

PUTLING SABBATH SIKUL ZIRLÂI

Sâm Bû

Dragoslava Santrac

**January, February, March
2024**

Sabbath School Lesson

ဟွာငိဘာသာ

ပုနိုင်သူ

ဦးဖုန်းနိုင် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုနိုင်တိုက်

၂၀၆ ရွှေသွာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

ထုတ်ဝေသူ

ဦးစောထီမသေ (၀၀၅၉၀)

ပဲထဲ

မြန်မာပြည်သူ့လန်္ဂုဏ်ပုဂ္ဂ

၆၈ ဦးစိစာရလမ်း၊

ရန်ကုန်မြို့

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THUHMAHRUAI

Fakna Hlâte: Thinlung Taka Pathian leh Mîte Intawhna Hmun

SÂM hi Bible-a tawngtaina leh Pathian fakna hla duhawm ber berte (*par excellence*) an ni. Fakna, lâwmna, lungngaihna leh beidawnna thû mimal leh vântlâng zînga mimir te, lal te, hlapluah thiam te leh puithiam mi fel tak takte leh sual sim leh tâte âu chhuahpui niin, Sâm hi chhuân tina ringtûte tâna tawngtaina leh Pathian fakna bû a lo ni tawh thîn a ni.

Sâm hian danglam bïkna eng emaw tak a nei a, Bible thu tam zâwkte hian *kan hnêna* thû an sawi laiin, Sâm hi chuan kan *tân* leh keimahni *nên* thû a sawi vê thung a. Sâm hi malsâwmna te, beiseina leh harh tharna hnâr niin, mahni inenlêt leh, Pathian ropuina târlan nâna kaihruaitu nih fâwmin, khur thûk tak atanga âu chhuaka chhanchhuahna dawngin, Pathian hnêna intukluhnâ zâra nun tihtarna hlimawm a thlen bawk. Chutiang a nih avâng tak chuan, mi tam takin an thil vei leh nuntawng ang zél a, mahni tawngtaina atâna an lo hmang thîn pawh hi a mak lo ve.

Luther-an Sâm chungchâng lungkuai takin a lo sawi: “Sâm-a fakna emaw, lâwmthu sawina emaw bâka hlimna thû sawi chhuahna ropui zâwk hi khawi atâ nge kan hmuh theih tawh chuân ang ni? Chutah chuan pangpâr huân mâwi tak ang emaw, vân lam thlîr emaw ang maiin, mi thienghlim zawng zawngte thinlungte chu hmuh theih a ni. . . . A nih loh leh, Sâm-a tah hlâte bâka lungngaihna târ lang fiah thei thu lungchhiat thlâk, inchhîrna thu chiang khawiah nge kan hmuh theih chuân ang ni?”

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Hêngahte hian, mi thianghlim zawng zawngte rilru sûkthlêk chu i hmu thei a; thihma emaw, hrem hmun (thlân) lam i bih chiang emaw a nih chuan, Pathian thinurna hmêlhmgan lan dân danglam zêl a târ lan chu a thim chhahin hriat phâk ruâl a ni lo. . . . Chutiang a nih avâng chuan *Sâm Bû* hi mi thianghlim zawng zawngte lehkhabu ngainat tak a nih chhan chu awlsam takin kan hrethiam thei ta a ni. Mi tinten an nun kawng tin rêng tâna mamawh, an dinhmun nêna inhmeh tak chu, amâ tân rêng ni âwm tak chu a hmu thei zêl a. Chutiang tluk tûr emaw, chüng áia tha zâwk emaw chu, eng lehkhabu dangah mah hmuh tûr a awm lo.”— Martin Luther, *Martin Luther: Selections From His Writings*, ed. John Dillenberger (New York: Anchor Books, 1962), pp. 39, 40.

Sâm-in nun siamtha thei tûra thiltihtheihna a neih a taka chang tûrin, a hun laia fakna, dîlna, inpuânnna, tah hlâ leh lâwmthu sawi nâna khawngaihna leh rôldikna Pathian lalber hnêna a taka chutianga lo hmangtu, ringtu chhuânte tih dân anga hla sâ leh, tawngtaina hlân vê tûra koh kan ni.

Chuti chu, *Sâm* hi chik taka kan zir a ngai em? Pathian Lehkhathu dangte ang bawkin, *Sâm* kawngkal nei tak, thil a taka thleng te, Pathian thû a nihna anga ziak chhuaha awm chu a ni. *Sâm* bu zirna hian khatih hun lai khawvêl boruâk kha tûnlai mîte hnênah a rawn thlen tûr a ni. *Sâm* hi Pathian mîte tawngtaina te, LALPA tîsâa lo chang Isuâ tawngtaina a nih angin, *Sâm* hi Isuâ chungchâng tawngtaina pawh a ni bawk tih kan hre tûr a ni. Mihringte hnêna Pathian Thupuan chhuah a ni a. Chuvângin, *Sâm* zirnaa kan tih tûr dang pakhat chu, Pathian thil lo tih tâk zawng zawng leh, Isua Kristâ zâra khawvêl tâna A la tih tûr chungchâng zirna ni teh se.

Sâm hi hla chi hrang hrang 150 lâk khâwm a ni chungin, awmze nei lêm lo va fawm khâwm satliah mai zawng a ni lo. *Sâm* hi, Pathian fâ tam takte thlarau lam zin kawng târ langtu a ni zâwk a. Pathian chu engkim chunga Rorêltu lalber, thil thâ lâwmman pê a, thil tha lote hremtu a nih rinna nghet tak hmanga zin kawng zawh tan a ni a. Zirna kawnga hmâ kan sâwn chhoh zêl laiin, rinna khawvêl fel thlip thlepa sualin chona leh vauna a rawn thlen vânga thil thlengte kan la hmû ang. Pathianin ro A la rôl zui zêl em? Engtin nge ringtûten hriat than loh ramah LALPA hlâ an sak theih ang?

Zin kawng kan zawh zêl lai, hmâichhana Isua Kristâ hmêl kan hmuh thleng a, *Sâm* hmanga tihchak kan nih a, chüngte hmanga nî tin Pathian nêna thinlung taka intawhna kan neih hi kan duhthusâm leh tawngtaina a ni e.

Hê zirlai ziaktu, Dragoslava Santrac-i hi Thuthlung Hlui zirna lama PhD a nih bâkah, General Conference of Seventh-day Adventists World Headquarters-a *Encyclopedia of Seventh-day Adventists* managing editor a ni bawk. Ani hian *Seventh-day Adventist International Bible Commentary* atân *Sâm* 76-150 thlengin a ziak a ni.

ZIRLAI 1*Dec. 30–Jan. 5, 2024***SÂM CHHIÂR DÂN TÜR**

CHÂNGVAWN: “Tichuan an hnênah, ‘Hêng hi ka thû kha a ni, Mosia Dânah te, zâwlnei Lehkhabuah te, Fakna Hla Bûah te ka chanchin ziak apiang a lo thlen tûrzia in hnêna ka awm laia ka hrilh thin che u kha,’ a ti a. Tichuan Pathian Lehkha Thû hriat nân an thinlung a tifing ta a,” (Luka 24:44, 45).

SABBATH CHAWHNÛ*December 30*

Chhiar Tûr: 1 Chronicles 16:7; Nehemia 12:8; Sâm 25:1–5; Sâm 33:1–3; Sâm 82:8; Sâm 121:7; Rome 8:26, 27.

HMAN lai hun atang tawhin Sâm hi Judeate leh Kristiante tân tawngtaina bû leh fakna hla bû a lo ni reng tawh thin a. Sâm hi a phuahtûten anmahni tawngkâuchheh hmanga Pathian hnêna an sawi a ni tlângpui a, chuti chungin Sâm thûte hi thithei mihring atanga chhuak ni lo vin, anmahni ngaihtuahnate thâwkkhumtu Pathian hnêna atanga chhuak a ni zâwk.

A nihna takah chuan, LALPAN anni chu ziak tûrin A thâwkkhum a, chuvâng chuan Pathian Lehkhathu dang zawngte ang thovin (2 Pet. 1:21), Sâm-a Pathian chuan A chhiahhlawhte leh A Thlarau hmangin kan hnênah thû A sawi a ni. Isua leh tirhkohte leh Thuthlung Thar ziaktûte khân Sâm thû hi la chhuakin, Pathian Lehkhathu a nihna angin an sawi chhâwng a (Marka 12:10; Johana 10:34, 35; Johana 13:18). Genesis leh Rome bûte ang thova Pathian Thû a ni chiang hlê a ni.

Sâm bû hi hmânlaiz iaktu hrang hrangten Hebrai hla thû angin an lo ziak a, chuvângin Sâm hian an chênnâ khawvél kha a târ lang bîk deuh a; chutichungin, a thuchahte erawh chu khawvél pum tân a ni thung. Sâm hi Pathian Thû a nihna anga pawm a, a hla thu kalhmang chik taka ngaihtuah a, khawvél chanchina thil a taka tleng a nihna te, Pathian thû a nihna leh thu lâkna hnâr a nihna te ngaihtuah tel chu a thuchahte manthiam nân a pawimawh dâwn a, chutiang chu kum sâng tam kal tâ atanga tûn tlengin a la ni ta reng a ni.

SUNDAY**Hmânlaiz Israelte Chibaibûknaa Sâm***December 31*

Chhiar tûr: 1 Chronicles 16:7; Nehemia 12:8; Sâm 18:1; Sâm 30:1; Sâm 92:1; Sâm 95:2; Sâm 105:2; Kolosa 3:16 leh Jakoba 5:13. Sâm thenkhat ziah a nihna tûra chawkthotu thil tleng thenkhat chu engte nge ni? Eng hunah nge Pathian mîten Sâm hi an lo hman thin?

Sâm hi mimal tân leh a huhova Pathian biak nâna hman tûra phuah a ni a. Tempula Pathian biakna hmuna fakna a tâna hmangin, hmanraw hman tûr (Sâm 61:1) te, a thlûk (Sâm 9:1) leh rimâwi hrugaitûte (Sâm 8:1) pawh sawi lan a ni.

Hebrai Bible-ah chuan, Sâm Bû hi, *tehilim*, “faknate,” tih niin, a tum bulpui a târ lang a, chû chu Pathian fak nân a ni. Sâp tawnga a bu hming *Book of Psalms* tih hi Greek tawnga *psalmoi*, Septuagint-ah (Hebrai Thuthlung Hlui Greek tawnga BC zabi hnîhna leh thumna lai vêla lehlin), atanga lâk chhâwng a ni.

Sâm hi Israelte Pathian biaknaah an hmang tangkai êm êm thîn a. Entîr nân, tempul hlannaah te, sâkhaw kût

puiah te, kawng zawk nán te leh Jerusalem-a thuthlung bâwm lâk luhnaahte khân an lo hmang a ni.

“Chhoh Hlâte” (*Sâm 120*“*134*”) pawh hi khualzin kawng zawk hlâ niin, kum tina kût pui pathum hmang túra Jerusalem an panna kawngah an sa thîn a ni (*Exod. 23:14–17*). “Egyptian Hallel” (*Sâm 113*“*118*”) leh “Great Hallel” (*Sâm 136*) hi chûng kût pui pathum hmannaah chuan an sa thîn a, Thla Thar kûtahte leh tempul hlannaah pawh an sa bawk thîn. Egyptian Hallel hi Kalhlen Kût hmannaah chuan an ngai pawimawh zuâl a. *Sâm 113* leh *114* hi Kalhlen Kût ruâi kil tannaah an sâ a, *115*“*118* hi a tâwp khârna lamah an sa thung (*Matthaia 26:30*). “Daily Hallel” (*Sâm 145*“*150*”) hi Judeate inkhâwmna ina nî tina zîng lam inkhâwm an neihnaah an sa tel thîn a ni.

Sâm hi Pathian biak inkhâwmnaah a tel vê lek fang ni lo vin, Hmun Thianghlima Pathian chibaibûk dân tûr pawh a kawhhmuh tel bawk. Isuan *Sâm 22*-na thu hmangin tawngtaina A hlân a (*Matthaia 27:46*). *Sâm* hi kohhran hmasa hunah pawh khân an lo hmang nasa hlê thîn a ni (*Kolosa 3:16; Efesi 5:19*).

Hê leia Tempul a awm laia Pathian mîten chibaibûkna an neih thin ang kha kan nei vê ta lo nân, engtin nge kan chibaibûkna hmunah, mimai leh a huho pawhin, Sâm hi kan hman tangkai vê theih ang?

THAWHTANNÎ

Sâm-phuahtute Nêna Intawhna

January 1

Sâm tam zâwka hming chuang, Lal Davida khân Israelte chibaibûkna kalhmang a lo duâng nasa hlê a. Ani kha

“Israelte (fakna) hla mâwi tak phuahtu” (*2 Sam. 23:1*) tih a ni. Thuthlung Thar pawhin Davida kha *Sâm* hrang hrangte phuahtu a ni tih a tichiang bawk (*Matthaia 22:43–45; Tirhkohte 2:25–29, 34, 35; Tirhkohte 4:25; Rome 4:6–8*). *Sâm* eng emaw zât chu tempula rimâwi tumtû, Leviâ chîten an phuah a: entîr nân, *Sâm 50* leh *Sâm 73*“*83* Asafa phuah; *Sâm 42*; *Sâm 44*“*47*; *Sâm 49*; *Sâm 84*; *Sâm 85*, leh *Sâm 88* Kora fâte phuah; *Sâm 88* hi Ezra mî, Hemana phuah; *Sâm 89* hi Ezra mî, Ethana phuah a ni. Chûngte bâkah pawh, Solomona (*Sâm 72*, *Sâm 127*) leh Mosian (*Sâm 90*) a phuah bawk.

Chhiar tûr: Sâm 25:1–5; Sâm 42:1; Sâm 75:1; Sâm 77:1; Sâm 84:1, 2; Sâm 88:1–3; leh Sâm 89:1. Hêng Sâm thûte hian a phuahtûte nuntawng chungchâng eng nge an târ lan?

Thlarau Thianghlimin *Sâm* phuahtûte thâwkkhumin, theihna an neihne chu Pathian leh an rinpuite rawngbâwlsak nân A hmang a. *Sâm* phuahtute kha sâkhaw mî tak leh rinna thûk tak nei mîte an ni a, chuti chungin keini ang thova thlêmna tâwk a, beidawn châng neite an ni vê tho. Hmân laia ziah a ni nân, *Sâm* hian tûn laia kan nuntawng pawh an târ lang vê tho a ni.

“Ka tawngtaina i hmâah lût selâ; ka âu thâwmah hian i beng rawn dawh ang che; ka nunna hi mangannatein a khat a, ka nun hian Seol chu a rawn hnaih ta sî a,” (*Sâm 88:2, 3, NKJV*). Hei hi kum 3,000 kal taa mangang âuthâwm a nih ang thovin, tûn kum zabi 21-na mangang âuthâwm pawh a ni vê tho mai.

Sâm thenkhat chuan harsatnate an sawi lang a; thenkhat erawh chuan hlimna lam thupuiah an nei thung

a. Sām-phuahtuten anmahni chhanchhuak tūrin Pathian an âu va, phû loh A duhsakna chu an chang leh thîn. A rinawmna leh hmangaihna avânga Pathian châwimâwiin, Amâ tâna rinawm tlat tūrin an intiâm thar leh thîn a ni. Sām hi Pathian khawngaihna leh beiseina chhinchhiahna niin, chunglam Tlanna târ lanna a ni. Sām hian rinnaa Amah pawmtu zawng zawngte hnêna chunglam thutiâm, Pathian ngaihdamna thilthlâwnpêk leh nun thar chu a sawi lang a. Chuti chungin, khawvél tlu ta chîmtu harsatna leh tawrhna te chu thup leh khuh bo leh sawi nêp mai chu an tum chuâng lo.

Sām phuahtu mi rinawm takte pawhin, keinî tawrh ang harsatnate an lo tuâr vê tho thîn a ni tih hriatna atangin engtin nge beiseina leh thlamuânnna kan chhar theih ang?

THAWHLEHNÎ
Hun Tin Atâna Hlâ

January 2

**Chhiar tûr: Sām 3; Sām 33:1-3 leh Sām 109:6-15.
Hêng Sām-te hian mihring nuntawng lan dân dang eng nge a sawi lan?**

Sām hian ringtûte chu mihring nuntawng huâm zâu tak hriattîrin, nun pêng tinah ringtûten Pathian biakna an nei thei zêl tih a entîr a. Chutah chuan hêng thilte hi kan hmu thei:

1) Fakna hlâte hian Pathian ropuina leh thilsiamâ thiltihtheihna, A lalna leh leh rorêlna leh rinawmna a châwisâng a. 2) Lâwmthu sawina Sām hian A malsâwmna namên lo avânga Pathian chunga lâwmna a târ lang a. 3)

Buaina laka Pathian chhanchhuahna ngâi thinlung atanga tah-awhna. 4) Finna Sām hian fel taka khawsa túra a taka nunpui tûr kaihhruaina min pê a. 5) Lalna Sām hian Krista, thuneitu Lalber leh Pathian mîte Chhanchhuaktu chu a kâwk a. 6) Chanchin Kalta Sām hian Israelte hun kal tawh bâkah, Pathian rinawmna leh Israelte rinawm lohna, an thlahtûte tihsual chu chhuan lo awm tûrten chhunzawm vê lo va, Pathian rinchhan a, A thuthlunga rinawm zêl zâwk tûra an nih hriat nawntîrna a ni.

Hla chhammî Sām hian chhiartûte rilrû a hîp theihzia a entîr a. Hêng hla thu thenkhat hi chu tawng lehlin hmanga a kalhmang dik tak a hloh ta mah se, chûng zînga tam tak erawh chu a tîra a mâyina kha kan hriain, kan la ngaihlu thei cheu a ni.

1. *Thuinthlawp* hian thû, tawngkâuchheh leh ngaih dân sawina thu mâyai inkaihkawp a ni. *Thuinthlawp* hian a thu dawt leh manthiam tûrin min tanpui a. Entîr nân: “Aw ka nuna, LALPA chu fak la; ka kawchhûngâ awm zawng zawngte u, A hming thianghlim chu fak rawh u!” (*Sām 103:1, NKJV*). He *thuinthlawpah* hian “ka nunna” tih leh “ka kawchhûngâ awm zawng zawng” hi a nihna takah chuan mihring nihna pum pui sawina a ni.

2. *Ngaihruâtna* hi tehkhinna tawngkam, a chhiartûte hnêna thahnemngai zâwka ngenna (entîr nân, Pathian inhumhimna chu “A thla hnuâi/hlim” (*Sām 17:8, NKJV*) siam a ni.

3. *Tehkhinna* hi thil khâikhin tawnna hmanga thil nih dân sawina a ni. “A chhûn a zânin i hmâah ka âu thîn” hei hi tâwp lo vin (*Sām 88:1, emphasis supplied*) tihna a ni.

4. *Tawngkamthiamna* hian thu lam rîk dân hmangin thlarau lam thuchah a târ lang thîn. *Sām 96:4*, 5-a Hebrew thumal ‘elohim, “pathiante,” leh ‘elilim, “milimte,” tih

tawngkam hian thuchah a ken chu, hnamte pathiante chu 'elohim, pathiante' ni tûr angin a lang a, mahse 'elohim' 'milimte' lek a lo ni sî a ni.

Tichuan, thumal pakhat 'selah' rei lo tê chawlh lailâwkna emaw, *Sâm* inthenna emaw, rimâwi tum kalmang emawa chawlh detna emaw a kâwk a ni (*Sâm* 61:4).

NILÂINÍ

Thâwkhum Tawngtaiate

January 3

**Chhiar tûr: 2 Samuela 23:1, 2 leh Rome 8:26, 27.
Hêng chângte hian tawngtaina chungchâng eng nge min zirtir?**

Hêng *Sâm*-te hi Israelte tâna thâwkhum tawngtaina leh faknate niin, chutiang chuan Pathian âw leh A mîte âw chu a inchawhpawl a. *Sâm* hian Pathian nêna chêt hona phûrawm tak a târ lang a ni.

Sâm-phuahtûten Pathian chu an mimal tâna "Ka Pathian, Aw LALPA, leh ka Lalber" tîtein A hnênah thû an thlen a (*Sâm* 5:2, *Sâm* 84:3). Anni chuan Pathian chu 'lo ngaithla' (*Sâm* 5:1) tûr te, "ka tawngtai ngaithlâ la" (*Sâm* 39:12), "en teh" (*Sâm* 25:18), "min chhâng la" (*Sâm* 102:2), tih leh "min chhanchhuak rawh" (*Sâm* 6:4, NKJV) tîtein an ngén a. Hêngte hi mîten Pathian hnênah ngîi an tawngtai tih a tichiang hlé a ni.

Tawngtaina leh fakna hmanga *Sâm* thu mâuwin leh duhawmna hi, Pathian Thû a nihna anga sâkhaw tawngtaina leh ringtûte tâna fakna a nihna hi a ni. Chutichuan, *Sâm* hian Pathian fâte nêna nêl tako inpawhna a siamsak a, chutiang chu *Rome* 8:26, 27-ah pawh:

"Chutiang bawkin Thlarau chuan kan chak lohnate a pui thin a; engtia tawngtai tûr nge tih kan hre sî lo va; nimahsela, Thlarau chuan rûm sawi hleih theih lovin min tawngtaisak thin. Pathian duhzâwng ang zélin mi thianghlimte chu a tawngtaisak thin avângin, rilrûte Entu chuan Thlarau duhzâwng chu a hre thin a ni," tiin a sawi.

Isua pawhin, *Luka* 20:42, 43-ah chuan *Sâm* thû hi sawi chhuak a, *Sâm* 110:1 phei chu ngiâlengan takin heti hian A sawi: "Fakna Hla Bû-ah 'Davida ngeiin, LALPA chuan ka LALPA hnênah, 'I hmêlmâte i ke nghahchhana ka siam hmâ loh zawng Ka ding lamah thu rawh,' a ti, a ti a," (NKJV) tiin.

Sâm thu thenkhat hian chanchina thil thleng eng emaw bikté emaw, *Sâm*-phuahtûte nuntawng bîk emaw, hnam an nihna anga Israelte nuntawng emawte pawh a sawi bawk nâin, *Sâm* hian nun tawng chi hrang hrang, hnam, sâkhua, chî leh a hmei a pâ thliâr chuang lo vin an thil paltlang, thlarau thil thûk chu a huâm vek tho. Tawngkam dang chuan, *Sâm* in chhiarin, beiseina, fakna, thinrimna, lungngaihna leh manganna thû, hmun tina mîten an tawn vê theuh chu in hmu thei dâwn a. Hêngte hian, keimahní nuntawng hmangin kan zâa hnênah thû an sawi theuh a ni.

Isuan *Sâm* thû a lo hman dân khân kan rinna nuntawng atâna a pawimawhzia chungchâng eng nge min hriattîr tûr ni ang?

NINGÂNÍ

Sâm Khawvêl Chu

January 4

Chhiar tûr: Sâm 16:8; Sâm 44:8; Sâm 46:1; Sâm 47:1, 7; Sâm 57:2; Sâm 62:8; Sâm 82:8; leh Sâm 121:7. Sâm phuahtû nunah eng hmun nge Pathianin A luah?

Sām pum pui hian Pathian chu laipui berah a nei a; tawngtaina leh fakna hmanga Pathian hnēna kan nuntawng zawng tulüt vek tūrin min tī a. Pathian chu lei pum pui Siamtu thuneitu chungchuāng, Lalber leh Rorēltu chu a ni. A fāte tān thil zawng zawng A buatsaihsak a. Tichuan, Ani chu engtik lai pawha rinchhan tlat reng tūr a ni. Pathian mīte chan a chhe ta viāu anga a lan chāngin, an hmēlmāte meuh pawhin, “Khawnge in Pathian?” tiin an zāwt hiāl thīn (*Sām 42:10*). LALPA chu A mīte tāna awmpui-rengtu leh thlāwn-ngai lo A nih angin, Pathian mīte chuan an hmāah Pathian chu an nei reng thīn. Chutiang chuan Sām hian mī zawng zawng, thilsiam zawng zawngten Pathian chu chibai an bük hun tūr chu hmathlir berah a nei a ni (*Sām 47:1; 64:9*).

Pathian chu nun laipua neihna chuan chibaibükna chu thupuiah a neiktir a. Sām-in chibaibükna a sawi hi chu, tūnlai huna mi tam takten chibaibükna an hriathiam dān ang hi a ni lo va; a chhan chu Bible mīten chibaibükna an kalpuia dān kha khawtlāng nuna bet, then hran theih loh a nih vāng a ni. Chuvāngin, Pathian mīte nuna thil thleng a chhia leh a thāte nēn lam khān, chibaibükna hmunah chiang taka lantir a ni thīn. Sām-phuahtu chu khawi hmuna awm pawh ni se, Pathianin iħe lo vin A lo chhāng nghāl zēl thīn (*Sām 3:4; 18:6; 20:6*).

Sām-phuahtu chuan Pathian chēnna chu vān a ni tih a hre reng a; mahse, chutih ruālin, Pathian chu Zion-a Hmun Thianghlima A mīte zīngah A chēng reng thīn a. Chutih laiin, Pathian chu hmun hlā leh hnāi, hmun tinah, A tempulah (*Sām 11:4*) te, hmun birū (*Sām 10:1*) leh uāl-āuah (*Sām 41:12*) pawh A chēng tho. Chutiang Pathian a nihzia chu Sām-ah hian chiang taka tār lan a ni. Pathian nihna dik tak, hnāi tak leh hla tak pawha chēng a nihna hi Sām-phuahtuten an hre chiang a (*Sām 24:7-10*). Sām-phuahtūten thlarau lam thila chutiang tak a nihzia chu

an hrethiam thīn a. Pathian thatna leh chēnchilhna an hriatna zārah, an nuntawng chu eng ang pawh ni se, Amahin thā a tih hun hunah Pathian chu A lo la che dāwn tih beiseina chuan chakna a neiftir thīn a ni.

Engtin nge Sām hian Pathian chu kan kiang vēl hmun zīm tē leka mī mai a ni lo tih manthiam tūra min tanpui theih? Nangmā nun pēng engte khān nge LALPA chu hla taka awm anga ngaihtir thei ang che?

ZIRTĀWPNI

January 5

Zir Belhna: Chhiar tūr: Ellen G. White lehkhabu Zāwlneite leh Lalte-a “Temple leh a Hlanna Chu,” pp. 31-42; Thalaite Hnēna Thuchah-a “Rimāwi Tangkāinate,” pp. 230-232.

Sām Bū-ah hian Sām 150 lai a chuāng a, chūng chu thupui pangāa then a ni a chūng chu: Bu 1-na (*Sām 1"41*), Bu 2-na (*Sām 42"72*), Bu 3-na (*Sām 73"89*), Bu 4-na (*Sām 90"106*), leh Bu 5-na (*Sām 107"150*) a ni. Hmānlai Judaten Sām bū pangāa an then dān hi Mosiā lehkhabu (Dān bu) pangā nēn khān a inzūl a ni.

Sām Bū hian Fakna hlā lo lāk khāwm tawhte pawh a awm tih a tichiāng a: Kora fāte lāk khāwm te (*Sām 42"49, 84, 85, 87, 88*), Asafā fāte lāk khāwm te (*Sām 73"83*), Chhoh Hlā te (*Sām 120"134*), leh Halleluiah Sām-te (*Sām 111"118, 146"150*). Sām 72:20 hian Davidā Fakna Hla lāk khāwm tlēm a la awm tih a entir bawk.

Sām tam zāwk hi chu Lal Davidā hun lai leh lalram din tan tīrh lam (kum zabi BC sāwmna vēl) laia mīte an ni hlawm laiin, Sām phuah khāwm hun chhūng hian a hnu lam kum zabi dang: lalram inthen te, (Babulon) saltānna te, leh saltāng chhuah hnū thleng a awh a. Saltāng chhuah

hnâa tempul thar sak leh tâka rawngbâwlna kal hmang din thar leh lai vél khân, Ezra kaihruaina hnuiah Hebrai lehkhaziaktûten Sâm thenkhat hi an la khâwm nia ngaih a ni.

Lehkhaziaktûten Sâm Bû an phuah khâwm avâng hian chunglam thâwkkhum a nihna chu a bo chuâng lo. Lehkhaziaktûte kha, Sâm-phuahtûte ang thova Pathian chhiahhlawh impezo takte niin, Pathianin an hnathawh kha A kaihuai a ni (*Ezra 7:6, 10*). Sâm-a chunglam leh mihring thawh dun dân kha, LALPA Isuâ mihring channaa chunglam leh mihring thawh dunna nêñ khâikhin theih a ni.

“Mahse Bible hi, Pathianin thutak a pêkte mihring tawnga sawi chhuahna a ni a, mihring leh Pathian inkawpna a târlang a ni. Chutianga inpumkhatna chu Pathian Fapa leh Mihring Fapa ni bawk, Krista nihphungah pawh a awm a ni. Krista chungchâng thuah, ‘*Thû chu tisâah a lo chang a, kan zîngah a lo aum ta,*’ *Johana 1:14* tih a dik angin, Bible pawh chutiang bawk chu a ni.”—Ellen G. White, *Indona Ropui*, p. viii.

Sawi Ho Tûr:

Sâm hi ‘Pathian-mihring tawngtaina leh fakna hlâ a ni’ tih hi eng nge a awmzia? Pathianin A mîte nêna inkûngkaihna duhawm tak neih A duhzia manthiam nâna min tanpui tûrin engati nge hê ngaih dân hi pawm thiam mai a harsat sî? Chuti chungin, engtin nge Pathian nihna te, mihring, keini hi min hnaihchilh theuh A duhzia min târ lan sak tho le?

In class-ah, Sâm-in nangmahnî dinhmun dik tak a târ lan lai chungchâng kha sawi teh u. Chuta tang chuan eng thlamuânna leh beiseina nge in chhar?

ZIRLAI 2

January 6–12, 2024

TAWNGTAI DÂN MIN ZIRTÎR RAWH

CHÂNGVAWN: “**Heti hi a ni a, Isua khawii hmunah emaw a tawngtai a, a tawngtai zawh chuan A zirtîr mi pakhatin a hnênah, “*LALPA, tawngtai dân Johanan a zirtîrte a zirtîr ang khân min zirtîr vê ta che,’ a ti a,***” (*Luka 11:1*).

SABBATH CHAWHNÛ

January 6

Chhiar Tûr: Sâm 105:5; Sâm 44; Sâm 22; Sâm 13; Sâm 60:1–5; Kolosa 3:16; Jakoba 5:13.

KRISTIAN thenkhat zînga ngaih dân tlânglawn tak chu, rîlrûa vawn sâ mai ni lo, thinlung atanga lo chhuak tawngtaina chiah hi tawngtaina dik tak a ni tih a ni. Chuti chungin, Isuâ zirtîrte erawh kha chuan Amâ hnêna tawngtai dân zirtîr tûra an ngena A chhâanna kha an hlâwkpuí hlê thung a. Pathianin tawngtaina bû, Sâm hi Bible bu lâi takah A dah tlat mai a, chû chu hmânrai mîte tawngtai thin dân min entîr tûr lekfang ni lo vin, tûna kan tawngtai theih dân tûr min kawhhmuñ nân pawh a ni tho bawk.

Hmânrai hun atang tawhin, Sâm hi Pathian mîte tawngtai dân hmang a lo ni fo tawh thin a, chutah chuan Isua pawh a bâng bik lo (*1 Chron. 16:7, 9; Neh. 12:8; Matthaea 27:46; Efesi 5:19*). Tûn kâr chhûng hian, Pathian mîte nun zin kawng zawh dân leh, Pathian nêna an inlaichinna than zéñ nâna Sâm tangkâizia kan en tlâng dâwn a. Sâm hi tawngtaina a ni tih hre reng ila, chuvângin Pathian thûa

bengvâr nân chauh ni lo, keimahni mimal leh a huhova kan tawngtai nunah awmzia a neih êm avângin, a hlu êm êm a ni.

Sâm thu hmanga tawngtaina zârah ringtu tam takin tawngtai manhlâ tak neiin, an lo vawng nung reng thîn a ni.

Tûn kâr chhüng hian *Sâm* bû kan zir chhunzawm zêl dâwn a, a bîk takin kan tâna thil a kal tluân viâu loh lai hunte kan thlûr zui dâwn a ni.

SUNDAY *January 7*
Tawngtai Nâna Sâm Hman Chhawmnungin

**Chhiar tûr: Sâm 105:5; Kolosa 3:16 leh Jakoba 5:13.
Ringtû Pathian chibaibükna nuntawngah Sâm hian eng hmun nge a chan?**

Nî tin nuna *Sâm* nunpui theih dân tûr kawng awlsam chu nî tina *Sâm* chhiar thin tûr a ni; *Sâm* 1-na atanga chhiar tanin, a phuahtû thil sawi hi zui zêl ni bawk se. Kawng dang leh chu, thilthleng leh i tûn dinhmun mil deuh tûr *Sâm* kha chhiar la: *Sâm*-ah hian mimal tahna lam te, a huhova sünna hlâ te, lâwmthu sawina, fakna, inchhîr leh simna te, finna thû (*Pathian* finna leh kaihruaina dîlna) te, hun kal taa thilthleng te, thinrim leh rilru so bâkah, vahvaihna lamte pawh a awm vek a ni. Tûn kuartar chhüng hian, chüng zînga tam tak chu kan thlîr zui ang a, an lan dân, tobul ang zélin kan zir dâwn a ni.

Chuti chu, *Sâm* hi engtianga chhiar tûr nge kan nih le?

A hmasa berin, ngaihtuah a, chuta tawngtai zui chu a ni. Ngaihtuah lêt leh a, a nih dân phung ennawn tûr chu:

Sâm-phuahtuin Pathian a lam dân leh, chuta tawngtaina hlan chhante a ni phawt a. Nangmâ dinhmun leh anî nuntawng inzûl dân te ngaihtuah a, chutiang atâna *Sâm* tangkai theih dân tûrte ngaihtuah zui ni se. Chuta i thil chhiar leh nangmâ dinhmun inan leh inkûngkaih dânte chu ngaihtuahin, mak pawh i ti ngîi ang.

Sâm-a thil eng emawin chona a siamsak che a nihin, entîr nân, tûna i thil hmachhawn mîkah beiseina dik lo a tihdiksak che emaw pawh a ni thei. Chû *Sâm* chu Amah Krista leh chhandamna êng bâkah, Kristâ hnathawhnen hun rei tak atâna beiseina min siamsakte chu chik takin ngaihtuah ang che. Krista leh kraws êngah Bible thil tin rîngte hi thlîr thiam tûrin min tanpui ngîi tûr a ni.

Sâm-in tawngtai duhna rîlrû min put thartîr dân thlîrin, chüng chu nangmâ tân te, in kohhran leh khawvél tâna a pawimawhnate pawh en tel la. I thinlung leh rîlrû Amâ Thû chu dahsak tûr chein Pathian ngîn ang che. *Sâm* chu mî i hmêhriat tû emaw dinhmun néna induh riâuva i hria a nih chuan, chû mî tân chuan tawngtaiin dîlsak la. *Sâm* hian nun pêng hrang a hâwl kim hlê mai a, kan chhiar a, kan thinlunga kan khâwl khâwm phei chuan kan hnêna a thusawi hi kan hlâwpui hlê dâwn a ni.

“Kristâ thû chu finna tin rîngin nangmahniah awm teuh rawh se” (*Kolosa 3:16*) tih hi eng nge ni a awmzia? Engati nge chû nuntawng atân chuan Bible chhiar hi hmasa ber leh hmâlakna tûr pawimawh tak a nih?

THAWHTANI *January 8*
Buaina Huntea Rinchhanna

Kristian zawng zawngten tawrhna leh beidawnna hriain, nuntawngah an nei theuh tawh a, chutiang hunah chuan

'LALPAN eng nge a tih?' emaw, 'engati nge hetiang hi LALPAN an chunga thlentir A phal?' tiin a ngaihna kan hre lo fo thîn. Chutiang chu Sâm-phuahtûte pawhin an lo paltlang vê tawh a. Chutiang an nuntawngte chu chunglam thâwkkhumnain an lo chhinchhiah thlip thlep a ni zâwk.

Chhiar tûr: Sâm 44. Hei hian eng nge kan hnênah a sawi a, engati nge hei hi hun tina ringtu zawng zawngte tân pawh a pawimawh?

Kan biak in inkhâwma chhiar leh ngaihthlâk atâna Sâm thlan chhuahte hi rilrû leh a inhmeh thûte niin, chûng chu kan tawngtai honaahte pawh kan sawi chhuak thîn. Chutiang hun bîk atâna thlan chhuahte chuan nun thim hrehawm kan chinfel theih lohzia leh hrehawmzia a entîr a. Eng emaw chângte phei chuan Pathianin kan chunga dik lo taka thlentir a, min tawrhtîr angte pawhin kan ngai a, mipui zîngah emaw, fianriâlah emaw pawh chutiang inhmeh sawi chhuahna tûr tawngkam kan haihchham fo thîn.

Chutiang a nih avâng chuan chibaibûkna hmuna telte pawh min hrehtîr a. Tawngtaia Pathian hmâa kan rilrû leh ngaihtuahna dik taka kan thlen loh thin avângin keimahnî rilru thawpikna kan indelh behtîr ta thîn a ni. Chutiang avâng tak chuan nîl taka Pathian rinchhan chunga A hnêñ kan pan loh phah a. Sâm thu hmanga tawngtainerawh chuan rinngamna min neihtîrin, kan tawngtai leh chibaibûk hunah pawh nuntawng hlimawm tak kan nei thei ang tih beiseina kan nei thîn.

Entîr nân, Sâm 44, hian bawhchhiatna nei lote pawhin harsatna an tuâr vê thîn a ni tih manthiam tûrin chibaibûktûte chu a tanpui thîn a. Sâm thu hmanga

tawngtainerawh chuan zalêñ taka tawngtai thu chham theihna a neihtîr a. Kan sawi chhuah thiam loh leh sawi ngam chiah lohte pawh sawi tûrin Sâm hian huaisenna min neihtîr thîn. "Kan thinung hi a hawi kir lo va, kan ke pênte hian i kawng chu a pênsan ngai hek lo; Nangin sihalte awmnaah min sawisa nek a, thihna daihlimin min khuh a" (Sâm 44:18, 19).

Sâm 44 bul tanna thû hi lo chhinchhiah la. A ziaktu hian hun kal ta lama Pathianin A mite tâna thil ropui takte A lo tihsak chungchâng a sawi a. Chuvângin a ziaktu hian "a thalngul leh khandaih" âia Pathian a rinchhan zâwk thû a sawi a ni (Sâm 44:6).

Chuti chungin, Pathian mîte chungah buaina a lo la thleng tho mai. Heta lungnaih leh manganna thû a sawi hi a thuiin, a hrehawm hlê a ni. Chutiang kârah chuan, Sâm phuahtu chu, "I zahngaihna avângin min tlan ang che," tiin Pathian chhanchhuahna dilin a âu chhuak a (Sâm 44:26). Chû chu, buaina chîm kârah pawh, Pathian leh A hmangaihna chu a tak a ni tih hriatna a neih tlat vâng a ni.

Engtin nge hun kal taa Pathian chêncilhna a taka lo chan tawhna ngaihtuah lêtnain Pathian chu hla taka awm daih anga ngaihna avângä buaina hunah a tanpui theih che?

**THAWHLEHNÎ
Mi Beidawng Sâm**

January 9

Sâm hmanga tawngtainerawh chuan zalêñ taka tawngtai theihna bâk pawh chibaibûktûte chu a tihsak a. Sâm-te hian Pathian tehfungte ang zêla an nuntawngte vênsakin,

Pathian chêncihlhna zâra beiseina leh rinngamna a neihtîr thîn a ni.

Chhiar tûr: Sâm 22. Tawrhna nasa tak kârah pawh Pathian rinchhan chungchâng eng nge hê Sâm atang hian kan zir chhuah theih ang?

Sâm 22:1-a mangang âuthâwm: “Ka Pathian, ka Pathian, engah nge mi kalsan? Engati nge mi tanpui tûra i hlat êm a, ka rûmna thûte atanga i hlat le?” tih hian an lungngaih leh khawharnaah mîte chu a tanpui thei dâwn tih a entîr a.

Amah Isua ngéein kraws chunga A awm laia A lo auchhuahpui avâng khân, hêng thûte hi Kristiante zîngah chuan hriat a hlawh hlê a; Kristâ tawrhna târ lanna Sâm a ni (en tûr, *Matthaia 27:46*). Chuti chungin, tawrhna leh fiahna kârah pawh hê thu hi sawi chhuah a ni tho bawk: “Ka únaute hnênah i hming ka hril ang a; Inkhâwmho zîngahte chuan ka fak ang che,” (*Sâm 22:22*).

Tawngkam dang chuan, hêng tawrhna thûte hi a ziaktû dinhmun dik tak chu a ni chiah lo nâin, Sâm phuahtu hian Pathiana a rinna thû sawi chhuakin, chutiang boruâk hnuaih pawh Pathian chu a la fak cheu dâwn a ni.

A sawi tum chu, tawngtaina thû min hrilhin, Sâm hian tûn dinhmun bâk thlîr a, Pathian khawngaihna zâra kan nun dinthar a nih leh hun tûr chu thlîr tûrin min zirtîr a ni.

Sâm thu hmanga tawngtaina hian chibaibûktûte chu thlîrna thar, zâu zâwk a neihtîr a. An rilru awm dân leh hriatthiam dân sawi chhuah theihna neihtîrin, an tûn dinhmunah erawh chuan a hnutchhiah mai lo. Chibaibûktûte dinhmun chu eng ang pawh ni se, an natna

te, beidawnna te, thinrimna leh mangannate chu Pathian hmâa hnutchhiah a, Amah rinchhan tûrin a hruai thîn.

Sâm tam takah chuan tahna chu faknaa chantîrin, tawngtaina avâng a thlamuânnna leh chunglam khawngaihna an dawn zâra thlarau dinhmun siamthatsak an nih thû hmuh tûr a awm nuâl.

Tûna kan thil hmachhawn chu eng pawh ni se, engtin nge tûna harsatna kan tawh mîk piah lam thlîr a, Pathian thatna rinchhan dân kan zir theih ang?

NILÂINÎ

Beidawnna Atanga Beiseina

January 10

Pathian chu keimahni hlat taka awm ta daih ang dinhmuna din châng kan nei deuh theuh hlawm a. Chutiang hunah chuan, “Engtin nge hei hi ka chungah a lo thlen theih lê?” tia kan ngaihtuah chângte pawh a awm.

Sâm-phuahtute hi keini ang bawka mihring vê tho an ni a, kan tawrh ang hi an lo tuâr vê thîn a. A châng chuan keimahni sualnaten harsatna min thlen a, a châng leh kan phû hauh loh nîa kan hriatte pawh kan chungah a lo thleng bawk a; tuâr âwmah pawh kan inngai lo thîn. Chutiang tuâr lo fâ kan awm dâwn em ni?

Chhiar tûr: Sâm 13. Eng rilru puthmang pawimawh chi hnîh nge hê Sâm-ah hian i thliâr hran theih? Eng thutlûkna siamin nge Sâm phuahtû thil thlîr dânah danglamna nasa tak chu thlen nia i rin?

“Aw LALPA, eng chen nge mi theihnghilh kumkhua dâwn le? Eng chen nge ka lakah hian i hmâi i thup dâwn le?”

(Sām 13:1). Hei pawh hi dik lo ti tak chung pawha tuār lo tak tak kan awm ang em lē? (A nih leh, Pathianin keini zīnga tū emaw hi A theihngihilh ang em?)

Sām 13 hian thil tihsual tlānglāwn tak pumpelhna kawng min kawhhmu a, chū chu tawngtainaa keimahnī leh kan harsatna zāwk thupuia neihna hi a ni. Hē Sām hian kan tawngtai dān phung her danglamin, Amā mīte chunga Pathian thil tih dān phung danglam lo leh rinawmna min hriat nawntir thīn.

Nī e, hē Sām hi manganna leh sawisēlnaa bultan ni mah se, chutiang ngawtin a tāwp chuāng lo. Chū tak chu a pawimawh lai chu a ni.

Hē Sām hian kan hlauhna leh hlauhthāwnna te (Sām 13:1–4) chu Pathian chhandamnain a luahlan a, tahna āiah fakna, beidawnna āiah beiseina (Sām 13:5, 6) kan neih zāwk theih nān, chhandam tūra Pathian thiltihtheihna (Sām 13:5) chu kan rinchhan zāwk tūr a ni.

Chutih laiin, Sām thūte han chham leh sawi chhāwn vē satliahna ngawt chuan, a tum ang taka rah duhawm chu min thlen chuāng lo vang. Sām thu hmanga kan tawngtaiin, chū Sām-in a ngiāt ang taka che thei tūra Thlarau Thianghlim tihchakna chu kan dil tel tūr a ni. Sām hi Pathian Thū, ringtūte nungchang leh chēt dān siamthatna tūr a ni a, bengvārna thu satliah mai a ni lo. Pathian khawngaihna zārah, Sām-a thutiāmte chu ringtūte nunah a taka lantir a ni thīn. A awmzia chu, Pathian duhzāwng anga nung tūrin Pathian Thūin keimahnia hnā a thawh kan inphal a. Pathian Fapa tīsāa lo chang a, duhthusām ang taka Pathian duhzāwng tār langtuin Sām thu hmanga a tawngtai ang khān, Krista nēn kan inpumkhat tūr a ni.

Engtin nge harsatnaten Pathian a hnaihtir zāwk theih che? Engati nge, i fīmkhur loh chuan Amā hnēn atanga a hruai bo theih ang che?

NINGĀNī

Aw, Min Dintharleh Rawh

January 11

Chhiar tūr: Sām 60:1–5. Engang hun atānte nge hē Sām hi tawngtai nān a inhme ang? Engtin nge Tah Hlā Sām hi nun hlimna hun atānte pawh hlāwkpuiawm a nih theih ang?

Tah hla Sām-te hi tīsā, rirlū leh thlarau lama harsatna tāwk mēkte tawngtina anga hriat a ni thīn.

Chutih laiin, hēng Sām-te hi hun tha neih lai chuan kan hmang lo tūr tihna chu a ni chuāng lo. Eng emaw chāngte chuan, Sām thūte leh chibaibūktūte dinhhmun chu impersan deuh angte pawhin a lang a ni thei. Tah hla Sām-te pawh hi buaina tāwk vē lēm lo chibaibūktūte tān pawh a hlāwkpuiawm thei tho a ni.

Pakhatna, mihring nuntawng tlāngpuiah hian, mi felte leh mi suaksualte chungah pawh tawrhna a thleng thei vek tho tih min hriattir a. Chūng buaina hunahte chuan Pathian chu engkim chunga thuneitu niin, chakna leh a chinfelna kawng min buatsaihsak thei tih Sām hian min hriat nawntir leh thīn a ni. Hē Sām-ah ngēi pawh hian, buaina kārah (“Hē ram hi i tikhūr a; i tikhi ta a,” Sām 60:2), Sām-phuahtū chuan Pathian chhanchhuahna chu a beisei ngam tih a tār lang a ni.

Pahnihna, vāntlāng zīngahte Tah Hla Sām-te hian hrehawm tuār mēkte chunga khawngaihna neih min zirtir

a. Pathian chunga lâwmna leh hlimna kan sawi chhuah hunin, hêng mi vânduâi zâwkte hi kan ngaihtuah tel thîn tûr a ni. Nî e, tûnah chuan thil thâte kan nei rih a ni ang, mahse, kan vêla tawrhna namén lo tlâkbuâk hre lo tu nge awm ang ile? Chutiang Sâm hmanga tawngtaina zârah harsatna paltlang mëkte theihngihilh lo tûrin min tanpui a. Chû chuan Isuâ tih dân ang a chutiang tuârte lainat leh tanpui duhna rilrû min neihtîr thîn a ni.

“Hê khawvêl hi tawrhna in zâu a ni ber mai e; mahse, Krista chu damlo te tidam a, Setana saltlângte hnêna chhanchhuahna thû tlângâupui tûrin a lo kal a. Ani kha hrisêlna leh chakna Hnâr a ni. Amâ nunna chu damlo leh hrehawm tuâr te, ramhuai mante tân A pê a. A tihdamna chan duha rawn pantûte tû mah A hnar ngai lo. A khawngaihna diltu tam takte kha mahnî chunga tawrhna inthlen chawp an ni tih A hria a; chuti chungin, anni tihdam chu A thulh phah chuâng lo. Chûng mi khawngaih thlâk takte nuna Kristâ thatna a lo luhin, sual inhriatna an nei a; mi tam tak chu, an tîsa lam damna bâkah, thlarau lam natnate tihdamsak an ni. Chanchin Thâ hian chutiang thiltihtheihna chu a la pâi reng a, engah nge chutiang rah duhawm chu tûnah hian kan hmuh loh ang ni?”—Ellen G. White, *Welfare Ministry*, pp. 24, 25.

Tûnah ngîi hian, i tawngtaisaknate chauh ni lo, rawngbâwlsaknaa i khawih pawh mamawh tu nge hriat i neih?

ZIRTÂWPNÎ

January 12

Zir Belhna: Chhiar tûr: Sâm 42:8. Engtin nge tawngtaina leh hlâ hi hêng thâwkkhum thû hian an inkûngkaih tih an sawi?

Ellen G. White-in Davidâ inchhirna Sâm-te (*entîr nân, Sâm 51*) chungchâng sawiin, chutiang chu sual vânga lungngaih dân dik entîrna leh tawngtai dân tûr a nih thû a târ lang a (en tûr, *Krista Panna Kâilâun*, pp. 21, 22). Ani hian ringtûte chu hêng Sâm thûte hi vawng tûrin a fuih a, chû chu an nuna Pathian chêncilh nih hriatna vawn nun nân leh, thlêmna leh hnehcchiahna hlauhawm A tawh laia Isuan Sâm hmanga hmachhawn lêt nâna âw A chhuah dân a târ lang a ni. Heti hian a lo sawi bawk: “Hla thianghlim thûte hi, nuna inchhîr leh rinna, beiseina leh hmangaihna leh lâwmna neihna hnâr a ni fo thîn! . . . Nî e, hla tam tak hi chu tawngtaina a ni bawk.”—Education, pp. 162-168.

Sâm hmanga kan tawngtai leh hlâ kan sakin, a phuahtûte chhelzia, huaisenzia, tumruh leh beiseina neihzia kan ngaihtuah a. Thlarau zin kawng zawh zêl tûra min fuihphûrin, keini mai kan ni lo tih hriattîrin min thlamuân thîn. Keini angin, mi dangte pawhin hun harsa takte paltlangin, Pathian khawngaihna zârah hnehnâ an lo chang tawh a. Chutih ruâlin, Sâm hian thahnemngai tako kan tâna Kristâ min dilsakna min hriattîr bâkah, kan tâna min dilsak tûrin A nung reng tih min târ lansak bawk (*Heb. 7:25*).

Tawngtai leh chibaibûk nâna Sâm hmanna hian, ringtûte chu mihringte nuntawng pêng tamzia hriatna neihtîrin, chibaibûkna pêng hrang hranga inhmang tûrin min zirtîr bawk. Sâm hi Pathian-mihring tawngtaina leh fakna hlâ a ni a. Chutiang a nih avâng chuan, chibaibûkna hmuna Sâm hmanna hian, ringtûte chu Pathian duhzâwng leh khawngaihnaa tihdam theihna chu thupuiah a neihtîr dâwn a ni.

Sawi Ho Tûr:

Engati nge thinlung atanga lo chhuak, phuah sâ ni lo kher chauh chu tawngtaina tûr a nih bîk loh? Engtin nge kan tawngtai nun hian Bible tawngtaina, Sâm atang hian hlâwkna kan têl theih ang?

Engtin nge Sâm-in a huhova kan tawngtai nun hi hmâ a sâwtir theih ang? In tuâlchhûng kohhranin Pathian biak inkhâwma Sâm hi a taka in hman tangkai zâwk theih dân tûr kawngte sawi ho teh u.

Mihringte rinna zinkawnga thil tawn chi hrang tamzia leh Pathian khawngaihnaa tihdamna thiltihtheihzia chungchâng eng nge Sâm hian a târ lan?

ZIRLAI 3

January 13–19, 2024

LALPAN RO A RÊL

CHÂNGVAWN: “LALPAN ro A rôl a, ropuinain a inbel a; LALPA chu ropuinain a inbel a, chaknain A inthuâm ta a; khawvêl pawh hi, din nghehin a awm a, nghet leh him takin” (Sâm 93:1, NIV).

SABBATH CHAWHNÛ

January 13

Chhiar Tûr: Sâm 8; Sâm 25:10; Sâm 75; Sâm 97; Sâm 100; Sâm 105:7"10; Galatia 3:26–29.

PATHIAN thuneihna-rorêlna hi rinna lungphûm angin Sâm hian a châwisâng a. LALPAN A thilsiam engkim chu A enkawl zui zêl a. Ani chu khawvêl pum pui chunga thuneitu Lalber niin, dikna leh felnain khawvêl ro A rôl a. A dânte leh thupêkte chu a thâ a, a vawngtûte hnênah nunna a thlen thîn. LALPA chu Rorêltu dik niin, khawvêl hi fel takin A awmtir zui zêl a, chutiang chuan mi felte hnêna lâwmman pêin, mi suaksualte erawh chu keinî duh dân ni lo, Amân thâ a tih hunah A hrem mai thîn a ni.

Pathianin Israelte hnêna thû a thlun hmanga LALPÀ chhandamna a tlângâupui avângin, khawvêl himna atân pawimawhna bîk tak a nei a. LALPAN Israelte kha A rohlû atâna neiin, Israel chu hnam zawng zawngte zîngah A mi bîkah a nei a. Ani chu A thutiâm chunga rinawmin, an rinawm loh leh eng emaw chângâ an hel chungin, A ran rualte angin A ngaihsak zui zêl tho a ni.

LALPÀ rorêlna chungchuâng chuan khawvêl hi nghet tak leh him takin a awmtir a. Sâm-phuahtuten hê thutak

lungphûm hi hrethiam tûrin min duhsak a. Chutiang zâwnga khawvél thlîrna nei chung chuan, Sâm-phuahtûten thinlung taka Pathian rawngbâwl leh hmuingil dân kawng an zawng ta a ni.

SUNDAY
LALPAN Min Lo Siam
January 14

Chhiar tûr: Sâm 8 leh Sâm 100. Engtin nge hêng Sâm-ahte hian Pathian leh mîte chu târ lan an nih? Hêng Sâm-te hian Pathian nungchang chungchâng eng nge an târ lan?

Sâm hian Thilsiamna kha ngai pawimawhin, Pathian thuneihna a châwisâng a. Vânte khi “A kutchhuakte” niin, A ropuina leh thiltihtheihzia an puâng chhuak a (*Sâm 19:1*“4, *Sâm 97:6*). Lei pum puiah hian Pathian hming chu a ropui a (*Sâm 8:1, 9*). LALPAN thil engkim A siam a; Ani chuan awm tanna (*Sâm 93:2*) leh tâwpna (*Sâm 102:25*“27) pawh a nei lo. Ani chu chatuan mî, hnam dangte pathian, ‘mihringte kutchhuak (*Sâm 115:4*) lek âia chungnung zâwk fê a ni. Milimte chuan “kutte an nei a, mahse an khawih thei sî lo” (*Sâm 115:7*); LALPA erawh chu, “Ama kutah chuan lei hmun thûk takte chu a awm. . . . khawmual pawh hi a kut chhuak a ni” (*Sâm 95:4, 5*).

Sâm tam tak hian leilung thil, hnam dangten pathiana an ngaih hiâlte chungah pawh Pathianin thiltihtheihna A neih thû a sawi a (*entîr nân*, *Sâm 29*; *Sâm 93*; *Sâm 104*). Hêng Sâm-te hian LALPAN thilsiam zawng zawngte chunga rorêltu leh lalna leh thuneihna neia A inchhâlna an nemnghet a. Sâm 100:3 hian milem biakna—mahnî-inrinchhanna eng mah lohzia uâr taka sawiin, “mahnâ lo

awm mai kan ni lo va” Pathian chu min siamtu a nih zâwk thû a sawi a.

Thilsiamna khân Pathian hmangaihna a târ lan bawk a. Thil awm tin rênge hi Pathian zâra lo awm vê mai niin, Amâ zâra nung an ni (*Sâm 95:7; Sâm 147:4*“9). Pathian zârah mîte hi an lo awm ni mai lo vin, hmânlaï Israelte kha “A mîte leh a ran tlatna hmuna berâm hoteah A siam a” (*Sâm 100:3*). “A mîte leh A berâmte” tih hian Pathianin A mîte nêna inlaichînna duhawm neih a duhzia a târ lang a ni.

Siamtu chauh chuan A mîte malsâwm leh tipung tûra thiltihtheihna A nei a, chuvângin Amah chauh chu chibaibûk leh rinchhan tlâk a ni. Sâm hmun tam takah engkim, thawthei tawh phawt, hê lei leh tuipuia awm zawng zawngte chu LALPA hmâa hlim taka âu tûrin min ko vek a ni.

Pathian ropuina chu thilsiam, leia thilsiam tlu tâah meuh pawh hmuh theih a ni a, Sâm hian Pathian chauh chu chibaibûk phû a ni tih a târ lang.

“Mihring hi eng nge maw a nih a I ngaihtuah thin a, mihring fapa pawh hi eng nge maw a nih a I kan thin ni?” (*Sâm 8:4, NKJV*). Pathian chu nangmah Siamtu a nihna anga i chhâンna chu eng nge ni? Pathianin arsite an hming theuha A koh laiin (*Sâm 147:4*), engang takin nge nangmah kha ngaihsak chea i rin?

THAWH TANNÎ
LALPAN Ro A Rêl
January 15

Thil inthlun zawm—thenhran theih loh chu—LALPA chu Siamtu a nihna leh Rorêltu leh Thuneitu a nihna hi a ni.

“LALPAN ro A rēl” tih thū hi, khūn takin Sām 93:1, Sām 96:10; Sām 97:1; Sām 99:1 hian an puāng a, chū chu Sām bu pum puiah hian a thang khāwk chhuak vek a ni.

LALPA chu châwimâwina te, ropuina leh chaknain A intihuâm a (Sām 93:1; Sām 104:1). A vêlah chuan chhûmte leh thimchhah chu a awm a (Sām 97:2), chuti chungin Ani chuan êng chu silhfên angin a inbel” (Sām 104:2). Hêng tawngkâuchhehte hian Lalber thuneihna leh ropuina sawina chu fîmkhur tako thlang chhuakin, Pathian ropuina danglam bîk, mihringte hriatthiam phâk ruâl loh a nihna chu a châwisâng a ni.

Chhiar tûr: Sām 97. LALPÀ rorêlna chungchâng sawina chu eng nge ni? (Sām 97:2, 10) A rorêlna huâm chin chu eng nge ni? (Sām 97:1, 5, 9)

LALPÀ rorêlna chu A thilsiamnaah (Sām 96:5) te, chhandamnaah (Sām 98:2) te, leh rorêlnaahte (Sām 96:10) khân târ lan a ni a. LALPAN khawvél pum puiah A lalna A tinghet a (Sām 47:6"9). Pathian lalram chu chatuan lalram, thuneihna leh ropuinaa tluk ruâl loh a ni (Sām 45:6; Sām 93:1, 2; Sām 103:19). LALPÀ rorêlna chu zahngaihna, rôldikna leh felnaa tihnggeh a ni a, khawvél siam tâkah chuan felna leh nghehna a thlen a (Sām 98:3; Sām 99:4). A rorêlna chuan Pathian fak tûrin vân lam leh lei lama chibaibûktûte chu lungruâlna a neihtir a (Sām 103:20"22, Sām 148). Sām tam tak hian mî zawng zawngte chu Pathian thuneihna rorêlna pawm tûrin a ti bawk (Sām 96:10; Sām 97:1; Sām 99:1; Sām 145:11-13).

Mahse hê leia rorêltûte emaw, mî zawng zawngte emaw chuan chû chu an la ti rih lo. LALPÀ rorêlna chu mi suaksualten pawm duh lo vin, LALPA chu an neihsan a, A H-3

mîte an hnehhchhiah bawk a (Sām 14:1; Sām 74:3"22). Mi suaksualte hmuingilna hrethiam lo leh, Pathian dawhtheihna man thiam lo rih mah se, Sām-phuahtûten Pathian thuneihna rorêlna chu rinchhana neiin, Ani chuan fel takin rorêlna a la hlen ang tih an ring tlat a (Sām 68:21; Sām 73:17"20). Kristâ tlanna rawngbâwlna zâra Pathian lalram lo inhawng ta chu Pathian mîten rinnain an lâwm a, Kristâ lo kal leh huna A lalram lo ding tûr chu an nghâk fan fan a ni (Matthaia 12:26"28; 1 Korin 15:20-28).

“Nangni LALPA hmangaihtûte u, thil tha lo haw rawh ul!” (Sām 97:10.). Engati nge Pathian kan hmangaihna chuan thil tha lo min huâttir ang? Engtin nge hêng thil pahnihte hi an inkûngkaih?

**THAWHLEHNÍ
Pathian Chu Rorêltu**

January 16

Chhiar tûr: Sām 75. Engati nge mi suaksual chapo-uânnna chu eng mah lo mai a nih?

Lal chungnungber a nih angin, LALPA chu Dân-petu (Sām 99:7) leh Rorêltu (Sām 98:9, Sām 97:2) a ni bawk a. Pathianin khawvêla A dinngheh tawh chungchângah mi suaksualten mi felte dinhmun an tiderthâwng fo va; mahse, LALPAN khawvél chunga rorêlin, thil tha lo tâwpna A la thlentir dâwn a ni (Sām 75:8"10; Sām 96:13).

Sām 75-ah, mi suaksualte borâlna tûr chu thil chi hrang hrang hmanga entir a ni a. Nova uain sen (Sām 75:8) hian Pathian thinurna namén lohzia a entir a (Jer. 25:15; Thup.

14:10). Mi suaksualte ki tansakna hian an thuneihna leh ram tâwpna a entîr a; mi felte kîte erawh chu châwisân a ni ang (*Sâm 75:10*). Pathianin ‘hun remchâng’ (*Sâm 75:2*) emaw “hun ruât” (*NIV*) emaw chu rorêl nân A thlang a. Hê hlenchhuah rorêlna hi hun tâwpnaah a lo thleng ngîi dâwn a ni (*Sâm 96:13; 1 Korin 15:23"26*).

LALPAN A rorêlnaah chuan mîte thinlung chhûng a en dik dâwn. Sâm 14:2 chhiar la. Hei hian Genesis 6:5, 8 min hriat chhuahtîr a. Hêng châng hnihte hian Pathian hlenchhuah rorêlna thlen hmâin, tûte nge chhanhim theih tûr tih hriat nân, Pathianin mîte nun A endik hmasa thin tih a entîr a. Hê rorêlna hi eng emaw châng chuan “rorêl lâwkna” tih niin, Pathianin A mi felte tanzâwng leh mi suaksualte tâwpna tûr thutlûkna A siamna tûr a ni.

Engtia kalpui tûr nge?

A hmasâin, Pathianin A mîte chu mi suaksualte lakah A chhanchhuak dâwn a (*Sâm 97:10; Sâm 146:9*), mi inngâitlâwmte chu chhandamna lallukhum a khumtîr ang (*Sâm 149:4*). A dawtah, sual sim lo mi suaksualte chu chatuana tihboral an ni ang (*Sâm 97:3*). Sâm hlathu thenkhatah chuan Pathian Rorêlna laka mihringte râlthuâm tlâktlai loh tûrzia târ lan a ni (*Sâm 76:3-6*). Mîte chu an tihsualah hrem thîn bawk mah se (*Sâm 99:8*), LALPA chu ngaidamtu Pathian pawh a ni a. Mi sualsualte chauh ni lo vin, Pathian mîte pawh Pathian hmâah an la ding dâwn a ni (*Sâm 50:4; Sâm 135:14*).

*Sâm-in a sawi ang zûl deuh hi Bible châng dangte pawhin târ langin, Pathian rorêlna chu Pathian mîtea tanin, khawvél pum pui a huâp dâwn a ni (Deut. 32:36; 1 Pet. 4:17). Sâm-phuahtûin Pathian chu amâ ro rôlsak tûra âu chhuakin, amah humhim tûrin Pathian felna a rinchhan thung a ni (*Sâm 7:8"11; Sâm 139:23, 24*).*

Hêng Sâm hian Pathian rorêlna thlîr chunga lâwm tûrin min ko va (*Sâm 67:4; Sâm 96:10"13; Sâm 98:4"9*). **Engtin nge Pathian rorêlna thû hi Kristâ thisena hliahkhuhte tân chanchin lâwmawm a nih?**

NILÂINÎ

A Thuthlung A Vawng Reng

January 17

Pathian rorêlna thupui hian zawhna pawimawh tak min chochhuahsak a: Engtin nge rorêlna hunah pawh Pathian miten Pathian nêna inremna leh chhandam nih chiânnâ an neih theih? Chhiar tûr: *Sâm 94:14; Sâm 105:7"10; Daniela 7:22*.

Pathian mîte an him theih chhan chu, LALPAN Zion a chêncilh a (*Sâm 76:1, 2*), chutah chuan A chatuan thuthlung chu A rohlû anga A dinngheh vâng a ni (*Sâm 94:14; Sâm 105:8-10*). Pathianin A thuthlung mîte hnâr loh ngawt A tiâm a ni lo; Amaha an him theih nân anni chu A thawhsak reng zâwk a ni. Ani chuan A mîte chu an sualnate ngaidamin (*Sâm 103:3*); A zirtîr a, mal sâwmin, A tichak zui zêl a ni (*Sâm 25:8"11; Sâm 29:11; Sâm 105:24*). Pathianin rorêlna a kalpui chhan chu, mîte chu felna lam hawtit a, anni chu Pathianin A ngaihsak a ni tih târ lan nân a ni (*Sâm 94:8-15*).

Sâm 105 hian Israelite chanchin a LALPA chu A thuthlunga A rinawm zêl thû a sawi ber a. Thilthleng, a chhia leh tha tinah khân, Pathian chu a tel vê zêl a. Amâ remruâtnain Josefa kha Aigupta ramah hruai a ni a, chû chu hnamte chunga tâmpui râpthlák a lo thlen huna A mîte A chhanhim theih nân a ni (*Sâm 105:16"24*). LALPAN A mîte chu Aigupta bâwih nihna atanga hruai chhuak tûrin

Mosia A din a, chû chu anmahnî tâna chhinchhiahnate leh thilmakte tiin A hlen ta a ni (*Sâm 105:25*"38).

LALPAN A mîte hnênah Ram Tiâm pêk (*Sâm 105:11, 44*), leh anmahni vênhim zêl (*Sâm 105:12*"15) A tiâm a. Anni chu nasa taka tipungin (*Sâm 105:24*), anmahni hnehchhiahtûte lakah a chhanchhuak a (*Sâm 105:37, 38*), an nî tiin mamawhte A phuhrûksak zêl a (*Sâm 105:39*"41). LALPA chu A mîte chunga thuneitu lalber a ni takmeuh—chû thutak chu A mîte khân theihngihilh ngâi lo tûrin *Sâm-phuahtûten* an duh a ni.

Pathianin A thuthlung A hriat rengna hian, hriat reng satliah ngawt a kâwk lo va, a takin A chêtpui fo thîn a ni (*Gen. 8:1; 1 Sam. 1:19; Sâm 98:3; Sâm 105:42–44*). Chutiangin, Pathian thilmak tihte leh rorêlnate hre reng tûra koh an nihnaah hian, mîte chu Pathian châwimâwi tûrin an nung tûr a ni tih a kâwk a ni.

Hê thutlungah hian, Israelte koh an nihna chu, Pathian dânte zâwma thuthlung chunga rinawm tûrin a ni (*Sâm 78:5*"7; *Sâm 105:45*). Pathian mîte hi hnam dangte hnêna Pathian nihna chungchâng thuhretûa tang tûra koh an ni, a chhan chu LALPAN hnam zawng zawngte chu A mî Israelte rawn zawm vek tûra A duh vâng a ni (*Sâm 105:1, 2*). Chutiang chuan khawvél pum pui hi Pathian zahngaithei leh engkimtitheia thuthlung hmanga vênhim a ni thei dâwn a ni (*Sâm 89:28*"34).

Hmânlaï Israelte hnêna lo tiâmsak tawhte kha, tûna keini tân bel theih a ni tih târ lantu eng nge Isua-ah kan neih? (*En tûr, Galatia 3:26–29.*)

NINGÂNÎ
I Thuhriattîrna A Dingnghet

January 18

Chhiar tûr: Sâm 19:7; Sâm 93:5; Sâm 119:165; Sâm 1:2, 6; Sâm 18:30; leh Sâm 25:10. Hêng chângahte hian eng thil thuhmun nge inzam chhuak le?

LALPA chu khawvêla Siamtu, Lalber leh Rorêltu chungnung ber a nihna hi Amân A nihna a sawi rinawm tak a nihna hian thuzirna lamah nghawng pawimawh tak a nei a. Hriattîrna thûte (Hebrai ‘edut, “thupêk,” “dân”) tih hian LALPAN A mîte sâkhuana leh vântlâng nun inenkawl nâna dân leh thupêk A siamte chu a kâwk a (*Exod. 32:15*). Chûng chu “rinawm” tak (*Sâm 93:5*), Pathian lalthutthlêng ngheh leh tlozia a entîr a; chutiang chu Pathian siam khawvél pawh a ni (*Sâm 93:1, 2*). Hebrai tawng “nghet” (English-a *amen* tih tawngkam tobul) hian rintlâk, rinawm leh nghet tih a kâwk a (*2 Sam. 7:16; 1 Chron. 17:23*). Pathian dânte hi thlâk danglam theih loh leh nuâi bo theih loh a ni.

Pathianin A thutiâmté leh thupékte thianghlimzia chu A nemnghet a. Pathian rinawmna chu A dân danglam thei lo anga muânpuiawm tak, mîten rinchhanngamna nêna Pathian thû an âwih zêlna phût lêt sî a ni.

Chutih ruâlin, khawvêla rôldikna tlâkchham a nihna chu hla thu hmangin leilung lungphûm nghîng anga sawi a ni (*Sâm 18:7; Isa. 24:18–21*). Pathian dânin mîte chu nun fel neihna kawng a kawhhmu a, chû chu Pathian rorêlnaa ding thei tûr a ni. Mi felte chu an nghîng lo vang, a chhan chu Pathian dâna nghet tako zungkaih an nih vâng a ni. Chû chuan nghehna leh muânnna an thinlungah a neihtîr a, an thinlungte chu LALPA-ah a nghet tlat a (*Sâm 112:1, 6*,

7). Pathian dān vawngtûte chu eng mahin a tinghing thei lo (*Sām* 119:165), chû chuan Pathian vênhimna leh nun A kaihruaina chu a entîr a ni (*Sām* 1:2, 3, 6).

Pathian thû hi *Sām*-phuahtu chuan ke tâna ‘khâwnvâr’ angin a sawi a, chutiang chuan hmêlma thang kam rûk lakah pawh a him thîn (*Sām* 119:105, 110). Pathian dān ngainatûte chuan thlamuânna namên lo tak an chén thîn a (*Sām* 119:165), chû chu fiahna leh harsatna awm lo tihna chu a kâwk lo (*Sām* 119:161). Pathian chênnna hmuna awm rengna zâra lo chhuak niin, Amah nêñ inlaichinna hrîsel an nei reng a ni.

**Engtiang kawngtein nge Pathian dān te, kaihruaina
leh thuhriattîrnate zawmna hian nangmâ nunah a takin
i lo sâwtpui? A lehlamah, chûng i bawhchhiat vângin eng
nge i lo tawrh?**

ZIRTÂWPNÎ

January 19

Zir Belhna: Chhiar tûr: *Sām* 86:5, 15; Ellen G. White lehkhabu, *Krista Panna Kâilâun-a* “Pathianin Mihring A Hmangaihzia,” pp. 7–13. Engtin nge ‘Pathian chu hmangaihna a ni’ tih thutak hian, *Sām*-in a târ lan Pathian leh A thiltih chungchâng hrang hrang manthiam zâwk tûra min tanpui?

Tûn kâr zirlai hian Pathian leh A chêtna chungchâng thil pawimawh zuâl deuhte min enpui a, Ani chuan khawvêl hi dinin, nghet leh rinawm takin A awmtîr a. Siamtu, Lalber, Rorêltu, thuthlunga Chhandamtu, leh Dân-petu Pathian hnênah *Sām*-phuahtûten ngenna an thlen a. Khawvêla Pathian dinhmun luah hrang hrang chu Amâ hming leh nihna hmanga târ lan a ni a, chûng zîngah

chuan Berâmpû (*Sām* 23:1, *Sām* 80:1), Chhandamna Lungpui (*Sām* 95:1), leh Pâ (*Sām* 68:5; *Sām* 89:26) tihte pawh a tel.

Indona Ropui vângin buâi manganna NASA tak kârah pawh him leh muâng takin kan awm thei, a chhan chu Pathian chu a thil tih leh sawi zawng zawniga rinawm leh chungchuâng ber a nih vâng a ni. Hetiang lam thû hi chu sawi zawh sên ruâl a nih loh avângin, *Sām*-a Pathianin Mahnî a rawn inpuâncchhuahna kawng hrangte lek a ni zâwk.

Sām bû kan zir chhunzawm zêl laiin, Pathian hmangaihna, khawngaihna leh khawvêl hi a dinhmun ngâia awmtîr leh tûra A chhandamna ruâhman ênga kan chhiar thin a pawimawh hlê a ni. “Kraws êng atanga Pathian nungchang kan zir nasat poh leh zahngaihna te, zaidamna te leh ngaihdamna dik takte leh, felnate kan hmu tam ting mai dâwn a ni. Nûin a fa luhlul tak mai pawh a hmangaih êm êm tho ang bawkin, chû hmangaihna chhiarsen rual loh leh dai thei ngai lo chu kan lo hmû a ni.”—Ellen G. White, *Krista Panna Kâilâun*, p. 13.

Sām-ah hian, an helna avângin Pathian hremna hmachhawn läi meuh pawhin, Pathian thinurna chu hun rei lo tê atân mai a ni tih leh, A zahngaihna chu chatuan daih a ni (*Sām* 103:8) tih an hriat avângin, Pathian chu an lam leh ngé ngé dâwn a ni.

Sawi Ho Tûr:

**Pathian chu Rorêltu leh Thuneitu chungchuâng a ni
chunga kan khawvêla buai leh manganna thleng reng
tho sî hrethiam tûrin engtin nge Indona Ropui hi a takin
a la kal mêm a ni tih manthiamna hian min tanpui theih**

ang? Engati nge Indona Ropui kalhmang hriat hi kan tân a sâwtpuiawm viâu?

Pathian chu Siamtu a ni tih rinna hian keimahnî leh thilsiam dangte nêna kan inkûngkaih dân manthiam tûrin engtin nge min tanpui? Chû thutak laka mî a kal pênin eng nge thleng thin (*Sâm 106:35"42*)?

Bible hun laia hnamte milimte dik lohna kha eng nge ni (*Sâm 115:4"8*)? **Tûnlai milimte hi eng nge an an? LALPA nêna kan lén dunna kawngah engati nge an hlauhawm vê tho dân?**

Pathian rorêlna chu A mîte chunga tan a ni tawh tih hriain, Pathian mîte chu engtianga nung tûr nge an nih ang? Engtin nge Pathianin A mîte ro A rôlsak, eng nge A tum?

LALPAN A NGAITHLÂIN A CHHANCHHUAK THÎN

CHÂNGVAWN: “**Mi felte chu an âu va, tin, LALPA chuan a lo hria a,an manganna zawng zawngah chuan A chhan chhuak tâ a,**” (*Sâm 34:17*).

Chhiar Tûr: *Sâm 139:1–18; Sâm 121; Sâm 17:8; Matthai 23:37; 1 Korin 10:1–4; Hebrai 4:15, 16.*

LEI leh vânte Siamtu leh tungnung zui zéltu LALPA chungnungber chuan, mimal Pathian A nihna anga Mahnî inpuâng chhuakin, A mîte nén inlaichînna neihpui zélt A duh tih thutak chu *Sâm* hian a puâng nawn fo thîn a.

Pathianin A mîte leh A thilsiam chu leiah leh vânah pawh A hnaih chilh reng thin a (*Sâm 73:23, 25*). Ani chuan “vânah A lalthutthlêng A dinnghet ta” (*Sâm 103:19*) nâin, “chhûm chunga chuâng” (*Sâm 68:4, NKJV*) chungin, Ani chuan “a kotu zawng zawngte chu a hnaih thîn, tih tak zeta Amah kotu zawng zawngte chu” (*Sâm 145:18*). *Sâm* hian LALPA chu Pathian nung a nih thutak hi tîm hauh lo vin a châwisâng a, Ani chuan Amah kotute tân A che thîn (*Sâm 55:16–22*). Ani chu Pathian nung, tawngtinate ngaithlâ a, chhâng thîntu a nih avângin *Sâm*-in a sawi dân hi a dik chiah a ni.

LALPA chu kan bul hnâia awm a nih kan chhân lêtnaah hian, Amaha rinna nun neiin, A thupékte kan zawmna a tel tih kan hre reng tûr a ni. Chutiang tak rinna leh

thuáwihna tel lo chu, Israelte chanchina kan hmuh fo angin, Ani tân pawmtlâk a ni.

SUNDAY

Ka Ruhrélte I Laka Thup A Ni Lo

Chhiar tûr: Sâm 139:1-18. Engtin nge hla thu hmangin Pathian thiltihtheihna (Sâm 139:1"6), chêncilhna (Sâm 139:7"12), leh thatnate (Sâm 139:13"18) chu târ lan a nih? Pathian ropuinain Amâ thutiamte chungchâng eng nge a sawi chhuah?

Mî tûte emaw tanpui i duh a, mahse, tanpuina tûr neih loh châng i nei tawh ngai em? Chutiangin, mî tûten emaw tanpui che an tum a, mahse i mamawh tak chu an hre bawk sî lo. Mi rilru thâ, hmangaihnna-khatte meuh pawh ang lo takin, Pathian chuan min hre chiang êm êm a, kan dinhmun dik tak pawh A hre bawk a, min tanpuina tûr pawh A nei bawk. Chuti chuan, min tanpui leh chhanchhuahna tûra A thutiâmte pawh thû mai ni lo vin, innghahngamna a ni.

Pathianin Sâm-phuahtu chu a hriat chiân êm avângin a nû chhûl pawhin Pathian lakah a thup thei chuâng lo (Sâm 139:13, 15). Chunglam hriatna hi a tlo va (Sâm 139:2), a rilin (Sâm 139:2, 4), a huâm zâu bawk (Sâm 139:3)—Sâm-phuahtû nihna pum pui a huâm vek. Pathian hriatna mak tak hi Siamtu leh mîte vil rengtu A nihna rah chhuah niin, anmahni A enkawlnaa târ lan a ni thîn.

Hê Pathian min hriatna chungchâng thutak maktak hian min tihlâu tûr a ni lo va, kraws chunga min lo tihsak tâk leh Amah Isuâ hnêñ lamah min híp hnâi zâwk tûr a ni. Isuâa rinna zârah, A felna, Amah “Pathian felna chu” pêk kan ni (Rome 3:5, 21).

Pathian chêncilhna chu, Pathian chu ‘hremhmun’ (thlân, *sheol*) leh ‘thim chhah’ (Sâm 139:8, 11, 12) pawh thleng phâk anga sawi a ni a; hêng hmunte hi Pathian chênnna hmun (Sâm 56:13) anga sawi a ni ngai meuh lo. A chêncilhna chu ‘zîng thlâ’ (khawchhak) thleng phâk a, ‘tuifinriât thûk lai ber’ (khawthlang) (Sâm 139:9) pawh thleng phâk anga sawi a ni bawk. Hetianga ngaihruâtnaten a târ lan thutak chu, lei leh vânah hian Pathianin A pawh phâk loh hmun rêng a awm lo tih hi a ni. Pathian chu, thenkhat rin dân anga khawvél pêng khat chu a ni lo nâin, Ani chuan engkim hi A hnaih vek a, A siam chauh ni lo vin, A tungnung zui zêl zâwk a ni (Heb. 1:3).

Keimahnî chungchâng hre vektu a nih angin, Pathian chuan min tanpuiin, min dinthar leh thîn. A ropuizia hriat thar lehna zârah, Sâm-phuahtu chu Amah faka âuchhuahtîrin, Amah rinna a neihthartir leh thîn. Chunglam enfiah nihna chu amâ nun atanga Pathian nêna inlaichinna tibuai thintûte lâk bosakna angin a ngai hlauh zâwk a ni.

Mi thenkhat chuan Pathianin an thurûk thil tha lo chena hriatsak vek anga an ngaih avângin an hlauhphah zâwk thîn a. Chuti chu, engati nge chanchin thâ chu kan beiseina awm chhun a nih?

THAWHTANNI

Pathian Enkawlna Rinchhanngamma

January 22

Chhiar tûr: Sâm 40:1-3; Sâm 50:15; Sâm 55:22 leh Sâm 121. Engtin nge Pathian chu kan nî tin nunah A lo chêt thin?

LALPAN Amah chu Pathian nung, Amah lamtûte tâna lo che thîn angin Bible-ah hian a inpuâng chhuak a.

Sâm-phuahtu chuan, “LALPA chu ka hmâah A awm fo” a ti a (*Sâm 16:8*). Tichuan, Pathian rinchhanin, Amah chu a lam thîn (*Sâm 7:1; Sâm 9:10*). “[Tui] thûk takte” atanga a auh pawhin LALPAN A ngaithlâ ang (*Sâm 130:1, 2*), hê thû hian Pathian lalna chuan nun kawng engkim A huâm vek tih a entîr a. Chutiang chuan, Sâm-phuahtû mangang âu chu, eng anga hmanhmawh thlâk pawh ni se, beisei bo a ni ngai rêng rêng lo.

Chutih laiin, Sâm 121 hian, mimal rinawm nuna Siamtû thiltihtheihzia chu a châwisâng vê thung a. Hê thiltihtheihnain a huâm tel chu:

1) “Ani chuan i kê chu tihsawn a phal lo vang” (*Sâm 121:3*). ‘Kê’ ngaihruatna hian nun zinkawng a târ lang thîn a (*Sâm 66:9; Sâm 119:105; Thuf. 3:23*). Hebrai tawnga “sawn” tih chuan Pathianin khawvél (*Sâm 93:1*) leh Zion (*Sâm 125:1*) hnêna himna A pêk thû a sawi.

2) Ngaihruâtnaa LALPA chu Israelte Véngtu, ‘muthlû leh muhil ngai lo’ tih hian LALPA chu engtik lai pawha A fâte tâna che chhuak tûra inring leh inpeih sâ reng a nihzia a entîr (*Sâm 121:3, 4*).

3) LALPA chu “zâr-hliahtu” (*Sâm 121:5, 6*) tih hian Kanaan ram pan laia thlaléra chhûm ding kha min hriat chhuahtr a (*Exod. 13:21, 22*). Chutiangin, LALPAN A mîte tân tisâ leh thlarau lama hliahkhuhtu A pe thîn.

4) Pathian chu ding lamah A awm (*Sâm 121:5*). Kut dinglam hian chakna, chêt chhuahna kut a entîr (*Sâm 74:11; Sâm 89:13*). Hetah hian Pathian hnaihzia leh duhsakna a târ lang a ni (*Sâm 16:8; Sâm 109:31; Sâm 110:5*).

5) Pathianin A mîte A huâlhimna chu chiang takin *Sâm 121:6–8*-ah nemngheh a ni. Pathianin A fâte chu thil tha

lo zawng zawng lakah A humhim dâwn a. “Ni leh thlân” a tiprehawm dâwn lo. Pathianin an ‘kal chhuak’ leh an ‘lût’ chu A humhim dâwn. Hêng hla thûte hian Pathianin zâu tak leh tâwpintâi nei lova A enkawlna chu an entîr a ni.

A sawi tum ber eng nge? Sâm-phuahtuin hmangaih tako Pathian enkawlna a rinchhan hmiah a. Keini pawhin chutiangin kan ti vê tûr a ni.

Eng tiang kawngtein nge Pathian enkawlna hi tha zâwkin a tako i chan vê theih ang? Nangmâ chhûngah leh nangmâ tâna A thawh theih nân engtin nge Pathian chu tha zâwka i thawhpui theih ang?

THAWHLEHNÍ

LALPA Chu Hun Harsâa Inhumhimna A Ni

January 23

Chhiar tûr: Sâm 17:7–9; Sâm 31:1–3 leh Sâm 91:2–7. Buaina hunah Sâm phuahtuin eng nge a tih thin?

Sâm-phuahtu hian buaina chi hrang hrang a hmachhawn a, chûng hunah chuan buaina lama inhumhimna, LALPA hnêñ lam a hawi zêl thîn a. Rinchhanngamna hi, kan nuna eng ang boruak pawhin min tlâkbuâk se, Pathian lalna leh thuneihna pawm zêl tûra duhthlanna siam hi a ni. Mangan huna rinna hi kan sâwtpui lo a nih chuan, khawi dangah mah kan sâwtpui tawh chuâng lo vang.

Sâm-phuahtû testimoni chu, “LALPA chung thû-ah chuan, ‘Ani chu ka inhumhimna leh ka kulhpui; ka Pathian, ka rina chu a ni,’ tih a ni,” (*Sâm 91:2*). Hêng thû hi hun kal taa a tako Pathian hriatna an neih atanga lo chhuak niin, tûnah hian hun lo kal tûra a rinna tihchakna a lo ni ta

bawk a. Sām-phuahtuin Pathian chu Chungnung Bera leh Engkimtithei tiin a sawi a (*Sām 91:1, 2*), a Pathian ropuina chungchuānzia a hre reng a ni.

Sām-phuahtu hian Pathiana himna a hmuuh thū a sawi bawk a: “hmun birū” (“bihrūkna” emaw “tawmbona hmun”), “hlim” (*Sām 91:1*), “inhumhimna,” “kulh” (*Sām 91:2*), “thlāte,” “phāw,” “phaw tē” (*Sām 91:4*), leh “chēnna hmun” (*Sām 91:9, NKJV*) titein a sawi. Hēng ngaihruātna thilte hian Sām-phuahtū hnam nunah khān ‘chawlhna hmun him’ sawina a ni thīn. ‘Hlim’ hlutna manthiam tūr chuan, tawrh hrehawm khawpa nisatna hmun, thlalēr hmun angte ngaihtuah ni se la; chutiang zēlin Israelte chanchina inhumhimna phāw leh kulhte pawh chutiang tho chu a ni.

Chhiar tūr: Sām 17:8 leh Matthαιa 23:37. Hetah hian eng hlimthlā nge hman ni a, eng nge a tār lan?

Innēl taka awm sawina tawngkāuchheh pakhat chu “I thla hnuiaia awm” (*Sām 17:8; Sām 57:1; Sām 63:7, NKJV*) tih hi a ni. Hē tawngkam hian sava puiin a notē humhim tūra a awpna thlamuānpui awm tak chu a kāwk a. LALPA pawh chu mupuiin a thla hnuiaia a notē a vēnghim anga tehkhin a ni a (*Exod. 19:4; Deut. 32:11*). Arpuiin a notētē a thla hnuiaia a awp khāwm pawh tehkhin nān hman a ni bawk (*Matthaia 23:37*).

Chhiatnaten min tlākbuāk a, LALPA vēnhimna hmu thei anga kan awm laiin engtin nge kan lo tih thin le? Engati nge chutiang thlen vānga LALPA chu kan hnēna awm ta lo anga ngāi chuāng tūr kan nih loh ang?

**NILĀINĪ
Humhimtu leh Chhanchhuaktu**

January 24

Chhiar tūr: 1 Korin 10:1–4. Engtin nge Paulan Aigupta chhuahsan thū kha a sawi? Eng thlarau lam zirlai zirtīr nān nge hman a tum?

Chhiar tūr: Sām 114. Engtin nge hetah hian hla thu hmanga Pathianin Aigupta atanga Israel mīte A chhanchhuahna kha sawi chhuah a nih?

Sām 114-ah hian Pathianin A fāte chu Aigupta bāwiha an tānna atanga mak taka A chhanchhuah dān hla thu hmangin a tār lang a. Thuthlung Hlui hun pum puiah leh, Thuthlung Tharah pawh, Aigupta ram atanga chhanchhuahna kha, A mīte chhanchhuak tūra Pathian thiltihtheizia entīr nāna ngaih a ni thīn. Korin-a hēng chāngalte hian Paulan chutiang tak chuan a ngai a, Isua Kristā chhandamna entīr nān a hmang thung.

Sām 114 hian Siamtu a nihna anga thilsiamte chunga thuneitu A nihna anga Pathian thuneihna chungchuāng hmanga chunglam chhanchhuahna chu a tār lang a. Chutiang tak chuan Pathianin A mīte chu Aigupta atangin A chhanchhuak a ni. Tuifinriat te, Jordan Lui te bākah, tlāng sāngte leh tlāng tēte kha Israelten Ram Tiām an panna kawnga harsatna thlen theite an ni hlawm a (*Deut. 1:44; Josh. 3:14"17*). Pathian erawh chuan, chūng zawng zawngte chunga thuneitu chungchuāng A nihna chu a lantīr ta a ni.

Pathian mīten vān Jerusalem an panna kawng tinah, khawi hmunah pawh hlauhawm hmachhawn tūr tam tak an nei a. Hēng Sām-te hian chūng tlāngte piah lama awm,

lei leh vânte Siamtû lam chu thlîr zâwk tûrin min fuih a ni (*Sâm 121:1*).

Sâm 114 nihna dik tak chu Isuan tuipua thlipui A hâu rehnaah pawh khân a lo lang a. Khawvêl A hneh tawh avângin kohhran hian eng mah hlauh tûr a nei lo tiin A puâng bawk (*Matthaia 8:23"27; Johana 16:33*).

A mîte tâna LALPÂ thiltih ropui takte avâng khân A chêncilhnaah lei pum pui kha a nghîng a (*Sâm 114:7*). Thil nghîng khân hlâu delênga awmna âiin chibaibûkna leh pawmna lam a kâwk zâwk tih hriat tûr a ni (*Sâm 96:9; Sâm 99:1*). Pathian chu an lamtang a ni a, ringtûten hlauh tûr eng mah an nei lo.

Ringtûte kan nih anga thlarau lam thila hlauhawm kan hmachhawn theih thil thenkhat chu engte nge ni? Sâm-phuahtu ang khân, chûng thil hlauhawmte chu hlâuva kimki mai lo tûrin LALPÂ thiltihtheihna atangin eng nge kan zir chhuah theih ang?

NINGÂNÎ

January 25

Hmun Thianghlim Atanga Tanpuina

Chhiar tûr: Sâm 3:4; Sâm 14:7; Sâm 20:1–3; Sâm 27:5; Sâm 36:8; Sâm 61:4; leh Sâm 68:5, 35. Hêng chângahate hian tanpuina chu khawi atanga lo tleng nge ni?

Biak bûkah khân thlarau lam leh tîsa lam inhumhimna zirlaia hman theih tûr a awm hlawm a. Biak bûk kha tanpuina, himna leh chhandamna hmun a ni. Buaina tâwkte tân inhumhimna a ni bawk a. Pathianin fahrah te leh hmeithâite humhimin, A mîte hnênah pawh chakna A H-4

pe bawk thin. “Mâwi famkimna, Zion atang chuan, Pathian chu a ên chhuah” (*Sâm 50:2*) hunin, Pathian rorêlna fel chu puâncchhuah niin, LALPÂ malsâwmna chu a lo chhuak thin (*Sâm 84:4; Sâm 128:5; Sâm 134:3*).

Biak bûka humhimna chuan khawvêla humhimna dang zawng zawnge chu a khûm vek a, a chhan chu Amah Pathian ngîi chuan a taka A chêncilh vâng a ni. Pathian chêncilhna chu, biak bûk tinghettu ni ngawt lo vin, hmun him a ni bawk. Chutiangin, LALPÂ chênnna tlâng, Zion Tlâng pawh chuan tlâng dang zawng zawnge chu a khûm vek a ni (*Sâm 68:15, 16; Isa. 2:2*).

“Puithiam Lalber, kan chak lohnate min hriatpui thei lo nei kan ni sî lo; keimahni anga kawng tin rênga thlêmna tâwk tawh, sual erawh chu sual lo, nei kan ni zâwk e. Chutichuan, zahngaihna kan hmuh theihna tûr leh, puih kan ngaih huna tanpuina khawngaihna kan hmuh theihna tûrin, khawngaihna lalthutphah chu huai takin i hnaih ang u,” (*Heb. 4:15, 16*). Engtiang kawngtein nge hêng thûte leh Sâm-phuahtuin biak bûk a sawi dân kha a inzûl le?

Pathian biak bûk thianghlimna khân Sâm-phuahtu chu mî zawng zawnge hi mi sual, Pathian duhsak phû lo vek an ni tih a pawmtîr a. Chhanchhuahna pawh chu Pathian rinawmna leh khawngaihna avâng chauh a ni tiin a sawi ta bawk (*Sâm 143:2, 9–12*). Keimahnia awm eng thil mah hian Pathian hmâa mi tlingah min siam lo. Miten simna leh Pathian khawngaihna leh ngaihdamna pawmna zâra Pathian nêna inlaichînna dik neih chauhin, Pathian chhanchhuah nihna tûr chu an dil thei. Biak bûk rawngbâwlna khân Isuaa chhandamna chu a entîr a ni.

ZIRTĀWPNÎ*January 26*

Zir Belhna: Chhiar tûr: Ellen G. White lehkhabu, *Thlahtubulte leh Zâwlneite-a* “Inbuânnâ Zân,” pp. 184–192. Jakoba nuntawng, thahnemngai taka dîlna leh khêk nei lova Pathian rinchhanna thiltihtheihzia chungchâng eng nge kan zir chhuah theih ang?

Sâm-te hian Pathian kan rinna min tichaksak thîn a, Ani chu A chakna kuta an nun inkawltîrtûte tâna Inhumhimna thlâwn ngai lo chu a ni sî a. “Pathian ring tlattute tân chuan Pathianin thil ropui takte a ti thîn. Pathian mi intite hian chakna an neih theih loh chhan chu, anmahni finnaah an innghat tlat a, an tân Pathian thiltihtheihna lang chhuak tûrin hun remchâng an pe lo. LALPÂ thû chu an âwih a amah chu an rin tlat phawt chuan LALPA chuan Amah ringtute chu tanpui an ngaih hun apiangah a tanpui zêl ang.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 514.

Chuti chungan, *Sâm* thu thenkhatin thûtiâm min siamsak a, kan tûn dinhmun nêñ a intu lo viâu a ni hunin, chona lian tak min siamsak thin. Chutiang hunah chuan, Pathian thatna rinchhan dân kan zir tûr a ni a, chû chu kraws chungah khân namén lo taka târ lan a ni.

Chû bâkah, eng emaw châng chuan *Sâm* hi beiseina dik lo neih nân hman theih a ni tlat mai. *Sâm* 91:11, 12 thû dik lo taka Setanan a hmania Isuâ chhân lêtña kha, Pathian rinchhanna hi Amah fiah nân kan hmang tûr a ni lo tih entîrna a ni (*Matthaia* 4:5"7); a niñ loh leh Amâ ruâhman kalha thil eng emaw ti tûrin Pathian kan ngén tûr a ni hek lo.

“Krista kohhranah emaw, Kristian mimalah emaw, a hnehna ropui berte chu talent neih that emaw,

lehkhathiam vâng emawa neih a ni lo va, hausakna leh mihring induhsakna vâng a ni hek lo. Chûng hnehna Pathian mîten an chan chu thahnem ngai leh, na tuar khawpa rinnaa Engkimtitheia thiltihtheihna bân chu an vawn tlat vâng a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 192.

Sawi Ho Tûr:

In class-ah, Thawlehni zirlai tâwpa zaghna kha sawi ho ula. Engtin nge hêngte hi hriathiam a niñ a, Sâm-a Pathian vênhimna thutiâm mak takte a awm chungin, hetiang mîte chunga lo thleng chu hriathiam a niñ theih ang? Hei pawh hi ngaiantuah teh: Thutiâm mak takte chungchâng ziaktu, Sâm-phuahtu hian harsatna tuârin, mi rinawm chutiang tuâr vête chu a hre lo em ni ang?

Engtin nge eng ang dinhmunah pawh khêk nei hauh lo va Pathian kan rinchhan zêl theih ang (*entîr nân*, *Sâm* 91:14; *Sâm* 143:8, 10; *Sâm* 145:18–20)? **Eng thilin nge hê rinngamna hi min hlohtir thei?** **Engati nge hun tha lovahte Amah rinchhan dân kan zir theih nân, hun thâa Pathian rinchhan chu a pawimawh?**

ZIRLAI 5*January 27–February 2, 2024***RAM DANGA LALPÀ HLÂ SÂIN**

CHÀNGVAWN: “**Engtin nge mî ramahte chuan LALPÀ hlâ kan sak theih ang?**” (*Sâm 137:4*).

SABBATH CHAWHNÛ*January 27*

Chhiar Tûr: *Sâm 79:5–13; Sâm 88:3–12; Sâm 69:1–3; Sâm 22:1; Sâm 77; Sâm 73:1–20; 1 Petera 1:17.*

KHAWVÊL famkim lo tak, sual, thil tha lo, tawrhna leh thihsna thlenna hmunah kan chêng tih hmu chhuak tûrin *Sâm* Bûa kal thûk tehchiam pawh a ngai lo. LALPÀ thuneihna leh A dân fel hmanga enkawl thilsiam awmphung nghet hi, thil tha lo hian dinhmun derthâwngah a siam reng a. Sualin khawvêl a tiakhaw loh zuâl deuh deuh vângin, kan chénna lei hi Pathian mîte tân ‘hriat loh ram’ ang a ni zuâl deuh deuh a. Chû tak chuan *Sâm*-phuahtû tân pawh: ‘Engtin nge hriat loh ramah rinna neia nun dân tûr?’ tiin harsatna a thlensak ta a ni.

Kan lo hmuh tâk ang khân, *Sâm*-phuahtuin Pathian lalna leh thuneihna chu a pawm a, fel tako rorêl thîn a ni tih pawh a hre bawk. Anni hian Pathian chu buaina huna inhumhimna leh tanpuina thlâwn ngai lo a ni tih an hria a. Chuvâng chuan, *Sâm*-phuahtuten eng emaw laiin thil an manthiam lo va (kan ni theuh âwm e?), LALPÀ lalna leh thatna kalha thil tha lo hmuingîl anga lang hian Pathian chu awm ta lo a lantir thei a. *Sâm* nihphung dik, mak bawk sî chu, Pathian chu ngâwi reng anga a lan laia *Sâm*-

phuahtûte chhân lêtna tawngtaina hmanga târ lan chu a ni. Tawngkam dang chuan, Pathian chu awm ta lo anga lang Pathian chêncihlhna *Sâm*-phuahtûte chhân lêtna a ni.

SUNDAY**Ni Thalote Chu***January 28*

Chhiar tûr: Sâm 74:18–22 leh Sâm 79:5–13. Heta thil hlauhthâwnawm chu eng nge ni?

Sâm-phuahtuin Pathian leh sual thiltihtheihna inkâra indona ropui kal mîk manthiam dân a zawng a, Pathian dawhtheihna hriatphâk ruâl loh leh, A finna leh thiltihtheihna chin nei lo chu a târ lang a.

Sâm-a sual vânga harsatna hi, Pathian thu zirna a ni ber a, Pathian chungchâng zawnate a ni ber. Tichuan, Jerusalem leh tempul tihchhiatna pawh kha, sâkhaw dangte tâna Pathian sawichhiatna remchâng thlentu a nih avângin chunglam chêt fuh lohna a ni. Pathian roluah (Israel mîte) kha A chunglam thlan nihna leh a thuthlung (*Deut. 4:32*–*38*; *Deut. 32:8, 9*) thlâwn ngai lo tûr chhinchhiahna a ni. Pathian roluah nihna thû hian tâwpna-hun pawh a kâwk tel a, engtikah emaw chuan hnam zawng zawnge pawh hi Pathian roluante niin, A rawng an la bâwl dâwn a. Hnamten Pathian roluah chu rûna ngaihna chuan hêng chunglam thutiámte hi an tiderthâwng a ni.

Mîte sualnain Pathian leh mîte thuthlunga an inlaichinna chu tikhaw lo vin, a nghawng tha lo zawng zawnge chu mîte chungah a thleng tih hi *Sâm*-phuahtuin a pawm a (*Sâm 79:8, 9*). Mîte dam khawchhuahna

tûr pawh chu Pathian khawngaihna lo chêtña leh, thuthlung thutiâm anga sual hrênga tâng chhanchhuahna chiah chu a ni. LALPA chu “Kan chhandamna Pathian,” a ni a, Pathian rinawmna chu A thuthlung thutiâmte hmangin a târ lang a (*Sâm* 79:9).

Chuti chungin, Israelte hamthatna dinthar lehna âia pawimawh zâwk chu hê khawvêla Pathian nungchang humhim hi a ni (*Sâm* 79:9). Hnamte sualna thiitihte hi hrem a nih loh chuan, Pathian chuan A thuneihnâ hloh ta angin a lang dâwn a (*Sâm* 74:18–23; *Sâm* 83:16–18; *Sâm* 106:47). Pathianin A mîte A chhanhim chauhin, A hming chu thiamchantir leh châwisân a ni thei ang.

Tûnlai ang tho vin, hmânmai pawh khân chutiang tho chu a lo ni tawh a. Kan sualna te, kan hnungtawlhna te, kan khawlohma te hian kan chunga hmingchhiatna chauh ni lo, chû âi pawha tha lo zâwk, a hming kan châwi Pathian pawh a ti hmingchhia a ni. Thil dik lo kan tihte hian thuhretüa kan tanna leh rawngbâwlhaahte pawh thlarau lam thilah nghawng tha lo a nei thîn a. Kristâ hming chhâltute thiltih avâng hian mî eng zâtin nge kan rinna hi bânsan tawh le?

“Pathian châwimâwina, Kristâ châwimâwina chu A mîte nungchang siam famkimna tûrah hian a tel ngei tûr a ni.”—Ellen G. White, *Chatuan Nghahfak*, p. 757. **Engtin nge hê thutak pawimawh tak hi i manthiam dân ni a, nangmâ Kristian nunah eng awmze nei tûr nge ni ang?**

THAWHTANNÎ
Thihna Kawngkâ-ah

January 29

Chhiar tûr: Sâm 41:1–4; Sâm 88:3–12; leh Sâm 102:3–5, 11, 23, 24. Eng nuntawng nge hêng chângte hian a

sawi? Heta thil sawi lan hi engtiang kawngin nge i sawi theih ang?

Hêng damlohma leh thihna laka chhanchhuah dîlnate hian Pathian fâte meuh pawh hê khawvêla tawrhna lakah an him biék vek lo tih a entir a. *Sâm*-in a târ lan chu *Sâm*-phuahtu tawrhna namên lo tak chu a ni. Ani chu chakna nei lo, hnîm uâi ang niin, thil a ei thei lo va, thlâna ruâng zâlh ang maiin ruâng zînga muttîr a ni a, thiante hmuh mawh, beidawng taka hrehawm tuâr a ni. A vun chu a ruhahte a bet hrâm a ni.

Sâm tam tak chuan Israelte thuâwih lohna avângin LALPAN buaina an tawh A phal angin an sawi a. *Sâm*-phuahtu chuan sualin natna a rawn thlen tih a pawm a; tichuan, tihdam nih nân ngaihdamna a sawi chhuak a (*Sâm* 41:3, 4). Chuti chungin, *Sâm* thenkhat, *Sâm* 88 leh *Sâm* 102 erawh chuan, sualna nei lo Pathian mîten an tuâr chu hriathiam harsa hlê mah se, thil thleng chu a ni sî tih a pawm thung a ni.

Sâm 88-ah, Pathian chu *Sâm*-phuahtû chunga thihna thlentir tûr anga sawi a ni a (*Sâm* 88:6–8). Chutih laia kan hriat tûr chu, diâu lo taka mangan thu sawi chhuahte pawh hi, rinna thil tih a ni a; LALPAN A thuneihnain buaina lo thlen A phal a, A fâ thatna tûr chu A dintharsak leh thei tih hi a ni.

Thlân kotlângah meuh pawh, *Sâm*-phuahtuin Pathian hmangaih-ngilneihna te, rinawmna te, makna te leh felna te chu a hre reng a (*Sâm* 88:10–12). Pathian kutthlâk tuâr a ni ang tih inhre reng chungin, *Sâm*-phuahtu chuan Pathian a chelh tlat a. Tuâr rih mah se, Pathian hmangaihna chu a phat chuâng lo va, Pathian chu a tân chhandamna awm chhun a ni tih a hre reng a ni. Hêng

ngenna thûte hian Sâm-phuahtuin tawrhna chauh ni lo, Pathian khawngaihna duhawm a hria tih a entîr a, a pakhat hian pakhat dang chu a dâl ngawt lo a ni.

A tâwi zâwngin, Pathianin tawrhna thlen A phalna leh A chhanchhuahna hi, A lalna leh thuneihna tâwp târ lanna a ni vê vê a. Pathian chu engkim chunga thuneitu a ni tih hriatna hian beiseina min siamsak a. Kristâ tawrhna ênga Sâm 88-na kan chhiarin, A hmangaihna thûk, mihringte tâna thihoa kawngkhâr paltlang A inhuâm hiâl kha kan zah ngawih ngawih thîn a ni.

Kraws chunga Isua leh sual vânga A tawrhna chungchâng kha ngaihtuah la. Keini tawrh zawng âia nasa zâwkin Pathianin Krista-a A lo tawrhna khân, tawrhna leh harsatna hunah ngîi pawh rinna vawng tlat tûrin eng tianga min tanpui tûr nge ni ang?

**THAWHLEHNÎ
Khawnge Pathian?**

January 30

Chhiar tûr: Sâm 42:1-3; Sâm 63:1; Sâm 69:1-3 leh Sâm 102:1"7. Sâm phuahtû tâna natna nasa tak thlentu chu eng nge ni?

Mimal tawrhna chauh ni lo khawtlânga tawrhna thlengten Sâm-phuahtu ngaihtuahna an tibuâi a, chutih laiin, Pathian chu A chhiahhlawhte harsatnate ngaihsak miah lo angin a lang sî a. Pathian awm lohsan anga ngaihna chu thlalér ram rova tuihâl huâm huâmna ang leh (Sâm 42:1-3; Sâm 63:1), rilru chauh dêrna a ni (Sâm 102:2"4). Sâm-phuahtu hian Pathian hnêñ atanga hnawh bo angin a inhria a, sava khawhar tak nêñ a intehkhin a. "Thlalér

tuivalawng ang ka ni a; khaw ram chhimbuk ang mai ka lo ni. Chawngzawng, in chunga amah chauh va awm ang ka ni," (Sâm 102:6, 7).

'Thlalér' tih hian Pathian laka tihran a kâwk a. 'Inchunga amah chauhva awm' sava chu, a chawlhna hmun, a bu pâwnah a awm thîn. Sâm-phuahtu chuan tui thûk tak chîm leh 'chirhdûp' zînga tâng anga inchanin, Pathian chu "tuipui thûk," atanga chhanchhuak tûrin a âu va (Sâm 69:1-3; Sâm 130:1). Hêng ngaihruatnate hian chunglam lo chêtña zâr chauha chhanchhuah theih tûr hnechhiah nihna dinhmun chu a entîr a ni.

Chhiar tûr: Sâm 10:12; Sâm 22:1; Sâm 27:9 leh Sâm 39:12. Engtin nge Sâm-phuahtuin Pathian kalsan nihna chu a chhân lêt?

Pathian chu ngâwi hmiah anga a lan lai pawha Sâm-phuahtuten ngawih an tum lo tlat hi thil chhinchhiah tlâk tak a ni. Sâm-phuahtute hian Pathian nung leh khawngaihnaa khat hnêna thû an thlen theih avângin tawngtaina an ring tlat a. Pathian chu awm lo angin lang mah se, A la awm reng a. Ani chu hun kal taa an thu ngaithlatu a ni ang tho khân tûnah pawh A la ngaihthlâksak reng tho a ni tih an ring thei ang.

Pathian chu ngâwi anga a lannate hian Sâm-phuahtute chu mahñî inenlétin, inpuâンna leh inngaitlâwm taka dilnate nêñ Pathian a zawntr zâwk a. Pathian chu a ngâwi reng dâwn lo tih an hria a. Kan nun dinhmun chu engang pawh ni se, Sâm hian Pathian nêna inbiakna chu a kal zél tûr a ni tih a târ lang a ni.

Pathian kalsan nihna anga lang Sâm-phuahtuin a chhân lêtta atangin eng nge kan zir chhuah theih ang?

Pathian chu ngâwi reng anga a lan chângin engtin nge i chhân lêt thin? I rinna vawng nungtu chu eng nge ni?

NILÂINI

January 31

Chatuanin A Thutiam A Tlawlh Tawh Em?

Chhiar tûr: Sâm 77. A ziaktu hian eng nuntawng nge a paltlang?

Sâm 77 hi tanpui tûra Pathian ngenna thûin bultan a ni a, tah hlâ leh rilru na tak chunga hun kal ta hriat rengnain a khat a ni (*Sâm 77:1–6*). Sâm-phuahtû dinhmun hi mangang tak chunga Pathian lam hawina hlîr a ni. Pathian atanga chhuak thlamuânnna chauh lo chu thlamuânnna dang rêng a duh lo a ni.

Chuti chungin, Pathian a hriat rengna chuan a rilru nâ tizual angin a lang a. “Pathian ka hre reng a, ka rûm thîn” (*Sâm 77:3, ESV*). Hebrai twnga *hamah*, “rûm,” tih hian tuifâwn ri hum hum a kâwk thîn a (*Sâm 46:3*). Chutiangin, Sâm-phuahtu taksa pum pawh a châwl hlei thei lo a ni.

Engtin nge Pathian hriat rengna chuan chutiang rilru hrehawm tak chu a puttîr theih ni ang le? A rilru mangan chhan zawhna chhân mai harsa tak a indawt chho zut mai (*Sâm 77:7–9*): *Pathian a danglam ta em ni? Pathianin A thuthlung a phat ta mai em ni dâun?*

Hun kal taa Pathian chhandamna thiltihte leh, tûna Pathian awm ta lo anga lang thil inla hlei tak avâng hian Sâm-phuahtuin Pathianin A kalsan ta angin a inngaihphah a. Pathian chu danglam ta ni se chuan, Sâm-phuahtu hian a rilrûa hnar a tum ngar ngar angin, beisei tûr rêng a nei lo a ni ang.

Chutih laiin, Sâm-phuahtu chu a muhil thei lo, a chhan chu LALPAN chutianga A awmtîr vâng a ni (*Sâm 77:4*). Hei hian Bible-a mi dangte, an muthilh theih loh vângâ Pathianin A thil ruâhmante puân chhuah nâna A hman min hriattîr a (*Gen. 41:1"8; Estheri 6:1; Dan. 2:1"3*). Zân rei tak thlenga a muthilh theih loh zârah, Sâm-phuahtuin hun kal ta a LALPÀ chhanchhuahna thiltihte a ngaihtuah a, rilru thar a put phah ta zâwk a ni (*Sâm 77:5, 10*).

Pathian hnêñ atanga Sâm-phuahtuin rinngamma a dawnah hian, amâ dinhmun sawifiahna a tel lo va; Pathian rinawmna leh inngahahngamma A nihzia tihchianna a ni zâwk (Joba ang khân). Sâm-phuahtu chu LALPA nghâk fan fan tûra fuih phûr a ni a, chû chu Pathian chu Israelte hun kal taa thilmakte titu A ni thîn ang khân A la pângngai reng tih a ni (*Sâm 77:11–18*). Sâm-phuahtu-in a hriat chian tâk chu “I hniâkte chu hriat theih lo a ni lo,” (*Sâm 77:19, NKJV*), mihring mita Pathian chêncihlhna hmuh theih loh a nih lai pawhin, Pathian kaihhruai nih a inhre ta a ni. Sâm-phuahtu hian Pathian chu a inpuânchuah ruâlin, A inthup bawk tih a pawm a, tichuan, LALPÀ kawngte makna leh thuneihna chu a fak ta zâwk a ni.

Hun kal taa LALPAN nangmâ nuna A thawsak che kha ngaihtuah la. Engtin nge chû thutak chuan tûna harsatna i hmachhawn mêm chingfel tûra a tanpui che?

NINGÂNÎ

Mi Felte Thlêm An Nih Loh Nân

February 1

Chhiar tûr: Sâm 37:1, 8; Sâm 49:5–7; Sâm 94:3–7; leh Sâm 125:3. Eng harsatna nge Sâm-phuahtuin a hmachhawn?

Hêng Sâm-te hian tûna mi suaksualte hmuingilna leh, chû thiilin mi felte tâna harsatna a thlen sî chu a tahpui a ni ber a. Mi suaksualte chu an hmuingîl pawh a ni ngawt lo va, Pathian hmusitin, mi dangte an la hnechchiah zui a. Thil ngaihthiam har chu, “mi suaksualte lalting” (Sâm 125:3, NKJV) chu khawvêla a dinchan laiin, “mi felte lalting” (Sâm 45:6, NKJV) chu tlawlh angin a lang sî hi a ni. Chuti chu, engah nge mi dangte tih dân anga thil tha lo chu kan pawm vê mai loh ang ni?

Chhiar tûr: Sâm 73:1–20, 27. Eng thilin nge Sâm-phuahtu chu harsatna paltlangtîr thîn? Thil eng mah lo mai rinchhantûte tâwpna tûr chu eng nge ni? (en tel tûr, 1 Petera 1:17.)

Sâm-phuahtuin Sâm 73-a khawvêla bawhchhiatna a ngaihthauhin, zâu zâwka Pathian thil thlîr dân chu a hmu thei sî lo va. Suahsualna hmuingilnain a rinnaa harsatna a thlen chu a namén lo êm êm a; a rin tel bawk chu, rinna tlâktlái lohzia chu thil lan dân hian a nemnghet bawk sî hi a ni.

Chutih laiin, Sâm 73 hian “hêng thilte hian hê Sâm châng hmasa, hê Sâm pum pui khâikhâwmtu: ‘Thinlunga mi ngîlte chungah chuan Israelte Pathian chu a lo tha ngî Mai!’” tih hlamchhiahtûte chu a nuihzat a.”—Johannes Bugenhagen, *Reformation Commentary on Scripture (Downers Grove, IL: InterVarsity Press, 2018)*, p. 11.

Sâm-phuahtu chu, Pathian chungnung rorêlna hmun, biak bûka hruai niin, chuta tang chuan “vawiin” hi thil cheimâwi lianpui pêng khat ang lek a ni a, ani chuan “tâwpna” huna mi suaksualten Pathian hremna an la hmachhawn hun tûr chu a thlîr zâwk tûr a ni tih a hre ta

a ni. Sâm-phuahtu chuan hê thutak hi biak bûkah chuan hrethiamin, a hmâa a lo âtna atang khân mihring ngaihthauhnna atang ni lo, thlarau lam hriatna atanga thil nihna tak hriat theih a ni tih chu a manthiam ta a ni.

Engtin nge khawvêl chungah leh thil tha lo zawng zawng chunga Pathian rorêlna lo thleng tûr thutiâmin, tûna thil tha lo a thleng nasa hlê chungin, thlamuânnna a neihtîr che?

ZIRTÂWPNI

February 2

Zir Belhna: Chhiar tûr: Sâm 56; Ellen G. White-i lehkhabu, *Krista Panna Kâilâun-a ’LALPA-a Lâwmna*, pp. 103–113.

Sâm-phuahtute ang khân, engtik hun lai pawha Pathian mîten ‘mî rama’ LALPA hlâ sak chungchâng hi an manthiam lo fo thîn a. LALPA thuneihnaa rorêlna kan rinna hian chona a hmachhawn a, Pathianin engkim chungah ro A rîl meuh em kan ti emaw, Lehkathu sawi anga thiltithei leh thâ a ni tiin kan pawm zâwk emaw a ni ang.

Bible sawi ang rinna hi chuan thil chiang lo leh ngaihngam chiah lohna ang chî leh rinngamna leh nghehna pawh a kâwk thei. Eng emaw thil tha lo tawn chânga, Pathian pawh hnâi lo anga ngaih chângte chuan, chiang lo leh ngaihngam lo taka awmin, tawrh zawh ruâl loh angte pawh a ni thei. Chuti chungin, chian lohna erawh chu Pathian chungchâng a ni tûr a ni lo; A hmangaihna leh felna nungchang chu rinchhan ngam a ni reng sî a. Sâm-phuahtute chu hmalam hun chungchângah an chiang lo vê thei a, mahse Pathian rinawmna leh hmangaihna thlâwn ngai lo chu chang tûrin an ngên thîn (Sâm 36:5–10; Sâm 89:2, 8).

Chutiangin, keini pawhin an tih dān chu kan zui thei. "Chunglam thlir tûrin i theihna zawng zawng sâwm khâwm la, hnuai lama harsatnate chu thlir suh ang che; tichuan i kal zêl laiin i châu ngai lo vang. Chhûm piah lama nangmah tanpui tûra A bân lo phar chhuak, Isua chu i hmu thuai ang a; chuta i tih tûr zawng chu, rinna tluâng nêna A kut inchelhtîr a, Amah chu inhruaitîr a ni. Rinna zâra Isua rinchhan tlattu i lo nih chuan, beiseinaa khat i lo ni ang."—Ellen G. White, *Testimonies for the Church*, vol. 5, pp. 578, 579.

Pathianin 'A hmél A thup' anga a lan lai pawhin tawngtai tangkaina hi ngainép suh ang che. Chutiang lo thleng chuan Sâm-phuahtute chu mahni-inenlêtna neihtirin, hun kal ta a Pathian chhanchhuahna thiltihte ngaiantuahin, inpuânnna leh inngaitlâwm taka dîlnate nén Pathian an zawn phah thin (Sâm 77:10–12; Sâm 89:46"52).

"Buaina leh rinhlehnna te, dodâlna te kârah hian rinna chu a chakin a thang duang zâwk zêl a. Hetiang hun leh hmuna tawnhriat pawimawh tak takte hi incheina manto tak tak âi pawhin a hlu zâwk fê a ni."—Ellen G. White, *Testimonies for the Church*, vol. 3, p. 639.

Sawi Ho Tûr:

Sâm-phuahtuten thil thalote hmachhawnin eng harsatnate nge an tawh? Eng harsatnate nge i lo hmachhawn vê a, engtin nge i chinfel tâk? Chutiang hunah chuan engtin nge rinna i vawn nun thin?

Harsatnate emaw, Pathian thatna leh thiltihtheihna ringhleltute hmang emawa Pathian kan rinna fiaha a awm chângin, a chhânnna khawiah nge kan zawn ang?

Hmangaih-Pathian, engkimtitheiin A siam leh enkawl khawvêla thil tha lo chungchânga zawhna tlânglâwn awm hi engtin nge i chhân thin? Engtin nge hê chona hi Indona Ropui hmanga eng emaw chen chu chhân fel theih a nih?

ZIRLAI 6*February 3–9, 2024***KA THOLEH ANG**

CHÂNGVAWN: “LALPA chuan, ‘Retheite an hnehchhiah avâng leh, pachhiate rûm avângin, Ka tho nghâl mai ang a; an nuihsanna chu him takin ka awmtîr teh ang,’ a ti a,” (*Sâm 12:5*).

SABBATH CHAWHNÛ*February 3*

Chhiar Tûr: *Deuteronomi 15:7–11; Sâm 18:3–18; Sâm 41:1–3; Sâm 82; Sâm 96:6–10; Sâm 99:1–4; Rome 8:34.*

KAN hun hi thil tha lo te, hleihneihna te leh inhnehchhiahna hluâr hun a ni. *Sâm-phuahtute pawh kha chutiang hunah chuan an lo chêng thin a. Chutiangin, an nihna chu eng pawh ni se, Sâm hi Pathianin kan khawvêlah leh khatih lai khawvêla tharum thawhna leh inhnehchhiahna A dodâlna pawh a ni.*

Ni e, LALPA chu dawhthei tak niin, A chhelna ropui tak avâng chuan A thinurna chu a chelh hrâm hram a, chû chu tû mah an boral loh a, sima an nunkawng (sualte) an pênsan theih nân a ni (*2 Pet. 3:9–15*). Mihringten thleng tûra an ngaih ang hunah Pathian chu lo che kher lo pawh ni se, Pathian rorêlna nî chu a lo la thleng tho dâwn (*Sâm 96:13; Sâm 98:9*). Chû nî a lo thlen thlengin, Amah leh A thutiamte chu kan rinchhan a ngai a ni.

A lalthutthlêng nghahchhana felna leh rôldikna neitu chu Siamtu chauh a ni a (*Sâm 89:14; Sâm 97:2*); Ani chuan A rôldikna chungchuâng hmangin khawvêl tân nghehna te, hmuingilna te A thlensak thei a. Chunglam rorêlna

H-5

thuâng hnihilah hian, hnehchhiahna laka chhanchhuahna leh mi suaksualte avâng a boralna a tel a ni (*Sâm 7:6*“17).

Hei hi tiâmsak kan ni a, hei hi nakinah a lo la thleng ang a, mahse, *Sâm-phuahtuin uâr taka a târ lan angin, keini hun ruât ni lo, Pathian hun ruâtah zâwk a ni ang.*

SUNDAY**Indomi Mi Ropui Chu***February 4*

Chhiar tûr: Sâm 18:3–18; Sâm 76:3–9, 12; leh Sâm 144:5–7. Engtin nge hêng chângahte hian LALPA chu târ lan a nih? Chutianga lantîrna chuan A mîte chhanchhuak tûra Pathian inpeih sâzia chungchâng eng nge min hrilh?

Hêng fakna hlâte hian A mîte tirâltitu sual sipaite chunga A thiltihtheihna namên lo tak avângin LALPA chu an fak a. Pathian chu Indomî leh Rorêltu ropui A nihna angin Pathian chu a târ lang a. Indomî anga Pathian târ lanna hi *Sâm-ah a lang fo va, A mîte hrehawm tuâr mangang âu Pathian chhâンna hmanhmawh leh namên lo chu a entir a ni.*

“*LALPAN vân atangin khawpui a riktir a. Chungnung Bera chuan a âw a chhuah a, Riâlte leh mei-alh hlâwm te a tla dur dur a. Ani chuan a thalte kâp chhuakin hmêlmâte a tidarh a, Namên lova têk tlâktirin, anni chu a tiboral a. Tichuan tuifinriat luânnate chu hmuh a ni a, Khawvêl lungphûmte chenin a lo lang a. Âw LALPA, i zilhhâu avângin, I hnâra thâw chhuakin*” (*Sâm 18:13–15, NKJV*).

Hrehawm tuârte Pathianin nasa taka A ngaihsak leh lainatzia emaw thil tha lo hneh thei a nihna mai pawh hian, Pathian chêt dân rinhlelhna eng pawh a hnawt bo tûr a ni. Chutiang ti tûr chuan Ani chu kan nghah a ngai a ni.

A tâwpah chuan, Pathian mî, khâng Davida-te ang meuh pawh kha indonaah an che thîn a, chhánhimna erawh chu mihring hmanraw hmanga lo thleng a ni ngai lo. Pathian mîte hmélmâte dova a beihna tam takah, Lal Davidan Pathian chauh chu hnehná chan theihna hnâr angin a fak thîn. Thil thleng hlawhtlinna leh hnehná a chanah khân, Davidâ tân mahni han infak mai pawh a awl hlê ang; mahse, chutiang rilrû chu a pu lo. A chakna lo chhuahna Hnâr chu a hre sî a.

‘LALPAN ka kutte chu indo tûrin a zirtîr’ tiin Davidan a sawi nân (Sâm 18:34), Sâm khawilaiah mah a indo thiamna a rinchhan thû a chuâng lo. Chuti a hnehná, LALPAN Davida chu dosakin, A chhanchhuak thîn (Sâm 18:47, 48).

Indonaah a hlawhtling hlê thîn tih hriat a ni chungin, Sâm-ah hian, Lal Davida chu rimâwi tum thiám niin, Chhanchhuaktu leh A mîte Tungnungtu a nihna angin LALPA chu a fak zâwk thîn (Sâm 144:10"15). LALPA fakna leh tawngtaina chu Davidâ chakna hnâr niin, chûng chu indona hriamhrei dang zawng âia thiltithei zâwk a ni. Pathian chauh chu rinchhan leh chibaibûk tûr chu a ni.

**Nangmâ nunah thilpêkte leh thiamna te,
hlawhtlinnate eng pawh lo nei la, engati nge chûng lo
chhuahna Hnâr chu hre reng tûr i nih? Chû chu i
theihngihilhin eng hlauhawm nge awm?**

**THAWHTANNÍ
Hnehchhiahte Tâna Rêldikna**

February 5

**Chhiar tûr: Sâm 9:18; Sâm 12:5; Sâm 40:17; Sâm 113:7; Sâm 146:6"10 leh Sâm 41:1-3. Tûnah ngîi pawh,
hêng chângahte hian kan tân eng thuchah nge awm?**

Pathian chuan dinhmun derthâwnga ding mi chi hrang hrang: rethei te, tlachham te, hnehchhiah tuâr te, fahrah te, hmeithái te, parawl leh mikhualte pawh engtovin, A ngaihsakzia A lantîr thîn. Sâm hi Dân thû leh zâwlneite thû ang thovin, chutiang thû-ah chuan a chiang a ni (*Exod. 22:21-27; Isa. 3:13-15*).

Sâm tam takah chuan ‘rethei leh tlachham’ tih tawngkam hi hnam leh sâkhaw thila hnehchhiah tuârte sawi nân a hmang a. Hei hi khawvél puma mihringte Pathianin A ngaihsakzia entîrna tûr a ni.

“Rethei leh tlachham” tih hi sum leh pâi thila rethei sawina chauh a ni lo va, tanpui ngai leh dinhmun derthâwnga dingte sawina pawh a ni. Hê tawngkam hian Pathian khawngaihna a ngén a, chutianga tuârta chuan Pathian chauh lo chu tanputit tûr a nei lo tih a kâwk a. ‘Rethei leh tlachham’ tih hian nuntlang leh rinawm, Pathian rinchhana nung a, mahni-inrinchhana leh mahni-uânpuina ang chî hnâr tih a kâwk thei bawk.

Chutih laiin, endawng tuâr ngaihsakna (Sâm 41:1-3) hian Pathian chunga rinawmna a entîr a. Bible hun laia humhimtu nei vê late chunga sual chimawm tak tih angte kha (*Deut. 15:7-11*). Sâm hian mi rinawmte chu hnehchhiahna thlavân hauh tûrin a chawkphûr thîn.

Sâm hian finna leh himna hnâr anga mihring thil boral leh mai tûr chunga rinna nghah eng mah lohzia a entîr a. Pathian mîte chuan thlêmna dovin, chhandam nâna mihring hruaitûte leh kutchhuakte ringchhan an dodâl ang, a bîkin Pathian kawngte nêñ a inpersan hunin.

A khawngaihnain, kan LALPAN Ani chu rethei zîng A inchhiar tel a, chu chu A retheihna zâra kan lo hausak theih nân a ni (*2 Korin 8:9*). Kristâ hausakna khân sualnain a thlen hnehchhiahna tin réng laka chhanchhuahna a huâm tel a; Ani chuan Pathian lalrama chatuan nunna min tiâmsak a ni (*Thup. 21:4*). Isua Kristan Sâm-a thutiâmte

chu, chunglam Roréltu, hnehhiah tuârte leh, chutiang mîte chunga tihtûr hlamchhiahna tâna rorêlsaktu nihna chu A hlen chhuak ta a ni (*Matthaia 25:31–46*).

Engtin tak nge kan zînga ‘pachhia leh tlachhamte’ kan ngaihsak a, an tân eng zât nge kan tihsak?

THAWHLEHNÍ
Eng Chen Nge Mi Fellote Ro I Rêl Dâwn?

February 6

LALPAN Israel hruaitûte hnêna Israel zînga rôldikna vawng tûrin thuneihna A pê a (*Sâm 72:1"7, 12"14*). Israel lalte kha Pathian duhzâwng ang zêla an thuneihna hmang tûr an ni a. Hruaitûte thil vei tûr chu vântlâng zînga chanchhe deuh zâwkte ngaihsak a, ram chhûnga muânnna leh rôldikna awmtîr a ni. Chutiang chauh chuan ram chhûnga mî zawng zawngte chu an hmuingil thei ang. Lalthutthlêng chu, mihring chakna ni lo, Pathian chunga rinawmna hmang zâwka tihsak a ni thîn.

Chhiar tûr: Sâm 82. Hruaituten rôldikna palzût a, an humhim tûrte an hnehhiah zâwk hian eng thil nge thleng thîn?

Sâm 82-ah, Pathianin Israel roréltûte hlemhlêtna vângâ A hremna A thlentîr tûr thû a puang a. An ‘pathiante’ (*Sâm 82:1, 6*) kha ringlote pathiante emaw vântirhkohte emaw pawh an ni lo tih a chiang a; a chhan chu Pathian mîte chunga rôldikna thlentîr tûra tih emaw an ni ngai lo va, an tâna rorêlsak leh hlenchhuah pawh an tithei hek lo. Sâm 82:2"4-a tihtûr târ lante hian Torah dânte min hriattîr a, Israel hruaitûte chu ‘pathiante’ tih an ni (*Deut. 1:16"18; Deut. 16:18"20; Johana 10:33–35*). Pathianin

“mihring fapâte” hnênah fel takin ro an rôl em tih a zâwtin, anmahni hremna tûr puân chhuah a ni a, a chhan chu an fel lohna hmuhchhuah a nih vâng a ni. Hruaitûte chu hriatna nei lovin thim zîngah an petek a (*Sâm 82:5*), a chhan chu Pathian dân, êng chu an hlamchhiah vâng a ni (*Sâm 119:105*).

LALPA chauh chu Pathian a nih thû hi Lehkhathûin a châwisâng a. Khawvêl awpna hnâ thawk tûrin Pathianin Amâ âiawhtu, hruaitût atâna A ruâtté kutah A dah a (*Rome 13:1*). Chutih laiin, hêng âiawhtu mihringte hian, hmânlai leh tûnah ngîi pawh, an kuta mawhphurhna dah chu an hmang khawlo zo ta a ni.

Sâm 82 hian mipuite chunga ‘pathiante’ anga inchâwisâng, hruaitu thenkhat chu a nuihsawh a. Pathianin Israel hruaitûte hnênah thuneihna leh hamthatnate pêin, ‘Chungnung Ber fâte’ tih, Amâ âiawhtu tûrte an ni nân, Pathianin hruaitûte suahsualna chu A dem a ni. Ani chuan anni chu thithei leh mi dang zawng zawngte dânte ang lek an ni tih a hriattîr a. Mî tû mah hi Pathian Dân chunga lêng an awm lo (*Sâm 82:6–8*).

Pathianin khawvêl pum pui chungah ro A la rôl dâwn a; Pathian mîte meuh pawhin Pathian hmâah an chanchin an la thlen ang. Hruaitûte leh mipuite pawhin chunglam Roréltu chu entawna hmangin, Amahah chuan an beiseina an ngat tûr a ni.

**Mi dangte chungah eng thuneihna ang chî nge i neih?
Chû thuneihna chu eng ang tako dik leh felin nge i kalpui mêm? Chîk takin ngaihtuah teh.**

NILĀNÎ

I Thinrimna Bun Chhuak Rawh

February 7

Chhiar tûr: Sâm 58:6–8; Sâm 69:22–28; Sâm 83:9–17; Sâm 94:1, 2; leh Sâm 137:7–9. Hêng Sâm-te hian eng rilrû nge a sawi chhuah a? Hêng chângtea rorêltû tûr chu tu nge ni?

Sâm thenkhatin Pathian chu an mimal leh hnam chunga chhiatna thlentûte chunga phubâ lâksak tûrin an ngên a, chutiang chu Sâm-phuahtute leh an mîte tân pawh a ni. Hêng Sâm-te hi a tawngkam dêngkhâwng leh Bible zirtîrna anga ‘hmêlmâte hmangaih’ (*Matthaia 5:44*) tih thû nêñ a inkalh avângin ngaih thiام a harsa thei.

Chuti chungin, hnechhiahna hmachhawna ngaihtheih loh hi Sâm-phuahtute tân thil pângngai a ni. A awmzia chu, mi dang tam takte âiin Sâm-phuahtute hian thil dik leh dik lo an ngaipawimawh zâwk tihna a ni. Ani chuan khawvêla thil tha lo thleng, Amâ chunga thleng chauh ni lo, mi dangte chunga thlengte hi A engto êm êm a ni.

Chutih laiin, Sâm-phuahtu hian phuba latû angin a inngai ngai hauh lo thung a. Chû chu Pathian kutah a dah mai zâwk a. Sâm hian thuthlunga ânchhiate (*Deut. 27:9"16*) min hriattîrin, A tiâm ang ngêia Pathian chu lo che tûrin a ngên a ni.

Sâm hi Pathian rorêlna lo thleng tûr puân lâwknate a ni hlawm a; Sâm-phuahtute tawngtaina ngawt a ni lo. Sâm 137 hian Babulon chunga chunglam rorêlna lo thleng tûr, zâwlneiten an lo hmuh chu a târ lang a. Babulon mîten hnam dangte chunga chhiatna an thlen kha an chungah a lêt dâwn a. Sâm hian thil tha lo hi hrem lohin a chhuak lo vang tih chunglam vaulâwkna chu a puâng a ni.

Pathian hremna hi rôldikna leh khawngaihnaa teh a ni a. Pathian fâte chu dik lo taka titûte tâna tawngtaisak tûra koh an ni a, an lo pianthar pawh beisei hiâl tûr a ni (*Sâm 83:18; Jer. 29:7*).

Chutih laiin, hêng Sâm thûte hi Bible zirtîrna anga ‘hmêlmâte hmangaih’ tih thû nêñ dawh rem kan tum laiin, hênga târ lan tawrhna hi palzam lo tûrin kan simkhur hlê tûr a ni. Pathianin A fâte tawrhñate hi A hria a, “A mi thianghlimte thihna chu LALPÀ hmuhin hlu tak a ni,” (*Sâm 116:15, NKJV*) tih a hriatnawntîr a. Chunglam rorêlna chuan Pathian mîte chu thil tha lo zawng zawng dodâla âw chhuah a, Pathian lalram lo thlen famkimna tûr zawng tûrin a fuih a. Sâm hian hrehawm tuârte chu âw chhuahîrin, Pathianin an tawrhñate A hria a, engtikah emaw chuan rôldikna a la thlentîr dâwn tih a hriattîr a ni.

Mahnî chungah emaw, hmangaihte chungah emaw thil râpthlák takte thlentirtû chunga phuba lâk ngaihtuah châng nei lo tu nge awm ang? Engtin nge hêng Sâm-te hian chutiang chungchâng a ngaih dân dik nei tûra min tanpui?

NINGÂNÎ

LALPÀ Rorêlna leh Hmun Thianghlim

February 8

Chhiar tûr: Sâm 96:6–10; Sâm 99:1–4; leh Sâm 132:7–9, 13–18. Pathian rorêlna (hremna) hi khawiah nge a thlen thin a, a chhâンna chuan kan tân eng kawh nge a neih tel? Engtin nge Hmun Thianghlim (biak bûk) hian Pathianin thil thalo A chinfel dân hrethiam tûra min tanpui?

LALPÀ rorêlna leh biak bûk hi a inlaichîn hnâi hlê a. Sâm-phuahtu chuan biak bûk rawngbâwlna hmangin thil

tha lote senghawi a nih dân hmang chu a hrethiam a (*Sâm 73:17-20*). Biak bûk kha chunglam rorêlna hmun, Urim hmanga rorêlna leh (*Num. 27:21*), puithiam lalber âwmbel hmanga rorêlna (*Exod. 28:15, 28-30*) chu a ni. Chutiangin, *Sâm* tam takin Pathian chu biak bûka A lalthuttlêngâ thû, sual leh thil tha lote vânga rorêl tûra inpeih sâ angin a târ lang a ni.

Biak bûkah khân chhandamna ruâhman chu entîr a ni a. Ringlete zîngah, sual chu tîsa bawlhhlawh kâi, dâwi thilte hmanga tihbo tûr anga ngaih a ni thîn. A lehlamah, Bible-in sual chu Pathian thatna dân bawhchhiatna angin a sawi thung a. Pathian thianghlimna awmzia chu, Ani chuan felna leh rôldikna A ngainâ tihna a ni. Chutiangin, Pathian mîte pawhin felna leh rôldikna an úmin, A thianghlimnaah Pathian chibai an bûk tûr a ni. Chutiang ti tûrin, A thianghlimna târ lanna, Pathian dân chu an vawng tûr a ni.

Tichuan, biak bûk chu sual ngaihdamna leh felna dinthar lehna hmun a ni a; chû chu Pathian zahngaihna lalthuttlêng leh “felna inthâwinatte” khân a lo entîr a ni (*Deut. 33:19; Sâm 4:5*).

Chuti chungin, “Ngaidamtu-Pathian” chuan sual sim duh lote thil sual tih chungah phubâ a la thîn (*Sâm 99:8, NKJV*). Chunglam rorêlna hmun a nihna anga biak bûkin a entîr, Pathian thianghlimna hriatna chuan Pathian thuthlung angin fel taka nung tûrin a ngiat a.

Zion atanga LALPA rorêlnain a rahchhuah chu felna leh mi suaksualte hnehma a ni (*Sâm 132:13-18*). Biak bûkin a châwisân chu Rorêltu a nihna anga LALPA lo kalna hun ropui chu niin, a bîkin Inremna Nî-ah a ni zuâl. Chutiangin, *Sâm* hian chunglam Rorêltu lo thlen tûr chiânzia chu uâr takin a sawi a (*Sâm 96:13; Sâm 98:9*), chu chu, vân biak bûka Isua Krista chu a ni (*Thup. 11:15-19*).

Chhiar tûr: Rome 8:34. Engtin nge hê châng hian vân biak bûka A mîte tâna Kristâ thil min tihsak mêt chu chanchin lâwmawm a ni tih min kawhhmu?

ZIRTÂWPNI

February 9

Zir Belhna: Chhiar tûr: Ellen G. White lehkhabu, *Malsâumna Tlâng-a “Nihlawhna Hluberte,”* pp. 10-19, 34-40.

Sâm hian mihringin rôldikna an ngaihsak lo chu a sawisél a; anni kha thil tha lo pawm duh lohna an ni. Anni chawkphûrtu chu, phuba lâk châkna ni lo vin, Pathian hming châwimâwi tûra thahnemgaihna a ni zâwk. Thil tha lo chunga Pathian phuba lâkna an hmuh a mi felna an lâwm kha a âwm rêng a, a chhan chu chutiang zâwnga Pathian hming leh A rôldikna chu khawvâla dinthar leh a nih vâng a ni (*Sâm 58:10, 11*). *Sâm* hian mîte chu sual dova an âwte chhuah tûr leh, famkim taka Pathian lalram tlentîr dân zawng tûrin a fuih a. *Sâm*-ah hian, chunglam thlamuânna leh chhanchhuahna tiâm kan ni a. LALPA chu a la tho chhuak dâwn a ni!

“Miten an hâu che u a, an tihduhdah che u hunah chuan lâwm ula, hlim takin awm rawh u,” tiin Isuan fuihna thu a sawi. A thusawi ngaithla m>ktute chu zâwlneite lam a thlîrtîr a, ‘LALPA hminga thusawitu zâwlneiten tihduhdahna chhel taka an tuâr dân kha entawn atân hmang rawh u,’ (*Jakoba 5:10*) tiin a hrilh zui zêl a. Adama fâte zînga Kristian hmasa ber, Abela chu martar chang a ni a; Enoka chu Pathian nêna lêng dûn thîn a ni a; mahse, khawvâlin amah an hre lo. Nova pawh kha a hun laia mîten râlkha>1 thut chîng leh sâkhaw âtchilh mi ni lek fanga an hriat avângin an nuihzat hlê a nih kha. ‘=henkhatin tihnawmnah leh vuak an tuâr a, a then khaidiata hlina

tân ina khung an ni.' ‘A thenin tihdudah an tuâr a, thawlehna nun hlun an neih theih nân chhanchhuah pawh an duh lo,’ (*Hebrai 11:36, 35*).—Ellen G. White, *Malsâumna Tlâng*, p. 38.

Sawi Ho Tûr:

Khawvêla thil tha lo awm that lohzia hriatna avângin, LALPAN ro A rôl tak tak lo em ni ang tiin a ngaihtuah tîr a; thlêmna hnuai pawha ding nghet, sâwi nghîn theih loh rinna chu engtin nge kan neih theih ang? Pathian hmangaihna leh thatna leh thiltihtheihnaa rinna vawng nung tûrin eng nge thupuiah kan neih ang? Pathian leh A nungchang chungchângah kraws-in eng nge min hriattir tûr ni ang?

Pathian Thû leh rorêlna chiah rinchhan a, rôldikna nei tûra finna hnâr atân engati nge mihring (hruaitû te, thil neihte leh thil dangte) chunga innghah loh hi a pawimawh?

Biak bûk chu chunglam rorêlna hmun a nihna thutakin a kawh chu eng nge ni?

Sâm-a tawngkam dêngkhâwng thenkhat hi engtin nge kan manthiam theih ang? Engtin nge chutiang tawng kâuchheh an hmanna chuan a ziaktûte mihrinna manthiam tûra min tanpui?

I ZAHNGAIHNAIN VÂNTE A TAWNG

CHÂNGVAWN: “Aw LALPA, mipui zîngahte ka fak ang che; hnamte zingah nangmah fakin ka zai ang. I zahngaihna chuan vân a tawng sî a, I thutak chuan chhûmte a tawng a,” (*Sâm 57:9, 10, NKJV*).

SABBATH CHAWHNÛ

February 10

Chhiar Tûr: *Sâm 136; Sâm 51; Sâm 130; Sâm 113; Sâm 123.*

THLARAU lama rethei leh Pathian hnêna hlan tûr thil tha nei lo an ni tih *Sâm*-phuahtuten an inhria a; chu chu, Pathian lalthutphah thienghlim hmâa chhuân tûr eng mah ammahnia an ni lo tih an inhria tihna a ni (*Sâm 40:17*). Keimahni ang thova khawngaihna, Pathian khawngaihna chu mamawhtu an ni tih an inhrethiam a ni.

A tâwi zâwngin, chanchin tha mamawhtu an ni.

Sâm hian mîte hi Pathian zahngaihna rinchhan mai an ni tih uâr takin a sawi a. Vâneih thlâk takin, Pathian zahngaihna chu chatuan daih, Thilsiamna leh Pathian mîte chanchin kal ta hmanga finfiah tawh a ni (*Sâm 136*). Chatuan Pathian hmâah chuan, mihring nunna hi hlobet vuâi leh mai thin ang lek a ni a, Pathian chuan mihringte hi khawngaihin, an chakna A tihtharsak leh thin a (*Sâm 103:3, 5, 15*); Amahah chuan chatuan thutiâm an nei a ni.

LALPA chu A thuthlunga A rinawmna hi Pathian mîten an thlamuânpui a. Eng ang harsatna hnuaih pawh ni se, mîte ngenna chu khawngaihnaa khat an Pa vâna mî hnêna thlen a nih avângin, beiseinain a khat a (*Sâm 103:13; Sâm*

68:5; *Sām* 89:26). Thil dang zawng áiin, Pathian khawngaihna leh hmangaihna chan tharna chuan, Pathian chibaibük leh A rawngbâwl tûrin chakna a neihtîr leh thîn.

SUNDAY *February 11*
A Zahngaihna Chatuanin A Awm Reng

Chhiar tûr: Sām 136. Eng ngaihtuahnain nge hê Sām hi luah ber le? Hê Sām phuahtu hian a thil beisei chu a awm ngîi tih finfiahna khawiah nge a neih?

Sām 136 hian Pathian mîte chu thilsiamah leh Israelte chanchina (*Sām* 136:10"22) lo lang A zahngaihna (*Sām* 136:4"9) avânga LALPA chu fak tûrin a ko va. "Zahngaihna" (Hebrai *khesed*, "hmangaihna ding nghet") tihte hian A thilsiam chunga Pathian thatna leh Israelte nêna A thuthlung chunga rinawmna a entîr a. Sām hian Pathian thiltihtheihna namên lo tak leh ropuinate chu A hmangaihna ding ngheta innghat a ni tih a târ lang.

LALPA chu "pathiante Pathian" leh "hotûte LALPA," Hebrai tawngkâuchheh a "Pathian ropui ber" chu a ni a (*Sām* 136:1-3), Amah chauh lo chu Pathian dang rēng an awm hek lo.

LALPA thilmak ropuite chu, tú mahin a lem pawh an chang thei lo va, chû chu A lalzia târ lanna phat ruâl loh chu a ni (*Sām* 136:4). Pathianin vânte leh lei bâkah, vân lama thil awm zawng zawng, ringloten chibai an bük thinte chu A siam a (*Deut.* 4:19). Sām erawh chuan ringlote pathiante leh mihring-behcchan rinngamma leh thuneihnate chu a chapchâr a. Thilsiam atanga siam leh chhâwn maite an ni. Anni chu thilsiam lekfang niin—Siamtu pawh a ni vê lo, an va inthlâu êm!

LALPA kut chak tak leh bân phar chhuak (*Sām* 136:12) tih hi Pathian thiltihtheizia leh A zahngaihna thuneihnha nghawng thuizia târ lanna a ni.

Thilsiamna leh khawvél hun kal taa Pathian zahngaihna khân, A mîte chu Amah rinchhan tûr leh, A thuthlung chunga rinawm zêl tûrin a chawkphûr tûr a ni. *Sām*-a vawi 26 lai sawi nawn, "A zahngaihna/ngilneihna chu kumkhuâin a awm dâwn sî a," tih hian Amah chibaibûktûte hnênah LALPA chu a danglam vê ngai lo va, chhuâñ tharte chungah pawh A duhsakna chu A lantir zêl ang tih rinngamma a neihtîr a. Pathianin A mîte a hre reng a (*Sām* 136:23), A khawngaihna thuthlung chungah pawh a rinawm. Bible rinna innghahna laimû chu LALPA zahngaihna danglam lo rinnaah a ni a, chutah chuan hlim taka chibaibükna bâkah, inchhirna leh simna nêna Amah rinngamma a tel a ni.

Sām 136 (châng 23–25) hi Pathianin khawvél pum A enkawlna thu hmanga khâr a ni a. Pathian zahngaihna chu Israelte tân chauh ni lo, thilsiam zawng zawng huâp zo a ni. Sām hian Pathian khawngaihnna chhandamna chu khawvél pum huâp a nih thû a sawi a; khawvél pum pui chu Israelten LALPA an fakna chu zawm vê tûrin a sâwm nghâl a ni (*en tel tûr, Luka* 2:10; *Johana* 3:16; *Tirhkohte* 15:17).

Engtin nge kraws chunga kan sualte Phurtu ni chunga Isuâ thi lai hmêl kha, Pathian nihna târ langtu thutak thiltithei ber, "A hmangaihna chu chatuanin a awm reng" tih entîrtu a nih?

THAWHTANNI *February 12*
Keimahah Thinlung Thianghlim Siam La

Chhiar tûr: Sām 51:1-5. Engati nge Sām phuahtuin Pathian zahngaihna chu a ngen?

Lal Davidan LALPĀ hmāah a thinlung bun ruākin, amā nuna thlarau lama hun thim lai bera sual ngaihdamna a dīl a (*2 Samuel 12*). Ngaihdamna hi Pathian khawngaihna thilthlāwpēk chungchuāng niin, “I zahngaihna duhawm tling khāwm” (*Sām 51:1, NKJV*) zāra lo thleng a ni. Lal Davidan a sualnain a phū ang ni lo va (*Sām 103:10*), A zahngaihna, rinawmna leh lainatna (*Sām 51:1; Exod. 34:6, 7*) ang zāwka chinfelsak tūrin Pathian a ngēn a.

Chhiar tûr: Sām 51:6–19. Engtin nge sual ngaihdamna chu hetah hian târ lan a nih? Pathian ngaihdamnain a tum tak chu eng nge ni?

Pathian ngaihdamnaah hian dān anga sual nei lo tia puān bák thil dang a awm a. Mihring chhūnggril nihna thlenga danglamna tak a thlen a (*Sām 51:6; Heb. 4:12*). Chū chuan thilsiam thar nihna a thlen thīn (*Sām 51:10; Johana 3:3–8*). Hebrai tawnga thil tih sawina *bara'*, “siam,” tih hian thilsiam tūra Pathian thiltihtheihna a târ lang a (*Gen. 1:1*). Pathian chauhin a ‘*bara*’ (siam) thei a; Pathian chauhin sual simtū thinlungah danglamna tlo chu A thlen thei bawk (*2 Korin 4:6*).

Davidan hussop hmanga tihthianghlim a ngēn a (*Lev. 14:2–8; Sām 51:7*). A bawhchhiatnain LALPĀ hnēn hnaih theihna dāl tlatin a hria a; chutiangin phār hri veite pawh, chū natna an vei chhūng chuan mi dangte zīnga an awm thei lo thīn a ni (*Sām 51:11*). Inthāwinate hmangin dinhmun ngai luahfīr theih a ni lo vang tih a hlāu va, a chhan chu inthāwinain tūna a bawhchhiatna sual, uirēna leh tuālhahna hi chu a tlēng fāi thei lo a ni (*Exod. 21:14; Lev. 20:10*).

Chunglam khawngaihna chinnei lo chauh chuan Davidā “thinlung lungchhia leh inchhīrna chu pawmin,

Pathian nēna inremna dintharsak tūra inthāwina a pawmsak thei a ni (*Sām 51:16, 17*). Pathian chēnna hmuna kīr leh dūhin hussop hmanga tihthianghlimna a dīl a ni.

Pathianin Davidā uirēna te, bumna leh tuālhahna te A ngaidam thei a nih chuan, eng beiseina nge i tān awm vē le?

THAWHLEHNÍ

LALPA, Khawlohnate I Chhinchhiah Chuan....

February 13

Chhiar tûr: Sām 130. Engtin nge sual pawizia leh mi sualte tāna beiseina chu târ lan a nih?

Sām-phuahtū tawrhna rāpthlāk tak kha amah leh a mîte sualnate vāng a ni a (*Sām 130:3, 8*). Mite sualnate chu a nasat êm avāngin kumkuāa Pathian nēna inmihran theihna tūr a ni (*Sām 130:3*). Bible-ah hian Rorēlna Nî thlenga sualnate vawn a nih tūr sawina a awm a (*Dan. 7:10; Thup. 20:12*) mi sualte hming pawh chu Nunna Bū atanga thāi bo a ni bawk (*Exod. 32:32; Sām 69:28; Thup. 13:8*).

Sām-phuahtuin Pathian ngaihdamna a dīl a, chū chuan sualte chhinchhiahawm chu a nuāi bo dāwn a ni (*Sām 51:1, 9; Jer. 31:34; Mika 7:19*). Ani chuan Pathian chu Amā nihphung rēnga thinrim a ni lo’ tih a hria a. A hmangaihna chu chatuan daih a ni. A ‘thinrim’ chhan pawh mihringen A hmangaihna an ngaihhlut loh thin vāng chauh a ni.... A thinrimna pawh chu tihnat nān ni lo vin, tihdam an nih zāwk nān a ni a; tiboral tūr ni lo, A thuthlung mîte chhandam tūr zāwkin a ni (en tūr, *Hos. 6:1, 2*).”—Hans K. LaRondelle, *Deliverance in the Sāms* (Berrien Springs, MI: First Impressions, 1983), pp. 180, 181.

Thil chhinchhiah tlâk tak chu, Pathian chu sualte hrem tûr ni lo, ngaidam tûra inpeih sâ a nihna hi a ni a; chû chuan Pathian zahna a chawktho thin a ni (*Sâm 130:4; Rome 2:4*). Chibaibûkna dik tak chu hrem hlauhna atang ni lo vin, Pathian hmangaihna nungchang ngaihsânnna atanga lo chhuak a ni.

Pathian fâte chu LALPA nghâk tûra koh an ni a (*Sâm 27:14; Sâm 37:34*). Hebrai tawng *qawah*, “nghâk,” tih awmzia tak chu “phar chhuak” tihna niin, Hebrai tawnga a tobul chu ‘beisei’ tihna a ni. Chutiangin LALPA nghâk tih pawh chu dinhmun châu taka tlâwma eng mah ti lo lam ni lo vin, LALPA lo chêtña tûr thlir lâwka beisei chunga ‘phar chhuak’ a ni zâwk. *Sâm-phuahtû* beiseina hi mimal beiseinaa innghat ni lo vin, Pathian Thûa innghat a ni (*Sâm 130:5*). Rinawm taka LALPA lo nghah chu a thlâwn ngai lo, a chhan chu zân thim hnûa zînga chunglam chhanchhuahna lo thleng ang a nih vâng a ni.

Sâm-phuahtû mimal ngenna, mipui huâp lo ni ta hi ngaihtuah la (*Sâm 130:7, 8*). Mimal tâna hamthatna leh mipui tâna hamthatna hi then hran tak tak theih a ni lo. Chutiangin, mimal tân ngawta tawngtai lo vin, mipuite tâna dilsak a ni zâwk thin. Ringtûte kan ni a, khawtlâng mipui pêng khat kan ni a, mipuia nghawng nei thil chuan mi tin a nghawng thin.

Hê zawhna hi ngaihtuah teh, “LALPA, nangin khawlohnate i chhinchhiah chuan, ... tu nge ding ang le?” (*Sâm 130:3*). Chû chuan i tân eng awmzia nge a neih? LALPAN i bawhchhiatnate chhinchhiah ta se, khawiah nge i awm ang le?

H-6

NILÂINÎ

Pathian Ropui leh Zahngaithei Chu Fak Rawh

February 14

Chhiar tûr: Sâm 113 leh 123. Hêng Sâm-ahte hian Pathian nungchang ze pahnih inang lo a târ lan chu engte nge ni?

Sâm 113 leh 123 hian LALPA ropuina leh zahngaihna a fak vê vê a. LALPA ropuina chu A hming ropuina leh A lalhutthlêng châwisan hmun, chû chu hnam zawng zawnge leh vânte chung lama târ lan a ni (*Sâm 113:4, 5; Sâm 123:1*). “LALPA kan Pathian ang tu nge awm?” (*Sâm 113:5, NKJV*) tih hi khawvêl chhüng leh pâwn thlenga Israelte Pathian cho thei an awm lo tih rinna thû a ni.

LALPA chênnate chu hnaih phâk ruâl loha hmun sângâ awm a nihzia chu, LALPA chu “Mahni intitlâwm” leh, “Chung lama thutphah neia, vâna thil awmte leh leia thil awmte en tûra intihnuai thin,” (*Sâm 113:6*) tih hian a tichiang. Pathian chu vân sâng taka awm a nihna hian hê leia thil awmte A hmuhna tûr a dâl chuâng lo. LALPA zahngaihna chu lainatna nêna khawvêla lo che tûr leh, buaina laka tlachham leh retheite chhan chhuak tûra inpeih sa a nihna hian a târ lang a. A chênnna hmun chu vân sâng hla taka awm ni mah se, A kut thilphal tak chu A chhiahhlawte laka thup a ni chuâng lo.

Pathian ropuina leh enkawlna chu A rawn inphahhnuaina mak tak hmang pawha hriat vek sên ni lo mah se, A zahngaihna leh khawngaihna thiltihte atanga chiang taka lantîr a ni. Tlachham, rethei leh hnehhchhiah tuârten Pathian lalna thiltihtheihzia chu anmahni duhsaka thil A tihsakna atangin an chang thei a. Châwisâna awm Pathianin A ropuina chu hnuachhiah tuârte A châwisânnna hmanga lantîr a ni thin. Ani chu an

tâna Siamtu leh Tungnungtu ni a, mîte chu A chhiahhlawhte leh A hmangaih fâte an nih avângin, mîten zalêñ takin LALPA hnêñ an pan thei. A ropui chungchuânnna leh thuneihna chu a danglam vê ngai sî lo va.

Chibaibûkna hi Pathian ropuina chauh ni lo, A thatna pawhin a cho chhuah a ni. Fakna hi kumkhuâ leh chatuan thlenga kal zêl tûr a ni (*Sâm 113:2, 3*). Pathian ropuina leh zahngaihna chu, mihring tlu tâte châwisâng tûra vân atanga rawn intitlâwm a, krawsa thihna thleng hiâla lo chhuk, Isua Krista hmanga ropui taka târ lan a ni a (*Filipi 2:6"8*). Kraws-ah ngîi chuan, kan tâna thil min tihsak tâk vânga Pathian chibaibûk leh fak tûr kan nih chhan ropui ber chu kan nei a ni.

**Kraws leh chuta thil thlengahte khân châm zui rih la.
Eng thil lakah nge Isuan A chhandam che? Engati nge i
rilrûa kraws vawn reng chu nangmâ tâna thil pawimawh
ber a nih?**

NINGÂNÎ February 15
A Malsâwmna Zawng Zawngte Theihngihilh Suh

**Chhiar tûr: Sâm 103. Hetah hian Pathian zahngaihna
chu eng tianga târ lan nge ni?**

Sâm 103 hian LALPA malsâwmna thuah tam tak a sawi a. Chûng malsâwmnate zîngah chuan nun hmuingîl nâna (*Sâm 103:3"6*) “a thil tih that zawng zawngte” (*Sâm 103:2*) pawh a tel a. Hêng malsâwmnate hi Pathian nungchang khawngaihnaa khat leh Israelte nêna A thuthlung chunga A rinawmnaa innghat a ni (*Sâm 103:7"18*). LALPA mihringte chu derthâwng leh rawih chhe hmâ tak an ni tih A “hriat reng” avângin A mîte chu A khawngaih a (*Sâm 103:13-17*).

Hre reng tih hi ‘hre satliah’ bâk deuh niin, inpékna tela chêtña a ni: Pathianin A mîte chhanchhuakin A châwm zui a (*Sâm 103:3"13*). Sâm 103:11"16 ngaihruatna thiltithei tak hian Pathian khawngaihna tehsên ruâl loh chu a târ lang a, chû chu chin nei lo va vân zâuziâ nêñ tehkhin a ni (*Isa. 55:9*).

Chuti chu, Pathian hmangaih-ngilneihna chu engtin nge mihringten an chhân tâk ang le?

Pakhatnaah, LALPA chu malsâwm a ni (*Sâm 103:1, 2*).

Malsâum tih hi a tlângpui thûin mî tû emaw chunga thlarau lam leh tîsa thil lama duhsakna/hlâwkna intêltir a ni (*Gen. 49:25; Sâm 5:12*). Pathian chu malsâwmna zawng zawng Hnâr a nih avângin, engtin nge mihringin Pathian chu mal a sâwm tâk ang? A hnuaihnung zâwin a ropui zawk mal a sâwm theih dân chu *lâwmthu saui* emaw, *amah fakin* emaw a ni (*1 Lalte 8:66; Joba 29:13*). Pathianin mîte chu an chunga thil tha tihsaknain mal A sâwm thin a, mîten Pathian mal an sâwm dân chu Amaha thil tha awmte fakna hmangin Pathian chu mal an sâwm lêt a, A khawngaihna nungchang zahna hmang pawhin a ni bawk.

Pahnihna, A thuthlung leh A hnêñ atanga thil tihtat zawng zawngte hre rengin a ni (*Sâm 103:2, 18-22*). LALPA pawhin mihring dinhmun chak lo tak leh, A mîte nêna A thuthlung chu A hre reng thin a ni (*Sâm 103:3-13*). Hriat reng hi Pathian leh A mîte inlaichinnaa thil pawimawh tak a ni. Mite hnêna A thutiamte Pathianin A hre reng ang khân, mipuite pawhin Pathian rinawmna chu hre rengin, hmangaihna leh thuâwihnain Pathian chu an chhâng lêt vê tûr a ni.

Hei hi rilrûa vawng chungin, hê Ellen G. White-i thusawi hmingthang tak nêñ hian a inhmeñ viâu mai: “Ni tina dârkâr khat tal Kristâ nun chanchin, chik taka ngaihtuahna neih thin kan tân a thâ. A nuna thil thlengte kha, kan suangtuah theihna hmanga man thiam ngei tûrin,

a mal malin a indawt tê téin, beng sîkin ngaihtuah lêt thin ilâ; a hun hnuhnung lam lek phei kha chu urhsûn lehzualin i chhût chet chet thin ang u. Chutiang taka, a inhlanna ropui takah khân kan chén thin chuan, Amah kan rinna a nghet zual ang a, kan hmangaihna a nung tha zâwk ang a, a Thlarau malsâwmna pawh kan dawng hnem zâwk bawk ang. A tâwpa chhandam nih kan duh takzet chuan, inchhîrna neia krâws bula inphah hniam kan zir tûr a ni.”—*Chatuan Nghahfâk*, p. 78.

ZIRTÂWPNI

February 16

Zir Belhna: Chhiar tûr: Ellen G. White lehkhabu, *Krista Panna Kailâun-a* “Misualin Krista a Mamawhzia,” pp. 14–19.

Sâm-ah hian, Pathian chatuan hmangaihna lawm nân, Pathian mîte âw chuan hê thû hi an sawi nawn tlâng thin “A ngilneihna/zahngaihna chu kumkhuâin a awm dâwn sî a” tiin (*Sâm 106:1, NKJV; Sâm 107:1, NKJV; Sâm 118:1–4, 29, NKJV; Sâm 136, NKJV*). “Pathian fak LO tih chu A malsâwmna zawng zawng theihnghilh a, Pathian thilthlâwn pêkte ngaihlu lo tihna a ni ang. Faktûte chauhin an theihnghilh vê lo. Pathian chungchâng ngaihtuah leh sawi chhuah mai hian Amah chu a la fak chuâng lo. Fakna intanna chu miin Pathian ropuizia leh thiltihte pawm a, A thatna te, zahngaihna leh finna te châwisânga an chhân lêt hian a ni.”—Hans LaRondelle, *Deliverance in the Sâms*, p. 178.

Pathian zahngaihna tâwp lo khûn taka puân chhuah pawimawhna chuan thil duhawm zâwk min la têltîr a; Pathian *khesed*—chû chu thuthlunga a hmangaihngilneihna leh rinawmna kan hriat rengin, Pathian laka helna leh mihringte sualna kârah pawh a ding nghet tlat thin a ni.

“Amah dovin thil sualte kan ti tawh thin a, A duhsakna dawng tlâk kan ni réng réng lo; mahse, kan kâahte hian hêng ngenna ropui takte hi min dahsak sî thin: ‘I hming avângin min hmusit suh la, i lalthutthlêng ropui tihminghliâu suh la, kan hnêna i thuthlung hre rengin bawh bo suh ang che,’” (*Jeremia 14:21*) tih te hi. Kan sualte leh kan tlin lohnate puângâ A hnêna kan kalin, kan auhna min ngaih pawimawhsak dâwn tih thutiam min pê a, kan hnêna A thu hlen famkim nân A lalthutthlêng zahawm chu a hmachhuan thin.”—Ellen G. White, *Kristâ Tehkhin Thûte*, p. 116.

Amâ chunga Pathian ngilneihna lo thleng (*Sâm 103:2*) chuan Sâm-phuahtu chu hetianga sawi chhuak tûrin a fuih phûr a, “LALPA chuan, hnechchiahna tuâr zawng zawngte tân thil felte tihsakin, rote a rôlsak thin,” tiin (*Sâm 103:6*). Tichuan, Sâm-phuahtu mimal hriattirna leh a nuna Pathian zahngaihna faknain a tum ber chu, mi dangte hnêna Pathian hmangaih-ngilneihna hriat thartir leh niin, chû chuan A khawngaihnaa chhandamna dawng tûra thinlungte Pathian lama hawngin, Pathian an fakna tûr chu a ni (*Sâm 9:11, 12; Sâm 22:22–27; Sâm 66:16*).

Sawi Ho Tûr:

Mite chhandam nâna Pathian zahngaihna chatuan daih nihna chuan eng pawimawhna tak nge a neih? Engvângin nge hei hian chatuana Pathian zahngaihna avângâ sual zui zêl theih a ni tih a kawh loh?

Pathianin kan sualte A ngaihdamna leh sual chunga rorêlna A la neih tûr chu engtin nge kan sawi rem tâk ang?

Engtin nge Thuthlung Thar lama Pathian zahngaihna sawi chhuahnate (*Efesi 2:4, 5; 1 Tim. 1:16; Tita 3:5; Heb. 4:16*) leh **Sâm-a sawi dân hi a inrem?** ZIRLAI 8

FEL TAKA NUN NĀNA FINNA

CHĀNGVAWN: “Tichuan kan damchhūng nîte chhiar dân min zirtîr ang che, finna thinlung kan neihphah hiâlna tûrin,” (Sâm 90:12).

SABBATH CHAWNÚ

February 17

Chhiar Tûr: Sâm 119:1–16; Sâm 90; Johana 3:16; Sâm 95:7–11; Sâm 141, Sâm 128.

KAN hmuh tâk angin, Pathian khawngaihnain sual ngaihdamna kawng sialin, sual sim taah chuan thinlung thar siamin, tûnah chuan rinnain a nung ta.

Pathian Thû pawhin fel taka nun dân zirtîrna min pê (Sâm 119:9–16). Pathian dân zawm hi dân zawm vânga chhandam nih tumna a ni lo va, Pathian nêna inkûngkaihna duhawm nun neihna, malsâwmnaa khat nun neihna a ni (Sâm 119:1, 2; Sâm 128).

Chuti chungin, mi fel nun pawh chu thlêmnaate tâwk lo a ni bîk lo. Eng emaw chângte chuan mi fel pawh sual vervéknaa thlêm theih an ni a (Sâm 141:2–4), chû thlêmnaah chuan an tlu vê thei. Pathianin A fâte rinawmnaa (emaw rinawm lohna) chiang taka târ lan a nih theih nân fiahnate lo thlen A phal a. Pathian fâten A zirtîrna leh zilhna an bengkhawn that chuan, an rinnna chu thlitsim niin, LALPA an rinchhanna chu a chak sauh ang. Fel taka nung tûra finna hi, thlêmnaate leh chonate kâra Pathian nêna phûr taka nunna zâra neih a ni thîn. Chuti chuan, finna

thinlung kan neih theih nâna kan damchhûng nîte chhiar dân min zirtîr (Sâm 90:12) tûra Pathian hnêna tawngtai chuan, finna thinlung kan nei thei ang a, LALPA chunga rinawm tlat tûra impêkna kan neih chu kan târ lang thei ang.

SUNDAY

February 18

I Thû Chu Ka Thinlungah Ka Thukrû A

Chhiar tûr: Sâm 119:1–16, 161–168. Engtin nge Pathian thupêkte kan vawn ang a, chuta tanga malsâwmna lo thleng tûr chu engte nge ni ang?

Bible chuan nî tin rinnna nun hi A felna kawng zawha Pathian nêna zinkawng zawh dûn angin a sawi a. Rinnna nun hi “LALPA dân” zawhna (Sâm 119:1, NKJV) leh “I hmîl ênga awmna” (Sâm 89:15, NKJV) hmanga vawn nun zêl a ni. Hêng thil pahninte hi thil hrang daih an ni lo. Pathian hmîl ênga lêng tih hian Pathian dân châwisâng tih a kâwk a. Chutiangin, “LALPA dâna lêng/zawh” tih pawh chu thinlung zawng zawnga Pathian zawng tihna a ni (Sâm 119:1, 2, 10).

Felna nun tih Sâm-in a sawi dân kawng dang chu “Kawnga mi tha famkim” (Sâm 119:1) tih a ni. “Tihbawlhhlawh loh” tih hian inthâwinaa “hmîlhem lo,” Pathian tâna pawmtlâk (Exod. 12:5) nihna a entîr a. Chutiangin, mimal nun fel, inthâwina nung (Rome 12:1) chu, sual ngainatnain a tihbawlhhlawh loh a ni. Pathian hnêna hlan nun chu ‘kawng thafamkim’ niin, a awmzia chu Pathian lâwmzâwng nun kawng zawh tihna a ni (Sâm 101:2, 6; Sâm 18:32).

Pathian thupékte vawng tih hi dân anga chunglam dânte zâwmna a ni lo. Chuti a hnehin, rilru fîm takâ dik leh dik lo kâr te, thil thâ leh sual kâr te thliâr thiamna a tel zâwk a (*Sâm 111:10; 1 Chron. 22:12*); pâwn lama chêtnate chauh ni lo vin, mihring nihphung pum pui a huâm tel zâwk a ni. ‘Bawlhhlawh kâi lo’ nihna chu, Pathian thupékte vawn leh thinlung zawng zawnga Pathian zawn zêl chu, nuna rilru sükthlêk thliâr hran theih loh a ni (*Sâm 119:1, 2*).

Pathian thupékte hi khawvél tâna Pathian thil ruâhman puâncchhuahna a ni. Hêngte hian mîte hnênah fing tak leh zalén leh râlmuânga khawsak dân tûr a zirtîr a (*Sâm 119:7–11, 133*). Sâm-phuahtuin dân a lawmna chhan chu, dânin Pathian rinawmna a hriatnawntîr leh thin vâng a ni (*Sâm 119:77, 174*).

“I dân ngainatûte chuan thlamuânnna namén lo tak an nei a, (inchhuih) tlûkna rêng rêng an nei lo” (*Sâm 119:165, NKJV*). Heta ‘tlûkna’ hian chhia-tha hriatna lama tlin lohna a entîr a. Sâm-phuahtu kê atâna khâwnvâr angin (*Sâm 119:105*), Pathian Thû chuan thlêmnan lakah a humhim thîn (*Sâm 119:110*).

Engtin nge Kristan Amâ nunah Pathian Thu thiltihtheihzia A lantîr (*Matthaia 4:1–11*)? Pathian dân zawn duhna thinlung putna atanga lo chhuak thiltihtheihna chungchâng eng nge hei hian min hriattîr tûr ni ang?

THAWHTANNÎ *February 19*
Kan Damchhûng Nîte Chhiar Dân Min Zirtîr La

Chhiar tûr: Sâm 90; Sâm 102:11 leh Sâm 103:14–16.
Mihring dinhmun harsatna chu eng nge ni?

Chatuan hun ngaiantuahin mihring tlu tâte damchhûng chu tuihû ang lek a ni a. Pathian mithmuah chuan kum sâng khat pawh hi “zân vân khat chhûng ang lek a ni” a, chû chu dârkâr thum emaw li emaw a ni (*Sâm 90:4*). Pathian hun leh mihring hun khâikhinin, damchhûng hi thlâwk bo leh mai a ni (*Sâm 90:10*). Mihringte zînga mi chak ber pawh thlâite zînga a chak lo berte ang lek a ni (*Sâm 90:5, 6; Sâm 103:15, 16*). Chuti chungin, chû damchhûng hun rei lo tê chu thawhrimna leh lungngaihnain a khat bawk sî a (*Sâm 90:10*). Khawvél mî, Pathian ringlote meuh pawhin, damchhûng hun hi rei lo lutuka ngaiin an tahpui a ni ber a, a bîk takin chatuan hun nén khâikhin a, anni an tel vê lo tûr ngaiantuahin a ni.

Sâm 90 hian mihring harsatna kârah, Siamtu A nihna angin Pathian mîte hi A enkawl zui zêl angin a sawi a. LALPA chu chhuâñ zawng zawngah A mîte chênnâ a lo ni reng tawh thîn a (*Sâm 90:1, 2*). Hebrai tawng *ma'on*, “chênnâ hmun,” tih hian LALPA chu A mîte tâna hliahkhuhnna emaw, inhumhimna emaw a ni tih a entîr (*Sâm 91:9*).

Pathianin A thinurna fel chu sûmin, A khawngaihna A tithar leh thîn a. Sâm-phuahtu chuan, “Tuin nge i thinurna thiltihtheihzia hria?” (*Sâm 90:11, NKJV*) tâa uâr takin a sawi a, a awmzia chu mî tû mahin sual vângâ Pathian thinurna nihphung dik tak an la tawng ngai lo va, chuvâng chuan sual sim a, fel tako nung tûra finna neitû tân beiseina a awm tihna a ni.

Bible-a ‘finna’ tih hi rilru fing ngawt ni lo vin, Pathian zahna nei tel angin a hmang a. Kan mamawh tak *finna* chu ‘kan damchhûng ni chhiar dân’ hriat a ni (*Sâm 90:12*). Kan damchhûng nîte kan chhiar theih chuan, kan hunte hi a tlêmin, chin nei an ni tih kan hre dâwn a ni. Fing

taka nung tih awmzia chu, damchhüng rei lohzia ngaihtuahna nei a, chumi zāra rinna leh thuâwihna neihphah chu a ni. Hê *finna* hi sual simna leh (*Sâm 90:8, 12*), Pathian thilhlâwnpék ngaihdamna, khawngaihna leh zahngaihna (*Sâm 90:13, 14*) zārah chiah neih theih a ni.

Kan harsatna tobul tak lo chhuahna hi mihringa siam kan nihnaah ni lo vin, sual atangin, sualin khawvélâ thil a rawn thlen atanga lo chhuak a ni. Chhiatna a thlen nasatzia chu hmun tinah, mi tin rēngah hmuh a ni ta a ni.

Kan mihring nihnaa harsatna chhuahsan theihna kawng siâl a nih tâk avângin Isuâ chungah lâwmthû awm rawh se (*Johana 1:29; Johana 3:14–21*). Chuti ni lo se, beisei tûr rēng kan nei lo vang.

Kan damchhüng nîte chu ral thuai thîn mah se, Isua-ah chuan eng thutiâm nge kan neih? (*Johana 3:16*.) Amah tel lo vin eng beiseina nge kan neih ang?

THAWHLEHNÎ

LALPÂ Fiahna Chu

February 20

Chhiar tûr: Sâm 81:7, 8; Sâm 95:7–11; leh Sâm 105:17–22. Hêng chângte hian chunglam fiahna eng nge an sawi tel?

Meriba hmun kha Israelten an mamawhte ngaihtuahsak tûrin Pathian a rinawmin theihna a nei em tia Amah an fiahna hmun a ni (*Exod. 17:1"7; Sâm 95:8, 9*). Sâm 81 erawh hi chuan a letling zâwnga thil sawiin, khata thil thleng kha Pathianin Israelte fiah zâwk angin a sawi vê thung a (*Sâm 81:7*). An thuâwih loh leh rinna tlâkchham

(*Sâm 81:11*) vângin Pathian fiahna chu an paltlang zo ta lo a ni.

Meriba chungchâng sawina hian thuchah pahnih a târ lang a. A hmasa zâwk chu, Pathian mîte hian chhuân liam tâa thil lo tihsual tâkte kha an tinawn tawh tûr a ni lo. Chû âi chuan, Pathian rinchhanin, A kawng an zawk zâwk tûr a ni (*Sâm 81:13*). Pahnihna, mîte kha fiahnaah hlawhchham ta mah se, buaina an tawh hunin Pathian chu anmahni chhanchhuak tûrin A lo che nghâl a (*Sâm 81:7*). Hun kal taa Pathian khawngaihnaa chhanchhuahna khân, chhuân lo awm tûrah pawh A khawngaihna A tithar zêl dâwn tih rinngamna min neihtir thîn.

Sâm 105 sawi dânin, khâng harsatna thlengte kha Pathianin hmalam hunah Josefa khân A Thû a rinchhan zêl dâwn em tih A fiahna a ni (*Gen. 37:5"10; Sâm 105:19*). Châng 19-a Hebrai tawnga *Tsarap*, “fiah,” tih hian “thian fâi,” “thli fîm,” leh “tithianghlim” tih a kâwk a. Tichuan, Pathianin Josefa A fihna chhan chu amaha Pathian thutiâm rinhlelhna ang chí lâk bosak a, Pathian hruaina chu inngahh nâna hmang zêl tûra tihchak nân a ni.

Chunglam thununnain a tum chu, Pathian fâte tihchak an ni a, Josefâ nuna kan hmuh ang a, thutiam thlen famkimna atâna buatsaih an nih theih nân a ni (*Sâm 105:20"22*).

Chuti laiin, Pathian kaihruaina hnarna chuan luhlulna leh thinlung tihsak zual zêlna a thlen thung.

“A thupék âwihs tûr leh zâwm tûra chhuanlam eng mah siam lo tûr leh, ringhlel buâi lo tûra Pathianin min phût lai hian; mihringte chu Setana bumna chuan âikaihin a tichawlawl tlat thung a. Eden Huana Evi a thlêm ang bawk khân: ‘Thi teh suh e’ tih tawngkam hmang bawk khân, an rîrlû chu a inngahna tlâk lo chhuanlam hmangin a hmin

leh tlat thin a ni. Thuâwih lohna hian mimal thinlung leh chhia leh tha hriatna a tichawlawl a ni mai lo va, mi dangte rinnna thleng pawhin a tikhawlohsak thin. A tîra sual leh pawi lian tham tak anga an ngaih ngêi ngêi thilte pawh kha, tih chhunzawm zéi a nih chuan, zâwi zâwiin ngâiah an neih thuai thin a, mahni inthiamchawpna thinlung ang put thlengin pawikhawihna tha lo vah chuan an tâng ta thin a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 4, pp. 186, 187.

Sualin thinlung a tihsak dâna nangmâ nuntawng chu eng nge lo ni? Engati nge chutiang ngaihtuahna chuan, thuâwih tûra chakna kan hmuh theihna hmun, kraws lam min pantîr tûr a nih ang?

NILÂINÍ

Mi Suaksualte Kawng Vertherna

February 21

Chhiar tûr: Sâm 141. Sâm-phuahtu kha eng dîlin nge a tawngtai?

Sâm 141 hi chhûng lam leh pâwn lam atanga thlêmnae laka humhim dila tawngtaina a ni. Sâm-phuahtu hi mi suaksual thang chauh ni lo (*Sâm 141:9, 10*), anmahni anga che vê tûra thlêmna dinhmun hlauhawmah a ding a. Chaklohma hmasa ber chu thusawi kawnga kâ/lei sûm zawh lohna a ni a, Sâm-phuahtu chuan LALPAN a hmûi/lei kawngkâte A vênsak ang tih a sawi (*Sâm 141:3*). Hê ngaihruâtna hian khawpui vênhim nâna kulh kawngkate vê him a ngaih thû kha entîr nân a hmang a ni.

Thlêmna chu Pathian fain mi fel thurâwn a pawm dâwn nge, mi suaksual thil tuihnâi takte thlêm thlûkin a awm

zâwk dâwn tih a ni (*Sâm 141:4, 5*). Sâm-phuahtu hian a thinlung chu dinhmun hlauhawma ding, indona tak tak thlenna hmun angin a sawi a. Pathian rinchhan chunga bâng lo va tawngtai leh, Amâ tâna inhlanna zârah chiah Pathian fâ chu thlêmna lakah a him thei dâwn a ni (*Sâm 141:2*).

Chhiar tûr: Sâm 1:1 leh Sâm 141:4. Heta târ lan thlêmna ziârâng verther leh hmasâwn zéi dân chu eng nge ni?

Sâm 141:4 hian thlêmna hmasâwn zéi dân a târ lang a. A hmasain, thinlung hian thil tha lo a âwn phawt a. A dawtlehah, thil thalote tih a chîng (Hebrai tawng hian tih chîn dawklak leh zawngchhang) a kâwk. Pathumna, thinlungin mi suaksualte thil tuihnâi (eitûr) chu a ei ta thin a, chû chu thil itawm anga lang chîn tha lote a pawm vê ta tihna a ni.

Chutiangin Sâm 1:1 sawi dânin, Pathian fa chu LALPÀ kawnga a kal zêlna dâl tûra thlêmna a lo thleng a; chû chu mi suaksualte kawng zawh a, mi sualte kawnga din leh, hmusittûte thutphaha that zuina chu a ni. Mi sualte, mi suaksual te, leh hmusittû te: hêng mîte ang hi kan ni vê tûr a ni lo va, LALPÀ hnêñ atanga an mi hruai bo nih pawh kan inphal tûr a ni hek lo.

Sâm hian thlêmna hmasâwn zéi dân, hîp dân leh vertherzia chu a sawi a; LALPÀ rinchhan hmiahna zârah chiah hnehma chan theih a ni tih hi uâr takin a sawi a. Sâm-in thlêmna kâra thusawi leh ngaihthlâk pawimawhzia a sawi uâr a. Mi suaksualte leh mi felte tâwpna hun awm dân tûr hian Pathian hnêñ atanga finna min zawntrîr tûr a ni (*Sâm 1:4-6; Sâm 141:8-10*). Chuti chungin Sâm-ahte

hian, nakina Pathian fâte thiamchantir an nihna tûr chu a sawi a. Chû chu, ringtûte hi chhel taka Pathian rinchhan a, Amah nghâk fan fan tûr an ni tihna a ni.

NINGĀNÌ
Fel Taka Nun Malsâwmnate

February 22

Chhiar tûr: Sâm 1:1-3; Sâm 112:1-9 leh Sâm 128. LALPA zahtûte tân eng malsâwmnate nge tiâmsak lo ni le?

LALPA zahtûte hnêna malsâwmna tiâmsak tam tak zîngah, a ropui ber chu thlamuânnna hi a ni âwm e. Sâm 1-in mi felte chu, ‘tui-luâng kianga thing phun, a hun têa rah chhuah thin, a hnah pawh uâi ngai lo’ nêñ a tehkhin a (*Sâm 1:3; Jer. 17:7, 8; Ezek. 47:12*). Hê tehkhinna hian malsâwmna zawng zawng hnâr chu târ langin, chû chu Pathianin A biak bûka A chêncilhna a ni tih sawiin, chutah chuan Pathian nêna hmangaihnaa inlaichinna chu chén zui reng theih a ni. Buhsî thli len bo mai theih nêna tehkhin, mi suaksualte ang lo takin, mi felte chu hmalam hun atân pawh ngaihgam takin, rah chhuah tûra an ton, Pathian kiang chu niin, chatuan nunna beisei tûr an la nei cheu a ni.

Sâm 128:2, 3 hian Messia lalram malsâwmna, mi tin mahni grêp leh theipui hnuâi thut muân theihna chu a entîr a, chû chuan râlmuânnna leh hmuingilna a entîr (*Mika 4:4*). Jerusalem tâna muânnna malsâwmna (*Sâm 122:6"8; Sâm 128:5, 6*) hian Messian thil tha lo tâwpna thlenin, khawvél tân muânnna a dinthar leh beiseina chu a entîr.

“Bible chuan chhandamte rochan tûr chu ‘ram’ tiin a sawi a (*Hebrai 11:14-16*). Chû ramah chuan vân Berâmpu

chuan a ran rualte chu Nunna Lui kamahte A hruai thin a. Nunna Thing chu thla kipin a rah thin a, a hnahte chu hnamte tihdamna tûr a ni. Tuihna kangchat ngai lo, krustal lung ang maia fimte chu an luang hiâu hiâu mai a, a kam vêla thing zâr phe siâu siâute chuan LALPA tlante kawng chu a tidaihlim a. Phai zâwl cham pût maiahte chuan muâl pâwng mawi tak takte hi a awm a, chutah chuan Pathian tlâng lian pui pui, sâng tak tak leh ropui tak takte an awm bawk a. Chû ram nuâm tak, tui nung luânnna ram chu, Pathian mi, hun rei tak chhûng vakvai tawhte leh khualzin lo ni tawhte chuan, anmahni tân chênnâ tûr in an nei tawh ang.”—Ellen G. White, *Indona Ropui*, p. 675.

Thuthlung Thar hian Kristâ lo kal lehna leh khawvél siam thar leh huna thleng famkim tûr beiseina chungchâng a sawi a (*Matthaia 26:29, Thupuan 21*). Tichuan, hê leia mi felten malsâwmna tam tak an dawn laiin, Pathian malsâwmna famkim erawh chu, khawvél tâwpa Pathian lalram a nih dân tûr ang taka dinthar a nih hunah a lo thleng dâwn a ni.

Engati nge kraws leh khata thil thleng kha, Thuthlung Thara chuâng kan tâna Pathianin min khêksak thutiämte innghahna a nih? Engtin nge tûnah ngîi pawh chûng thutiämte chu kan thlamuânpu theih ang?

ZIRTÂWPNI

February 23

Zir Belhna: Tûnlai khawvél changkângah chuan, hlimna neih nâna finna neih chu thil duhawm niâwm pawhin a lang lo a ni thei. Chuti chungin, Pathian ngaihsakna atanga finna tel lo vin hlimna dik leh nun

nawmna tak chu kan nei thei ang em le? *Sām-in a theih loh thû chiang takin a sawi a.* Thu lâwmawm chu finna leh hlimna kâra duhthlang tûra tih kan ni lo hlauh hi a ni. Pathian ngaihsaknaa finna chuan hlimna dik a thlen thîn.

Hebrai tawnga entîrna tluâng tlam pakhatin lo entîr ta ila. Hebrai tawng chuan, “kâilâwn” hi pakhat âia tam sawina thumal (*'ashurey*) hi, ‘hlimna’ sawina thumal (*'ashrey*) nêñ a inzûl hlê a ni. Sâp tawngah chuan chutiangin a inzûl vê lêm lo va, thuchah pawimawh a sawi thung a: “kâilâwn” chu nun ‘hlimna’ lama hruaitu Pathian kawng a ni (*Sām 1:1; Sām 17:5; Sām 37:31; Sām 44:18; Sām 89:15; Sām 119:1*). Bible-ah chuan, finna emaw, hlimna emaw chu hmuh theih loh thil ni lo vin, a taka chén theih a ni.

Pathian nêna inkûngkaihnnaa hmuh a ni thîn a, chutah chuan Pathian rinchhan chunga zah, fak leh chakna dawng tih pawh a tel. *Sām 25:14* chuan “LALPÀ thurûk chu amah tihtûte hnênah a awm a, A thuthlun chu anmahni a hriattîr ang,” tiin a sawi.

“Pathian chuan en tûr milem mâwi takte min pék avângin A hnênah lâwmthû awm rawh se. Kan en fo theih nân A hmangaihna thutiam lâwmawm tak chu i la khâwm ang u. Pathian Fapa chuan A Pâ lalthutthlêng kalsanin, Setana thiltihtheihna laka mihringte A chhandam theih nân, A Pathianna chu mihrinnain a thuam a. Kan tân A hneh a, mihringte hmuha Pathianin A ropuina A lantîr a, hnam tlu tawh, chhiatna khura sualin a hnuhluh tawh chu A khâi chhuak a, tâwp chin nei lo Pathian nêñ a inzawmtîr leh a. Tlantu rinna avânga Pathian fiahna tuar chhuakin, Kristâ felnaa inthuâm leh A lalthutthlêng châwimâwinate chu kan ngaantuah thîn atâna Pathianin

min duhsak chu a ni.”—Ellen G. White, *Krista Panna Kâilâun*, pp. 105, 106.

Sawi Ho Tûr:

Engtin nge Pathian Thû hi inzirna lek fak ni lo, hlimna hnâr chu a nih zâwk theih ang? Engtin nge Pathian Thûa inchâwm tih leh Thû, Isua Kristaa awm reng tih chu a inkûngkaih (*Johana 1:1; Johana 15:5, 7*)?

Mîten hre reng chunga Pathian zirtîrna an hnar zui zêlin eng nge lo thleng thîn (*Sām 81; Sām 95*)? **Chû thil lo thlen chhan chu eng ni tûrin nge i ngaih?**

ŽEngati nge eng emaw chângin mi felte thurâwn âia mi suaksualte kawng chu itawm zâwk anga a lan? (*Sām 141*)? **Chû chu, mi suaksualte zâwk hmuingîl riâu anga lang thîn hi engti anga ngai tûr nge kan nih ang?**

ZIRLAI 9*February 24–March 1, 2023***LALPĀ HMINGA LO KAL CHU A ENG A THÂWL E**

CHÂNGVAWN: “**In satûte lung duh loh kha, a kila lung tangkai ber a lo ni ta. Chû chu LALPĀ tih a ni a; kan mithmuah a mak a ni,**” (*Sâm 118:22, 23*).

SABBATH CHAWHNÛ*February 24*

Chhiar Tûr: *Sâm 2; Sâm 22; Sâm 23; Sâm 89:27–32; Johana 10:11–15; Kolosa 1:16; Hebrai 7:20–28.*

KRISTÂ mimal nihna leh rawngbâwlna chungchâng chu *Sâm* hian a sawi a. *Sâm*-ah hian chhandamna ruâhmana A hna pêng tinte chu hmuh theih a ni deuh vek a. Kawng hrang hrangin, Kristâ nun leh hna thawh chu entîr lâwk leh sawi lâwk a ni a, chutiang chuan a lo famkim thlap thlap bawk.

Sâm-in a târ lan thupuite zingah Kristâ Pathianna te, Fapa a nihna te, A thuâwihna leh Pathian tempul tâna thahnemngaihna te, Berâmpu Thâ a nihzia te, mantîr a nihna te, A tawrhna te, A ruh tihtliah a nih loh tûr thû te, A thihna te, A thawhlehna te, vâna a lâwn te, puithiam a nihna leh lalna te pawh a tel vek. Chûng chu tisâa Isua a lo kal hmâ kum za tam taka lo hrilh lâwk tawhte an ni.

Entîr nân, rawngbâwla A lén laiin, Emmau kawnga zirtirte hnênah pawh khân *Sâm* (Fakna Hla Bû) chu Isuan a sawi lang tel a (*Luka 24:44*). A nihna finfiah nân *Sâm* bû thlîr tûrin anni chu A duh a ni.

Sâm thenkhat Krista lo entîr lâwkna thleng famkim tâ zingah *Sâm* 24, 45, 72, leh 101 (duthusâm Lalber leh Rorêltu), 88, leh 102 (Pathian chhiahhlawh hrehawm tuâr tawngtinate pawh a tel a ni).

Chûng *Sâm*-ate chuan, *Sâm*-phuahtû tah hlâ te, lâwmthu sawina te, fakna te, leh rôldikna leh chhanchhuahna thlen túra âuchhuahnate pawh a tel a; chûng atang chuan khawvél chhandam nâna Kristâ tawngtaina thangkhâwk chu kan lo hre thei a ni.

SUNDAY**Mahnî-Inhlân Berâmpu***February 25*

Chhiar tûr: *Sâm 23; Sâm 28:9; Sâm 80:1; Sâm 78:52, 53; Sâm 79:13; leh Sâm 100:3. Engtin nge LALPA leh A mîte inlaichînna chungchâng hêng chângte hian a târ lan?*

LALPA chu Berâmpû, Pathian mîte chu A hlobet hmuna berâmte an nih ngaihruâtna hian, an mamawh zawng zawng phuhrûk nâna A mîten Pathian an rinchhan a, A mîten a hruaina leh enkawl zuina innghah nâna an hman dân chu a târ lang a. Pathian leh A mîte inlaichin hnaihzia a entîr a, a chhan chu berâmpûte leh an ran ruâlte hi chêng zâin, berâm mal tinte hi an ngaihsak êm êm thîn a ni. Ran vulh lam ngaihruâtna hian Pathian chu A ran ruâlte neitu a nih theihna kawng hnih a sawi uâr a, chûng chu: thilsiamna (*Sâm 95:6, 7; Sâm 100:3*) leh thuthlung (*Sâm 28:9; Heb. 13:20*) a ni.

Ngaihruatnain chunglam Berâmpu chuan a ran angin Josefa kha A lo hruai thîn a (*Sâm 80:1*), chu chu thâwi tham deuhin Jakoban Josefa thlah nân a lo sawi a, Pathian

chu Israelte Berâmpû anga sawiin, thutiâm ropui leh malsâwmna a ngensak a ni (*Gen. 49:24*).

Latle hi an mîte tâna berâmpû anga ngaih an ni thîn a (*2 Sam. 5:2*). Chuti chungin, hê nihna hi Pathian chauhin a phû a, a chhan chu mihring lalte rêng rêng chutiang kohna angin an nung vê ngai lo. Isua erawh kha chu Berâmpu Thâ tih a nihna ang takin a nung thung.

Chhiar tûr: Johana 10:11–15. Isuan Berâmpu Thâ a nihna chungchâng eng nge A sawi?

Chunglam chhuak Berâmpû leh A ran ruâlte inlaichinna duhawm chu A berâmtten A âw an hriatnaah hian ngaihsual ruâl loha chianga hmuh a ni a (*Johana 10:4, 27*). Tûnlai hun, Bible Ram vêla berâmpûten an ran inawm pawlhe chu an ko hrang mai thin a, an pûte âw chu hre hrangin, an zui vê mai thîn a ni.

Eng emawti laite chuan, Pathian berâmtten harsatna chi hrang hrang an tuâr a, chû chu mîten Pathian lungnih lohna leh kalsan nih chinchhiahna angah an ngai thîn. Chuti chungin, Berâmpu Thâ erawh chuan A berâm kal pêngte pawh hlamchhiah lo vin, chhanchhuak tûrin A zawng leh thîn a. Hei hi Pathian leh A mîte inlaichinna târ lanna thiltithei tak a ni. Ani chuan A berâmtte tâna thih a hniâl lo va (*Johana 10:11, 15*), chutiang tak chuan an tâna inthâwina berâmno-ah a lo tang ta rêng a ni (*Johana 1:29*). Isuan berâm huâng danga A berâm awmte chu ko vin, huâng khatah pumkhatin a la awmtîr dâwn tih a sawi (*Johana 10:16*).

Engtiang kawngtein nge i nî tin nunah a takin Isua chu kan tâna Berâmpu Thâ a nihna thutiâma hamthatna chu i chêñ theih ang?

**THAWHTANNI
Hrehawm Tuâr Messia Chu**

February 26

Chhiar tûr: Sâm 22 leh Sâm 118:22. Chhandam tûra A lo kal chhan (mîte khân) eng ang takin nge Messia kha an lo tih?

Sâm tam takin hlamchhiah tuâr Messia tawrhna hrehawm chungchâng an târ lang hlawm a (entîr nân, *Sâm 42; Sâm 88; Sâm 102*). Sâm 22 phei hi chu Messia chungchâng hrilh lâwkna a ni a, a chhan chu hê Sâm-a thu chuâng tam tak hian Lal Davida nén inzawmna a nei lo va, Kristâ thihna dinhmun nén erawh a induh thlap sî a ni. Sâm 22:1 hi kraws chunga Isuâ tawngtaina kha a ni (*Matthaia 27:46*).

A Pâ laka tihran a nihnaa Kristâ tawrhnaah khân, Kristan khawvél pum pui sualte a phur a, a natzia kha an inlaichinna leh inpumkhatna hmang chauha teh theih a ni (*Johana 1:1, 2; Johana 10:30*). Chuti chungin, sawi fiah zawh ruâl loh tawrhna meuh pawhin Pa leh Fapa kâra inpumkhatna chu a tichhe thei chuâng lo. Kalsan a nihna hrehawm kârah, beidawnna thûk tak a tuâr chung pawhin, Kristan Ani chu Pâ kutah a inkawltîr thlap a ni.

“Kan âiawhtu leh kan tâna mawphurtu Kristâ chungah chuan kan zaa khawlohma zawng zawng nghah a ni a. Dânin thiam loh min chantîrna atâ min tlan chhuah theih nân, bawhchhetua chhiar a ni a. Adama thlah zawng zawngte thiam lohma chuan A thinlung chu a delh tlat reng a. Sual chunga Pathian thunurna te, khawlohma avânga A lungâwi lohma lantîrtu râphlák tak te chuan, Pathian Fapa nun chu an luah khat hnehin, A thin an titâwt nasa a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 851.

Ran-sa hlauhawm ngaihruatna zingah báwngchal te, sakeibaknei hâhum te leh uite chu Krista chunga an nunrâwn leh ngaihtheih lohzia entîr nân hmangin, Ani erawh chu A hun hnuhnungah khân pawisawi lo leh khawngaih thlák tak a ni. Dik tak takin, Sâm 22 hian Pâ hnêna Amâ thusawi hmangin Isua kha mipui pungkhâwm hoten nuihzatin, na tak takin an tawngkhum a (*Sâm 22:1, 8; Matthaea 27:43*); sipaiten Isuâ thawmhnâw an insem bawk a (*Sâm 22:18; Matthaea 27:35*). Khatih laia mipuite khân tihhluum dân tûr an zawn mëka kha Tempul ‘kila lung tangkai, a lungphûm tinghettu a ni tih rēng an hrethiam sî lo (*Sâm 118:22*).

Chuti chungin, an hnar Messia erawh chu, thihna atanga A thawhlel hnûin Pathian mîte chhandamna Hnâr a lo ni ta zâwk a (*Matthaia 21:42; Tirhkohte 4:10–12*). Kristan mihringte hnar nih A tuâr a, mahse Pathianin A Fapa chu Pathian Thlarau lam Tempula “Lungphûm” nungah siamin, A châwimâwi ta zâwk a (*Efesi 2:20”22; 1 Pet. 2:4”8*). Hê Lung, chhandamna kawng awm chhun, hnartûte chunga rorêltu a la ni zâwk ang (*Isa. 8:14; Matthaea 21:44*).

**Thil i lo tihsual tâk rēng rēng kha kraws chungah
Amah Isua ngéiin A lo tlâk vek tawh a. Nangmâ tân ngéi
A lo tuâr tih thû hian tûna i nun dânah, eng anga nangmâ
nuna nghawng nei tûr nge ni ang, chû chu, sual hi engang
taka tenawm ti tûr nge i nhî ang?**

THAWHLEHNÍ
A Thuthlunga Rinawm Chatuan

February 27

**Chhiar tûr: Sâm 89:27–32, 38–46 leh Sâm 132:10–
12. Davidâ thuthlung kha eng chungchâng nge ni? Eng
thilin nge dinhmun hlauhawma awmtîr anga lang?**

Davidâ thuthlungah khân kumkhua atâna Davidâ thlah duhsakna tûr leh, Pathian mîte hmuingîlna tûr a tiâmsak a (*1 Sam. 7:5–16; Sâm 89:1–4, 19–37; Sâm 132:12–18*). Thuthlung nghehna tûr chu Pathian intiâmnâ leh Pathian chunga lal rinawmna chunga innghat a ni a. Chuti chungin, khân Lal Davida-te ang lal inpezo takte meuh pawh kha LALPÂ chungah an rinawm zui reng lo tlat mai a. Sâm 89 hian Davidâ thuthlung thutiâm ropui takte chu chân ta anga ngaiin a tahpui ta hiâl mai. Israelte chu beisei bo takin Pathianin a kalsan ta em ni le? A chhâンna chu—ni teh suh ê tih a ni!

Pathian thinurna chu, chunglam rorêlna lantîrnâ a ni (*Sâm 38:1; Sâm 74:1*). Chuti chungin, chatuan daih a ni lo, a chhan chu mîten sual an sim chuan, Pathian chatuan hmangaihna chuan mipuite sualnate chu a ngaidam leh thîn a. A thinur chhûng chuan, kalsual mëkte chunga Pathian lungâwi lohna chu a thawk na hlê thung a. Mipuiten an thuâwih lohna nghawng tha lo chu tuârin, an sualna pawizia an hriatphah thîn (*Sâm 89:38–46*). Pathian thinurna tawrhlehlhawmzia chu hriain, “Eng chen nge ni dâwn?” (*Sâm 89:46*) tiin an zâwt a. A khawngaihna ‘hre rēng’ tûrin Pathian rinawmna atanga beiseina an nei thar leh thîn a ni (*Sâm 89:47, 50*).

Thuthlungah mihring lam chu lo rinawm lo ta mah se, mipuite chu Pathian thiltum danglam ngai lo thutiâmah chuan an châwl thei a; chû chu Israelte leh khawvél pum chhandamna leh felna zawng zawng famkimna Messia zârah a ni. A tâwpah chuan, Pathian chu dingchangin, A chatuan lalram chu dinngheh a la ni ngê ngê ang; chû chu Pathian mîte vâng ni lo vin, Isuâ vâng chiahin a ni ang.

Isua Krista kha Davidâ Fapa leh Messia chu a ni (*Matthaia 1:1; Heb. 1:8*). Ani chu “thilsiam zawng zawnga

piang hmasa ber/fatir” (*Kolosa 1:15*) tih a ni a, chutiang deuh chuan Sâm 89:27 hian Davida kha Krista entîr nâna hmangin, Pathian fatir angin a sawi. “Ani chu fatîrah ka siam ang a, leia lalte zîngah chngnungberah ka siam ang.”

“Fatir” tih hian Davida kha pian leh mûrna lama fatir angin a sawi a ni lo tih a chiang a, a chhan chu ani kha a nû leh pâté fapa pariatna a ni (*1 Sam. 16:10, 11*). Chutiang deuh tho chu Isua pawh a ni. Hê nihna hian châwimâwina bîk leh thuneihna a entîr a (*Kolosa 1:16, 20*²²). Thihna atanga Isua A kaihthawh khân, Pathianin Isua chu khawvel pum pui chunga Lalber-ah A siam tawh a ni (*Tirkohote 2:30, 31*).

Chhiar tûr: Kolosa 1:16, 20–22. Hêng chângte hian Isuâ nihna leh kan tâna thil min lo tihsak chungchâng eng nge min zirtîr? Heta tang hian nangmâ tân eng thutiâm nge i lâk chhuah theih ang?

NILÂINÍ

February 28

Chatuan Lalber Thiltihtheihna Chungchuâng

Chhiar tûr: Sâm 2; Sâm 110:1–3; Sâm 89:4, 13–17; leh Sâm 110:1, 2, 5, 6. Hêng chângte hian Krista chu Lalber a nihna chungchâng eng nge min zirtîr?

Pathian chu Messia Pa a nihna anga lantîrna hian lalber lallukhum khumtîrna a kâwk a, chutah chuan lalber chu Pathian thuthlunga pawm a ni thîn (*Sâm 2:7; Sâm 89:26–28*). Sâm 2:7 hian Kristâ thawlehna leh châwimâwi a nihna chu chatuan thuthlung lo êng chhuak ang leh, Kristâ puithiam lal nihna angin a hmu lâwk a (*Tirkohote 13:33–39; Heb. 1:5; Heb. 5:5*). Messia chu tû emaw châwimâwina

leh thuneihna sâng ber dawngtu angin Pathian dinglamah A thû a (*Sâm 110:1; Tirkohote 7:55, 56*).

“Chûbâkah, LALPA leh ‘hriakthiha’ (Messia) a nih kawpna hian a kawh chu, Amah LALPA ngîi chu Davidâ thlah Messia a nihna hi a ni. . . . dinglama thû chu LALPA a nih chuan, LALPA chu Messia a ni tihna a ni ang, a chhan chu a hnuhnung zâwk hi dinglama awm hmuh a ni sî a [*Sâm 110:1, 5 en la.*]”—Jacques Doukhan, *On the Way to Emmaus* (Clarksville, MD: Lederer Books, 2012), pp. 26, 27.

A tâwpah chuan, Kristan A hmêlmâte chunga hnehna famkim A chang tawh ang a. Hmêlmâte ‘ke nghahchhana’ awmtîrna hian Bible ram vêla lalten an hneh tâk an hmêlmâte nghâwng an rap thîn chu an chunga thuneihna pum hlûm an neih entîr nâna an hmang thîn kha min hriattîr a. Chuti chungin, heta Kristâ tiâng hi a thinrimna hmanruâ erawhchu a ni lo (*Sâm 2:9; Sâm 110:2*).

‘Tiâng’ hi hmânlaí huna hnam hrugaituten an hnam entîr nâna an lek thin chu a entîr a (*Num. 17:2*¹⁰). Kristâ tiâng hi Zion atanga lo chhuak a ni a, a chhan chu Zion hian Pathian mîte a entîr vâng a ni. A tiâng chu chunglam rorêlna entîrna a ni a, chu chuan tû mâ tluk ruâl loha Kristan thil tha lo tâwpna thlen tûra ro A rôlna a entîr (*Thup. 2:27; Thup. 12:5*). Lal suaksual takte meuh pawh an sualte sim a, Messia hnêna intulût tûrin remchâanna pêk an ni (*Sâm 2:10–12*).

Kristan a tâwpah hnehna pum hlûm a chan entîrna chu Daniela 7-a Lo Kal Lehna hmâ thilthleng entîr lâwknaah khân hmuh a ni a; chutah chuan ‘Chungnung Bera mi thianghlimte hamthatna’ tûrin rorêlna neih a ni tih târ lan a ni (*Dan. 7:22, NKJV*). A lalram chu dinngheh niin, ‘a lalram chu chatuan lalram a ni’ bawk” (*Dan. 7:27, NKJV*). Kraws zârah lalram thutiâm chu a chiang a ni.

Lalber rinchhantu zawng zawnge tān malsāwmna tiāmsak an ni a, Messia thuneihna leh fel taka rorēlña chungah chuan mîte chu an lāwm a ni (*Sām 2:12; Sām 89:15–17*).

A tāwpah chuan thilhāin thil tha lo a la hneh dâwn tih leh, rēldikna hlen niin, natna leh tawrhnate chatuan atān a bo tawh dâwn tih hriat hi a va nuâm êm! Tûn huna kan mihring thlîrna atang chuan thil tha lo dingchang anga a lannaah hian hê thutak hi engang taka thlamuānpui tûr nge kan nih ang?

NINGĀNÍ

February 29

Melkizedeka Awm Dân Anga Chatuan Puithiam

Chhiar tûr: Sām 110:4–7. Engtin nge Kristâ puithiamna a danglam a, vâna Kristâ puithiamna atangin eng beiseina ropui nge kan hmuh?

Pathianin Messia chu chatuana lal nihna leh (*Sām 110:1–3*), Melkizedeka awm dân anga puithiam nihna chungnung zâwk a pê a (*Sām 110:4–7*). LALPAN A Thû chu thutiâm khûn tak hmangin a chhinchhiah a (*Heb. 6:18*). Puithiam thafamkim min pêk sût lo tûra Pathian chhechhamna hi A khawngaihna entîrna a ni. Mîte sualnate leh uâlâu taka helnate khân A mîte kalsan tûrin Pathian a titinrim thîn a; mahse, Pathian chhechham erawh chu danglam thei lo niin, A mî sual sim leh tâte chunga A rorêlña chu Pathianin A khawngaihnain A sût leh dâwn tih tichiangtu a ni (*Exod. 32:14; Sām 106:45*).

Chunglam chhechhamna khân Davidâ thlah Lalber Messia chu Puithiam a ni bawk dâwn tih thil thar a sawi lang a (*Sām 110:4*). Israel lalte kha Levia chî puithiamte

hnâ thawk thei an ni ngai lo (*Num. 8:19; 2 Chron. 26:16*"21). Bible-in lalte emaw mipuiten emaw inthâwina an hlan thû sawiin, puithiamte hnêna inthâwina an rawn lâ a kâwk zêl thîn a, a hlan tak chu puithiamte tih tûr a ni.

Sām 110 hian Messia Lal chu Israel lalte leh puithiam dangte lakah danglam a nih thû a sawi a. Krista chatuan puithiam nihna kha, Salem (Jerusalem) lal leh "Chungnung Bera" puithiam a nihna anga Melkizedeka hnêna mî a ni (*Gen. 14:18*"20). Thuthlung Hlui hian Sām 110-ah chauh lo chuan, Lal Davida emaw, Israel lal dangte emaw kha Melkizedeka awm dân anga puithiam nihna nei angin a sawi vê ngai lo. Sām hian Israelte chanchina lal-puithiam danglam bîk chungchâng a sawi tih a chiang hlê a ni.

Chhiar tûr: Hebrai 7:20–28. Kristâ puithiamna chungchuân bîknain a kawh chu eng thilte nge ni?

Chunglam Lalber leh chatuan Puithiam nih kawpna hmangin, Kristan mihring zînga puithiamte leh lalte chunga chungnun bîkna a nei tih a entîr a; chuvângin beiseina kan nei thei ang. Kristan mihring thutiâmte ni lo, Pathian chhechhama innghat thuthlung chungnung chu a tungding a. Ani chuan vân biak bûkah rawng a bâwl a. A puithiam nihna chu mihringte puithiamna ang lo takin sualin emaw, thihnain emaw a tikhaw lo vê ngai lo va, Ani chuan A mîte chu chatuana chhandam tûrin an tân A dilsak thei reng a ni.

Puithiam thafamkim leh khawngaihnaa khat a nihna anga Kristan inremna hnâ a thawhna khân, A mîte tân Pathian chêncilh nih reng theihna a neihtîr a (*Heb. 6:19, 20*). Krista puithiam lal nihna chuan, mîte thinlungah leh khawvêla thil tha lo rorêlña chu a nuâi bo ang. Ani chuan Sām 2-a thutiâm—Krista Isuan hnam tinte leh rorêltûte

chunga ro a rēlna tür thutiām chu a hlen tawh ang (*Sām 2:6–9; Sām 110:1, 2, 5, 6*). Isuā puithiam lal nihna hian A thû kan âwih leh rinchhan a ngiat tlat a ni.

ZIRTĀWPNÎ*March 1*

Zir Belhna: Chhiar tür: Ellen G. White-i lehkhabu, *Chatuan Nghahfâk-a* “Pathian Kan Hnêna Awm,” pp. 11–20.

Kristâ tawngtinate leh Kristâ chungchâng tawngtinate a nih angin, *Sām* hian Kristâ chungchâng thupuân danglam bîk leh “kan hnêna Pathian awm” (*Matthaia 1:23*) a nihnaa A tlanna hnathawh chungchâng a sawi a. Isua chu “kan hnêna Pathian awm” chu niin, hlamchhiah leh tawrhna tawngtinate chu a lo hlân a. Ani chu “kan hnêna Pathian awm” niin rēldikna leh chhanchhuah dilin a âu chhuak a. Isua chu “kan hnêna Pathian awm” niin bo leh beidawng kan nihnaa min hlamchhiah lo vin, rinna zâra hnehma chan dân min kawhhmu a. Sual vânga chatuan boralna laka min chhandam tûrin Ani chu kan tân chatuan Puithiam leh Lalber a lo ni a. Krista, Davidâ tlah Lalber thafamkim-ah chuan chhandamna atâna Pathian thutiām khûn takte famkimna chu a awm a ni (*2 Korin 1:20*).

Ellen G. White-in mihrinna nêna Kristâ inzawmna chu chiang takin hetiangin a sawi: “Kristâ mihrinna chuan mihringte a khawih a, A pathiannain Pâ lalhutphah a vuan bawk a. Mihring Fapa a nihnaah thuâwihsaa entawn tûr min pê a, Pathian Fapa a nihnaah chuan thuâwihs tûra thiltihtheihna min pe thung a. Horeb Tlâng hnîm buk atanga Mosia hnêna, “AWMA Ka Ni.... Nangin Israela thlate hnênah chuan ‘AWMA chuan in hnênah mi rawn tîr a ni e,’ i ti tûr a ni,” tia sawitu kha Krista a ni. Hei hi Israelte tân chuan chhanchhuah an ni ngei dâwn tih lantîrtu a ni

a; “mihringte anga a lo kal” khân AWMA a nih chu a rawn puang ta a nih kha. Bethlehem nau piang, Chhandamtu inngaitlâwm leh zaidam tak kha Pathian, tisâa lo lang ta ngei kha a ni. Chu Chhandamtu chuan kan hnênah, “Kei berâm vêngtu thâ ka ni;” “Kei hi vân atanga chhang nung lo chhuk chu ka ni;” “Lei leh vâna thuneihna zawng zawng ka hnênah pêk a ni tawh,” tiin min hrilh. *Johana 10:11; 6:51; 14:6; Matthâia 28:18*. Thutiam zawng zawng inngahhna chu AWMA a ni a, chuvângin, zâm suh u.”—*Chatuan Nghahfâk*, p. 18.

Sawi Ho Tûr:

Mipuite an rinawm lo chungin, engtin nge Pathianin A thuthlung chunga A rinawmna chuâi ngai lo chu a târ lan? Chû chuan Pathian fâ harsatna tâwk mâtke tân eng beiseina nge a neih thartîr?

Engtin nge Melkizedeka awm dân anga Kristâ puithiamna danglam bîk leh chungnunna khân Pathian mîte chhandamna a tihciân zuâl?

Chanchin Tha bûte hian Sâm-a Messia chungchâng hrilh lâwknate Isua Kristaa a lo famkimna an târ lang a. Engtin nge hei hian Pathian Thu dikna an târ lan? Engati nge Pathian Thû kan rinchhanna tikiâm thei rilru putna chu dodâl tlat tûr kan nih?

Kristâ thu sawi, “Lei leh vâna thuneihna zawng zawng Ka hnêna pêk a ni tawh,” (*Matthaia 28:18*) tih atang hian eng thlamuânnna nge kan neih theih ang? Engtin nge hê thutiâm hi keimahnî nuntawngah kan bel ang?

HUN KAL TÂ ATANGA ZIRLAITE

CHÀNGVAWN: “**Chûng chu kan bengin kan hria a, kan rirlûin kan hre bawk a, min thlahtûte pawhin min hrilh kha.** Chûng chu kan fâte lakah kan zêp lo vang a, thangthar lo la awm tûr hnênah LALPA fakna thû leh, A chakzia leh a thilmak tak tihziate chu kan hril zâwk ang,” (*Sâm 78:3, 4*).

SABBATH CHAWHNÛ

March 2

Chhiar Tûr: *Nambar 6:22–27; Sâm 78; Sâm 80; Sâm 105; Sâm 106; Sâm 135; Galatia 3:29.*

LALPA chhandamna thiltih ropui chungchâng sawina hmangin, *Sâm* tam takah Pathian chu fak a ni thîn a. Hêng *Sâm-te* hi “chhandamna chanchin sawina *Sâm*” emaw “thil thleng tak tak *Sâm*” emaw a ni. Mi thenkhat chuan Pathian mîte hnêna ngenna siamin, an chanchin atanga zirlai zir tûrin an hrilh a, a bik takin anmahni leh an thlahtûte tihsual atangtein a ni. Thil thleng tak tak *Sâm* zîngah, hun kal taa Pathianin A mîte tâna thil mak tak tak A lo tihsak tâkte chu fakna hlâin an châwi a, chûng chuan LALPA an rinna a tichak sawt thîn a; Ani chuan tûna harsatna an tawh mîkte laka chhanchhuak tûra theihna neiin, a rinawm bawk.

Thil thleng *Sâm* zîngah ngenna bîkte hian Pathian mîte chanchin pêng khat kan nihna min hmuh thiamtîrin, hun kal ta chu kan puâlah min neihtir a. Kristâ zâra hun kal taa Pathian chhûng zîngah teltîr kan nih tâk avângin (*Rome*

8:15; Rome 9:24–26; Gal. 4:6, 7), hmânlaï Israel mîte rochan kha, a nihna takah chuan thlarau lama min thlahtûte chanchin a ni. Chuti chuan, an chanchin liam ta atang khân keini pawhin zirlai kan zir thei a, kan zir tûr pawh a ni bawk.

A tum ber chu, Pathian mî chhuâñ tina mîte hian indona ropua Pathian thil tum ropui rawn inpuâng chhuak zêlah hian chanvo pawimawh eng emaw tak kan chang theuh a ni tih kan inhriat hi a ni.

SUNDAY

March 3

LALPÀ Rinawmna Dâl Ruâl Loh Chu

Chhiar tûr: Sâm 78. Hê Sâm-ah hian eng hun kal taa thilthleng pawimawh pathumte nge a târ lan? Khâng hun theuhte atang khân Asafan eng zirlaite nge a lâk chhuah?

Khâng Israelte hun kal tâa thilthlengte ennawn lehna khân Pathian rinawmna leh Israelte rinawm lohna a târ lang a. Chhuâñ lo awm zêl tûrte chu an thlahtûte tihsualna ang ti vê lo va, Pathian rinchhan a, A thuthlung chunga an rinawm tûra zirtîr nân a ni. *Sâm*-phuahtuin thil thleng tawh kha tehhkhin thû angin a hmang a (*Sâm 78:2*), chû chu *Sâm* thuchah chu chîk taka an ngaihtuah a, anmahni ngéiin a awmzia an zawnna tûrin a ni. *Sâm 78:2* hi Isuan tehhkhin thu hmanga zirtîrna A la pêk dân tûr hrilh lâwkna a ni (*Matthaia 13:34, 35*).

Sâm hian Aigupta chhuahsan lai (*Sâm 78:9*"54) te, Kanaan ram luah thû (*Sâm 78:55*"64) te, leh Davidâ hun pawh a târ lang a (*Sâm 78:65*"72). LALPÀ thiltih ropui takte bâkah, mipuiten Pathian thuthlung an bawhchhiatin

nghawng râpthlák tak a neihte pawh a târ lang a. Israelte chanchinah khân Pathian chunga mipuite rinawm lohna chi hrang hrang, a bîkin milem biakna chu a sawi nawn a ni (*Sâm 78:58*).

Sâm-phuahtu erawh chuan, Israelte rinawm lohna tobul sawi uârin, an tâna Pathian thiltih an theihngihil a, Pathian rinchhan lo vin, Pathian chu an fiah a (*Sâm 78:18, 41, 56*), A laka helin, A dân te, thuthlung te leh thuhriattírnate an bawhchhia a (*Sâm 78:10, 37, 56*). Hetianga rinawm lohna uâr bikna hmang hian, *Sâm*-phuahtuin târ lan a tum chu, Israelte chanchina hnár an nihna thlentu chu sualna laimû, mipuiten LALPA an rinchhan lohna chu a ni (*Sâm 78:7, 8*).

Sâm han chhiar hian, mipuite luhlul fona leh thlarau lam mitdelna ang lo takin LALPA chu A dawhtheiin, khawngaihna a ngah hlê thung a. Engati nge thil zir kawngah chhuân thar lo awm zélté an ngawng viâu zé?

Chhuân liam tâte kan dem viâu hmâin, keimahni hi kan inngaihtuah chiâng hmasa tûr a ni. Pathianin hun kal taa thilmak A tihte kha kan mangnghilh vê tho vin, A thuthlung thil ngiâtte pawh kan hlamchhiah vê tho a ni lo'm ni? *Sâm* hian mipuite chu anmahnî thiltiha inngat lo tûrin a fuih a. *Sâm 78* hian mihring ruâhmannna chu, Pathian rinawmna hriatna leh A khawngaihna pawmna neih fo loh chuan, a eng mah lohzia a târ lang a. Indonaa Pathian mîte hlawhchhamna khân (*Sâm 78:9, 62–64*) Pathian rinawmna tel lova mihring beihna maite chu hlawhchham mai tûr a nihzia a sawi fiah a ni.

Hun kal taa i thil tihsual palhte atang khân eng zirlate nge lo zir tawh tûr i nih?

THAWHTANNI

Thil Thleng Hre Rengin Pathian Fak Rawh

March 4

Chhiar tûr: Sâm 105. Hê Sâm-ah hian hun kal taa thilthlenge leh zirlai an târ lan chu engte nge ni?

Sâm 105 hian LALPA leh A mî Israelte inkâra thuthlunga inlaichinna thlentu thilthlenge a sawi lang a. Abrahama leh a thlahte hnêna Ram Tiâm pe tûra Pathian thuthlung chu sawiin, chû thutiâm chu Isaaka leh Jakoba-te hnênah nemngheh a ni a; thuthlung thu thenkhat chu Josefa te, Mosia leh Aarona-te bâkah Kanaan ram lâk lai khân a lo famkim a. *Sâm* hian chhuân tina Pathian mîte tân beiseina a siamsak a, hun kal taa Pathian thilmak tihte khân, hun tina Pathian mîte tân A hmangaihna chu a danglam chuang dâwn lo tih a entîr a ni (*Sâm 105:1"5, 7, 8*).

Sâm 105 leh *Sâm 78* (nimin zirlai) nêñ khân inzûlin, hun kal taa A mîte chunga Pathian rinawmna an târ lang a, chû chu Pathian an châwimâwi nân leh, A chunga an rinawm phah nân a ni. Chuti chungin, *Sâm 78* ang lo takin, *Sâm 105* hi chuan hun kal taa mipuite sualna a sawi vê lo. Hê *Sâm* hian tum dang a nei a ni.

Sâm 105 hi chuan, Israel thlahtubulte zînga ropui berte hmangin chanchin liam ta a sawi nawn a, Pathian hruaina leh thlatubulten harsatna chhel taka an tawrh chhuah dânte a târ lang a. Thlahtûte chhelna leh rinawmna kha Pathianin NASA takin mal A sâwm a. Tichuan *Sâm 105* hian mipuite chu thlahtûte rinna ngaihtuah a, anmahnî huna Pathian chhanchhuahna chu, Amah rinchhan chunga nghâk tûrin a sâwm a ni.

Sâm 105 hi Pathian fakna hla **thlûk** nei niin (*Sâm 105:1–7*), a nih dân tûr ang taka Pathian fak tûr chuan,

Pathian mîten an chanchin liam ta an hriat hmasak a ngai tih a entîr a. Chanchin kal ta hian kan rinna rintlâk zia leh, Pathian chu faktlâk a nihzia a lantîr thîn.

Chibaibûktûte chu Abrahama thlah leh Jakoba fâte anga sawi an ni a (*Sâm 105:6*), chû chuan Abrahama chu hnam ropui taka siam A tiâm thlen famkimna a ni tih a entîr a (*Gen. 15:3"6*). *Sâm-phuahtuin* a sawi uâr chu, thlahtubulte atanga Pathian mî chhuân lo awm zêlte inkâra inzawmna chu a ni. *Sâm-phuahtu* thil sawi uâr chu, “A rorélte chu *lei chung zawng zaungah* hian a awm a” (*Sâm 105:7, NKJV; emphasis supplied*), chû chuan chibaibûktûte chu “kan Pathian” chu leilung luah zawng zawngte LALPA niin, A hmangaih-ngilneihna chuan mipui zawng zawng a huâm tel tih theihngihilh loh tûrin zilhna a pê a (*Sâm 96:1; Sâm 97:1*). Hei hi ringtu chhuân tina mîte chu rinawm tûra kohna a ni tih a chiang hlê.

Keini Seventh-day Adventist-te hi engtin nge Abrahama thlaha inchhui lût tûr kan nih dân? (*Galatia 3:29*.) Eng zirlaite nge hê thû atang hian kan zir chhuah tûr ni ang?

THAWHLEHNÎ
Thil Thleng Hriat Reng leh Simna

March 5

Chhiar tûr: Sâm 106. Hê Sâm-ah hian hun kal tâa thilthleng engte leh eng zirlaite nge a târ lan?

Sâm 106 hian Israelte chanchina thilthleng lian tham deuhte târ langin, chutah chuan Aigupta chhuahsanna, thlaléra zinna leh, Kanaan ram nun pawh a sawi tel a. An saltânnna thlentu chhuâna an thlahtûte suâlna râpthlâk

tak chu chiang takin a entîr a. Tichuan, *Sâm* hi an hnam Babulona an awm lai emaw, chuta tanga an lêt leh hnû emawa ziah a ni ang tih a chiang thawkhat a; Thlarau Thianghlim thâwkkhumin *Sâm-phuahtu* hian an chanchina thil thlengte leh chuta tanga mipuiten zirlai an zir chhuah tûr chu a târ lang ta a ni.

Hê *Sâm* hian, a dangte angin, A khawngaihna thuthlung chunga Pathian rinawmna a sawi a, hun kal taah A mîte chu A lo chhanchhuak tawh thin tih a ni (*Sâm 106:45*). A mî sual simte chunga duhsakna lantîrin, hnamte zîng atangin A hruai khâwm leh ang tih beiseina pawh a târ lang tel bawk (*Sâm 106:47*). Tûna chhanchhuah dilna hi duh thu sâm lek a ni lo va, hun kal taa Pathian chhanchhuahnate behchhana rinnaa tawngtaina (*Sâm 106:1"3*) leh, A mîte hnêna A thuthlung chunga Pathian rinawmna nungchang thlawn ngai lo chu a ni.

Sâm 106-a Israelte chanchina hlawhchhamna chungchâng sawina hi, mipuiten an sualnate an puân leh anni chu an thlahtûte âiin an tha bîk chuâng lo tih pawmna pawh a ni a. Tûn chhuânte hian an thlahtûte âiin an dinhmun a chhe zâwk tih an pawm a, a chhan chu hun kal taa bawhchhiatna nghawngte hriain, hun kal ta khân an nun kawng sual an zawh zêl chungin, A dawhtheihna ropui tak lantîrin, khawngaihnain anni chu A chhandam a ni. Hei hi an tân a dik a nih chuan, tûna keinî tâna a nih zuâl dân tûr chu ngaihtuah la, Isua leh kraws zâra khawngaihnnaa chhandamna leh Pathian inpuân chhuahna chu kan nei sî a.

Sâm 106-a chanchin lâwmawm chu, mipuite sualna kârah Pathian hmangaihna chu a ding nghet tlat reng hi a ni (*Sâm 106:8"10, 30, 43"46*). Mosia leh Finehas-aten Pathian thinrimna thâwidam tûra an hmalâkna kha,

ringtute tâna Kristâ dilsakna pawimawhzia târ langtu a ni. Mimal taka Pathian khawngaihna a taka channa zârah chiah *kan* chanchin liam taa siamthatna a thlen thei ang.

Sâm 106:13-ah: “A thiltihte ch an theihngihilh ta thuai a; A thurâwn chu an nghâk peih lo” (NKJV) tih a chuâng. Engati nge chû chu keimahnî nunah pawh tih vê a awl viâu?

NILÂINÍ

March 6

LALPÀ Grêp Tehkhin Thû Chu

Chhiar tûr: Sâm 80. Engtin nge hê Sâm-ah hian Pathian mîte chu entîr an nih a, eng beiseina ropui nge an dîl?

Israel hi grêp huan Pathianin hnehchhiahna ram, Aigupta atanga a pawh a, hniânghnârna Ram Tiâma a phun tâk hmanga entîr a ni a. Entîrna atâna Grêp huan hmanna hian Israelte Pathian thlan nihna leh, A enkawlna chu a târ lang a (*Gen. 49:11, 12, 22; Deut. 7:7"11*).

Chuti chungin, Sâm 80-ah, Pathian Grêp huan chu A thinrim khum a (*Sâm 80:12*). Grêp huân chu a lo that loh tâk avânga Pathian hremna entîr nân zâwlneiten grêp huân tihchhiat a nih thû an puâng a (*Isa. 5:1"7; Jer. 2:21*).

Sâm 80 hian chunglam rorêlna thlen chhan a târ lang lo thung. Pathian khawngaihna thûkzia ngaihtuahin, *Sâm-phuahtu* hian chû leh chen Pathianin A mîte hnêna A chêncilhna chelhkîr chu a ngaihna a hre lo va. Pathian thinurna leh hremna kâr hi, kawng khatah Pathian khawngaihna leh ngaihdamna a nih laiin, a lehlamah thung chuan *Sâm-phuahtu* hlauh chu chunglam thinurna

chu dingchangin, mipuite chu a tiboral phiâr mai ang tih a ni thung (*Sâm 80:16*).

Chhiar tûr: Nambar 6:22-27. Engtin nge hê malsâwmna hi Sâm 80-in a hman?

Sâm thunawn hian Arona leh a fapâten Pathian mite mal an sâwm thin dân tûr kha min hriat chhuahtîr a (*Num. 6:22"27*), chû chuan Pathian khawngaihnain mipuite chhiatna thlen thîntu chunga hnehna a la chan tûr beiseina chu a târ lang bawk a; chû chu “Aw Pathian, min dinthar leh la; I hmêl kha tiêng ang che, tichuan chhandamin kan awm dâwn nia!” tiin (*Sâm 80:3; Sâm 80:7, 19*).

Hebrai thumal heta “dinthar” tih hi “hawi kîrtîr” tihna niin, Bible-ah hian Pathianin A mî, pêng bote A koh kîr leh a, Amâ hnêna kîr leh tûra koh nân hman fo a ni a. Hei hian simna, sual hawisan a, Pathian lam hawi tih a kâwk a ni. “LALPA ka ni tih mi hriat nân thinlung ka pê ang; ka mîte an ni ang a, an Pathian ka ni ang; an thinlung zawng zawng nêñ ka hnênah an lo kîr dâwn si” (*Jer. 24:7*).

Engtin nge nangmâ tân ngei simna chu Pathian lam hawina anga a taka i lo chan vê tâk?

NINGÂNÍ

March 7

Chanchin Liâm Tâa LALPÀ Chungnunna

Chhiar tûr: Sâm 135. Hê Sâm hian chanchin liam taa thil thleng engte nge a târ lan? Chûng atang chuan Sâm-phuahtuin eng zirlaite nge a lâk chhuak?

Sâm 135 chuan Pathian mîte chu Thilsiamna (*Sâm 135:6, 7*), Aigupta chhuahsan lai huna Israelte chhanchhuahna (*Sâm 135:8, 9*) leh, Ram Tiâm hnehnna LALPA thatna leh rinawmna (*Sâm 135:10–12*) avângä Amah chu fak tûrin a ko va.

LALPAN a rohlu bïk anga Israel mîte thlangin, A khawngaihna chu a lantir a (*Sâm 135:4*). “Rohlu bïk” tih hian LALPA leh A mîte inkâra thuthlunga inlaichînna danglam bïk chu a entîr a (*Deut. 7:6–11; 1 Pet. 2:9, 10*). Israelte thlan an nihna kha LALPA chungnunna behchhana tih a ni a, anni Israelte khân mi dangte âia chungnunna bïk an nei lo. Sâm 135:6, 7 hian khawvél tâna LALPA thiltum chungnung kha Israelte hnêna intan ni mai lo vin, Thilsiamna kha a ni zâwk tih a sawi a. Tichuan, Israelte khân khawvél pum chhandam nâna Pathian thil ruâhmana an chanvo chu inngaitlâwm takin an hlen mai tûr a ni.

A mîte tâna Pathian thiltih ropui takte hriat thar lehna (*Sâm 135:8–13*) kha, Pathianin A mîte ‘rorêlsakin’ an chungah khawngaihna A nei dâwn tih thutiâm hmanga khâr a ni a (*Sâm 135:14*). Heta ‘rorêlna’ hi Pathianin hnehchhiah tuâr leh chanhaite A châwisâンna tûr chu a ni (*Sâm 9:4; Sâm 7:8; Sâm 54:1; Dan. 7:22*). Thutiâm ang chuan, LALPAN A mîte chu châwisâঁgin, a humhim lat dâwn a ni (*Deut. 32:36*). Tichuan, Sâm 135 hian Pathian mîte chu LALPA rinchhan a, Amah nêna an thuthlunga rinawm zui zêl tûra chawhpñr a tum a ni.

A mîte chunga LALPA rinawmna khân Sâm-phuahtu chu milim (pathiante) eng mah lohzia leh khawvélâ LALPA chungnunna danglam bikzia a sawi a (*Sâm 135:15–18*). Milimte rinchhanna khân, a milimte ang thovin a betûte pawh beisei bo leh thiltihtheihna nei lo an ni tih a sawi a (*Sâm 135:18*). Sâm hian Thilsiamna leh A mîte Chhandamtu

a nihna vângä Pathian chu fak tûr a ni tih a târ lang a. Hei hi Thupék Sâwmtea a palîna târ lanna bung hnihilah mak takin sawi a ni (*Exod. 20:8–11; Deut. 5:12–15*). Khawvélah hian thilsiamna leh khawvél chanchina Pathian thiltihtheihzia hi tluk ruâl loh a nih avângin, Pathian mîten Amah chu inngahah nâna hmangin, Ani chu chibai an bûk thîn tûr a ni. Siamtu leh min Tlantu a nih angin, Amah chauh chu chibai kan bûk tûr a ni a, thil dang leh milem eng mah chibai kan bûk tûr a ni lo.

Engtin nge kan nunah milimte kan nei lo tih kan chiân theih ang? Engati nge kan ngaih ngawt âia milem biak hi a lo awlsam theih?

Zir Belhna: Chhiar tûr: Tirhkohte 7 leh Hebrai 11. Thuthlung Thar lam hian hun kal taa Pathianin A mîte chungchuâng taka A lo hruainaa A thiltum eng nge a sawi?

Chanchin kal ta sawina Sâm-te kha A mîte chunga Pathian rinawmzia chiang taka lantirna a ni. Pathian mîte chanchina thilthleng tin khân, Nazareth Isua zâra khawvél Chhandamtu chunglam tiâm lâwkna lo thlen famkim chhoh zêl dân chu a târ lang a. Pathian mîte timangang thîntu fiahnate vângin Pathianin hlamchhiah ta angin an inngaih phah a. Pathian erawh chuan engkim thununin, thil thleng chunga LALPA a nih angin a tahtawl têin A kalpuí zêl thîn.

Sâm-phuahtu hian thiam taka thutak târ langin, mipuite rinawm lohna pawhin A mîte tâna A rinawmna leh A thutiâmte hlenna lakah Pathian kawng a dâlsak thei lo tih a sawi a. Chuti chungin, mimal leh a huhova sual

sim lohna chuan thuthlung malsâwmnate chu dâlsakin, an chanchin tâwp dân khân Pathian tel lo emaw, Amah dodâlna emawin chhiatna a thlen thîn tih min hriattîrna tûr a ni.

*Sâm hian hun tina Pathian fâte chu LALPA-a beiseina nei a, Amâ chunga rinawm tlat tûrin a fuih phûr a ni. “Kan chanchin liam ta a A mi zirtîrna leh, A mi hruaina kan theihngihilh ang tih chauh lo chu, kan hmalam hunah hian, eng mah hlauh tûr kan nei lo.”—Ellen G. White, *Life Sketches of Ellen G. White*, p. 196.*

Pathian mîten hlâu lo va hmâ an sâwn zêl theih nân, an chanchin liam ta kha an hriat a ngai a. Ellen G. White in ringtûte chu Sâm 105, 106 chhiar thîn tûrin thurâwn a pê a, chû chu “chawlhkâr tin tum khat tal” a ni.—*Testimonies to Ministers and Gospel Workers*, p. 98.

Hê Pathian mîte chanchin hian A thûa Pathianin thutiâm A lo siam tawhte chu thleng famkim lo a awm dâwn lo tih a târ lang a. Hetah hian tûna mimal taka min enkawl tûra chunglam thutiam leh, nakin huna Kristâ lo kal lehna thutiâm pawh a tel a. Chutah chuan Pathian rôldikna lalram chu dinngheh niin, lei tharah chuan muânnna a awm dâwn tih a ni.

Sawi Ho Tûr:

Khawvêl chanchin liam taa Patianin rinawm taka A mîte A hruaina hriat rengnaah eng malsâwmnate nge awm? Hun kal ta atanga zilaite theihngihilh emaw, hlamchhiah emawin eng nghawng tha lote nge a neih thin? Hmânlaï Israelte koh an nihnaa tih tûr ngâi vêk chu ti tûra kohhran koh a nihna thupui hi engtin nge kan inbel theih ang?

Engtin nge Sâm hian kan nunah Pathian enkawlna kan dawn te, Pathian kawng chungnunge chu, kan chunga a lo thlen dân hriat thiam mai a awlsam lo chungin, chhel taka nghah leh inngahh nâna hmang tûra lo pawm tûra min fuih le?

Engtin nge kan Pathian biak inkhâwmahte hian mimal leh a huho pawhin Pathian mîte chanchin kha zir chîk takah kan neih theih ang? Engtin nge tûn hnâia Pathian mîte chanchin hi tum nei râna kan fâte hnênah kan hrilh theih ang?

ZION-A PATHIAN THLAHLELIN

CHÀNGVAWN: “**Ka nunna hian LALPĀ biak in hung chhūng kawtlaite chu a ngai êm êm a; a ni, a chauh phah hiâl a; ka thinlung leh ka tîsâ hi Pathian nung hnênah chuan a âu chhuak a,**” (*Sâm 84:2*).

SABBATH CHAWHNŪ

March 9

Chhiar Tûr: *Sâm 46; Sâm 84; Sâm 87; Sâm 122; Sâm 125; Matthaiia 28:18–20; Galatia 3:28, 29; Thupuan 21:3.*

ZION hlâte hi hlim tako Pathian fakna hlâte niin, Zion mâwina leh LALPĀ, A tlâng thianghlim atanga rorêltû chungnunzia chu hlâin a châwi a. Hêng *Sâm*-te hian LALPĀ in thatnate leh *Sâm* dangtea chuang biak bûk thlakhlelhna pawh a târ lang bawk a. Hêng *Sâm*-te zînga tam tak hi Kora fâte phuah a ni a, anni kha tempula rimâwi tumtu, LALPĀ in mawlsâwmnate a taka changtu (*1 Chron. 6:31*–*38*) leh tempul gate vêngtûte an ni (*1 Chron. 9:19*).

Engin nge Zion chu beiseina leh hlimna hnârah chantir? Zion hian A mite zînga Pathian chêncilhna nung a entîr a. Israel mîte kha Pathian mi thlante an ni a (*Deut. 7:6*), chuvângin Zion chu Pathian thlan tlâng chu a ni (*Sâm 78:68; Sâm 87:2*). Pathianin Zion atangin ro A rôl a (*Sâm 99:1, 2*), A tempul chu Zion-ah a din bawk a (*Sâm 87:1*). Tichuan, Zion chu chunglam malsâwmnate leh inhumhimna hmun a ni. Zion tih hi Jerusalem leh hmun thianghlim, Pathianin khawvél tâna chhandamna hnâ A thawhna hmunpui nêna hman kawp a ni fo thîn a ni.

Zion malsâwmnate chu kâwlkil tâwp thlengin a luâng liâm a, a chhan chu LALPĀ chu mimal, a taka awm leh A khawngaihna chuan hmun thianghlim ramrîte chu a khûm vâng a ni. Zion chu lei pum pui lâwmna niin (*Sâm 48:2*), chû chuan lei pum pui hi Pathian tâ a ni tih a nemnghet a ni.

SUNDAY

March 10

Kum Sâng âiin I Tuâla Ni Khat A Tha Zâwk**Chhiar tûr: Sâm 84:1–4. Engati nge Sâm-phuahtuin hmun thianghlima chên reng a châk?**

Sâm-phuahtu hian chatuana Pathian kianga a awm theih nân biak bûk kianga awm reng mai a “thlahlelin” a “chauhphah” hiâl thîn a (*Sâm 84:1, 2*). Pathian chêncilhna nung (*Sâm 84:2*) chuan biak bûk chu hmun danglam bîkah a siam a. Biak bûkah chuan, chibaibûktûten “LALPĀ mâwina a hmu theein” (*Sâm 27:4; Sâm 63:2*), “I in thatna chênen kan tlai ang” (*Sâm 65:4*) an ti thei.

Sâm 84-ah, Pathian nêna inlaichînnaa hlimna namên lo neih thû a chuâng a, chutah chuan Amah fakna pawh a tel a (*Sâm 84:4*), Amaha chakna hmûin (*Sâm 84:5*), Amah an rinchhan bawk (*Sâm 84:12*). Biak bûk chu chutiang inlaichînna châwm nunna hmun a ni a, chû chu ringtu ûnaute nêna chibaibûk leh inpâwlhona neihna atangin a ni. Biak bûka Pathian chêncilhna nung chuan chibaibûktûte hnênah Pathian lalram ropuizia leh, chatuan nun lo tem lâwkna a neihtir thîn.

Chhiar tûr: Sâm 84:5–12. Biak bûkin mal a sâwmsak theih dang chu tu nge ni?

Pathian malsâwmnate chu biak bûk atanga lo êng chhuakin, biak bûka rawngbâwlûte chungah malsâwmna a thlen hmasa phawt a (*Sâm 84:4*), chutah biak bûk lam pana khualzinte chungah (*Sâm 84:5-10*), a tâwpah chuan kâwlkil a thleng ta hiâl thîn a ni. Biak bûka Pathian tawh beiseina chuan khualzinte rinna a tichak sawt thîn a (*Sâm 84:7*). Khualzin dangte chu kawng thui tak zawha an zin hian an châu sauh thîn a ni a, biak bûk lam pana zinte erawh chu, biak bûk an lo hnaih lai chuan an chaknate chu a lo pung deuh deuh thîn.

Biak bûk atanga sawn bo an nih lai pawhin, Pathian fâten nun thianghlima nungin, Pathian biak bûk chhinchhiahna chu an pu zêl thîn a (*Sâm 84:11*), chû chuan LALPA biak bûka lût mi fel nihna a entîr thîn (*Sâm 15:1, 2*). LALPA chu “ni” anga sawi a nihna hian, ni-zungin kâwlkil thlenga a chhun thîn angin, biak bûk atanga malsâwmnate a entîr a (*Sâm 84:11*). Tichuan, rinna zâra Pathian hnêna awmte chuan, an awmna apiangah A khawngaihna an chang thîn.

Chhiar tûr: Thupuan 21:3. Hetah hian lei biak bûka beiseina awm eng chu nge min târ lansak? Engtin nge tûnah ngîi pawh chuta nuntawng chu eng ang ni tûrin nge kan ngaihruât thin?

THAWHTANNÍ
Jerusalem Muânna Dîla Tawngtai

March 11

Chhiar tûr: Sâm 122:1-5. Jerusalem an lo thlen laia chibaibûktûte rilru sôkthlêk chu eng nge ni? Jerusalem ah chuan eng nge hmuh an beisei thin?

Sâm 122 hian khualzinten Jerusalem an lo thlen dâwna an phûr leh hlim theihzia a târ lang a. Sâkhaw biakna thila Jerusalem lama zin hi thil hlimawm tak, Pathian mîten hun kal ta leh tûn huna Pathian thatna an hriat reng nân kum tin tum thum Jerusalem-a biakzin an nei thîn (*Deut. 16:16*). Jerusalem-ah khân “Israel-ho hnêna thuhriattîrna” (*Sâm 122:4*) leh rorêlna lalthuttlêngte (*Sâm 122:5*) a awm avângin, an hnam nun hmunpu ber a ni.

“Israel-ho hnêna thuhriattîrna” tih hian biak bûk chu engtik lai pawha “Thuhriattîrna biak bûk” (*Num. 1:50, NKJV*) tih niin “Thuhriattîrna bâwm” (*Exod. 25:22*) pawh a awm tel a. Rorêlna lalthuttlêngte tih hian Jerusalema rorêlna neih dân kalhmang chu a entîr (*2 Sam. 8:15*). Sâkhaw biakna thila zin kha mîten rôldikna an zawn leh an hmuh theih hun a ni thîn a. Pathian chunga rinawmna leh mipuite chunga dik taka rorêlna kha lâk hran ngai loh tûr a ni.

Chhiar tûr: Sâm 122:6-9. Pathian mîte tawngtai thil dîl ber chu eng nge ni?

Jerusalem muânna dîla tawngtaina khân, khawpui leh chuta chêngte tân Pathian malsâwmna dîlsakin, chibaibûktûte tipumkhatin, an zîngah remna a lêntîr thîn (*Sâm 122:8*). Jerusalem kha remna khawpui a nih theihna chhan chu Pathian leh A mîte inkâra remna a awm a, Pathian fâte zînga rem a lênin a ni. Tichuan, Jerusalem muân nâna dîlna chu Pathian mîte chu Pathian nêna inrem bâkah, anmahnî zinga inremna a awm theih nâna ngenna a ni. Jerusalem muânna zârah, mipuite an hmuingil vê bawk ang (*Sâm 147:12-14*).

Sām hian rinna chhüngkuáte thatna tûr dilsak chu Pathian fâte tawngtaina thupui pawimawha nei thin tûrin min fuih a; a chhan chu Pathian mîte tangruâl leh an chak chauhin Pathian thlamuânnna leh chhandamna chanchin thâ chu khawvâla an puân chhuah theih vâng a ni (*Johana 13:34, 35*).

Jerusalem thlamuân nâna dîlna chu ringtûte tâna hamthatna leh mawhphurhna a ni kawp a, a chhan chu khawvâl-tâwpa Pathian muânnna lalram lo thleng tûr beiseina a vawn nun vâng a ni a, chû chuan Jerusalem khawpui chauh ni lo, khawvâl pum a huâm tel dâwn vâng a ni (*Isa. 52:7; Isa. 66:12, 13; Thupuan 21-22*).

Mipui kan nih angin, kan zînga inremna awmtîr tûra a taka kan beih theih dân tûr kawng chu engte nge ni ang?

THAWHLEHNÎ

Zion—Hnam Zawng Zawngte Chênnna Chu

March 12

Chhiar tûr: Sâm 87:1, 2. Zion chu chutiang taka hmun duhawm nihtîrtu chu eng nge ni?

Sâm 87 hi Zion chu Pathianin a bik tak leh duh taka A thlan khawpui a nih lawmna hlâ a ni. Pathian tempul lungphûm chu Zion Tlângah a awm a (*Sâm 2:6; Sâm 15:1*). Hun tâwpah chuan, Zion chu tlângsâng dangte âi sângâ dingin, chû chuan khawvâl pum pui chunga LALPÂ chungnunzia a entîr dâwn a ni (*Sâm 99:2; Isa. 2:2; Mika 4:1*). Sâm 87 hian Zion chu “tlângte” tiin a sawi a, chû chuan a ropuzia a entîr a (*Sâm 133:3*). Pathianin Zion kulh kawngkhârte chu “Jakob ho chênnna zawng zawngte âiin”

(*Sâm 87:2, NKJV*), A ngaina zâwk tih a ni a; chû chuan Israel hmun dang zawng zawng, hun kal ta a Pathian mîte lo pun khâwm tawhna Shilo leh Bethel-te âia Zion chungnun bikzia a târ lang. Tichuan, Sâm hian Pathian chibaibûkna dik chu Amâ thlan hmunah, Amâ sawi dân anga neih tûr a ni tih a nemnghet a ni.

Chhiar tûr: Sâm 87:3-7. Zion chungchângah eng thil ropuite nge sawi lo ni le?

Zion ropuina chuan Pathian hnêñ lamah hnam zawng zawngte chu a hîp a, tichuan Pathian lalram ramrîte chu khawvâl pum huâm tel tûra tihzauh a ni ta a ni. Thil chhinchhiah tûr chu, Zion chu LALPA chu an Chhandamtua pawmtu mî zawng zawngte thlarau lama pianna anga sawi a ni chungin, Pathianin hnam dangte hi mi hnuaihnung zâwk angin A en chuâng lo tih hi a ni.

Mi tinte chu an pianna hmun angzia zêla chhinchhiah an ni a (*Neh. 7:5; Luka 2:1-3*). Tum thum lai Sâm hian hnamte chu Zion-a piang angin a sawi a, a awmzia chu LALPAN nihna thar neihtîrin, dân ang taka Zion-a piang fâte ni thei tûra hamthatnate chu A pê tihna a ni (*Sâm 87:4-6*).

Sâm 87 hian Juda-te leh Jentail-te chhandamna sawiin, Kristâ tlanna rawngbâwlna zârah kohhran pakhata inpumkhat an nihna a sawi bawk (*Rome 3:22; Rome 10:12; Gal. 3:28, 29; Kolosa 3:11*). Sâm-in Zion hmuingilna a sawi dân hi Danielan inlárnaa Pathian lalram a hmuñ dân, tlâng lian takin lei pum pui a luah khah nêñ khân a inzûl hlê a (*Dan. 2:34, 35, 44, 45*), Isuâ tehkhin thûa Pathian lalram lo thang zêl chu thing lian taka lo thang a, a zâra chunglêng savâte riâk (*Matthaia 13:32*) nêñ pawh a induh hlê.

**Engtin nge mî zawng zawngte lo pawm tûra Zion
inpeihna kha, hnâm tinte hnêna chanchin tha puâng tûra
Thupêk Ropui (Matthaia 28:18–20) famkimna tûr a nih
ang? Engtin nge hê ngaih dân leh Vântirkoh Pathum
Thuchahte puâng tûra koh kan nihna chu a inrem?**

NILÂINÍ

Zion Himna leh Muânnna

March 13

**Chhiar tûr: Sâm 46:1–7. Engtin nge hetah hian
khawvêl chu hla thu hmanga entîr a nih?**

Sâm hian khawvêl dinhmun buaizia chiang taka târ langin, leilunga chhiatna thlen nasatzia a sawi a (Sâm 46:2, 3). Tuipui so bulh bulh hian helhmang hnâmte leh mi suaksualte vânga khawvêla harsatna chi hrang hrang tleng thînte chu a entîr a (Sâm 93:3, 4; Sâm 124:2–5). Chutiangin, Sâm 46-a khawvêla chhiatna hmêlhmg lo lang hian hnâmte zînga indona râpthlâk tak lo tlengin a thunun chu a entîr bawk (Sâm 46:6).

Hei hi Pathian hriatna tel lo khawvêl a ni tih a chiang a, a chhan chu A mîte lai takah A awm a, Pathian chênnâah chuan muânnna a awm thin sî a (Sâm 46:4, 5). Chuti chungin, khawvêl hian Amah chu hnár mah se, Pathian erawh chuan khawvêl hi A hlamchhiah mai chuâng lo. Pathian chu khawvêla A mîte zînga chêng anga sawi a ni a. Khawvêl lan dân chu duhawm lo tak ni bawk mah se, Pathianin khawvêl hi A chêncilh a, thutak laipui hriatna zârah mimal taka beiseina leh phûrna kan nei thei dâwn a ni.

Inhumhimna duhthusâm ber, LALPA chu Zion-a muanna leh himna Hnâr chu a ni a. Zion-a himna thû erawh chu Sâm 46:3-ah a chuâng vê tho va. Khawvêl chu buâi hlê H-9

mah se, Pathian mîte erawh chu an him thung a. Hei hian muânnna chu harsatna awm miah lo tihna a ni lo va, Amah rinchhantu A fâte hnêna Pathian thilthlâwnpêk a ni. Khêk nei hauh lo va Pathian rinchhanna zârah, Pathian fa chuan thlipui kârah pawh muânnna leh himna a chang thei a ni (Matthaia 8:23–27). Zawhna awm ta chu: Pathianin khawvêl hi a duhthlan anga chêtna leh chhiatna tûrin A kalsan mai dâwn em ni?

**Chhiar tûr: Sâm 46:6–11. Khawvêla tharum thawhna
leh chhiatna tleng Pathian chhânnna chu eng nge ni?**

A thû hmanga khawvêl siamtû Pathian chuan, A lungâwi loh thiltihtheihna nén lei hi A titui ta a (Sâm 46:6). Chuti chungin, chutia tihtuina chuan chhiatnaa tâwpna áiah tihtarna a thlen zâwk a. Pathianin A muânnna chu Zion atanga kâwlkil tlengin A zauh zêl tih hria ila. Pathianin indonate titâwpin, chhiatna hmanruâte chu a tiral a, chûng chu mi suaksualten khawvêl hnechhiah nâna an hman thinte chu an ni (Sâm 46:9). Hê beiseina ropui, Kristianten an neih hi, Isuâ lo kal leh hunah a lo tleng dâwn a ni.

**Engtin nge chhiatna tam tak tlenna khawvêlah hian
muânnna nei a, Pathian rinchhan dân kan zir theih ang?**

NINGÂNÍ

Zion Tiâng Anga Tihngîn Theih Loh

March 14

**Chhiar tûr: Sâm 125:1, 2. Engtin nge hetah hian
Pathian ringtûte entîr an nih?**

LALPA ringtûte chu Zion Tlâng tihngchin ruâl loha nghet nén tehkhin an ni a. Jerusalem khawpui huâl vêltu tlâng mâwi takte khân, *Sâm-phuahtu* chu chunglam huâlhimna chiang tak hriatna a neihtir a (*Sâm 5:12; Sâm 32:7, 10*). Mi suaksualten ro an rôlna tlâng, tuifinriat chhûnga insawn thinte ang lo takin (*Sâm 46:2*), Jerusalem dinna tlâng nghet tak chuan rinchhanna chiang tak nei tûrin a chawkphûr a. Pathian vênhimna inngahah nâna hman ngamna zârah, thil tha lo lo thleng thîn, tawrh hrehawm kârah pawh a huaisen deuh deuh zâwk a. Chuti chungin, thil tha lo kârah pawh, Pathian mîte chuan beiseina an nei tlat thîn.

Chhiar tûr: Sâm 125:3–5. Engtin nge mi felte thlêm an nih? Kan tâna zirlai chu eng nge ni?

Mi suaksualte hlawhtlinna chuan Pathian fâte a tizâm thîn a, an kawng zawh ang zawh vê tûra thlêm an ni fo (*Sâm 73:2–13; Sâm 94:3*). Zion Tlâng dinngheh tlatna pawhin LALPA pênsantûte chu a dinnghehtir vê chuâng lo. Mite chu “an kuttea khawlohma an ban” (*Sâm 125:3*) tûr leh, “an kawng kâwitea pêng” (*Sâm 125:5*) tûra zalënna pêk an la ni reng tho va. LALPA chu a dik a, hel zui zêlte leh sual sim duh lo mi mal tinte chungah ro A la rôl dâwn a ni.

Hetah hian Zion Tlâng chu inhumhinna tihngchin ruâl loh a ni ang khân, Pathian mîte chu rinna sâi ngai lova ding tûr leh, LALPA chu rinchhan zêl tûra koh an ni. Chû chu, thil kan hrethiam kher lo chung pawhin, Pathian thatna chu inngahah nân kan hmang thei cheu a ni.

“Khawvêla sual luh tanna te, Kristâ mihring channa te, piantharna te, thawhlehna te leh zir tûr dang tam tak Bible-a mîte hi mihring rilru hrilhfiahna tûr leh hriatthiam vek tûra thurûk thûk lutukte chu a ni. Mahse Pathian thurûk chu kan hriatthiam theih loh avângin rinhlelh nân kan hmang tûr a ni lo. . . . Khawiah pawh hian thilmak

kan hriat phâk loh a awm. Thlarau lamah pawh thurûk kan teh phâk loh kan hmuh chuan mak kan ti dâwn em ni? A harsatna chu mihring rilru tlinlohmaah leh a zîmnaah hian a awm a ni ber mai. Pathian chuan A lehkhabuah a nungchang tihlan chianna tâwk min pê a, chuvângin A thurûk zawng zawng kan hriatthiam theih loh avângin A thû chu ringhlel mai tûr kan ni lo.”—Ellen G. White, *Krista Panna Kâilâun*, p. 96.

ZIRTÂWPNÎ

March 15

Zir Belhna: Chik takin Isaiah 40 leh Isaiah 51:1–16-a thuchah awm hi ngaihtuah ang che.

Zion hlâte khân Zion chu ngaihtuah pui bera hmang tûr leh, chû thilin a entir Pathian lalna chungnunga beiseina nung nei tûrin min fuih a. Hê lei damchhûnga Pathian biak bûk malsâwmna tam tak dawn kan beisei laiin, Zion-a hlimna leh nun famkim beiseina chu hmalam huna mî tûr a la ni a. Pathian fâ tam takte chuan mittui nén vân Zion an thlahlel a (*Sâm 137:1*). Zion hre reng tihin a kawh chu a châng châng a hre chhuak zeuh zeuh chauh ni lo vin, chû hriatna nung rema ngaihtuah leh thutlûkna siama nung tihna a ni (*Exod. 13:3; Exod. 20:8*).

Tichuan, ‘Zion hlâte sâ’ tih pawh chu, lei thara Pathian lalram dinthar leh beiseina duh taka vawng nung reng tihna a ni (*Thup. 21:1–5*). “Chutah chuan rilru thi thei lote chuan, Siamtu thiltihtheihna leh tlanna hmangaihna thurûkte chu lâwmna chuai ngai lo neiin an ngaihtuah ang a. Hmêlma nunrâwng, bum hmang tak, Pathian theihngihilhîtir tûra thlêmtu chu a awm tawh lo vang. Taksa leh rilru chakna zawng zawng chu a thang puitling tawh ang a, thiltihtheihna tinrêng chu a pung tawh ang. Hriatna nei tûra zirna chuan rilru a tichâu lo vang a, chakna te a tichâu hek lo vang. Chutah chuan thil ropui ber chu tih

zui zéл a ni ang a, suangtuahna tlin phák tâwk chu thlen a ni tawh bawk ang a, duhthusâм chu hlen a ni tawh ang; chutichung chuan lâwn sân zélna tûr thil tharte a lo awm zéл ang a, ennawm mak thar te, thutak thar hriat chhuah tûr te, taksa leh rilru thiltihtheihna hman tûlna chî thil tharte a lo awm zéл ang.”—Ellen G. White, *Indona Ropui*, p. 677.

Zion theihngihlh lo tûra thutlûkna siam tih chu, LALPÀ khualzinte intiâmkamna siam, hê khawvél hi an chênnaram tûr angin an pawm ngai lo vang a, vân tharte leh lei thar chu an nghâk zâwk dâwn tihna a ni.

Tichuan, Zion Sâm-te chu chhuâн tina ringtû, Jerusalem Thara chén châkte chuan an sa thei theuh a (*Thup. 3:12*). Zion hlâte chuan beiseina nêna khawvél lo la awm tûr min thlîrtîr a, tûnlai khawvêla Pathian khawngaihna târ lanna hmanruâ ni tûrin min tur bawk.

Sawi Ho Tûr:

Jerusalem-a hmun pakhat, Zion-a Pathian mîte tih thupui hi engtin nge in ngaih a, engtin gne kohhran leh khawvêla a rawngbâwlnaa in bel ang?

Engtin nge tûnlai hian ringtûte chu Pathian biak bûkah an awm reng theih dân tûr? (Johana 1:14–18; Hebrai 12:22–24).

Engtin nge Sâm 87 hmathlîr anga Zion chu hnam zawng zawngte khawpui a nih theih ang? (Rome 5:10; Efesi 2:11–16; Kolosa 1:19–23).

Khawvêla mi suaksualte an hmuingîl viâу laia mi tha tam takten harsatna an tuâr sî hi engtin nge i chhân ang? Eng nge i sawi ang? Tûnah rih hi chuan engkim chhâンna kan la nei vek lo tih pawm thiam hi engati nge a pawimawh?

CHIBAIBÛKNA TÂWP LO

CHÂNGVAWN: “Ka dam chhûng zawngin LALPA châwimâwiin hlâ ka sâ ang a; ka nun chhûng zawngin ka Pathian fakin ka zai ang,” (Sâm 104:33).

Chhiar Tûr: Sâm 15; Sâm 96; Sâm 101:1–3; Sâm 134; Isaia 42:10–12; Johana 4:23, 24; Thupuan 14:3, 6–12.

PATHIAN khawngaihna leh thiltihtheihna a taka kan chan hian a lo pung deuh deuh a, tichuan Sâm-phuahtu chu thuruâlpuiin: “Ka chunga A thiltih that zawng zawng avâng hian LALPA chu eng nge ka pêk vê thung ang?” (Sâm 116:12, NKJV) tiin kan âuchhuak thin. Chhâンna lo thleng ngîi tûr chu mahñî nun rinawm taka Pathian hnêna hlan a ni.

Sâm-ah hian, Israel chu hnam a ni ngawt lo va, “pungkhâwm nasa tak” pawh a ni bawk (Sâm 22:22, 25, NKJV; Sâm 35:18). Hei hi Israelte chu Pathian fak leh hnam dangte hnêna Amâ chungchâng thuhretûa tang tûra koh an ni tihna a ni, a chhan chu A mîten Amah chibai an bûkna chu khawvél pum hian zâwm vê sê LALPAN a tih vâng a ni. LALPÀ mîte chu mi fel, LALPA chibaibûk a, Amah leh A hmangaihna beiseitûe an ni.

Mipui zînga LALPA fak hi chibaibûk dân duhthusâм anga ngaih a ni a. Mimal tawngtai leh fakna chu nêp deuh ta zâwk anga ngaih erawh a ni chuâng lo. Mimalin Pathian chibai a bûkna chuan a huhova chibaibûkna châwmin, fakna a tithar thin a (Sâm 22:22, 25), chutih ruâlin mimal

chibaibükna sān theih dān ber chu mipui zingah a ni. A huhova chibaibükna neitüte chu “Mi dik takte inkhāwmna” (*Sām 111:1*) tih a ni a. Mi ngilten Pathian an hria a (*Sām 36:10*) anni chu Pathian hriat an ni bawk (*Sām 37:18*), hē nuntawng hian an nun pēng tin a fan chhuak vek thīn.

SUNDAY *March 17*
Hmun Thianghlim Lamah Kutte Phar Chhuak Rawh U

Chhiar tūr: Sām 134. Khawi hmunah nge chibaibükna chu neih a nih? LALPA chibaibükna in a rah chhuah chu eng nge ni?

Sām 134 hian Aarona puithiam malsāwmna Nambar 6:24"26 (leh *Sām 67:1*) min hriatchhuahtir a, Pathian leh Israelte inlaichinna rahchhuah leh kalphung chu a tār lang a ni. Mipuiten Pathian chu hmun thianghlimah mal an sāwm a, Pathianin A mîte chu Zion atangin mal A lo sāwm vē thung a. LALPA chu lei leh vân Siamtu a nih avângin, malsāwmnate chuan nun pum pui a fan chhuan vek a. Chunglam malsāwmna bikte hmun anga Zion sawi a nihna hian thuthlunga LALPA leh A mîte inzawmna a tār lang a. Tichuan, khawngaihna thuthlung huâng chhûngah Israelten LALPA chu malsāwmin, anni pawhin A malsāwmna an dawng bawk.

Chhiar tūr: Sām 18:1; Sām 36:1; Sām 113:1; Sām 134:1, 2; leh Sām 135:1, 2. Engtin nge hetah hian chibaibuktûte chu tār lan an nih?

Sām hian chibaibuktûte chu LALPA chhiahhlawhte angin a sawi fo thīn a. “LALPA ina zāna ding thīn” (*Sām 134:1, NKJV*) tih hian Levia chî zāna vēn hna thawktûte a kâwk a (*1 Chron. 9:23"27*), a nih loh leh, chhûn leh zāna Pathian

hnêna fakna hlân thintu Levia chite pawh a kâwk thei bawk (*1 Chron. 9:33*).

Israelte khân hmuhtieih loh Pathian chibai an bûk avângin, Ani chu milem hmanga entîr theih a ni vê lo; hmun thianghlim khân LALPA ropuina chu tār langin, mi sualten an Lalber thianghlim hnêna an pan theihna tûrin boruâk him a siamsak thīn. Hetianga intawnna hi Amah LALPA remruât dān niin, A dān leh thupék hmanga kalpui a ni.

“Amah chu lung nung, mihringte duh loh ngei, Pathian ngaihah erawh chuan thlan leh hlu tak a ni, amâ hnênah chuan lo kalin, nangni pawh lung nungte angin thlarau lam ina rem chhohvin in awm, Isua Kristâ zâra Pathian lâwmzâwng thlarau lam inthâwina hlân tûrin puithiam thianghlimho in lo nih nân,” (*1 Pet. 2:4, 5, NKJV*). Heta Petera thusawi kan hmuhi Thuthlung Thar lamin hêng Sām-a chuâng thûte a sawi dān a ni a; Pathian mîte chu tûnah chuan puithiam thianghlim, anmahni Siamtu leh Tlantu, LALPA Isua Kristan an tâna thil thâ A lo tihsak tâk zawng zawngte avângin fakna leh lâwmthu sawina an hlân ta a ni.

Thuthlung Thar ringtute kan ni a, puithiam hnâ leh khawvêla chanchin tha puang tûra kohte kan ni. Hê hnâ kan thawh hlâwk theih dān ber tûr chu eng nge ni ang?

THAWH TANNI *March 18*
LALPA Hnênah Hla Thar Sa Rawh U

Chhiar tūr: Sām 33:3; Sām 40:3; Sām 96:1; Sām 98:1; Sām 144:9 leh Sām 149:1. Hêng chângten an sawi tlân thu tlângpui chu eng nge ni?

Sām hian mipuite chu ‘hla thar’ sa tūrin a ko va. Heta ‘hla thar’ hi eng nge ni? ‘Hla thar’ sakna chhan tūr chu LALPA ropuina leh khawvēl chunga A lalzia hriatna nei thar a, leilung Siamtu leh Rorēltu a nihna anga A enkawlna leh chhandamna chunga lāwmna atanga lo chhuak a ni. Hmēlmātē leh thihna laka chhanhimna leh, Israelte chunga Pathian duhsakna chu mimal taka ‘hla thar’ sak chhan tūr zīngah thenkhat chu a ni ngēi ang.

A hmangaih-ngilneih leh maknate avāng pawhin hla dangte pawh LALPA fak nān sak a nih tho laiin, ‘hla thar’ hi hla bīk tak, Pathian hnēna thutiām leh inpēkna neih thartir tūra hlimna thar eng emaw tak lantirna a ni. Chunglam chhanchhuahna chan tharna chuan LALPA chu Siamtu leh Lalber a nih pawm tharna a neitir thīn a. Sām-a thupui tlānglāwn tak ‘hla thar’ tih hi, thil hrang tam tak zīngah, Pathian rinchhanna te, A thil tih mak tak fakna te, tawrhna laka chhanchhuahna te pawh a tel thīn a ni.

Chhiar tūr: Isaia 42:10–12; Thupuan 5:9 leh Thupuan 14:3. Hēng Bible chāngte atang hian eng ‘hla thar’ chungchāng nge kan chhuidawn theih ang?

Pathian mī, Israelte chu thil duhawm tak “Amā [Pathian] kianga mīte” (Sām 148:14, NKJV) tia sawi niin, chū chuan Thilsiam zawng zawng zīngah, Israelte khān dinhmun pawimawh bīk an luah a, chuvāng chuan Pathian fak tūra hamthatna bīk pawh an nei rēng a. Bible hian chhuān zawng zawng zawnga ringtūte chu Tlantu fakna hla thar sa tūrin a fuih a, chu chuan Berāmno thisena chhandam an nihna testimoni danglam bīk a keng tel a ni.

“Hla thar” chu tū mā la hriat ngai loh hla thar pawh a ni theih a, mimal nuna Pathian khawngaihna chiang taka

chan tharna pawh a ni thei bawk. “Hla thar” hian hmalam huna Pathian ropuina a taka la chan tūr danglam tak hmāthlīra neih zāra beiseina lo tārlanna pawh a ni thei. Chibaibūkna dik chu inthāwina leh thawhlawm hlanna bāk deuh niin, Pathian nēna inlaichīnna nung chan tharna tār langtu pawh a ni. ‘Hla thar’ tih chu Pathianin kan tāna thil min lo tihsak tāk hmangaih leh ngaihlu thiam chunga nī tina sawi chhuahna pawh a ni thei tho bawk.

Nangmā nuna Pathian malsāwmnate ngaihtuah la. Hla thar sa tūr ni dāwn ta lang, eng hīā nge ni ang le?

THAWHLEHNĪ

LALPA, Tunge I Puān Inah Lo Awm Thei Ang?

March 19

Chhiar tūr: Sām 15. Tûte nge ni Pathian chēnna hmuna (Amah) chibaibūk tlāk mīte chu?

Hē Sām-a chhānna hi Pahtian dān leh zāwlneite thūa thil ngiāt awm tawh sa khāikhāwmna a ni. Chū mi thiltihte (felna thiltihte) leh nungchang (thinlunga) (Deut. 6:5; Mika 6:6–8) chu Pathian lanchhuahtirna a ni. Biak būk kha hmun thianghlim a ni a, chuta thil awm tin rēng, puithiamte pawh tela hlan thianghlim vek a. Chuvāngin Pathian chēnna hmuna lüt tūr chuan thianghlim a ngai a ni. Israelte thianghlimna kha kawng hrang hrangin a ni a, chibaibūkna kaihhnawih thil leh nunphung tin rēnga hman tūr a ni. An nih theih dinhmun sāng ber, puithiamte lalram nihna hlen chhuak thei tūrin Pathian mīte kha dān pēk an ni a. Lal puithiam chī nihnaah khān, Pathian hmāa thianghlim taka nun a, hnam dangte hnēna thuthlung malsāwmnate thlensak a ni bawk.

Chhiar tûr: Sâm 24:3–6 leh Sâm 101:1–3. Eng nge hi thianghlim tih awmzia chu?

“Thinlung tha famkim” nihna kha Pathian hmâa chibaibûktû nih theih sâng ber a ni. Hebrai tawnga *tamim*, “thafamkim,” tih hian ‘famkimna leh thianghlimna’ a kâwk a. Grêp hrui “thafamkim” chu hrisêlin, tih silawn loh leh duah thâ a ni (*Ezek. 15:5*). Inthâwina ran hlan tûr kha hmêlhem lo, *tamim*, a ni tûr a ni (*Lev. 22:21–24*). Thusawi “thafamkim” chu thutak hlang (*Job 36:4*) a ni. “Thinlung thafamkim” pawh chu ‘thinlung thianghlim’ (*Sâm 24:4*) emaw, thinlung rinawm emaw a ni ang (*Sâm 15:2*). Pathian a zawng a (*Sâm 24:6*), Pathian ngaihdamma zâra dinthar a ni (*Sâm 51:2–10*).

Sawisêl bo nun chu Pathian khawngaihna leh A felna pawmna atanga lo chhuak a ni a. Chunglam khawngaihna chuan Pathian chhiahhlawhte chu LALPA tihna neia nung tûra chawkphûrin theihna a pe bawk a; a awmzia chu Pathian nêna inpâwlna vawng nung rengin, A Thu-ah a intulût thîn. Inpêkna leh nun thianghlima nun thuhriattîrna chuan, mahni ni lo vin Pathian fakna a thlen zâwk a. Sâm 15-a thil ngiât hi a tlângpuiin, tih loh tûr lam zâwnga sawi a ni tih chhinchhiah la (*Sâm 15:3–5*). Hei hi Pathian duhsakna hlawhna ni lo vin, Pathian laka min tîhrang thei tûr thilte pumpelhna tûr a ni.

Engtin nge Pathian hnêñ atanga min ûm bo thei thilte chu rilru fîm taka kan pumpelh theih ang? Chûng thil thenkhat chu engte nge ni a, engtin nge chutiang tih kan pumpelh theih dân tûr?

**NILÂINÎ
Hnamte Zîngah A Ropuina Puâng Rawh U**

March 20

Chhiar tûr: Sâm 96. Hê Sâm-ah hian chibaibûkna ziârâng chi hrang engte nge a sawi?

Chibaibûkna, LALPA hnêna hlasak (*Sâm 96:1, 2*) te, A hming fak (*Sâm 96:2*) te, A thatna leh ropuina puân chhuah (*Sâm 96:3, 4*) leh, A tempula thilpêk rawn ken (*Sâm 96:8*) te a tha vek. Chibaibûk nâna hêng kan thil hriat lârte bâkah hian, Sâm 96 hian chibaibûknaa tel pângngai rêng ni lo a sawi tel a; chû chu, mi dangte hnêna LALPA larlam puâncchhuahna hmanga ram lâk a ni (*Sâm 96:2, 3, 10*).

Chuti chungin, hla sak te, fak te, thilpêk rawn hlan te leh chanchin tha puân chhuahna hi thil hrang teh luâ ni lo vin, chibaibûkna lantîr dân kawng dang a ni. Hnam zawng zawngte hnêna Pathian chhandamna puân chhuahna chuan fakna leh chibaibûkna pawh a huâm tel a. Mi dangte hnêna thuchah puân chhuahna leh chibaibûkna kal dun chhan tûr chu chhinchhiah la: “LALPA chu A ropui sî a” (*Sâm 96:4*), “mipuiho pathiante chu milemte an ni sî a; LALPA erawh chuan vânte khi A siam a” (*Sâm 96:5, NKJV*), “LALPAN ro A rîl a” (*Sâm 96:10, NKJV*), “Ani chu lei rorêl tûrin A lo kal dâwn sî a” (*Sâm 96:13, NKJV*). Tichuan, rawngbâwlnain a tum chu mi dangte chu Pathian mîte nêna pumkhata siam a ni; a tâwpah chuan thilsiam pum pui hian LALPA chu chibai an bûk ang (*Sâm 96:11–13*).

LALPA chu Siamtu, Lalber leh Rorêltu a nihzia thinlung chhûnga pawmna atangin chibaibûkna hi a lo chhuak a (*Sâm 96:5, 10, 13*). Chibaibûknah chuan hun kal taa Pathian thiltih tâkte hriat reng te, tûna thilmak A tih mêt te (Ani chuan khawvél hi a awm dân tûr anga awmtirin, ro A rîl) leh hmalam huna thil A la tih tûr (tâwpna-hun

rorēlna leh vân tharte leh lei thar) thilte pawh a huâm tel a ni.

Sâm-a rorēlna awmzia chu chunglam ruâhman anga muânnna, rôldikna leh, tûna hleihneihna leh tawrhna vânga khawvêla phurrit nuai bo va a dinhmun ngaia awmtîr lehna a kâwk a. Chuvâng chuan, Pathian rorēlna lo thleng tûr ngaihtuahin lei pum pui hi a lâwm a (*Sâm 96:10–13; Sâm 98:4–9*). LALPA chu Rorêltu fel a nihna avâng hian mipuite chuan thianghlimna leh khûr chunga Amah chu chibai bûkin, lâp tako Amah chibaibûkna lakah an fîmkhur tûr a ni (*Sâm 96:9*). Chibaibûknaah hian nasa taka lâwmna leh rinngamna (*Sâm 96:1, 2, 11"13*) te, hlauh leh zahna thianghlim pawh a tel bawk (*Sâm 96:4, 9*).

Siamtu leh Rorêltu a nihnaa Sâm 96-in huâp zâu taka ngenna a siamna hian khawvêl hun tâwpa chanchin tha puân darhna tûr, Thupuan 14:6-12-a Vântirhkoh Pathum Thuchah puanna tûr chu a entîr a. Kawng tam takin hê Sâm hi tâwpna hun thuchah nêñ a inzawm a: thilsiamna te, chhandamna (“chatuan chanchin thâ) te, chibaibûkna leh rorêlna thû chu a chuâng vek a ni.

Hê Sâm hi vântirhkoh pathum thuchah (*Thup. 14:6–12*) nêñ khâikhin la. Engtiang kawngtein nge khawvêla kan puân chhuah tûr tâwpna hun thuchah vêk chu a lo zirtîr?

NINGÂNÎ

Pathianin Inthâwinate A Lawm Loh Hun

March 21

Chhiar tûr: Sâm 40:6–8; Sâm 50:7–23 leh Sâm 51:16–19. Hêng chângte hian eng thu pawimawh tak nge an târ lan? Engati nge Pathianin A Thûa tih tûr a sawi inthâwinate chu A lawm loh (*Exod. 20:24*)?

Zâwlneite angin, Sâm-phuahtute pawhin chibaibûkna hman khawloh chungchâng chu an âuchhuahpui a. Hêng chângtea a sawi tum chu LALPAN Israelte inthâwina leh kûtte a ngai theih loh lam ni lo vin, chibaibûkna leh thlarau mî nihna kâr a inhlat êm vâng zâwka ngaithei lo a ni.

Pathianin A mîte chu an inthâwina leh hâlral thihlante vângin A hâu lo va, an suahsualna leh anmahnî mimal nuna hleih an neih thinna vânga ngaithei lo a ni (*Sâm 50:8, 17–21*). Sâm hian inthâwi leh chibaibûkna kalhin thû a sawi lo va, inthâwina eng mah lo leh chibaibûkna thawlêng, hêng chibaibûktûte fellohnaa lang chu kalh zâwngin a tlâng âu a ni.

Pâwn lam lang theia chibaibûkna leh chhûng lam rîlrû chu chibaibûknaa a inhran daih sî chuan, puithûna thil chuan a tako Pathian hnaih duhna chu a luahlân zâwk hlauh thîn a. Chutiang chuan chibaibûk dân phung mai chu ngaihpawimawh ber a ni a, chûng thilten an entîr tak zâwk chu a phur chhuak zo ta lo thîn a, chû chu Pathianin a dodâl a ni.

Chhiar tûr: Johana 4:23, 24. Sâm-in tûnlai mîte min vaulâwkna thû nêna inmil eng thû nge Isuan hetah hian a sawi?

Inthâwina hlan ngawt chu a tâwk lo. Simna, rinna leh sual vânga lungngaihna tel lova hêng inthâwina hi hlan ni ta se, eng thatna nge a neih ang ni? Simna leh tihtakzeta lâwmthu sawina nêna bâwngpa hlâna inthâwina hlan a nih chauhin Pathianin “felta inthâwina” angin a pawm thîn (*Sâm 51:19; Sâm 50:14*). Isuan Isaia thusawi hetiangin A sawi chhâwgng a: “Hê mîteho hian an kâin mi châwimâwi a, an thinlung erawh chuan mi hlat sî” (*Matthaia 15:8*) tiin. Sâm-phuahtuten an hmuh harsatnate tho chu

Isua pawh khân hê leia rawng A bâwl laia mi thenkhat, a bîkin hruaitüteah khân a hmû a ni.

Engtin nge keini Adventist-te hian êng leh hriatna kan dawn tâk zawng zawnge nêñ hian thutak hriat leh sâkhaw puithûna thilte tih mai hi tâwk anga ngaihna thang lakah kan fihlîm theih ang?

ZIRTÂWPNI

March 22

Zir Belhna: Chibaibûkna thil pawimawh chu simna, simna dik chu a ni: “Simnaah hian sual vânga lungngaihna leh sual hawisanna a tel a. Sual hi a sualna tak kan hriat loh chuan kan bânsan thei lo vang; thinlunga kan hawisan chauh loh chuan, nunah danglamna tak tak a awm ngai lo vang.

“Simna awm dân dik hrechiang thiam lo mi tam tak an awm. Mi tam tak chuan an thil tih sual avângin pawi an ti a, an thil tih dik lohin an chungah tuarnate a rawn thlen ang tih an hlauh avângin pâwnlam thil siamthatnate an nei a. Amaherawhchu, Bible tih dân chuan hetiang hi chu simna a tling zo lo. Sualna ai chuan tuarna chu an pawi tih zâwk avângin, Esauva’n a fatîr nihna chu kumkhuua hloh a ni ta tih a hria a, a lungngaihna kha chutiang lungngaihna chu a ni. Balaama chuan a kalna kawngah vântirkoh khandaih hriam táwn keng a hmû a, a hlâu ta êm êm a, tichuan a thih mai dâwn avângin a sualna a pawm ta a; mahse, sual simna tak tak te, tumna danglam ta leh sual tenna te a nei chuang hauh lo. Juda Iskariota pawhin a LALPA a mantîr khân, ‘Mi thiam thisen ka mantîr kha thil ka lo tisual a ni,’ tiin a puang leh a ni.’ Matthia 27:4.”—Ellen G. White, *Krista Panna Kâilâun*, pp. 20, 21.

“Pathian chu kuta sak inahte chêng lo mah se, chutiang hmuna A mîte an lo kal khâwm chuan, A chên

chilhnain A rawn châwimâwi thin a ni. Amah zawng tur leh tâwk tûra an lo kal khâwm a, an sualte puang leh an intawngtaisak tawh chuan, A Thlarauvin an hnénah a lo awm thin. Thlarau leh tih tak zet leh, thianghlim mawina nêñ chibai an bûk loh erawh chuan, an lo kal khâwmna chu a thlâwn mai a ni thung ang. Chutianga lo kal khâwm thinte chungchâng thu sawiin LALPAN heti hian a ti: ‘Hê mîteho hian an kâin i chawimawi a, an thinlung erawh chuan mi hlat sî a. Engpawh ni sela, an zirtîrnaah mihring thupék an zirtîr avângin an mi biak thin hi a thlâwn mai a ni.’”Matthaia 15:8, 9. Pathian “chibai bûktûten thlarau leh tih tak zetin chibai an bûk tûr a ni.” Matthaia 15:8, 9. Pathian ‘chibai bûktûten thlarau leh tih tak zetin chibai an bûk tûr a ni.’ Johana 4:23.”—Ellen G. White, *Zâwlneite leh Lalte*, p. 41.

Sawi Ho Tûr:

Chibaibûktûin Pathian hnêna a hlan theih ropui ber chu eng nge ni (*Sâm 40:6–10; Rome 12:1, 2*)?

Engtin nge mimal leh a huhova chibaibûkna a inkûngkaih? Engati nge a pahniha kan mamawh? Engtin nge an inchâwm tawn?

Mi tam tak chuan chibaibûknaah hian tawngtai te, fakna hla sak te, Bible leh thlarau lam thuзиakte zirna chauh ni tûrin an ngai a. Chibaibûk nân hêng thil tihte hi a tûl laiin, chûng chauh chu em ni ang? Pathian chibaibûk dân tûr entîrna dang thenkhat târ lang teh.

Ellen G. White-in heti hian a ziak: “A rawngbâwlna hnâ chu hna lungngaih thlâk leh hrehawma ngaih tûr a ni lo. LALPA biak leh A hnâa chanvo neih chu thil lâwmawm tak a ni. Pathian chhandamna ropui tak.”—*Krista Panna Kâilâun*, p. 103. **Engtin nge LALPA chibaibûkna chu hlimna a nih theih?**

LALPA NGHÂK RAWH

CHÂNGVAWN: “**LALPA chu nghâk reng rawh; chak takin awm la, i thinlung chu intihuai rawh se; a ni, LALPA chu nghâk reng rawh!**” (*Sâm 27:14*).

SABBATH CHAWHNÛ

Chhiar Tûr: *Sâm 27:14; Sâm 131; Sâm 126; Sâm 92; Matthaea 18:3; Marka 16:1–8; Rome 8:18–25; 2 Petera 1:19.*

TÙN kuartar chhûnga *Sâm* Bû kan zir chawlhkâr hnuhnung kan lo thleng ta a. Thlarau lam zinkawng zawhin Siamtu, Lalber leh Roréltu hnêñ min thlenpui a; hêng thil chi hrang hrang: chunglam chhanchhuahna, ngaihdamna leh chhandamna te tawngin; lunggaih leh tahna paltlanga intukluhna te pawh paltlangin, chatuana Pathian chêncilhna thutiâm ropui takte bâkah, lei leh vân pum puiin tâwp nei lova Pathian chibai kan bûkna tûr temlâwkna min neihtir a. LALPA lo kal lehna beiseina nunpui a, zinkawng erawh chu la zawh zui zêlin, chû hunah chuan kan beiseina zawng zawng a lo famkim hlân nghâkhlel takin kan thlîr a. *Sâm* atang hian thu tlângkâwmna kan nei dâwn a nih chuan, “LALPA chu nghâk fan fan rawh,” tih a ni ngîi ang.

LALPA nghâk tih chu eng mah tih nei lo va kut kuângkuah veng veng tihna lam a ni lo. Amah rinchhan leh ring chung zêla chêt zui zêlna, chêtña hmanga rinna leh rinchhanna lantîrna a ni. LALPA lo nghahna chuan lungngai tak chunga zîng êng mâwi a lo thleng ang tia tlâi H-10

lama nghahna ang chí lakah min chhâwk zângkhâi a (*Sâm 30:5; Sâm 143:8*). Beiseina leh muânnna neih thar beiseinain kan thinlungte min tihchaksak a. LALPA tâna rawngbâwlna hmun atanga buhphal tam zâwk rawn thlen tûrin, rim zâwka thawk tûrin min tiphûr thîn (*Sâm 126:6; Matthaea 9:36–38*). LALPA lo nghahna hian muâlphovin min siam ngai dâwn lo, LALPA chu A thutiâm zawng zawngah A rinawm avângin, rah duhawm tak kan la têl ngîi dâwn a ni (*Sâm 37:7–11, 18, 34; Sâm 71:1; Sâm 119:137, 138*).

SUNDAY**Nghâk Tûra Kohna Chu**

March 24

Chhiar tûr: *Sâm 27:14; Sâm 37:7, 9, 34; Sâm 39:7; Sâm 40:1; Sâm 69:6; Galatia 5:5 leh Rome 8:18–25. Hêng chângte hian Pathian mîte eng ti tûrin nge a ngen?*

Nun tirehawm thei zînga pakhat chu lo *nghah* ngai hi a ni mai thei e. Tû pawh niin, khawi hmuna chêng leh eng ang ruâl pawh ni ilang, thil eng emawte chu kan lo nghah a ngaih châng a awm thîn. Duh lêm lo chung pawhin thil leina hmunah emaw, doctor râwn tûr emaw pawha intlar a ngaih chângte a awm fo mai.

A nih leh, Pathian lo nghah hi eng nge a an le? *Sâm*-ah chauh pawh ni lo vin, Bible pum puiah hian LALPA lo nghah thû hi a chuâng tam mai. Hêng thû zawng hi *chhel* ngaih thû vek a ni mai. Pathian chu A lo kal leh lo mai anga beidawng takin kan awm mai ang tih ang chí hlauhthâwnna nei duh miah lo va tuâr tichhel tlat kan nih a ngai. Pathian fâ impezo chuan, Pathian chu a rinawm tih hre chiangin a nghâk reng thîn a. Amah nghâktûten Amâ chunga kan rinna kan nghah hmiah chuan, kan beisei ang diâk diâka

thil a thleng lo chung pawhin, kan tāna tha ber tūrin min thawsak ang tih kan chiang ngam thīn a ni.

LALPA lo nghâk tih chu eng mah tih nei lo va lo awm mai mai a ni lo. Ram roa tui in châka tuihâl huâm huâm ang deuha Pathian thlâkhlelhna nei nêñ tekhin a ni (*Sâm 63:1*). *Sâm-phuahtuin Pathian hnêna malsâwmna tam tak chu a lo nghâk a, damchhûng mamawh leh duhzâwngte âiin Pathian hnaih mawlh chu a thlehlêl zâwk a ni.*

Rome-a Paula thusawi mak tak hi kan chhiarin, Pathian leh thilsiam zawng zawnge pawhin khawvêl tihthar leh hun tûr, tâwpna huna Pathian leh A mîte intawhkhâwm hun chu nghâkhlel takin an thlîr tih kan hmû. Heti hian a ziak: “Thil siam zawng zawnge chuan beisei êm êmin, Pathian fâte lo lanna chu an nghâkhlel hlê sî a” (*Rome 8:19, NKJV*)!

Thutiâm ropui a va ni êm!

Chuti chungin, chhandam kan nih a, Pathian nêna intawhkhâwm hun tûr kan nghah a, “thil siam zawng zawnge chu tûn thlengin rûm leh nauvei na tuârin an awm hlâwm” (*Rome 8:22*) lai hian, LALPA chu tûnah A mîte nêñ Thilarau Thianghlimin A awm reng a ni.

Hetih lai hian, chhandamna ruâhman thuhretûa tang tûra koh kan ni a (*Tirhkohte 1:4-8*), chû chuan thil siamtharna a la thlen dâwn a ni. Chû thilsiam tharna chu kan thil nghah mék chu niin, keini Adventist Kristiante beisei lo thlen famkimna tûr a nih bâkah, chû beiseina kan nghah mék chu hmingah pawh kan châwi hiâl a. Kan lo nghâk a, mahse nghâk thlâwn mai kan ni lo. Kristâ lo kal hmasaka A thihna leh thawhlehna kha, Ani chu A lo kal leh ngéi dâwn tih tichiangtu a ni.

Pathian lakah eng thil thenkhatte nge tûnah i nghah mék? Engtin nge rinna leh rinchhan ngamna nêna nghah

dân kan zir ang, a bîkin kan dilnate chhân a nih nghâl mai loh lai hian?

THAWH TANNI

Naupang Hnute Hnêk Bâng Muânnna

March 25

Chhiar tûr: Sâm 131. Hê Sâm hian Pathian nêna kan inlaichînna chungchâng eng nge min zirtîr?

Pathian mîte chu khawvêla chêngin, mi rinawmte pawhin harsatna an tuâr a; mi tînin harsatna leh thlêmnanate an tuâr theuh a ni ber mai. Pathian fâ, a nunna atâna Pathian rinchhan mai a ni tih inhriat tharna zârah, *Sâm-phuahtu chuan nun nawmna neiin, chapo-uânnain hlutna rêng a nei lo tih a puâng a*. Chapona hian mahni-thupui bera neihnaa hruaiin, mahni bâk hmu thei lo tûrin a bum thîn a. Chuvâng chuan chapote chu Pathian nihna hrethei lo tûrin an mit a tihdelsak tlat thîn.

A leh lamah, mi felte chuan Pathian lamah an mít an lén a (*Sâm 123:1, 2*). Pathian ropuina hriatna chuan mi ingaitlâwm, hmasialna leh mahni-ropuina zawnna laka zalênin a awmtîr thung a. *Sâm-phuahtu chuan “thil ropuite” leh “thil sâng lutukte”* chu a zawng vê ngai lo tih a sawi a (*Sâm 131:1*). Hêng thil sawinate hian mihringte hriat phâk loh khawvêla Pathian hnathawhte chu a sawi a. Tûnlai thiamnain a târ lan dân chuan, thil ho tê anga kan ngaihte pawh hi, tûna kan hriat sên ruâl loh khawpa mak a ni tih a ni. A ni réng a, khawvêla thil awmte hi kan zir chiân poh leh hriat thiam mai loh khawpa mak a lo ni zêl mai a nih hi.

Chutih laiin, Sâm 131:2-a tekhin thû, “Naupang hnute hnêk bân tawh a nû hnêna a awm angin,” tih hi Pathian pawma nun nuâm taka awm hlê hlê ngaihruâtnaa sawi

chhuahna a ni. Naupang a la têt zuâl laia a nû nêna inlaichînna duhawm an lo neih thin sawina a ni.

Tumsânnna leh chapona min ngheitîrna hmangin, Pathianin chaw pângngai min rintîr ta zâwk a, chû chu “min tirtû duhzâwng tih leh a hna thawh zâw” (*Johana 4:34; Heb. 5:12–14*) a ni. Sâm 131-a naupangin (a nû) a rinhhanna ang chî hi rinna puitling, fiahna leh harsatna paltlang tawh, Pathian leh A Thu chunga rinawm tlat ang chu a ni.

Sâm-phuahtu thil ngaihtuah chu a tâwpa Pathian mîte chawlhna a ni. A tâwpah chuan, Pathian tawn hriatna kan neih chu A kohhran tihchak nâna hmang tûra koh kan ni ta a. Chu chu, mimal taka kan thil zir chhuah, Pathian rinawmna leh thatna atangin, an rinna kawnga harsatna tuâr mékte hnênah kan hrilh chhâwng thei a. Kohhran chhûngah ngîi pawh hian Kristâ tâna thuhretûah kan tang thei a, mi tam tak chuan Krista hriatna neih thar hi an mamawh thîn a ni.

“Tih tak meuhvin ka tî a che u, in lamlêt a, naupang tê ang in lo nih loh chuan, vân ramah in lût tawp lo vang” (*Matthaia 18:3*). **Eng nge Isuan hetah hian min hrilh? Hetah hian eng ngaih dân nge tel?**

THAWHLEHNÎ
Buhphalte Rawn Kengin

March 26

Chhiar tûr: Sâm 126. Pathian mîte hnêna chakna leh beiseina petu chu eng nge ni? Kan vawiin nuna a taka bel tûr eng nge hetah hian a sawi?

Hun kal taa LALPAN mak taka min chhanchhuahnate khân Pathian mîte chu nasa takin a chawkphûr thei a, hun lo kal tûr atâna beiseina hnâr a ni bawk. Hun kal taa chhanchhuahnna chu a ropui êm avângin mumang thleng dik ta ang mai a ni (*Isa. 29:7, 8*). Sâm 126-a târ lan angin, hun kal taa saltânnna atanga (*Sâm 126:1*) LALPÀ chhanchhuahnna vângâ Amah faktûte ngîi kha, tûnah chuan saltâng an ni leh ta (*Sâm 126:4*) tih hria ila.

Chuti chungin, hun kal taa hlimna leh chhawmdâwlna kha hlâte hmanga lo thleng niin, tûnah ngîi pawh chan nawn theih a ni. Chhuâñ tharten Bible-a thil thlengte kha an hmâi hmâa thleng anga chanin, a taka tawngtûte zîngâ tel angah an inngai thîn a. Tichuan, rinna nung chuan Pathianin thil ropui tak A lo tih tâkte kha châwisângin, hmânlii huna mîte tân chauha A tih anga ngai liam mai lo vin, keimahnî chhana LALPÀ tih angah an chan thîn a ni.

Hmân laia thilthlengte hriat rengna khân tûn hun a tân beiseina a tithar a. “Chhim rama luite” (*Sâm 126:4*) tih ngaihruâtna hi, A mîte tâna Pathian lo chêtâna thiltithei tak chu a entîr a. Juda ram chhim lam chu thlalér ram ro a ni a. Für ruah tui tlâk laia ruah bawhawk taka a sûr laite chuan kawr vêlahte chuan tui a luâng liam dûl dûl thîn a. An thlái chinna hlawhtlin leh hlawhchham kawngah pawh ruah hmasâ leh ruah hnuhnung hian awmzia a nei hlê thîn a (*Deut. 11:14; Deut. 28:12*). Chutiangin, ‘mittui tla chunga chî theh leh, hlim taka rah seng’ (*Sâm 126:5, 6*) tih pawh hi, tûna dinhmun khirh atanga chunglam hruaina zâra hmalam hun hlimawm lo thleng tûr thutiâm awmzenei tak a ni.

Buhseng hun a lo tâwpin, Hebrai hote khân an thlái tharte chu Jerusalem-a Pathian tempul-ah an rawn zinpui thîn a (*Exod. 34:22, 26*). Khatih hun laia mite khân an thlái chîn rahsengna atang khân thlarau lam zirlai an zir thîn a

ni. Chi theh leh thlai hmun enkawl hna háutak zet chu, a tâwpah chuan rah duhawm tak sengna hun hlimawm a lo thleng a; chutiangin tûnah Pathian mîten harsatna tâwk rih mah se, tâwpna hunah chuan chhandam hlimna an la chang dâwn tho a ni. Ropui tako rahsengna hian Kristâ lo kal leh huna leia A lalram din tharna tûr min ngaihtuahtîr a (*Amosa 9:13"15; Matthaea 9:37*). Hetah pawh hian, nghah thû a lo lang leh a. Rahsengna ang tho vin, kan thawh rimna rah sengna tûr chu chhel takin kan lo nghâk fan fan rih tûr a ni.

Nangmâ nunah emaw, mi dangte nunah emaw LALPÂ hna thawh chiang taka in tawn laiah khân châm zui rih la. Tûna i thil tawn mék chu eng pawh ni se, engtin nge hun kal taa i nuntawng atang khân beiseina i neih thar theih ang?

NILAINI

Pathian Sabbath Chawlhnna Nghâkin

March 27

Chhiar tûr: Sâm 92. Hê Chawlhní hlâ hian Chawlhní chungchâng eng thil pahnih nge a târ lan?

A kut thiltih ropuite avânga Pathian fakna (*Sâm 92:4, 5*) leh mifelte chu Eden-anga târ lanna (*Sâm 92:12"14*) hian chiang taka Thilsiamna kha târ langin, Sabbath nihphung dik tak min kawhhmu a. *Sâm* hian rôldikna Pathian a nihna anga hmêlmâte chunga LALPÂ hnehna chu châwisângin (*Sâm 92:7"15*), Sabbath thupui pahnihna—thil tha lo laka tlanna (*Deut. 5:12"15*) chu a nemnghet a. Tichuan, *Sâm 92* hian hun kal ta a Pathian thilsiamna leh tûna khawvél a enkawl zui zêlna leh, khawvél tâwp

huna chatuan atâna muânnna leh chinfelna beiseina chu a châwisâng a.

Pathian chu “Chungnung Bera” (*Sâm 92:1, NKJV*) chu a nih avângin mîten Sabbath chawlhnna chu an chên thei a; hmun sângtea A dinhmun chungnung chuan hmêlmâte elphâk ruâl loh dinhmun thâah a dintîr a ni.

Chuti chungin, Ani chu Chungnung Bera chu a ni nain, LALPAN Amah lamtûte chhanchhuak tûrin a rawn pawh reng thîn a. LALPÂ thilsiamna hnathawh leh a bîkin chû thilsiam tlanna chuan mîte chu Pathian chibaibûk leh Amah chu hmangaih tûrin a chawkphûr tûr a ni. Thilsiam tlu tâa chêng, tlanna tel lo va beisei bo kan nih lai hian, thil han hlimpui êm êm tûr kan nei dâwn em ni? Kan hmangaih, kan tuâr, kan thi—beisei nei lo vin kan awm thîn. LALPA kan fakna chhan chu Siamtu a nih vâng ngawt ni lo vin, min Tlantu a nih vâng pawhin a ni bawk.

“Hriak thar” thih tih hian *Sâm-phuahtu* chu, A chhiahhlawh inhlân thar a nihna anga Pathian rawngbâwl tûra tuâi thar a ni tih a kâwk a (*Sâm 92:10*). Puithiamte leh latte kha an hna thar thawk tûra hriak thiha hlan thar an ni thîn (*Exod. 40:15; 1 Sam. 10:1*). *Sâm-phuahtu* hian Hebrewi thumal danglam deuh, *balal* tih a hmang a, chû chu Pathian chhiahhlawhte hriak thih an nihna ang lo chî deuh, inthâwina pêng danga hriak ‘chawhpawl’ ang chî chu a hmang zâwk a (*Exod. 29:2, NKJV; Lev. 2:4, 5*). *Sâm-phuahtuin* mak danglam deuha *balal* tih a hmanna hian *Sâm-phuahtuin* amah ngîi chu inthâwina nung ni tûra LALPÂ hnêna inhlân leh Pathian hnêna inserh hran (*Rome 12:1*) pumhlûm a duhna a entîr a ni.

Sabbath hi Pathianin A mîte a tihtianghlim chhinchhiahna a nih avângin, *Sâm-in* Sabbath chu inhlân thianghlimna sawi nâna a hmang hi a mak lêm lo (*Exod. 31:13*). Tûm thing leh Lebanon-a sidar thing anga Pathian

mite târ lanna hian, rinna leh Pathian hmangaihna leh thil tum mak tak ngaihhlutna dika than zélna a entir a. Sabbath hi A mîte nêna LALPÂ chatuan thuthlung chhinchhiahna a ni (*Ezek. 20:20*). Sabbath chawlhma neih hi Pathian mîte tân a tûl a, a chhan chu A thuthlung thutiâmte hlawhtlinna tûra LALPA rinchhan chunga lo nghâk tûra a tihchak thin vâng a ni (*Heb. 4:1–10*).

Sâm 92 chhiar chhuak leh la. Chutah chuan kan tân eng beiseina ropui nge hlui kan nih a, engtin nge tûnah ngéi pawh a thû chu kan thlamuânpui theih ang?

NINGÂNÎ

March 28

Zîngah Hlimna A Lo Thleng Thîn

Chhiar tûr: Sâm 5:3; Sâm 30:5; Sâm 49:14; Sâm 59:16; Sâm 92:2; Sâm 119:147; 2 Petera 1:19 leh Thupuan 22:16. Pathian tlanna entir nân ni khata engtik hun lai hi nge hman ni a, eng nge a chhan?

Sâm-ah hian, ‘zîng’ hi Pathian tlanna lo thleng tûr beiseina hun a ni thîn a. Zing hian Pathian duhsakna a târ lang a, zankhuaa beidawn leh manganna hun rei tak chu a titâwp thîn (*Sâm 130:5, 6*). Sâm 143-ah, Pathian chhanchhuahna chuan tûna thihna thim hi a la tikiângin (*Sâm 143:3*), zîng êng mâwiah a la chantir (*Sâm 143:8*) ang a, khuarkhurma awm (*Sâm 143:7*) tawh pawh chu “ram tha takah” (*Sâm 143:10*) a awmtîr ang.

Chhiar tûr: Marka 16:1–8. Heta sawi ang hian zîngah eng nge lo thleng a, engati nge chû chu kan tân a pawimawh viâu?

Isua Kristâ thawhlehna zing khân A hming ringtu zawng zawngte tân Pathian chhandamna chatuan zîng khawvâr tûrin kawng a hawng a. Isuâ zirtîrte khân Sâm 30:5 thû: “Tahna hi riak tûrin tlai lamah a lo lût thei a, zîngah erawh chuan hlimna a lo thleng thîn,” tih thutiâm hi LALPÂ thawhlehna an hmuh khân a takin an chang a. Pathian duhsakna leh delhkîlh nei lova hmangaihna zârah chiah kan tahna hi lâwmnaah a chang thei dâwn a ni (*Sâm 30:5, 7*).

Vârparh arsi êngin ni thar lo thleng tûr a târ lang thîn angin, rinna hian Pathian fâten chatuan nunna an la chan tûr chianzia chu an puâng a (*2 Pet. 1:19*). Isua chu Vârparh Arsi êng tak (*Thup. 22:16*), zân te, thil tha lo leh thihna awm leh tawh lohna tûr A lalram dinna kan nghah mîka chu a ni (*Thup. 21:1–8, 25*). LALPÂ lo kal lehna tûr hi, thil dang zawng âia kan nghah mîk kan sawi thin, khawvâl tâwpa lo thleng tûr chu a ni. Nghah manhlâ tak a ni ngéi ang.

“Josefâ thlân kerkuak chungah khân Kristan, ‘Kei hi thawhlehna leh nunna chu ka ni,’ tiin a puang chhuak a. Hêng thûte hi Pathian chauhin a sawi thei a ni. Thilsiam dang zawng zawngte chu Pathian remtihna leh thiltihtheihnaa nung vek an ni. Serafim sâng ber atanga nunna nei zînga a tlâwm ber thlengin, an zain nunna Hnârin A châwm leh tunnun vek an ni a; Pathian nêna pumkhat nihna changtu chauhin, ‘Pe thei ka ni a, la leh thei pawh ka ni,’ tiin A sawi thei. Krista chu Pathian a nih miau avângin thihna phuarna hruike tihchah theihna a nei.”—Ellen G. White, *Chatuan Nghahfâk*, p. 886.

Thihna hi kan pian tirha kan timûra bet nghâl a nih thû an sawi thîn. Keini tlu tawhte tân a dik tho nân, Isuâ thawhlehna khân thihna chu hun rei lo tê atân a ni

tih eng thû nge min tiâmsak le? Engati nge hun rei lo tê chauh thi tûr kan ni tih hi theihnghilh ngâi lo tûr kan nih ang?

ZIRTÂWPNÎ

March 29

Zir Belhna: Chhiar tûr: Ellen G. White lehkhabu *Krista Panna Kâilâwn-a* “Kristaa Thanlenna,” pp. 60–68.

Sâm hian LALPA chu nghâk fan fan tûrin thahnemngai takin min ngén a. “LALPA-ah châwl la, Amah chu nghâk fan fan rawh,” (*Sâm 37:7*). Lo nghah chu phurrit, chiang lo leh khawhar thlák anga kan ngai a nih chuan, Isuâ vân lâwn nîa zirtîte kha kan hre reng tûr a ni ang (*Tirhkohte 1:4–11*). An mithmuh ngéiah Isua kha vâna hruai chhoh a ni a, hmalam hun engtik emawa A lo kîr lehna nghâk tûra hnutchhiah an ni. Khâmi nîa zirtîte âia tûna Pathian malsâwmna dawn châk lehzual zâwk tunge awm thei ang le? Anni khân nghâkhlel takin, “LALPA, tûnah Nangmâ ruâlin min hruai vê mai rawh,” tih tak an náp ang. Chuti chungin, Pâ thutiâm leh Isuâ lo kîr lehna chu nghâk tûra tih an ni ta zâwk a. Zirtîte kha beidawnna leh lungngaihnna khata kan ring a nih chuan, mak kan ti ngawt ang. Anni chu Jerusalem-ah kîr lehin, Isuan A hrilh ang tak chuan an ché a—Thlarau Thianghlim thilpék chu an nghâk a, chutah thiltihtheihna nén khawvélah chanchin thâ chu an puâng ta a ni (*Tirhkohte 1:12–14; Tirhkohte 2*).

Kan LALPA thupék, Amah lo nghah chu, Thlarau Thianghlim zâra A hnâ chu thawh a nih loh chuan theih loh ang hiâl a ni ang. Mihringa phûrna mai chu keimahnia chak lohna a lo thlen hun chuan kan dinpui theih meuh lo vang. Thil pakhat chiah kan dinpui theih tûr a awm, chû chu Isua Kristaa awm reng a ni a; Amah chu mimal taka inlaichinna kan neihpui tûr a ni.

“Krista chu kan thinlunga A chên chuan, keimahniah “A duhzâwng tih tum tûr leh bei tûrin,” (Filipi 2:13) A thawk ang a; Thlarau thuhmun bawk chu kan tilang ang. Chutiang chuan, Amah hmangaih leh Amaha chêngin, “Engkimah Amahah kan thang lian thei zâwk ang; Amah chu Lû a ni, Krista chu.’ Efesi 4:15.”—Ellen G. White, *Krista Panna Kâilâwn*, p. 67, 68. LALPA kan lo nghah mêt laiin, Sâm atang hian muânnna leh lungâwina kan chhar thei ang. Kan tawngtaina leh kan hlâte chu Pathian thinlung leh kan thinlungte nî tina a intawhna hmun a ni.

Sawi Ho Tûr:

Engati nge kan thlarau nunah ‘nghah’ hi a pawimawh? Bible-a rinna mi lian thenkhatten an nghahna thiltawnte kha sawi ho teh u. Engtin nge nghahna hian kan rinna thlitfim a, a tihchak thin? (Rome 4:19–22; Hebrai 11).

Kan nghah tâwpna chu eng nge ni? (Sâm 37:34–40). Chû chu, thil zawng zawngte chinfel a nih hun atân eng nge tiâmsak kan nih? Kan lei damchhûng nuna thleng ngai vak lo, rôldikna chungchângah eng beiseina nge hê châng atang hian kan hmuh?

Mi thi tâte leh an nuntawng (Thuhrlitu 9:5) chungchângah, engati nge Isua an lo nghahna chu a tâwp têp? A chhânnna atangin eng beiseina nge kan chhar theih ang?

MORNING WATCH
January, 2024

1.	Thawtanni	Johana	14:16
2.	Thawlehni	Johana	16:13
3.	Nilaini	Johana	14:17
4.	Ningani	Rom	8:16
5.	Zirtawpni	Johana	16:13
6.	Sabbath	Johana	1:32
7.	Sunday	Johana	3:8
8.	Thawtanni	Matthaia	25:3, 4
9.	Thawlehni	Zakaria	4:12-14
10.	Nilaini	Luka	13:20, 21
11.	Ningani	Johana	4:14
12.	Zirtawpni	Tirhkohte	19:1, 2
13.	Sabbath	Marka	2:22
14.	Sunday	Jeremia	20:9
15.	Thawtanni	Tirhkohte	2:3, 4
16.	Thawlehni	Johana	3:5
17.	Nilaini	Zakaria	10:1
18.	Ningani	Rom	8:26
19.	Zirtawpni	Rom	8:27
20.	Sabbath	Rom	8:14
21.	Sunday	1 Johana	4:13
22.	Thawtanni	Ephesi	1:13
23.	Thawlehni	Johana	15:26
24.	Nilaini	Johana	12:35
25.	Ningani	Ephesi	4:30
26.	Zirtawpni	Hebrai	10:29
27.	Sabbath	Matthaia	12:31
28.	Sunday	Matthaia	12:32
29.	Thawtanni	2 Korinth	6:1, 2
30.	Thawlehni	Thupuan	3:20
31.	Nilaini	Johana	14:26

MORNING WATCH
February, 2024

1.	Ningani	Johana	3:3
2.	Zirtawpni	Ephesi	1:4
3.	Sabbath	1 Korinth	6:19, 20
4.	Sunday	2 Petera	1:4
5.	Thawtanni	Jeremias	18:4-6
6.	Thawlehni	Ezekiela	37:14
7.	Nilaini	Rom	8:12, 13
8.	Ningani	Ephesi	4:23, 24
9.	Zirtawpni	Ezekiela	36:26, 27
10.	Sabbath	Isaia	6:7
11.	Sunday	Rom	12:2
12.	Thawtanni	Galatia	2:20
13.	Thawlehni	Philippi	4:8
14.	Nilaini	Ephesi	4:22
15.	Ningani	Jakoba	3:13
16.	Zirtawpni	Rom	12:3
17.	Sabbath	Sam	51:10
18.	Sunday	Kolosa	3:3
19.	Thawtanni	1 Korinth	2:16
20.	Thawlehni	Johana	15:4
21.	Nilaini	Isaia	45:22
22.	Ningani	Kolosa	2:20
23.	Zirtawpni	Matthaia	11:29
24.	Sabbath	2 Korinth	3:18
25.	Sunday	Philipi	2:12
26.	Thawtanni	Rom	6:22
27.	Thawlehni	1 Korinth	1:30, 31
28.	Nilaini	Thufingte	4:18

MORNING WATCH

March, 2024

1.	Zirtawpni	Johana	15:16
2.	Sabbath	Sam	51:1, 2
3.	Sunday	1 Johana	3:1
4.	Thawhtanni	Sam	9:1, 2
5.	Thawhlehni	Philippi	4:6, 7
6.	Nilaini	Kolosa	3:12
7.	Ningani	Galatia	5:22, 23
8.	Zirtawpni	Matthaia	12:36, 37
9.	Sabbath	Hebrai	11:1
10.	Nilaini	Ephesi	4:2
11.	Thawhtanni	1 Korinth	10:31
12.	Thawhlehni	Daniela	1:8
13.	Nilaini	Thufingte	31:26
14.	Ningani	Isaia	58:6, 7
15.	Zirtawpni	Philipi	4:11
16.	Sabbath	1 Thessalonika	5:18
17.	Sunday	Ephesi	4:3, 4
18.	Thawhtanni	Johana	17:20, 21
19.	Thawhlehni	Johana	17:22, 23
20.	Nilaini	Rom	12:10
21.	Ningani	2 Korinth	8:2
22.	Zirtawpni	2 Korinth	9:7, 8
23.	Sabbath	Matthaia	5:8
24.	Sunday	Thufingte	31:21, 22
25.	Thawhtanni	1 Petera	1:14, 15
26.	Thawhlehni	Hebraia	10:35
27.	Nilaini	Genesis	5:24
28.	Ningani	Hebrai	12:14
29.	Zirtawpni	Daniela	9:4, 5
30.	Sabbath	Philipi	3:12
31.	Sunday	1 Johana	3:2