misual pawl ih siatnak ding, tuah danglam theih mi cu hmun ziangmaw tizat ah a um. Sabbiti khuathai lem ih um mi (Saam 75:8) cun Pathian thinhengnak nasa zet a rak zohter(Jer 25:15, Thup 14:10). Mi tha lo pawl ih ki pawl hmuahhmuah sattan an sinak hin an thiltitheinak le thuneihnak pawl cemnetnak a rak zohter, cumi laiah mi dingfel pawl ih ki cu khaisan in a um(Saam 75:10). Pathian cun a thuthennak ding hrang ah “Tikcu remcang”(Saam 75:2 NKJV) asilole “tikcu ruat”(NIV) mi a hril theu. Hi thurel cat mi thuthennak hi tikcu caan cemnetnak lam ah a thleng ding ti a fiang zet(Saam 96:13, 1 Korin 15:23-26).

Bawipa cun A thuthennak ah mipi thinlung a zoh a si. Saam 14:2 siar aw. Cumi cu Semtirnak 6:5,8 theihter salnak a si. Himi bungcang pahnih cun Pathian in leitlun thu a thennak cu mipi thinlung a hliakhlai hmaisai ih, A F-3

runsuah thei ding pawl a hawl timi a langfiang ter. Hi thuthennak hi Pathian in mi dingfel pawl a run ih, mi tha lo pawl covo a relsak tikah, “Thuthen sungnak” ti khal ih kawh a si.

Ziangtin cumi hna a tuan?

A hmaisai in, Pathian cun a minung pawl cu misual pawl lak ihsin a runsuak (Saam. 97:10, Saam. 146:9), cule hnuaidor pawl cu rundamnak lukhum a pek(Saam 149:4). Pahnihnak ah, sualsir duhlo misual pawl cu kumhkhua in siatsuah an si(Saam 97:3). Saam biazai hrekkhat pawl cun Pathian, thuthentu kiang ah milai ralthuam zianghman a thathnem lo zia hla in an rak phuah(Saam 76:3-6). Bawipa cu mitha lo pawl hremnak petu si khal sehla, ngaidamtu Pathian khal a si thotho(Saam 99:8). Misual pawl lawng siloin Pathian minung pawl cun Pathian hnenah simfiangnak an nei thluh ding(Saam 50:4, Saam 135:14).

Sam cabu cun Bible cang dang ih thuhla bangaw a run relsal vek ciah in Pathian thuthennak cu Pathian minung pawl hnen ihsin a thok dingih, leitlun pumpi tiang a rung si ding ti a relfiang a si (Daan. 32:36,1 Pet. 4:17). Saam cangan tu cun amah thuthensak dingin Pathian hnenah a au ih, asinan Pathian dingfelnak ah a thum aw a si (Saam.7:8-11; Saam. 139:23, 24).

Pathian thuthennak ih tel ve dingin Saam cun in ko hai a si (Saam. 67:4, Saam. 96:10-13, Ps. 98:4-9). **Ziangtinsaw Pathian thuthennak cu Khirh thisen ih tlenmi pawl hrang thuthangtha a si thei ding?**

NILI NI

January 17

A Thukam ruat rero phah in

Pathian thuthennak ih thulu cun thusuhnak thupizet a umter: Ziangtin saw Pathian minung hi Pathian thawn hngamnak le thuthennak tikcu caan

ah rundamnak thutiam cu an neih thei ding? siar ding: Saam. 94:14, Saam. 105:7"10, Dan. 7:22.

Pathian minung pawl cu kilhim in an um ding, ziangahtile Bawipa cun A umnak hmun Zion ah a ret ding (Saam 76:1,2) cule A hlawnthil neihsiah kilkhawitu veki anmah thawn kumkhua thukamnak a tuah ding (Saam. 94:14, Saam. 105:8–10). Pathian cun a thukam mi minung pawl hnong lo dingin a tiamkam men lo ih, amah ah humhim ih an um theinak dingah hna a tuan a si. An sualnak pawl a ngaidam(Saam 103:3); A zirh, thlawsuah a pe, cule a minung pawl a cakter (Saam. 25:8"11, Saam. 29:11, Saam. 105:24). Pathian thuthennak hi mipi pawl felnak lam ih a hawiter tu ding le Pathian in a ngaihsak a si timi langternak dingih pek mi a si (Saam. 94:8–15).

Saam 105 sung hmuahhmuah cun Israel thuanthu sungih A thukam ah Bawipai' rinumnak a langter thluh. Thil ziangkim a tha siseh, a sia siseh a thlennak hmunkip ah Pathian a um. Anih cun Josef cu Izipt ah a hruai thleng ih, amah hmangin a minung pawl le cutawk hmun hrawngih paam tuar pawl a runsuak a si (Saam. 105:16"24). Pathian cun a minung pawl cu Izipt saltannak ihsin runsuak dingin Moses a ko suak, cun anih cun anmah aiawh in thilmak le hminsinnak pawl a tuah (Saam. 105:25"38).

Pathian cun a minung pawl cu tiamcia ram a luahter(Saam 105:11,44) cule A kilhim vivo (Saam. 105:12"15). A karhzai ter (Saam. 105:24), An bawipawl hnen ihsin luatnak a pek (Saam. 105:37, 38), cule nitin an tulmi a pe hai (Saam. 105:39"41). Rinhlal ding zianghman um loin Pathian cu minung pawl umnak ah a tel ve vivo, A minung pawl in ziangtik hman ih an theihhngilh lo ding hi saam ngantu ih duh bikmi a si.

Pathian in a thukam a cingkeng tikah, theihnak le hminsinnak men a si lo, ziangahtile cumi cun tuahnak ah a hruailut ringring a si (Sem. 8:1, 1 Sam. 1:19, Saam.

98:3, Saam. 105:42–44). Cuvek ciah in, Pathian ih mangbangza le thuthennak cingkeng ringring dingih mipi kawh an si tikah, cumi sullam cu Minung pawl cun Pathian tihzahnak thawn nun an hman a tul tinak a si.

Himi thukam ahhin, Israel kawhna hmaisai cu Pathian daan thlunnak thawngin thukam ih rinum ding hi a si(Saam 78:5-7, Saam 105:45). Pathian minung pawl khal miphun dang hnen ih thutheih pitu si dingih kawh an si thotho, ziangahtile Pathian cun miphun hmuahhmuah cu a minung Israel pawl thawn um tlanter thluh a duh a si(Saam 105:1, 2). Cuticun leitlun cu ziangkim tithei le zangfahnak ih khat Pathian thukam kilhimnak ah humhim in a um a si (Ps. 89:28"34).

Hlanlai Israel pawl hnen ih himi thukam pawl hi tu ahhin kan hrang ah a hman theihnak ding san langtertu Jesuh ah ziangsaw kan neih mi um?(Gal. 3:26–29.)

NINGA NI

January 18

Na theihawk ternak a fiang

Siar ding: Saam 19:7; Saam 93:5; Saam 119:165; Saam 1:2,6; Saam 18:30; le Saam 25:10. **An zaten ziangvek thil in saw hual kim thluh?**

Bawipa cu sersiamtu ropi zet, siangpahrang, le thuthentu vekih leitlun ih a cunngunngak in A theihter awknak rinsan tlak zet ahhin Pathian thu zirnak lam a tel ve a si. Theihternak thu(Hebru 'edut, "thusuah," "daan") cun daan pawl ih ruangpi le Bawipa in biaknak a kilkhawidan le A minung pawl ih nun pawl a kihhmuah a si(Suah 32:15). Cupawl cu "an fiang zet"(Saam 93:5), Pathian Bawi tohkham le Pathian in a sersiam ih a kilkhawi mi leitlun hi kumkhua in an um hnget ding timi an langter (Saam 93:1, 2). Hebru tong ih, "**fiang**"(*Mirang tongih **Amen** tih himi tongfang ihsin lak suah mi a si*) tiih

lehlín mi cun rintlaknak, rinumnak le fekzet ih umnak lampang a rak khihmuh (2 Sam. 7:16, 1 San. 17:23). Pathian daan cu thleng theih lo le siat thei lo mi a si.

Pathian cun a thutiam le thupek pawl cu an dik timi a nemhnet. Pathian rinumnak in a lairelnak mizia danglam thei dah lo cu a fiangter thluh ih, Pathian rinsannak le thuawihnak lam ah mipi pawl ih an let dingín a ngen a si. Cuti rual in diknak tlasam zet leitlun hi biazaí cun leilung lungphum hnín thluh vekín a rel (Saam. 18:7, Isa. 24:18–21). Pathian daan cun mipi pawl cu Pathian thuthennak ih an din theinak ding ah dingfelnak nun lamzín a zirh a si. Cuvek ih mifel pawl cu an hnín thei lo ding, ziangah tile annih pawl cu Pathian daan ih phum aw mi an si, cumi cun fekte ih um theinak le humhimnak a pe a si, an thinlung khal (Hebru ih **kun** timi hi, “ding *nget aw*” “*him ten*” tivek khalah hman a theih) Bawipa ah fek zetín a um (Saam. 112:1, 6, 7). Pathian daan thluntu pawl ziangvek hman in a titlu ter thei lo (Saam 119:165), cumi cun nun ih Pathian kaihhruainak le kilhimnak zohtertu a si.

Pathian thu cu saam cangan tu pawl ke ih meifar vekih tarlan a si ih, cumi cun doral pawl ih thang ihsín a rundam a si (Saam. 119:105, 110). Pathian daan ngaina tu pawl ih nuam an ti zetmi daihnak ropi zet (Saam 119:165) cu hniksáknak pumpelhnak ihsín ra suak mi a si lo (Saam. 119:161). Pathian umpínak le amah thawn pehtlaih awknak neih pumhlumnak ihsín ra suak mi a si.

Pathian daan le thupek le theihternak pawl na thlunnak in na nunnak a lo bomdan lamzín pawl hi ziangsaw an si? Lehlam ahcun, cuvek pawl na thlun duhlonak in ziangvek harsatnak saw a lo pek?

NIRUK NI

January 19

Ruahbet ding: Siar ding: Saam 86:5, 15; Ellen G White, Step to Christ timi cabu ih cahmai 9-15 ih um “Minung hrang Pathian duhdawtnak”. Pathian duhdawtnak kan theihfiang sinsín theinak dingah Pathian ih simfiangnak dangdang le a mizia pawl hi saam cabu sungah thudik ziangti vek in saw a sim?

Tuizarh zirlai cun Pathian ih theihternak le a hnatuan hrekhat pawl a bitum, cumi cun leitlun a tuahtha, a humhim ih a fek ter deuh. Saam ca ngantu cun sersiamtu, siangpahrang, thuthentu, thukam rundamtu le daan petu Pathian hnenah ngennak a nei. Leitlun ah Pathian in tuahvo a neihmi pawl hi Pathian hmin dangdang le sinak dangdang in a lang theu, tuukhaltu (Saam. 23:1, Saam. 80:1), Rundamnak lungpi (Saam. 95:1), le Pa (Ps. 68:5, Ps. 89:26) tivek in a lang. Leitlun ahhin doawknak ropi laifang ah um khal sehla himzet le nuam zetín kan um thei, ziangah tile Pathian cu a thiltuah mi le a tongmi ih rinum le cungnungbik a si. Himi Pathian thu zirnak hi famkim zet si lo khal sehla Saam cabu sungih Pathian in Amah ten a phuangawkdan pawl cu a langfiangter zet.

Saam cabu kan zir peh vivo tikah Pathian mizia duhdawtnak le in rundam dingih a khawkhannak le leitlun a tuahtharnak eng ah Saam cabu siar ding hi a thupi bik timi theih ringring a tha. “Thinglamtah eng ih um Pathian mizia kan zirtam asile zangfahnak, thinnemnak, le tluktlannak le diknak thawn a cokrawi aw mi ngaidamnak pawl kan hmu tam deuhdeuh, cutin kan hmuh tam tikah cemni neilo duhdawtnak le Nu in a fa lamzín diklo lak ihsín a zangfahnak pawl cu fiang sinsín in kan hmu thei a si.”—*Ellen G. White, Steps to Christ, p. 15.* Saam cabu ah, Pathian minung pawl in an tuahsual mi ruangih thuthennak an ton tik hmanah Pathian cu an ko vivo lai, ziangah tile

Pathian thinhengnak cu tikcu reilote sung lawng a si ih, a zangfahnak cu kumkhua in a si timi an theih ruangah a si(Saam 103:8)

RELKHAWM DING THUSUHNNAK PAWL

1. Ziangah saw leitlun ahhin tuarnak le hniksagnak a um rero lai hman ah doawknak ropi le a ngaingai va theihthiam hi cemnet neilo Pathian ram uknak le cungnungbik sinak va theiding ih in bomnak ahhin a thupit? Ziangtin saw cui thuhla pawl ah doawknak ropi cun in bom thei ding?

2. Pathian cu sersiamtu a si timi kan zumnak in ziangtin saw kanmah kan theihthiam awknak le sersiammi dang pawl thawn pehlaihawknak a tuah ding? Mipi pawl cu thudik ihsin hlaral ih an um tikah ziang thil a thleng(Saam 106:35-42)

3. Bible tikcu caan lai ih ramdang milem pawl ahkhan ziangsi diklo um(Saam 115:4-8)? Tuisan ih milem pawl teh ziang an bang? Bawipa thawn kan tlanlen khalah ziangah saw cubang pawl cu an tihnun um lai thotho?

4. Pathian minung pawl in Pathian thuthennak cu a minung pawl hnen ihsin a thok ding timi thei cingin ziangtin nun an hmang ding? Ziangtin saw Pathian in a minung pawl thu a then, cule ziangtin a cemter?

ZIRLAI 4

January 20-26

BAWIPAI' A THEI, A RUNSUAK

SABBATH SIIMLAM

Tuizarh sung siar ding: Saam 139:1-18; Saam 121; Saam 17:8; Matt 23:37; 1 Kor 10:1-4; Hebru 4:15,16

Bible cangkan: **“Midingfel pawl an au ih, Bawipa in a thei, cule an harsatnak hmuahhmuah ihsin a runsuak hai”**(Psalm 34:17).

Saam cabu cun cunnungbik Bawipa, sersiamtu le leitlun kaihruaitu le A minung pawl thawn um tlang duhtu, amahten pholang aw theutu Pathian hi a tar lang leuhleuh theu. Pathian cu a sersiammi le a minung pawl, lei par le van ih um an pahnih ih nai aw ah a um(Saam 73:23,25). “Van ah a Bawi tohkham din”(Saam 103:19 NKJV) in le “Boruak ah to”(Saam 68:4NKJV) hmansehla, Anih cu, “Amah a ko tu hmuahhmuah, thudik in amah a kotu pawl hmuahmuah naih ah a um”(Saam 145:18). Saam cabu cun Pathian cu A nungmi Pathian, Amah a kotu pawl ai-awih ih cangvaitu a sinak thudik cu nasa zetin a tarlang(Saam 55:16-22). Saam cabu hin sullam hlawkthlak zet a nei, ziangah tile Saam cun thlacamnak ngai ih, sawntu a nung Pathian lam a khiihmuh a si.

Bawipa lamih kan umzia theihternak ngaingai cu kan nun ah amah ih zumnak neih le a thupek pawl kan thlunnak ahhin a si. Israel thuanthu ih a lan rero vekin hivek zumnak le thuawihnak lo thildang cu Anih cun a pawm thei lo ding.

NIKHAT NI**January 21****Na hnen ihsin thuhloh ka si lo**

Siar ding: Saam 139:1-18. **Ziangsaw himi biaza in Pathian thiltitheinak** (Saam. 139:1"6), **umpinak** (Saam. 139:7"12), **le thatnak** (Saam. 139:13"18) **thuhla fiangzet ih a rel? Pathian in thutiam thuhla ah Pathian ropinak in ziangsaw a rel?**

Mi pakhat bawm duh khal awla, zianghman sullam a um lo caan na nei ve dah maw? Cuvek ciah in, mi zo simaw in lo bawm an duh, asinnan na tul sammi an theithiam thei lo. Cuvek siloin duhdawtnak ih khat le mipi thinlung theithiam tu Pathian cun kanmah in theihnak famkim le kan tulsam mi theihnak a nei, Anih khal in bom theidan ding lamzin khal a nei. Curuangah bom dingih a thutiamnak le runsuak dingih a thutiamnak cu manmual neilo men a siloih thutiam hnget khoh zet a si.

Pathian in hla phuahtu a theihnak cu a ropi zet ih, a danglam hleice cuang, anui pum khal in Pathian hmaiah a thup thei lo (Saam 139:13,15). Pathian theihnak cu tikcu caan, (Saam. 139:2) sunglam nunnak (Saam. 139:2, 4), le hmunram (Saam. 139:3)—pawl thawn an pehtlai aw thluh ih, saam hla phuahtu umnak hmun ah a um thluh. Pathian ih theihtheihnak danglam zet cu sersiamtu le mipi pawl thawn naih aw te ah um in theihthiamnak a neihnak hi a si, cumi cun anmah pawl a ngaihsak zia a tarlang a si.

Pathian in in theihzia thuhla ih mangbangza thudik pawl cun tihphannak in pe lo ih, Jesuh kut ah in hruailut ih, thinglamtah ih kan hrang a tuahmi pawl ah in hruailut sawn a si. Jesuh ih zumnak kan neih mi thawngin A dingfelnak, "Pathian dingfelnak" (Rom. 3:5, 21) Amah ah kan um zo. Pathian umpinak cu "Hell" (**Sheol** "Thlanmual") le "thimnak" (Saam 139:8,11,12) tiang khal ih a um thu le a umlonak hmun hi khuitawh hman ih a um lo thu Pathian cu a tarlang thluh a si (Saam 56:13). A umnak hmun cu,

"tiffinriat deng" (Nitlaknak lam) tiang thleng thei, "zinglam thla" (nisuaknak) vekih tarlan a si (Saam 139:9). Himi ih a rel duhmi cu leitlun ah Pathian umlonak hmun ih kan um theinak ding a um lo timi thudik hi a si. Midang pawl ih zumdan vekin Pathian cu leitlun khua zakip ah tel lo hmansehla, anih cu an naihte ah a um ih, a sersiam ti lawng hman siloin a ngaihsak ih a cawm hai a si (zoh aw Heb. 1:3).

Kan thuhla ziangkim theithluh tu a si vekin Pathian cun in tuahtha sal thei ih, in bawm thei fawn. A ropitnak nasatzia va theih tharnak cun thangthatnak le saam hlaphuahtu pawl ringgammak in pe a si. Pathian thawn pehtlaihawknak ah a nun ih buainak suak thei ziangvek thil khal hlawnsak theitu Pathian ih kilhimnak cu a rak cohlang zet.

Mi hrekhat pawl cun Pathian in an thuhla tam zet, thimsah zet an thuthup tiang in a thei thluh tu tihnung um thil ah an ruat men thei. Asile ziangah saw thuthangtha hi kan beiseinak umsun a si?

NIHNIH NI**January 22****Rinumzet Pathian ngaihsaknak**

Siar ding: Saam 40:1-3, Saam 50:15, Saam 55:22, le Saam 121. **Nitin kan nunnak ah ziangtin Pathian a rungtel ve?**

Bawipa cu amah a ko tu pawl ai-awh ih hnaturan tu a nung Pathian vekin amahten cathianghlim ah a lang awter theu. Saam cangan tu cun, "Bawipa cu ka hmai ah a um ringring" tiah a ti (Saam 16:8). Curuangah, Pathian a rinsan ih, amah ah a thum aw (Saam 7:1, Saam 9:10). "Thuknak" hmun ihsin a au hman ah Bawipa cun a theihsak ding ih, Pathian uknak hnuai ah ziangvek nunnak khal in kham theihmi a nei lo timi a langter ding.

Ziangtluk manhlap khal sehla hla phuahtu ih au-nak aw cun ziangtik hmanah beiseinak a hrial dah lo.

Saam 121 cun mi rinum pawl nun ih sersiamtui' thiltitheinak ih lungawinak pawl a pholang. Cui thiltitheinak ah hi pawl an tel:

(1) "Anih cun na ke thawn ding cu a siang lo ding" (Saam 121:3, NKJV). "Ke" timi cun mi pakhat ih nun zalamtluan a kiihmuh theu(Saam. 66:9, Saam. 119:105, Thufim. 3:23). Hebru tong ih, "Thawn" timi cu Pathian in leitlun (Saam. 93:1) le Zion (Saam. 125:1) ih a pek mi kilhim awknak thuhla a sim.

(2) Bawipa cu a singh dah lo ih, a it dah lo, Israel kiltu vekih a umnak cun Bawipa cu a fale pawl ai-awh ih hnatuan dingin ralring cia le man cia ringring vekin a tarlang a si (Saam. 121:3, 4).

(3) Bawipa cu, "Na phentham" (Saam 121:5,6) a si timi cun suahlannak tikcu caan lai ih mero thuam kha a vun mangter(Suah 13:21,22). Cuvek ciah in Bawipa cun a mi pawl hnen ah thlarau lam le tisa lam cawlhnak phenpham a pe a si.

(4) Pathian cu an kut vorhlan a si(Saam 121:5). Vorhlan timi cun mi pakhat ih kut thacahnak, kut cangvaihnak tivek pawl a sim tlangpi (Saam. 74:11, Saam. 89:13). Hitawk ahhin Pathian naih le duhsaknak thuhla a rel (Saam. 16:8, Saam. 109:31, Saam. 110:5).

(5) Pathian in a mi pawl a kilhimnak cu fiah felfai zetin Saam 121:6-8 ah a nemnget. Pathian cun a minung pawl cu sualnak lak ihsin a kilhim hai. "Ni" lole "thlapi" tivek khal in a deng siat tei zik lo. Pathian cun "an luh" le "an suah" a kilhim ding. Himi hla phuahtu pawl cun Pathian theithiamnak kauzet, cemnet ti nei lo cu an tarlang a si.

Pathian ngaihsaknak a ngaingai ih na ton theidan ding lamzin hrekhat pawl cu ziangsaw an si?

Ziangtinsaw Pathian in na hrangah le na nun ah hnatuan dingin nan pehtlaih awk theidan ding?

NITHUM NI

January 23

Bawipa cu harsatnak ah Beunak a si

Siar ding: Saam 17:7-9, Saam 31:1-3, le Saam 91:2-

7. Hla phuahtu pawl in harsatnak an ton caan ah ziang an tuah?

Saam hla phuahtu pawl cun harsatnak phunphun an tong, cumi lak ihsin harsatnak hmuahhmuah sungih beunak Bawipa ah an kirsal theu. Rinnak cu thil um mi hmuahhmuah sungih mi pakhat nunnak ah Pathian uknak um dingin rangring zetih hril mi si. Rinnak hi harsatnak caan ih cangvaihnak a um lo cun, cui thil cu khuitawk hman ah a cangvai cuang lo ding.

Hla phuahtu cun , "Bawipai' thu ahcun kei in, Anih cu ka rolhimnak le ka ralrhuang a si; ka Pathian, amah ka rinsan ding, ka ti ding"(Saam 91:2), a liamcia ih Pathian thawn an hmuh tonawknak ihsin ra suak mi a si ih, tu ahcun hmailam caan hrang riantuannak ah a zumnak cakter tu a si. Hla phuahtu cun a Pathian ih ropitnak cing ringring in cunnungbik le ziangkim tithei Pathian ti ah a ti(Saam 91:1,2).

Saam hlapuahtu cun Pathian ah himnak a hmuh thei thu a rel: "Hmun thup"("Beunak" lole "relhnak hmun"), "Phen thlam"(Saam 91:1), "Rolhimnak," "ralrhuang"(Saam 91:2), "thlaza," "Ralphaw," "ralphaw fate"(Saam 91:4), le "umnak ding hmun"(Saam 91:9 NKJV). Himi pawl cun Saam Hla phuahtu ih nunphung ah hmun himzet pawl a rak kiihmuh. Phenpham theihthiam theinak dingah leitlun ih nisatnak bik hmun ih tuar theih lo khawp ih nisa um ding vun ngaihtuah a tul, lole ralphaw si maw, ralrhuang tivek ih mi a kilhim zia theihnak dingah cun Israel thuanthu ih ral an dodan pawl vun theihsal a tul.

Siar ding: Saam 17:8 le Mat 23:37. **Hitawk ah zianglem saw hman a si, cule ziangtin cumi a runglang suak thei?**

Tahthimnak ih hmun uar zetmi thil pakhat cu: “Na thlazar phenthlam hnuai ah” (Saam. 17:8, Saam. 57:1, Saam. 63:7, NKJV) timi hi a si. Himi tahthimnak cun vate pinu ih humhimnak ihsin rintlaknak le hngamnak a um a si timi a fiangter a si. Bawipa cu muvanlai, a thla hmangih a fale pawl kilhimtu (Suah. 19:4, Daan. 32:11) le a fale pawl a thlazar hnuai ih a rettu Arnua vek khal in tahthim a si (Matt. 23:37).

Harsatnak a thlen caan le Bawipai’ kilhimnak hmu thei lovekih kan um caan a thlen tikah ziangtin kan rak do thei? Ziangtin saw hivek ruahnak hi Pathian kan hnenah a um lo timi ih sullam a si theilonak san?

NILI NI

January 24

Dokhamtu le runsuaktu

Siar ding: 1 Korin 10:1-4. **Ziangtin saw Paul in suahlannak thuhla a simfiang? Cumi ihsin ziangmi thlarau lam zirlai saw zirh a duh?**

Siar ding: Saam 114: **Hi tawk ahhin biasai zawngin Israel mipi pawl Izipt ihsin Pathian ih a runsuahdan thuhla ziangtin saw a um?**

Izipt ram saltannak ihsin Pathian in a fale pawl mangbangza ih a hruaisuahdan biasai hmangih langternak cu Saam 114 ahhin a um. Thukam hlun hmuahhmuah fehtlang in, thukam thar lam khalah Izipt ihsin hruaisuaknak cu A minung pawl runsuak dingih Pathian thiltitheinak hmingsinnak a si vivo. Korin cakuat ah Paul in himi bungcang pawl hi a hmang, a dikmi thuanthu pawl hmuahhmuah cu Jesuh Khrih ih rungdamnak hmingsinank a simi mi hmuhsaknak pawl veki a hmu a si.

Saam 114 cun sersiammi tlunih thiltithei sersiamtu, ziangkim uktu Pathian fehtlang in Pathian in

rundamnak a run thlendan pawl a tarlang. Cumi cu Suahhlannak sungih A mi pawl a runsuahdan khal a si. Tipi, Jordan tiva, le tlang le mual pawl cun tiamcia ram pan rero Israel pawl dodal tu sersiammi le minung thiltitheinak pawl cu biasai fehtlang in tarlan a si (Daan 1:44, Josh 3: 14-17). Asinan Pathian cu an zate tlun ih uktu a si.

A ngaingai ahcun, ziangtik lai khalah, hmunkip ah Pathian fale tam zet hrangah van Jerusalem pannak lamzin cu tihunnak thawn a khat thluh a si. Saam cabu cun tlangmual lenglam le lei le van sersiamtu Pathian lam hoi ding in thazang peknak a nei (Saam 121:1). Saam 114 cun Jesuh in tiffinriat thlipi a dai terin, leiltlun a neh zo ruangah kawhhran cun zianghman tih ding a um lo timi a phuangnak a rak zohter. (Matt. 8:23"27, John 16:33). A mi pawl ai awih ih Pathian thilti ropi zet cun a hmaiah leitlun hi khur thlohtloh dingin a tuah a si (Saam 114:7). Khurnak hi tihphannak tivek lam ai hnakin cibaibuknak le Pathian va theihnak lam a si timi theihthiam ding a si (Saam. 96:9, Saam. 99:1). Pathian an hnenih a tel cun zumtu pawl cun zianghman tihphan ding an nei lo.

Zumtu kan si veki thlarau lam tihphannak kan tonmi hrekkhat pawl ziangsaw an si, cule Hla phuahtu pawl veki tui kan san le kan dinhmun ah hivek tihphannak pawl ihsin in humhim theitu Pathian thiltitheinak ih thumawkdan ziangtin kan zir thei ding?

NINGA NI

January 25

Biakbuk ihsin bomnak

Siar ding: Saam 3:4; Saam 14:7; Saam 20:1–3; Saam 27:5; Saam 36:8; Saam 61:4; le Saam 68:5, 35. **Himi bungcang ihsin khuitawk in bomnak a ra?**

Thlarau lam le taksa lam ih humhim awknak le bomnak cu hmunthianghlim biakbuk ahkhan a langfiang

zet. Hmunthianghlim biakbuk cu bomnak hmun, himnak hmun le rundamnak hmunpi a si. Biakbuk cun buainak lakah beunak a pe a si. Pathian cun hngaktah pawl le nuhmei pawl a humhim ih, A biakbuk ihsin a mipi pawl thazang cahnak a pek. “Mawi famkimnak hmun Zoin ihsin Pathian cu a eng”(Saam 50:2) tikah Pathian thuthennak dik cu phuansuah a si, cule Bawipai’ thlawsuahnak cu a fehsuak (Saam. 84:4, Saam. 128:5, Saam. 134:3). Biakbuk ih beunak hi leitlun hmundang pawl ih pek mi humhimnak hman in a tluk lo, zianghatile biakbuk ahcun Pathian cu bulpak zetin a um a si. Cuvek ciah ih, Bawipai’ umnak Zoin tlang cu tlang niamzet si khal sehla, tlang dang pawl ai hmanin amah ah that cuangnak a nei a si (Saam. 68:15, 16; Isa. 2:2).

“Zianghatile kan cah lonak in tuarpi thei lotu puithiam sang nei kan si lo; asinain kanmah vekin phunkim ih thlemnak tong, asinan sual nei cuang lo neitu kan si. Cuiruangah, lainatnak kan co theinak dingah, le kan tul caan ih in bawmtu ding zangfahnak kan co theinak dingah, zangfahnak laltokhham cu raltha zetin pan uhsi”(Heb. 4:15, 16, NKJV). Saam hla phuahtu in ziangvek lam in saw himi bungcang ahhin biakbuk thuhla thawn an milawk ter?

Pathian biakbuk ih thianghlimnak cun mi hmuahhmuah cu misual le Pathian zangfahnak dongtlak lo an si zia pawm dingin forfiainak a nei ih, runsuahnak cu Pathian rinumnak le a zangfahnak lawngah a thum aw a si timi a phuang(Saam 143:2,9-12). Kanmah ih zianghman in Pathian hmaiah sunlawihnak a co thei lo. Mi in Pathian zangfahnak le sualsirnak le ngaihdamnak pawm ih Pathian thawn pehtlainak nei ih an ding lawngah Pathian rundamnak rinsan tlak zet an dil thei a si. Biakbuk hnatuannak cun Jesuh ah rundamnak a khihhmuh timi a langter a si.

NIRUK NI

January 26

Ruahbet ding: Siar ding: Ellen G White, “The Night of Wrestling,” pp. 195–203, in Patriarchs and Prophets. Jakob ih hmuhton mi ihsin thlacam nasatnak le Pathian ih rinsannak hnuai ih thiltitheinak thuhla ihsin ziang saw kan zir thei mi um?

Saam cabu cun A kut cakah an nunnak a hlantu pawl hrang humhimnak cemi neilo thlentu Pathian ah kan zumnak a cakter a si. “Pathian in amah ah rinsannak a neitu pawl hrangah thil ropi zet a tuah ding. A minung pawl in thazang cahnak nasa zet an neih lonak san cu anmai fimnak an rinsan tuk ih, an ai-awih ih A thilti theinak langsuak dingih tikcu caan tha Bawipa hnenih an pek lo ruangah a si. Amah rinum zet in a thu an ngai ih, an zumnak pawl hmuahhmuah ah amah ah an ret thluh a si ahcun zumtu a fale pawl cu a bawm ding a si.”—Ellen G. White, Patriarchs and Prophets, p. 493.

Cucing in Saam cabu cun thu an rak tiam mi le tu ih kan dinhmun thawn a milawk cun harsatnak nasazet a thlenpi thei a si. Hivek tikcu ah thinglamtah ih thiltitheinak langsuakmi Pathian thatnak ah rinsannak kan zir thei ding a si. Cule, a can ahcun Saam cabu hrekkhat cu beiseinak diklo ih hman khal a theih. Jesuh in Saam 91:11,12 hmangsualtu Satan a letnak ihsin Pathian rinsannak hi hniksaknak thawn rawicawlh ding a si lo(Matt 4:5-7) asilole Pathian duhdan thawn kalh aw in Pathian thiltuuh dingah ngennak tivek nei ding a si lo timi a langter a si.

“Khrih ih kawhhrang le Khristian bulpak tin ih nehnak ropi hi talent, fimzirnak, lennak le minung duhsaknak men ihsin ngah mi an si lo. Hreh um zetih zumnak kut in Pathian thiltitheinak kutcak a kai tu cun nehnak an co.”—Ellen G. White, Patriarchs and Prophets, p. 203.

RELKHAWM DING THUSUHNAC PAWL

1. Zirnak khan ah nithum ni ih zirlai harsatcaan karlak ih Pathian rinsandan le thil rapthlak zet a thlen thuhla ih thusuhnac pawl kha rel aw. Pathian kilhimnak thuhla ih Saam cabu ih thutiam maksak zet pawl khal, ziangtin saw thil umdan pawl le a rung thlendan pawl thuhla mi pakhat in a theihthiam thei? Himi khal hi ruat aw: Saam hla phuahtu, thutiam mak zetzet a ngantu cun harsatnak a tuar lo maw, asilole mi rinum zet pawl ih tonvek teh a tong lo maw si?

2. Ziangtin saw ziangkim ah Pathian ah zumnak kan neih mi kan thansoh ter thei ding (Thimnak ah, Saam. 91:14; Saam. 143:8, 10; Saam. 145:18–20)? Himi rinnam awknak hi ziangin saw in hloter theh? Ziangtin saw tikcu caan tha ih Pathian rinsan hi tikcu caan tha lo khal ih amah rinsannak ih kan zir hi a thupi hleicenak san?

ZIRLAI 5**January 27–February 2****RAMDANG IH BAWIPAI' HLASAK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam 79:5–13, Saam. 88:3–12, Saam. 69:1–3, Saam. 22:1, Psalm 77, Saam. 73:1–20, 1 Pet. 1:17.

Bible cangkan: “Ziangtin saw ramdang ahcun Bawipai’ hla cu kan sak thei ding? (Saam 137:4).

Saam cabu hi famkim lonak leitlun, sualnak, thiltha lo, tuarnak le thihnak ih a ummi a si timi va theithiam dingin thuk zet ih va luh ciamco khal a tul lem lo. Pathian uknak ih um sersiammi thiltha zet le dingfelnak a daan pawl cu sualnak in a dodal ringring. Sualnak in leitlun a run luah neh deuhdeuh tikah leilung cu Pathian minung pawl hrang ahcun “Ramdang” ah a cang deuhdeuh. Himi hin hla phuahtu pawl hrangah buainak a tuah: Ramdang ah ziangtin saw zumnak ih nun a theih ding?

Kan hmuh zo vekin hla phuahtu pawl cu Pathian uknak le a thiltitheinak an theih vek ciah in dingfelnak ih a thuthennak khal an thei a si. Pathian cu kumkhua le cemni neilo beunak le buainak ton caan ih bawmtu a si timi hi an theifiang zet. Himi ruangah Saam hla phuahtu pawl cu Pathian umpinak tello le Bawipai’ uknak hmai ah le thiltha hmai ih sualnak a thangso vivo mi pawl hin caan khatkhat cu a buai ter theu(zo saw buai lo ih um ding?). Saam cabu sungih thlacamnak cun daiten umvek ih alang mi Pathian cu hla phuahtu pawl ih an letnak ihsin a theihtheih tuk. Tongdang ih kan sim asile Hla phuahtu

pawl in Pathian um lonak tiih an theihmi cu an let ih, cuvek ciah in Pathian umnak tiih an theihmi khal an let a si.

NIKHAT NI

January 28

Ni thalo pawl

Siar ding: Saam 74:18–22 le Saam 79:5–13. **Himi ih thil thleng theimi hi ziangsaw a si?**

Hla phuahtu cun Pathian le soal thiltitheinak karlak doawknak topi cu theihthiam a tum ih, Pathian thinsaunak theihthiam rual lo cu a khihnmuh ih, cuvek ciah in cemni neilo fimthiamnak le thiltitheinak khal a khihnmuh a si.

Saam cabu sungih soal buainak cu a hramthoknak ahcun Pathian thu a si; himi ahhin Pathian thuhla thusuhnak khal a tel ko ding. Curuangah Jerusalem le biakinn siatsuhnak khan Pathian thangsiatnak vek ih a lang ruangah cumi cu zumlotu pawl hrangah Pathian thangsiatnak dingih thil remcang zet a si. Pathian roco (Israel mipi) hi Pathian hrilmi le thukam a si ruangah (Daan 4:32–38, Daan 32:8,9) cumi cu ziangtik hmanah a hlo dah zik lo. Pathian roco timi ruahnak hin caan netnak lam tiang a vung tel ve, ni khat nini ah miphun hmuahhmuah hi Pathian roco tu an si thluh dingih amah an rian thluh leh ding timi khal a tel a si. Miphun kip hi Pathian roconak ah an lutve timi ngaihndan cun Pathian thutiam cu a buaiter thluh a si.

Thusuh ding zianghman um loin, Saam hla phuahtu cun mipi pawl ih sualnak ruangah Pathian thawn thukamnak tuahmi in mipi pawl a siatsuah ih, cumi ih rahsuak mi cu an thlengter a si (Saam 79:8,9). Thihnak ihsin a luatmi mipi pawl cun Pathian zangfahnak le sualthlah thawinak ihsin thukam tuahthatsalnak lawngah an thum aw a si. Bawipa cu, “Kan rundamnak Pathian a

si,” cumi cun A thukam thutiam ih Pathian rinumnak a khihnmuh a si (Saam 79:9).

Ziangkhal sisehla, Israel tuahthatnak hnakih thupi sawn cu leitlun ih Pathian mizia humhim hi a si (Saam 79:9). Rampi soal tuahnak cu hrem a si lo ahcun Pathian ih a thiltitheinak cu um lo vekin a lang men thei (Saam. 74:18–23, Saam. 83:16–18, Saam. 106:47). Pathian in a minung pawl a runsuah lawngah a hmin cu cawisang in a um dingih thangthat in a um ding a si.

Tuisan khal ah, cuvek kaihhruaiawknak cu a um ringring lai. Kan sualnak, kan thatlonak, kan diklonak pawl cun kanmah lawng in siatsuah lo ih, Pathian hmin khal kan bawrhhlawh ter a si. Thil diklo kan tuahnak in kan thlarau nun a siatsuah ih, kan hnatuan tiangin a siatter a ti. Jesuh Khrih ih hmin siahsuah tu pawl ruangah zumnak bansan tu minung ziang hmuah saw um zo?

“Pathian upatnak, Khrih upatnak cu A minung pawl ih mizia famkim ah a tel thluh a si —Ellen G. White, *The Desire of Ages*, p. 671. Himi thudik hi ziangtin na theithiam, cule Khristian nun ah ziangmi sullam saw a neih?

NIHNIH NI

January 29

Thihnak sangka kiangah

Siar ding: Saam 41:1–4; Saam 88:3–12; le Saam 102:3–5, 11, 23, 24. **Himi bungcang pawl ah ziangmi hmuhtonak saw a rel? Hitawk ih rel le na nunnak hin ziangmi pehawknak an nei?**

Natnak le thihnak ihsin rundamnak hrangih thlacamnak pawl cun Pathian fale pawl hi himi leitlun ih harsattuarnak ihsin an luat cuang lo a si timi a phuangsuak. Saam cabu cun saam hla phuahtu pawl ih harsattuarnak rapthlak zet pawl a tarlang. Thacahnak zianghman a nei lo, hrampi vekin dai tiamtiam, ei theih

lo, mithi pawl thawn then aw mi, mithi vekih thlan sungih it, rualpi pawl mitkem mi, beidong zet le harsatnak nasa zet tuarmi a si. A ruh pawl khal a vun ah an bet fangfang.

Saam tamzet ah Israel pawl ih thuawih lo ruangah Pathian in buainak um a sian thu an rel thluh. Saam cangan tu in sualnak cun natnak a run thlenpi thei timi a theifiang zet, curuangah damter hlan ih ngaidamnak a rung thleng mi cu a rel (Saam. 41:3, 4). Ziangkhal sisehla Saam cabu hrekkhat Saam 88 le Saam 102 cun soal neilo Pathian minung pawl ih harsatnak tuarmi hi ziangvek ih theihthiam har va si khal sehla nunnak ih a um mi thudik a si timi an pawm tlang.

Saam 88 ah hla phuahtu cun Pathian cu thihnak dinhmun ih hnuktu tiah a puh (Saam. 88:6-8). Ziangkhal sisehla, phunciarnak nasa zet relsuah a si khalah lungngainak cu zumnak ih tuahnak a si timi thei ringring aw, ziangahtile Pathian in a uknak sungah buainak um ding a sian ahcun Anih cun a fa hrangah thil a tuahtha sal thei a si. Thlan sangka kiangah Saam Hla phuahtu cun Pathian ih mangbangza, duhdawt zangfahnak, rinumnak le dingfelnak(Saam 88:10-12) pawl a vun thei suak. Pathian ih vuak tuarin theiaw cingih hla phuahtu cun Pathian a kai nget thotho. Tuar zet khal sehla anih cun Pathian duhdawtnak a hnong lo ih, a rundamnak umsun cu Pathian lawng a si timi a thei. Himi ihsin Hla phuahtu cun harsat tuarnak lawng a thei lo ih, cemni nei lo Pathian zangfahnak khal a thei. Himi pahnih hi pakhat le pakhat hnongaw ding khal an si lo.

A tawi zawngin, an pahnih in Pathian in harsat tuarnak um dingih a siannak le a runsuahnak pawl hi a cem thei lomi a uknak phuangsuhnak a si. Pathian in ziangkim a kai thluh timi theihnak cun beiseinak mi a pe a si. Khrih tuarnak eng ih Saam 88 kan siar tikah a duhdawtnak thuk zet, minung hrangih thihnak sangka pahntlang a duhnak cun kan mang in bangter zet.

Thinglamtah parih Jesuh thuhla le soal ruangih a tuarnak pawl kha vun ruat aw. Khrih ah Pathian in kan zaten ai hmanin ziangtluk in a rak tuar timi hin ziangtin saw harsat caan le hniksagnak kan ton caan ah hnget khoh zetih um dingih in forhfiat?

**NITHUM NI
Pathian khuitawh ah a um?**

January 30

Siar ding: Saam 42:1-3, Saam 63:1, Saam 69:1-3, le Saam 102:1"7. **Saam hla phuahtu hnen ih natnak nasa zet thlentuk kha ziangsaw a si?**

Saam hla phuahtu hi bulpak le khawtlang ih harsat tuarnak lawng in a ti buai lo ih, cumi ai-ih nasa sawn khal si khal sehla, Pathian in a siahhlawh pawl ih harsat tuarnak ngaihsak lo vekih a lang caan khalah harsat tuarnak ahhin a tel thotho ding. Pathian umlonak cu leiram car ih tidai ngai vek (Saam. 42:1-3, Ps. 63:1) le thithe ding khawp ih lungngai zet (Saam. 102:2"4) vek khi a si. Saam hla phuahtu cun Pathian hnen ihsin hlonthlak mi vekin a thei aw ih, amah ten vate riangvai zet vekin a tahthim aw: "Kei cu thlaler ih ngathur vek ka si; kei cu nelrawn ih sumbuh vek ka si. Itthat loin ka meng ringring, inn luanglu parih suntam paak vek ka si"(Saam. 102:6, 7, NKJV).

Nelrawn timi hin Pathian hnen ihsin thiarfihlim awknak a run langter. Vate "lunglu par ih paak ih um" timi cu a riahbuk, a cawlhnak hmun ihsin lengah a um tinak a si. Saam hla phuahtu cun Pathian hnen ah, "Thukzetnak hmun ihsin" tidai khohzet in a nawr ih, "thuk zetnak" ih pil vek ciah in a au(Saam 69:1-3, Saam 130:1). Himi cun Pathian tel loin suahnak ding zianghman um lo dinhmun a va khiihmuh a si.

Siar ding: Saam 10:12, Saam 22:1, Saam 27:9, le Saam 39:12. **Thangthatnak hla phuahtu in Pathian um lovekih a langnak pawl cu ziangtin a sawn?**

Saam hla phuahtu pawl in Pathian hi daiten um vekih a lang lai khalah daiten um ve lo dingih thuthencatnak an tuah hi mangbangza a si. Hla phuahtu pawl cun thlacamnak ih thiltitheidan pawl an zum, ziangah tile thlacamnak cu a sunglawimi a nung Pathian hnen a thleng hngal a si. Pathian um lo vekih a lang caan khalah anih cu a um ringring. Anih cu a liamcia tikcu caan ih an thu rak ngaitu Pathian thotho kha a si, curuangah a tu khalah in thei ding timi zumnak an nei hnget zet.

Pathian daiten a um lai ah hla phuahtu pawl cun anmah ten an rak zoh hlah aw ih, cule Pathian an hawl, asinan hnuaidornak le phuangawknak a tul a si. Pathian cu daiten a um kumkhua lo ding ti an thei. Saam cabu cun ziangvek dinhmun ah nun hmang khal sehla Pathian thawn pawlkom awknak cu a um vivo ding a si timi a phuang.

Saam hla phuahtu pawl in Pathian um lovekih a langnak hmun ih an letdan ihsin ziang kan zir thei ding? Pathian daiten a um vekih a lan caan ah ziangtin na sawn ding? Na zumnak lo kaihnget tu cu ziangsaw a si?

NILI NI

January 31

A thutiam cu kumkhua in a hlawhsam maw si?

Siar ding: Saam 77. **Cangantu in ziangvek hmutonmi saw a paltlang?**

Saam 77 cu Pathian hnenih bomnak dilnak in hram a thok, a liamcia tikcu caan ih tuarmi natnak le lungngainak pawl theihsalnak in a khat thluh(Saam 77:1-6). Saam hla phuahtu cun a taksa pum thawn lungngai zetin Pathian lam a hawi. Pathian hnen ihsin a ra suakmi tilo zianghman ih hnem a duh lo.

Ziangkhal sisehla, Pathian theih ringringnak cun a lungngainak a luar ter in a lang. "Pathian ka mang

ringring caan ah, ka ai ruangro"(Saam 77:3). Hitawk ih Hebru tong **hamah**, "Ai ruangro" timi hi tidai huk durdo thawm a khihmuh theu(Saam 46:3). Cumi thawn bangaw in Saam hla phuahtui' taksa pumpi khal cawl loin buainak ah a ding a si. A hlan ih Pathian rundamnak ih cangvaihnak le tu lai ih Pathian um lo vekih a lang theu karlak danglamnak nasazet cun Saam hla phuahtu cu Pathian in a fehsan vekin a thei aw a si. Pathian hi thleng aw bangta sehla, hla phuahtu hin beiseinak a nei lo ding ih, a net tiang a zuam rero mi cu hnongin a um ding.

Cuti lai ah Pathian in a thangharh ter ruangah hla phuahtu cu a itthat thei lo(Saam 77:4). Himi cun Bible ih midang pawl an itthat theilonak cu Pathian in a tumtah mi pawl a hlawhtlin theinak dingah a hmanghai a si timi a langfiang ter (Sem. 41:1"8, Esther 6:1, Dan. 2:1"3). Zan reizet itthat thei lonak cun Saam hla phuahtui' tikcu liamcia ih Bawipai' runsuahnak cu a thar in a ngaihtuater sal a si(Saam 77:5,10).

Hla phuahtu in Pathian hnen ihsin a donmi rinsan ngamawknak cu bulpak nun thuhla simfiangnak a si lo, Pathian rinumnak le rintlak a sinak nemhngetnak sawn a si(Job vek khan). Saam hla phuahtu cun zumnak thawn Bawipa hngak dingin thazang peknak a nei. Bawipa cu a liamcia Israel pawl hnen ih mangbangza tuahtu Pathian thotho kha si ti a theifiang(Saam 77:11-18). Saam hla phuahtu cun, "Na keneh cu theih an si lo" timi khal a vun theisuak(Saam 77:19, NKJV), A umpinak cu minung mit ih hmuh theih lo dinhmun ih a um lai khalah Pathian kaihruainak a theitheih. Saam hla phuahtu cun Pathian cu a rualin a lang ih a thup aw thei timi a thei, curuangah Bawipai' uknak le lamzin makzet pawl ruangah Pathian thangthat dingin forhfialnak a nei.

A liamcia na nun ih Bawipai' hnatuandan pawl kha vun ruat hnik aw. Cumi pawl cun tu ih na ton mi ziangvek khalah bomnak ziangtin a lo pe thei?

NINGA NI**February 1****Mifel thlem an si lonak dingah**

Siar ding: Saam 37:1,8; Saam 49:5-7; Saam 94:3-7; le Saam 125:3. **Saam hla phuahtu in ziangvek harsatnak saw a ton?**

Himi Saam cu tulai misual pawl ih neihnungnak le himi ruangih mifel pawl hnenih harsatnak a thlengmi pawl ruangah lungngai zetin a um. Misual pawl hi an lennak lawng a si lo, Pathian zianghman ah an siar lo ih, midang an neekrawk fawn. Thubuaithlak zet cu, “Misual kianghrol”(Saam 125:3) in leitlun a uk lai ah, “Midingfel pawl ih kianghrol”(Saam 45:6) cu a tumsuk deuhdeuh a si. Cuti asile ziangahsaw cuvek pawl cu bansan in, midang pawl vekin thatlonak cu pawm ve men lo ih kan um ding?

Siar ding: Saam 73:1-20,27. **Ziangthil in saw hla phuahtu buainak thlen? Zianghman santlailo thil ih rinsannak neitu pawl ih netnak cu ziangsaw a si?**

Saam 73 ah hla phuahtu cun leitlun ih sualnak um rero laimi a khihhmuh rero lai ah Pathian in kau sawn ih a rak thlirnak cu a hmu thei lo. Mitha lo pawl ih lennak in a zumnak a sawh buainak bik cu khuh thluh in a um; zumnak hmantlak lo thuhla ih a buainak khal a ngaingai ah a thum aw tiah a ruat. Ziangkhal sisehla, Saam 73 cun, “ himi Saam siarnak hmaisabik hnongtu pawl cu a hmuhsuam ih, cumi cu saam bu hmuahhmuah khaikhawmnak a si: Thinlung ah diknak a neitu pawl hrangah ziangtluk in Israel Pathian cu a tha” —*Johannes Bugenhagen, Reformation Commentary on Scripture (Downers Grove, IL: InterVarsity Press, 2018), p. 11.*

Saam hla phuahtu cun hmun thianghlim, Pathian lairelnak hmun ah mi a hruai, cumi ahcun “tuisun” timi cu mosia ih cabu pakhat te fang a si timi a va theiher ih, “netnak” timi cun misual pawl in Pathian thuthennak an ton leh dingmi a va ngaihtuah ter. Hla phuahtu cun hmun

thianghlim sungih himi thudik hi a theithiam ih, a hlan ih athlak za a rak tuahmi pawl a phuangsuaq ih, cumi cun minung sinak in siloin sunglam thlarau nun lawng ihsin hmuhfiang theih thil a si.

A tu ah sualnak tamzet hrem ih a um lo caan ah ziangtin saw cui sualnak pawl tlun le leitlun ah Pathian thuthennak thutiam ummi in hnangamnak a lo pek ding?

NIRUK NI**February 2**

Ruahbet ding: siar ding: Saam 56; Ellen G. White, “Rejoicing in the Lord,” pp. 115-126, in Steps to Christ.

Saam hla phuahtu vekin ziangtik lai khalah Pathian minung pawl cun ziangtin saw “ramdang ah” Bawipa thangthatnak hla kan sak thei ding tin an mangbang theu. Bawipa ih lairel ukawknak sungih kan zumnak cu khuimaw caan ah harsatnak a um theu, Pathian in a kai thluh maw asilole ca thianghlim ih a rel vekin thiltithe le thazet a si ngaingai maw timi kan ruat thei.

Bible vekih zumnak cun thil fiang lo le rinsanngam awknak le rinhlelawknak tivek khal a keng tel thluh. Khui maw caan ahcun thilfiang lole rinlelnak, a hleice in sualnak hmaika ah le Pathian umpinak um lo vekih a lan caan ahhin tuar a har fualfo zet. Cucing khal in thilfiang lo rinlelnak cu Pathian, a duhdawtnak le dingfelnak mizia le rintlak a sinak thuhla ahcun si hram hlahseh. Saam hla phuahtu hin hmailam tikcu caan ih thil thleng dingmi a fiang lo tla si men thei, asinan cemni neilo Pathian duhdawtnak le a rinumnak cu a ngen theu a si (Saam. 36:5-10; Saam. 89:2, 8).

Cuvek ciah in kannih khal in zoththim ding cu kan thlun ve a si. “Hnuailam ih na harsatnak pawl zoh loin tlunlam na zoh theinak dingah na thiltitheinak pawl hmuahhmuah ko suak aw. Cule na lamzin ah cau sialsial

in na um lo ding. Mero dung ah Jesuh na hmu ding ih, anih cun nangmah lo bawm dingin a kut a run lo san ding; na buah ding mi cu amah in a lo hruai theinak dingah zumnak thawn na kut na rak san ding lawng hi a si. Rinnak na neih ahcun Jesuh ah zumnak thawngin beiseinak na nei ding a si”—Ellen G. White, Testimonies for the Church, vol. 5, pp. 578, 579.

Pathian in “A hmai hup” caan ah thlacamnak ih hlawhtlinnak cu hloh aw hlah. Cumi kalh ciah in, Hivek pawl cun Saam hla phuahtu pawl cu anmah ten an zohfiah aw, a liamcia ih Pathian runsuaknak pawl an vun ruat sal, cule sualphuannak le hnuaidornak thawn Pathian an hawl (Ps. 77:10–12, Ps. 89:46⁵²). Rinhlelnak le dodalawknak thawn doawknak a um tikah zumnak cu a hngetkhohter a si. Cumi hniksak hmuntun mi cu lung mankhung hnak in manmual a nei sawn”—Ellen G. White, Testimonies for the Church, vol. 3, p. 555.

RELKHAWMDING THUSUHNAC PAWL

1. Hla phuahtu pawl in sual an ton caan ah ziangvek harsatnak saw an ton? Cumi thawn bangaw ziangvek buainak saw na ton, cule ziangtin na buahfel thei? Hivek harsatnak caan ah ziangtin na zumnak na kai hnget?

2. Pathian in kan zumnak hniksak a si caan asilole harsatnak a tongtu pawl in Pathian thiltitheinak le thatnak thuhla ih thusuhnak an buah caan ah cumi letnak ding khuitawk ahsaw ka hawl ding?

3. Leitlun ih sersuah mi sualnak le Pathian duhdawt thiltitheinak ih a kaihruaimi thuhla ih thusuhnak pawl ziangtin na rak sawn? Himi thubuai ahhin a silobik in doawknak ropi in ziangtin letdan dingin sim?

ZIRLAI 6

February 3–9

KA THOSAL DING

SABBATH SIIMLAM

Tuizarh sung siar ding: Saam. 18:3–18, Saam. 41:1–3, Saam. 15:7–11, Saam 82, Ps. 96:6–10, Saam. 99:1–4, Rom. 8:34.

Bible cangkan: “Misiatha pawl ih palbet tuarnak ruangah le mitlasam pawl ih aihramnak ruangah tu ah ka tho ding, Bawipa in a ti: amah hnihsantu hnen ihsin himdamtein ka ret ding, tiin” (Saam 12:5, NKJV).

Kan san lawng ah sualnak, diklonak, le neekrawkawnak tivek a um lo. Saam hla phuahtu pawl san khalah cuvek a um thotho. Curuangah ziangvek an va si khalah Saam cabu hi leitlun ih thazang thawn doawknak le neekrawk awknak doletnak Pathian ih duhporhnak a si, kan leitlun khalah Saam hla phuahtu pawl khal in an do kalh ve.

Pathian cu thinsau le a thinhengnak cu a ropi mi a thisaunak ih kaihngget theitu, zohman hloral loin an sual rim ih an lamzin an thleng ding a duh zettu a si (2 Pet. 3:9–15). Pathian langnak ding tikcu pawl cu milai ih beisei vek a si ringring dah lo, thuthennak ni cu a ra thleng cing ding (Saam. 96:13, Saam. 98:9). Amah ah rinsannak, le a thutiam pawl tla cu cuini a thlen hlan ah kan rinsan a tul.

Sersiamtu, dingfelnak le diknak parih thum aw mi Bawi tohkham neitu lawngin (Saam. 89:14, Saam. 97:2) a thuthen ram uknak thawngin leitlun hrangah dinhmun hnget le neihnunnak a pe thei a si. Pathian thuthennak

ahhin thil pahnih neekrawk a tuartu runsuahnak le misualral pawl siatsuahnak thu a tel a si (Saam. 7:6"17).

Himi hi kan tiamkam mi le himi hi ni nikhat nini ih a ra thleng ding mi a si, Amah lawngte kanmai tikcu caan ruatmi ah siloin Pathian caan ruatmi ah a si ding, himi hi saam hla phuaktu ih a rel uar zetmi khal a si.

NIKHAT NI

February 4

Doawknak rorum

Siar ding: Saam 18:3–18; Saam 76:3–9, 12; le Saam 144:5–7. **Himi bungcang ah ziangtin saw Bawipa a lanter? Himi hin Pathian in a minung pawl runsuak dingih a man cia ringring thuhla ah ziangtin a langter?**

Himi hla pawl cun Bawipa cu a minung pawl tihphangtertu soal thiltitheinak nehtu a si ruangah thangthatnak a pek. Pathian cu a sunlawinak ah raldotu le thuthenntu vekin a tarlang. Saam ahhin Pathian cu raldotu vekin tarlan in a um, Pathian in A mipi pawl tuarnak le an au-aw pawl a letnak nasa zet le manhlap zet cu a tarlang uar zet. “Bawipa cu van khalah khawri bangun a ri ih, Cungnungbik in a aw a suah; rial le meiling tla an tla. A si, a thal pawl a thlah ih annih cu a mekdarhter hai; nimthla in a kap ih annih cu a neh hai. Maw Bawipa na kawknak ruangah le na hnar ih thaw in a sem ruangah tidai luannak tikong pawl cu hmuh an si ih, leilung hram mohnak pawl tla an lan” (Saam. 18:13–15, NKJV).

Pathian ih thil tumtah mi le a sunlawi zia cun Pathian ih ngaihsaknak thuhla le harsat tuar pawl hrang a zangfahnak asilole sualnak a neh theidan thuhla pawl ih rinhlelnak pawl cu thekdarh thluh a si. Cumi a tuah ding hngak men hi kan tuah dingmi cu a si.

A netnak ahcun David vekin Pathian minung pawl hi doawknak ih an tel hmanah runsuah awknak cu minung ihsin ra suak a si lo. Pathian minung pawl in doral an donak

hmun tamzet ah siangpahrang David cun nehnak hmuahhmuah ih sunlawinak a cotu umsun Pathian a thangthat. David hrangah cun a hlawhtlinnak le ral a nehnak ih thil a thlengmi pawl hi amai hlawknak ding hrangih lak ding hi a olsam zet ding, asinan cuvek cu a thinlung a si lo. A thiltitheinak cu khuitawk ihsin a ra suak timi a theifiang zet.

David cun Pathian in ka kut hi raldo a zirh ti hman sehla(Saam. 18:34), Saam cabu khuitawk hmanah raldo a thiamnak ih a thumawknak hmuh ding a um lo. Cu hnakin Bawipa in David ral a dosak ih a runsuak a si (Saam. 18:47, 48). Saam sungah raldonak ih hlawhtling zet tiih theihmi David cun awnmawi lam thiam zet asi vekin a tuanvo a hlensuak ih, Bawipa cu a minung pawl cawmtu le runsuaktu umsun a si ruangah a thangthat (Saam. 144:10"15). Bawipa hnenih thlacam le thangthatnak pek hi David ih a cahnak hrampi bik a si, cumi cu doawknak ih ralhuam ziangvek hnakin thiltitheinak a nei sawn. Pathian amah lawng hi rinsantlak le cibaibuk tlak a si.

Na nunnak ah thilpek le thiamnak le hlawhtlinnak na rak nei dah zo, ziangahsaw cumi pawl ra suaknak na theih ringring a tul? Cumi ra suaknak hmunpi theihngilh awla ziangvek tihnung umsaw na ton ding?

NIHNIH NI

February 5

Hremtuar hrang diknak

Siar ding: Saam 9:18, Saam 12:5, Saam 40:17, Saam 113:7, Saam 146:6"10, le Saam 41:1–3. **Hitawh ah kan hrang ah, tuisan khalah ziangmi thuchah a um?**

Pathian cun mi rethei, mi tlasam, harsatnak tuar, pa neilo, nuhmei, le mikhual pawl khal tel in harsa mi dangdang pawl thuhla ah a hleice in lairelnak dik ngaihsaknak a langter a si. Daan le Prophet pawl vekin

Saam cu cumi thil ahcun a fiang zet (Suah. 22:21–27, Isa. 3:13–15). Saam hmun tamzet ahcun “Rethei le bomtul” timi pholangnak a hmang theu, cule hnam le biaknak lam buainak ih hremnak tuartu pawl ai-awh cu a pumpelth thei a si. Himi cu Pathian in leitlun minung hmuahhmuah a ngaihsak thluh a si timi langternak dingih tuah thluh mi a si.

“Rethei le bomtul” timi tongfang hin neihsiah lam ih retheihnak lawng siloin tihnung umnak le bom theihlonak lampang a sim duh a si. Pathian hnenih zangfah dilnak a langter ih, cumi cun bulpak zetih harsa tuar ih Pathian lo cu bomtheitu dang zohman an um lo timi ruahnak a suahter. “Rethei le bomtul” timi cun Pathian ah thum aw thluh in, mah le mah rinsan awknak le ngai thupi awknak pawl cu hnong in Pathian lam ih dik le rinum zet le duhdawtnak lam thawn khal pehtlaihnak an nei.

Cule, tulsam zet pawl ngaihsaknak (Saam 41:1-3) cun Pathian ah mipi pawl ih an rinumzia a pholang. Mi harsa pawl hnenih thiltha lo a tuah cu Bible nunphung ahcun soal nasa zet a si (Daan 15:7-11). Saam cun mi rinum pawl hnenah neekrawk tu pawl dokalh ih an aw suah dingih thazang a pe a si. Saam cun fimnak le himnak dingah a siat hlo thei minung parih rinsannak nei in thum awk ih a hlawklo zia a tarlang. Pathian minung pawl cun rundamnak ngah dingih zumnak neih ding thuhla ah minung hruaitu pawl le hmun dangdang ih hruaitu, a hleice in Pathian lamzin thawn pialaw ih a umtu pawl ih thlemnak cu an do tengteng ding a si.

A zangfahnak ahcun kan Bawipa cun a retheihnak thawngin mi tampi in lennak an ngah theinak dingah amah le mah cu mi rethei zetah a cangter aw (2 Kor. 8:9). Khrih lennak ah sualnak ih a neekrawk mi pawl hmuahhmuah runsuahnak le Pathian uknak ih kumkhaw nunnak nei dingih in thutiamnak khal a tel a si (Thup.

21:4). Jesuh Khrih cu thuthentu a si vekin Saam cabu ih thutiam pawl a hlensuak tu ding, le mi rethei pawl hmuhsuam ih, ngaihsak duh lo ih, a hnongtu pawl thu a thentu ding a si. (Matt. 25:31–46).

Kan lakih “Rethei le bomtul” hi ziangvek in kan ngaihtuah, An hrangah ziangtluk hna kan tuan?

NITHUM NI

February 6

Ziangtik tiangsaw diklonak thuthen lo ih na um hrih ding?

Bawipa cun Israel hruaitu pawl cu Israel ram ih thuthennak dik kai hngettu dingah thuneihnak a pe a si (Saam. 72:1"7, 12"14). Israel siangpahrang pawl cun Pathian duhdan vekin an thuneihnak cu hmang ding an si. Hruaitu pawl ih an ngaihtupi bik dingmi cu rampi ih daihnak le diknak a um theinak dingin le mi harsa deuh pawl zohkhen ding hi a si. Cumi lawngah rampi le minung pawl hmuahhmuah khal an nun a nuam ding a si. Siangpahrang ih bawi tohkham cu minung thiltitheinak siloin Pathian ih rinumnak thawngin a cakter a si.

Siar ding: Saam 82. **Hruaitu pawl in diknak cu a si loin an hmang ih, mipi runhim ding aiih an neekrawk sawn tikah ziangthil a thleng?**

Saam 82 ah Pathian in Israel thuthentu pawl parih a thuthennak a phuang. “pathian pawl” (Saam 82:1,6) timi cu milem pathian pawl lole vancungmi tivek khal an si lo ti a fiang zet, ziangahtile annih pawl cu Pathian minung pawl hnenah diknak thlenter dingih ngen an si dah lo, cumi an famkimter thei lo ruangah thuthennak neihsak theih khal an si lo. Saam 82:2-4 ahhin Torah ih um daan a rung lang, “pathian pawl” timi cun Israel hruaitu pawl a va relnak a si (Daan. 1:16"18, Daan. 16:18"20, Johan 10:33–35). Pathian cun “minung fapa pawl” in dik zetih thuthennak an fehpi le fehpi lo a sut hai, cule hrem an tuar dingmi

khal phuan cih in a um. Zianghatile annih pawl cu dingfel lo ih hmuh an si. Hruaitu pawl cu theihnak nei loin thimsung ah an tlu (Saam. 82:5), zianghatile Eng a simi Pathian daan an hnong ruangah a si (Saam. 119:105).

Cathianghlim in Bawipa hi Pathian umsun a si ti ruahnak cu hngetzet in a pawm. Pathian in leitlun a uknak cu Amah aiawh tu dingih a retmi milai hruaitu pawl a hlawm ve a si (Rom. 13:1). Ziangkhal sisehla himi aiawhtu minung pawl in santhuanthu le a tu khalah an hnen ih pekmi tuanvo hi ziangtluk in saw an siatbal?

Saam 82 ahcun midang pawl tlun ah “pathian pawl” in anmah le mah a zum aw tu hruaitu hrekkhat pawl ih zumnak a fehsandan pawl cu hnihsuak za in a rel. Pathian in Israel hruaitu pawl hnenah thuneihnak le caan tha pe khal sehla, annih pawl cu “Cungnung bik fale pawl” tile amah aiawhtu tiih kawh an si ko nan, Pathian cun hruaitu misual pawl tiah a ko. Pathian cun thithele le midang pawl hmuahhmuah vekin daan bangrep ih kaihhruai mi an si thotho thu a theiher sal theu. Zohman Pathian daan tlun ah an um thei lo (Saam. 82:6–8).

Pathian cun leitlun pumpi thu a then ding: Pathian minung pawl khal Pathian hmaiah letnak an nei ding. Hruaitu pawl le mipi pawl khal in Pathian thuthentu cu an zohthim ding ih, anmah ah an beiseinak netabik an thum ding a si.

Midang hnenah ziangvek thuneihnak saw na neih? Cui thuneihnak cu ziangmi tluk in dik le fel zetin na hmang? Ralring aw.

NILI NI

Na thinhengnak phorhsuak aw

Siar ding: Saam 58:6–8; Saam 69:22–28; Saam 83:9–17; Saam 94:1, 2; le Saam 137:7–9. **Himi Saam in ziangvek**

F-5

lungput a tarlang? Himi Saam ah thuthentu palai cu zosaw a si?

Saam cangan tu hrekkhat cun bulpak lole rampi siatsuah tuahtum, asilole siatnak tuahzo tu, an mipi lole hla phuahtu pawl parah Pathian in phuleisam dingin an ngen a si. Himi Saam cabu pawl hi an buaithlak zet, zianghatile an tongkam pawl le an ngennak pawl cun Bible in na ral pawl na duhdawt pei (Matt. 5:44) tiih a zirhmi thawn an pial awk deuh ruangah a si. Asinan saam hlahpuahtu cun neekrawknak an tuarlai ih an thinheng cu thiltha zet a si ko. Cumi sullam cu hla phuahtu pawl in mi tam sawn hnakin thudik le diklo an ngai thupi sawn tinak a si. Anih cun a ngaihsak zet, leitlun ih thil tha lo tuah zo mi tiang khal a ngaihsak a si, amai hrang lawngah siloin midang hrang khal a ruat ve. Ziangkhal sisehla, Saam hlahpuahtu cun khuitawk hmanah amah le mah cu phuleisamtu si dingin a tuah aw dah lo. Cu hnakin phuleisamnak cu Pathian kut sung lawngah a ret a si. Saam cun Pathian thukam camsiatnak a run phorhsuak (Daan 27:9-16) cule Pathian cu a thutiam vekin tuah dingin angen.

Saam hi hla phuahtu pawl lawng ih thlacamnak men lawng asilo ih a rung um dingmi Pathian thuthennak thuhla rak phuangcianak a si. Saam 137 cun Pathian in Babilon parah thuthennak a phuangsuahmi a tarlang ih, cumi cu Prophet pawl ahkhan kan hmu thei. Babilon mi pawl in mipihun dang pawl hnenih siatsuahnak an thlengtermi cu anmai par lala ah a tla. Saam cun misual pawl cu kumkhua in hrem loin an um lo ding timi Pathian ih ralring peknak cu a phuang a si. Pathian daatnak cu diknak le zangfahnak thawn tah a si. Pathian fale pawl cu anmah hmuhsuamtu pawl hrang thlacam dingin le an pianthar theinak ding hrang beiseinak nei dingin kawh an si (Saam. 83:18, Jer. 29:7).

Ziangkhalsehla Bible zirternak ih doral pawl duhdawt ding thuhla ah himi saam nganmi thawn an milawkdan ding kan hawl laiah, anmah in an rak torhnak tonteh nun pawl malter lo dingin kan fimkhur a tul. Pathian cun a fale pawl ih tuarnak a thei ih, annih pawl cu “Bawipai’ mithmuh ahcun a mithianghlim pawlih thih hi thil sunglawi a si”(Saam 116:15) timi a va theihfiang ter. Pathian thuthennak cun Pathian minung pawl cu thilthalo dokalhnak ah an aw suah dingin le Pathian uknak a ra dingmi a thlen famkimnak hawl dingin a ngen a si. Saam cabu cun harsatnak a tuar pawl hnenah Pathian cun an harsatnak a thei ih, nikhat ni ah diknak a ra leh ding timi theiter dingin a aw a suah a si.

Zo in saw diklo zetin anmai parah simaw, an duhdawtmi mi pakhat par ih an tuahmi ah phuleisam ding thuhla ruat loin um dah kel ding? Ziangtin saw himi saam in cutivek thinlung ruahnak pawl cu dikzetih ngaihtuah dingin bomnak a lo pek ding?

NINGA NI

February 8

Bawipai’ thuthennak le biakbuk

Siar ding: Saam 96:6-10; Saam 99:1-4; le Saam 132:7-9, 13-18. **Khuitawk ahsaw Pathian thuthennak a um, cule cumi letnak in kan hrang ziangsaw a kentel?**

Bawipa ih thuthennak cu Biakbuk thawn pehtlaih awknak an nei nai zet. Biakbuk cu thatlonak ih buainak pawl thlengawternak hmun a si tin Saam hlaphuahtu cun a rak theithiam(Saam 73:17-20). Biakbuk cu Urim thuthennak(Mipum 27:21)le puithiam sang ih thuthennak awmphaw (Suah 28:15,28-30)ih a langvekin Pathian thuthennak hmun si dingih ruah mi a si. Saam tamzet ih a um vekin Pathian cun leitlun ih sualnak le thiltha lo pawl ruangah thuthen dingah ralring cia in Biakbuk sung ih a Bawi tohkham ah a to zo tiah an sim. Biakbuk ahkhan

rundam khawkhannak pholang a si. Zumlotu, pathian dang biami pawl in sualnak cu taksa bawrhhlawh zet tivek in an theihtiam ih, cumi cu dawithiamnak in ti hloh ding a si tiah an ti. Cuvek thu kalh ciah in, Bible cun sualnak cu Pathian thatnak daan zianghman ih siarlonak a si tiah a ti. Pathian a thianghlim timi sullam cu diknak le dingfelnak a duh tinak a si. Cubangtuk in Pathian minung pawl khal in diknak le dingfelnak ngaina in A thianghlimnak ah Pathian cibai an buk ding a si. Hivek ih um ding cun Pathian daan an thlun a tul, cumi cun a thianghlimnak a pholang thluh a si.

Pathian ih zangfahnak tohkham le “dingfelnak ih thawiaawknak” (Daan 33:19, Saam 4:5) in a theihter vekin Biakbuk cu sual ngaidamnak le dingfelnak tuahthat salnak hmunpi a si. Cucing in, “ngaidamtu Pathian” cun sual rim duhnak nei lo misual pawl parah phuleisamnak a nei a si. Pathian thuthennak hmun thupizet biakbuk cu Pathian thianghlimnak le Pathian thukam in a ngen vekin fel zet in nun an hman theinak dingih a ngennak ah hmuh a theih.

Zion ihsin Bawipai’ thuthennak cun mifel thatnak le misual nehnak a thlenpi theu(Saam 132:12-18). Biakbuk cun a hleice in remnak ni a um laiah Bawipa cu thuthentu vekih a ratnak ding beiseinak hlim umzet cu a fingshaw ringring lai. Cuvek in Saam cun Pathian thuthennak a ra thleng dingmi ah fiangzetin thazang thar a pek ih(Saam. 96:13, Saam. 98:9) cumi cu van biakbuk ih Jesuh Khrih a si (Thup. 11:15-19).

Siar ding: Rom 8:34. **Himi bungcang hin Van biakbuk ih Khrih ih a thiltuah mi hi A minung pawl hrangah thuthangtha a si zia ziangtin in theihter?**

NIRUK NI**February 9**

Ruahbet ding: Siar ding: Ellen G. White, "The Beatitudes" pp. 6-13,29-35, in Thoughts From the Mount of Blessing.

Saam hi minung pawl in diklonak an ngaihsak loh ruangah a dodalnak a si sualnak pom ding an hnong. Phuleisam duhnak ihsin siloin Pathian hmin cawimawi duhnak thawngin cangvaihter an si. Curuangah midingfel pawl hrangah Pathian in sualnak tlun ih phuleisamnak a neih lai an hmuh tikah lungawi ding an si, ziangahatile hitivek zawngin Pathian hmin le a diknak cu leitlun ahhin tuatharsal a si ding a si (Saam. 58:10, 11). Saam cabu cun mipi pawl cu sualnak dokalh in an aw suah dingah le a ra thlengfamkim ding mi Pathian ram hawl hmu sawn dingin forhfiainak a nei a si. Saam sung ah Pathian runsuahnak le hmemnak diktak in pe a si. Bawipa cu a thosal ding!

"Jesuh cun, ' Mi in an lo hmuhsuam, an lo hrem tikah lungawi uhla, nasa zetin aipuang uh' tiah a ti". Cule anih cun a thungai tu pawl cu Bawipa hmin ih thu phuang tu Profet pawl cu, 'harsatnak tuar le thinsaunak ih zohthim ding'(James 5:10) an si zia thu a sim. Abel, Adam cithlah ihsin Khristian hmaisabik cu martyr in a thi. Enoch cu Pathian thawn an lengtlang, cule leitlun cun a thei nawn lo. Noah cu hmuhsuam le luarkai zetih hnihsuak sainak tongtu a si. 'Cun midang pawlin hnih suaksainak le vuaknak ih hniksak an tuar, a si, cuihleiah tawnhremnak le thawngtlaknak an tuar.' 'cun midang pawl cu humhimnak ngah loin, hrem in an um; cuticun thawhsalnak mha sawn an ngah theinak dingah' Hebru 11:35"—Ellen G. White, Thoughts From the Mount of Blessing, p. 33.

RUAHKHAWM DING THUSUHNAC PAWL

1. Leitlun sualnak ih nasatzia theihnak cun Bawipa in a uk ngaingai kem maw timi ruahnak a suahpi thei ruangah thlemnak hnuai ih kan um lai khalah a hnin thei lomi zumnak khohzet hi ziangtin kan thansohter vivo thei ding? Cumi cu Pathian duhdawtnak sungih kan zumnak le thatnak le thiltitheinak kan kilkhawi theinak ding hi kan bitum bik ding si ko lo sawm? Pathian le a mizia thuhla ah thinglamtah cun kan hnenah ziangsaw in sim?

2. Leitlun ih diknak sualnak ding le fimthiamnak lam khalah leitlun minung(hruaitu pawl, phunhnam dangdang, khawtlang thansohnak) ah thum aw loin, Pathian kamsuak thu le a thuthennak ih thumawk hi ziangruangah saw a thupit hleice?

3. Biakbuk cu Pathian thuthennak hmun a si timi thudik hi ziangtin hman tangkai theih ding?

4. Saam hrekkhat ih tongkam khohzet pawl hi ziangtin saw kan theih thiam thei ding? Cumi tongkam pawl cun a ngantu pawl ih mizia thawn pehzom aw thei dingin in bom thei ding?

ZIRLAI 7**February 10-16****NA LAINTNAK CUN
VAN A TAWNG****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam 136, Saam 51, Saam 130, Saam 113, Saam 123.

Bible cangkan: “Maw Bawipa, mipi pawl lakah ka lo thangthat ding: mipihun pawl lakah na hnenah hla ka sak ding. Zianghatile na lainatnak cu van tawng in, le na thutak cu mero tawng in a nasa a si”(Saam 57:9, 10, NKJV).

Saam hlapuah tu pawl cun thlarau lamah an rethei zet ih, Pathian hnenah zianghman pek ding an neih lo thu an theisuak aw; cumi cu Pathian Bawi tohkham hmai ih thuron pe thei ve dingin anmah ah zianghman sinak an si lo(Saam 40:17). Annih cun kanmah vekin Pathian zangfahnak le lainatnak an tul timi an theithiam. A tawi zawngin Thuthangtha an mamawh tinak a si.

Saam in mipi pawl cu Pathian lainatnak ah an thum aw thluh timi a rel uar zet. Vanthat thlak zetin, Pathian lainatnak cu kumkhaw daih a si, cumi cu Pathian ih thil sersiamnak ah le Pathian minung santhuanthu pawl ah a langfiang zet (Saam 136). Kumkhaw Pathian hmaiah minung nunnak cu caan tawite sung daih hrampi vekfang a si, asinan Pathian in milai a duhdawt ih an thazang a tuahtar sal (Saam. 103:3, 5, 15)cule Amah ahcun kumkhua tiamkam mi an nei.

Bawipa cu a thukham ah a rinum a si timi thudik ah Pathian minung pawlin hnenak an la theu. Ziangvek harsatnak ton caan khalah minung pawl ih ngennak cu

zangfahthiam zet vancung ih an pa an pehtlaih thei ruangah annih cu beiseinak in an khat thluh theu (Saam. 103:13, Saam. 68:5, Ps. 89:26). Pathian zangfahnak le duhdawtnak lamih tontehnak tharhlam zet an neih mi cun Pathian cibai buk dingin le zianghman bia loih amah rian dingin thazang cahnak a pe a si.

NIKHAT NI**February 11****A lainatnak cu kumkhua in a hmu**

Siar ding: Saam 136. **Himi saam ah ziangmi ruahnak a tam bik? Saam hla phuhtu ih a rel uar bikmi cu khuitawk ahsaw kan hmuh thei ding?**

Saam 136 cun sersiamnak le Israel thuanthu ih a langvekin Bawipai’ zangfahnak ruangah Amah thangthat dingin Pathian minung pawl a forh hai. Saam 136 cun Bawipa thangthat dingah Pathian minung pawl a ko hai, zianghatile a lainatnak cu sersiamnak (Saam. 136:4"9) le Israel pawl thuanthu (Saam. 136:10"22). ah a lang a si. “Lainatnak”(Hebru **khesed**, “A fekmi duhdawtnak) timi cun Pathian sersiam mi pawl le Israel thawn a thukam ih a rinumzia le a thatzia a langter. Saam cun Pathian ih thilti theinak le a sunlawinak pawl cu a fekzetmi a duhdawtnak ah a thum ti in theihter. Bawipa cu “pathian pawl Pathian” le “bawi pawl Bawi” a si. Cumi cu Hebru tongthimnak a si ih a sullam cu, “A nasa zet Pathian”(Saam 136:1-3) tinak a si, pathian dang an um tinak a siloih, asinan Amah lawngi Pathian a si tinak sawn a si.

Bawipa ih ropitnak ziangdang thawn khal ih thleng theih lomi A uknak ah a lang timi cu hnung theih ding rual a si lo(Saam 136:4). Pathian cun van pawl, leilung, le van taksa a tuah ih, cumi pawl cu Pathian nung bia lotu pawl ih cibai an buk mi a si(Daan 4:19). Ziangkhal sehla Saam cun milem pathian pawl le minung ih rinsannak, an thiltitheinak pawl ra suahnak cu a lonsak thluh. Annih

pawl cu sersiam mi men fang an si. Annih cu sersiammi men fang an si, sersiamtu an si lo- himi thleidanawknak hi a thupi tuk. Bawipai' kutcak le banphar mi (Saam. 136:12) cun Pathian thiltitheinak le a lainatnak ih a ukmi hmun hlazet a va thleng thuhla hmual neizetin a thupiter.

Sersiamnak le santhuanthu sungih Pathian lainatnak cun A minung pawl in Pathian thukam ah rinum ringring dingin le amah ah rinsannak an neih theinak dingin thazang a pe a si. "Ziangahtile na lainatnak cu kumkhua in a um" timi cu Saam 136 ah vei 26 rori a rel nawn leh sal. Cumi cun Bawipa cu a danglam lo ti le liamcia ih a hnatuannak cu santhar tinkim ah a tuahsal vivo lai ding timi cu cibai buku pawl in an theih fiang ding a duh. Pathian cun a minung pawl a thei ringring(Saam 136:23) ih, zangfahnak ih a thukam ah a dingnet a si. Bawipa lainatnak cu kumkhua in a hmu timi zumnak cu Bible zumdan khal a si, cumi ah hlimzet le rinsanaw zetih cibai buknak khal a tel, cule supawknak le sualsirnak khal a tel.

Saam 136(siarnak 23-252) ah Pathian in leitlun mipawl a ngaihsak zia a lang. Pathian lainatnak cu Israel pawl hnen lawngah siloin sersiammi pawl hmuahhmuah hnenah a kauter a si. Saam cun Pathian zangfah rundamnak cu leitlun huap a si ih, leitlun mi hmuahhmuah cun Israel pawl Bawipa thangthat dingin sawmnak a nei(Zoh awla Luke 2:10, John 3:16, Tirh 15:17).

Thinglamtah parah Jesuh, kan sualnak ruangih thihnak tuartu cun Pathian thuhla thudik sunglawi zet, " A duhdawtnak cu kumkhua in a hmun" timi thudik hi ziangtin saw pholang a si?

NI HNIHNI

February 12

Keimah ah thiangmi thinlung tuah aw

Siar ding: Saam 51:1-5. Pathian lainatnak ngah dingin saam hla phuahu in ziangruangah ngennak a nei.

Siangpahrang David cun a nun ih thlarau thim ih a um lai ah soal ngaidamnak dilin Bawipai' hmaiah a thinlung a phorh suak thluh(2 Samuel 12). Soal ngaidamnak timi cu Pathian in zangfahnak ih in pekmi laksawng mankhung hleice a si, cumi cun, "Na zangfah lainatnak a tam bangin" timi a va khiihmuh (Saam 51:1). Siangpahrang David cun a soal ruangih a don dingmi thawn siloin(Saam. 103:10) Pathian lainatnak, zangfahnak le rinumnak a mizia pawl thawn Pathian dawr dingin a ngen a si (Saam. 51:1; Suah. 34:6, 7).

Siar ding: Saam 51:6-19. Hitawk ah soal ngaidamnak ziangvek in a langter? Pathian ngaidamnak ih tumtambik ziangsaw a si?

Pathian ngaidamnak cu soal nei lo timi thuhla daan ih a phuang ai hnakin thil tampi a tel. Cumi cun minung sung muril tiang va thleng thei ding thlengawknak a hringsuak a si(Saam 51:6, Heb 4:12). Cumi cun sersiam tharnak a run thlen(Saam 51:10, Johan 3:3-8). Hebru verb **bara** timi "sersiam" tin lehlin mi cun Pathian thiltitheinak a va pholang(Semtirnak 1:1). Pathian lawngin a **bara** thei; Pathian lawngin sualsirnak a neitu thinlung nasa tak in a thleng thei ih, a tuah tha thei fawn (2 Kor. 4:6).

David cun ti-hawp thei thawn thiangfai aw dingin a dil (Pui. 14:2-8, Saam. 51:7). Pharnat a neitu cu an thianghlim sal hlan tiang khawtlang ih um ding an rak kham vekin Anih khal a sualnak in Pathian umpinak ihsin a rak kham ve in a thei aw (Saam. 51:11). A raithawinak cun a tuaatha famkim thei lo pang kei ti a phang zet, ziangahtile a tumtah cia mi A uirenak le mithah sualnak hrangah remnak raithawinak a um lo ruangah a si (Suah. 21:14, Pui. 20:10). A cem thei lomi Pathian zangfahnak lawng in David "Thinlung kekkuainak" cu raithawinak le David cu Pathian thawn an um tlang theisalnak ding ah cohlangsak a si(Saam 51:16-17). Ti-hawp thei thawn

kholhfai ding a dilnak thawngin Pathian umpinak ih kirsal a duh.

Pathian in David ih sualnak ,a mi bumnak, le a mi thatnak a ngaidam thei a si ahcun, Na hrangah ziang beiseinak saw tanglai?

NITHUM NI

February 13

Bawipa, nang in sualnak pawl hminsin aw

Siar ding: Saam 130. Ziangtin saw misual pawl hrang sualnak ih mihipnak le beiseinak a tarlang?

Hla phuahtu ih a zonzaih tuarnak pawl cu amai tuarnak le a mipi pawl sualnak thawn pehtlaih awknak a nei(Saam 130:3,8). Mipi sualnak pawl cu a nasa zet ih, cumi cun kumkhua in Pathian hnen ihsin thendarh aw ding in an hringhro a si(Saam 130:3). Cathianghlim cun thuthennak ni hrangah soal hminsinnak retmi thuhla (Dan. 7:10, Thup. 20:12) le misual hmin pawl nunnak cabu ihsin an hlawnthlak ding thu a rel (Suah. 32:32, Saam. 69:28, Thup. 13:8).

Saam hla phuahtu cun Pathian hnenah soal ngaidamnak a dil, cumi cu sualnak ngankhummi pawl thiatbal thluh ding hi a si (Saam. 51:1, 9; Jer. 31:34; Mik. 7:19). Anih cun a thei, "Pathian cu a thinheng maimai dah lo. A duhdawtnak cu kumkaw daih a si. Mipi pawl in a duhdawtnak zianghman ih an siar lo caan ah A "thinhengnak" a suak theu ... A thinhengnak ih tumtahbik mi cu natnak pek lam siloin damternak lampang a si sawn: siatbal thluh ding lam siloin A thutiam minung pawl rundam dingah a si (Zoh aw Hos. 6:1, 2)."—*Hans K. LaRondelle, Deliverance in the Psalms (Berrien Springs, MI: First Impressions, 1983), pp. 180, 181.* Mangbangza cu sualnak ngaidam dingin le hremnak pe lo dingih Pathian ih ralringnak cun Pathian cu upatnak a ngahter (Saam.

130:4, Rom. 2:4). A dikmi biaknak cu hrem dingmi tihnak ruangah siloin Pathian mizia duhdawtnak parih sak mi a si.

Pathian fale pawl cu Bawipa hngak dingih kawh an si(Saam 27:14, Saam 37:34). Hebru tong ih **qawah** "Hngak" timi sullam ngaingai cu "pharh" tinak a si, himi ih Hebru tonghram cu "beiseinak" ti a si. Curuangah Bawipa hngak timi cu vanduai rapthlak dinhmun khalah beidong loin, beiseinak neih hi "pharh kauhter" asilole Bawipa runtel ve dingih beiseinak khi a si. Saam hlaphuahtu cun a beiseinak cu amai nun ah a phum lo ih, Pathian kamsuak thu ah a phum aw a si(Saam. 130:5). Rinum zetih Bawipa hngak hi zianghman lo men a si lo ding, thimnak a um thluh hnu ah Pathian bomnak zinglam ah a ra ding a si.

Saam hla phuahtu in bulpak ih a ngenmi pawl hi khawtlang pumpi ah a rung cang (Saam. 130:7, 8). Bulpak hriselnak cu mi tampi pawl thawn then aw thei a si lo. Curuangah mi pakhat cun amai hrang lawngah thlacam loin khawtlang hrang a cam a si. Zumtu kan si vekin kannih khal khawtlang peng pakhat kan si, khawtlang ih hmun pakhat parih thil a thleng mi cu khawtlang parah a thleng thluh a si.

Himi thusuhnak hi ruat hnik aw, "Bawipa, diklonak pawl hi na hminsin a si ahcun, maw Bawipa, zo saw ding thei um ding?" (Saam 130:3). Cumi cun na bulpak nun ah ziangsaw a rel duh? Na sualnak pawl hi Pathian Bawipa in a lo hminsinsak lo pang asile khuitawk ah na um ding?

NILI NI

February 14

Zangfahtu Pathian le sunglawi zet cu Thangthat uh

Siar ding: Saam 113 le 123. Himi Saam ahhin Pathian mizia thuhla dangdang pahnih ziangsaw a rel?

Saam 113 le 123 cun Bawipai' zangfahnak le sunlawinak an thangthat veve. Bawipai' sunlawinak cu a nasa zetmi a hmin ah a lang ih, a Bawi tohkham umnak ah cawisan in a um, cumi cu miphun hmuahhmuah tlun ah le van pawl tlun ah a um a si(Saam. 113:4, 5; Ps. 123:1). "Bawipa kan Pathian vek zo an um" (Saam. 113:5, NKJV) timi zumnak thuken cun Israel Pathian cu leilung sung le a leng ih thiltitheinak khal in an neh lo timi a langter.

Bawipai' umnak va naih theihlo hmunsang in Bawipa cu, "Mah le mah hnuaidor" asilole "Lei le van ih ummi thil thlir dingih a ding" duhtu a si timi thudik hmuhsaknak ihsin a langter (zoh aw, Saam. 113:6, NIV). Hmunsang ih Bawipa a umnak hin, hitawk hmun pawl ih thil ummi hmuh thei lo dingin a rak kham cuang lo. Bawipai' zangfahnak cu leitlun mi pawl thawn umtlang in, tulsam le mi rethei pawl an harsatnak ihsin rundam dingah a sunlawinak sungin a langter a si. A umnak hmun cu a hla zet mi vanram si khal sehla, a tirhsiannak kut cu a siahhlawh pawl hnen ihsin a thup lo ti a fiang zet.

Pathian ropitnak le ngaihsaknak, Pathian hnatuan mangbangza theihthiam theih lo cu Pathian lainatnak le zangfahnak ah a lang thluh. Tlasam, mi rethei le neekrawk tuar pawl cun Pathian in an duhdan vekin a tuahsak mi mangbangza thil pawl ah Pathian uknak ih thiltitheinak ah anmah rori in hmuhton mi an nei thei. Cawisan mi Pathian cun a thiltitheinak in lungsiapawl a cawisannak in a ropitnak a langfiang ter. Pathian hnen ih pan dingin mipi cu zalen in an um, ziangahatile A uknak le a cunngunnak cun a sunglawi zetmi sersiamtu le kilkhawitu a si zia le mipi pawl cu a siahhlawh, a duhdawtmi fale an sizia a danglamter cuang lo.

Curuangah cibai buknak cun Pathian ropitzia lawngghi a langter lo ih, A thatnak khal a langter a si. Thangthatnak cu tikcu caan le boruak lawng ahhin a net

lo(Saam. 113:2, 3). Pathian thatnak le lainatnak cu a tlusia zo minung tundinsal theinak dingah van ihsin runtum ih dinhmun niam bik thinglamtah parih thihnak tiang tuar huamtu Jesuh Khrih ahhin a langfiang bik ding(Filipi 2:6-8). Hitawk thinglamtah ah Pathian in kan hrang thil in tuahsak mi ruangah thangthat le cibai kan buknak ding san thupi zet a um.

Thinglamtah ah cambang in, cutawk hmun ah na bulpak hrang ziangthil a thleng? Jesuh in ziangin saw a lo rundam? Ziangahsaw na thinlung ah thinglamtah hmahruiatu si hi a thupit?

NINGA NI

February 15

A thatnak pawl theihngilh thluh hlah

Siar ding: Saam 103. **Hitawk ah Pathian lainatnak ziangtin pholang in a um?**

Saam 103 in Bawipai' thlawsuahnak phun dangdang pakhat hnu pakhat a tarlang. Thlawsuahnak cun nun hlimnak hrang (Saam 103: 3-6)"a thatnak" (Saam 103: 2)hmuahhmuah a tel thluh. Thlawsuahnak cu Pathian mizia thatnak ah le Isreal thawn a thukam ih a rinumnak ah a phum aw a si(Saam 103:7-18). Bawipa cun minung hi tawmtai le santlai lo zet an si lam "A thei ringring" ih, A minung pawl parah zangfahnak a nei(Saam 103:13-17).

Thei ringring timi cu theihnak lam ih cangvaihnak menmen a si lo. Cumi ahcun tuahnak langtertu pekawknak a tel: Pathian cun a minung pawl cu a runsuak ih, a kilkhawi(Saam 103:3-13). Saam 103:11-16 hin Pathian zangfah thiltitheinak a nasazia tahthim theih lomi a rak khhimuh, cumi cu cemnet ti umlo vankauh lam lawng ih tahthim theih mi a si(Isaiah 55:9). Asi ahcun ziangtin saw minung in Pathian thatnak cu a sawn thei ding? Pakhatnak ahcun Pathian thlawsuahnak hmangan an sawn thei ding si (Saam. 103:1, 2). Thlawsuahnak timi cu

thilri neihtamnak le midang hrangih thlaraulam hlawknak neih tivek khin theihthiam a si tlangpi(Sem 49:25, Saam 5:12). Thlawsuahnak hmuahhmuah ih bulhram bik cu Pathian a si ruangah ziangtin saw minung in Pathian thlaw a suah thei ding? Mi rethei cun a hnakih sinak sang nei cu thlawsuah a pe thei ih, a thangthat thei(1 Siang 8:66, Job 29:13). Pathian cun minung parah thiltha tuah in thlawsuahnak a pe ih, A thatnak ruangah minung pawl in Pathian cu an thangthat a si, cumi cu a thatnak mizia ruangah amah cu an sunlawih a si.

Pahnihnak ahcun, a thatnak le a thukam theih ringringnak ihsin(Saam 103:2, 18-22), Bawipa in minung caklonak le minung thawn a thukam a thei ringring a si(Saam 103:3-13). Theih rinringnak timi hi Pathian le A minung pawl karlak ih thil thupi zet a si. Pathian in minung hnen ih a thutiam a theih ringring vekin, minung pawl khal in Pathian rinumnak an theih ringring ih, duhdawtnak le thuawihnak thawn Pathian let dingin leiba an nei ve a si.

Hivek ruatdan thinlung ah retin Ellen G. White ih thurel tongkam hminthang zet thawn in a milaw lutuk: “Nitin, nazi tiin Khrih ih nun ngaihtuahnak ih caan kan hmang ahcun kan hrang a tha zet ding. Pakhat hnu pakhat kan la ding ih, a hleice in a netkharnak pawl kha kan kai nget ding a si. Kan hrang a raithawinak ropi zetih kan thumawk tikah, Amah ih rinsannak kan neihmi cu a hngget khoh deuhdeuh dingih, kan duhdawtnak a thang ding. Cule kannih cu a thlarau thawn thuk zetah kan um ding a si.”—The Desire of Ages, p. 83.

NIRUK NI

February 16

Ruahbet ding: Siar ding: Ellen G. White, “Misual in Chrih a tulnak” pp. 17-22, Khrih hnen thlennak karbak timi cabu sungta a si.

Saam ahhin Pathian minung pawl ih aw cu sakkir ahhin a nolh sal rero, “A lainatnak cu kumkhua in a hmun” tin kumkhaw Pathian duhdawtnak an lawm a si (Saam. 106:1, NKJV; Saam. 107:1, NKJV; Saam. 118:1–4, 29, NKJV; Saam 136, NKJV). “Pathian thangthat lo timi sullam cu a thatnak theihhngilh, Pathian laksawng zianghman ah siar lo tinak a si. Thangthat tu pawl lawng in an theihngilh lo. Pathian thuhla rel le ngaihtuah men hi Amah thangtha a si hrih lo. Miin Pathian ih sunlawinak le a hnatuan le a thatnak, lainatnak le fimnak a pawm ih, cibai a buk tikah thangthatnak timi cu a thokfang a si”—Hans LaRondelle, *Deliverance in the Psalms*, p. 178.

Kumkhua ih Pathian lainatnak phuansuah ih thupitnak cu Pathian kan theih ringring tikah a thupi hleice – Cumi cu a thukam duhdawtnak le rinumnak a si ih, cui thil cu minung sualnak le Pathian dokalhnak karlak ah a ding hngget ih, a danglam thei lo ti kan theih tikah sullam a nei zet.

“Amah dokalh in sualnak kan nei ih, a duhsaknak khal kan phu lo, cu cingin Amah in kan hmur ah ngennak maksa zet mai a ret, “Na hmin ih zarah in ten hram aw hlah, na sunlawinak laltohkham cu mualphoter hram aw hlah: kan hnenih na thukham cu siatbal loin cing hram aw” Jer. 14:21. Kan caklonak le kan sualnak pawl a hnen ih kan phuang tikah kan au aw ngaihsak dingin a tiam kam aw. A Bawi tohkham cawisannak cu kan hnenih a tongkam pawl a famkimnak dingah a si.”—Ellen G. White, *Christ’s Object Lessons*, p. 148.

Pathian a parah a tha (Saam 103:2) timi tonnun a neihnak cun Saam hla phuahtu cu, “Bawipa in dekcok a tuartu zate hrangah dingfelnak le thuthennak a tuah”(Saam 103:6) timi relsuak thei dingin thazang cahnak a pe a si. Saam hla phuahtu ih bulpak tonnun tumtahmi le a nun ah Pathian lainatnak a thangthatnak

netabik cu Pathian duhdawt zangfahnak an donvek in midang khal in Pathian lamah thinlung ong in, A zangfahnak an don ih Pathian an thangthat theinak ding ih an thinlung hngetkoh ter hi a si (Saam. 9:11, 12; Saam. 22:22-27; Saam. 66:16).

RELKHAWM DINGMI THUSUHNAK PAWL

1. Pathian lainatnak cu minung rundamnak ding hrangah a um kumkhua timi thudik cun a taktak ah ziangsaw a ti theih mi? Himi cun ziangah saw Pathian lainatnak cu kumkhua in a hmun ti a si ruangah misual cu soal vivo ding tinak a si cuang lo a tinak san?

2. Soal tlun ih Pathian thuthennak um ding ruahnak thawn kan sualnak ih Pathian ngaidamnak hi ziangtin saw kan remawk ter ding?

3. Ziangtin saw thukam thar ih Pathian lainatnak a relsuah mi pawl cu Saam sungih um pawl thawn an milawk thiam? (Efe. 2:4, 5; 1 Tim. 1:16; Titus 3:5; Heb. 4:16)?

ZIRLAI 8

February 17-23

FELZETIH NUN THEIHNAK FIMNAK

SABBATH SIIMLAM

Tuizarh sung siar ding: Saam. 119:1-16, Saam 90, John 3:16, Saam. 95:7-11, Saam 141, Saam 128.

Bible cangken: “ **Curuangah kan damsung ni siardan in zirh aw, fimnak lam ih kan thinlung kan hmang theinak dingah**” (Saam 90:12, NKJV).

Kan hmuh vekin Pathian zangfahnak cun sualnak ngaidamnak a pe ih cumi cun a tu ih zumnak ih a nung tu sualsir aw tu hnenah thinlung thar a pe a si. Pathian thu cun nun dingfel pawl hrang khalah kaihhruai awkdan ding a pe thotho(Saam 119:9-16). Pathian daan thlun hi ziang ti zawng khal in daan a sivek ih thlun ding tivek lam a siloih, Pathian thawn laicin awknak hgnet zet nei ih nun hman le thlawsuahnak ih khat nun hi a si sawn (Saam. 119:1, 2; Saam 128).

Ziangkhal sisehla midingfel ih nun cu thlemnak tel lo nun a si cuang lo. Khuimaw caan ahcun midingfel khal hi hrokhrawnak soal in a thlem thei, (Saam. 141:2-4) cule thlemnak khal ah a tlu thei. Pathian in a fale pawl ih rinumnak(asilole rinumlonak) fiangzetih a lang theinak dingah hniksagnak um dinghi a siang a si. Pathian fale pawl in Pathian kaihhruainak le nunsimnak an ngai a si ahcun an zumnak cu a thianghlim ding ih, Bawipa an rinsannak cu a cak ding a si. Fel zetih nun theihnak fimnak cu thlemnak le harsatnak karlak ah Pathian thawn nun hman tlangnakah a lang. Curuangah thlacamnak cun

fimnak thinlung kan theih theinak dingah Pathian cun kan damsung ni siardan in zirh ding ti hi a si(Saam. 90:12),, cumi cun Bawipa hnen ah rinum zetin feh vivo dingih pumpek awknak a zohter a si.

NIKHAT NI

February 18

Na tongkam ka thinlung ah ka thup

Siar ding: Saam 119:1-16, 161-168. **Ziangtin saw Pathian thukham kan thlun ding, cule cuvek tuahnak ihsin ziangvek thlawsuahnak a ra?**

Bible cun nitin ih zumnak ih nun cu Pathian thawn dingfelnak lamzin ih khaulawng("Vak") vek a si thu a rel lang. Zumnak ih nun cu "Bawipa ih daan" (Saam. 119:1, NKJV) le "Na hmel eng" (Saam. 89:15, NKJV)ih fehnak ihsin kaihngget a theih. Himi pahnih hi ziangvek khal in lamzin dangdang ah an pial thei lo. Pathian hmel eng ih feh cu Pathian daan thlunnak a khih hmuh. Cumi thawn bangaw in "Bawipa ih daan sungah" feh timi ahkhin thinlung zaten Pathian hawnak lam a tel a si (Saam. 119:1, 2, 10).

"Lamzin borhbah lo" timi hi Saam in midingfel nun a reldan lamzin dang a si(Saam 119:1). "Borhbah lo" timi cun Pathian pom mi, "Relsiat ding um lo" raithawinak a rel duhnak a si(Suah 12:5). Cuvek ciah in, midingfel ih bulpak nun, cui a nung ih raithawimi (Rom 12:5) cu sual duhdawtnak in a ti borhbah lo ding mi a si. Pathian hrang ih pekawknak nun cu, "lamzin famkim" a si, cumi sullam cu mi pakhat in Pathian duhzawng lamzin dik a zawh tinak a si (Saam. 101:2, 6; zoh aw, Saam. 18:32).

Pathian thukham thlun hi Pathian daan pawl, daan vekih ulh men thawn hin an bangaw lo. Cumi kalh ciah in, cui thil ah thil dik le dik lo, tha le tha lo karlak ih a bangaw lomi "theihthiamnak tha" khal a tel ve, (Saam. 111:10; 1 San. 22:12) cule a lenglam cangvaihnak men siloin sunglam minung rori a tel. "Borhbah lo" nun hi

Pathian thukham thlunnak le thinlung zaten Pathian hawnak, thendarh theih lo nun ih um thinlung put a si.

Pathian thukham cu Pathian in leitlun hrangih a duhzawng phuangsuhnak a si. Annih cun minung pawl cu ziangtin mifim ah an suak thei ding timi le ziangtin zalen le hngam zetin an nung thei ding timi an zirh a si(Saam. 119:7-11, 133). Hla phuahtu cu daan ah a lungawi zet, ziangatile daan in Pathian rinumnak a fiangter a si. (Saam. 119:77, 174).

"Na daan a ngainatu pawl cun hngamnak nasazet an nei ih, zianghman in a tlubahter lo ding"(Saam 119:156). Tlukbahnak hin nun hlawhsamnak a zoh ter. Hla phuahtu ke ih meiin vekin(Saam 119:105) Pathian tongkam cun thlemnak lak ihsin in kilhim a si(Saam 119:110).

Khiri in a nunnak ah Pathian thu ih thiltitheinak ziangtin saw a pholang(Matt 4:1-11)? Himi in thinlung ihsin a suakmi thiltitheinak cu Pathian daan thlunnak ah a thum aw timi thuhla ah ziangsi in sim duh mi?

NIHNIH NI

February 19

Kan damsung ni siardan in zirh aw

Siar ding: Saam 90, Saam 102:11, le Saam 103:14-16. **Minung ih nuamlo an ti zetmi cu ziangsaw a si?**

A tlusia zo minung umnak cu zianghman a si lo, kumkhwaw eng sung ahcun tikhu vekfang a si. Pathian lam ih kum thawngkhat cu, "Zan ih caankhat vek" men a si, cumi cun nazi pathum lole pali hrawng fang lawng a daih (Saam. 90:4, NKJV). Pathian tikcu caan thawn vun tahthim cun minung damsung cu a hlovai men a si(Saam. 90:10). Minung lakih mi cakbik cu thingkung lakih tawmtai bik thawn an bangaw a si (Saam. 90:5, 6; Saam. 103:15, 16). Cu cingin, cui nunnak tawi zet cu hnatuannak le riahsiatnak thawn an khat thluh lailai (Saam. 90:10). Pathian zumlotu leitlun mi pawl khal nunnak tawituk

ruangah an riahsia ih, an tap, a hleice in a leng ih um, an theih cia zo mi le kumkhaw rak umcia thawn an bangawk lo dan vun tahthim tikah cuvek pawl um loin thil a um vivo dingmi cun tihphannak a suahter.

Saam 90 cun Pathian in minung pawl ih an harsatnak cu anmah sersiamtu a si vekin a ngaihsak thu a tarlang. Bawipa cu a mipawl san tinkim ih an ceennak hmun a si (Saam. 90:1, 2). Hebru tong **ma'on** "Ceennak hmun" timi cun Bawipa cu a mi pawl ih beunak le umnak a si zia a pholang (Saam. 91:9). Bawipa cun a dikzetih a thihhengnak cu a kaihngget ih, a zangfahnak thar cu kau zetin a tuah. Saam hla phuahtu cun lungawi zetin, "Na thinhnengnak huham cu zo in a thei?" (Saam 90:11) tiah a ti. Cumi cun soal do in Pathian thinhnengnak hmual zohman in an thei ngaingai lo timi a khiihmuh a si, Curuangah mipi pawl hrangah sualsir dingin le dikzetih nung dingin fimnak ngah dingah beiseina a um a si.

Bible sungih fimnak timi cu thiltheihtheinak vek men si loin Pathian tihzahnak tarlangnak a si. Fimnak nei dingih kan tul zetmi cu "kan damsung ni siardan" theihthiam hi a si (Saam 90:12). Kan damsung ni siardan kan thiam ahcun kan damsung ni cu a mal tinak a si ih, a mal timi kan thei tinak khal a si. Fimzet ih nun hmang timi cu thuawihnak le zumnak tiang thlenpi theitu nun tawizet hman thiam hi a si. Himi fimnak cu sualsirnak (Saam 90:8,12) le lainatnak le zangfahnak le Pathian ih thilpek soal ngaidamnak thawn lawng ih ngah theih thil a si (Saam. 90:13, 14).

Kan harsatnak bulhram bik cu minung ih sersiam kan sinak ihsin suak mi a si lo ih, Soal in kan leitlun ih a run luhpi mi ihsin suak an si. Cumi ih siatsuah mi cu hmuntin le bulpak tin ah hmuh a theih. Ziangkhal sisehla Jesuh hnen ah lungawi thu sim uh, minung harsatnak ihsin luat theinak ding kan hrang lamzin in sial sak a si

Johan 1:29, Johan 3:14–21). Cuti silo sehla, beiseinak zianghman kan nei zik lo.

Kan nun hi ziangtluk in a fehcak khalah, Jesuh ah ziang thutiam mi saw na neih? (Zoh aw John 3:16.)
Amah tel loin ziangmi beiseinak saw kan neih?

NITHUM NI Bawipai' fiahnak

February 20

Siar ding: Saam 81:7, 8; Saam 95:7–11; le Saam 105:17–22. **Pathian hniksak in himi thungan mi pawl ahhin ziangmi saw a kentel?**

Meribah timi hmun cu Israel pawl in Pathian ih rinumnak le an tulsammi pe dingih an hniksaknak hmun a si (Suahlannak. 17:1"7; Saam. 95:8, 9). Saam 81 ah thu ngainuam theihcak umzet a um, cule Pathian in Israel a hniksak tikcu caan pawl vek simfiangnak khal a um (Saam 81:7). Cule an thu awihlonak le an rinsannak le maltuk ruangah (Saam 81:11), mipi pawl cu Pathian ih a hniksaknak ah an hlawhsam. Meribah rel tikah thuchah pahnih simcia mi a um. Pakhatnak, Pathian minung pawl cun san tinkim ih an tuah soal mi an tuahsal ding a si lo. Cumi ai ah, Pathian rinsan in a lamzin ih feh ding an si sawn (Saam 81:13). Pahnihnak ah, hniksaknak ah hlawhsam khal sehla, harsatnak an ton caan ah Pathian cu anmah runsuak tu a si (Saam 81:7). A liamcia ih Pathian zangfah rundamnak cun a ra lai dingmi san tinkim ah Pathian zangfahnak a um ding timi fiangternak a pe a si.

Saam 105 cun hniksaknak pawl cu Josef in a hmailam thuhla ah Pathian tongkam ummi cu a rinsan maw timi Pathian ih hniksaknak a si (Sem 37:5-10, Saam 105:19). Hebru tongih **Tsarap**, "Hniksaknak" timi cang 19 ih ummi cu, "tithianghlim" "A baal thiangter" asilole "Thianghlimter" timi sullam a phuangsuak a si. Curuangah Pathian in Josef ih zumnak a hniksaknak san

cu Pathian thutiam ah ziangvek rinhlelnak khal hlawnhlo in, Pathian kaihhruainak ih Josef zumnak fekter ding hi a si.

Josef thuhla ih tahthimnak a um vekin Pathian kaihhruainak ih a tumtah mi bik cu Pathian fale pawl cakzetih an um theinak ding in le a thutiam thlenfamkim theinak ding hrangih timlamnak an neihnak dingah a si(Saam 105:20-22). Ziangkhal sisehla, Pathian kaihhruainak hnongnak in lungruhna le thinlung ruh sinsinnak a suahpi a si.

“ Pathian cun a daan cu thusuhnak um loih thlung ding in a duh; Asinan milai cu Satan pa ih bumnak ah an itthat asilole zengnat an nei, anih cun ngaithiam awknak le bumnak hmangin hmundum sungah Even hnen ah, “Na thi ngaingai lo ding” a ti vek ciah khan an thinlung a nehsak. Thuawih lonak cu misual pakhat ih thinlung haknak le sia le tha theihnak lawng hi a si loih midang pawl ih zumnak khal a siatsuah thei a si. An hrangah a hmaisabik ih thil diklo vekih langmi cu nuamnai teten an hmai ah a um vivo ih, a netnak ahcun sual a si ngaingai maw timi thusuhnak an tuah, theih lo sungah cuvek thawn bangaw diklonak ah an tlatut theu a si.”—Ellen G. White, Testimonies for the Church, vol. 4, p. 146.

Sualnak in na thin a lo khauhter dan nangmah in ziangvek hmuhtonak na rak nei zo? Cuvek ruahnak cun zianghsaw thinglamtah in hruaithleng, thu ngainak ih huham cu khuitawak ah kan hmu thei ding?

NILI NI

February 21

Sualnak lamzin ih bumawknak

Siar ding: Saam 141. **Saam hla phuahtu ih thlacam hi zianghrang ahsaw a si?**

Saam 141 cu a sung le a lenglam in a ra ummi thlemnak ihsin humhim awknak ding hrang thlacamnak

a si. Saam hla phuahtu cu mitha lo pawl ih khawkhannak lawng ihsin tihphannak nei a si lo ih(Saam 141:9,10) misual pawl vekih cangvai dingih thlemnak khalin tihphannak a nei. A hmaisai tu cu mah le mah ukawk theinak a si ih, Saam hla phuahtu cun Bawipa ih a hmur sangka kilveng dingih thlacamnak a nei(Saam 141:3). Himi cun khawpi kulhpi sangka kilhimnak a rak kihhmuh, cumi cun Bible tikcu caan lai ih khawpi cu a kilhim a si.

Thlemnak cu Pathian fale in midingfel pawl ih thurelnak an la ding maw asilole misual pawl ih rawl thaw lamah an tlu sawn ding timi hi a si(Saam 141:4,5). Saam hla phuahtu cun a thinlung cu thiltihnung um zet vekin a pholang, ziangah tile doawknak ngaingai a um ruangah a si. Catbang loin Pathian rinsan zet in thlacamnak nei le cibai buk tu pawl lawng hi thlemnak ihsin runsuah thei ding Pathian fa umsun an si(Saam 141:1,2).

Siar ding: Saam 1:1 le Saam 141:4. **Hitawak ahhin thlemnak ih thansohnak le hrokhrawnak mizia ziangtin saw a pholang?**

Saam 141:4 cun thlemnak a feh vivo dan pawl a tarlang. A hmai sa in, a thinlung cu sualnak lam a hoi. Pahnihnak, thiltha lo tuah(Hebru tongih a sullam cun cangvaihnak ih mizia relsal rero a tar lang). Pathumnak ah, Thinlung cun mitha lo pawl ih rawl a ei, thil ziangmaw duhnak nei vek ciah in misual pawl thil tuahmi cu an pawmsak. Cuvek ciah in Saam 1:1 cun Pathian fa cu Bawipai lamzin thlunnak ihsin misual pawl lamih feh dingih, misual pawl lamzin ih ding ding in le a netnak ah mi hmuhsuam hmang pawl thawn totlang ding in thlemnak a ra thleng a si. Misual, sualnak, le mi hmuhsuam hmang: Anmah vek kan si ding a si lo, asilole Bawipai' hnen ihsin in hruai hlo ding hi kan duh ding a si lo.

Saam cun thlemnak ih mizia hrokhrawnak, mihip theinak le thansoh theinak pawl a tarlang thluh, cumi pawl

cun Bawipai' hnen lawngih thum aw ngam tu pawl lawngin hlawhtlinnak an ngaih thei timi a tarlang. Saam cun thlemnak karlak ih mi pakhat ih thurel mi tongkam le a rak ngaitu pawl ih thupit zia pawl a tarlang. A netnak ahcun sualnak le dingfelnak, an pahnih in mipi pawl hnen ah Pathian ihsin fimnak hawl dingin a zirh hai a si(Saam. 1:4-6, Saam. 141:8-10). Saam veve ah Pathian fale ih thiamcoternak netabik cu hmailamcaan ah a um lai a si timi an lang fiangter. Himi sullam cu Zumtu pawl cun thinsau ten Pathian rinsan dingin le amah cu hngak dingin in ko a si.

NINGA NI

February 22

A nung mi dingfelnak ih thlawsuah

Siar ding: Saam 1:1-3, Saam 112:1-9, le Saam 128.
Bawipa upattu hrangah ziangvek thlawsuahnak tiamkam saw um?

Bawipa upattu pawl hnen ih thlawsuahnak thutiam kam tamzet ah hngamnak hi a ropibik a si men thei. Saam 1 cun mifel pawl cu cerhti kiangih a ummi thingkung, a tikcu caan ih rahsua theu le a hnah hnawng dah lo mi vekin a tahthim (Saam. 1:3; Jer. 17:7, 8; Ezek. 47:12). Himi tahthimnak cun thlawsuahnak hmuahhmuah bulhram a tarlang ih, cumi cu Pathian hmaiah a hmun thianghlim ih um ringring le hrokhrawnak zianghman um lo in nuam zetih nun hman ih Pathian thawn duhdawtawknak ih pehtlaihnik hi a si. Fanghi vekih hngetkhoh lo, umnak ding, hmailam tikcu caan khal nei cuanglo misual pawl vek siloin miding fel pawl cu a hrabun tha mi thingkung rah nei, Pathian kiang ih um le kumkhaw nunnak vekin a tahthim. Saam 128:2,3 cun Messiah ramuk thlawsuahnak a run tarlang, cutawk ahcun mai sabit kung le theipi kung hnuaiah an to ding timi cu daihnak le neihnunnak lam hmuhsaknak a si (Mik 4:4).

Jerusalem tlun ih daihnak thlawsuahnak in Messiah cun sualnak a netter ding ih, leitlun hi daihnak ah a tuah tha sal ding timi ruahsannak a pholang a si.

“Bible sungah rundammi ih roco cu, “Ram” tiah kawh a si. Hebru 11:14-16. Van lam tuu khaltu cun a tu pawl cu nunnak tiva bulhram ah a hruai hai. Nunnak thing cun a rah cu thlatin a sua, thing ih a hnah cu miphun pawl damnak a si. Cule Crystal vekih thianghlim a luangmi vati khal a um, cumi kiangah an Bawipa hrang lamzin sial in lamzin tlun parih thingkung zap aw rero mi phen thlam khal a um. Cutawk ahcun tlang rawnmawi zet pawl cu tlangsang mawizet ah an cang ih, Pathian tlang cun cui tlangsang pawl cu an cawisang a si. Cui tlangrawn zet ahcun, a kiangah nunnak cerhti a um, Pathian minung pawl caan reipi thuthangtha simih khuatlawng le riangvai pawl cun umnak inn an hawl hmu ding a si.”—Ellen G. White, *The Great Controversy*, p. 675.

Thukam thar cun cui beiseinak tikcu caan thlen famkim ding cu Khrih veihnih a rungtumsalnak a si ding, leitlun tuahthar mi ah a um ding tiah a tarlang(Matt 26:29, Thup 21). Curuangah tui nun ahhin miding fel pawl in thlawsuahnak tamzet an don lai ah, sancem caan ih Pathian in ziangkim famkim zetih tuah in a uknak a din tikah an hrang Pathian duhsaknak famkim in a hngak lai a si.

Ziangruangah saw thinglamtah a um, cutawk hmun ah ziangthil a thleng, Kan hrang Pathian ih a retmi thukam thar ih thutiam cu ziangsaw an si? Ziangtin saw tu ahhin cumi thutiamnak ihsin hngamnak kan ngah thei ding?

NIRUK NI**February 23**

Ruahbet ding: Tu lai san ahcun fimnak neih hi lungawinak neih tlukin duhthusam a um lo vekin a lang. Mipi pawl cun fimnak hnakin lungawinak an duh sawn. Ziangkhal sisehla, Pathian fimnak tel lo in lungawinak dikzet in nun kan hmang thei ngaingai kem? Saam cun fiangzet in cuvek ih nun kan hman thei lo ding thu a rel. Thuthangtha cun fimnak le lungawinak karlak ah duhril ding in in ngen lo. Pathian lamih fimnak cun lungawinak ngaingai a keng a si.

Zohthim ding lolam zet Hebru tong ihsin himi hi simfiang a theih. Hebru ahcun, “Zawh” timi tongkam plural(**ashurey**) hi “lungawinak”(A**shurey**) timi tongkam thawn an awsuak a bangaw zet. Mirang tong lehlin mi ah himi kan nei lo nan, cui thil cun thucah thiltitheizet a phuang suak : “Zawh” timi cun Pathian lamzin “lungawinak” nun ah a hruai thleng a si (Saam. 1:1, Saam. 17:5, Saam. 37:31, Saam. 44:18, Saam. 89:15, Saam. 119:1). Bible ahcun fimnak simaw, lungawinak simaw hi thil sullam zianghman nei lo an si lo ih, ton nun thil ngaingai an si. Annih pawl cu Pathian thawn laicin awknak ah hmuh an si. Cumi cu Pathian tihzah, thangthat le a cahnak hawl hmuh le amah rinsannak ah a um thluh. Saam 25:14 cun hitin a ti, “Bawipa ih thuthup cu amah a tihzahtu pawl hnenah a um ih, anih in cupawl cu a thukham a theihter ding.

“Pathian hnenah lungawi thu kan sim, ziangahatile anih cun kan hnenah a engzet mi lem in run pe a si. A duhdawt thlawsuahnak thutiam pawl cu kan zoh ringring theinak dingah pawlkom awknak nei uh si: Satan ih thiltitheinak ihsin minung a rundam theinak dingah Pathian fapa cun a Pai Bawi tohkham a suahtan ih, A Pathiannak kor cu minungsinak ah a hruh ih, kan ai awih in a neh ih, kan hrangah vanram ong in, Pathian in a

ropinak a phuanawknak pindan cu minung hmuh theih dingin a pholang thluh. A tlu sia zo mi miphun pawl cu sualnak ih a pilternak khur ihsin an rung suak, Pathian thawn pehtlaih awknak an nei theisal, Kan tlantu zumnak ruangah Pathian hniksahnak cu tuarsuak in, Khrih ih felah ah thuam aw in, A Bawi tohkham cawimawi in a um lehsal. Himi pawl hi Pathian in kan ruah ciamciam dingih in pek mi a si.”—Ellen G. White, Steps to Christ, p. 118.

RELKHAWM DING THUSUHNNAK PAWL

1. Ziangtin saw Pathian thu cu thuzirhawknak men siloin lungawinak ra suahtan ngaingai a si? Ziangtin saw Pathian thu ih tleinak cu Jesuh Khrih, a thu sungih um thawn pehtlaihnan an neih?(Johan 1:1; Johan 15:5, 7)?

2. Pathian thuzirhnak mipi in an thei keukeu ih an hnong le ziangthil saw thleng ding? (Saam 81, Saam 95)? Cuvek a thleng ding tin ziangruangah saw na zum?

3. Ziangruangah saw mitha lo pawl ih lamzin cu khuimaw caan ah midingfel pawl ih thuzirhnak hnakin duh um sawn ih a lang theu?(Saam 141)? Khuimaw caan ahcun misual pawl ih thiltuah mi a tha vekih a lang mi pawl ziangtin saw kan ti ding?

ZIRLAI 9**February 24–March 1****BAWIPAI HMIN IN A RA TU CU
THLAWSUAH IN UM HRAM SEH****SABBATH SIIMLAM**

Zarhkhat sung siar ding: Saam 23; Johan 10:11–15; Saam 22; Saam. 89:27–32; Kol. 1:16; Saam 2; Heb. 7:20–28.

Bible cangken: Inn saktu pawl ih an hnonmi lungto cu a kiil ih lung thahnem bik ah a cang. Hihi Bawipai' tuahmi a si; cucu kan mithmuh ah mangbangza a si” (Saam 118:22, 23, NKJV).

Saam cun Khrih ih mizia le hnatuannak thuhla a theihter. Rundam khawkhannak ih a hnatuan pawl a zaten deuhthaw in saam ah hmuh theih a si. Lamzin tamzet in a nunnak le hnatuan pawl cu saam sungah simcia le langter in an um, hmingsintlak zet thudik ngaingai pawl an si theu. Saam sungih thulu pawl cun Khrih ih Pathiannak, fapa sinak, a thuawihnak le Pathian biakinn hrang a taimaknak, tuukhal tu tha a sinak, zuarthlai asinak, a tuarnak le a ruh a kiak lo ding thu pawl, a thihnak, thawhsalnak le vanram kainak, puithiam hnatuan le siangpahrang a sidan pawl khal tel in a tarlang thluh. Jesuh taksa pu ih a rat hlan kum zabi tampi ihsin an rak simciavek in Saam ahhin tampi a rak um.

Cumi cu mangbangza khal a si lem cuang lo, thimnak ah Jesuh in Emmaus lamzin ih a dungthluntu a biak ahkhan Saam sungta a la ih, a hnatuan thuhla a sim(Luke 24:44). Amah cu zosaw a si timi Saam sung ihsin an hawl hmuh theih ding kha a duh a si. Saam hrekkhat

pawl cu Khrih ah a thlengfamkim thluh, Saam 24, 45,72, le 101(Siangpahrang le thuthentu tha), 88, le 102(Pathian siahlawh tuarnak thlacamnak) pawl tla an si.

Saam sung hmuahhmuah ah saam hla phuahtu ih tahnak, lungawi thusimnak, thangthatnak, diknak le rundamnak hrang au-nak pawl ihsin leitlun rundamnak ding hrang Khrih ih thlacamnak aw-khawk kan theihthei a si.

NIKHAT NI**February 25****Tuukhal tu mahte pumpe aw Pathian**

Siar ding: Saam 23; Saam 28:9; Saam 80:1; Saam 78:52, 53; Saam 79:13; le Saam 100:3. **Himi cangan mi pawl ah Pathian le a mipi pawl ih laicinawknak ziangvek in saw a tarlang.**

Bawipa cu tuu khaltu vekih lem le Pathian minung pawl cu a ran vulhnak ih tuu vekih lem cun Pathian in a mi pawl a kaihhruidan le a kilkhawi vivo dan le mipi pawl in an tulsam mi hmuahhmuah Pathian parah rinsannak thawn an thumawk dan pawl a tarlang a si. Hi a lem pawl cun Pathian le a minung karlak ih nai aw teih an um zia a tarlang, ziangahatile tuu khaltu cu a tuu pawl kiangah a um ih, bulpak ten a tuu pawl a ngaihsak a si. Pathian hnatuan kaihhruidan khalah Bawipa cu tuu neitu a sinak a lang: Cumi cu pehawknak hnget zet pahnih: Sersiamnak (Saam. 95:6, 7; Saamn. 100:3) le thukam (Saam. 28:9, Heb. 13:20) tlan an si.

Josef cu tuurual vekih a hruaitu Pathian tuukhaltu (Saam 80:1) cun Jakob in Josep thlawsuahnak a pek thu a relnak a si men thei, cumi cun Israel tuukhaltu cu Pathian a si zia a langter ih, curuangah himi thutiam ropi zet le thlawsuahnak hi ngen in a um a si (Seem. 49:24). Siangpahrang pawl cu an mipi pawl tuukhaltu vekih ruah an si(2 sam 5:2). Cucing in Pathian lawngin himi sinak hi

a phu, ziangahatile minung siangpahrang tamzet pawl cu kawh an sivekin nun an hmang lo. Jesuh lawngin a nun pi ngah, curuangah si Tuu khaltu tha tiih kawh a sinak san cu!

Siar ding: Johan 10:11-15. Jesuh in Tuu khaltu tha a si thu ziangtin saw a relawk?

Tuukhaltu Pathian le a tuu rualpawl karlak ih kaihngettu cu tuurual pawl in tuu khaltu ih aw cu an theihusual dah lo timi ihsin hmuh a theih(John 10:4, 27). Cui san khalah nisuaknak lam ram ih um pawl cun tuurual dangdang tamzet um khawm mi lak ihsin an aw thei ih, anmah khaltu ih aw a thluntu tuurual pawl cu an then hrang thei. Culai san ah Pathian tuurual pawl cu natnak dangdang an tuar, mipi pawl cun Pathian hnongnak le Pathian lungkimlonak hmuhsak tu a si tiah an rak theithiam. Asinan Tuukhaltu tha cun lamhlo mi a tuu cu a tlansan dah lo, anmah rundam dingin a va hawl sawn a si. Himi cu Pathian le a mi pawl laicinawknak thiltithez zet hmuhsaktu a si. Anih cu a tuu hrangah thih a huam(Johan 10:11,15), cule an ai-awh thawiwawknak tuu fano a rung si(Johan 1:29). Cule Jesuh in a tuu rual cu hmundang ihsin a ko dingih, tuurun rual ah a komkhawm ding timi a nemhnget (Johan 10:16).

Kan tuukhaltha Jesuh nei phah in kan hnen ih thutiam a ummi cu nitin ten hlawknak kan rak neih theidan ding lamzin pawl ziangsaw an si?

NIHNIH NI

February 26

Harsatnak tuar Messiah

Siar ding: Saam 22 le Saam 118:22. A rundam dingmi pawl in Messiah ziangtin an rak tuah?

Saam tamzet cun tanta ih um Messiah taksa thinlung tuarnak pawl cu a pholang(Thimnak ah Saam 42, Saam 88, Saam 102). Saam 22 hi Messia simcianak dikzet

a si, Ziangahatile himi saam ih thil cipciar tapi hi Siangpahrang David thawn thuanthu lamah peh aw thei lo khal sehla, Khrih thihnak dinhmun thawn a mil aw tuk. Jesuh cun Saam 22:1 ih ummi tongkam hmang in thinglamtah ahkhan thlacamnak a nei(Matt 27:46).

Leitlun sualnak hmuahhmuah Khrih in a phur ruangih A pa thawn an thenawknak ah Khrih ih tuarnak cun an rak naih awk zia, pumkhatnak ah thenhrang theih an si lo zia a langsuaq mi ihsin tah a theih ding(John 1:1, 2; John 10:30). Simfiang theih loh tuarnak nasazet hman in Pa le Fapa ih pumkhat sinak cu a siatsuah thei cuang lo. A fehsannak ah Khrih cun beidonnak nasa zet a tuar ih, cumi cing khal in a pa ah rinsannak nei in a thum aw thotho.

“Kan sualnak pawl hmuahhmuah cu kan aiawhtu le humhimnak asimi Khrih parah ret thluh uh si. Daan buarnak ihsin in rundam theinak dingah daan bahpaltu tiih siar cih a si. Adam ih thlahsawng hmuahhmuah ih sualnak cun a thinlung a run nor khat thluh. Pathian thinhengnak cun sualnak a dodal ih, diklonak ruangih a lungawi lonak rapthlak zet a phuangsuakmi pawl cun a fapa thlarau cu mangbang vangsang in a khahter thluh.”—Ellen G. White, *The Desire of Ages*, p. 753.

Cawtawi cakzet, kiosa huk durdo le, uico ramnung lem pawl tihnung umzet pawl cun Khirh, siatsuah thei lole bawm tul lo cangcel thawn tahthim a si laiah a tikcu netabik ih a ton mipi pawl ih siatsuahnak le huatnak pawl a tarlang a si. Mangbangza in Saam 22 in Jesuh cu amai tongkam lala hmangin mipi pawl ih an hmuamnak le huatnak pawl cu Pai’ hneah a thleng ih(Saam. 22:1, 8; Matt. 27:43) ralkap pawl in Jesuh kor an thenawk pawl khal a tarlang thluh (Saam. 22:18, Matt. 27:35). Mipi in malte hman an theihthiam lomi cu an siatsuah duh mi “cengcel” cu Biakinn le humhimnak bulhram ih a thupi zetih, “A kiilih lungto” ah a hung cang timi a si(Ps. 118:22).

Ziangkhal sisehla, hnongmi Messiah cu thihnak ihsin a thawhsal hnu ah Pathian minung pawl hrang rundamnak ra suahnak ah a cang (Matt. 21:42, Tirhthlah 4:10–12). Khrih cun minung ih hnnonak a tuar, asinan Pathian cun Anih cu Pathian thlarau biakinn ih, “A thupi zetmi a kiil ih lungto” nung ringring ah a fapa cu a cawisang a si (Efesa. 2:20–22, 1 Pet. 2:4–8). Pathian rundamnak a hnongtu pawl hrangah hi lungto hi thuthennak palai a si ding (Isa. 8:14, Matt. 21:44).

Jesuh cun sual na rak tuahzo mi pawl ruangih na ton dingmi cu amah rori in thinglamtah ah a rul thluh zo. Na ai-awh in a tuar timi thudik cun tu ih na nun ah ziangsaw a lo thlen, ziangruangah saw sualnak cu cuvek ih tenum zetih na hmuh thiam?

NITHUM NI

February 27

A thukam ih kumkhaw rinumnak

Siar ding: Saam 89:27–32, 38–46 le Saam 132:10–12. **David thukam cu ziangsaw a si? Ziangthil in saw siatsuah thei ding ih lang?**

David thukam ahhin David thlah pawl kumkhua ih a bomding thu le Pathian minung pawl neinung ih a tuah ding thutiamkamnak pawl a um (2 Sam. 7:5–16; Saam. 89:1–4, 19–37; Saam. 132:12–18). A hnget mi thukam cu Pathian thutiam ropi zet le Siangpahrang Pathian hnenih rinumnak ih dinmi a si. Ziangkhal sisehla, mifel siangpahrang, David siangpahrang tivek hman Bawipa ah an rinum ringring thei lo. Saam 89 hin David thukam ih thutiam ropi zet a hlo zo vekih a lang ruangah a tah a si. Israel cu beiseinak nei loin Pathian in a thlahthlam maw si? Letnak cu Aii ti a si.

Pathian thinhengnak cu Pathian thuthennak ah a langter a si (Saam. 38:1, Saam. 74:1). Asinan cui thil cun kumkhua a daih lo ziangah tile mipi in sualsirnak an neih

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caan ah Pathian kumkhua duhdawtnak cun a ngaidam theu a si. Asinan, cui thil cu rei a daih lai ah, a sualmi a minung pawl parah Pathian ih lungawi lonak cu a nasa zet a si. Minung pawl cun an thuawih lo ruangih rahsuak tuarnak cu an thei deuh deuh, an sualnak ih hip natzia khal an theithiam (Saam. 89:38–46). Cu cingin annih cun Pathian thinhengnak mizia feh vivo lai mi cu “ziangtik tiang saw?” a si ding tiah thu an sut (Saam. 89:46). Beiseina thar cu Pathian in a zangfahnak “thei ringring” dingah a rinumnak, rinsantlalnak thar ihsin a ruak mi a si (Saam. 89:47, 50).

A tawi zawngin, minung ih thukam cu hlawhsam theu khal sehla, minung pawl cun leitlun pumpi le Israel ih rundamnak le dingfelnak pawl hmuahhmuah kengtu Messiah fehtlang in thleng theih lo Pathian tumtah mi thutiam ah an cawl a si. Cumi cu a netnak ah Pathian in nehnak a co ding ih, kumkhua a uknak cu kumkhua in din a si ding - Asinan Pathian mipi pawl ruangah siloin Jesuh ruangah a si sawn ding a si.

Jesuh Khrih cu David fapa le Messiah a si (Matt. 1:1, Heb. 1:8). Anih cu “Sersiam lakih suak hmaisabik” tiah kawh a si (Kol. 1:15, NKJV), Saam 89:27 ah Khrih zohtertu David cu, Pathian fatir tiih kawh a rak si. “Kei khalin anih cu leitlun siangpahrang pawl hnakih sang sawn ka fatir ah ka tuah ding”.

“Fatir” sinak cun David suahkehnak lam zianghman a rel lo ti a fiangtuk, ziangah tile David cu a nu le pa ih an fa pariatnak a si (1 Sam 16:10,11). Jesuh khal cuvek totho a si. Himi sinak cun A thuneihsak le a sunlawinak lam a khihmuh bik (Kol 1:16,20–22). Thihnak ihsin Jesuh a thawh tikah Pathian cun Jesuh cu leitlun pumpi ih siangpahrang ah a tuah (Acts 2:30, 31).

Siar ding: Kolose 1:16, 20–22. Himi bungcang in Jesuh zo a si timi le kan hrangah ziang a tuah timi

ziangsaw in zirh? Himi ihsin nangmah ten ziangmi thutiamnak saw na lak thei ding?

NILI NI

February 28

Thiltitheinak ih kumkhaw siangpahrang

Siar ding: Saam 2; Saam 110:1-3; Saam 89:4, 13-17; le Saam 110:5, 6. **Khrih cu Siangpahrang asinak thuhla himi bungcang pawlin ziangtin in zirh?**

Siangpahrang cu Pathian thukam ih a luh tikah Pathian cu Messiah ih pa a si vekin Siangpahrang lukhum a khum timi a khihhmuh(Saam 2:7, Saam 89:26-28). Saam 2:7 cun Khrih ih thawhsalnak, cawisannak kumkhaw thukamthar le Khrih puithiam siangpahrang a sidan pawl a rak hmucia thluh (Tirh 13:33-39, Heb. 1:5, Heb. 5:5). Thuneihnak le upatnak congah dah lo mi pakhat vekin Messiah cu Pathian kut vorhlah ah a to (Saam. 110:1; Tirh 7:55, 56). “Cui hlei ah, Bawipa le “hriakthih”(Messiah) karlak pehawknak hin himi David thlah Messiah hi Bawipa amah rori a si timi langfiang ternak khal a si... vorhlah ih to cu Bawipa a si ahcun, Bawipa cu Messiah a si, lehnu ih ummi khalah kut vorhlah ah hmuh a si thotho [zohaw Saam. 110:1, 5.]”—*Jacques Doukhan, On the Way to Emmaus (Clarksville, MD: Lederer Books, 2012), pp. 26, 27.*

A netnak ah, Khrih cun a doral pawl cu a neh neknek ding. Doral pawl, “Ke paldam” ih tuah ding timi cun hlanlai nisuaknak lam ram siangpahrang pawl in an doral nehmi pawl ih hnawngah an pal ih, cumi cun an tlun ah thuneihnak pumhlum an nei timi langternak a si. Asinan hitawak ih Khrih ih kianghrol hi tihphannak hmanrua a si lo (Saam. 2:9, Saam. 110:2).

Talhtum(“kianghrol”) cu a ngaingai ahcun hnam hmainsinnak ah miphun hruaitu pawl ih ken mi a si (Mipum. 17:2”10). Khrih ih kianghrol cu Zion ihsin a ra, ziangahatile Zion mipi pawl ai-awh tu a si ruangah a si. A kianghrol cu

Pathian thuthennak hmainsinnak a si; cumi cun sual lairelnak pawl a netter ih, a siat thei lomi Khrih ih uknak a tarlang (Thup. 2:27, Thup. 12:5). Misualral siangpahrang pawl hman sualsirnak le Messiah hnenah ap awknak ding caan tha pek an si (Saam. 2:10-12).

Khrih ih nehnak netabik tarlanknak hmun pakhat cu Daniel 7 ah a ra um ding mi rak hmuhcia in a um, cumi cu Thuthennak theh hnu ah, “Cungnung bik ih mi thianghlim pawl duhsak” ih pek an si (Daniel 7:22), A uknak cu din a si ih, “A uknak cu kumkhaw uknak” a si(Daniel 7:27). Thinglamtah ruangah Siangpahrang uknak thutiam cu a fiang zet. Thlawsuahnak cu Siangpahrang a rinsan tu pawl hmuahhmuah hnenah tiamkam a si ih, Mipi pawl cu Messiah ih ram uknak le diknak ih uknak ah an lungawi a si (Saam. 2:12, Saam. 89:15-17).

A netnak ah thatnak cun sualnak a doneh ding ih, diknak cu tuahfel in a um ding ih, natnak le tuarnak pawl cu kumkua in an hloral ding timi theih hi ziangtluk in saw a that! Minung thlirnak ihsin sualnak in hlawhtlinnak a nei vekin a lang caan ah ziangtin saw himi thudik cun a tu ah hngamnak in pek?

NINGA NI

February 29

Melchizedik sidan kumkhaw puithiam

Siar ding: Saam 110:4-7. **Ziangtinsaw Khrih ih puithiam sinak khi a danglam hleice, cule vanram ih Khrih puithiam sinak ah ziangvek beiseinak saw kan hmuh?**

Pathian cun Messiah cu kumkhaw siangpahrang sinak (Saam. 110:1-3) le puithiam sinak dang zet Melkhizedek sidan a pe a si (Ps. 110:4-7). Pathian cun a tongkam cu thutiam hngetkhoh zet thawn a hmainsin (Heb. 6:18). Pathian in Puithiam famkim zet in pekmi bansan lo dingih in tiamnak cu A zangfahnak hmainsinnak a si. Mipi pawl sualnak le langfiang zetih Pathian dodalnak cun a

minung pawl fehsan dingin Pathian a nor theu, asinan Pathian tiamkarnak cu thleng theih a si lo ih, sualsirnak neitu pawl parih thuthennak a fehpinak lam ahcun Pathian zangfahnak a langfiang a si (Suah. 32:14, Saam. 106:45).

Pathian thutiam cun Messiah siangpahrang khal puithiam a si thotho thu phuannak ihsin David thukam ah thilthar a run lutter a si (Saam. 110:4). Israel siangpahrang pawl cu Levi miphun puithiam pawl vekin an cangvai thei lo (Pui. 8:19, 2 San. 26:16"21). Bible in Siangpahrang pawl lole minung in raithawinak nei ding thuhla a rel tikah an raithawinak cu puithiam hnenah an rak keng, annih in an rak hlan. Saam 110 cun Messiah siangpahrang cu Israel siangpahrang dang pawl le an puithiam pawl ihsin a hran in a ret a si. Khrih kumkhaw puithiam sinak cu Melkhizezak, Salem (Jerusalem) siangpahrang le "Cungnung bik Pathian" ih puithiam hnen ihsin ra suak mi a si (Suah. 14:18"20). Thukam hlun ah Saam 110 hi siar tel loin Siangpahrang David simaw, Israel siangpahrang zovek khal Melkhizezek sidan vek puithiam an si thu a rel dah lo. A fiangtuk, Israel siangpahrang pawl thuhla ah siangpahrang puithiam danglam zet thuhla a rel timi cu a fiang zet.

Siar ding: Hebru 7:20-28. **Khrih puithiam sang si hleicenak in ziangvek thil hrekhat pawl saw a ken tel?**

Pathian siangpahrang sinak le kumkhaw puithiam sinak a neih veve ruangah Khrih cun Minung puithiam le siangpahrang pawl hmuahhmuah ih an rak neihdah lomi cungnunnak a nei; curuangah beiseinak kan neih a tul. Khrih cun minung thutiam ah siloin Pathian thutiam ah thum aw in a cungnung mi thukam cu a kaihngat a si. Anih cu van biakbuk ah hna a tuan. A puithiam sinak cu minung puithiam pawl vekin thihnak le sualnak in a tibuai ve dah lo, curuangah anih cun a minung pawl hrang a dinsak thei ih, kumkhua a rundam thei a si. Famkim le zangfahthiam zet puithiam vekin Khrih ih rualremsalnak

hnatuan cun a minung pawl cu Pathian hmaika ah um ringring dingin rinsan ngamnak hngetzet a pe a si (Heb. 6:19, 20). Khrih puithiam cun sual lairelnak pawl, mipi thinlung ih um lawng siloin leitlun ih um pawl khal a siatsuah thluh ding. Saam 2 ih thutiam, miphun hmuahhmuah le hruaitu pawl cu Jesuh Khrih ih thenthennak hnuaiyah an um ding timi cu a hlensuak ding a si (Saam. 2:6-9; Saam. 110:1, 2, 5, 6). Jesuh mangbangza puithiam cun kan thuawihnak le rinsannak in ngen a si.

NIRUK NI

March 1

Ruahbet ding: siar ding: Ellen G. White, "God With Us," pp. 19-26, in *The Desire of Ages*.

Khrih thlacarnak le Khrih thuhla thlacarnak an pahnih in Saam in Khrih ih mizia le tlennak hnatuannak cu, "Kan hnen ih um Pathian" (Matt. 1:23) a si zia langternak danglam zet a pe a si. Jesuh cu fehsan le tuarnak ih thlacam donak ah, "Kan hnen ih um Pathian" a si. Anih cu diknak le rundarnak dil ih aunak ah, "Kan hnen ih um Pathian" a si. Jesuh cu lamzin kan hloh le beidon caan ih in fehsan men tu siloin, zumnak ih nehnak kan co theinak dingah lamzin in khiihmuh ringring tu, "Kan hnen ih um Pathian" a si. Anih cu kan hrangah kumkhaw puithiam a si ih, kumkhua sualnak sungih in runsuak tu ding siangpahrang a si. Khrih ah, David thlah siangpahrang famkim ahcun Pathian in rundarnak thutiam ropi zetzet pawl cu an famkim thluh a si (2 Kor 1:20).

Ellen G. White cun Khrih le minung ih pumkhat sinak cu lunglut zetin hitin a simfiang: "A minung sinak hmangin, Khrih cun minung a tham; a Pathian sinak hmang in, Pathian Bawi tohkham a tham. Milai fapa a si vekin thu kan awih dingah zohthim ding in pe; Pathian fapa a si vekin, thuawih dingih thiltitheinak in pe. Hored tlang ah hrambur lak ihsin Moses runbia ih, "Kei cu keimah ka si... hitin Israel fale pawl hnenah na sim ding, KEIMAH

in nan hnenah I thlah a si'(Suah 3:14) tiih a tongtu kha Khrih a si. Himi hi Israel rundamnak ding thutiam cu a si. Cuticun 'minung vek' ih a rat tik ahkhan, amah le mah cu KEIMAH tin a relfiang aw. Bethlem fa, ngainep aw zetin nunnem zet rundamtu cu 'taksa ih rung phuang aw' Pathian a si. 1 Tim. 3:16. Cule ka hnenah hitin a ti: 'KEIMAH cu tuu khaltu tha ka si'. KEIMAH cu nunnak sang ka si'. KEIMAH CU lamzin, thudik, le nunnak ka si'. lei le van ih thuneihnak hmuahhmuah cu ka hnenah pek a si zo'. John 10:11; 6:51; 14:6; Matt. 28:18. Thutiam hmuahhmuah ih rintlak zet cu KEIMAH ka si. KEIMAH ka si, in tih hlah uh."—The Desire of Ages, pp. 24, 25.

RELKHAWM DING THUSUHNAC PAWL

- 1. Ziangtin saw minung rinum lo lai khal ah Pathian in a thukam ah rinumnak hnget zet a lanter thei? Cumi cun tusan Pathian fale pawl ih tuarnak ah ziangvek thumawknak saw a run kentel?**
- 2. Ziangtin saw Melkhizezek sidan in Khrih ih danglamnak le puithiam sinak cun Pathian minung pawl ih rundamnak a fiang timi thazang cahnak in pek ding?**
- 3. Saam sungah Messia thuhla thutiam tamzet Khrih ah an famkimnak tampi a um. Ziangtin saw himi in Pathian tongkam thudik a phuang suah? Ziangruangah saw Pathian tongkam kan rinsannak ti niamter theitu lungput ziangvek khal kan dodal ding?**
- 4. Jesuh ih tongkam, "lei le van ih thuneihnak hmuahhmuah cu ka hnenah pek a si zo"(Matt 28:18) timi ihsin ziang hnangamnak ropi zet saw kan ngah ding? Himi thutiam hi kanmah bulpak tonnun ah ziangtin kan hmang ding?**

ZIRLAI 10

March 2-8

CAAN LIAMZO IH ZIR DING

SABBATH SIIMLAM

Tuizarh sung siar ding: Saam 78, Saam 105, Gal. 3:29, Saam 106, Saam 80, Mipum. 6:22-27, Saam 135.

Bible cangkan: **"Cupawl cu kan pupa pawl in in rak sim ih kan hna in kan thei ih kan thinlungin kan thei. Cupawl cu an faate pawl lakah kan thup lo ding, Bawipa thangthatnak, le a thazang, le mangbangza thil a rak tuahmi pawl cu a ra lai ding mi thangthar pawl hnenah kan phuang sawn ding a si** (Saam 78:3, 4, NKJV).

Saam tam zet ah thangthatnak cu Bawipa rundam cangvaihnak ropi zet relnak ih hman a si. Himi Saam hi khuimaw caan ahcun "Rundamnak thuhla Saam" asilole "Saam thuanthu" tivek in simaw kawh a si theu. A hrekkhat pawl cun Pathian minung pawl hnenah an tikcu liamzo mi ihsin, an thilsual tuah mi le an pupa pawl ih thilsual tuahmi ihsin zirlai zir dingin a sawm hai a si. Saam thuanthu thazet pawl ah Pathian in a liamcia tikcu caan ih mangbangza in a mipi pawl ai-awh in, le tulai ih an harsatnak ihsin rundam theitu mi rinum le an hrang um ringring Bawipa ah an rinsannak ticak theitu ding Saam hlafang tamzet a um.

A hleice in Saam thuanthu ih ngennak cun kan nunnak cu Pathian minung pawl thuanthu hrekkhat le tikcu liamcia pawl cu kan mai ta ve rori ih hmu thiam le theithiam dingin in bawm a si. Khrih thawngin Pathian minung thuanthu sungkua ih luh zotu kan si vekin(Rom

8: 15; Rom. 9:24-26; Gal 4:6,7) hlanlai Israel mipi pawl ih thuanthu ro sunglawi zet cu a ngaingai cun thlarau lam kan pupa pawl ih thuanthu a si. Curuangah, kan theitawh in a liamcia ih an thuhla pawl ihsin zirlai kan zir a tul, kan thuhla khal an si.

Netabik tumtahmi ahcun doawknak ropi ah Pathian uknak ih tumtahmi phorhsuaknak ah Pathian minung pawl ih cithlah sawng pawl cu an tetham zet nan, a thupi zet mi thil ah an tel ti theih ding hi a si.

NIKHAT NI

March 3

A cawl theilomi Bawipai' rinumnak

Siar ding: Saam 78. **Himi saam ah ziangvek thuanthu thupi zet pathum saw tarlan ih a um? Tikcu tin ihsin Asafa in ziangvek zirlai saw a rak zir?**

Israel tikcu liamzo thlir tikah Pathian rinumnak le Israel pawl rinumlonak a langfiang zet. Annih khal in san a ra lai ding mi pawl hnenah an thilsual tuahmi run tuahsal lo ih, Pathian rinsan ding in le A thukam ih rinum ding an zirh ding a si. Saam hla phuahtu cun thuanthu cu tahthimnak(Saam 78:2)vek in a hmang, cumi sullam cu mipi pawl in saam ih thucuh cu thuk deuh in ngaihtuah in anmah ten cumi ih sullam cu an hawl ding a si. Saam 78:2 cu Jesuh ih thuzirhdan tahthimnak pawl simcianak a si (Matt. 13:34, 35).

Saam cun suahlannak tikcu caan(Saam. 78:9"54), Kanaan ih an um lai(Saam. 78:55"64), le David san pawl khal a ruattel(Saam. 78:65"72). Cumi cun Bawipai' sunlawinak thukzia le minung pawl in an Pathian thawn thukam tuahmi an buarnak ih rah pawl khal a pholang thluh. Israel thuanthu cun Pathian hnen ih mipi rinum lonak phun dangdang a tarlang ih, a hleice in an milem biakdan pawl a tarlang (Saam. 78:58). Ziangkhal sisehla Saam hla phuahtu in Israel pawl rinum lonak ih a bulram

pawl cu uar zet in a rel: Annih cun an hrang Pathian thiltuah mi an hngilh, Pathian ah rinsannak an nei lo, Pathian an hniksak(Saam 78:18,41,56), Amah an dodal, A daan, thukam thlunnak ah le Amah thutheihpitu sinak pawl ah hlawhsam in an um (Saam. 78:10, 37, 56). Hivek rinum lonak dangdang relsuah mi ihsin hla phuahtu cun santhuanthu ih Israel hnongnak cu sualnak pakhat ihsin ra suak mi a si thu a rel ih, cumi cu mipi pawl in Pathian an rinsan lo ruangih um mi a si(Saam. 78:7, 8).

Saam siar tikah, Bawipa ih thinsaunak le zangfahnak pawl cu minung ih lungruhnak le thlarau lam mitcawtnak cun a khuh thluh. Ziangtin saw sankhat hnu sankhat pawl in zirlai zir dinghi an khulfung?

San liamcia pawl thuthennak kan tuah hlanah kanmahten kan zohfel awk a tul. A liamcia ih Pathian in mangbangza a tuah mi cu theihngilh in, A thukam thlun dingih in pekmi hman kan hnong theu ve silo sawm? Saam cun mipi pawl anmai tuahtuannak ih thum aw ding in forhfiak a nei lo. Cu ai-ah Saam 78 cun minung duhnak cu Pathian rinumnak le A zangfahnak cohlangnak ih a thumawk lo cun santlaihnak zianghman a nei lo timi a khihmuh a si. Doawknak ih Pathian minung pawl an hlawhsamnak (Ps. 78:9, 62-64) hi Pathian hnen ih rinumnak tilo minung ih tuahnak cu a netnak ah hlawhsamnak mi a thlen timi Saam ih a ngan mi hi a fiang zet.

Ziangmi zirlai saw na zirngah, asilole a liamcia ih na thilsual tuah mi ihsin ziang thuhla ha zir tengteng na tul mi?

NIHNIH NI

March 4

Thuanthu thei ringring awla, Pathian thangthat aw

Siar ding: Saam 105. **Himi saam ahhin ziangvek thuanthu le an zirlai pawl saw um?**

Saam 105 cun Bawipa le A mi Israel karlak ih laicin awknak thukam hngetzet a um thu a vun theihter sal. Cumi ih bitum cu Pathian in Abraham le a cithlah pawl hnenah tiamcia ram a pekding thukamnak a si, himi thutiam Isak le Jakob hnen ih a nemhnget mi cu Josep, Moses le Aaron fehtlang in Kanaan ram an laknak ahkhan famkimter a si. Saam cun san tinkim ah Pathian minung pawl cu beiseinak a pe, ziangah tile a liamcia tikcu caan ih mangbangza Pathian hnatuannak ih thukam mi cun ziangtik khalah a minung pawl a duhdawtnak cu a danglam thei nawn lo ding thu a relfiang a si (Saam. 105:1"5, 7, 8).

Saam 105 cu Saam 78 (Mani sun zirlai)thawn an bang aw ih, santhuanthu ih a minung pawl parih rinumzet Pathian thu an rel tlang, cule cui thil cu Pathian sunglawinak dingah le rinum dingih forhfialnak ding hrangah a si. Ziangkhal sisehla, Saam 78 vek siloin Saam 105 cun mipi pawl ih thil an rak tuahsual mi a rellang ve lo. Himi saam cun tumtah mi dang a nei. Saam 105 ahcun Israel ih mi ropi zet pipu pawl ih nun pawl hmangin santhuanthu a runrel leh sal ih, Pathian in a kaihhruainak le pipu pawl in harsat caan ah thinsau ten an rak tuardan pawl khal a rel tel thluh. Pipu pawl ih tuarfainak le Pathian hnenih rinumnak cun lawmman tamzet donter an si. Curuangah Saam 105 cun mipi pawl cu pipu pawl ih zumnak zohthim dingin le an tikcu lai ih Pathian runsuaknak cu rinsannak thawn hngak dingin a sawm hai a si.

Saam 105 cun hla thu a nei(Saam 105:1-7), cumi cun Pathian thangthat taktak dingin le Pathian mipi pawl in an thuanthu dikzia an theihnak dingin a rak khihhmuh a si. San thuanthu cun kan zumnak le Pathian kan thangthatnak ding san tamzet cu a fekter a si.

Cibai buku pawl cu Abraham cithlah le Jakob fale pawl tiih kawh an si (Saam. 105:6), cumi cun Pathian in

Abraham hnenah mipun tumzet ah ka lo tuah ding tiih a thutiam famkimnak ah an ngai (Seem. 15:3"6). Saam hla phuahtu pawl cun pipu pawl le a hnu ih Pathian minung cithlah sawng pawl karlak pehtlaihawknak cu an rel uar zet. Hla phuahtu cun, "A thuthennak pawl cu leitlun pumpi ah a um" (Ps. 105:7)timi a rel uar zet. Cumi cun cibai buku pawl in "kan Pathian" theih hngilh lo ding mi Bawipa cu leitlun pumpi uktu le A zawnruatnak cu mikip hnenih pungter vivo tu a si timi a langter. Cumi cu san tinkim ih zumtu um vivo pawl rinumm zetih um dingih kawhna a si ti a fiang zet.

Seventh-day Adventist kan si vekin ziangtin saw mipi pawl lakah Abraham ihsin kan rak hmuh awk thei ding?(zoh aw, Galiti 3:29) Himi thuanthu ihsin ziangvek zirlai saw kan zir thei ding?

NITHUM NI

March 5

Santhuanthu le sualsirnak thei ringring in

Siar ding: Saam 106. Himi Saam ahhin ziangvek thuanthu le an zirlai saw a um?

Saam 106 cun Israel thuanthu hminthang zet pawl suahlannak thu, nelrawn ih an khaulawnnak le Kanaan ram ih nun an hmandan pawl tiang in a pholang thluh. Cumi cun saltannak ihsin hruaimi cithlah pawl hnenah an pale pawl ih an sualzia rapthlak zet pawl a pholang a si. Curuangah saam hi rampi in Babilon ih an um lai simaw, asilole inn lamih an tlun hnu ih ngan mi a si tengteng ding ti a fiang zet, Hla phuahtu pawl hi Thiang thlarau thawkhum an si ih, Pathian mipi pawl hrangah himi thuanthu thilthleng pawl le anmah ihsin mipi in zirlai an zir theinak ding hrangah an ngan a si.

Himi saam khal a dang pawl vek thotho in, a liamcia ih A minung pawl a rundamnak ihsin zangfahnak thukam ih Pathian a rak rinum zia pawl a pholang a si(Saam.

106:45). Cumi cun Pathian in sualsirnak nei a minung pawl parah zangfahnak a langter sal ding ih, miphun pawl lak ihsin a hruaisuak ding timi beiseinak a langter a si (Saam. 106:47). Tu ih rundamnak ding hrang dilnak hi duhthusam ngaihtuahnak men a si lo ih, Pathian in a liamcia ih rundamnak (Saam. 106:1"3) le A minung thawn a thukam ih rinum zet, hlawhsam dah lo mi ah thum aw in zumnak ih thlacamnak a si.

Saam 106 ih um Israel thuanthu ih an hlawhsamnak cu mipi pawl in an sual an phuangsuahnak le annih cu an pupa pawl hnakin an tha cuang lo a si timi an theihnak ding hrangah a si. Tu ih minung pawl cun an pipu pawl hnakin an rapthlak sawn ti an pom hnget, zianghatile a liamcia minung pawl sualnak ih a runglang suakmi le a liamcia ah sualzet in rak nung hai khal sehla Pathian in a nasa zetmi thinsaunak thawn a rak zawi theizia le zangfahnak ih a rundamdan pawl a lang thluh. Hivek pawl hi an hrangah a rak dik ngaingai a si ahcun Pathian mizia phuangawknak neitu, thinglamtah le Jesuh zangfahnak ih rundam mi tuisan kanmah pawl hrangah ziangtluk in a dik timi vun ruat hnik aw.

Saam 106 ih thuthangtha cu mipi pawl ih sualnak parah Pathian duhdawtnak cu a hngetkhoh ringring ti hi a si(Saam. 106:8"10, 30, 43"46). Moses le Finehas in Pathian thinhengnak a letkirsal theinak dingih tuanvo an neihmi in zumtu pawl ai-awh in Khrih ih thlacamnak a thupitzia a tarlang. Pathian zangfahnak bulpak zetih tonnun kan neih lawngah thuanthu liamcia cu kan thuanthu ah kan cangter thei ding.

Siar ding: Saam 106:13 : **“A thil tuahmi pawl cu an theih hngilh lohli; a khawkhannak an hngak lo”(NKJV). Ziangruangah saw kan hrangah cuvek pawl cu kan nun ah tuah ding a olsam?**

NILI NI

March 6

Bawipai' sabit kung tahthiamnak

Siar ding: Saam 80. **Himi saam ahhin Pathian minung pawl ziangtin saw an langter, ziangmi beiseinak ropi zet saw an dil?**

Israel cu Pathian in harsattuarnak Izip ram ihsin a phorhsuak mi le tiamcia ram ih phur luhmi sabit hmuan dun vekin a tahthim. Sabit hmuan cun Pathian in Israel a hril thu le a ngaihsak in a kilkhawidan a khihhmuh a si (Siar thotho aw.. Sem. 49:11, 12, 22; Daan. 7:7"11). Ziangkhal sisehla Saam 80 ah Pathian sabit hmuan cu a thinhennak ah a um (Saam. 80:12). Profet pawl cun sabit hmuan siatsuah cu Pathian thuthennak ih hmainsinnak a si tiah an phuang, zianghatile sabit hmuan a siat a si (Isa. 5:1"7, Jer. 2:21).

Ziangkhal sisehla, Saam 80 cun Pathian thuthennak ih thuhla pawl zianghman a ruat lo. Pathian zangfahnak thuk zia ruat in Saam hla phuahtu in tikcu caan reilo a mipi pawl hnen ihsin Pathian in a umnak a thup theinak cun a ruahnak a ti buai zet. Pathian thinhengnak le thuthennak, lehlam ah Pathian zangfahnak le ngaidamnak kalrak ih buainak in khatlam ah hlaphuahtu cun Pathian thinhengnak langsuak in, mipi pawl a cemral ter ngaingai pang kei timi a ngaihtuah ter (Saam. 80:16).

Siar ding: Mipum 6:22–27. **Saam 80 in himi thlawsuahnak hi ziangtin saw a hman?**

Saam in Pathian in Aaron hnen ah A minung pawl thlawsuahnak a pek ding thu a tiamnak le Pathian zangfahnak in mipi pawl ih tuarnak pawl a nehsak thluh ding timi beiseinak pawl a tarlang thluh: “Maw Pathian, in herkirtersal awla, na hmai cu engter hram aw; cule sanhim kan si ding a si (Saam. 80:3, NKJV; zoh aw Saam. 80:7, 19, NKJV).

Hebru tong ih, “Remtha” timi hitawk ih a ummi hi tong tlaithuang zet cun, “kirsal” tinak a si, cumi cu Bible ah Pathian in a hnenih kirsal dingih a minung pawl a kawhna ah vei tamzet hman a si. Cumi cu sualna tiansan in Pathian hnenih kirsalna, sualsirnak thawn pehawhna an nei. “ ‘Cun keimah theihna, keimah hi Bawipa ka si, ti theihna thinlung ka pe hai ding; cun annih cu ka minung an si ding ih, kei cu an Pathian ka si ding: zianghna an thinlung zatein ka hnenah an ra kirsal ding a si.’ ” (Jer. 24:7, NKJV).

Sualsirnak cu Pathian hnen kirsalna a si timi nangmah in ziangvek hmuhtonmi na nei?

NINGA NI

March 7

Santhuanthu sung mi ropi Bawipa

Siar ding: Saam 135. Saam ah ziangvek san thuanthu pawl saw tarlan ih a um? Anmai hnen ihsin ziangvek zirlai saw saam hin a lak sua?

Saam 135 cun Bawipa ih thatna le rinumna cu sersiamna ah (Saam. 135:6, 7), le suahtanna caan ih Israel pawl an rundamna thuanthu ah (Saam. 135:8, 9) le tiamcia ram an lak theina pawlah (Saam. 135:10–12) a langsuah ih, curuanga Pathian minung pawl in thangthat dingih a ngen a si.

Bawipa cun a zangfahna cu a hleice in a hlawnthil hleice si dingih Israel miphun a hrilna ihsin a langfiang ter (Saam 135:4). “Hlawnthil hleice” timi cun Bawipa le a minung karlak laicin awkna thukam ummi pawl a pholang (Daan 7:6-11; 1 peter 2:9,10). Israel hrilna cu Bawipa ukna ih duhdan ah a thum aw, curuanga Israel miphun cun hnamdang miphun hnakin cunngun sawn vekih a ruatawk theina ding zianghman a um lo. Saam 135:6,7 cun leitlun hrang Bawipa ramukna thutiam cu Israel ihsin a thokmi a si loh, sersiam ihsin a thok timi a

langfiangter. Curuanga rundamna ngah dingah leitlun pumpi hrang Pathian in tumtahnna a neihmi hnaturan ah hnuaidor zetin an hlen famkim ding a si.

A minung pawl ai-awh ih Pathian hnaturan ropi zetzet relsuah kirsalna (Saam 135:8-13) hi Pathian in a minung pawl “thu a then” leh dingih, an parah zangfahna a nei ding timi thutiam phuansuahnna a si (Saam. 135:14). Hitawk ih thuthenna hi farah le hmuhsuam a tongtu pawl thiamcoterna a si (Saam. 9:4, Saam. 7:8, Saam. 54:1, Dan. 7:22). Thutiam cu Pathian in a minung pawl a humhim dingih anmah pawl a run ding timi a si (Daan. 32:36). Curuanga Saam 135 cun Pathian minung pawl cu Bawipa rinsan dingih le amah thawn thukam tuahnna ah rinum vivo dingih a forhfial.

A mi pawl hnen ih Bawipa’ rinum zetna cun Saam in leitlun ih Bawipa cunngunna danglam zet le milem biakna cu zianghman an si lo timi theihfiangna lamah in hruai (Saam. 135:15"18). Milem ih thumaw in milem bia pawl cun an milem vekin thiltitheina le beiseina khal zianghman an nei lo (Saam. 135:18). Saam cun Pathian cu sersiamtu le a minung rundamtu a si ruanga thangthat ding timi a tarlang. Himi mangbangza cun thukham pahra ih thupek a palina hi veihnih rero relsuak in a um timi a pholang (Suah. 20:8"11, Daan. 5:12"15). Sersiamna le Pathian thiltitheihna thuanthu hi leitlun ih tahthim theih an si lo ruanga Pathian minung pawl cu Ama’ par lawngah thum aw in, amah lawng cibai an buk ringring ding a si. In sersiamtu le in tuntu a si vekin amah lawng cibai buk ding a si ih, cule thildang simaw, zo si maw cibai buk hi milem biakna a si.

Kan nunnah milem a um lo ti ziangtin kan theitheih ding? zianghsaw milem biakna hi kan theih hnakin tua a olsam sawn?

NIRUK NI**March 8**

Ruahbet ding: siar ding: Tirh 7 le Hebru 11. **Thukam thar in Pathian uknak tumtah mi cun a minung pawl cu santhuanthu ah a hruailut a timi ziangvekin saw a rel?**

Saam thuanthu pawl hi Pathian in a minung pawl a umpi timi theihpitu thiltitheizet a si. Pathian minung pawl thuanthu tin cu Nazareth Jesuh ah leitlun rundamtu Pathian thutiam hlawhtlingnak netabik dingih hruaitu bungrua pawl an si. Hniksaknak a um caan ih Pathian minung pawl beidoncaan le Pathian in in hnong si ding tiih an ruatawk lai hman ah Pathian cun ziangkim a kai thluh ih, a uknak hnuai ih um an si thluh, zianghatile Pathian cu san thuanthu ih Bawipa a si. Hla phuahtu cun mipi pawl an rin um lo hman ah cumi cun Pathian in a minung pawl hnenih a rinumnak le a thutiam a hlawhtling ternak ding an rak kham thei cuanglo timi tulai thudik khal a phuang. Ziangkhal sisehla bulpak le pawlkom khal ih sual sir duh lo pawl cu thlawsuah pek ding thukam ihsin hlawnthlak an si, An hminsiatak netnak cu Pathian tel lo in simaw, dokalh zawng in simaw nun hmangnak cun mi a siatsuah thei timi ralring peknak vekih hman an si

Saam cun Pathian fale pawl cu ziangtik caan khalah Bawipa ah beiseinak nei dingih le amah ah rinum vivo dingih thazang a pe : “Bawipai’ in rak hruaidan pawl le kan tikcu liamzo thuanthu sungih in zirhmi kan theihhngilh pang kei timi siar lo, hmailam caan hrang zianghman tih ding kan nei lo”—Ellen G. White, *Life Sketches of Ellen G. White*, p. 196.

Pathian minung pawl in tih loin hmailam an nor theinak dingah an thuanthu ih thudik pawl an theih a tul. Ellen G White cun zumtu pawl in Saam 105 le 106, “Zarhkhat ah tlerkhat tal” siar dingih thuron a pe a si.”—*Testimonies to Ministers and Gospel Workers*, p. 98.

F-8

Pathian minung pawl ih thuanthu cun Pathian in a tiamkam mi a thu hi famkim lo in an um lo timi a langter. Himi ahcun tulai bulpak kilkhawi dingih Pathian thutiam le hmailam ah Khrih a rung tum sal ding timi thutiam khal an tel, cumi cun Pathian uknak le daihnak cu leilung ah din a si ding.

RELKHAWM DING THUSUHNAK PAWL

1. Pathian in san thuanthu ih a mi pawl rinum zetih a kaihruidan va theih ringringnak in ziang thlawsuahnak saw a neih? Theihhngilh lole a liamcia caan ih zirlai pawl rak hnongnak ih lehnu thil thlengmi ziangsaw? Hlanlai Israel pawl hnaturan ding ih kawh an si vek ciah in kawhhran khal tuan dingih kawh an si. Ziangtin saw cui thu bulhram cu kanmah ah kan hman thei ding?

2. Kan nunnak ah Pathian in in ngaihsak ti le thinsauten umdan ding le Pathian uknak sungah rinnak nei ih, an sidan vekih thil a thlengmi theihthiam har zetih an um caan ah Pathian thatnak thei ringring dingih Saam in ziangtin thazang in pe?

3. Ziangtin saw kanmah kan bulpak ahhin Pathian minung pawl ih thuanthu le Pathian cibai an bukdan kan zir suah thei ding? Ziangtin saw kan fale hnenah Pathian minung pawl ih thuhla hi kan sim thei ding?

ZIRLAI 11**March 9-15****ZION IH PATHIAN DUHTHUSAM****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam 84; Thup. 21:3; Saam 122; Saam 87; Gal. 3:28, 29; Matt. 28:18-20; Saam 46; Saam 125.

Bible cangken : **“A si, ka nunnak in Bawipai’ biakbuk tual a ngai duahdo ih a cauh phah: ka thinlung le ka taksa cu a nungmi Pathian ko in a au”**(Saam 84:2, NKJV).

Zion hla pawl hi Zion mawinak le A tlang thianghlim ihsin ram uktu Bawipa ih ramuknak relfiangnak hlafing duhum zet a si. Himi Saam cun Bawipai’ inn thatnak a thangthat ih, saam dang khal ih hmuh theih hmun thianghlim duhdawtnak khal an langter. Himi saam tamzet cu Korah fapa pawl ih phuahmi an si. Annih pawl cu Biakinn ih awnmawi kaitu (1 San 6:31-38) le biakinn kulh kiltu (1 San 9: 19)an sivek in Bawipai’ inn ih lungawinak hmuhton nei hmaisabik tu pawl an si.

Ziangthil in saw Zion cu beiseinak le lungawinak ih tuahtu? Zoin cun Pathian cu a minung pawl lakah a um timi a rak khihhmuh. Israel mipi pawl hi Pathian hril mi an si vekin(Daan 7:6), Zion khal Pathian hrilmi tlang a si (Saam. 78:68, Saam. 87:2). Pathian cun Zion ihsin ram a uk ih (Saam. 99:1, 2), Zion ah a biakinn khal a hung(Saam. 87:1). Curuangah Zion cu Pathian ih thlawsuahnak le beunak hmuh a si. Zion hi hlanlai leitlun hrang Pathian rundamnak hnaturan ih a laimu bik a si mi Biakbuk le Jerusalem thawn an mil aw zet, asilole cumi thleng awknak vekih rellang a si theu.

Zoin ih thlawsuahnak cu leitlun cemtiang a luangsuak a si, Ziangahtile Pathian mizia le a zangfahnak cu ziangvek hmunthianghlim ramri pawl khalah a thleng thluh thei a si. Zion cu leitlun hmuahhmuah ih lungawinak a si (Saam. 48:2), cumi cun leitlun pumpi hi Pathian ta a si timi a nemhnget.

NIKHAT NI**March 10**

Na thuthennak ih nikhat um cu kum thawngtelnak in a tha sawn

Siar ding: Saam 84:1-4. **Ziangah saw hla phuahu pawl in biakbuk ih um hi an duh?**

Hla phuahu cun kumtluan ih a um theinak dingah biakbuk cu a “duh” ih a “cauh” phah, cuticun kumkhua in Pathian naih in a um thei ding a si(Saam 84:1,2). A nungmi Pathian umpinak(Saam 84:2) cun biakbuk hmun hi hmun serh hleice ah a tuah. Biakbuk sung ih Pathian cibai buku pawl cun, “Bawipa ih mawinak an hmu thei” (Saam. 27:4, NKJV; zoh aw Saam. 63:2) ih cule “Na inn thatnak ah an lungawi” (Saam. 65:4, NKJV). Saam 84 ah Pathian thawn laicinawknak ah tahthim theih lo lungawinak a um, cumi cu Amah thangthatnak (Saam. 84:4), Amah ih cahnak hmuh (Saam. 84:5), le Amah rinsan(Saam. 84:12) pawl hi an si. Biakbuk cu Pathian cibai bukknak le mai’ zumpi pawl thawn pawlkomnak ihsin laicinawknak a umnak hmun a si. Biakbuk ih Pathian nung umnak cun cibai buku pawl cun Pathian uknak ropitzia an hmu thei ih, kumkhaw nunnak khal an tep phah thei a si.

Siar ding: Saam 84:5-12. **Biakbuk ihsin zoin saw thlawsuahnak dong thei lai ding?**

Pathian thlawsuahnak cu Biakbuk ihsin rung engsuak vekih rel a si, a hmaisabik ahcun biakbuk ih hnaturan hnenah pek a si (Saam. 84:4), cule biakbuk lam

pan ih khualtlawn pawl hnenah a si ih (Saam. 84:5–10), cule a netabik ahcun leilung deng ah a thleng. Biakbuk ih Pathian hmuding ih beiseinak cun khualtlawnnak ih zumnak a cakter a si (Saam. 84:7). Khualtlawng pangai pawl cu an khualtlawnnak ih phurrit ruangah an cau ih, asinan biakbuk lam pan ih khualtlawng tu pawl cu biakbuk lam an neih tikah an cahnak a pung sinsin.

Taksa lamin Biakbuk ihsin laksuah a si khalah, Pathian minung pawl cun nun tlamtlingzet thawn Pathian biakbuk hmingsinnak an nei peh thotho ding a si (Saam. 84:11), cumi cu Bawipai biakbuk ih a luttu mi dingfel pawl ih mizia a si (Saam. 15:1, 2). Bawipa cu “Ni” tiih kawh a si, cumi cun nitleu in leitlun deng tiang a tlet thluh vek ciah in Biakbuk ihsin thlawsuahnak a rung timi hmuhsaknak a si (Saam. 84:11). Curuangah zumnak thawn Pathian hnenih a um ringring tu pawl cu khuitawh hmu khalah um khal sehla a zangfahnak an dong theu a si.

Siar ding: Thuphuan 21:3. **Hitawh ah kan hnenah lei biakbuk in ziangvek beiseinak saw a rak langter? Hivek hmuhton pawl ziangvek an si ding timi tu ahhin ziangtin saw kan ruah thokdan?**

NIHNIH NI

March 11

Jerusalem daihnak hrang thlacamnak

Siar ding: Saam 122:1-5. Jerusalem an thlen veten Pathian cibai bukti pawl ih thinlung put cu ziangvek saw a si? Jerusalem ah ziang hmuh ding saw an beisei?

Saam 122 cun Jerusalem an thlen hnu ih Pathian bia duhih khualtlawng pawl hi an phurnak a run tarlang. Jerusalem ih khualtlawn hi Pathian minung pawl in a liamcia tikcu caan le a tuicaan ah an parih Pathian thatnak theih ringringnak ding ah kumkhat vei 3 an hmuh khawm awknak tikcu caan hlim um zet a si (Daan. 16:16). Jerusalem cu ram nunphung ih a laimu bik a si,

ziangahtile cutawh ahcun, “Israel pawl thu theihternak” (Saam. 122:4, NKJV) le thuthennak bawi tohkham a um a si (Saam. 122:5). “Israel pawl thutheihternak” timi cun biakbuk a rel duhnak a si ih, culai san ahcun, “Thutheihternak biakbuk” tiih kawh a rak si (Mipum. 1:50, NKJV) cumi ah, “thutheihternak kuang” khal a um (Suah. 25:22, NKJV). Thuthennak dingah bawi tohkham ret a sinak cun Jerusalem ih thuthennak lamzin fehdan a tarlang a si (2 Sam. 8:15). Curuangah Pathian bia dingih khuatlawnnak cu mi pakhat in diknak a hawl theihnak hmun a si. Pathian ah rinumnak le midang hnenih thuthennak dik pek cu ziangtik hmanah an then aw dah zik lo.

Siar ding: Saam 122:6-9. **Pathian minung pawl ih thlacam mi bik ziangsaw a si?**

Jerusalem ih daihnak hrang thlacamnak cun khawpi le a sungih umtu pawl tlun ih Pathian thlawsuahnak cu a dil ih, Pathian cibai bukti pawl cu pumkhat ah a tuah ih, an lakah daihnak cu a karhzai a si (Saam. 122:8). Pathian le a minung pawl karlak ih daihnak a um phawt cun Jerusalem cu daihnak khawpi a si thei ih, anmah Pathian fale lak hmanah daihnak a um ding a si. Curuangah Jerusalem diahnak ding hrang thlacamnak cun Pathian minung pawl cu Pathian thawn daihnak an neih ih, pakhat le pakhat khal rem aw ih um dingin a ngen a si. Jerusalem daihnak ahcun minung pawl cu an neinung ding a si (Saam. 147:12–14).

Saam cun khawtlang nunthatnak ding hrang zumnak ih thlacamnak cu Pathian fale pawl ih thlacamnak thupi bik si hramseh tiah in zirh a si. Zianghtile Pathian ih minung pawl cak zetih an um lawngah Pathian daihnak le rundamnak thuthangtha hi leitlun ah phuan a theih ding a si (Johan 13:34, 35).

Jerusalem ih daihnak hrang thlacamnak cu zumtu pawl ih tuanvo le tuah dingmi a si ringring lai, ziangah tile cumi cun caan netabik lam ih Pathian daihnak ram a ra thleng dingmi beiseinak a nung ter ringring ih, cuithil cu Jerusalem khawpi lawng siloin leitlun pumpi a huap tel a si (Isa. 52:7; Isa. 66:12, 13; Thuphuan 21-22).

A tu ih a nungmi kan si vekin kan lakah remdaihnak a um theinak dingih kan tuah thei dingmi lamzin pawl cu ziangvek saw an si?

NITHUM NI

March 12

Zion – Miphun hmuahhmuah ih Inn

Siar ding: Saam 87:1,2. **Ziangin saw Zion hi upatnak sangzet dinhmun ih rettu?**

Saam 87 hi Zion khawpi cu a hleice ih Pathian hrilmi le duhdawt mi khawpi a si ruangih lungawinak hla a si. Pathian biakinn hrambumnak cu Zion tlang a si (Saam. 2:6, Saam. 15:1). Caan netnak ah, Zion cu tlang pawl hmuahhmuah tlun ah a um ding, cumi cun Bawipai' thuneihnak cu leitlun pumpi ih a umzia a tarlang ding (Saam. 99:2, Isa. 2:2, Mik. 4:1). Saam 87 cun Zion cu a ropitnak tilang ter dingah "tlang" ti in a rel (Saam. 133:3). "Jakob ih umnak hmuahhmuah hnakin" (Saam. 87:2, NKJV) Pathian cun Zion kulh sangka pi cu a duh deuh. Cumi cun Zion tlang cu Israel ram ih um tlang pawl hmuahhmuah, tikcu liamzo ih Pathian minung pawl rak um khawmnak, Shiloh le Bethel tivek hnakin a thupi cuang timi a tarlang a si. Curuanguah Pathian cibai bukna ngaingai cu a hmunram hrilmi ah le a lamzin relnak hmun ah a um tihi Saam cun a nemhnget zet.

Siar ding: Saam 87:3-7. **Zion ih rel zo mi thil sunglawi zet pawl kha ziangsaw an si?**

Zion sunlawinak cun miphun kip cu Pathian lamah a hruai hai ih, cuticun Pathian uknak ramri pawl cu leitlun

pumpi ah karhzai ter vivo a si. Bawipa cu anmah rundamtu ih a pawmtu hmuahhmuah ih thlarau lam ra suahnak hmun pi vekin Zion hi tarlang khal sehla Pathian cun miphun dang pawl hi ramdang mi vekin a zoh dah lo timi hmnsin aw.

Bulpak hmin ngan luh hi cu an suahnak hmun ih zirin a si theu (Neh. 7:5, Luke 2:1-3). Saam cun vei 3 rori miphun hnam pawl cu Zion ah an suah thu a rel, a sullam cu Bawipa cun sinak thar a pe hai ih, Zion ih a suak mi fale pawl vekin an covu pawl khal a pe ve tinak a si (Saam. 87:4-6).

Saam 87 cun Judah le Gentile pawl rundamnak le Khirh ih tlennak Pathian hnatuannak thawng in Kawhhran pakhat ih an pumkhatnak a tarlang (Rom. 3:22; Rom. 10:12; Gal. 3:28, 29; Kol. 3:11). Saam cun Zion ih neihnunnnak cu Daniel langnak ih Pathian uknak, leitlun luahkhat thluh ih a thanglian mi tlang tamzet theihternak (Dan. 2:34, 35, 44, 45) le Pathian uknak cu thingtum zet a hung thang ih, boruak ih um vate pawl an riak theu timi thuhla Jesuh ih tahthimnak (Matt. 13:32) a rel mi pawl cu a run pholang thluh a si.

Mi phunkip hnenah thuthangtha phuang dingih kawhhran hnen ih thupekmi ropi zet a famkinnak ding cu mi hmuahhmuah hnenah somdawl dingih Zion ih a ralring zia hi ziangtin saw hmuh a si(Matt 28:18-20)? Ziangtin saw himi ruahnak hi vancungmi pathum thuchah phuang dingih kawh kan sinak thawn an milawk dan?

NILI NI

March 13

Zion ih daihnak le himnak

Siar ding: Saam 46:1-7. **Himi ahhin ziangtin saw leitlun hi hlathu hmangih tarlan a si?**

Saam cun leitlun buainak hi fiangzetin a rel, cule cumi cu a hlan ih rak um dah lo nattuarnak tivek pawl

hmang in a tarlang (Saam. 46:2, 3). Tidai buaiternak hi miphun buainak le leitlun ah misual pawl ih an thlenpi mi buainak phun dangdang pawl relnak a si (Saam. 93:3, 4; Ps. 124:2-5). Cutivek ciah in Saam 46 ih pianphung siatnak pawl hin miphun dangdang pawl ih an kaihhruai mi leitlun doawknak a rak zohter (Saam. 46:6). Cumi cu Pathian theihnak tello leitlun a si timi a fiang zet, zianghatile Pathian cu a minung lakah a um, Pathian a umnak hmun ah daihnak a um (Saam. 46:4, 5). Leitlun in amah cu hnung hman sehla, Pathian cun leitlun hi a tanta men lo. Pathian cu a minung pawl hnenih a umnak ihsin leitlun ah a um lai a si. Tongdang ih kan rel ding asile, ziangvek siatnak khal um khal sehla, hitawk leitlun ah Pathian a um a si, cule bulpak beiseinak kan nei thei ding ih, himi thudik theihnak ihsin thazang pekawknak kan nei thei ding a si.

Bawipa, humhim awknak famkim cu Zion daihnak le himnak hngetzet tuahtu a si. Zion ih himnak timi tongkam cu Saam 46:3 ah “sihman sehla” tin a um. Leitlun hi buainak ram si khal sehla, Pathian minung pawl cu an him a si. Himi cun daihnak cu harsatnak ton lonak a si loih, Pathian in a rinsan mi a fale hnen ih a pekmi laksawng a si timi a langter. Pathian ah rinnak neih phawt cun thlisia nasazet a tho hman ah Pathian fale cu daihnak le himnak an ngah thei ding a si (Matt. 8:23-27). Amah ten thusuhnak um mi cu: Pathian in himi leilung hi amah ih siatsuah dingih le cangvai dingih a duh hrlinak thawn kumkhua in a suahsan taktak kem?

Saam 46:6-11. **Leitlun ih siatnak le siatsuhnak pawl hi Pathian in ziangtin a sawn?**

Pathian cun a kamsuak thu ih a sersiam mi leilung cu tu ih a zupral thluh ruangah lungawi lo zetin a run let(Saam 46:6). Zupral timi hi siatnak cemnetnak siloin tuatharnak sawn a si. Pathian in a daihnak cu Zion ihsin

leitlun cemtiang a karhzai ter thei timi hmnsin aw. Pathian cun raldo awknak a cemter ding ih, siatnak pawl cu a miter thluh ding, cumi cu mi tha lo pawl in leitlun ih an runkeng mi siatsuhnak pawl an si (Saam. 46:9). Himi cu Jesuh ratsalnak ih thil a thleng dingmi, Khristian pawl ih an neih mi a ropi zetmi beiseinak a si.

A ngaingai ahcun tu ahhin siatnak tamzet a um zo, cuvek leitlun ih kan um lai ah Pathian rinsan thei dingin le daihnak ngah thei dingin ziangtin kan zir ding?

NINGA NI

March 14

Zion tlang vekih thawn thei loin

Siar ding: Saam 125: 1,2. **Hitawk ih Pathian rinum pawl ziangtin a pholang?**

Bawipa a rinsan tu pawl cu fekzet le cakzet ih um Zion tlang vekih tahthim an si. Tlang ihsin zoh kual tikah Jerusalem khawpi in a kulh thluh ih, cumi cun Saam hla phuhtu cun Pathian kilhimnak a um a si timi theifiang dingin a bawm zet (Saam. 5:12, Saam. 32:7, 10). Misual pawl ih an ukmi tlang, tiffinriat ih thawn hloh mi pawl vek siloin(Saam 46:2), Jerusalem umnak tlang, reidaih le hngetkoh zet cu rinsannak thawn dinmi a si. Pathian kilhim rinsannak cu misual in siatsuah an duhnak pawl tiang khuh hlo thluh tu ah a rungchang. Cucingin sualnak karlak hmanah Pathian minung pawl cun beiseinak an nei lai thotho.

Siar ding: Saam 125:3-5. **Midingfel pawl ziangtin thlem an si? Kan hrang zirlai ziangsaw a si?**

Pathian fale pawl cu misual pawl ih hlawhtlinnak ruangah an riah sia thei, cupawl lamzin thlun dingin thlem an si men thei (Saam. 73:2-13, Saam. 94:3). A hnget khoh zetmi Zion tlang cu Bawipai' hnen ihsin a suak tu pawl kilhimnak a si lo. Mipi pawl cu “diklonak lam ih kut suah” (Saam 125:3)dingin le “An lamzin kelkawi lam ihsin

pial”(Saam 125:5) dingin zalennak pek an si lai thotho. Bawipa cu a dik ih, misual an sualnak siraw duh lo tu pawl thawn a um tlang mi le dodalnak ih a um ringringtu pawl ih bulpak nun khal thu a then ding a si.

Zion tlang cu an hrangih thawn theih lo beunak a si vek ciah in Pathian minung pawl cu thawn theih lo zumnak le Bawipa rinsannak ih um ringring dingin kawh an si. Cumi cu thil kan theihthiam lo caan hmanah Pathian thatnak kan rinsan thei lai thotho tinak a si.

“Leitlun ih soal a rungluhnak, Khrih a rungsuahnak, santhar um salnak, thawhsalnak, le Bible ih a ummi thildang tampi pawl hi minung thinlung ih simfiang dingah asilole theithiam thluh dingin thuk zet pawl an si. Asinan Pathian kamsuak thu pawl hi rinhlelnak ding zianghman san le vang kan nei cuang lo, zianghatile a kilkhawinak mangbangza pawl hman kan theithiam thei lo.... Hmunkip hi kan theihnak lenglam mangbangza hlar an si. Thlarau lam leitlun khal ah kan theihthiam thei lo ding khawp ih thuthuk zet mangbangza a um thotho timi kan hmuhsuahnak pawl cun in mangbangter thei kem? Thazang mal le minung thinlung bizet ahcun theithiam thei lo thilharsa an si. Pathian cun Bible sungah Pathian mizia theithe ding khawp in kan hnenah in rak pe, cule a tongkam cu kan ringhlel hrimhrim lo, zianghatile a kilkhawinak mangbangza pawl hmuahhmuah kan theihthiam thluh lo ruangah a si.”—Ellen G. White, *Steps to Christ*, pp. 106, 107.

NIRUK NI

March 15

Ruahbet ding: Isaiah 40 le Isaiah 51:1-16 **ih thucah hi thukzetin ngaihtuah aw.**

Zion hla cun Zion ih thinlung um ringring dingin, le cutawk ih um nungcungbik Pathian ah beiseinak nung nei dingin pumpek awknak a tuah. Pathian biakbuk

thlawsuahnak tam zet cu tui nunnak ah tontehnak a um lai ah, Zion ih lungawinak le nunnak famkim beiseinak cu hmailam caan hrang a si lai. Pathian fale tam zet cun mithli thawn van Zion an thlir a si (Saam. 137:1). Zion theih ringringnak hi ruahnak men a si lo, thinlung zaten le cinken ringringnak nung nei dingin thutluknak tuahnak a si (Suah. 13:3, Suah. 20:8).

Curuangah Zion hla saknak cun leilung thar ih Pathian uknak tuahtthat sal ding beiseinak thawn nun hmannak khal a kengtel a si (Thup. 21:1-5). “Cutawk ahcun thinlung thithe lo pawl cun sersiam theihnak danglam zet, duhdawtnak tlennak thuthup cu lungawinak cem thei loin a ruat ding. Nunsiatnak zianghman a um lo ih, Pathian theihhngilh dingin thlemnak ding ral bumnak khal a um lo. Hnatuan pawl hmuahhmuah cu an thangso ding ih, dinhmun hmuahhmuah khal an thangso thluh ding. Thil theihtheinak khalin thinlung a mangbangter lo ding ih, thazang cau tivek khal a um lo ding. Cutawk ahcun thilthupi zet pawl khal pholang an si ding ih, tuahduhmi a sangzet mi khal ah thlen a theih ding, thu duhsam sangzet khal theihter a si ding ih, thildonehnak thar, mangbangza uar umnak thar, thudik theihnak thar le taksa, thinlung, thlarau lam ih thilti theinak ih kawhnak tharhlan zet pawl khal a um ding”—Ellen G. White, *The Great Controversy*, p. 677.

Zion hngilh lo dingin pumpekawknak cu Bawipai’ lamzin ih um dingin kawhnak a si, cumi cu annih cun hi leitlun hi an inn ah an ruatdah lo ding ih, lei thar le vanthar an hngak sawn ding a si. Curuangah Zion saam cu san tinkim ih um zumtu, Jerusalem thar ih um duhtu pawl hmuahhmuah ih an sak dingmi a si (Thup. 3:12). Zion hla cun leitlun thar cu beiseinak thawn dingnget dingin thazang in pe a si, asinan annih cun himi leitlun ih kan um lai ah Pathian zangfahnak ih thucah kengtu Palai vekih um ding khal in in duh a si.

RELKHAWM DING THUSUHNNAK PAWL

1. Pathian minung pawl cu a tak ih Jerusalem ih um, Zion ih Pathian fale pawl umkhawmnak cu thlarau lam le Pathian thu zirnak ih kaihhruai awknak ah ziangtin kan la thei ding, cule kawhhran le cui kawhhran in leitlun ih a hnatuannak ah ziangtin saw kan hman thei ding?

2. Tuisan ah zumtu pawl in Pathian biakbuk ah ziangtin kan um ringring thei ding? (Johan 1:14–18, Heb. 12:22–24).

3. Saam 87 ih hmuh a si vekin ziangtin saw Zion hi miphun hmuahhmuah ih khawpi ah a suak thei ding?(Rom. 5:10, Efe. 2:11–16, Kol. 1:19–23).

4. Hi leitlun ah “mitha” tamzet in harsatnak an tuar lai ah misual zet pawl cu an neinung zet timi thudik cu mi pakhat in lo sim sehla ziangtin saw na let ding? A tu ahhin thil ziangkim hi felfai zet in kan theikim thluh thei lo timi va theih hi ziangruangah saw a thupit?

ZIRLAI 12**March 16–22****CUAI DAHLO CIBAI BUKNAK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam 134; Isa. 42:10–12; Thup. 14:3; Saam 15; Saam. 101:1–3; Saam 96; Thup. 14:6–12; Johan 4:23, 24.

Bible cangken: **“Ka nun sung hmuahhmuah Bawipai’ hnenah hla ka sak ding: ka dam sung hmuahhmuah in ka Pathian hnenah thangmhatnak hla ka sak ding”** (Saam 104:33).

Pathian zangfahnak le thiltitheinak a thansoh zia tonnun kan neih vekin hla phuahtu thawn hivek thusuhnak nei dingin khaisan kan si: “Ka parih a mhatnak hmuahhmuah ruangah Bawipa cu ziang saw ka pek ve ding? (Saam. 116:12, NKJV). A letnak cu Pathian ih rinumnak nun nei dingih pumpek awknak hi a si.

Saam sungah Israel pawl cu miphun pakhat menmen an si lo ih, “pawlkum tum zet” an si (Saam. 22:22, 25, NKJV; Saam. 35:18). Himi cun Israel cu Pathian thangthat dingin le miphun dang hnenih a thuhla theihpi tu si dingih kawh hmaisami an si timi a langter, ziangahtile Pathian in cibai bukna ah a minung pawl thawn um khawm dingin leitlun pumpi hi a duh a si. Pathian minung pawl cu midingfel, Bawipa cibai buk le a duhdawtnak le amah ih beiseinak neitu pawl tiih theih mi pawl an si.

Pungkhawm awknak ih Bawipa thangthat hi cibai bukdan dik a si ti ih theihthiam a si. Himi cun Israel sung

ah bulpak zetih thlacamnak le thangthatnak phun hnih a um tinak lam a si lo. Cumi kalh ciah in bulpak zetih Pathian cibai buknak cun mipi pumkhawmnak ih thangthatnak ah thilthar a suah pi (Saam. 22:22, 25), cuti rual in bulpak ih Pathian cibai buknak cun khawtlang nun khalah laicin awknak tha a sersuak a si. Pumkhawm aw ih Pathian cibai buknak cu, “miding pawl umkhawmnak” tiih theih a si (Saam. 111:1). Miding cun Pathian a thei (Saam. 36:10) ih annih cu Pathian theih mi an si (Saam. 37:18), cule himi tonnun cun an umnak kip a luah khat thluh.

NIKHATNAK

March 17

Biakbuk ah na kut thlir aw

Siar ding: Saam 134. **Hitawk ahhin khuitaw k ahsaw Pathian cibai buknak hlan a si? Bawipa cibai buknak ih ra suak mi cu ziangsaw a si?**

Saam 134 cun Mipum 6:24-26(Saam 67:1) ih um mi puithiam Aaron ih thlawsuahnak pawl a kosuak ih, Pathian le Israel karlak ih laicin awknak ihsin ra suak mi kaihhruai awknak thlawsuah pawl khal a run rel. Mipi pawl cun biakbuk ah Pathian an sunloih, cule Pathian cun Zion ihsin thlawsuahnak a pe. Bawipa cu lei le van sersiamtu a si ruangah thlawsuahnak cun nunnak hmuahhmuah fangkual thluh. Zion hi Pathian thlawsuah hleice mi vek ih rel tikah Pathian in a mi pawl thawn thukamnak an tuah mi a hnget a si timi a langfiangter. Cumi cu zangfahnak thukam sungah Israel pawl in Bawipa thangthatnak ah an hmang ih, a hnen ihsin thlawsuahnak khal an dong a si

Siar ding: Saam 18:1, Saam 36:1; Saam 113:1; Saam 134:1, 2; le Saam 135:1, 2. **Hitawk ih cibai buktu pawl in ziangsaw an langter?**

Saam cun cibai buktu pawl cu Bawipa ih siahhlawh vekin a rel theu. “Zan ih Bawipai inn ih a dingtu” (Saam. 134:1, NKJV) cu zan ih kilhim hnaturan tuantu Levi mipihun(1 San. 9:23"27) asilole Levi pawl in Pathian hnenih sun le zan raithawinak an neihnak ih thangthatnak vek in rel a si theu (1 San. 9:33). Isreal fate pawl in hmuh theih lo Pathian, ziangvek milem ruangam vek khal ih um lo Pathian an biak ruangah Bawipai’ sunlawinak a lang theinak dingah biakinn hnaturannak tuah a si ih, cumi an siangpahrang thianghlim an va naih theinak dingah misual pawl hrang kimvel humhimnak a tuah a si. Himi cu Bawipa amah rori in bulhram a thok ih, a daan le a thupek hmang ih kilkhawi mi a si.

“Minung in rak hnong ngaingai hman hai sehla Pathian ih hrilmi le a hrangih mankhung, cupai’ hnen ahcun nan ra ih, Nannih khal a nungmi lung vekin thlarau lam inn ah remh soh in nan um, puithiam thiang-hlim, Jesuh Khrih ih zarah Pathian ih cosan tlak thlarau lam thawinak hlantu ding nan si” (1 Pet. 2:4, 5, NKJV). Hitaw k ah Piter ih a tongkam kan hmuh mi cu thukam thar cun himi saam vek thotho in ruahnak a nei timi hi a si, cumi cu Pathian minung, a tu ih puithiam thianghlim le an Bawipa Jesuh Khrih, anmah sersiamtu le tlentu ih hnen ah lungawi thusimnak le thangthatnak an hlan ih, an hrangih a thil tuah thatmi pawl hmuahhmuah ruangah an thangthat.

Tukamthar zumtu kan si vekin kannih khal leitlun ih a thuthangtha phuang ding ah palai dinhmun ah um dingih kawh kan sinak ahhin puithiam tuanvo kan nei ve. Cuvek hnaturan dingin ziangvek lamzin saw tha bik ding?

NIHNIH NI**March 18****Bawipa hnenah hlathar sak aw**

Siar aw: Saam 33:3, Saam 40:3, Saam 96:1, Saam 98:1, Saam 144:9, le Saam 149:1. **Himi pawl ih a rel tlangpi mi hi ziangsaw an si?**

Saam cun mipi in “hla” sak dingih a ngen a si. Hitawh ih “hlathar” hi ziangsaw a si? “Hlathar” a umnak san cu Bawipa ih sunlawi zia le leitlun ih a cungnung zia le leitlun thuthentu le sersiamtu a si vekin rundamnak le a mi ngaihsaknak mizia theih ringringnak thar a um theinak ding ah a si. Doral ihsin le thihnak ihsin runsuahnak le a hleice in Israel tlun ih Pathian zangfahnak pawl cu “Hlathar” sak dingih bulpak cangvaitertu hrekkhat pawl an si. Hla dang khal Bawipa ih duhdawt velneihnak le mangbangza a tuahmi ih an thangthatnak hla a si thotho nan, “hlathar” timi cu hla hleice a si ih, lungawi kirsal, Pathian hnen ah pumpe aw thar kirsal dingih tiamkamnak a si. Pathian runsuahnak tonhmuh thar mi cun mipi pawl in Bawipa cu anmah sersiamtu le an Siangpahrang a silam an theih theinak dingah thazang a pe zet a si. Saam cabu ih zaran thupi pawl cun “hlathar” cu Pathian ah rinsannak nei ih, a hnatan mangbangza ah amah thangthat in, harsatnak le thildang ihsin runsuahnak thupawl an si tiah in sim.

Siar ding: Isaiah 42:10-12, Thuphuan 5:9, le Thuphuan 14:3. **Himi Bible cang pawl ihsin “hlathar” thuhla ziangtin kan theitheih ding?**

Pathian minung Israel pawl cu duhdawtnak thu in, “Amai(Pathian) kiangih um mipi”(Saam 148:14) tiih tarlang a si, cumi cun sersiam mi hmuahhmuah ah Israel cu mi hleice, Pathian thangthat dingih tuanvo nei hleice an si timi a langfiangter. Bible cun zumtu mipi pawl hmuahhmuah hnenah an tlentu thangthat in hlathar sak ding ah thazang peknak a nei, Cumi cun Tuu fano thinsen

ih rundamnak thuhla ah an theihpinak danglam zet a kengtel a si. “Hlathar” cu zohman ih an rak theihdah mi hlathar hlam zet, mi nun ih Pathian zangfahnak tonun fiangzet theih ringringnak hla a si. “Hlathar” cun beiseinak a relsuak ih, cui hlathar hlam zet cun hmailam caan ih Pathian sunlawizia a hlan ih rak um dah kello tonteh mi danglamzet a pholang. Cibai buknak ngaingai cu raithawinak le hlanawknak lenglam thil a si, cumi cun Pathian thawn laicinawknak nung a tuah ih, cumi cu a tharhlan ringring a si. Lehlam ah mi pakhat cun “hlathar” cu Pathian in kan hrang a tuah mi ah lungawithu simnak le kan duhdawtnak nitin kan langternak a si tiah a ti ko ding.

Na nunnak ah Pathian thlawsuahnak sungah um aw. Hlathar sak ding bangta awla, ziangvek hla saw a si ding?

NITHUM NI**March 19****Bawipa, zosaw na biakbuk ah um ringring ding?**

Siar ding:Saam 15. **Pathian hmaiah cibai buk dingih a tling pawl zo saw an si?**

Himi saam ih letnak pekmi cu Pathian daan le profet pawl hnen ih pek zo mi ngennak khaikhawmna a si: An cangvaihnak(“dingfel zetih hnatan”) le mizia(“thinlun ah”)(zoh aw, Daan 6:5, Mik 6:6-8) pawl cu Pathian rak khihhmuh tu an si. Biakbuk cu a thianghlimnak hmun a si, a sung um hmuahhmuah, puithiam pawl khal tel in thianghlimter an si. Curuangah thianghlimnak cu Pathian umnak ih luttu ding hrang a tul zetmi ngennak a si. Israel thianghlimnak cu a huap kau zet ding ih, cibai buknak cu pumkhat aw in, nunnak ah hman ding mi a si. Daan cu Pathian mi pawl in an hnatan ding mi an tuah famkim theinak ding- Puithiam siangpahrang vekih an nun theinak ding hrangih pek mi

a si. Siangpahrang hrin puithiam khalah Pathian hmai ih thianghlimnak nun le miphun dang hnenih thukam thlawsuahnak thlen tu sinak khal a tel a si.

Siar ding: Saam 24:3-6 le Saam 101:1-3.
Thianghlim ding timi sullam ziangsaw a si?

“Thinlung famkim” timi cu cibai buktu pawl in Pathian hmai ih a ropi zetmi mizia a si. Hebru tong ih, **tamim**, “famkim” timi cun “Kimternak” le “himnak” timi a rel fiang. A “famkim” sabitti cu a him, a siat lo ih, a hrahdam (Eze 15:5). Raithawinak ramsa pawl cu **tamim** asilole relsiat ding um lo mi an si a tul (Pui 22:21-24). “Famkim” timi tongkam hi a dik ringring(Job 36:4). “Thinlung famkim” cu “thinlung thianghlim” (Saam. 24:4) asilole a dikmi thinlung(Saam. 15:2) tinak a si. Cumi cun Pathian a hawl (Saam. 24:6)cule Pathian ngaidamnak in tuathar sal in a um (Saam. 51:2-10). Soisel ding umlo nunnak cu Pathian zangfahnak le a dingfelnak theihthiamnak ihsin a luangsuak mi a si. Pathian zangfahnak cun Pathian siahhlawh pawl cu Bawipa tihnak thawn nun hmang dingin a forhfial hai, cumi sullam cu Pathian thawn pawlkom awknak ah a dodal zawngih nung loin a thu ih pe aw ding tinak a si. Pekawknak le Pathian ngaihsak nun cun mah le mah thangthat awknak siloin Pathian thangthatnak ah mi a hruai a i. Saam 15 ih a ngen bikmi cu a sia zawng ih pek mi an si ti thei aw. Himi cu Pathian zangfahnak hlawhsuahnak lam a si lo ih, Pathian thawn kan thenawknak thilri pawl hrial thuhla sawn a si

Pathian hnen ihsin hlaral ih in umter tu thilri hnong thei dingin duhhrilnak ziangtin kan tuah ding? Hivek pawl hi ziangsaw an si, ziangtin saw kan hril thei ding?

NILI NI

March 20

Miphun pawl hnenah a sunlawizia phuang aw

Siar ding: Saam 96. **Himi saam ahhin cibai bukdan phunphun relsuak mi ziangpawl an si?**

Pathian biaknak ahhin Bawipa hnen ih hlasaknak(Saam 96:1,2), a hmin thangthatnak(Saam 96:2), A thatnak le ropitnak phuansuah(Saam 96:3,4) le A biakinn sungih thilpek kennak pawl khal a tel thluh(Saam 96:8). Himi biakdan thawn bangaw zet tampi lakah Saam 96 cun biaknak lampang thildang hminthang lo zet pakhat a run phorh suak... cumi cun miphun dang pawl hnenah Bawipai uknak thuthangtha simnak lam ih Pathian hnatuannak pawl a tarlang (Saam. 96:2, 3, 10).

Cucing in hlasak, thangthat, lawmman keng, thuthangtha phuang tivek ih cangvaihnak pawl thenhrannak lam a si loih biaknak relfiangnak dangdang a si. Miphun kip hnenih Pathian rundamnak thu phuannak cun thangthatnak ah thil dangdang a pe suak ih, biaknak khalah thil thupi zet a kengtel. Pathian biaknak san le vang le miphun dang hnenih thuchah phuangnak ih a milawknak pawl hminsin aw: “Bawipa cu a ropi ruangah” (Saam 96:4), “Minung pawl ih pathian hmuahhmuah cu milem an si, asinan Pathian cun van pawl a tuah” (Saam 96:5 NKJV), “ ‘Bawipa cun a uk’ “(Saam 96:10 NKJV), cule “Anih cu leitlun thuthen dingin a ra ding”(Saam 96:13 NKJV). Curuangah Pathian hnatuannak ih bitumbik mi cu Pathian minung pawl le miphun dang pawl hmunkhawm ih an um theinak ding le a netnak ah sersiammi pawl hmuahhmuah Pathian biaknak ah pumkhat thluh dingih tuah hi a si (Saam. 96:11-13).

Cibai bukna hi Bawipa cu sersiamtu, siangpahrang le thuthentu a si timi theihnak ihsin a rung luangsuak mi a si (Saam. 96:5, 10, 13). Cibai bukna ahhin Pathian ih a rak cangvai(hsersiamnak)nak, tu ih

mangbangza a tuah mi ah lungawinak(Pathian cun leitlun le a uknak a kilkhawi) theih ringringnak pawl le hmailam tikcu caan ih a thiltuah dingmi(Sancem caan thuthennak le leithar le vanthar ih nunnak thar) rak thlir cianak pawl khal an tel.

Saam ih thuthennak timi sullam cu tu lai ih diklonak le tuarnak ih phurrit leitlun ahhin daihnak, diknak le thatzet ih nun theinak dingih Pathian duhdan pawl tuahthatnak a si. Curuangah leitlun pumpi cu Pathian thuthennak beisei in lungawi zetin an um (Saam. 96:10–13, Saam. 98:4–9). Bawipa cu thuthenthuh dingfel zet a si timi thudik cun thianghlimnak le “khur” phah in amah bia dingin mipi thazang a pe a si. Cule Biaknak cu olsam le lolam zetih lak ding a si lo timi ralring peknak khal a si (Saam. 96:9). Cibai uknak ah lungawinak le rinsan awknak (Saam. 96:1, 2, 11"13) le thianghlimnak le tihzah upatnak pawl a tel a si(Saam. 96:4, 9).

Sersiamtu le thuthentu cibai buk dingih saam 96 ih ngennak cu Leitlun hrang Pathian thuthangtha netabik phuang ding mi, vancungmi pathum thucuh ahkhan a lang a si. Thuphuan14:6–12. Himi saam hi lamzin tam zetin caan cemnak thucuh thawn an pahtlai aw zetin a lang: Sersiamnak, rundamnak(“kumkhaw thuthangtha”), cibai buknak, thuthennak tivek pawl hi a um thluh.

Himi saam hi vancungmi pathum thucuh tahthim aw(Thup 14:6-12). Himi leitlun caancemnak thuphuang kan phuang dingmi vek thudik hi ziangvek lamzin in saw in rak zirh.

NINGA NI

March 21

Raithawinak ih Pathian lungawi lo caan

Siar ding: Saam 40:6–8, Saam 50:7–23, le Saam 51:16–19. **Himi pawl in ziangvek thil thupi zet saw an rel? Ziangruangah saw Pathian in a thu ih a relmi thawinak ahkhan lungawinak a neih lo(Suah. 20:24)?**

Profet pawl vekin Saam hla phuahtu pawl cun biaknak fehpidan dik lo phun dangdang pawl hi an relsia ve nasa. Himi pawl a thupi bik cu Pathian in Israel pawl ih raithawinak le puai pawl a duh lo thu a si lo ih, a duh lonak san le vang pawl cu : Biaknak le thlarau lam karlak a hlatawk tuk ruang sawn ah a si. Pathian cun a minung pawl cu an raithawinak le mei-ur thawinak ruangah a kaw lo ih, an bulpak hringnun ih an rak tuah mi diklonak le an sualralnak ruangah a kaw sawn a si (Saam. 50:8, 17–21). Saam cun raithawinak le biaknak a dokalh thu a sim lo ih, sullam nei lo ih raithawinak le kawlawngpi biaknak pawl a dokalh ih, biaknak neitu pawl ih diklonak pawl a pholang sawn a si.

Pathian biaknak ih lenglam landan le sunglam ih biaknak dikzet ti phur tertu karlak pumkhat awknak a siat a si ahcun Pathian lam ih naih sinsinnak a ngaingai ih ton nun hnakin anmah ten cibai bukdan ih thupit awkternak ah a cang ding. Biakdan pawl cu khihhmuh tum le langtertumnak ah Pathian dokalh ih an um ruangah an cibai buknak cu anmah in an netter a si.

Siar ding: Johan 4:23,24. **Jesuh in hitawk ih a relmi, tuisan hrang Saam in ralringnak a pek mi thuhla thawn bangaw cekci cu ziangsaw a si?**

Raithawinak lawng hi a tawk lo. Raithawinak nei pawl ih thinlung cu sualsirnak, zumnak le sual hrang riahasiatnak ih khat mi a silo ahcun hivek raithawinak in ziangthat hnemnak saw a neih? Sualsirnak le lungawi thusimnak thawng lawngin cawtawi ih raithawinak cu “mi dingfel ih raithawinak” ti a si vekin Pathian lung a awiter(Saam. 51:19, Saam. 50:14). Jesuh cun Isaiah thurel mi la suak in, hitin a phuang: “Hi pawl hin an kaa in in naih ih, an hmur in in cawimawi; asinain an thinlung cun in hlat zet a si” tiah a ti(Matt. 15:8, NKJV). Hla phuahtu ih a hmuh mi buainak pawl cu Jesuh in mi hrekhat a

tonmi pawl ih buainak vek thotho kha a si, a hleice in leitlun ih hna a tuanlai ih hruaitu pawl kha an si.

Adventist kan si vekin hivek Eng le theihnak pawl hmuahhmuah thawn thudik theihnak menmen le biakdan theinak menmen hi a tawk tuk timi ruatnak thangah kan tlu lo ding timi ziangtin kan theithe?

NIRUK NI

March 22

Ruahbet ding: siar ding: Ellen G. White, “Thlacam dan” pp. 39–42, A Call to Stand Apart timi ah siar ding.

Cibai buknak ih laimi bik cu sualsirnak tulsam zet, sualsirnak diktak hi a si: Sualsirnak ahhin sualnak ruangih riahasiatnak le cumi ihsin feh hlo sannak hi a tel. Sual timi cu sualnak kan hmuh lo ahcun phatsan theih a si lo ih, kan thinlung in an tlansan hlan sung cu nunnak ahhin thlengawknak ngaingai a um thei zik lo.

“Sualsirnak dik zet theithiam lo mi tampi an um. Mi tampi cu an sualnak ruangah an riahsia ih, an sual khal an phuang thluh, ziangahatile an thilsual tuah mi ih kengtel dingmi an parih harsatnak um ding an tih ruangah a si. Asinan hivek hi Bible in sualsirnak tiih a relmi a si lo. Sualnak aiin an tuarnak kha an tah a si. Khavek cu Esau in fatir sinak kumkhua ih a hloh ruangih a riahasiatnak vek a si. Balaam, a lamzin ah vancungmi nam zuk cia ih ding miin tihphannak a pek, a nunnak a hloh ding a phang ruangah a sualnak a pawm; Asinan sualnak ruangih sualsirnak a um lo, tumtah thleng danglamnak a um cuang lo ih, sual huatnak a nei cuang lo. Judas Iskariot, a Bawipa a phatsan hnu ah hitin a au, “Mawh nei lo thisen kan zuar hi ka sir aw a si” tin’ Mattai 27:4.”—Ellen G. White, Steps to Christ, pp. 22, 23.

“Pathian cu kut thawn sak mi biakinn ah a um lo, cucingin a mi pawl ih khawmnak hmun cu a umnak hmun in cawimawi a si. A mah hawl dingin, an sualnak thei dingin le pakhat le pakhat thlacamsak awknak nei dingin an pumkhawm awk tikah Anih cun a Thiang thlarau

hmangin anmah thawn a hmuh ding thu a tiam a si. Asinan Pathian cibai buk tu ding pawl thawn sualnak pawl hmuahhmuah an hlonthluh a tul. Thudik le thlarau le thianghlimnak ih mawinak thawn cibai buk dingih an rat lo ahcun an pumkhawm awknak cu a lak men a si ding. Cumi ah Bawipa cun a relfiang zet, “Hi pawl hin an kaa in in naih ih, an hmur in in cawimawi; asinain an thinlung cun in hlat zet a si” Matthai 15:8, 9. Pathian cibai buku pawl cun amah cu, “thlarau le thutak in : Pa cun cuvek ih cibai buku cu a hawl a si” Johan 4:23 —Ellen G. White, Prophets and Kings, p. 50.

RELKHAWM DING THUSUHNAK PAWL

1. Cibai buku pawl in Pathian hnen ih a ropi zetmi thawinak an hlanmi kha ziangsaw a si(Saam. 40:6–10; Rom. 12:1, 2)?

2. Bulpak le khawtlang ih Pathian cibai buknak hi ziangtin saw an pehtlaih awk? Ziangahsaw a pahnih ih kan tul? Ziangtin saw pakhat in a dang pakhat hi caknak a pek?

3. Mi tampi cun cibai buknak ah thlacamnak, hlasaknak le Bible zirnak le thlarau lam cazirnak pawl lawng hi an tel tiah an ti. Cuvek thil pawl cu Pathian cibai buknak hrang ih thil thupi zet cangvaihnak si khal sehla, biaknak cu anmah ah ramri bikhiah a nei maw?

4. Ellen G. White cun: “A hnatuannak cu thinlung riahasiatnak, lungngaithlak zet cangvaihnak ah a zoh aw ding a si lo. Bawipa biak le a hnatuannak ih a telve ruangah a lungawi sawn ding a si” —Steps to Christ, p. 103. Ziangtin saw Bawipa cibai buk hi thinnomnak ih a suah thei ding?

ZIRLAI 13**March 23–29****BAWIPA HNGAK AW****SABBATH SIIMLAM**

Tuizarh sung siar ding: Saam. 27:14; Rom. 8:18–25; Saam 131; Matt. 18:3; Saam 126; Saam 92; Mark 16:1–8; 2 Pit. 1:19.

Bible cangkén : “**Bawipa cu hngak aw: ralmha zetin um awla, anih in na thinlung a lo cakter ding, Bawipa cu hngak aw, ka ti**”(Saam 27:14, NKJV).

Saam cabu kan zirlai khal tui kuata zarh netabik kan thleng thlang. Thlarau lam khualtlawnnak cu mangbangza sersiamtu, siangpahrang, le thuthentu; Pathian runsuahnak ih lungawinak, sualngaidamnak, le rundamnak; riahsiatnak le tahnak ih pumpek awknak, cule Pathian kumkhua umpinak ding thutiam sunlawi zetzet le Pathian biaknak cemti nei lo leitlun nettiang ih beiseinak pawl hmaning a ropitzia tonnun lamah in hruai a si. Pathian kan duhnak in a famkimnak netabik a hmuh tiki Bawipa a rat ding beiseinak ih kan nung lai hman ah khualtlawnnak cu peh vivo lai a si. Saam ihsin tongkam netabik ka la suak ding a si ahcun, cui tongkam cu, “Bawipa hngak aw” timi a si tengteng ding.

Bawipa hngah ih um hi zianghman tuan lo, zianghman ti paih lo ih um mennak khi a si lo. Bawipa hngak timi cu zumnak le rinsannak famkim nei ih cangvaihnak, rinsannak le zumnak cu cangvaihnak ih langternak a si. Bawipa hngak cun tlailam khawthim cu zinglam khawtleu beiseinak in a thleng a si (Saam. 30:5, Saam. 143:8). Cumi cun kan thinlung cu beiseinak le

daihnak thar thawn a cakter a si. Cumi cun hnaturan taima sinsin dingin thazang a tlungter ih, Bawipai’ hnatuannak loram ihsin fangat ding tampi a run tlun a si (Saam. 126:6, Matt. 9:36–38). Bawipa hngak ringring in mualphonak ah in ret dah lo ding ih, lawmman tamzet kan dong sawn ding a si, ziangahatile Bawipa cu a thutiam ah a rinum a si (Saam. 37:7–11, 18, 34; Saam. 71:1; Saam. 119:137, 138).

NIKHAT NI**March 24****Hngak dingih kawhnak**

Siar ding: Saam 27:14; Saam 37:7, 9, 34; Saam 39:7; Saam 40:1; Saam 69:6; Galati 5:5, and Rom 8:18–25. **Himi pawl in Pathian minung pawl ziangtuah dingin a ngen?**

Nunnak ih thabangnak bik pakhat cu hngaknak timi hi a si ko ding. Zo kan si khal le, khuitawk ih kan um khal le kan nun ah, kan zaten thil ziangmaw tal kan hngak cio thluh. Dawr ah tleraw ih hngaknak ihsin sii vai lamah natnak umtudand thei duh ih hngahnak tiang, kan hnak ringring.... Cumi cu kan tuah dah lem lo mi thil a si theu, kan si lo sawm?

Cule Pathian hngah teh ziangsaw a si? Bawipa hngah cu Saam lawngah hmuh theih a siloih, Bible pum ah a um deuh thaw thluh. Himi thazang suahnak tongkam cu tuarfainak hi a si. Tuarfainak hi kan hrangah Pathian in ziangti lam khal in a run thlen lo dingmi riahsiatnak, tihphannak tivek rak hnong dingih pumpek awknak sangbik a si. Pathian cu a rinum timi thei fiangnak thawn Pathian cun a fa cu hngak dingin a siang, Kan dinhmun pawl a parih kan thum a si ahcun amah a hngaktu cun an rinsan thei ding a si. Kan hrang thabik dingin anih cun hna a tuan ding, cuvek lamzin cu kan hmuh a tul ciamco lo caan hmanah a tha thei bikin hna a tuan ding.

Bawipa hngah hi hngak menmen vek a si lo. Cumi cu Pathian duhnak thukzet nei, ramro ih tidai ngai vekih

tahthim a si (Saam. 63:1). Saam hla phuahtu cun Pathian hnen ihsin thlawsuah tamzet a dong ding a hngak, asinan Pathian naih a duhsawnnak cun ziangvek duhthusam le nun ih tulmi khal in a khuh ban lo. Rom cakuat ih Paul ih thucuh kan siar tikah, Pathian le sersiammi pawl hmuahhmuah cun leitlun tuahtarnak le san cem tikcu ih a minung pawl le Pathian an hmuh awk ding thlawsuahnak cu an hngak thluh a si: Hitin a ngan: “Ziangahtile sersiammi hin hngakhlap zetin Pathian fale pawl ih langnak ding a hngak a si”(Rom. 8:19, NKJV).

Ziangtluk mangbangza thutiamnak saw a si?

Rundamnak le Pathian thawn um kirsalnak ding netabik kan hngak lai, “Sersiammi hmuahhmuah cu a tutiang hruum le fahrinnat tuar” (Rom. 8:22, NKJV), vekih kan hngak lai ah Bawipa cu thiangthlarau hmangin tu ahhin a minung pawl hnenah a um ringring lai. Cule kannih cu rundam khawkhannak hrang theihpitu si dingih kawh kan si(Tirh 1:4-8), cumi cu sersiam thar mi theihpi dingih kawh kan si. Adventist Khristian kan si vekin cui sersiam thar mi a netabik famkimnak ding ih kan beiseimi kan hngaknak ah Adventist timi hmin hi kan hngah mi beiseinak ih rak tel hi a si. Kan hngak, asinan zianghman lomen ah a cang lo ding ti kan thei. Khrih a rat veikhatnak ah a thi ih a thawhsalnak in vei hnihnak a ra ding timi in fiangter a si.

Tu ahhin Pathian hnen ihsin ziangsaw hngah mi na neih? A hleice in kan thlacamnak pawl a ra thlen thei lo tikah rinsannak le zumnak sungin hngahnak cu kan zir thei ding.

NIHNIH NI

March 25

Hnawifop nawn lo nauhak ih daihnak

Siar ding: Saam 131. Himi saam in Pathian thawn kan laicin awknak ziangvekin saw a rel?

Pathian minung pawl cu mi rinum pawl tibuaitu, thlemnak ih khat le mikip in harsatnak an tongnak leitlun ah an um. Pathian fa a si timi le a nunnak cu Pathian ah a thum aw a si timi zumnak thar cun hla phuahtu cu hnangamnak thar a pe ih, puarthaunak cun sunlawinak zianghman a nei lo timi pawmna ah a hruai lut. Puarthaunak ih bumawknak cun mahten thupi bikih retawknak le cumi lo cu zianghman thlir duh lo ding ih puarthaunak a thlen a si. curuangah mi puarthau pawl cun Pathian sinak ngaingai sangzet cu an hmu thei lo a si.

Cuvek kalh ciah in miding cun Pathian lam an hoi (Saam. 123:1, 2). Pathian ropitzia theihnak cun hnuaidor dingin a tuah ih, cule mai' hrang lawng ruat le sullam nei lo khawkhannak ihsin zalennak a pe a si. Hla phuahtu cun “thil ropi” le “thil sangtuk” zianghman a hawl lo thu a relfiang(Saam 131:1). Himi cun minung theihthiam thei lomi leitlun lenglam ah Pathian in hna a tuan a si timi simfiangnak a langter. Tulai mifim pawl cun “thil lolam” te khal hi mangbangza in a buaithlak thei, kan theihthiam thei ding rual a si lo timi in khihnmuh. A ngaingai ahcun, thil diklo nasa zet a um: leitlun thuhla kan zirtam ih piangin thuthup ropi zetzet cu kan hmai ah pholang in a um vivo ding.

Cuti lai ah, Saam 131:2 ih tahthimnak, “A nui hnawi banter mi naute vek” timi cu daihnak hmu tu le Pathian tangih daiten a umnak ding hmutu mi pakhat ih thiltitheinak zohtertu a si. Cumi cun nauhak cu a tleirawl soh nun ih a nu thawn duhdawtnak ih an laicinawknak pawl a khihnmuh a si. Puarthaunak le a ngaingai a silomi khawruahnak ihsin hnawi in banternak in Pathian cun rawl hak ei dingah in zirh, cumi cu, “ in thlahtu duhzawng tuah ding le a hnatan theh ding” (Johan 4:34, Heb 5:12-14 khalah zoh aw)ih hnatan ding tinak a si. Saam 131 ih

a tarlangmi nauhak rinnak cu nun harsatnak in a rak zohzo mi le a hniksak zo mi, Pathian kamsuak ih rinum le dikzetih hmusuak theitu rinnak pitling zet a si.

Hla phuatu cun a netnak ih a ruahmi cu Pathian minung pawl nunthatnak hi a si. Kannih pawl khal Pathian in a kawhhran a cak theinak dingah amah thawn kan tonnun pawl cu hmang dingin in ko a si. Cumi cu bulpak zetin Pathian rinumnak le thatnak kan zirzonak ihsin ziangvekte an si hmanah an zumnak thawn buainak a nei mi midang hnenah kan va hlawm ve thei a si. Khrih thuhla kan theihternak hi kawhhran sung lawng khalah a um thei, cutawk ah mi tampi cun anmah rori in Amah Pathian an theih a tul a si.

“Thungaiin ka lo sim, Nan thlengawkw ih nauhakte pawl vek nan si lo ahcun, vancung uknak sungah nan lut hrimhrim lo ding’ “ (Matt. 18:3, NKJV). Hitawk ih Jesuh relmi hi ziangsaw a si? Himi ruahnak in ziangsaw a kentel?

NITHUM NI

March 26

Kauh hlai kengin

Siar ding: Saam 126. **Pathian minung pawl hnenah ziang beiseinak le cahnak saw pek an si? Tuisan kan nunnak ih kan hman thei ding mi himi thu ih a um mihi ziangsaw a si?**

Tikcu liamcia ih Bawipa rundamnak mangbangza cu Pathian minung pawl hrang le hmailam caan hrang khal ih beiseinak hrampi le cemni nei lo a si ding. Caan liamzo ih rundamnak cu a nasa tuk ih sunmang thleng dik tontehnak vekih relfiang a si (Isa. 29:7, 8). Saam 126 ah saltannak ihsin a minung pawl a hruaisuak (Saam. 126:1) ruangih Pathian a thangthatnak tu pawl hi tu ahhin saltannak ah an um lai a si (Saam. 126:4). Cucing in tikcu liamzo ih lungawinak le daihnak cu hla pawl hmangin an nung lehsal ih, tulai tonnun thawn khal in a mil aw zet.

Santhar pawl cun anmah le anmah cu thil a thleng mi a rak hmutu pawl lakih um vekin an ruat aw ih Bible thuanthu cu an nung ter vivo a si. Cuvek in zumnak nung cun tuihlan ih A mi pawlhrang Pathian thiltih ropi zetzet pawl cu Bawipa in kan hrang atuah mi vekin a ngai thupi zet ih, Bawipa in anmai hrang lawngah a tuah ce lo a si(A liamci tikcu ih zumtu pawl)

A ngaingai cun a liamcia caan theih ringringnak cun tuisan ah beiseinak thar a pe sal a si. “Thlanglam ih tiva”(Saam 126:4) timi cun A minung pawl ai-awh in Pathian ih rinlopin a cangvaihnak le thilti theinak pawl tahthimnak an si. Judah thlanglam ram cu nelrawn ram a si. Ruahpi sur caan ih nasa zetih ruah a sur hnu ah tiva pawl cu zamrang zetin tidai luang in a run khuh thluh. Ruah hmais a le ruah neta cun lo tuankum ih hlawhtlinnak ding hrang thil thupi zet ah dinhmun an luah (Dan. 11:14, Dan. 28:12). Cuvek thawn bangaw in, mithli thawn thlaici a vawrhtu le lungawi ih a at tu (Ps. 126:5, 6) hi tui harsatnak ihsin hmailam lungawinak ah hruai ding ih Pathian thutiam thiltithe i zet a si.

Rawlkhawm caan a cem tikcu cu hlanlai Hebru mi pawl in khual tlawngin an thlairah pawl Pathian Biakinn Jerusalem ih an rak keng caan a si (Suah. 34:22, 26). Rawlkhawm timi cun culai san minung pawl hnenah thlarau lam thucuh a kengtel a si. Hnatuan taima ih thaici tuh le hmuan tuah ih a lo kilkhawi in sabi hmuan a tuahtu cu rawl tampi khawm ih hlimnak thawn lawmman pek a si. Cuvek ciah in, a tu ih Pathian minung hniksaknak tong pawl hi sancem ah rundamnak ih lungawinak thawn lukhum khumter an si ding. Rawlkhawm caan ropizet cu Khrih veihnih a rungtum tikah Pathian in leilungah a uknak a tuahthar ding timi hmuhsak tu a si (Amos 9:13"15, Matt. 9:37). Ziangkhal sisehla hitawk khalah hngak timi thupi a um thotho. Rawlkhawm caan vekin kan hnatuahnak rah hmuh ding hi kan hngak a tul.

Na nun ah simaw, midang pawl nun khalah simaw Pathian hnatuandan fiangzet le tihsual zianghman um loih na hmuh caan hrekkhat pawl vun ruat aw. Ziangtin saw cumi tonnun ihsin tu ih na ton mi hmuahhmuah ah beiseinak na neih thei ding?

NILI NI

March 27

Pathian Sabbath colhnak ah hngakin

Siar ding: Saam 92. **Sabbath ni hrangah himi hla cun sabbath ni thuhla thil pahnih ziangsaw a rel?**

Pathian cu a kut hnatan(Saam 92:4,5) ropi zet ruangih thangthatnak le Eden vekih mifel zet tarlangnak(Saam 92:12-14) cun sersiamnak, Sabbath hmaisabik hngilh lonak lam fiangzet in a khihbmuh a si. Saam cun Bawipa cu a dikmi Pathian a si veki doral pawl a neh thu a pholang(Saam 92:7-15) a tarlang ih, cutin Sabbath thupi pahnihnak- Sualnak ihsin tlennak(Daan 5:12-15) khal a cak ter. Curuangah Saam 92 cun Pathian in a liamcia ih sersiamnak le a tu ih leitlun a kilkhawi ruangah Pathian cu nasa zet in a thangthat, cumi cun kumkhaw Pathian daihnak le hngamnak lam ih cemnet neilo beiseinak lam a khihbmuh a si. Pathian cu “Cungnungbik”(Saam 92:1) a si ruangah mipi pawl cun Sabbath ih colh hi nuam an ti zet; Hmunsang zet ah dinhmun sang zetih a umnak cun a doral pawl hnakin teh theih lo thil titheinak a neihnak a langfiang ter.

Cule Cungnungbik si khal sehla, Amah a kotu pawl humhim dingih rungtum dingih Bawipa cu a tiarcia ringring. Bawipa in sersiam hna a tuan mi le a hleice in cui thilsersiammi tlennak cun mipi in amah an duhdawt ih Pathian bia dingah a forhfial ding a si. Tlennak ding beiseinak zianghman um lonak, a thusia zo mi sersiamnak ih um cu a ngaingai ahcun lungawinak ding zianghman a um zik lo. Kan duhdawt, kan tuar, kan thi - cule zianghman

beiseinak nei loin kan cangvai. Cumi ruangah Bawipa cu kan thangthat, in sersiamtu lawng hman siloin in tlentu khal a si.

“Hriak thar” timi cu hla phuahu in Pathian hnatan a siahhlawh ti thianghlim awknak dingih a pekawk tharnak a si (Saam. 92:10). Hriak thih hi puithiam le siangpahrang pawl vekih hrilmi minung pawl thianghlimternak ih an tuah mi a si (Suahlannak. 40:15, 1 Sam. 10:1). Sinan hla phuahu cun Herbu tongfang danglam zet **balal** timi cu hrih thih tinak ih hmang dingih a hril, cumi cun Pathian siahhlawh hriakthihnak lam a khihbmuh lo ih, raithawinak lam ih hriak “rawicok” mi lam a va relnak a si (Suah. 29:2, NKJV; Pui. 2:4, 5). Hla phuahu in **balal** timi danglam zet a run hmanna ihsin Hla phuahu cun amah le mah cu Pathian hnenih a nungmi raithawinak si a duh ih, Pathian hnenah a nunnak thianghlimter a duh a si timi a langfiangter (Rom. 12:1).

Saam ih thianghlimnak cu Sabbath ih hlan a si thu hi hmuhsaknak mangbangza a si lem lo, zianghlimternak Saabath cu Bawipa in a minung pawl a thianghlimternak hmainsinnak a si (Suah. 31:13). Lebanon ih um Tuum kung le Sidar kung cun Pathian minung pawl cu zumnak lamah an thangso ih, Mangbangza Pathian ih tumtah mi le duhdawtnak cu dikzet in a lungawi pi a si timi an langter. Sabbath cu Bawipa in a minung pawl thawn kumkhua thukam a tuah mi hmainsinnak a si (Ezek. 20:20). Curuangah Sabbath colhnak hi Pathian minung pawl hrangah a thupi zet zianghlimternak cumi cun Bawipa cu a thukam thutiam hmauhhmukah tuahsuak thluh dingih zumnak nei ih hngak dingih a cakter a si(Heb. 4:1-10).

Saam 92 **hi siar sal aw. Cutawk ah kan hrang beiseinak ropi ziang ziangsaw um, ziangtin saw tu khal ahhin cui a thurel mi ahcun hngamnak kan neih thei ding?**

NI NGA NI**March 28****Zinglam ah lawmnak a ra thleng**

Siar ding: Saam 5:3, Saam 30:5, Saam 49:14, Saam 59:16, Saam 92:2, Saam 119:147, 2 Piter 1:19, le Thuphuan 22:16. **Ziangvek ni saw Pathian tlennak tikcu caan ih a rak zohter mi hi, ziangruangah?**

Saam ahhin zinglam hi Pathian ih tlennak tikcu a si deuh tlangpi. Zinglam cun Pathian zangfahnak a langter, cumi cun buainak le beidonnak zan reizet cu a cemter a si (Saam. 130:5, 6). Saam 143 ah Pathian runsuaknak cun tui thihnak thim hi (Saam. 143:3) zing thar eng ah a cangter ding ih (Saam. 143:8), khur sungih umnak (Saam. 143:7) cun “diknak ram” lam ah a um ter ding (Saam. 143:10).

Siar ding: Marka 16:1-8. **Hitawk ih a relmi zinglam ah ziangthil a thleng, cule ziangah cumi cu kan hrang a thupi?**

Jesuh Khrih thawhsalnak zinglam cun A hmin a zumtu pawl hmuahhmuah hrangah Pathian rundamnak kumkhua zinglam lamzin cu a on sak a si. Jesuh dungthluntu pawl cun Bawipa thawhsalnak an hmuh tikah Saam 30:5 ih um, “Tahnak cu zan ah a rei thei men, asinan lungawinak cu zinglam ah a ra thleng” timi thutiam thazang ngah tlak zet an tongngah rori a si. Himi cu Pathian zawnruahnak le cem thei lomi a duhdawtnak lawng ah kan tahnak hi lungawinak ah a cangter thei a si (Saam. 30:5, 7). Zinglam arsi in nithar a suah thu a phuang vek ciah in, zumnak cun Pathian fale pawl ih kumkhaw nunnak thar a ngaingai ih ummi cu a phuang (2 Pit. 1:19). Jesuh cu zinglam arsi le tleunak tihi kawh mi (Thup. 22:16), Zan, sualnak le thihnak um nawn loin A ram uknak a dintu ding hngakhlap zetih kan hngak mi cu a si (Thup. 21:1-8, 25). Cule hngak timi cun man a nei zet.

“Josep ih thlan parah Khrih cun nehnak phuang in, “ Keimah cu thawhsalnak le nunnak ka si” tiah a ti.

Himi tongkam cu Pathian sinak lawng ih tongkam a si. Sersiammi a nungmi hmuahhmuah hi Pathian huham le duhdan vekih nung an si thluh. Pathian ih nunnak cohlang dingin zalennak pek an si thluh. A sangbik mi van lam le a hnuaidor bik nunnak khal, an zaten Nunnak hrampi ihsin nunter mi an si thluh. Pathian ih umpi mi lawngin, Ka nunnak pe dingin thilti theinak ka nei, cule la theisal dingin thiltitheinak khal ka nei timi an rel thei ding. Pathian a sinak in Khrih cun thihnak ih kaihhremnak neh thei dingin thiltitheinak a nei a si.”—Ellen G. White, *The Desire of Ages*, p. 785.

Thihnak cun suahthlak ihsin kan thazungza a eisiat tiah rel a si theu. Cumi cu sualnak ih tlu minung pawl hrangah a dikzet khal sehla, thosal Jesuh in thih menmennak thuhla ah ziangmi tiamkamnak in nei? Kan hrangah thih menmennak hi ziang a ti timi kan theihhngilh lo ding hi ziangahsaw a thupit?

NIRUK NI**March 29**

Ruahbet ding: Siar ding: Ellen G. White, “Khrih sungih thanlennak” pp. 67-75, Khrih hnen thlennak karbak timi sungta...

Saam cun Bawipa hngak hramhram dingin hmarngai zetih a sim rero. “Bawipa ahcun cawl uhla, Amah cu thinsauten hngak hramhram uh” (Sam. 37:7, NKJV). Hngak ringringnak cun tuarharnak, fianglonak, riangvainak tivek ih in deng caan ahhin Jesuh vanram a kai ding tum ih dungthluntu pawl kha mang ringring uh si (Tirhthlah 1:4-11). An mit hmuh rori ah Jesuh vanah laksoh in a um ih, ziangtik ni ah ti theihlo mi ni ih a rungtum ding hngak in tanta in an um. Cumi ni ih dungthluntu pawl hnakin Pathian thlawsuah dong dingih hlam rero hmuhton mi nei zosaw um dah? An hngak hlap tuk, “Bawipa, tu ahhin na hnen ah in hruai aw” tiah an ti.

Cucing in annih pawl cu Pai thutiam le Jesuh rungtum sal ding hngak ding in zirh an si. Dungalhluntu pawl kha kawhruahnak cem le riahsiatnak in an khat thluh tiih kan ruah ahcun kan lungawi zet ding. Jerusalem ah an kirsal ih, Jesuh ih a simdan vek ciahciah in an tuah thluh – Thiang thlarau thilpek an hngak ih, thiltitheinak thawn leitlun ah thuthangtha an phuang (Tirh 1:12-14, Tirh 2).

Bawipa in amah hngak ding in timi hi thiang thlarau hmangin kan sungih hna a tuan lo ahcun thil cang thei a si lo. Milai zohman in kanmah ten zuam in kan hngak thei zik lo. Milai zuamnak ziangzat khal hngah rero lai ih in tibuai reronak hi kan tuar thei zik lo. Thil pakhat lawng in harsatnak a tuar thei ding, cumi cu Khrih sungih um ringringnak hi a si, cumi ciah cu bulpak zet in amah thawn kan laicin awknak a si. Khrih cu kan thinlung ah a um ahcun, , “Amai lungawi zawng tuah dingah siseh, tuah tlang dingah siseh” (Filipi 2:13)kan sungah hna a tuan ding a si. A hnatan veki hna kan tuan ding; cuvek ciah in kan langter ding a si. Curuangah, amah duhdawt in amah ah kan um ringring ih, kannih cu “Lu a simi amah Khrih ah ziangkim ah kan thanglian thei sawn ding a si.(Efesa 4:15)”—Ellen G. White, Steps to Christ, p. 75. Bawipa kan hngak peh vivo asile Saam ih hnangamnak le daihnak kan ngah ding a si. Kan thlacamnak le kan hla pawl hi nitin ten kan thinlung le Pathian thinlung an tonawknak a si.

RELKHAWM DING THUSUHNAK PAWL

1. Ziangahsaw kan thlarau nun ah hngak ringring hi a thupit? Bible sungah zumnak ih raltha pawl hngak tento lai ih an thilton mi pawl rel khawm aw. Ziangtin saw hngak tentonak cun an zumnak a cakter ih a thianghlim ter (Rom. 4:19-22, Hebru 11).

2. Hngak ringringnak hi ziangtik ah a cem ding?(Saam 37:34-40). Cumi cu ziangkim relcat a si hnu ah ziangsaw kan tiamkam? Himi thungan mi ahhin himi nunnak hin caan reizet thudik rak um zo thuhla ah ziangmi beiseinak saw in pek?

3. Ziangruangah saw thihnak lam hawi le anmai hmuhton mi pawl(Thusimtu 9:5) ihsin Jesuh an hngaknak cu an theh zikte thlang? Himi thuletnak ihsin ziangmi beiseinak kan la thei ding?

MORNING WATCH
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MORNING WATCH
FEBRUARY 2024

1. Nihnih ni Johan 14:16
2. Nithum ni Johan 16:13
3. Nili ni Johan 14:17
4. Ninga ni Rom 8:16
5. Niruk ni Johan 16:7
6. **Sabbath ni** Johan 1:32

7. Nikhat ni Johan 3:8
8. Nihnih ni Matthai 25:3,4
9. Nithum ni Zekhariah 4:2-14
10. Nili ni Luka 13:20-21
11. Ninga ni Johan 4:14
12. Niruk ni Tirhthlah 19:1,2
13. **Sabbath ni** Marka 2:22

14. Nikhat ni Jeremiah 20:9
15. Nihnih ni Tirhthlah 2:3,4
16. Nithum ni Johan 3:5
17. Nili ni Zekhariah 10:1
18. Ninga ni Rom 8:26
19. Niruk ni Rom 8:27
20. **Sabbath ni** Rom 8:14

21. Nikhat ni I Johan 4:13
22. Nihnih ni Efesa 1:13
23. Nithum ni Johan 15:26
24. Nili ni Johan 12:35
25. Ninga ni Efesa 4:30
26. Niruk ni Hebru 10:29
27. **Sabbath ni** Matthai 12:31

28. Nikhat ni Matthai 12:32
29. Nihnih ni 2 Korin 6:1,2
30. Nithum ni Thuphuan 3:20
31. Nili ni Johan 14:26

1. Ning ani Johan 3:3
2. Niruk ni Efesa 1:4
3. **Sabbath ni** 1 Korin 6:19-20

4. Nikhat ni 2 Piter 1:4
5. Nihnih ni Jeremiah 18:4-6
6. Nithum ni Ezekiel 37:14
7. Nili ni Rom 8:12,13
8. Ninga ni Efesa 4:23,24
9. Niruk ni Ezekiel 36:26,27
10. **Sabbath ni** Isaiah 6:7

11. Nikhat ni Rom 12:2
12. Nihnih ni Galati 2:20
13. Nithum ni Filemon 4:8
14. Nili ni Efesa 4:21,22
15. Ninga ni Jeim 3:13
16. Niruk ni Rom 12:3
17. **Sabbath ni** Saam 51:10

18. Nikhat ni Galati 3:3
19. Nihnih ni I Korin 2:16
20. Nithum ni Johan 15:4
21. Nili ni Isaiah 45:22
22. Ninga ni Galati 2:10
23. Niruk ni Matthai 11:29
24. **Sabbath ni** 2 Korin 3:18

25. Nikhat ni Filipi 2:12
26. Nihnih ni Rom 6:22
27. Nithum ni 1 Korin 1:30,31
28. Nili ni Thufim 4:18
29. Ninga ni Thufim 4:23

MORNING WATCH

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MARCH 2024

1. Niruk ni Johan 15:16
2. **Sabbath ni** Saam 51:1,2

3. Nikhat ni 1 Johan 3:1
4. Nihnih ni Saam 9:1,2
5. Nithum ni Filipi 4:6,7
6. Nili ni Kolose 3:12
7. Ning ani Galati 5:22,23
8. Niruk ni Matthai 12:36,37
9. **Sabbath ni** Hebru 11:1

10. Nikhat ni Efesa 4:2
11. Nihnih ni 1 Korin 10:31
12. Nithum ni Daniel 1:8
13. Nili ni Thufim 31:26
14. Ning ani Isaiaah 58:6,7
15. Niruk ni Filipi 4:11
16. **Sabbath ni** I Thessalon 5:18

17. Nikhat ni Efesa 4:3,4
18. Nihnih ni Johan 17: 20,21
19. Nithum ni Johan 17:22,23
20. Nili ni Rom 12:10
21. Ning ani 2 Korin 8:2
22. Niruk ni 2 Korin 9:7,8
23. **Sabbath ni** Matthai 5:8

24. Nikhat ni Thufim 31:21,22
25. Nihnih ni I Piter 1:14,15
26. Nithum ni Hebru 10:35
27. Nili ni Seemtirnak 5:24
28. Ning ani Hebru 12:14
29. Niruk ni Daniel 9:4,5
30. **Sabbath ni** Filemon 3:12

31. Nikhat ni I Johan 3:2