

**KHANGCING SABBATH SCHOOL  
LAISIANGTHO SINNA**

***Late Laibu***

***Dragoslava Santrac***

ရေးသားသော

***The Book of Psalms***

စာအုပ်အား

သိက္ခာတော်ရဓမ္မဆရာ ဦးမှူးခိုင်ငိုဝေါနနှင့်  
တီးတိန်ချင်းပြန်ဆုံးသည်။

Sabbath School Lesson  
တီးတိန်ချင်းဘာသာ

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

ထုတ်ဝေသူ  
ဦးဖိုးဖိုးလှ (၀၀၅၈၉)

ပုံကြော  
မြန်မာပြည်သူ့လန်းမြန်မာပို့ဆောင်ရေးတော်  
ဒေသ ဦးဝိစာရလမ်း၊  
ရန်ကုန်မြို့

အုပ်ရေ – ၁၂၀၀

ဓမ္မဒါန

ပထမအကြံ့မြို့

**January, February, March  
2024**

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## Late: Pasian leh mihingte Lungsim a kimuhna

Late pen Laisiangtho sung ah a hoihpen thungetna leh la ahi hi. Phatna, nopna, dahna leh lungkiatna teng tamlawh in; kumpite, laphuakte leh siampite leh mipite in, amau kisikna dungzui in la phuak uh a, thu um mite a dingin thungetna leh phatna laibu in kizang tawntung hi.

Laisiangtho in eite hong hohpih mahbangin, Late in hong hohpih banah eite ading in a pau ahi hi. Pasian tungah a ki aap nuamte ading in Late in, Thupha, lametna leh Pasian' vangliatna kilatsakna ahi hi. Mi tampitak in tua late pen amau lungsim sung pan hong phul khia thungetna zah mahin ngaihsun uh hi. Luther mahmah in zong Late tawh kisai in: "Lungnopna pulak nading leh phatna piakna dingin hi late sangin a hoihzaw koi ah om ding hiam ciliang hi. Mi siangthote in huan hoih mahmah khat sungah ombang ahi a, Vantung lam dakto bang ahi zong in namu ding a ... tua late thumna tauna kammalte sang in, dahna kisikna a pulak thei zaw ding kammalte koi ah om ding hiam? Hih late sungah, mi siangthote in sihna hell sung ensuk a, Pasian' hehna tawh kidim in khuamial zophilal cih zong mu ding uh hi. Tua ahih manin Late laibu pen mi siangthote' Lunggulh pen laibu cih huai phial hi. Mi khempeuh tuakhakna bang in ama mailam a ding peuhmah late sungah a kituak na-omzelzel hi. Tuate tawh a kibang kammal laibu dangte sungah omlo hi."— Martin Luther, *Martin Luther: Selections from His Writings*, ed. John Dillenberger (New York: Anchor Books, 1962), pp. 39, 40.

Late sungpan nuntakna hong khelzo vangliatna ciap theihna ding pen, tanglai thu- ummite in tua late sa in

Pasian' min phat in, kiniamkhiat takin mawhna pulak in a omuh bangin omding in hongsam hi.

Tua aihlel late kisin a kul hiam? Laisiangtho laibu dangte mahbang in Late laibu zong, tangthu, Pasian'thu leh kammal kizopna tuamtuamte mah tawh a kidim hi. Late laibu kisinna in, khangthak leimite leh leitung kinai zopna piangsak hi. Tua late pen Pasian' mite thungetna, mihing a hong piang i Topa thungetna leh Zeisu a ding i thungetna aihlam phawkhuai hi. Pasian in mihingte tungah hong ki pulakna zong ahi hi. Late kisinna in, Pasian in eite ading hong sepsaksa khempeuh leh, Zeisu Christ tungtawn in leitung a ding in a sepsaklai ding teng zong kisinna hilai hi.

La dawng 150 bang aphak tei hang mun tuamtuam pan kaihkhop zong hikhollo hi. Pasian' mite' khalam khualzinna vive hiphial hi. Hoihna ading hoihna leh siatna ading siatna mah hongpia Pasian ukna sungah kipkho in khualzinna ahi hi. I sintohtoh ciangin ukna hoih nuai a omgige hih leitung pen siatna in to pha aihlam i mu ding uhhi. Pasian maanglai mah maw leh? Thu-um mite in leidang ah Pasian' phatna late koici saktheih ding uh hiam? Late in eite khualzinna hong thahatsak in, Zeisu' maitang imuh dong in, nisim in Pasian tawh kimu in lungsim sungah hong kikhawl thei sak hi.

Dragoslava Santrac, Laisiangtholui ah PhD hi a, General Conference of Seventh-day Adventists Leitung buppi Zumpi ah, *Encyclopedia of Seventh-day Adventists laibu endikte makaipipa ahi hi*. Amah in Late 76-150 sung teng *Seventh-day Adventist International Bible Commentary* teng gelh hi.

## Lesson 1

December 30–January 5

### LATE KOICI SIMDING

#### SABBATH NITAKLAM

**Tukalsung Simding:** 1Khang. 16:7; Neh. 12:8; Late. 25:1–5; 33:1–3; Rom. 8:26, 27; Late 82:8; 121:7.

**Kamngah:** “**Tua ciangin, Amah in ‘Tu a thupiang khempeuh pen note tawh ka omkhawm lai a ka gengen thute mah ahi hi. Moses thukham laibu sung, kamsangtelaibu sung leh Late sung a kigelh thu khempeuh a tung ding ahi hi’ aci hi. Tua bangin Laisiangtho sung thu a teltheihna dingin a lungsim uh a hon sak hi.**” (Luka 24:44, 45).

**Late** laibu pen Jew mite leh Christian mite a dingin thungetna leh labu in kizang den ahi hi. A late pen mihingte kampan ki paukhia ahihteih hang in, mihing' lungsim sung pan hong phulkha mawk hi lo a, Pasian in a humuap ahi hi.

Bang teng gelh ding a, bang hang cihpen Topa in humuam (2 Peter 1:21) a, Pasian in a Kha tawh late tungtawn in hong hopih hi. Zeisu, a nungzuite leh Laisiangthothak gelh laikungpute in, late kammalte pen Laisiangtho kammal in a zang uhhi (Maku 12:10; John 10:34, 35; John 13:18). Piancil laibu leh Romans laibu mahbang in Pasian' kammalte vive mah ahi hi.

Tanglai Israel mi laphuak tuamtuamte in Late pen Hebrew lagui in a phuak uh hi a, amau paubek tawh a puakhiat uh hinapi; vannuai bup huam thupuak ahi uhhi.

Late pen Pasian' kammal hi cih sang in, a la kammalte, a tangthu paizia, Pasian'thu a kihelna cihte lunggulh sakna tawh sim leng, tulai hun dong kum tultampi sung huam zo mahmah hi.

**SUNDAY**

*December 31*

**Tanglai Israel Biakpiakna Sunga Late**

**1Khang 16:7, Nehemiah 12:8, Late 18:1, 30:1, 92:1, 95:2, 105:2, Kolose 3:16, leh Jeim 5:13 sim in. La a kiphuah na'ng in bang thupiang peuh omkha thei hiam? Tua late Pasian' mite in bang hunin zang uh hiam?**

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Late pen aituam leh mihon Biakpiakna a zat ding in kiphuak ahi hi. Tumging tetawh a kiton in biakpiakna sungah ki sa a (*Late 61:1*), la aw zong nei (*Late 9:1*) a, la makai zong om hi (*Late 8:1*).

Hebrew Laisiangtho sungah Late laibu pen *tehilim*, “phatna late” ci a, Pasian phatna kibulphuh pipen hi. Mikang lai in Psalms acihpen Greek pau in *psalmoi* pan hi a, BC kum zalom nihna thumna sunga Greek pau in a letna pan ahi hi.

Late pen Israel biakpiakna sungah a omloh phamawh hi. Late pen Biakinn aapna, biakna pawi khaamna leh Jerusalem ah Thukham Singkuang a kohhlai un kizang mahmah hi.

“Khantohna Late” (*Late 120-134*) cihpen, khualzinna la vive hi a, Jerusalem lamah a khualzinna uh pawi namthum om hi (*Paikhiatna 23:14-17*). Late 113 pan 118 dong pen “**Egypt Hallel**” hi a, Late 136 pen “**Hallel Lianpi**” ci uh a, pawi thupi ahi khedetni leh Biakinn aapna in kisa

bek hi. Egypt Hallel acih pen Paisan pawi ni hi a, thupi phadiak hi. Paisan pawi annekkipatna ah Late 113 le 114 sa uh a, late 115 pan 118 dong pen a tawpna sa uh hi (*Mate 26:30*). “**Nisim Hallel**” pen Biakinn sungah zingsang sim in kizang a (*Late 145-150*) kisa hi.

Late pen biakpiakna ah sak ding bek hi lo a, Biakinn sungah Pasian a biakding zia uh zong hilh lai hi. Zeisu in Late 22 sunga kammalte tawh thungen hi (*Mate 27:46*). Late in pawlpi masate nuntakna kiciansak mahmah hi (*Kolose 3:16, Eph. 5:19*).

**Tua biakbuk bang sunga biakna kipia khalo himah leh; mipi tawh ahi a, mimal ahi zong in, eima biakpiakna sung ah tua late koibang in zang thei ding ihi hiam?**

**MONDAY**

*January 1*

**Laphuakte tawh Kimuhna**

Kumpi David' min pen late sung mun tampi ah kidawk a, Israel biakpiakna makaih mahmah hi. Amah pen “Israel laphuak siampa” (*2Sam. 23:1*) ki ciliang hi. Laisiangtho thak in zong David laphuah siamma tecisansak mahmah hi (*Mate 22:43-45; Saul. 2:25-29, 34, 35; 4:25; Rom. 4:6-8*). Levi mite Biakinn lasate in zong la tampi mah phuak uh hi. Late 50 leh 73-83 dong **Asaph**; Late 42, 44-49, 84, 85, 87 leh 88 tengpen Korah' tate; Late 88 pen Ezra suanh **Heman**; Late 89 zong Ezra suanh **Ethan** phuah cihbang ahi hi. Tua banah late 72 leh 127 pen **Solomon**, late 90 pen **Moses** cihbang in phuak ciat uh hi.

**Late 25:1–5; 42:1; 75:1; 77:1; 84:1, 2; 88:1–3; leh 89:1 sim in. Hih la teng in a laphuakte in koibang in a phuak ci hiam?**

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Khasiangtho in laphuakte humuap a, amau hih theihna teng Pasian leh upna lamah zangsak hi. Tua laphuakte in ki aapna taktak leh upna tawh omuh himah leh eite mahbang in zia-etna lungkiat theihna mah tawh a kidim uhhi. Tanglai pek a kigelh ahih hang, tuhun eite' phutkhak thute tampi takmah kihel hi.

*“Ka thungetna hong za inla nong huh ding ka hong ngetna hong ngai in. Banghang hiam cihleh lungkhamna tampitak thuak in ka sidektak h”* (Late 88:2, 3). Hih pen a beisa kum 3000 mahbang in kum zalom 21 a otña zong hilai hi.

La pawlkhat in haksatna pulak a; pawlkhat in nopna pulak hi. Laphuakte in Pasian' hotkhiat na'ng in amau kiphuutloh hehpihna ngen uhhi. Pasian' cihtakna leh hong itna pahtawi uh a, Ama tungah ki-aap den ding kamciam pia uhhi. Late pen Pasian hong tatna, hong hehpihna leh eite' lam-etna tec i panna ahi hi. Pasian hong piakkhong mawhmaina leh nunna thak pen upna tungtawn in ngah ding Late in hong hilcian hi. Tuabang hun laitak mah in, a puk leitung ah haksatna leh thuakna teng zong hong seelcip sak tuanlo hi.

**Laphuakte mahbangin haksatna a thuak eite in zong tua mi citakte mahbang in lam-etna leh Lungnopna koibang in ngah thei ding ihi hiam?**

TUESDAY

January 2

**Hun Khempeuh ading La**

**Late 3, 33:1–3, leh Late 109:6–15 sim in. Hih la teng in bang muhdan tek hong musak naci hiam?**

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Late in thu-ummite pawl in mihing phutkhak ding teng a picing takin phu kha a, bang hun peuh hitaleh Pasian biathei veve cih hong lak hi. Anuai a bangin muhna om hi: (1) Pasian, a vangliatna leh a piansak theihna, Kumpi hi in, ukzawhna leh a cihtakna hong lak late ahi uhhi. (2) Lungdam kohna late in a kicing mahmah Pasian' thuphate pulak hi. (3) Kahtam late ahihleh haksatna sungpan Pasian in a hotkhiat ding ngetna ahi hi. (4) Pilna late ahihleh thumaan nuntakzia hong hilh hi. (5) Lapite in ahihleh Kumpipa leh Tankhiapa Christ kawk hi. (6) Tanglai Late in Israel' ginat lohna leh Pasian' cihtakna hong lak a, khangthakte in, apu apate' khialhna teng zuikik nawnlo in; Pasian muang in Ama thuciamna tungah cihtak ding kisam hi.

A la kammalte mahmah in zong a sim mite lunglut theihna ding a tumdang vang nei hi. La zepna kammal pawlkhat bel a letkhiatna pan manguh himahleh, eimau' pau mah tawh zong pahtakna Lianpi kinei veve lai hi.

1. A kizawitawn kammalte ngaihsutnate leh lagui zong honpi khat mah kizang hi. Tuabang a kizawitawn kammal teng in a deihna hong telpha saktuam lai hi. Etpak dingin “Topa ka phat ding a, ka lungsim khempeuh tawh ama min siangtho ka phat ding h” (Late 103:1). Hih a kizawitawn

kammal “*ka lungsim*” cihpen “*keisung a omkhempeuh*” cihna hi a, pumpi buppi cihna hipah hi.

2. *Limpua* kammalte zong om a, tuate in pumpi tung na khatpeuh hi a, gentehna in Late 17:8 ah, “*Na kha liim ah*” ci hi.

3. *Gawmkhawpna* cih zong hun-nih gawmkhawm hi. “Sun in huhna kong ngen a, zanhun sungin nangma maiah kong kiko hi” (Late 88:1) a cihteh, tawlnga lo in kiko cihna hipah hi.

4. *Phinna* kammalte in khalam thupuak thupi mahmah hong pulak hi. Late 96:4, 5 sungah Hebrew pau “**elohim**” “**pasian**” leh “**elilim**” “**milim**” cih kammalte enleng, minam dangte pasiante pen ‘**elohim**’ ‘**pasian**’ tawh kibang ding bang dan hinapi; ‘**elilim**’ ‘**milim**’ peuh nahi leltak hi.

A nunung penin “**selah**” cihzong khawlpakna hi a, lasak ciangin, la kilaih ding leh tumging kilaihna ding khawng a cihnopna ahi hi (Late 61:4).

**WEDNESDAY**

*January 3*

### **Humuap Thungetna**

**2Samuel 23:1, 2 leh Romans 8:26, 27 sim in. Hih munte in thungetna vai bang teng hong hilh hiam?**

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Late peuhmah pen Israel mite humuap thungetna leh phatna vive hi a, a la aw sung ah Pasian in Amite tawh hong kihelkhawm hi. Late in Pasian in nakpitak in maa hong panpih ahihna hong lak hi.

Laphuakte in zong Pasian pen “**ka Pasian**” “**Aw Topa**” leh “**ka Kumpipa**” peuh ci uhhi (Late 5:2; 84:3). Laphuakte in Pasian kiangah “**hong ngai in**” (Late 5:1), “**hong za in**” (Late 39:12), “**hong ngaihsun in**” (Late 25:18), “**hong dawng in**” (Late 102:2) leh “**hong hon in**” (Late 6:4) peuh naci uhhi. Hihbang tengpen Pasian kiangah mi khatpeuh thungetna ahihlam kitelcian mahmah hi.

A ciapteh huai Late’ hoihna leh phatnala teng pen, mi siangtho thu-umte’ thungetna leh phatna kammalte sungah Pasian’thu hong luangkhia ahi hi. Late in Pasian leh atate kinaitak in hong omsak cih Rom. 8:26, 27 sungah “*Eite bangzah in ginalo hitaleng eite a hong huh dingin Kha Siangtho hong pai hi. Eite in a kilauum bangin thunget ding zong i theikei a, a hizong in Kha Siangtho mahin tauna tawh eite ading in hong thumsak hi. Kha siangtho in Pasian’ deihna tawh kizui in Pasian mite a dingin hong thumsak ahih manin mihingte lungsimtawng a thei Pasian in Kha Siangtho ngaihsutna a thei hi*” ci hi.

Zeisu in zong Late’ kammalte zangkik zel a, Luka 20:42, 43 ah, Late 110:1 pen lakim sitset hi – “David mahmah in labu sungah, ‘*Topa in keima Topa tungah thugen a, na-galte nakhe nuai ah kakoih mateng in ka taklam ah tu in*’ ci hi.

Late pawlkhat pen tangthu thupiang kibulphuh peuh hi a, a laphuakpa ngiat leh Israel minambup phutkhak thute peuh hithei hi. Himahleh khalam a thuthukna ahihleh ngeina, biakna, minam leh numei pasal deidan omlo in huam sakzo hi.

La pawlkhat sungah lam-etna, phatna, launa, hehna, dahna cihte pen a hunhun leh a mimalmal in ki pulak hi. Eimau pau mah tawh hong phukha sak pah hi.

**Zeisu in late kammal a zatna ah, eima' upna leh phutkhak thute ahih theihna koibang in hong telsak naci hiam?**

THURSDAY

Tua Late Omzia

**Late 16:8; 44:8; 46:1; 47:1, 7; 57:2; 62:8; 82:8; leh Late 121:7 sim in. Pasian in laphuakte nuntakna bang sungah om naci hiam?**

January 4

Tua late peuhmah in Pasian bulphuh uh a; thungetna phatna tungtawn in Pasian tungah ki aap ding hong kal hi. Pasian in leitung a Piangsakpa, Kumpipa leh Thukhenpa ahi hi. Atate ading na khempeuh vahawm sak hi. Tua hi a, a tawntung in muanhua hi. Pasian' mite'n gal lel ding bang ahih uh ciangin; a galte nangawn in "Na Pasian uh koi ah om ahi hiam?" (*Late 42:10*) ci in dong thei uhhi. Topa in om tawntung a lel ngeilo ahih manin, amite' maiah Pasian omden hi. A tawpna ah Late in piangsaksa mi khempeuh in Pasian a biakding uh hun hong hilh hi (*Late 47:1; 64:9*).

Pasian in nuntakna bulpi ahih mahbang in biakpiakna bulpi zong ahi hi. Late a ki zatna biakpiakna pen, tuhun biakpiakna tetawh kibang lianlo a, Laisiangtho ngeina bang a biakpiakna pen mi khempeuh kihel biakpiakna ahi hi. Tua ahih manin, mihingte nuntakna

sunga thusia lasia a piang khempeuh pen biakpiakna sungah ki pulak khia hi. Pasian in zong tua laphuakte' aw za in, a hunlap in dawng thuk hi (*Late 3:4; 18:6; 20:6*).

Laphuakpa in Pasian pen vantung ah om cih phawk a, Ama' biakbuk sung Zion ah zong omthei cihzong phawklai hi. A gamla a nai mun khempeuh leh Ama Biakinn sungah (*Late 11:4*), muhmawhna, muhtheihna (*Late 41:12*) ah Pasian kibang lel hi. Late sungah Pasian' nasepzia leh omzia nasia takin ki pulak hi. Laphuakte in bel bangzah in Pasian gamla taleh bangmah in hong khen zolo (*Late 24:7-10*) a, khalam kizopna khauh mahmah cih thei gige uh hi. Bang thupeuh omtaleh, Pasian hoihna leh hong ompihna phawkkha uh ahih manun, Pasian in a hoih penpen in hong zuun tawntung ding cihpen amau' tha ngahna bulpi zong ahi hi.

**Eima ading in Pasian' nasepna peuhmah eite ciangtan zawh hi lo cih koici theih ding ihi hiam? Topa' kepna i galzon laitak in, eite nuntakzia ding bang peuh hi ding hiam?**

FRIDAY

January 5

**Ngaihsutbeh ding:** Ellen G. White laibu *Prophets and Kings*, laimai 35–50, "The Temple and Its Dedication"; leh *Messages to Young People*, laimai 291, 292, "The Benefits of Music" sim in.

Late laibu sungah ladawng 150 om a, tuateng zong khenpi nga in kikhen lai hi. Bu khatna (*Late 1 – 41*), Bu nihna (*Late 42 -72*), Bu thumna (*Late 73 – 89*), Bu lina (*Late 90 – 106*), Bu ngana (*Late 107 -150*) hi. Labu khen nga

tengpen, tanglai Thukham laibu (Pentateuch) bu nga teng mahbang in Jew mite ngeina hikhawm uh hi. Late labu sungah tanglai la omsa pawlkhat ahi: Korah' la (*Late 42 -49, 84, 85, 87, 88*), Asaph' la (*Late 73 – 83*), Ascent' la (*Late 120 – 134*), leh Hallelujah lapi (*Late 111 -118, 146 – 150*) cihbang ahi hi. Late 72:20 in David' la pawlkhat omcih honglak hi.

Late a tamzaw pen Kumpi David hun BC sawm sunteng hi a, tuahun pan kipan la ki kaikhawm in: gam phelnih kisuah hunpan sultan hun sunteng hi pipen hi. Ezra' makaihna tawh Biakinn thak a lamphat kik laitak in tua late bukhat in kai khawm uh hihtuak hi.

Late labu in a kaiikhawp uh ciangin, Pasian humuapna peuhmah pialkhia sak hetlo uhhi. Laisiamte zong laphuakte zahmah in Pasian tungah ki aap mahmah uhhi (*Ezra 7:6, 10*). Late in mihing a hong piang Pasian omzia hi a, Topa Zeisu mihing hong suahna tawh kizom phamahmah hi. "Laisiangtho pen Pasian' thumaan teng mihing' kammal tawh hong kipia hi a, Pasian leh mihing ki pumkhatna ahi hi. Tua ki pumkhatna in Pasian' Tapa leh mihing' Tapa ahikhawm Christ sungah hong om hi. Laisiangtho sungah 'Thu in cilehsa hong suak in eite lakah hong omsuk hi' a cihpen kipsakna ahi hi."—Ellen G. White, *The Great Controversy*, p. 8.

**haksapi khat ahihang, Pasian in eite hong nai-om nuam mahmah cih koibangin hong thei sak naci hiam?**  
**Pasian in mihing khatsim tawh hong nai-om mahmah cih koibang in hong telsak naci hiam?**

**2. SS Khan sungah, Late in nomau dinmun tektek hong genkhakna peuh nakikum dihun. Bang hehnepna leh lam-etna peuh hong guanthei naci hiam?**

#### **Kikupding Dotnate:**

**1. Late pen mihing-pasian thungetna leh la hi a cihpen bang a cihnopna ahi diam? Hih ngaihdan pen thu**

**Lesson 2***January 6–12***THUNGETZIA HONGHILH IN****Sabbath Nitaklam**

**Tukalsung Simding:** Late 105:5; Kolose 3:16; Jeim 5:13; Late 44; 22; 13; 60:1–5.

**Kamngah:** “Khatvei Zeisu in munkhat ah thungen hi. A thunget a mankhit ciangin a nungzuite khat in ‘Topa aw Johan in a nungzuite a hilh bangin kote zong thungetzia hong hilh in’ aci hi.” (Luka 11:1).

**Lungsim** tawngpan hong luangkhia, kisintawm ahilo thungetna bekmah thungetna taktak hi ci in Christian pawlkhat in um uhhi. Ahihhang nungzuite in Zeisu kiangah thunget zia hong hilh in acih ciangun, a ngetna uh ngah uhhi. Thungetna laibu Late laibu pen Pasian in Laisiangtho bu laizang ah koih a, tuapen tanglai mite’ Thungetzia ciangbek hi lo a, tuhun eite’n zong thunget theihna ding cihna ahi hi.

Tanglai pekpan in, Late pen Pasian’ mite thungetna hi tawntung a, Zeisu’ thungetna zong kihel hi (*1Khang. 16:7, 9; Neh. 12:8; Mate 27:46; Eph. 5:19*). Tukalsung in Late in Pasian’ mite khualzinna sungah koibang in tonpih den ciythu i sin ding uhhi. Late pen thu-ngetna ahihlam phawk inla, Pasian’tu muhtheihna ding ciangbek hi lo, Pasian tawh kizopna mahmah hong thahatsak nading ahi hi.

Late tawh thungetna hang in, thu-ummi tampitak mah in amau’ nuntakzia kipsakna ngah thei tuam uhhi.

Tukalsung in Late sung i enzom ding a, a diak in eite ading in hun a hoih kholloh laitak tawh a kituak teng ahi ding hi.

**SUNDAY***January 7***Thungetna Sungah La Kammal Guang**

**Late 105:5; Kolose 3:16, leh Jeim 5:13 sim in. Thumte biakpiakna sungah Late in koiteng ah mun ngah hiam?**

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I nuntakna sungah Late guang cihpen, tua late nisim in sim ding hang a, Late dawng khatna pan kipan azom simsuk ding hi. Nangma’ dinmun tawh a kituak peuhpeuh zong sim in. kahtam la ahi a, ki-aapna la, Lungdam kohna la, phatna la, kisikna la, Pasian’ pilna zonna la, tangthu la, hehna khasiatna la leh khualzinna la cihbang a tuamtuam in om hi. Tu quarter sung buppi, mi tampi takin amau dinmun tawh kizui in Late a simna uh i ensuksuk ding uhhi.

Late simsuk mawkmawk ding maw leh?

Late sim masa phot inla, nangmah tawh kibulh in thungen in. Late’ ngaihdan leh muhdan a tuamtuamte deih tak ngaihsun in: laphuakpa in Pasian akohna leh a thungetna a hangthu ngaihsun in. Nangma dinmun leh laphuakpa’ phutkhakna gawmkhawm inla, nangma phutkhak thute tua late tawh kituak in suutsuk in. Na simkhak bangbang in nangma phutkhak thute tawh hong kituaklua cih lamdang takin namukhia ding hi.

Late munkhat peuh in nang hong to khakleh, gentehna in late in nangma lam-etna upkhialhna khatpeuh honghilh kha thei ding hi. Tua thu leh Christ in eite hotkhiat na’ng a nasepna tetawh enkak zel in.

Laisiangtho thupuak khat peuhpeuh pen Christ leh Ama' sing lamteh tawh enkak tawntung in.

Late sungpan thunget theihna ding thuthak zong inla, nangmah, pawlpi leh leitung ading in a thupitna ngaihsun in. Nangma lungsim sungah Ama'thu a omtheihna ding ngen in. Late in nangma meltheih khatpeuh tawh a kituakkak leh zong thungetsak in. Cihnopna bulpi in, late in nuntakna mun tampi sukha a, sim den leng, late kammalte in eite' lungsim sungah hong lut ding hi.

**"Christ' thu a cingtak in note sungah hong omhen" (Kolose 3:16) acihpen bang a cihnopna hiam?  
Tua bang ahih theihna dingin Laisiangtho sim masak ding bang hang in thupi hiam?**

MONDAY

January 8

### Haksat Hun in zong Muang

Christian khempeuh in Haksat hun leh thuksiat hun nei uh a, Topa in bang hih nuam a, hibang thute banghang in phalthei hiam acihhun uh om hi. Laphuakte khempeuh tuabang vive mah ahi uhhi. Pasian' humuapna tawh amau' phutkhak teng hong ciameh uhhi.

**Late 44 sim in. Bang hong gen a, khang tawntung a thu-umte tawh banghang in kituak thei hiam?**

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Late pen biakpiakna sungah telna in, eima' ki aapna kammal tawh thungetna vive hong pulak sak ahi hi. Tuabang mun ah khauh tentanna pen thanemna tawh eima nuntakna mahmah khua mial sungah nuamlo takin a kikhum tawh kibang lel hi. Pasian in eite tungah thumaan lotak in hong sat bang hi i sak ciangin, biakpiakna sung leh thungetna sungah i ki pulak ding khawng thadah mai hi.

Hibang thadahna in biakpiakna mungtuppi pan hong pialsak thei hi. Eima lungsim sung ombang in Pasian tungah pulak khaklohma in, lungsim kawcik takin hong omsak thei hi. Pasian kianglam ah lungmuang takin vanaih ding khawng hong tonsak thei hi. Late tawh thungetna hang in, biakpiakna leh thungetna ah, eima' thuksiatna khawng teng pen paihuai nialhuai hetlo cih hong telcian sak hi.

Gentehna, Late 44 in, biakna a piate peuhmah mawhbaang hetlo in thuksiat thei cih hong thei sak hi. Late tawh thungente in, thungetna sungah suakta takin kampau thei zaw uhhi. I paukhiat ngam melloh pawlkhat pen Late sung na-om khinkhian hi. "Ngiate omna ah kote hong balnen gawp in, khualmialpi sungah nong paihdak ding zah in, ka lung- sim uh kihei nailo a, ka kalsuan uh lampial nailo hi" (Late 44:18, 19).

Late 44 a kipatna lungngai in. Laikungpu in, a beisa sungah Pasian in amite ading nalianpi bawl cih gen hi. Tua hi a, laikungpu in ama' thal-umm hi lo, Pasian bek ka muang (Late 44:6) ci hi. Cihtei hang, Pasian' mite tungah haksatna hontung veve hi. Gimna leh kahtamla te in napha mahmah uhhi. Ahihhang hiteng kawmkal mah ah, laphuakpa in Pasian kiangah "kote hong huh ding in

hongpai in” (*Late 44:26*) ci in huhna ngenin awng hi. Haksat hunsung mahmah in Pasian leh hong itna teltaktak cihna ahi hi.

**Nangma Haksat laitak, Pasian in hong gamlat hi  
nacih laitak in, a beisa hunsung ah Pasian hong ompihna  
teltaktak in, koibang in ki lungnuam sakthei ding hiam?**

TUESDAY

January 9

**Cihmawhna La**

Late tawh thungetna in biakpiakna sungah suakta takin thungetna hong neisak thei zaw hi. Late in amau' phutkhak thute Pasian deihna tawh kinaisak thei a, Pasian in ompih gige a, lam-etna leh khamuanna piangsak thei hi.

**Late 22 sim in. Hihmun in, thuksiatna sungah  
Pasian muantheihna koibang in honghilh hiam?**

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Late 22:1 a kahtam lamlalte in, a thuksiat mite'n amau' haksatna thuakna tenguh pulak khia sakthei hi. “*Ka Pasian, ka Pasian aw, banghang in kei hong nusia nahi hiam? Nong huhna ding ka hong thumna panin banghang in gamla om nahi hiam?*”

Hih kammalte pen Zeisu tekin singlamteh tungah a paukhat kammalte mah hi a, Christ thuksiatna teng zong eite' thuksiatna mahbang ahih manin (*Mate 27:46*) Christian lakah min thang vangvang hi.

Tuabang thuksiatna lakkah ah “*Ka u kanaute tungah Nangma' min ka gen ding a, mihon kikhopna laizangah*

*Nangmah kongphat ding hi*” (*Late 22:22*) cih kammalte zong kiza veve hi.

Thukhat panin, hibang thuaknate in, laikungpu' haksatna tawh kibang linlian se khollo hitaleh, laphuakpa in bel Pasian sungah a lungmuanna leh bangbang a piang zong in Amah phat veve ding ci hi.

A deihna bulpi penin, thunget na'ng kammal hongpiak nungsang, Pasian in eite nuntakna hong hotkhiat ding hun upna tawh ngak gige ding cih Late in honghilh hi. Late tawh thungetna in thu-umte' khalam khua muhna zaizaw sak hi. Late hang in, biakna a piate in amau ngaihsutna leh theihna teng a pulak thei a, tu in amau' omna ciang ah omcip saklo hi. Biakna piate in amau' gentheihna, lungkiatna, hehna leh cihmawhna teng phawk nawnlo uh a, bangbang piang taleh Pasian muang lel ta uhhi.

Kahtam lawhna pan phatna lamah a kihei Late in, thu-ummitte' khalam ah khango a, Pasian hehpikhna sang uh in, thungetna sungah Lungnopna ngah cihna ahi hi.

**Tu tadih a eima haksatna te langkhat ah, i  
thuakkhak bangbang tawh koi ci bangin Pasian muang  
thei ding ihi hiam?**

WEDNESDAY

January 10

**Lungkiatna Pan Lam-etna**

Pasian in eite hong gamlat mahmah i cih hun khawng neitek kha ding hi hang. A bang ciliang ahia leh, peuh zong cikha sop ding hi hang.

Laphuakte zong eimah bang in mihing hi uh a, eima thuakte mah thuak ding uh hi. Eima' mawhna in haksatna

hong tungsak hiphial taleh, khat veivei ciang, tuabang thute thumaan lopi in a piang bang in ki ngaihsun a, eite thuak ding kilawm lopi thuak i kisa mawkmawk hi.

**Late 13 sim in. Hihla tungpan in namuhkhak bang thunih om hiam? La phuakpa muhna khensatna teng pen bangteng in piangsak hiding hiam?**

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“Topa aw, bang tanvei hilai ding ahi hiam? Kei hong mangngilh paisuak ding nahi hiam? Bang tanvei kei kiangpan namaitang seel ding nahi hiam?” (Late 13:1). Bangzah in khial mahleh hibang lungkhamna a neingeilo kua omthei ding hiam? Pasian in eite hong mangngilh ngei hiam?

Late 13 in, mipi khialhtheih ding thudang khat, eima pumpi tungah leh i thungetna ah bulphuh ding ahi hi. Hih la in eima’thungetzia khangto sak a, a kikhel ngeilo Pasian in mihing tungah hong hihdan zui ding in hong makaih hi. Late in kahna leh phunna tawh kipan mah taleh, tuateng bek tawh tawpsuak lo hi. Tuathu a thupipen ahi hi. Late mah in Pasian’ tatkhiatna vanglian muang ding teelsiamna hongpia a (Late 13:5), eima launa uplahna teng mun (Late 13:1–4) ah Pasian’ tatkhiatna a lutsak khit ciangin, kahtamna pan in phatna ah, lungkiatna panin lam-etna hong neisak hi (Late 13:5, 6).

Tua La kammalte ngahlua kisa pumsim gawp hinapi in a khatna themno cikbek a ngaihsun lelte in pianthakna maan taktak nei zolo ding uhhi. Late tawh thunget ciangin, la kammalte hong kalh bang in gamtat theih na’ng Kha Siangtho huhna ngenlai ding hi hang. Tua Late pen thummite tattlehhek a puahphat sakthei Pasian’ kammalte

vive ahi hi. Pasian hehpihna hang in tua late sunga kamciamte in thu-ummite’ nuntakna sungah hong kilangh hi. Tua pen Pasian’ kammalte in, Pasian’ deihna bang in hong puahphat ding phalna hi a, Pasian’ Tapa mihing sungah hong sunglutpa, Late mah tawh thungenpa, Christ tawh hong kipawl thei sak hi.

**Nangma thuksiatna in koibang in Pasian tawh hong kinaisak zaw hiam? Kidawmptha mahmah keileng tuate in Topa kiangpan banghang in hong nilkhia thei hiam?**

THURSDAY

**Aw, Hong Puahpha Kik in**

**Late 60:1–5 sim in. Khatveivei hih late in thungetna ding in banghang in kilawm thei naci hiam? Nuntakna a nopmahmah laitak in koibang in kahtamla tawh phat tuamna kingah thei ding hiam?**

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January 11

Kahtamla tepen pumpi lam, lungsim lam leh khalam haksat hun sunga nungta mite’ thungetna hi phadiak hi. Hun a hoih ciangin hihte pampaih pah ding cihna zong hi tuanlo hi. Khatveivei, late kammalte leh biakpiakna bawlte phutkhak thute pen hong ki kelki thei kha sop ding hi. Cihnopna ah, kahtamla in haksatna thuaklo biakpiakna neite a ding in phat tuamna omthei khamah ding hi.

**Amasa** in, thuksiatna pen mihing ihih nakleh phut ding mah hi a, misiangtho leh migilo tungah a kibang in piangkhawm lel hi. Late in Pasian in na khempeuh kem in haksat hun in kantan zawh na’ng thahatna leh lampi zong hong pialai cih hong telsak hi. Hih late kammal mahmah in “Nangmah in lei Na liingsak khin hi” (Late 60:2)

ci in laphuakpa mahmah in Pasian sungah lam-etna leh hotkhiatna picing a nei hi.

**Anihna**, Kahtam late in thuksiate tungah veiina hong neithei sak hi. Pasian tungah Lungdam kohna i pulak ciangin, adiak in mipi lak ahihleh, thupha tawmzaw deuh mite i ngaihsutsak kul hi. Eite bel i tuahphat laitak hithei, ahih hang midangte e'n theihpihlo e, a thuksia peuh omkha thei hi. Hih late tawh thungetna in haksatna a neite hong mangngilh saklo tuam hi. Late in eite sungah Zeisu bangin, veiina leh thuksiate panpih noppa lungsim hong thosak hi.

*"Hih leitung in phaakna inn hi a, Christ in tua cinate damsak ding leh Satan hencip mite khahkhia ding in hong pai hi. Amah ngiat in cidamna leh thahatna ahi hi. Cinate, nenniam thuakte leh dawi-veii te tungah Ama' nuntakna hawmsawn hi. Ama' damsakna vang hong zuan peuhmah nungheisan hetlo hi. Amau tungah natna anei a, huhna a ngen mite Amah'n theia; damsak ding nial ngeilo hi. Christ kiangpan hoihna in hih a genthei kha te sungah a lutsuk ciangin, mawhmaina ngah uh a, khalam natna khempeuh leh pumpi natna khempeuh damsiang ta hi. Lungdamthu in tua vangmah nanei a, eite'n zong banghang in tua vang tec panglo ding ihi hiam?"—Ellen G. White, Welfare Ministry, pp. 24, 25.*

**Nangma' thunget sakna bek thamlo, Pasian' min tawh nalawn ding a kisam, kua peuh natheikha hiam?**

**FRIDAY**

*January 12*

**Ngaihsutbeh ding:** Late 42:8 leh Ellen G. White, "Poetry and Song," *Education* laimai 159–168 sim in. Thungetna leh la in hih munte tawh koibang in kizom hiam?

EGWhite in David' kisik kikna (Late 51) la kammalte leh a thungetna ah, mawhna hang in a dah taktakna teng hong pulak hi (*Christ kiang zuatna*, pp. 24, 25). Hih la kammalte pen, Zeisu mahmah in zia-etna leh nenniamna a thuak laitak in Pasian ompih lam a theihna ahih manin, thuummi peuhmah in lotngah ngiat ding hong hanthawn hi. Tua banah "*a siangtho la kammalte tawh kisikna, upna, lam-etna, itna leh lungnopa hong luangkhia hi! La tampi takte tuabang vive ahi uhhi*" ci hi —Education, pp. 162-168.

Late tawh thungen in la isak ciangin, laphuakpa' kipkhona, pau ngamna hang sanna leh lam-etna teng a zang ihi uhhi. Khalam khualzinna ah eibek I hihlohma tawh hong thahatsak in hong lungnuam sak hi. Eite bang midangte zong, khuamial sung mah sik uh a, Pasian' hehpihna hang mahin gualzo khin uhhi. Tua laitak mah in, Christ in zong eite aiawh in hong palai sak, thu hong ngetsak denkeei cih zong Late mah in hong pulak hi (*Heb. 7:25*).

Thungetna leh biakpiakna ah Late a zang thu-umte in, mihingte phutkhaksa thupiang khempeuh teltaktak uh a, biakpiakna bawlte in, tua thute mah tawh mai phul sak hi. Late in a siangtho thungetna leh la ahi hi. Tua hi a, biakpiakna sungah Late sakna in, thu-umte, Pasian' deihna leh vanglian damsakna sung hong tun hi.

#### **Kikupding Dotnote:**

- 1. Makaihna om mello, thungetna saupipi te in banghang in thungetzia hi lo thei hiam?**

**2. Late in kizopna thunget koibang in khangto sakthei ding hiam? Pawlpi mite tawh biakpiakna sungah zat taktak theih ding hihdan pawlkhat kikum dihun.**

**3. Mihing' upna tawh khualzinna ah a buaihuai mahmah thute leh, Pasian' hehpihna tawh damsakna thute tawh kisai in Late in bang pulak hiam?**

### Lesson 3

January 13–19

### TOPA IN UK

#### SABBATH NITAKLAM

**Tukalsung Simding:** Late 8; 100; 97; 75; 105:7-10; Gal. 3:26–29; Late 25:10.

**Kamngah:** “**Topa in uk a, vangliatna kumpipuan ki silhsak hi; Topa kumpipuan ki silhsak a thahatna tawh Amah kidim hi; leitung kikipsak a kiling ngeilo ding hi**” (Late 93:1).

Late in Pasian' ukzawhna vanglian mah thubulpi pen in hoi hetlo in lenkip gige hi. Topa mahin nakhempeuh piangsak a kemcing hi. Amah in leitung buppi tungah Sangpen Kumpipa hi a, thumaan leh dikna tawh leitung ukgige hi. Ama' thukham leh thupiak teng pen a zuite a dingin hoih a nuntakna ahi hi. Topa in a thumaan Thukhenpa hi a, leitung zong thumaan takin kalsuanpih a, midikte thupha leh, migilote thusia tawh thuk kikna a pia hi.

Israel tetawh Pasian' kamciamna in, Topa hotkhiatna hang in leitung bup gamdai sak hi. Topa in Israel pen, minam khempeuh lakpan Ama' minam in a teeltuam ahi hi. Topa in Ama' thuciamna tungah citak in, a citaklo, a lehdo tuute mah kem paisuak veve hi.

Topa' vangliatna in leitung kipkho takin kemcing hi. Laphuakte in hih thumaan thubulpi teng pen, hih lai a sim khempeuh in telcian sak nuam hi. Hih khuavak in amau lamlak ahih manin, laphuakte in Pasian tungah lungsim khempeuh tawh ki-aap ding hong deihsak hi.

**SUNDAY***January 14***Topa in Eite Hong Piangsakzo**

**Late 8 leh Late 100 sim in. Hihmun ah Pasian  
leh mihing koibangin pulak hiam? Hih Late in Pasian'  
omzia bang peuh gen hiam?**

Piansakna in Late sungah thubulpi hi a, Pasian' ukzawhna kipkho sak hi. Vantungte in "**Ama' khutsuak**" hi a, Ama' minthanna leh vangliatna taangko hi (*Late 19:1-4; 97:6*). Pasian' min zong leitung buppi ah zahtak kaai pen hi (*Late 8:1, 9*). Topa in nakhempeuh piangsak a; Amah kipatna neilo (*Late 93:2*), tawpna zong neilo (*Late 102:25-27*) hi. Minam khempeuhte' pasian, '**mihing khutsuak**' (*Late 115:4*) maimai tetungah Amah nungta tawntung in lianpen hi. Milimte in 'khut nei napi in laung theilo' (*Late 115:7*) uh a; Topa ahihleh, "gamthuk pen panin mual sangpen dong ... Ama' khut in leikeu piang sak" (*Late 95:4, 5*) ci hi.

Late pawlkhat sungah, minam dangte in pasian bangin a ngaihsut piansak sate tungah Pasian' vangliatna in ukzo ahihna pulak hi (*Late 29; 93; 104*). Hih late in, Topa pen Ama' piansak sate khempeuh tungah vanglian in zahtak kaai hi ci uhhi. Late 100:3 in zong thuzawi tawh milim amau guak a omte taai a – Pasian in hong piangsak ciythu bulphuh hi.

Piansakna mahin Pasian' hong itna tec i pang hi. Na khempeuh in nuntakna Pasian (*Late 95:7; 147:4-9*) hang bek in omthei uhhi. Pasian in mihing hong omsak bek hi lo, tanglai Israel mite pen "Ama' mite leh Ama' gankhahna sunga a tuute ihi hñ" (*Late 100:3*). "Ama' mite" leh "Ama' tuute" a cih ciangin, Pasian in eite tawh kinai takin hong kikhawl nuam a cihnopna hipah hi.

Piangular bekmah in Amite thupha pia in, pungsak thei a, Amah bekmah biaktaak muantaak pa ahi hi. Late tampitak in husang thei khempeuh, leitung tuipi leh a sunga om khempeuh in Topa phat in awng ding ci uhhi.

Pasian' minthanna zong a puksa ahi phial zong in hih leitung a piansakna sung mahmah ah kimuthei a, Late in Pasian bekmah biaktaak cing hi cih hong lak hi.

**"Na ngaihsut tham ding in mihing in bang hilel  
a, Na phawk tham ding in mihing' ta bang hilel ahi hiam"** (*Late 8:4*). **Nangmah hong Piangsakpa nadawnthuk kikna  
bang ahi diam? Pasian in aksite minvawh hiven** (*Late 147:4*), **Nang e Pasian in bangzah hong kemcing naci  
hiam?**

**MONDAY****Topa Maang hi***January 15*

I Topa hong Piangsakpa, hong ukpa tawh kinai takin omin, kikhen theilo hi hang. "Topa maang hi" ciythu pen Late 93:1, 96:10, 97:1 leh 99:1 ah a ki taangkona Late bu buppi sung thawn zo hi.

Topa pen minphatna, zahtakna leh thahatna in tuam hi (*Late 93:1; 104:1*). Meii leh khuamial sahpi in zong Amah tuam (*Late 97:2*) mahleh, khuavak puan in silh hi (*Late 104:2*). Hih limpua teng in Kumpipa thahatna a liatna teng pahtawi a, mihing' ngaihsut zawhloh Pasian' liatna taktak tangko ding teelsiamna ahi hi.

**Late 97 sim in. Topa maanna bangin limpua  
hiam? (Late 97:2, 10). Ama ukna gam bang hiam? (Late  
97:1, 5, 9).**

Topa' ukna pen Ama piansakna (*Late 96:5*), hotkhiatna (*Late 92:2*) leh thukhenna tawh kilak hi (*Late 96:10*). Topa in leitung buppi huam (*Late 47:6, 9*) in Ama Kumpi gam phut hi. Pasian' gam in tawntung gam hi a, tehpiah omlo vangliatna leh zahtakna tawh ki dim hi (*Late 45:6; 93:1, 2; 103:19*). Topa' maanna pen hehpihna, thumaanna leh dikna tungah kiphut a, piansak leitung ah kipkhona omsak hi (*Late 98:3; 99:4*). Pasian' maanna in vantung leh leitung biakpiakna leh phatna sungah ki pumkhat sak hi (*Late 103:20-22; 148*). Late tampi takmah in Pasian vangliatna leh ukzawhna mite'n musak hi (*Late 96:10; 97:1; 99:1; 145:11-13*).

Aihhang mikhempeuh leh leitung makaite khempeuh in sangkim zolo uhhi. Mi gilote in Topa' maanna nial den uh (*Late 14:1; 74:3-22*) a, Topa zahpih uh in Ama mite nengniam uhhi (*Late 14:1; 74:3-22*). Migilo pawlkhat in tuabang in to a, Pasian' thuak-zawhna in lungsim hong buaisak mahleh, laphuakte in, Pasian ukzawhna muang veve uh a, Pasian' thumaan thukhenna sungah om paisuak ding uhhi (*Late 68:21; 73:17-20*). Upna hang in Pasian' mite in, Christ hong hotkhiatna tungtawn in Christ nihveina hong paikik ni ciang in Pasian' gam pahtawi ding lawp mahmah uhhi (*Mate 12:26-28; 1Korin 15:20-28*).

By faith God's people rejoice in the inauguration of God's kingdom through Christ's redeeming ministry and wait for the consummation of the kingdom at Christ's second coming (*Matt. 12:26-28; 1Korin 15:20-28*).

**"Topa a itte in gitlohma mudah uhhi!"** (*Late 97:10*).  
**Topa i itna in banghang in gitlohma mudah thei ding hiam? Hih tegel koibang in kizom thei dihdih hiam?**

TUESDAY

**Pasian in Thukhenpa hi****Late 75 sim in. Migilote kiphatsakna in banghang in mawkna lel hithei hiam?**

January 16

Kumpi lianpen Topa in Thukham piapa (*Late 99:7*) leh Thukhenpa (*Late 98:9; 97:2*) zong ahi hi. Mi gilote in Pasian thumaana buaisak tawntung aihhang, Topa mah in leitung thukhen ding a, gitlohma beisiang sak ding hi (*Late 75:8-10; 96:13*). Late 75 sungah zong, mi gilote a kisuksiatna ding limpua pawlkhat om hi. Tua limpua pen hai khat sungah lenggahzu san om (*Late 75:8*) a, Pasian' hehna lamlak hi (*Jer. 25:15; Mang. 14:10*). Mi gilote' kii-te aattan sak cihpen, amau vangliatna leh ukzawhna beita cihna hi a, midikte' kii aihlel bel ki pahtawi ci hi (*Late 75:10*). Pasian in Ama' thukhen ding hun pen "hun sehsa" (*Late 75:2*) in koih hi. Thukhenna nunungpen aihlel hun tawpkhakna ah omding hi (*Late 96:13; 1Korin 15:23-26*).

Topa in ama' thukhenna ah mihingte' lungsim mah bulphuh khat in nei hi. Late 14:2 sim lecin, Piancil 6:5, 8 a phawk kikna mah ahi hi. Pasian in leitung a thukhenna ah, mihingte nuntakzia enpha a, a kua honkhia thei ding zong ngaungau cihthu tua Laisiangtho munnih tegel in honglak hi. Hih thukhenna pen ei pawlpi in "**dawphkol thukhenna**" kici a, Pasian in mi gilote thuaksiat ding a khensat ciangin midikte zong huu hi.

Koici nasep hi peuhmah ding hiam?

**Amasa** in, Pasian in Ama' mi siangthote pen mi gilote lakpan honkhia phot (*Late 97:10; 146:9*) a, aki

niamkhiatte pahtawi hi (*Late 149:4*). **Anihna** ah, a kisik lo mi gilote susia siang hi (*Late 97:3*). Late pawlkhat bang in, Pasian' Thukhenna dona dingin mihing' galhiam lellel in bangmah ahih lohna lakam tawh pulak lai hi (*Late 76:3-6*). Topa in mihingte gamtat khialhnate gim a piak tei hang in; mawh maisak siam Pasian (*Late 99:8*) ahi hi. Mi gilote bek hi lo, Pasian' mite mahmah in zong, amau gamtatna hang in Pasian' maiah ding laiding (*Late 50:4; 135:14*) uhhi.

Laisiangtho bu dangte in, Pasian' thukhenna ah, Pasian' mite mahtawh panmasa ding a, leitung buppi huam ding acih mahbang in, Late in zong tuamah naci hi (*Thuhilkik. 32:36; 1Peter 4:17*). Laphuakpa in ama' tungah Topa' thukhenna a nget kawmin, Pasian' dikna mahin amah ahuut ding zong ngen hi (*Late 7:8-11; 139:23, 24*).

**Late in Pasian' thukhenna sungah lawpna leh lungdamna nei ding in hong sam hi.** (*Late 67:4; 96:10-13; 98:4-9*). **Christ' sisan in a tuamcip mite ading in Pasian' thukhenna in koibang in Lungdamthu hithei ding hiam?**

**WEDNESDAY**

*January 17*

**Ama' Thuciamna Phawkden**

**Pasian' thukhenna thubulpi in dotna khat piangsak a: Thukhenna hun sungah Pasian hong hotkhiatna muang in Pasian mite in koibang in lungmuanna neithei ding hiam? Late 94:14; 105:7-10; Dan. 7:22.**

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Pasian in Zion ah hong maang ahih manin Pasian' mite ombit thei uh a (*Late 76:1, 2*), Pasian in zong amaut tawh a thuciamna kipsak tawntung in amaut Ama' neihsa

T-3

go leh gamh ahi uhhi (*Late 94:14; 105:8-10*). Pasian in Ama' thuciampih mite pen nial pah ding ci in hong kamciam hetlo a; Ama' sung mahah bittak in omsak zaw hi. Amau' mawhna maisak (*Late 103:3*); Thu hilh, thupha pia, thahatsak hi (*Late 25:8-11; 29:11; 105:24*). Pasian' thukhenna peuhmah pen, mihingte in dikna lam zuan thei ding leh Pasian' kepcinna kilangh sak ding ahi hi them (*Late 94:8-15*).

Late 105 a dawng buppi in, Israel tangthu sung tawntung ah, Topa pen Ama' thuciamna tungah a cihtakna hong lak hi. Thusia, thupha a piang khempeuh lakah Topa mah omtawntung hi. Kialpi nasia mahmah lakpan in Amite a hotkhiatna ding vaihawm kholhna in Joseph zong Egypt ah sawlkhol hi (*Late 105:16-24*). Topa mah in Moses sawl in, Ama' mite Egypt saltanna pan in, lim lamdang tampi tawh honkhia sakkik (*Late 105:25-38*) hi.

Topa in Amite Kamciam Gam pia (*Late 105:11, 44*) a, kembit tawntung ding ci hi (*Late 105:12-15*). Amau pungsak (*Late 105:24*), Topa in amaut honkhia (*Late 105:37, 38*), amau kisapna bangbang vaihawm sak hi (*Late 105:39-41*). Laphuakte in Pasian' mite in a mangngilhloh ding uh a deih khat pen, Topa in Ama' mite tunga thupiang khempeuh pen Amah'n ukcip ngiat cihtu ahi hi.

Topa in Ama' kamciam phawk acih ciang, lungsim sunga phawk ngaungau cih ciang lel hi lo a sepkhiatna ngiat ahi (*Piancilna 8:1; 1Sam. 1:19; Late 98:3; Late 105:42-44*). Tua ahih manin, mihingte in, Pasian' nasep a lamdang teleh a thukhenna te phawk ding a cih ciang in, amaut' nuntakzia tawh Pasian pahtawi ding cihnopna hipah hi.

Hih kamciamna sungah, Pasian in a piak thukham tetungah Israel in citak takin zui ding in kal hi (*Late 78:5-*

7; 105:45). Pasian' mite peuhmah in, minamdag tetungah a Pasian uh tec i pang ding a, tua ciang in minamdag te zong Israel mite' nung hong zui ding uh cih a deihna ahi hi (*Late 105:1, 2*). Tua hileh, hehpohna leh vanglatna tawh a kidim Pasian kamciamna sungah leitung ombit thei ding cih deihna ahi hi (*Late 89:28-34*).

**Tanglai Israel mite tungah tua kamciamna in a septheih bang thute, tuhun in Zeisu tungpan bang peuh kingah thei ding hiam? Gal. 3:26-29.**

**Thursday** *January 18*  
**Nangma Thuciamte Kip mahmah**  
**Late 19:7; 93:5; 119:165; 1:2, 6; 18:30; leh 25:10**  
**sim in. Hiteng khempeuh bang khauzang khat in khil hiam?**

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Topa pen Piangsakpa, Kumpipa leh Thukhenpa a hihna tawh leitung buppi tungah maang a, Ama' thuciamna teng zong muanhui mahmah hi. Tec i pen Hebrew pau in '**edut**' hi a, "**thupiak**" "**thukham**" cihna hi a, pumpi-tung thukham leh biakna sung, mimal sim kizopna a ding in, Topa' ukna thukham ahi uhhi (*Paikhiatna 32:15*). Tuate "**kip mahmah**" (*Late 93:5*) a, Pasian in a bawlsa nakhempeuh tungah kiptak kem in maang tawntung cih theih sakna ahi hi (*Late 93:1, 2*). Hebrew kammal "**kip**" cihpen mikanglai **amen** ci in kiletkhia a, muanhuaina, cihtakna leh kipkhona a cihna ahi hi (*2Sam. 7:16; 1Khang. 17:23*). Pasian' thukhamte peuhmah kikhel theilo kisusia theilo hi.

Pasian in Ama' kamciam leh thupiak peuhmah pello ding in aamahkhan hi. Pasian' cihtakna cihpen

kamciam pha kikkik leh Ama' ukna kikhel ngeilo cih lungmuanna hong piapha a, mihing khempeuh in zong Pasian muang in a thu mang ding hong kal hi.

Tua laitak mahin, leitung ah thutang omngeilo ahih manin, leitung pen a bulpan in kiling leitung kici hi (*Late 18:7; Isa. 24:18-21*). Pasian' thukham in, mihingte Pasian' thukhenna mai ah a din zawh nading in, dikna lampi ah makaih kinken hi. Midikte ahihleh, Pasian' thukham sungah zungkip kha ahih manin, Pasian in kipkhona leh bitna pia a, amau lungsim uh kipkho ahih manun, a kiling kei ding uh a, Topa sungah "**kipkho**" in "**ombit**" (*Hebrew pau in kun*) ding uhhi (*Late 112:1, 6, 7*). Pasian' thukham a kemcing mite a tuk sakzo ding bangmah omlo (*Late 119:165*) a, tua zong Pasian' kepcinna leh makaihna mah ahi hi (*Late 1:2, 3, 6*).

Pasian' kammalte pen laphuakpa' khe a dingin meivak hi a, a kiseel khinkhian thaang panin kembit hi (*Late 119:105, 110*). Pasian' thukham a itte peuhmah lungnopna lianpi ngah uh a (*Late 119:165*), ahihang haksatna tawh kipeel sitset cih omtheilo (*Late 119:161*) hi. Pasian beel cinten in Amah tawh kizopna bit neihna pan in hong piang ahi hi.

**Pasian' thukham leh ukna sungah na omman in phattuamna tak tak nangahna bangteng om hiam? Tuate palsatna hangin thuaksiatna bang peuh natuak kha hiam?**

**FRIDAY** *January 19*  
**Further Thought:** Late 86:5, 15 sim in; Ellen G. White, *Steps to Christ* sungpan laimai 9-15 "God's Love for Man" sim in.

Pasian in itna hi cihthu in, Late sunga Pasian leh Ama' nasep khempeuh koibangin hong telcian sak naci hiam?

Tukalsung sinna khempeuh in Pasian leh leitung a kipna ding leh a bitna ding in Ama' sepna khempeuh siksan in kisin hihang. Laphuakte in, Piangsakpa, Kumpipa, Thukhenpa, kamciam Honpa leh Thukham piapa kiangah thungen uhhi. Leitung ah Pasian in min tampitak tawh hong om a, Tuicingpa (*Late 23:1; 80:1*), Hotkhatna Suangpi (*Late 95:1*), leh Pa (*Late 68:5; 89:26*) cihte zong ahi uhhi. Pasian in a lianpen leh citakpen ahih manin, hi leitung ah Ama' sung bek ah bitna leh galmuanna omthei hi.

Late simsukrukawm in, Pasian hong itna, hong hehpihna leh leitung honkhia in a thaksuah sak ding a ngiimna teng phawk den ding hihang. “*Singlamteh khuavak sungah Pasian’ omzia kisin tamsemsem, Ama’ hehpihna, thumaan takin hong maisakna sungah lungdamna leh, sim zawlloh Ama’ hong itna tawh hong sepsak teng, a thutangpeek a phengphi tano khat anu in a veii mahmah bang in hong veiina teng ki telsemsem hñ*” —Ellen G. White, *Steps to Christ*, p. 15. Late sungah, Pasian a langdona uh hangun Pasian’ thukhenna thuak uh ciangun zong, Pasian heh paisuaklo a, hong hehpihna beingeilo cih thei ahih manun, Pasian sam tawntung uhhi (*Late 103:8*).

#### **Kikupding Dotnate:**

**1. Leitung ah buaina thuaksiatna a omtawntung tei hang, Pasian in nakhempeuh ukpa hi cih kawmkal ah, kidona lianpi tawh kisai in a omtaktak thu leh mipi deihna khentel ding banghang in thupi thei hiam?**

**2. Pasian pen Piangsakpa hi cih upna in, eimah mah i kitelcianna leh, piangsaksa a dangte tawh zong i kizopna telcianna koibang in hong pia thei naci hiam? Thumaan sungpan lampialna in bang hong piangsak thei hiam? (*Late 106:35-42*).**

**3. Laisiangtho hun lai a minamdangte’ milimte in bang khialhna om hiam? (*Late 115:4-8*)? Tuhun milim bang peuh om hiam? Topa tawh tonkhopna ah bang lauhuaina omsak thei hiam?**

**4. Pasian’ thukhenna in Pasian’ mite mah tawh kipan ding cih a thei gige Pasian’ mite koici nuntak ding hiam? Pasian in Amite koibang in thukhen hiam?**

**Lesson 4***January 20–26***TOPA IN HONG ZA, HONG KHAHKHIA HI****Sabbath Nitaklam**

**Tukalsung Simding:** Late 139:1–18; 121; 17:8; Mate 23:37; 1Korin 10:1–4; Heb. 4:15, 16.

**Kamngah:** “**Thumaan mite a kiko ciangin, Topa in za a, amau haksatna khempeuh panin a honkhia hi**” (Late 34:17).

**Alianpen** Topa, Piangsakpa leh hong kemcingpa, amah Pasian hi a, Ama’ mite tawh ka omkhawm hi aci pa Topa pen, Late in pulak khia den hi.

Pasian in Ama’ mite leh vantung leitung a Ama piansakte tawh hong nai om mahmah hi (Late 73:23, 25). Amah in “*vantung ah a tokhom phut*” (Late 103:19) a, “*meii tungah tuang*” (Late 68:4) himah taleh, “*Amah asam mi khempeuh kiangah nai om*” a, “*lungsim takpi tawh asam mi khempeuh kiangah nai om*” (Late 145:18) ci hi. Topa in a nungta Pasian hi a, Amah asam mite ading nasepsak hi cih Late in kiptak in gen hi (Late 55:16–22). Late in, a nungta, thungetna za in a dawngpa Pasian humuapna ahih manin a deihna kician sitset hi.

Topa’ hong naihna upna leh Ama’ thukhamte zuihna tawh dawngthuk ding cih ciameh ding hihang. Hih upna leh thumanna peuhmah a kiam leh, Israel tangthu sung mah bang in kisang theilo hi.

**SUNDAY****Ka Guhpi Na Maiah Kiseelciplo**

**Late 139:1–18 sim in. Pasian’ vangliatna** (Late 139:1–6), **Pasian’ omna** (Late 139:7–12), **leh a hoihna** (Late 139:13–18) **koibang in lak hiam? Pasian’ liatna in Pasian kamciamte’ thu bang gen hiam?**

Mikhat huhnuam napi cin bangmah neilo in na omngei hiam? Mi pawlkhat in nang hong huhnuam mahleh nang’ kisapna theilo hi. Mihing hong itpen leh hong veii pente bang zong hi lo, Pasian in eite dinmun hong tellua mahmah in hong huhnuam mahmah hi. Tua hi a, huh ding leh hotkhiat ding Ama hong kamciamna in daimaimai lo in a kipkho mahmah thuciamte ahi hi.

Pasian in laphuakpa nak tellua mahmah a, anu’ gilsung a naubu in zong Pasian’ mai pan seelcip zolo hi (Late 139:13, 15). Pasian in thei tawntung (Late 139:2), a sungram (Late 139:2, 4), a gamlat ciang zong – laphuakpa omzia khempeuh theikhin hi. A lamdang Pasian pilna pen Ama’ piansak theihna vang hang hi a, mihingte tawh nai ommahmah in kepcin denna zong ahi hi. Hihbang a lamdang lua hong theihtelna in eite hong lauhthawn gawp zawlo in Zeisu angnung leh singlamteh tungah Ama hong zawsaksa tetawh hong kinaisak sem zaw hi. Zeisu sungah upna tawh, Ama’ dikna hong kipia a, “*Pasian dikna*” ngeingei ahi hi (Rom. 3:5, 21).

Pasian hong omna pen a gamla pen zong banzo ci in “hell” (*sheol*, ‘han’) leh “*khua mial*” (Late 139:8, 11, 12), Pasian omtheihna ding a hi lo mun nangawn ah (Late 56:13) cihi. Ama’ hong ompihna pen “*zingsang’ kha*” **‘nisuahna’**

*January 21*

leh “*tuipi mong dong*” ‘***nitumna***’ (*Late 139:9*) cihi. Hihbang limpua tawh ahinhna pen vannuai ah Pasian hong bat zawhloh na’ng mun omlo cihna hi. Pawlkhat in Pasian pen vannuai phellang zong zolo ding acih uh bang hilo, mun khempeuh ah om a, piangsak bek thamlo kemcing denlai hi (*He. 1:3*).

Eite hong theihtel sitset banah, hong thaksuah theilai hi. Tuabang in Ama’ liatna a phawkkhak manin laphuakpa lungsim sungah phatna leh muanna hong piang hi. Amah leh Pasian kizopna a subuai thei ding peuhmah Pasian in a sittel ding phalmahmah hi.

**Pawlhat in amau’ omzia, khuamial pen hun a lauhuai mahmah hun in zong Pasian in telmahmah cih thei ding uhhi. Lungdamthu in eite lam-etna banghang in hithei hiam?**

MONDAY

January 22

**Pasian Hongkep ding Lungmuanna**

**Late 40:1-3; 50:15; 55:22; leh Late 121 sim in. I nisim nuntakzia sung Pasian koibang in hong kihel hiam?**

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Topa pen Laisiangtho in a nungta Pasian hi a, Amah a samte a ding nasepsak ci hi. Laphuakpa a dingin “*Topa in kamai ah omhi*” (*Late 16:8*) cihi. Amah in Pasian muang in sam tawntung hi (*Late 7:1; 9:10*). “***Athukna***” (*Late 130:1, 2*) sungpan in a kikona nangawn Topa in za ding a, Pasian’ ukzawhna sungpan nuntakna nei bangmah suaktalo hi. Thu phamawh mahmah tawh kiko taleh, laphuakpa a ding lam-et beina hituanlo hi.

Late 121, mi citakte nuntakna sungah Piangsakpa’ vangliatna anuai a bang in ahi hi.

(1) “*Amah in kakhe taal saklo ding hi*” (*Late 121:3*). Limpua “***khe***” cihpen nuntak khualzinna cihna hi (*Late 66:9; 119:105; Pau. 3:23*). Hebrew pau in “*taal*” cihpen Pasian in leitung (*Late 93:1*) leh Zion (*Late 125:1*) a kepcinna pulakna ahi hi.

(2) Ihmulo lusulo in Israel a kemcing den Topa a cihpen, Topa in pilvang takin a tate kemcing tawntung in amau ading kiging kinken ahinhna honglak hi (*Late 121:3, 4*).

(3) Topa in nang hong “***liahpa***” (*Late 121:5, 6*) hi acih pen in, Paikhiatna hunlai a ***meikhuan*** hong phawksak hi (*Paikhiatna 13:21, 22*). Tuamah bangin Topa in pumpi leh khalam liahna piaden hi.

(4) Pasian in amau’ taklam ah omgige hi (*Late 121:5*). Taklam khut a cihpen, mihing’ taklam khut thahat zaw a, nasepna khut ahi hi (*Late 74:11; Late 89:13*). Hitak ah zong Pasian’ hong naihna leh Amaipha pulak hi (*Late 16:8; 109:31; 110:5*).

(5) Pasian in Amite a kepcinzia pen Late 121:6-8 in pulakpha hi. Pasian in Atate siatna khempeuh lakpan suakta sak ding hi. “***Ni***” leh “***kha***” in zong sukhalo ding hi. Pasian in amauta “***pusuahna***” leh “***sungtumna***” khempeuh ah suakta sak hi. Hih lagui teng in, tatsatlo in Pasian kepcinna hong phawksak hi.

Tuateng gawmkhawm leng, Laphuakpa in Pasian’ itna leh kepcinna muang mahmah hi. Eite zong tuabang in hih sawm ciat ni.

**Pasian hong kepcinna na telcian taktak theihna ding in, bang khawng peuh nahih ding omthei hiam? Pasian in nangma sungah na hong sepphat theihna dingin Amah tawh koibang in kipawlbawl ding nahi hiam?**

TUESDAY

January 23

**Topa in Haksat Laitak in Bukna**

**Late 17:7-9; 31:1-3 leh Late 91:2-7 sim in. Laphuakpa in a haksat hunin bang hih hiam?**

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Laphuakpa in haksatna nam tuamtuam maingatsa mahin ama' bukna ahi Topa kiang lam nga hi. Muang cihpen bang peuh piang taleh Pasian in nuntakna uksak ding suakta tak in teelna ahi hi. Haksat laitak beek in muanna ineih zawh keileh koimah ah muang zolo ding hi hang.

Laphuakpa tec i panna ah "Topa tungah kabukna leh ka munkip muanhua Nahi hi kaci ding hi" (Late 91:2) a cihpen, a beisa hunsung a Pasian tawh aki muhkhakna teng in tu in ama' upna khantohna hong suak hi. Laphuakpa in Pasian liatna teng phawkkik in **Sangpenpa** leh **Vanglianpa** ci in Pasian minvawh (Late 91:1, 2) hi.

Laphuakpa in Pasian sungah bitna a muhtheihna a genna ah: "**mun simtham**" '**bukna mun**' "**liim**" "(Late 91:1), "**belhna, kulhpi**" (Late 91:2), "**kha**," "**lum**," "**kidalna**" leh "**omna mun**" (Late 91:1) peuh naci hi. Hihbang limpua teng in laphuakpa' lungmuanna munteng hong pulakkha hi. Phawk ding a kisam khat pen, ni a satmahmah laitak in liim a thupitzia leh, Israel mite galsimna sungah lum leh kulhpi bang in a kepbitna teng phawk huai mahmah hi.

**Late 17:8 leh Mate 23:37 sim in. Bang limpua om a, bang hong lak hiam?**

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Gentehna hoih mahmah khat pen "**Na kha liim nuai ah**" (Late 17:8; 57:1; 63:7) cihi. Hih gentehna pen vasapii in ano a kep bang tawh a gentehna ahi hi. Topa hong kepna pen muvanlai in ano akep bang (*Paikhiatna* 19:4; *Thuhilhkik*. 32:11) leh, akpi in a note a kha nuai ah a kaihkhop tawh genteh hi (Mate 23:37).

**Lauhuaina hong tung a, Topa' kepna mu zolo ding bang ihih laitak in bang hih ding ihi hiam? Hihbang lungkiat mahmah ciangin Topa in hong ompihloh hang bang hangin hi lo thei hiam?**

WEDNESDAY

January 24

**Dalpa leh Khakhhiapa**

**1Korin 10:1-4 sim in. Paul in Paikhiatna tangthu koici gen hiam? Khalam khantoh na'ng bang zong hiam?**

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**Late 114 sim in. Israel mite Egypt pan a hotkhiat dan hih lagui in koibang in pulak hiam?**

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Egypt pan saltanna panin a lamdang Pasian hotkhiatna zong lagui mahtawh Late 114 in pulak hi. Laisiangtholui sung tawntung leh a thak sung nangawn ah, Egypt gam pan a suahtakna pen Pasian vangliatna khat mah in kiciamteh hi. Paul in hih Corinth sung a tangthu

teng pen, Zeisu' hong hotkhiatna limpua gentehna vive in zang hi.

Late 114 in zong leitung nate a piansomka khempeuh tungah vangliatna nei a, tua mah tawh Paikhiatna sungah Amite a hotkhiatna teng pulak leuleu hi. Tuipi, Jordan gun leh mualte khempeuh leh mihing' thahat nate in; Israel mite Khapsa Gam a tun theihlohnad ding in khak-hal uhhi (*Paikhiatna 1:44; Josh. 3:14-17*). Ahih hang, tuate khempeuh tungah Pasian vanglian hi.

Tuamah bangin Pasian' tate zong vantung Jerusalem a paina lampi ah lauhuaina te tuakkha den uhhi. Late in, mualte galkhat ah vantung leh leitung a Piangsakpa et ding hong hanthawn hi (*Late 121:1*). Late 114 lungsim mah Zeisu in nei a, tuipi leh Huihpi a daihsak bangin, Amah in leitung zokhin ahih manin pawlpi in bangmah lau ding omlo hi (*Mate 8:23-27; John 16:33*).

Topa in Amite tungah nalianpi a bawlte in leitung buppi Ama' omna hangin liing sak zo hi (*Late 114:7*). Linglawng cih zong Pasian thei in biakna pia cihlam in tel ding hizaw hi (*Late 96:9; 99:1*). Pasian eilam ah hong omnakleh bangmah kihtak ding omlo hi.

**Thu-um ihihna tawh i phutkhak ding lauhuaina bangteng omthei ding a, tuate khempeuh laphuakpa in zong ana phutkhaksa ahih manin, Topa' vangliatna in hong kepcin theihna dingin koici kisin theih ding ihi hiam?**

**THURSDAY**

**Mun Siangtho Biakinn pan Huhna**

**Late 3:4; 14:7; 20:1-3; 27:5; 36:8; 61:4; leh Late 68:5, 35 sim in. Hihteng in huhna koipan hongpai ci hiam?**

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*January 25*

Khalam ahi a, taksa lam ahi zongin, bukna huhna pen biakbuk panin hong pai hi. Biakbuk pen huhna leh bitna mun leh hotkhiatna mun ahi hi. Biakbuk in patau mite a ding bukna ahi hi. Pasian in tagah meigong tezong biakbuk panmah in kemcing a thapia hi. "Hoii kicinna Zion panin Pasian hong tangkhia" (*Late 50:2*) a, Pasian thuman thukhenna kitangko in, Topa thuphate hong luangsuk hi (*Late 84:4; 128:5; 134:3*). Biakinn pen Pasian mahmah a omna mun ahih manin, mundang bukna khempeuh sangin hoii khengval hi. Pasian' ompihna in, a kip biakinn bangbek hi lo a, bit mahmah hi. Tua mahbang in Pasian' omna mual ahihleh zong Zion mual in mual dangte khempeuh khengval in mualhoih ahi hi (*Late 68:15, 16; Isa. 2:2*).

**"Eite neih Siampi Lianpenpa in i gitnat lohna ah eite a hong hehpih theilo ding hilo hi; eite mah bangin, zia-etna khempeuh a thuak hi a, ahi zong in mawhna bawlllo hi. Tua ahih manin a kisap hunin eite a hong huh ding in hehpihna leh dikna i ngah theihna dingin, kimuanna lungsim tawh hehpihna tokhom vazuan ciat ni"** (*Heb. 4:15, 16*). **Hih Laisiangtho kammalte leh laphuakpa in biakinn' thu a genna koici kinaih naci hiam?**

.....

Pasian' biakinn a siangthona in mihing khempeuh mawhnei kihhuai a, Pasian hehpihna ngahtaak i hihloh lam laphuakpa in theisak a, hotkhiatna peuhmah pen Pasian' cihtakna leh hong hehpihna hang bekmah ahi hi (*Late 143:2, 9–12*). Eite hoihna peuhmah in Pasian' maiah hoih zolo hi. Mihing in kisikna taktak tawh Pasian' hehpihna leh mawh maisakna a ngah uh ciang bekin, hotkhiat na'ng khamuanna neithei pan ding uhhi. Biabuk nasepna teng in Zeisu' hong hotkhiatna teng limpua ahi hi.

**FRIDAY***January 26*

**Ngaihsutbeh Ding:** Ellen G. White, *Patriarchs and Prophets* laimai 195-203 sungah “The Night of Wrestling” sim in. Jacob in thungen tentan a Pasian muang tentanna in bang noptuamna ngahsak hiam?

“Late in Pasian i upna, Akhut thahat sunga bu in amau nuntakna a seelte upna hong thahatsak hi. Pasian in bel Amah amuangte a ding nalianpi bawl ding hi. Ama mite kahi uhhi a cite a thahat tuanlohma uh pen, amau pilna uh muang in, amau sungah Topa in A vangliatna laksaklo ahih manuh ahi uhhi. Amah a ummite in Ama’ sungah upna tawh citak in Athu mang peuh lehuh Amah in huh tawntung ding hi” —Ellen G. White, *Patriarchs and Prophets*, p. 493.

Late pawlkhat in kamciam hong pia ding bang hi napi, a hun tawh kituak mello khawng zong omthei hi. Tuhun laitak bangin, singlamteh tunga hong kilak Pasian hoihna muang thei ding kisin huai mahmeh hi.

Late pawlkhat in zong lam-etna khial ading in zong kizang thei hi. Satan in Late 91:11, 12 pen siatna lamah a

zat ciang in, Zeisu’ dawnna ah, Pasian muanna khawng buaipih lo ding (*Mate 4:5-7*), Pasian’ deihna tawh a kituaklo khawng peuh ngenlo ding ci hi.

“*Pawlpi Christ leh Christian mimal galzawhna lianpen in, pilna siamma hang hilo, hauhna leh vangneihna zong hilo hi. Pasian tawh kipawlna tungtaun bek in kingah hi a, lungsim takpi leh upna kip tawh Pasian’ vanglian khut letcipna bek tawh ahi hi.*”—EG. White, *Patriarchs and Prophets*, p. 203.

**Kikupding Dotnate:**

**1. Haksat hun leh lauhuai hun sungah zong, Tuesday ni a sinna ombang in Pasian muan ding dan kikup un. Late sungah Pasian in kembit cinapi in, hibang thute hong piantheihna thu koibang in telsiam thei ding hiam? Ngaihsut lai ding khat: hih kamciamte tawh laphuakpa mahmeh in zong haksatna thuak hilo hiam?**

**2. Bangbang a hi zong in siit nei hetlo in Pasian koibang in muang thei ding ihi hiam** (*gentehna, Late 91:14; 143:8, 10; 145:18–20*)? Hih lungmuanna bang peuh in hong suksiat sakthei hiam? Hun hoih ciang in Pasian muanna in hun siat ciangin zong koibang in hong muang sakthei ding hiam?

**Lesson 5***January 27–February 2*

**GAMDANG AH TOPA' LA SA  
SABBATH NITAKLAM**

**Tukalsung Simding:** Late 79:5–13; 88:3–12; 69:1–3; 22:1; 77; 73:1–20; 1Peter 1:17.

**Kamngah: “Topa’ la gamdang ah koici saktheih ding ihi hiam?” (Psalm 137:4).**

**Late** laibu pen, a cingtaak lo mawhna, siatna thuaksiatna sihna tawh a kidim hih leitung mite’ phuak hilel ahih manin thuk etluat kul khollo hi. Vanglian Topa in a piansak khempeuh kipkho sak hinapi a thumaan thukham a hihleh gitlohma in langdo den keei hi. Mawhna in leitung a suksiat semsem ciangin, hih leitung pen Pasian’ mite a dingin “**gamdang**” hong bang zawzen hi. Hih thupiang in laphuakpa ading buaina khat omsak a: *Gamdang ah upna koici nuntakpih thei ding hiam?*

I muhsa bangin, laphuakte peuhmah in Pasian liatna ukzawhna leh A thumaan thukhenna theitel khinzo uhhi. Pasian omtawntung a, haksat hun ah kibeelkhial ngeilo cih thei uhhi. Tua hangmah in, laphuakte in, hih a vanglian Topa’ mai ah Pasian omlo bangkeek in gitlohma khanglua ahih manin patau thei mahmah uhhi. Tua bangin laphuakte in sinkaa lungkaa in a thungetna uh zong Pasian paulo hamlo ci uhhi. Laphuakte in Pasian’ ompihna leh ompih lohna zong nathei veve uhhi.

T-4

**SUNDAY****Gitlohma Nite**

**Late 74:18–22 leh Late 79:5–13 sim in. Hiteng in bang hong suang hiam?**

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Laphuakpa in, Pasian leh gilopa kidona lianpi a kawk nuam hi a, tuabang kawm in tehzawhloh Pasian hong thuakzawhna leh, mong neilo a pilna leh a vangliatna pulaksak kawm hi.

Late sunga gitlohma pen, Pasian’ thu mahtawh kipan hi a; Pasian’ omzia dottelna cileng khiallo ding hi. Jerusalem leh a biakinnpi a kisuksiatna panin dawibia mite in Pasian a mawhsak theihna dinguh hunpha a ngahkha uh ahi uhhi. Pasian’ gamh luah dingin Israel mite Ama teel ngiat leh a thuciamna (*Thuhilhkik.* 4:32–38; 32:8, 9) hi a, pum nusiat ngeilo ding hi. Pasian’ gamh luah cihteh hun tawpna ciang dong huam tolai a, nikhat ciangin minam khempeuh Pasian aa hong suak kik ding uh a, Ama’na sem ding uhhi. Minamte in Pasian gamh teng peuh sutsut uh ciithu in Ama’ kamciamte langdo den ahi hi.

Laphuakpa in, mipite mawhna in, Pasian leh amite ki thuciamna leh Pasian tawh a kizopna uh suksiat sak ahih manun, tua mawhna’ gau in mihi khempeuh sulzuih a cinuam zong ahi hi (*Late 79:8, 9*).

Mipite a dinkip nading pen, Pasian’ hehpihna in amaute mawhna maisakna tawh a kisusia thuciamna leh amaute puahphat kikna omsak thei kik pan ding hi. Topa in “*kote’ honkhiapa*” a cihpen, Pasian in Ama’ thuciam tungah a cihtakna (*Late 79:9*) a pulak ahi hi.

*January 28*

Cihtei hang, Israel te mailam a puahphat sak ding sangin, Pasian' omzia kipsakna leitung ah pulak ding thupizaw (*Late 79:9*) hi. Minamte' gitlohma teng gim piakloh in koih khong leh bel, Pasian in Ama' vangliatna mansuah ta ei kici ding hi (*Late 74:18–23; 83:16–18; 106:47*). Pasian in Ama' mite a hotkhiat ciang bekin Ama' min ki thutang sakin ki pahtawi thei pan ding hi.

Tuni in, tualai pek a thukhun mah omgige hi. Eite mawhna, nungtolhna, gitlohma, eima' min bek thamlo, i biak Pasian' min nangawn daisak ding hihang. Eite' gamtat khialh te in, eima tec i panna leh mission nasepna hong suksiat sakthei hi. Christ' min mah a pah tawi keei eite gamtatna hang in mipling bangzah lampial sak khin ihi hiam?

**“Pasian’ min pahtawina, leh Christ’ min pahtawina in, Ama’ mihingte’ gamtat picinna tungah kinga hi”**—EGWhite, *The Desire of Ages*, p. 671. **Hih thumaan thutakte, koibang in tel a, Christian nuntakna sungah koici nuntakpih thei ding nahi hiam?**

MONDAY

January 29

**Sihna Kongkhak ah**

**Late 41:1–4; 88:3–12; leh Late 102:3–5, 11, 23, 24 sim in. Hiteng in bang phutkhak thuapeuh genuh hiam? A gen thuteng bang tawh nazom thei diam?**

.....

Cinatna leh sihna pan hotkhiat ding thungetna hi a, Pasian' tate leitung thuaksiatna peng thei tuanlo cihna ahi hi. Late pen laphuakpa thuak haksatna teng ahi hi. Thahatna neilo, lopa bangin vul, an ne zolo, si dingin kiseh

khin, a kithat han sunga omsate tawh kibang, Pawl leh lawm zong ngai, thuaksia in lungkia in om ing cihi.

Late tampitak in, Israel mite thuman loh manin Topa in hih gimnate a phal hizaw citek uhhi. Laphuakpa in, mawhna in natna hong tun cih phawk a; damsak kikma in maisakna kisam (*Late 41:3, 4*) cihi. Ahihhang Late pawlkhat Late 88 leh 102 leuleu in, Pasian' mite in mawhna neilo pipi mah a thuaksiate pen leitung nuntak ahihman ci hi. Tel hak peuhmah hi.

Late 88 sungah, Pasian in sihna kongkhak ah hong koih ci hi. Hangsan tak mahin a khatam phial uh zongin, a kammal khempeuh uh pen upna vive hi bilbel a, Topa in thuakna hong phal ahihleh, Atate hong puahpha kik ding ci uhhi.

Hang kong tualpi panin, laphuakpa in Pasian' lamdanna, hong itna leh a dikna, a cihtakna leh a thumaanna teng phawksak hi (*Late 88:10–12*).

Pasian in amah sat cih laphuakpa in thei pipi in Pasian mah pom tentan hi. A thuak siat hang, Pasian hong itna niallo in Pasian bekmah ama' suahtak na'ng ahihlam thei hi. Laphuakpa in thuaksiatna telcian bek hi lo in Pasian' hehpihna tawh nai kikhawlh mahmah in tua tegel zong a kikhenkhia theilo thunih ahi hi.

Tomgen leng, Pasian in thuaksiatna leh hotkhiatna a phal khawpna pen, Amah a Lianpenpa ahihna hong lahna ahi hi. Pasian in ukzo cihthu in lam-etna piangsak hi. Christ thuaksiatna leh mipling a ding liauliau in sihna kongkhak a kantan nopna khawng lungngai kawmin Late 88 i sim ciangin, Ama' hong itna thukzia in hong dipkua sakzo hi.

**Singlamteh tungah Zeisu in mawhna hong thuaksakna ngaihsun in. Pasian in zong Christ sungah eite sangin nakthuak zaw a, tuathu in zia-etna leh thuksiatna sungah koibang in upna hong neiveve sak thei hiam?**

**TUESDAY**

*January 30*

**Pasian Kaw'h Om**

**Late 42:1-3; 63:1; 69:1-3; leh 102:1-7 sim in. A bangthu in laphuakpa nasak thei hiam?**

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Laphuakpa in mimal leh apawl in thuksiatna bek hi lo, Pasian in Ama' nasempa don phalo bang hilailai hi. Pasian omlohma mun pen gamkeu lak ah dangtak (*Late 102:2-4*) tawh kibang hi. Laphuakpa in Pasian kiangah a omkhak lo ciangin, vasa khat guak omtawh kibang kisa hi. “*Gamlak a om musane leh munkolk a om simbu tawh ka kibang hi. Ihmu theilo in ka om a, innkhum dawn a vasa khat guak omtawh ka kibang hi*” (*Late 102:6*).

Munkolk a cihciang in Pasian tawh ki gamla kisakna hi. Vasa khat “*innkhum dawn a vasa khat*” cih zong a tawlgakna abuu pualam a om cihna hi. Laphuakpa mah in “*a thukna pualam ah*” a cihteh tuithuk sungah ka tum a “*buanthuk*” sungah ka awk hi (*Late 69:1-3; 130:1*) a cihnopna ahi hi. Hih limpuate pen, Pasian in hong panpih kei ngal leh suaktak na’ng lampi omlo cihna ahi hi.

**Late 10:12; 22:1; 27:9, leh 39:12 sim in. Pasian ompih lohna pen laphuakpa in koibang in tau hiam?**

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Pasian gamdai khirkhep taleh laphuakpa in Pasian' maiah gamdaih sawm vetlo hi. Thungetna peuhmah in hehpihna Pasian kiang tangpai denden ahih manin laphuakpa in tawngalo in thungenna muang hi. Ei muhna ah Pasian a omloh hang, Amah tualai ah omgige hi. A beisa hun ah a dawng zel Pasian mah hilai a, tu in zong dawng lai ding cih lungmuang uh hi.

Pasian a gamdaihna pen, laphuakte in amaute kiniamkhiatna leh mawh pulakna tawh Pasian zong maw zong lo cih sittelna ahi hi. Pasian gamdai tawntung lo ding cih thei gige lai uhhi. Late mah in, amaute bang dinmun peuhah omtaleh, Pasian tawh koho masa ding ci uhhi.

**Laphuakpa in Pasian ompih lohna a dawn zia panin bang pilna peuh nangah hiam? Pasian a gamdai bang ahih hun ciangin bang hih leng hoih nasa hiam? Bang in na upna kipkho sak hiam?**

**WEDNESDAY**

*January 31*

**Ama' Kamciamte Maimang Suak ding hiam?**

**Late 77 sim in. Laikungpu in bang phukha hiam?**

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Late 77 in, a beisa hun a na asak mahmah thute pan Pasian' hotkhiatna ding a ngetna kahtam la tawh kipan hi (*Late 77:1-6*). Laphuakpa in a pumpi khempeuh tawh dahsa in Pasian zuan hi. Pasian kiangpan hong pai khat peuh ahih kei ngal leh nial pah hi.

Pasian a phawkna in a gimna khangsak semsem zaw bang ahi hi. “*Keimah in Pasian ka ngaihsun a, ka tautau ht*” (*Late 77:3*). Hebrew pau “**tautau**” pen **hamah** hi a, tuihual ging gamgam a cihnopna hi (*Late 46:3*). Tuamah bangin laphuakpa pumpi buppi kiloklok hihtuak hi.

Pasian a phawkna in koibang in lung gimluatna piangsak zawsop thei hiam? Lungkhamna dot ding honpi khat in amah lung gimsak hi (*Late 77:7-9*): *Pasian kikhel khin hiam? Pasian in Ama' thuciamte pelhsuak ding hiam?*

A beisa sungah Pasian in khauhtak mahin a hotkhiat hinapi, tutung ciangin Pasian omlo bang hiliang ahih manin Pasian in don sa melmel lo hi. Pasian kikhel khin ahihleh, laphuakpa a ding lam-et beita a, a hanciamna khempeuh thukhupna hita hi.

Tua laitak Topa in khangciim sak ahih manin ihm theilo hi (*Late 77:4*). Hih thu in Laisiangtho laikungpu te ihm theilo zel a, tua a ihmut theihlohma pen Pasian in Ama' deihna picing na'ng in zatsak hi (*Piancilna 41:1-8; Esther 6:1; Dan. 2:1-3*). Ihmut theihlo zan saupi sungah, abeisa hunsung a hotkhiatna tengpen, hotkhiatzia athak Topa in ngaihsun sak hi (*Late 77:5, 10*).

Laphuakpa in Pasian kiangpan lungmuanna a saan ciangin, bangmah hilcianna zong kipia tuanlo a; Job hunlai bangin Pasian' cihtakna leh muanhuaina ngak ding bek ahi hi. Laphuakpa in upna tawh Topa ngak ding hanthawn a, Pasian pen tanglai Israel tungah na lamdang a bawlpa mah hilai ci in theih ding ci hi (*Late 77:11-18*). "Nangma' khekhab te kimulo" cih zong laphuakpa in thei a, mihing' mittang in a muhloh Pasian ompihna leh makaihna zong phawkkha veve hi. Pasian in a langtang leh a simtham in kilang cih phawk ahih manin, a simtham leh a vangliatna lampi pahtawina a pia hi.

**A beisa hun in nangma nuntakna sungah Topa nasepna ngaihsun kik in. Tua thute in nang tuahkhak peuhpeuh phutzawhna ding koibang in hong huh thei ding naci hiam?**

**THURSDAY**

**Thuman Mite a Khialkhak Lohna'ng**

**Late 37:1, 8; 49:5-7; 94:3-7; leh 125:3 sim in.  
Laphuakpa in bang phukha hiam?**

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*February 1*

Late in tutadih in mi gilote nopsakna pen midikte a ding tona khat mah hong suak ci in kahtam hi. Mi gilote in nuamsa bek thamlo, Pasian kosia in midang zong nengniam lai uhhi. A lungsim buai mahmahna zong "**mi gilote ciangkhut'** in leitung uk (*Late 125:3*) a, "**dikna ciangkhut'** in guallel bang ahi hi. Banghang in i zawhzawh lohpi mite bangin gitlohma bawllel leng e leh?

**Late 73:1-20, 27 sim in. Haksat hunsung tawntung laphuakpa bang in tonpih hiam? Kimanna neilo leitung nate a muangte tawpna bang hizel hiam?** (*1Peter 1:17*)

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Late 73 a laphuakpa in, ama' hun a leitung mawhna teng bulphuh ahih manin, Pasian muhna teng muhsaklo zaw hi. A buaina khat panin, mi gilote hauhna in ama' upna thuzawh saklua kha a; kimanna om asak mello a taktak thute tungah a kiphut upna pen zong um veve lai hi.

Late 73 in "a taang khatna, a dawng buppi tomlakna zong a hipah pen a thupiseh lote nuihsan in nehpiik lel hi' ci hi: Israel' Pasian in a lungsim a siangtho a thutang mite tungah bangzah in hoih hiam"—Johannes Bugenhagen, *Reformation Commentary on Scripture* (Downers Grove, IL: InterVarsity Press, 2018), p. 11.

Vanglianpen Pasian maanna mun biakinn lamah laphuakpa kipaipih a, tualai ah, “*tuni*” pen kihilh kholna ciang bek hi a, “*a taupna*” ahihleh mi gilote in Pasian’ thukhenna maingat ding uh cih. Laphuakpa in hih biakinn sunga thumaan pen telsitset ahih manin, nidang a ama’ haina teng hang in, a taktak te peuhmah mihing’ ngaihsutna tawh kingah zolo a kha lam khuamuhna bek tawh kingah thei cih hong theih saan hi.

**Leitung leh ama’ gitlohma tungah Pasian thukhen ding kamciamna in, tutadih in mi gilote gim kipialo mah taleh, Nang koibang in lungnopna hong piathei naci hiam?**

FRIDAY

February 2

**Ngaihsutbeh ding:** Late 56; Ellen G. White, *Steps to Christ* sungpan “*Rejoicing in the Lord*” laimai 115–126, sim in.

Laphuakte mahbang in, a hunzui a om Pasian’ tate in “**gamdang khat ah**” Pasian’ la koici saktheih ding citek uhhi. Vanglianpen Topa i upna zong nisim in nasia takin hong to gige a, eite theih gige ding pen Pasian in ukzopa hi a, Laisiangtho cih mahbang in, vanglian in hoih takpi hi. Laisiangtho upna in a muanhuaï lote, a taktak ahi lote leh a muanhuaï taktak te pulakkha hi. Khatveivei ciangin a muanhuaï lote leh a takpi ahi lote in, mi gilote maitang ah hong omciang in, Pasian omlo bang hong hi a, thuakhak kisa theilua mahmah hi. A taktak lote peuhmah pen itna leh thutang bek in a gamta a muanhuaï Pasian hi ngeilo ding hi. Laphuakte in a mailamthu ding uh telmello uh a, a guallel ngeilo Pasian hong itna leh a cihtakna ah ki aap zaw uhhi (*Late 36:5–10; 89:2, 8*).

Tua mahbang in, eite in tuathute etteh ding hihang. “Na tha neihzah in a tunglam ettoh sawm inla, nangma haksatna te enkei in, tua hileh lampi ah thazawm ngeilo

ding hiteh. A sawtlo in meii langkhat ah Zeisu namu ding a, Amah’n hong huh theihna dingin Ama’ khut zam in; nang hihthei sun pen, nangma khut Amah aap inla Amah’n makaih sak in. Zeisu sungah upna tawh a muang theipa nong hih ciangin, lam-et tawh na kidim ding hi.—EGWhite, *Testimonies for the Church*, vol. 5, pp. 578, 579.

Pasian in “*Ama’ maitang a see*” hun ciangin thunget a picinna enneu hetkei in. Thukhat ah, hih thupiangte in, laphuakte amau mahmah kisittel thei sak a, a beisa Pasian’ hotkhiatna teng phawkkik zel in, kisik kikna leh kiniamkhiat takin Pasian’ mawh maisakna zong theisak uhhi (*Late 77:10–12; 89:46–52*). “*Gal dona leh mi’ thuzawhna dozawh ciangin upna thahat in khangsak hi. Tua bang panin a kingah pilna pen, a manphapen suangmanpha sangin manpha zawlai hi?*”—Ellen G. White, *Testimonies for the Church*, vol. 3, p. 555.

#### Kikupding Dotnate:

1. **Laphuakte in gitlohma a maingat manun bangpeuh phukha uh hiam? A kibang bang na phukha a nakoici hih hiam? Tuabang hun sungah nang upna koibang in na lenkip hiam?**
2. **Pasian sunga nangma upna pen, haksatna tawh hong ki zia-et ciang, ahih keileh, tuabang a thuakkha te in Pasian’ hoihna leh a vangliatna koibang hiam ci in hong kidot ciang in, dawnkik nading koi ah zong ding ihi hiam?**

**Lesson 6***February 3–9***KEI DING NING****Sabbath Nitaklam**

**Tukalsung sim ding:** *Late 18:3–18; 41:1–3; Thuhilhkik. 15:7–11, 82; 96:6–10, Late 99:1–4; Rom. 8:34.*

**Kamngah:** “**Mizawngte aneihsa ki-hawkkhia a, mi cimawhte thum in tau uh ahih ciangin tu in dingin amau lunggulh lungmuanna munah amaute kikohi hi**” a cihi. (*Late 12:5*).

**Eite** khang pen gitlohma, thumaan lohma, leh nenniamna khang ahi hi. Laphuakte zong tuabang khang hun sungmah ah nuncta kha uhhi. Bang hun peuh hi taseleh, Late pen Pasian in, leitung mite nenniam thuakna, laphuakte mahmah in zong thuakkha uhhi.

Topa in lungduai takin thuak kenkon a, Ama’ hehna in zong, kuamah kisiat ding deihsak lo in, amau lampite khel ding deihsak hi (*2Peter 3:9–15*). Pasian hong lutsuk hun pen miingte deih hun tawh a kituaklianlian theihloh hangin, Pasian’ thukhenna ni hongpai teitei ding hi (*Late 96:13; 98:9*). Amah, Ama’ kamciamte tuani dong i muan ding hiziau bek hi.

Piangsakpa bekmah in a tokhom pen dikna leh thutanna tungah kiphut hi (*Late 89:14; 97:2*) a, Ama’ thukhenna in leitungah kipkho in khango hi. Pasian’ thukhenna muhdan namnih pen – nenniamte ***Khahkhia***

leh, mi gilote **susia** cihte ahi hi (*Late 7:6–17*). Hihpen eite hong kamciamsa hi a, khatvei hong tung teitei ding, nikhat, Pasian’ hun ahi a, ei’ hun hi lo, laphuakpa in cihi.

**SUNDAY***February 4***A Zahtakhuai Galhangpa**

**Late 18:3–18; 76:3–9, 12; leh 144:5–7 sim in. Hiteng ah Topa koibang in kilak hiam? Hih limpua teng in, Pasian pen Amite suakta sak ding in kigingsa in om ahihna koibang in lak hiam?**

Hih lapi te in Topa’ lamdanna leh Ama’ mite a lauhthawn denden mi gilote tungah Topa vanglatna phatna late ahi hi. Tuate in Pasian pen a Zahtakhuai Galhangpa leh Thukhenpa ci in pahtawi hi. Pasian pen Late in Galhangpa ci mun mahmah a, Amite kikona leh thuaksiatna te tungah Pasian’ dawnna pen thu-kin mahmah te vive ahihna hong lak hi.

“*Topa in vanpan in keek tawh deengsuk, Sangpen Pa in Ama aw tawh paukhia, van pan gialtang leh mei-aam khiatsuk, Amah in Ama’ thaltang lawn in galte thehthang, nasia takin khuaphialep phia sak in amaute zo dikdek hi. Tuipi luanna tuitaw kidawk, lei bulpite zong kimukhia, Ama’ nakpan in a huu sangkhia hi*” (*Late 18:13–15*).

Pasian nasepna tung bekmah ah din giugeuna in, gitlohma a susia zo leh thuaksiate Pasian hong kepna hong veiina tungah i lunghianna teng beimang sak hi. Amah’n hong sep ding bekmah i ngak tentan ding ahi hi.

A tawpna ah Pasian mite mahmah, David bangin, gallehsa tuakkha leng – mihing’ tungpan hotkhiatna hong pailo ding hi. Pasian’ mite a langdo galte tamveipi a gal simna ah Kumpi David in, galzawhna a hong piapa Pasian khat bekmah phatna pia hi. David in ama’ daupaina leh a galzawhna khempeuh tengpen, ama’ minphatna in zangthei lel hinapi, tua bang lungsim puak nahilo hi. Ama’ thahatna bulpi hong paina thei gige lel hi.

David in ama’ khut pen galdona dingin Pasian in pilna hong piaksak (*Late 18:34*) ci hinapi, Late sung mahmah ah ama’ pilna siamna ci ngeilo hi. Topa in David ading in galdo in amah suahtak hi (*Late 18:47, 48*) cizaw hi.

Late mahin, a daupai galhangpa a kici David pen, la siampa zong cihsak a, Topa pen Ama’ mite suahtak in a kemcingpa hi ci in phatna pia niloh cihi (*Late 144:10-15*). Topa phatna leh thugetna pen David’ thahatna bulpi hi a, leitung galhiam khatpeuh lel sangin thahat zaw tham hi. Pasian bekmah muang ding leh biakpiak ding ahi hi.

**Siamna pilna leh daupaina khat peuh naneih leh, a bulpi koipan hiam cih banghang in phawkhuai den hiam? Tua a bulpi mangngilh lecin bang lauhuaina tuahkhak ding lauhuai hiam?**

**MONDAY**

**Nenniam Thuakte ading Thutang**

**Late 9:18; 12:5; 40:17; 113:7; 146:6-10 leh late 41:1-3 sim in. Hiteng ah tuni ciangdong a ding bang thupuak om hiam?**

*February 5*

A thanem a zawnkhale mizawng te, cimawh te, nenniam te, pa neilo te, meigong leh lengla te tungah Pasian in thuman thutang tawh kemtuam den tawntung hi. Late sungah thukham leh Kamsang te mahbang in hihthu tungtang ah kician mahmah hi (*Paikhiatna 22:21-27; Isa. 3:13-15*).

Late tampi takin “*mizawng tasam*” cih kammal zang a, minam leh biakna ngeina hangin nenniam thuakte kihel saklo hi. Hihpen vannuai buppi Pasian’ kepcinna a pulak khiatna hipah hi.

“*Mizawng tasam*” cihpen, neihlehlam kicinglo cihna bek hi lo a, a thanem te, huhna kisam te cihte ahi hi. Pasian hehpihna lianpi pulakna hi a, thuksiate in Pasian lobuang huhna koimah ah neilo hi.

“*Mizawng tasam*” a cihpen, lungsimtak tawh thumaan takin Pasian it in, Ama tung ah kipum-aapna; eimah kitodelhna leh eimah ki thupit sakna cihte khempeuh paaisiang ding hi. Mi “genthei” (*Late 41:1-3*) a khual mite acihpen Pasian tungah mite’ cihtakna a cihnopna ahi hi. Mi thanem tetung ah tatsiatna pen Laisiangtho hunlai pek panin gitloh mawhna ci ngiat hi (*Paikhiatna 15:7-11*). Late in ki nenniamna peuhmah langdona in a aw uh lamto dingin hong sawl hi.

Late in mi khatpeuh lungmuar theihna dingin mihing lungsim lel panin hong piang tawm mi khatpeuh kisiat theihna’ng thu-ginalo khawng pen, mihing bitna ding pilna bulpi hi ci in upsakna khawng pen Late in nuaisiah mahmah hi. Mihingte makaihna tawh Pasian’ thutawh a kituaklo kihilhna sungah uptaktak ding mawhzolna peuhmah pen, Pasian’ mite in nial cinten ding hi.

Topa in hong hehpih manin mizawng tetawh Amah ngingat mizawng hong suaksuk in, Ama' zawnna hangin mi tampi in hauhlawh ding (*2Korin 8:9*) cihi. Christ' hauhna a cihteh, mawhna hangin nenniam thuakna pan khahkhiatna hi a, Amah in Pasian' gamsung ah nuncta tawntung ding cih hong kamciam hi (*Mang. 21:4*). Late hong kamciamna teng pen Zeisu Christ in picingsak a, ki bawlsiatna khempeuh leh tua mite thuakna awlmawh lohna khempeuh tungah Christ mah in thukhen ding hi (*Mate 25:31-46*).

**Eite lak a “mizawng tasam” te bangzah i veii a, bangzah i sepsak kha hiam?**

TUESDAY

February 6

**Bang Tanvei Thumanlo in Thukhen Lai Ding?**

Topa in Israel makaite tungah thukhen theihna'ng thuneihna pia hi (*Late 72:1-7, 12-14*). Israel kumpite in amau' thuneihna peuhmah Pasian deihna bangin sem ding hi. Makaite' bulphuh ding pen gamsung khempeuh daihna leh thumaanna kidim sak ding a, mite' kamsiatna peuhmah don ding hi. Tuabang ciang bek in gam leh mipi nuamsa pan ding cihi. Kumpipa tokhom pen, mihing' thahatna tawh hi lo, Pasian tungah cihtakna bek tawh thahat ding hi.

**Late 82 sim in. Makaite in thumaanna lampialpih in, a kepcin ding uh mipite a nenniam ciangin bang piang hiam?**

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Late 82 sungah, Israel te thukhenna hong siat ciangin, Pasian in thukhenna pia hi. (*Late 82:1, 6*) sunga “*pasiante*” a cihte in, milim pasian peuh vantungmi peuh hilo uhhi. Banghang hiam cihleh tua pasiante in Pasian' mite pen thutang tawh suahtak sakna ding thu ngah ngeilo hi.

A kakh thuteng pen Late 82:2-4 sunga om a, **Torah** thukham tengmah hi a, tualai ah “*pasiante*” a cihpen Israel makaite a cihna ahi hi (*Thuhilhkik 1:16-18; 16:18-20; John 10:33-35*). Pasian in “*mihing tate*” in, thumaan tawh thu khen maw khenlo cih sittel a, mawh baang ahih manun amau thuak ding gimna zong piapah hi. Makaite in khuamial sung ah gamta in lampialpih gawp hi (*Late 82:5*), khuavak (*Late 119:105*) ahi Pasian thukham melsiah uhhi. Laisiangtho in Topa bekmah Pasian hi cih len cinten hi. Pasian in leitung a ukna pen Amah aiawh dingin mihing makaite koih hi (*Rom. 13:1*). Tangthu sung leh tuhun mahmah a Pasian aiawh mite in amau tunga a kipia mawhpuak pen bang tanvei lam a pialpih khin tammaw?

Late 82 in, amite' tunga aki “*pasiante*” sak keei makai pawlkhat bangpen kodikdek hi. Pasian in ukna teng Israel makaite tungah apiak teihang amau zong “*Sangpenpa tate*” kici lel a, Amah aiawh hinapi Pasian in mite mai ah nial leltak hi. Pasian in amaute zong sithei mi hi a, mikhempeuh mahbang in thukham nuai mahah omveve uh cih phawksak hi. Pasian thukham tungsiah ah kuamah omlo hi (*Late 82:6-8*).

Pasian in leitung buppi thukhen ding a; Pasian' mite mahmah in Pasian' mai ah thukhen thuak ding uhhi. Makaite leh mipite in Pasian' thukhenna ciing zaw leh amau a ding lam-etna bulpi hizaw hi.

**Midang tungah koibang ukna peuh nazang kha hiam? Tua ukna mah pen bangzah thumaan in nazang hiam? Awlmawh nimaw.**

**WEDNESDAY**

**Na Hehna Hong Sungkhia in**

**Late 58:6–8; 69:22–28; 83:9–17; 94:1, 2; leh 137:7–9 sim in. Hih late in bang ngaihdan nei hiding hiam? Hi Late sunga thukhenpa kua hiding hiam?**

*February 7*

Late pawlkhat in, laphuakte leh amite a susiate peuhmah, a mimal leh a minam in thukkikna piaksak ding in thuum ngaungau hi. Tua mite in galte itding cih Laisiangtho thukhun tawh a kituaklo kamkhauh kamsia a pau manun, Late in zong lungbuaina kammal gingkhia sakthei hi (*Mate 5:44*). Laphuakpa' in nenniamna a huat mahmah pen thuhoih ahi hi. Laphuakpa in mipite sangin thupisim zaw tham cihna ahi hi. Amah in, ama' tunga thupiang lelbek hilo, leitung a thupiang peuhmah thupisim mahmah cihna ahi hi. Ahihang laphuakpa amah tektek in thukkik ding cih khawng ngaihsun ngeilo hi. Thukkikna peuh mah Pasian aap ngiat hi. Late in Pasian' thukham samsiatna teng hong phawksak (*Thuhilh.* 27:9–16) a, Ama' kamciam bang in Pasian in semsak hi.

Late pen hong tung ding Pasian thukhenna vauna tangkona hi a; laphuakpa thungetna bek zong hikhin samlo hi. Late 137 bang pen, kamsangpa muhna bangin Babylon tungah thukhenna tangkona hi. Babylon in minam dangte a suksiat mahbang in amah zong aki suksiat hun hong tung ding hi. Tua hi a Late in, gitlohma peuhmah pen gim piakloh in kikoih khong lo ding ci hi. Pasian' thukkikna

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ahihleh thumaan leh hehpihna tawh kiteh hi. Pasian' tate peuhmah amaute a bawlsiate nangawn thunget sak ding leh a piangthak ding zong lam-en ding ciliang hi (*Late 83:18; Jer. 29:7*).

Hih Late tawh a kituak in Laisiangtho hongpiak galte itna zong ding cileng, amaute' thuksiatna teng peuhmah ki neuseh thei hetlo ding hi. Pasian in Atate' thuakna thei gige a "Ama' mi siangthote asih ciangin Topa in nasa mahmah hi" (*Late 116:15*) cihi. Pasian' thukhenna in, Ama' mite mah gitlohma langkhat panin, Pasian'gam hong tung mengmeng taken ci in kikona piangsak hi. Pasian in zong amaute' thuakna theihpih a, nikhat ciangin thuman thukhenna zong hong tung veve ding cih Late in hong hilh niloh hi.

**Hibang hunin, itkhat ngaihkhat khawng hong khutkhialh sakte tungah phu la nuamlo ding kua om ding hiam? Hi lungsim te hoiktak kemcing in, hun ngak thei ding in Late in koici huhsak ding nahi hiam?**

**THURSDAY**

**Topa Thukhenna leh Biakinnpi**

**Late 96:6–10; 99:1–4; leh 132:7–9, 13–18 sim in. Pasian' thukhenna koiah tunga, eite' a ding bangthu peuh hiding hiam? Pasian in gitlohma teng hong bang cihsak ding cihpen biakinnpi in koibang in hong hilh hiam?**

*February 8*

Topa' thukhenna leh biakinnpi kinaizop mahmah hi. Laphuakpa in gitlohma teng a ki puahphat kikna mun in a theih sun pen biakinnpi ahi hi (*Late 73:17–20*). Tua biakinnpi pen Urim tungtawn in Pasian' thukhenna mun

(Gam. 27:21), siampi lianpa' awmtuam tung panin thukhenna (*Paikhiatna* 28:15, 28–30) ahi hi. Late genna bang aihleh, biakinnpi sungah Pasian' tokhom om a, tuapan in leitung mawhna leh gitlohma thukhen ding kisa khin ci hi.

Biakinnpi in hotkhat na'ng geelna teng hong lak hi. Milim biakna sungah mawhna pen pumpi pianpih hi a mitbum tawh siansuah ding ci uhhi. Tua langkhat ah Laisiangtho in mawhna pen Pasian' thukham palsatna hi cih. Pasian siangtho i cihih pen Amah'n thumaan leh dikna it hi. Tua mahbang in, Pasian' mite in thumaan leh dikna zong ding hang a, Pasian pen A siangthona sungah biakna pia ding hihang. A tua cihna dingun Pasian' siangthona ahi Ama' thukham kemcing ding hi.

Tua hi a, biakinnpi pen mawh maisakna mun, Pasian' hehpihna tokhom in "midikte biakpiakna" (*Paikhiatna* 33:19; *Late* 4:5) a cihih bangin dikna sungah kipuah phatna mun ahi hi. "Hong maisak Pasian" in a kisiklo mite tungah thukkikna pia ding hi (*Late* 99:8). Biakinnpi in Pasian' thukhenna mun cih theihna dingin; Pasian' siangthona leh Ama' thu ciamna in hong kah thute bangin siangtho nuntakna cihte Pasian in awlmawh den aihna tungpan kithei thei hi.

Zion panin Topa' thukhenna in zong midikte phattuamna leh mi gilote kisuksiatna (*Late* 132:13–18) ahi hi. Biakinnpi in Topa pen, mawh sawpsiangni a bang in, Thukhenpa bangin hong pai ding cihi. Tua mahbang in, Late in vantung Thukhenpa hong tung ding (*Late* 96:13;

98:9) a, vantung biakinnpi sungah Zeisu Christ in thukhen ding hi (*Mang.* 11:15–19).

**Roman 8:34 sim in. Vantung biakinnpi sunga Christ in a nasepsep tengpen eite Ama' mite ading in, koibang in lungdamthu kici thei hiam?**

FRIDAY

February 9

**Ngaihsutbeh Ding:** Ellen G. White, *Thoughts from the Mount of Blessing* laimai 6–13, 29–35 sungpan "**The Beatitudes**" sim in.

Late pen mihing kibatlohma tungtawn in ki deidanna teng dona hi a; gitlohma nialna ahi hi. Tuate pen thukkik nopna lungsim peuh tawh hi lo in, Pasian' min pahtawi nopna tawh hizaw hi. Gitlohma tungah Pasian in thukkikna a piakna a muh uh ciangun, a lungdam mite hiding uh a, hibang tawh Pasian min leh A thumaanna leitung ah omkik thei (*Late* 58:10, 11) ding hi. Late mahin, mite peuhmah gitlohma langdo in aw sangsak ding a, Pasian' gam a picing in hong tun ding zong ding cihi. Tua Late in vantung hehnepna leh hotkhatna hong kamciam taktak cihi. **Topa hong ding ding hi.**

"Mite'n hong simmawh hong bawlsiat ciangin, Zeisu in, "nakpi takin lungdam un" hong cihi. Ama' thu a za a Topa mintawh a paukhia kamsangte tungah, "gimna a thuak laitakin lungduai in a thuakna uh etteh un" (*Jeim* 5:10) cihi. Christian masabel Adam' tapa Abel in thahna thuak hi. Enoch in Pasian tawh tonkhawm aih manin leitung te in thei khalo uhhi. Noah zong dawivei leh mi uanglua peuh naci uhhi. A dangte in zong 'zakhona satna leh kolbulh

*khaukhih thuak uhhi. Pawlkhat te kisaat gaup, suakta nuamlo zau, a hoihzaw thawhkikna utzaw hi' (Hebru11:36, 35) - Ellen G White Thoughts from the Mount of Blessing, p. 33.*

#### Kikupding Dotnate:

1. Leitung gitlohma teng peuh ngaihsut ciangin nasak luat na tawh Topa a om takpi mahmaw cihpeuh ki lungkham thei a, zia-etna sungah a kiliing zolo upna kip koibang in neithei ding ihi hiam?
2. Mihing tungah kinga lo ding (*makaite, sangte leh kipawlina tuamtuan*) mihing nasepna peuhmah leitung ah a hoihpen leh thumaan hi lo a, Pasian' kammal leh Ama' thukhenna tungah koibang in kinga thei ding ihi hiam?
3. Biakinnpi in vantung thukhenna mun hi takpi cih koibang in kitelcian thei hiam?
4. Late kammal khauh pawlkhat koibang in natel hiam? Tua kammalte in a paukhiapa tawh koibang in hong kizomsak thei hiam?

#### Lesson 7

February 10–16

#### NA HEHPIHNA IN VANTUNG BAAN

##### Sabbath Nitaklam

**Tukalsung Simding:** *Late 136, 51, 130, 113, 123.*

**Kamngah:** “Topa aw mite lakah lungdam kongko ding a, minamte lakah Nangmah phatna ka sa ding hi. Banghang hiam cihleh, Na itna kip in vantung baan a, Na thumaan in meiipi baanto hi.” (*Late 57:9, 10*).

**Laphuakte** in, khalam ah amau zawng pha mahmah a Pasian tungah piak ding a hoih bangmah neilo ahihlam uh thei uhhi; Pasian' maiah kilawmna a neihna dingun, amau sungah bangmah omlo hi (*Late 40:17*). Eite khempeuh in zong Pasian' hehpihna kisam ciat i hihlam thei uhhi.

Tomgen leng lungdamthu kisampha uhhi.

Late in mihing peuhmah Pasian hehpihna pum-muan ding cih. Pasian' hehpihna kip tawntung a, hong piansakna sungah leh mihing' tangthu sungah kitelcian lel hi (*Late 136*). Mihing' nuntakna lel pen Pasian' maiah lopa' nuntak tanvei hibek taleh, Pasian' hehpihna in amah thahatsak a (*Late 103:3, 5, 15*), Ama' sungmah ah tawntung kamciam zong inei uhhi.

Topa in Ama' thuciamna tungah a cihtakna hangin Pasian mite in lungnopna ngah uhhi. Haksatna bangzah in thuak mah taleh, mipite lungsim sungah, vantung a Pa uh in amauta veii in makaih den cih lam-etna tawh kidim uhhi (*Late 103:13; 68:5; 89:26*). Pasian hehpihna leh hong itna a teltaktak tepen, Pasian'na sep ding leh Amah biakpiak ding losiah bangmah ding ngaihsun zolo uhhi.

**SUNDAY**

*February 11*

### **Hong Itna Kip Tawntung**

**Late 136 sim in. Hih Late pen bang ngaihsutna in thu neikhkum hiam? Laphuakpa in ama' gengen teng koiah tec i kho mu hiam?**

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Late 136 in Pasian' mite peuhmah piansakna leh Israel tangthu sungah (*Late 136:10-22*) Pasian hong hehpihna (*Late 136:4-9*) phat ding cih. Hiteng ah "hehpihna" i cihpen Hebrew pau **khesed** hi a, "**itna-kip**" cihna, a piansak nate tungah Pasian hoihna leh Israel tawh a kamciam tungah a thumaanna cihnopna ahi hi. Late in a lian khengval, itna-kip sungah bul a kiphut Pasian' vangliatna hong lak hi.

Topa in "**pasiante' Pasian**" leh "**topa te Topa**" hi a, Hebrew pau in ahihleh "a lianpen Pasian" (*Late 136:1-3*) cihna hi a, ahihang Pasian lobuang adang omnawnlo hi zaw hi.

A lamdang mahmah, kuamah'n a bawlpih theihloh Topa' nasepna tepen, kuamah'n a nial zawlloh Ama' ukzawhna kipkho cihna ahi hi (*Late 136:4*). Lawki te'n a

biakpiak keei uh leitung leh vantung a omte khempeuh Pasian bawlsa vive ahi hi (*Thuhilhkik. 4:19*). Late in lawki milim khempeuh miing tungah kingakna leh miing thuneihna khempeuh hemkhia hi. Tuate lel pen piansak sate vive hilel uhhi. Tuate pen Piangsakpa hi lo – a pian sak nate hibek uhhi.

Topa in a khut thahat tawh a ban zan in (*Late 136:12*), Ama' vangliatna tawh a hehpihna gamsung khempeuh ukzo hi.

Hong piansakna leh tangthu sungah hong hehpihna in, Amite khempeuh in Amah muang in A thuciamna tungah citak sak hi. "*Hong itna kip tawntung hi*" cihpen Late 136 sung bekah zong 26 vei kisa kikkik hi. Tuabang in Topa kikel ngeilo a, biakna apia khang thakte zong maipha pia tawntung ahihlam hong phawksak hi. Pasian in Amite phawk den (*Late 136:23*) a Ama' itna thuciamna tungah citak hi. Lungnuam takin biakpiakna leh mawhna pulakna zong a kihel, a kip tawntung Topa' itna sungah upna in Laisiangtho' deihna bulpi ahi hi.

Late 136 (*tang 23-25*) sungah vannuai bup Pasian in a itna ahi hi. Hong itna in Israel bek hi lo piansak khempeuh tungah zaam hi. Tua hi a Late in vannuai bup huam in Hong itna pulak a, leitung buppi in zong Israel tawh kipawlkhawm in Pasian phat dingin hong sam hi (*Luka 2:10; John 3:16; Saul. 15:17 etbeh in*).

**Ei' mawhna hangin singlamteh tungah Zeisu a sihna in "Hong itna kip tawntung" cihpen koibang in thumaan ahihna khauh takin honglak naci hiam?**

**MONDAY**

**Lungsim Siangtho Hong Guan in  
Late 51:1-5 sim in. Laphuakpa in banghang in  
Pasian' itna ngen hiam?**

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Kumpi David in Topa' maiah a lungsim sungkhia in, a khalam khuamial pen laitak in a mawhna Topa' maisakna ngen (*2Samuel 12*) hi. Mawh maisakna cihpen a khengval Pasian' hong itna hi a, hong "*hehpihna lian*" (*Late 51:1*) ahi hi. Kumpi David in ama' mawhna tawh a kituak in Pasian in a bawl lohna ding (*Late 103:10*), Ama' ngeina bang a hehpihna lian, a cihtakna leh a veiina ombang bekin bawl ding ngen ngaungau hi (*Late 51:1; Paikhiatna 34:6, 7*).

**Late 51:6-19 sim in. Mawh maisakna koibang in  
pulak hiam? Pasian' hong maisakna in bang ngiimna nei  
hiam?**

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Pasian hong maisakna pen siangtho hi cihna ciang bek hi lo hi. Mihing' lungsim tawng dong a vutsuk zo kikhelna lianpi piangsak hi (*Late 51:6; Heb. 4:12*). Mihing thak hong suaksak lian hi (*Late 51:10; John 3:3-8*). Hebrew kammal '**bara**' pen "*piangsak*" ci in kilet a, piansak theihna vanglian cihna hi (*Piancilna 1:1*). Pasian bekmah in **bara** thei; a kisik kik lungsim sungah a kipkho kikhelna pen Pasian bekmah in omsak thei hi (*2Korin 4:6*).

David in puknah tawh siansuah ding ngen hi (*Siam. 14:2-8; Late 51:7*). A mawhna in Topa' kiangpan gamla sak

cih thei a, mi phakpa zong mihonpi lakpan a pualam ah a kikoih mah bang kisa hi (*Late 51:11*). Ama' zualzangna leh mi-thah mawhna teng pen sagawh biakpiakna lel in siangsak zolo cih thei in lauthawng hi (*Paikhiatna 21:14; Siam. 20:10*).

A kikhel ngeilo itna bek in "*a kitamzan*" David' lungsim sangzo ding a, Pasian tawh kilem kiksak zo bek ding cih thei gige (*Late 51:16, 17*) hi. Puknah tawh a sawpsiang khit ciangin Pasian kiangah ciah nuam hi.

**Pasian in, David' zualzangna, gitlohma leh  
mithahna teng maisak zo ahihleh, Nang e leh bang lam-  
etna nanei hiam?**

**TUESDAY**

**"Topa aw, Mawhna Ciamteh Mawk Lecin"**  
**Late 130 sim in. Mawhna in koibang in hong hup  
a, mawhneite ading bang lam-etna om hiam?**

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Laphuakpa' thuksiatna leh a mipihte thuakna kizopna om hi (*Late 130:3, 8*). Mihingte' mawhna thuklua ahih manin Pasian tawh a tawntung in kikhenkhia sak liang hi (*Late 130:3*). Tua mawhna khempeuh Thukhen ni dong in kikem (*Dan. 7:10; Mang. 20:12*) a, mawhneite' min ahihleh nuntakna laibu sungpan kihemkhia (*Paikhiatna 32:32; Late 69:28, Mang. 13:8*) cih Laisiangtho in gen hi.

Laphuakpa in ama' mawhna teng aki phiatsiang sak ding Pasian' maisakna ngen zaw hi (*Late 51:1, 9; Jer. 31:34; Mic. 7:19*). Pasian hehlo a hong itna zong kip cih thei hi. Ama' hong itna don lohna in Pasian' hehna thosak

a, tua hehna zong suksiat na'ng zong hi tuanlo; susia zawlo in bawldam ding leh a thuciam pih mite hotkhiat ding hizaw (*Hos. 6:1, 2 enin*) hi. —Hans K. LaRondelle, *Deliverance in the Psalms* (Berrien Springs, MI: First Impressions, 1983), pp. 180, 181. Pasian in gimpia ding hilo in mawhna maisak ding in a kisakhol hi a, Amah aki zahtak theihna ding ahi hi (*Late 130:4; Rom. 2:4*). Biakpiakna taktak pen Pasian' hong itna zahtakna hang, gim hong piak ding launa hi lo hi.

Pasian' tate aihleh Topa ngak ding hi (*Late 27:14; 37:34*). Hebrew kammal **qawah** cihpen "ngak" leh 'zan' cihna peuh hi a, a bulpi pen 'lam-en' cihna zong ahi hi. Topa ngak a cihteh a beisa hi lo in, a lam-etna a tun dong 'zan' cihna, Topa hong tun ding lam-etna ahi hi. Laphuakpa lam-etna aihleh ama' ading bek lam-etna hi lo a, Pasian' kammal sung ah lam-etna ahi hi (*Late 130:5*). Citak takin Topa ngakna in mawkna hilo a, khuamial a bei khit ciangin hotkhiatna zingsang hong tun bang ahi hi.

Laphuakpa in ama aituam a ngetna tengpen mipi buppi ngetna hong suak hi (*Late 130:7, 8*). A mimbal nopsakna pen mipite a ding zong tawh kikhenkhia theilo hi. Mimal in ama' a ding bek ngenlo in mipi a ding ngen hi. Thu umte in pawlkhat ihi uh a, panmun khat in pawlsung khempeuh huzaap thei veve hi.

**Topa aw "mawhna ciamteh mawk leci'n kua'n thuakzo ding hiam?" acihpen phawk in** (*Late 130:3*). **Nang mimbal ading in bang khatna nei naci hiam? Topa in nang mawhna ciamteh mawk leh koiah ana om tammaw?**

**WEDNESDAY**

**Itna Vangliatna a dim Pasian Phatna**

**Late 113 leh 123 sim in. Pasian' omzia namnih ahi bangteng kipulak hiam?**

*February 14*

Late 113 leh 123 pen itna leh vangliatna kidimpa phatna ahi hi. Topa' vangliatna leh minam khempeuh leh vantung sangin a sanzawkna pen Ama' min liatna sungah kilang hi (*Late 113:4, 5; Late 123:1*). "I Topa Pasian kuatawh kibang hiam" acihpen sunglam pualam a khelthei Israel mite Pasian sungah upna ahi hi.

Kuamah'n a bat zawhloh Topa omna pen, Topa in "hong ki niamkhiat nuam" leh "a sangna ah tu in vantung leh leitung hong ensuk" (*Late 113:6*) cihi. Pasian a sangna ah a omna in hih a niamna munah thupiang teng muzolo dingin khaktak zolo hi. Topa hong itna pen leitung ah hong tuaksuk ngiat in mizawng cimawhte gimna pan hotkhiat ding ahi hi. Vantung gamlapi pek ah om ahihangin phalna a kidim ama' khut pen a nasemte' mai pan kiseel hetlo hi.

Pasian' liatna leh hong kepna pen, mihing' muhna ciang lel tawh kitelcian zolo a, hong hehpihna leh veiina nasepna sungah kitelcian mahmah hi. Mizawng tasam leh nen niamte in Pasian' maipha sangin, amau dinmun a lumleh sakna uh mukha ding uhhi. Sang pen Pasian in A vangliatna zang in aki pampaih mite lamto kik hi. Topa' vangliatna in hong hehpihna Piansakna leh kepcinna cihte kikhel sak tuanlo ahih manin, mite in suakta takin Topa kiang zuan thei uhhi.

Biakpiakna ahihleh, Pasian' liatna hangbek hi lo a, Ahoihna hang zong ahi hi. Phatna in hun leh mun ciangtan neilo hi (*Late 113:2, 3*). Zeisu Christ in, a puksa mihing a laptoh theihna dingin, a niampen dong hong tuaksuk in singlamteh tungah hong sihna in Pasian' liatna leh hehpihna pulakna lianpen zong ahi hi (*Phil. 2:6-8*). Hih singlamteh sung ah Pasian leh Ama' hong hihsak sa khempeuh phatna piak theihna ding thu lianpen om hi.

**Singlamteh bulphuh inla nangmah tungah thupiang teng lungngai in. Bang sungpan Zeisu in nang hong gum naci hiam? Lungsim sungah singlamteh kepcin ding bangzah in phamawh nasa hiam?**

THURSDAY

February 15

**Ama Migitna Mangngilh Loding**

**Late 103 sim in. Pasian' hehpihna koibang in pulak hiam?**

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Late 103 in Pasian' hongpiak thupha tampi pulak hi. Tua thupha teng lakah "Ama' migitna" (*Late 103:2*) zong kihel a, nuntakna zom paisuak sak (*Late 103:3-6*) cihi. Hih thupha teng in Pasian' hehpihna leh Israel tawh A thuciam tungah a cihtakna sungah bulkip a nei (*Late 103:7-18*) hi. Topa in mihing' thanemna khempeuh hong "phawksak" a hong veii mahmeh (*Late 103:13-17*) hi.

Phawk cihpen lungsim ciapteh theihna ciang bek hilo hi. Sepna sungah kipiakna khat hi a: Pasian in Amite honkhia in kemcing (*Late 103:3-13*) cihi. Late 103:11-16 sunga limpua pen in tehpikh omlo Pasian hong lainatna pen, mong neilo van zaipi (*Isa. 55:9*) bekmah tawh hong tehpikh sak hi.

Tua ahihleh Pasian hong itna leh dikna koici dawngthuk thei ding?

**Amasa** in, Topa thupha piakna tawh (*Late 103:1, 2*).

Thupha cihteh neihlehlam hauhna leh khalam hauhna hi phadeuh hi (*Piancilna 49:25; Late 5:12*). Pasian in thupha khempeuh **Nak** hi a, mihing in Pasian khawng koibang in thupha piathei ding? *A niamzaw khat in a lungdam kohna leh phatna in sangpenpa thupha pia thei hi (1Kumpi 8:66; Job 29:13). Pasian in amau tungah hoihna hauw in thupha pia a; mihing in Pasian sunga om hoihna tawh Amah phat; Ama' hehpihna hangin zahtakna piakna ahi hi.*

**Anihna**, hong hehpihna leh Ama' thuciam khempeuh phawkna (*Late 103:2; 18-22*), Topa in mihing' thanemna leh Amah leh Amite kikal ah a thuciamna teng phawkna (*Late 103:3-13*) ahi hi. Phawk cihpen Pasian leh mihing kikal ah kizopna phamawh khat ahi hi. Pasian in mihing tawh Ama' kamciam a phawk mahbang in, mihing in zong Pasian' cihtakna phawk ding a thumanna tawh Ama' hong itna dawngthuk ding leibaa nei uhhi.

Hih ngaihdan lungsim sungah koih kawm inla, EGWhite kammal zong minthang veve hi: "*Nikhat in nai khat sung beek Christ' nuntakzia lungngai tawntung ding hihang. A thupitna khat khit khat lakhia inla, a nunung lam teng deihtak in lencip in. Ama' hong kipiakna tungah kinga lecin, Amah i muanna khang ding a, itna hong thosak in, Ama' kha tawh i kidim ding uhhi. Ama' hotkhiatna ngah ding ihihleh kiniamkhiat takin mawhna kisik kik ding kisam hi*" —*The Desire of Ages*, p. 83.

**FRIDAY***February 16***Ngaihsutbeh Ding:**

EGWhite, *Steps to Christ laimai 17-22 sungah “The Sinner’s Need of Christ” sim in.*

Late sungah, Pasian’ mite aw in ki pumkhat in “Ama’ itna kip tawntung hi” (*Late 106:1; 107:1; 118:1-4, 29; 136*) ci in Pasian’ itna kip phawk uh in sa kikkik uhhi. “*Pasian phatlohma pen Ama’ hoihna teng a mangngilh hi a, Pasian hong piaksa teng lungdam lohna hi. A phat tebek in mangngilh lo uhhi. Pasian’ thu ngaihsutna leh genkhiatna bek pen Amah phatna hinailo hi. Phatna pen, Pasian liatna leh Ama sepna telcian in Ama’ hoihna, itna leh pilna teng dawnthukna ahi hi*” —Hans LaRondelle, *Deliverance in the Psalms*, p. 178.

A kip Pasian hong itna a thukzaw in pulak theihna ding pen, Pasian’ **khesed** - mihing’ mawhna leh lehdona kawmkal ah – a kikhel ngeilo A thuciamna sungah hong itna leh a cihtakna phawkna ahi hi.

“*Ama maiah mawhnei ihi a, Ama’ maipha tawh zong i kilaum kei hi; tua kawmkal mahah eimau’ muk ah thum theihna hong koihsak hi; ‘Nangma min hang in Kote hong hua ke’n la, Nangma minthanna niamsak kei in; Kote tawh nong thu ciamna phawk in’* Jer. 14:21. *Eima kilaum lohna teng Ama’ maiah pai in pulakkha leng, eima aw hong za ding in hong kamciam khin hi. Ama’ kammalte a tangtung ding in Ama’ tokhom kip tawntung hi*” —EGWhite, *Christ’s Object Lessons*, p. 148.

Pasian in amah itna lakden cih a telcian (*Late 103:2*) laphuakpa in “*Topa in aki nengniam te ading thuman thutang in thukhen*” (*Late 103:6*) cihtawh thala hi. Tua hi a, laphuakpa in mimal tec pang in Pasian hong itna a phat denkeei na pen, midangte in zong Pasian hoihna leh itna

a theih manun, amau’ lungsim uh hong in, Pasian hotkhiatna sang in Pasian a phat theihna dinguh ahi hi (*Late 9:11, 12; 22:22-27; 66:16*).

**Kikupding Dotnate:**

**1. Pasian in hong hotkhiatna dingin hong it tawntungna eima mitmuh in bangteng omthei ding hiam? Hihthu in Pasian hehpihna itna kip tawntung ahih manin mawhna sungah ki omden thei lel hi cihna banghang in hilo thei hiam?**

**2. Mawhna tungah Pasian’ thukhenna theisa in Pasian hong maisakna ding koibang in kiho thei ding ihi hiam?**

**3. Laisiangthothak sunga Pasian hong itna in Late sunga tawh koibang in kituak thei nasa hiam** (*Eph. 2:4, 5; 1Tim. 1:16; Titus 3:5; Heb. 4:16*)?

**Lesson 8**

February 17-23

**SIANGTHO NUNTAK NA'NG PILNA****Sabbath Nitaklam**

**Tukalsung Simding:** Late 119:1-16; 90; John 3:16; Late 95:7-11; 141; 128.

**Kamngah:** “**Pilna lungsim ka neihtheih na’ngun, ka nuntak hunuh a tomlam ka theihna dingun hong hilh in**” (Late 90:12).

**Pasian** hehpihna in mawh maisak a, mawhnei a kisik mi sungah lungsim thak guan in, upna tawh nungtasak cih theikhin hihang.

Pasian’ kammal in zong siangtho nuntakna hong kal pah hi (Late 119:9-16). Pasian thukham kemcing cihteh thukhun khat len tentan cihbang zong hi tuanlo a; Pasian tawh ki khawl khawm in, a thupha kicing takin sang (Late 119:1, 2; 128) cihna ahi hi.

Cihtei hang midikte nuntakna ah mawhzolna peng tuanlo hi. Mawhna in khelpilna tawh midikte nangawn khemzo thei (Late 141:2-4) a, tua mawhzolna lelsak zo thei hi. Pasian in Atate’ cihtakna maw cihtak lohna maw a kitelcian theihna dingin hun piathei hi. Pasian’ tate in Pasian’ thuhilhna don uh hileh, amau’ upna uh siangtho ding a, Topa a muanna uh thahat zaw ding hi.

Siangtho nuntak na’ng pilna pen, mawhzolna te kawmkal mah ah Pasian tawh nuntak khawpna panin

T-6

kingah hi. Tua hi a, eima nuntakna a tomlam Pasian in hong hilh ding i thungetna in (Late 90:12), Topa tungah kiapna leh citak takin Topa tawh hong tonkhawm sak hi.

**SUNDAY**

February 18

**Ka Lungsim Sungah Nangma Thu Kakhola**

**Late 119:1-16; 161-168. Pasian’ thukham koibang in zui leng, Ama’ thupha te in zong hong zui thei ding hiam?**

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Laisiangtho in nisim nuntakna pen Pasian tawh ton in dikna lampi tungah khualzin bangin pulak hi. Upna tawh nuntakna in “*Topa thukham sunga gamtatna*” (Late 119:1), “*Nangma migitna khuavak*” (Late 89:15) sungah kalsuanna ahi hi. Kalsuanna namnih bang omthei hi. Topa’ itna khuavak sungah omna pen Pasian’ thukham lapsangna ahi hi. “*Topa thukham sungah gamtatna*” (Late 119:1, 2, 10) pen lungsim khempeuh tawh Pasian zonna (Late 119:1, 2, 10) zong ahi hi.

“*Paubaang lo*” (Late 119:1) cih zong, Late in midik nuntakzia cih. “*Paubaang lo*” cih kammal pen “**mel hemlo**” Pasian’ maiah santak cing biakpiakna zong ahi hi. Tua mah bangin, mimal siangtho nuntakna pen a nungta biakpiakna hi a (Rom. 12:1), mawh nopna tawh mel hemlo ding hi. Pasian tungah a kipia nuntakna zong “*Paubaang lo*” a cih ciangin Pasian a lungkim sakzo nuntakna (Late 101:2, 6; 18:32) cihna ahi hi.

Pasian’ thukham kemcing cihipen a thukhun te khauhtak a zui tentan cihna hi tuanlo hi. Thukhat panin, “**pilna**” (Late 111:10; 1Kheng. 22:12) sialehpha khentel theihna hi a, puatham bek hilo, pumpi buppi gamtatna ahi

hi. “*Mel hemlo*” in lungsim khempeuh leh nuntakna khempeuh tawh Pasian’ thukham kemcing (*Late 119:1, 2*) cihna ahi hi. Pasian’ thukham in leitung ah Pasian deihna hong lahna ahi hi. Mihing in pilna suahtakna leh nopna tawh nungta thei dingin lam hong hilh (*Late 119:7–11, 133*) hi.

“*Nangma thu a deihte in lungnopna lianpi ngah uh a, amaute bangmah in tuksak zolo h'*” (*Late 119:165*). Tuk ichi pen lungsim gual lehna ahi hi. Laphuakpa khe ading meivak lah ahi (*Late 119:105*), Pasian’ kammal in mawhzolna khempeuh panin ei hong dal hi (*Late 119:110*).

**Christ in Ama’ nuntakna sungah Pasian’ kammal pen bang hi ci hiam? (*Mate 4:1–11*)? Pasian’ thukham a zui lungsim panin hong piang hih thahatna in bang hong hilh naci hiam?**

**MONDAY**

*February 19*

**Ka Damlai Nite Hong Simthei Sak in**

**Late 90; 102:11; leh 103:14–16 sim in. Mihing in bangpeuh pulakkha hiam?**

A puksa mihing nuntak hun pen tawntung tawh the leng tuikhu hibek hi. Kum tul khat in zong Pasian’ maiah “*ihmut laitak khanlawh khat*” bang hi a, nai thum nai li peuh hibek hi (*Late 90:4*). Pasian’ hun tawh tehkak leng mi’ nuntak hun in lengkhia ziahziah lel hi (*Late 90:10*). A thahat penpen mihing te zong a thanem pen singkung te tawh kibang lel bek hi (*Late 90:5, 6; 103:15, 16*). Tua a tom mahmah nuntak hun nangawn gimna leh haksatna bek tawh kidim lai hi (*Late 90:10*). Pasian umlo mi vakvai

te nangawn in amau nuntak hunuh pen tawntung hun tawh a tehkak uh ciangun, khantom manin dah in kahtam ciat uhhi.

Late 90 in, mihing’ pulakkhati thu pen Piangsakpa Pasian in a mite hong kepcinna hi cizaw hi. Topa pen Amite’ a khang tawntung in a belhna uh ahi (*Late 90:1, 2*) hi. Hebrew kammal **ma ‘on** (*Late 91:9*) a cih in Topa pen Amite’ bukna mun a cihna in zang hi.

Pasian in a thumaan hehna ki imm zaw in hong hehpihna thaksuahsak zaw hi. La phuakpa mahmah in “*na sinsona vangliatna kua in thei hiam*” (*Late 90:11*), acih mahbang in Pasian hehna picing taktak kuamah in phukha ngei nailo a; mihing a ding in thumaan diktat theihna’ng ki puahphat hun leh lam-etna omlai hi.

Laisiangtho pilna in lungsim pilna bek hilo Pasian zahtakna zong kawk lai hi. Eite’n i kisin ding pilna pen **“damlai nite simtheihna”** (*Late 90:12*) ahi hi. Damlai nite i simtheih nakleh ciangtan neilua i hihlam telcian ding hihang. Mipil nuntakzia cihipen, tawmvei no sungbek ki nungta ahih manin, upna leh thumannna lam hong zuan sak hi. Hih pilna zongpen kisik kikna tungtawn bek in kingah hi a (*Late 90:8, 12*), Pasian in hong piakkhong mawh maina veiina leh itna ahi hi (*Late 90:13, 14*).

Eite’ haksatna tepen piensak mihing ihih man peuh hi zawlo a, hih mawhna in leitungah nasem ahihman ahi hi. Tuamah in mikhempeuh tungah siatna hongtut pen mit tawh muhtang hipah lel hi.

Zeisu tungah lungdam hang e, ahih hang, mihing thu pulakna sungpan mah in lampi hong kihonsak ahi hi

(John 1:29; John 3:14–21). Tua lo peuhmah tawh lem-etna omvetlo lel hi ei.

**Nuntak hun bei hanhan mah taleh, Zeisu sungah bang lem-etna nei ihi hiam? (John 3:16.) Amah lotawh e bang lam-etna omthei hiam?**

TUESDAY

February 20

**Topa' Hong Sittelna**

**Late 81:7, 8; 95:7–11; leh Late 105:17–22 sim in.  
Hih mun in Pasian hong sittelna bang peuh omkha hiam?**

Meribah pen, Israel in amau kisapna khempeuh Pasian in Ama' cihtakna tawh vahawm pih leh pihlo a zia-etna mun ahi hi (*Paikhiatna* 17:1-7; *Late* 95:8, 9). Late 81 leuleu in tua lumlet zaw leuleu in Pasian in Israel a zia-etna (*Late* 81:7) cizaw leuleu hi. Amau' thu manlohma leh muanlahna hangin Pasian sittelna ah kia uhhi (*Late* 81:11).

Meribah tawh kisai thupuak nih omthei hi. **Amasa** in, Pasian' mite in khanguite' khialhna zuikik lo ding hi. Pasian muang zaw in Ama' lampi tawn zaw taken (*Late* 81:13). **Anihna**, Pasian hong sittelna kia mah taleh, amau lungkham mangbang ciangun Pasian in amau honkhia dingin hong paisuk (*Late* 81:7) hi. Pasian in khanglui mite a hotkhiatna pen khangthak mite ading Pasian itna sungah lungmuanna ahi hi.

Late 105 in, Joseph tungah a tung haksatna khempeuh pen, mailam a ding Joseph in Pasian kammal a muan leh muanloh ding sittelna ahihlam hong hilh hi (*Piancilna* 37:5-10; *Late* 105:19).

Hebrew kammal **Tsarap**, tang 19 a pen “**zia-et**” hi a, ‘*kiatsiang*’ ‘*khaihsiang*’ ‘*saupsiang*’ cihpeuh ahi hi. Joseph' upna a zia-etna tengpen, Pasian' kamciam tungah lung hianna them zong neilo in Pasian' makaihna muang kip ding thahat sakna ahi hi.

Pasian in Atate a thuhilhna pen, Joseph mahbang in kamciamna teng a tangtung theihna ding ahi hi (*Late* 105:20-22). Pasian' thuhilhna nialna pen mi genhak te lungsim khauhna leh amau thu bek thu sakna ahi hi.

“*Pasian in Ama' thukham tawh kisai in dotna veng thumanna deih himah leh; mihing bel dawimangpa khemna sungah ihmusip uh a, Eden huan sung a khelpilna tawh a gualzopa Satan in Eve tungah: 'Na si tak tak kei ding uhhi' a ci hbang keek ahi uhhi. Thu manlohma in mawhnei khat peuh lungsim khauhsak bek hilo, midangte upna zong suksiat sak thei hi. Siahuai mahmah phot hinapi, a sawt ciangin a siathuaina teng damdam in mang zaw zen in, a tawpna ah mawhna ahihlam zong phawk naunloh zah dong in paisuak thei hi*” —Ellen G. White, *Testimonies for the Church*, vol. 4, p. 146.

**Mawhna in nangma lungsim hong khauhsakna bangpeuh om hiam? Tua mah in thuman theihna'ng singlamteh ah banghang in hong tawsawn thei ding naci hiam?**

WEDNESDAY

February 21

**Migilote' Mawh Bawlnopna Lampi**

**Late 141 sim in. Laphuakpa in bang a ding thungen hiam?**

Late 141 pen sunglam leh pualam pan a mawhzolna pan kepcin na'ng thungetna ahi hi. Laphuakpa pen migilote tehlop leh thangzak bek lau hilo (*Late 141:9, 10*) a, migilo tebang in gamtat ding nangawn kizol lai hi. Thanemna masapen bel kampau kikemlo hi a, laphuakpa in ama' muk kongpi Pasian in a kepcin sak ding ngen masa hi (*Late 141:3*).

Zia-etna cihpen Pasian' tate in thuman lampi zuan ding maw, migilote' anlim deih gawh ding mawh cih ahi (*Late 141:4, 5*) hi. Laphuakpa in ama' lungsim sungah galphual taktak om cih thei hi. Tatsatlo thungetna tawh Pasian kiangah kipum-aapna bekmah in mawhzolna pan Pasian' tate honkhia thei hi (*Late 141:1, 2*).

**Late 1:1 leh 141:4 sim in. Mawhzolna a pilzia leh a gualzawhna koibang ki pulaksak hiam?**

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Late 141:4 in mawhzolna a picinzia hong pulak hi. Lungsim in gitlohma lamah hoi masaphot hi. Azom in gitloham gamtat ciing zelzel hi. A thumna ah, lungsim in migilote anlim ahi a deihhuai mahmah nate neksak hi.

Tua mahbang in Late 1:1 ah zong mawhzolna in Pasian' tate Topa lampi tungah a tottheih lohna dingin khaktan a, mawhneite lampi ah dingin, a simmawhhuai mite' tawh tukhawm uhhi. Mawhnei, migilo leh simmawhhuai: tuate peuh i bang kei ding a, amau ki makaih saklo ding hihang.

Late in mawhzolna a khantohzia, a zolia, a pilzia cihte pulak a, Topa tung kingakna bek in gualzawhna hong

tunthei cihpen neuseh lel hi. Late in mawhzolna sungah khat in a genkhiat kammal thupitna a dang khat in ngai ci hi. Migilote leh midikte tawpna tuak pen Pasian kiangpan pilna sinna ahi hi (*Late 1:4-6; 141:8-10*) cihi. Late munnih sungmah ah Pasian' tate hihna pen mailam thu ahhlam a tunga Late min nih in hong pulak hi. Hihthu in thu-umte peuhmah lungduai takin Pasian muang in ngak ding cihi.

THURSDAY

February 22

**Thumaan Mite ading Thuphate**

**Late 1:1-3; 112:1-9; leh 128 sim in. Topa a zahtak mite ading bang thupha hong kamciam hiam?**

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Topa a zahtakte ading thupha tampitak lakah, lungnopna pen thupha lianpen ahi hi. Late 1 in midikte pen gungei ah aki suan singkung, a gahhun in gah, ateh avul ngeilo tawh kibang ci hi (*Late 1:3; Jer. 17:7, 8; Ezek. 47:12*). A kibatna uh pen, a thupha bulpi, biakinn sungah a om Pasian tawh kizom den in kuamah'n a suktat theihloh Pasian' itna sungah om thei hi. Buhsa bang ahilel munkip munkho leh mailam lam-etna a neilo migilote bang hi lo in; midikte in a gahpha zungkip tawh Pasian kiangah tawntung nunna a neite ahi uhhi.

Late 128:2, 3 in Messiah gam tawh kisai thupha pulak a, ama' lenggui bul leh olive bulah tu acih teh lungnopna leh hauhna acih nopna ahi hi (*Mic. 4:4*). Jerusalem a ding thupha teng (*Late 122:6-8; 128:5, 6*) in, gitlohma beisak in, leitung in nopsakna tawh a kidim sakkikpa Messiah sungah lam-etna a genna ahi hi.

"*Laisiangtho in gupngahte' luah ding pen 'gamkhat'* (*Heb. 11:14-16*) cihi. Tua lai ah vantung Tuu cingpa in Ama' tuute nuntakna tuigei ah paipih hi. Nuntakna singkung in khasim in gah thei a, a tehte in zong minamte' cidamna ahi hi.

*Ciktuite luang den a, limlang bangin siang kiuhkeuh in, luinawlu tuakah apo singkung te in, Topa' misiangthote paina lampi tungah aliim pia uhhi. A zai mahmah zaangkuampi in zong mualbawkte kikal ah kiphah a, tuate nunglam ah Pasian' mualsuang a om hi. Hih a nuam gamkuam sung, nuntakna tuigei ah, sawtpi takmah khua a zinzin Pasian mite in nuamtak in teeng ding uhhi" —Ellen G. White, *The Great Controversy*, p. 675.*

Laisiangthothak in zong, tua lam-etna pen Christ nihveina hong pai a leitung thak a bawl ciangin, hih lam-etna picing ding (*Mate 26:29; Mang. 21*) cihi. Tua hi a, midikte in hih leinunna mahmah ah thupha tampi a saankhit banah, Pasian' gam hong tun ciangin zong Pasian maipha tampi takmah ngak gige lai hi.

**Laisiangthothak sunga eite a dingin Pasian in a koihkhola kamciamte pen banghang in singlamtehang hisese thei ding hiam? Hih kamciamte hangin bang lungnopna peuh i neithei tuam ding hiam?**

FRIDAY

February 23

#### Ngaihsutbeh Ding:

Tu khangthak hun ciangin pilna neihna pen nopsakna hi phadeuh in deihhuai mahmah hi. Mihingte in pil ding sangin nopsakna deihzaw uhhi. Hi ta mahleh, pasian tawh a kizom lo nopsakna taktak a kingah zo ding hiam? Late in hi theilo cihi. Lungdamthu in pilna leh nopsakna khat zawzaw teel ding in hong pial lo hi. Pasian kiangpan pilna in nopsakna siangtho ahi hi.

Hebrew kammal *ashrey* cihpen a tam cihna hi a, *ashrey* cih lungdamna tawh kinai mahmah hi. Mikang lai tawh a kituak linlian a omloh hang, Pasian kiang lam "kalsuanna" in "lungnopna" life (*Late 1:1; 17:5; 37:31; 44:18; 89:15; 119:1*) hi cihi. Laisiangtho sunga pilna leh lungnopna pen muhtheihloh nakhat peuh hisak lo a, phutkhat taktak hisak hi.

Pasian tawh kizopna sungha kimu khia a, zahtak piakna, phatna, thalakna leh Pasian muanna ahi uhhi. Late 25:14 in "Topa tawh kilauvtatna pen Amah a zahtakte ading hi a, a thuciamna amau tungah kithei thangsak ding hi" cihi.

"*Pasian hong piak mai hunpha hangin lungdam un. Ama' hong itna sungha kipawlkhawm in mitsuan tawntung ding hihang: Pasian' Tapa in A pa' innpi nusia in, vantung puanpi pen mihing puan tawh khek in, Satan khut sungpan mihing hong honkhia hi; eite a ding a gualzawhna in mihing ading van kong hong a, Pasian' min thanna hong musak in; mawhna dum thuk sung panin a puksa mihing ki domto, Pasian tawh kizom kik thei ta, upna tawh hong Tankhiapa tungah hong kipsak, Christ dikna hong silhsak, Ama' tokhom tung dong hong lamto – cihbang in Pasian in hong hihsak hi" —Ellen G. White, *Steps to Christ*, p. 118.*

#### Kikup ding Dotnate:

- 1. Pasian' kammalte pen thuhilhna ciang bek hi nawnlo in, koibang in mikhat lungnopna hi ngiat thei hiam? Pasian' thu tawh kizopna in, koibang in Thu ahi Zeisu Christ tawh kizopna hithei ding hiam (*John 1:1; John 15:5, 7*)?**
- 2. Pasian hong thuhilhna nial kinken leng bang teng piang thei hiam (*Late 81; Late 95*)? Bang hang hithei ding hiam?**
- 3. Mihoihte hong thuhilhna sangin migilote omzia khawng pen khatveivei banghang in hoihzaw bang khawng hithei hiam (*Late 141*)?**

**Lesson 9***February 24–March 1***TOPA' MIN TAWH HONG PAIPA THUPHA NGAHPA HI****Sabbath Nitaklam**

**Tukalsung Simding:** *Late 23; John 10:11–15; Late 22; 89:27–32; Col. 1:16; Late 2; Heb. 7:20–28.*

**Kamngah:** “Innlamte in a nikhiat suang pen innkiu suang bulpi suakta hi. Hihpen Topa’ nasepna hi a, eite’ mit ah lamdang hi” (*Late 118:22, 23*).

**Late** in Christ pen a mimal leh a nasepna mahmah tec i pang hi. Christ’ nunzia leh nasepzia teng a genkhohna kician mahmah hi. Late a thulu teng pen Christ in Pasian ahinhna Tapa ahinhna, a thumanna, a Pa’ biakinn a kepcinna, Tuucing hoihpaa ahinhna, a kilehhekna, a thuaksiatna, a guh a kitanhohna, a sihna, a thawhkikna, vankahna, siampi dinmun leh kumpi dinmun cihte omgai hi. Zeisu cilehsa in hong pai mapek kum tampilai in a genkholt setset ahi hi.

Zeisu’ in zong Ama’ nasepna tawh kisai, Emmaus lampi tungah a genna ah, Late in Ama’ thu genkholt khin zo (*Luka 24:44*) a cihi. Late sungpan in Amah kua hiam cihipen theipah sak nuam hi.

Late sungpan in Christ’ thu a kigenkholsa a tangtunna pawlkhat pen, Late 24, 45, 72, leh 101 (*Kumpi leh Thukhenpa*), 88 leh 102 ahihleh (*a thuaksia Pasian’ nasempa’ thungetna*) cihte ahi hi.

Late sungtawntung ah Laphuak khempeuh in, a lungdamna uh, a phatna uh, thuman thutang a ding a

kikona teng uh kahtam uh a, tua banah leitung a hotkhiatna ding in Christ’ thungetna nangawn i zakha ding uhhi.

**SUNDAY***February 25***A Kipumpiak Tuucingpa Pasian**

**Late 23; 28:9; 80:1; 78:52, 53; 79:13; leh Late 100:3 sim in. Hih mun tengin Topa leh Amite kizopna koibang in pulak hiam?**

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Topa pen Tuucingpa hi a, Pasian’ mite pen lonona ah a tuute a cihipen in, Pasian’ makaihna leh Amite’ kisapna bangbang vaihawm sakna tawh a kepcinna teng hong pulak sak hi. Tuucingpa leh a tuute a mimal mahmah in kinaihna a omsak mahbang in, Pasian leh Amite zong a kinai mahmah kizopna nei cihzong hong lak hi. A tuu cindan tengin zong Pasian pen tuu neipa hi a, kizopna khauh mahmah nih vaihawmpih: piantsakna (*Late 95:6, 7; 100:3*) leh thuciamna (*Late 28:9; Heb. 13:20*) cihte ahi hi.

Tuicing Pasian in Joseph pen a tuu bangin makaih (*Late 80:1*) a, Jacob in Joseph a thupha piakna teng ahihleh hemgen bek, tuate khempeuh pen Pasian in Israel pen tuu bang in a cingpa leh thupha tampi a kamciampa cih hong pulak hi (*Pian. 49:24*).

Kumpite peuhmah pen amite tuu bangin a cingte (*2Sam. 5:2*) kici hi. Cihtei hang leitung kumpite khat beek in zong tua dinmun tawh kilawm dingin gamta ngeilo a hih manin, tua dinmun peuhmah pen Pasian bek tawh kilawm hi. Zeisu bek tua bang in gamta ahih manin Amah pen Tuicing Hoihpaa kici hi.

**John 10:11–15 sim in. Tuucing Hoihpā cih tawh  
kisai Zeisu in Ama' thu bang gen hiam?**

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Tuucing Pasian leh Ama' tuute kizopna pen, tuute in amau cingpa' aw thei (*John 10:4, 27*) cihi. Tuni ciang dong mahin, nisuahna lam gamlai teng ah, a kihelzau tuu tampite lakpan mahin tuute in amau' tuucingte aw thei cihi.

Midangte tungah Pasian' lungkim lohna tawh a nutsiatna khawng zong Pasian' tuute in zong thuakpih veve hi. Tuucing hoihpā in ahihleh a vakthap a tuute hon ding in zong den hi. Hihpen Pasian leh Amite kizopna lianpen mah hipah hi. A tuute a ding in sih lawh ding nangawn utlai (*John 10:11, 15*) a, thu kilehbulh takin amaute a ding biakpiakna tuuno hong suak zawsop (*John 1:29*) hi. Zeisu mahmah in zong, tuuhuang dang a omlai Ama' tuute samlai in Ama' tawh kipawlkhawm saklai ding ci hi (*John 10:16*).

**Zeisu pen eite Tuucing Hoihpā a hih mahbang in,  
nisim in hamphatna ngah theihna ding lampi bang teng  
peuh na theikha hiam?**

**MONDAY**

**A Thuaksia Messiah**

**Late 22 leh 118:22 sim in. How was the Messiah  
in a gupkhiat ding mite in Amah koibang in hih uh hiam?**

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Messiah in nutsiat taisat a thuaksiatna tengpen Late tampitak mahin pulak hi (*etpak dingin, Late 42, 88,*

*102*). Late 22 mahmah pen Messiah genkhol ngiat hi a, hih Late peuh mah pen Kumpi David tawh kituak theilo a, Christ' sihna bekmah tawh kituak hi. Zeisu in Late 22:1 a kammalte mahtawh singlamteh tungah thungen (*Mate 27:46*) hi.

Christ in leitung buppi' mawhna teng a puak manin Apa tawh a kigamlatna pen zong, Amau kinaihna, adiak in pumkhat ahihna uh tawh enkak leng kitelcian pen (*John 1:1, 2; 10:30*) hi. Bangzahta in thuakna thuklua taleh Pa leh Tapa kikal kizopna kitat ngeilo hi. Thuaksiatna thukpi sungmah ah Amah aki nutsiat sung mahin Christ in Apa mah muang cinten den lel hi.

*"Christ pen eite aiauhpa ahih manin eima' mawhna khempeuh Amah kisuan hi. Eima' thukham palsatna hangin kisiat na'ng pan hong tatkhianatna dingin Amah thukham palsatpa in kiseh hi. Adam tuute khempeuh mawhna teng Ama' lungtang tungah kisuan hi. Mawhna tungah Pasian' hehna, mawhna hangmah in Ama' lungkim lohna teng khempeuh in A Tapa lungtang sungah kidim hī"* —Ellen G. White, *The Desire of Ages*, p. 753.

A lauhuai mahmah limpua bawngtal, humpi hawk leh uite cihteng pen, mawhneilo huhpa neilo, ama' hun nunung sungin mihing' gilo ngongtat te'n Christ a bawlsiatna teng a cihna ahi hi. Late 22 mahmah in, Zeisu pen Ama' kammalte teng mah zang kik in gu khauh mahmah kammalte tawh mipi in kosia (*Late 22:1, 8; Mate 27:43*) gawp uh a, galkapte in zong Zeisu' puan hawmsem (*Late 22:18, Mate 27:35*) uhhi. Mipi in "**nuaicip**" dingin a zonzon uh pen Biakinnpi bul "**kiusuang**" (*Late 118:22*) hong suak hi.

Nialnam a thuak Messiah in, sihna zo in hong thawhkik ciangin, Pasian' mite hotkhiat na'ng bulpi hong suakta (*Mate 21:42; Saul. 4:10–12*) hi. Christ in mihingte' nial thuak ahih hang, Pasian Ama' Kha biakinn "**innkiu suanglianpen**" in bawl in pahtawi (*Eph. 2:20"22; 1Pet. 2:4"8*) hi. Tua Pasian hong gupna bulpi Suang a nial peuhmah, tua suang mahin amaute thukhen thuakna bulpi mah hong suak ding (*Isa. 8:14; Mate 21:44*) hi.

**Zeisu tungah na aapsa mawhna khempeuh a ding thaman khempeuh Zeisu mah in singlamteh tungah lohkhin zo hi. Ama' thuakna in nangma nuntakzia koibang in hong sukha a, koibang in mawhna huathuai nasa thei ding hiam?**

TUESDAY

February 27

**A Thuciamna Tungah Citak Den**

**Late 89:27-32; 38-46 leh 132:10-12 sim in.  
David tawh thuciamna bang hiam? Bang lauhuaina omtuak hiam?**

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David tawh kamciamna sungah Pasian in David leh Pasian' mite panpih tawntung ding cih kamciamna om (*2Sam. 7:5-16; Late 89:1-4, 19-37; 132:12-18*) hi. Hih thuciam a kip tawntungna ding in Pasian tung mahah kumpi David' cihtakna mah kal leuleu hi. Hi mahleh a citak mahmah Kumpi David in zong Topa tungah citak denden zo tuanlo hi. Late 89 in, a minthan vangvang David tawh thuciamna teng a mangthang dildel ahih manin kahtamma ahi hi. Israel pen Pasian in nusiacip ta hiam? Hi deksuai lo hi.

Pasian' hehna pen, vantung thukhenna ahi hi (*Late 38:1; 74:1*). Ahihhang mite a kisik uh ciangun Pasian in tawntung itna tawh maisak zel ahih manin hih thukhenna omden tuanlo hi. A omlaitak lian ahihleh Pasian' lungkim lohna pen thupi mahmah hi. Mite in amau thuman lohna sulzui pen kha mahmah ahihlam telpha mahmah (*Late 89:38-46*) uhhi. Tua pipi mah "**bang tanver**" ci in Pasian nasepna a khawl ding ngenngen (*Late 89:46*) uhhi. Lametna thak ahi Pasian in Ama hong hehpihna "**phawk**" kik ding cih lam-etna omsak hi (*Late 89:47, 50*).

Tomgen leng, mihing tunga thuciam guallel phial mahleh, thumaan khempeuh leh Israel leh leitung buppi a honkhia ding Messiah sungah a kikhel ngeilo kamciamna sungah bu hithiat thei veve uhhi. A tawpna ah Pasian gualzo ding a, Ama' tawntung gam kip tawn tung ding hi. Tua zong Pasian mite hang hilo in Zeisu hang bek mah ahi hi.

Zeisu Christ in David Tapa leh Messiah ahi hi (*Mate 1:1; Heb. 1:8*). Amah pen "*aki piangsak khempeuh lakpan ta-upa*" (*Col. 1:15*), Late 89:27 in zong hemgen a, tuapen Pasian' ta upa Christ' lim a pua David a cihna ahi hi. "*Amah ka ta-pa ka suaksak hi, leitung kumpite lakpan a sangpenpa*" cihhi.

David in leitung a pianna pan "**ta-upa**" hilo ngiat ahih manin Amah a cihna hilo pah lel hi. David pen a pianpih unau lakpan a giatna ahi hi (*1Sam. 16:10, 11*). Zeisu tawh kibang pen hi. Hih dinmun in Amah aki pahtawina leh ukzawhna pulak hi (*Col. 1:16, 20"22*). Pasian in Zeisu pen sihna pan a thawhkik khit ciangin leitung khempeuh tungah Kumpipa in bawl hi (*Saul. 2:30, 31*).

**Kolose 1:16, 20–22 sim in. Hih munte in Zeisu pen kua hi a, ei ading bang hong sepsak ci hiam? Hih teng panin nangma a ding bang kamciam nangah kha hiam?**

**WEDNESDAY**

*February 28*

**Kimpih Omlo Vanglian tawntung Kumpipa**

**Late 2; 110:1–3; 89:4, 13–17; leh Late 110:5, 6 sim in. Hih mun teng in Christ kumpi ahihna bangpeuh gen hiam?**

Pasian pen Messiah' Pa a cihteh, Pasian thuciamna sunga kumpi suahsakna acih nopna zong ahi hi (*Late 2:7; 89:26–28*). Late 2:7 leuleu in, Christ' thawhkikna leh aki pahtawina, tawntung thuciam sunga siampi ahihna teng mukhol thei (*Sawl. 13:33–39; Heb. 1:5; Heb. 5:5*) hi.

Messiah in zong amah sangin ukzawhna a nei masa Pasian' taklam ah tu cih*i* (*Late 110:1; Sawl. 7:55, 56*). “*Topa a cihleh ‘sathau kinilhpa’ (Messiah) pen hiteng ah David in Messiah limpua in Topa tawh atu hi a ... taklam ah a tu pa in Topa ahihleh, Topa in zong Messiah hipah a, tua kammal teng pen Late 110:1, 5 sungah om hi*” —Jacques Doukhan, *On the Way to Emmaus* (Clarksville, MD: Lederer Books, 2012), pp. 26, 27.

A tawpna ah Christ in A galte tungah galzo taktak ding hi. A galteng “*khe-ngakna*” in bawl cihpen, nisuahna lam gamte in, gal a zawh uh ciangun, tua galte tungah ukzawhna nei uh ahihna lahna in galte’ ngawng tungah a khe uh koih uhhi. Ahihang hiteng ah Christ' ciangkhut ahihleh ngongtatna omlo hi (*Late 2:9; 110:2*).

Tua ciangkhut pen amau' minam ciaptehna in a tawi uh ahi (*Gam. 17:2"10*) hi. Christ' ciangkhut zong Zion ciangkhut hi a, Amah zong Zion mi ahi hi. Ama' ciangkhut a hihleh vantung thukhenna limpua hi a, gitlohna tawpsak in tehpih omlo ukna acih nopna ahi (*Mang. 2:27; 12:5*) hi. Kumpi gilote zong ki puahphat hun leh Messiah kiangah ki-aap kik hun kipia lai (*Late 2:10–12*) hi.

Christ' galzawhna lianpi pen, Daniel 7 sunga, hong pai masak lai in “*Sangpenpa' mite khualna in*” (*Dan. 7:22*) thukhen theihna kipia cih*i*. Ama' gam kiphut khinzo a, “*Ama' gamin tawntung gam*” (*Dan. 7:27*) hi. Singlamteh hangin, tua gam kamciam kipsak hi.

Tua Kumpipa a muang peuhmah thupha kamciam khat om a, mite in thumaan tawh Messiah mang ahih manin lungnuam uhhi (*Late 2:12; 89:15–17*).

**A tawpna ah a hoih in a sia tungah gualzo ding a, thumaan thutang om ding, natna thuksiatna beisiang ding hi. Mihing muhna ah siatna khang mahmah zaw ahih manin, hih thumaan in koibang in lungnopna hong piathei ding naci hiam?**

**THURSDAY**

*February 29*

**Melchizedek Guizui Tawntung Siampi**

**Late 110:4–7 sim in. Koibang in Christ in siampi suak taktak a, Christ in vantung siampi ahihna tawh bang lam-etna lianpi i neithei ding hiam?**

Pasian in Messiah pen tawntung kumpi dinmun tawh inntuanh (*Late 110:1-3*) a, Melchizedek Guizui in a Sangpen siampi mun zong pia (*Late 110:4-7*) hi. Topa in Ama' kammal pen kamciam khat tawh kipsak hi (*Heb. 6:18*). A picing Siampi khat hong piak ding a itsik lohna in hong lainatna ahi hi. Mihingte mawhna in amau mah aki nutsiat ding zah in Pasian langdo uh himahleh, Pasian hong lainatna kikhel lo cih kamciamna omkhin a, a kisik mite tungah thukhenna om nawnlo (*Pai. 32:14; Late 106:45*) hi.

Tua vantung kamciamna in Messiah Kumpipa mah pen Siampi ahihna tangthu khat hong hillh ahi (*Late 110:4*) hi. Israel kumpite peuhmah in **Levi** mi siampite bangin semthei ngeilo (*Gam. 8:19; 2Khang. 26:16"21*) uhhi. Laisiangtho in kumpite leh mipite in sumpi leh biakpiakna hong paipih uh ciangun, siampite in biakpiakna bawlsak taktak zaw hi. Late 110 in Messiah Kumpipa pen Israel kumpi dangte tawh sawhhel lo hi. Christ in tawntung siampi ahihna pen, Jerusalem kumpipa leh siampipa "**Sangpen Pasian**" ahi Melchizedek guizui ahi (*Pian. 14:18"20*) hi. Laisiangtholui in, Kumpi David pan kipan Israel kumpi dangte peuhmah in Melchizedek guizui in siampi suaksak ngeilo uh hi. Hih Late 110 bek tuathu gen hi. Israel tangthu sungah **kumpi-siampi** thu kician takin Late in pulak hi.

#### **Hebru 7:20-28 sim in. Christ' in siampi lianzaw ahihna bangteng peuh ahi hiam?**

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Vantung Kumpi leh tawntung Siampi ahi khawm Christ in, mihing siampite leh kumpite khengval khin ahih manin lam-etna hong neisak thei hi. Christ in,

mihing' kam ciam lel ahi lo, Pasian' kamciam tungah a kinga thuciamna laamsang hi. Vantung biakkuk sungmah ah nasem pah hi. Ama' siampi dinmun pen mawhna leh sihna in mihing siampite a melhem sak bangin, melhem sak zolo ahih manin, a tawntung in Amite hotkhiatna ding palai sepsak den hi. Christ' palai nasepna zong pen, hehpihna adim Siampipa in Ama' mite tungah Pasian ompihna a kamciamna zong ahi hi (*Heb. 6:19, 20*). Christ' vantung siampi dinmun mah in gitlohma susia siang ding a, mihing' lungsim sungpan bek hilo, leitung pan mahmah in beisiang sak ding hi. Late 2 sunga kamciam zong hong kiplet ding a, minam khempeuh pen Christ Zeisu thukhenna nuai ah omkhikhe ding uhhi (*Late 2:6-9; 110:1, 2, 5, 6*). Zeisu' vantung siampi dinmun in eite' thumanna leh muanna tungah na hong sem ding hi.

**FRIDAY**

#### **Ngaihsutbeh Ding:**

EGWhite, *The Desire of Ages* laimai 19-26 sung "**God with Us**" sim in.

Christ' thungetna leh Christ ading thungetna zong ahi Late in, Christ a mimal in a dinmun taktak hong theisak a, "*eitawh hong omkhawm Pasian*" a hihna tawh hong tatkhiat nasepna cihte honglak hi (*Mate 1:23*). Hong ki nutsiat laitak leh thuksiat laitak leh thumaan thutang in suahtak ding ngen in kiko laitak in, Zeisu in "*eitawh hong omkhawm Pasian*" ahi hi. Zeisu in "*eitawh hong omkhawm Pasian*" ahih manin, eite gamman laitak leh lungkiat laitak in upna tawh gualzawhna lampi honglak hi. Mawhna sungpan hong gum ding in eite ading in tawntung Siampi leh Kumpipa hongsuak hi. Kumpi David minpuam in hotkhiat na'ng kamciam khem peuh Christ sungah picing ta (*2Cor. 1:20*) hi.

*March 1*

EGWhite in zong Pasian lahna tawh Christ leh mihing ki pumkhatna mu a: "Mihing hihna tawh Christ in mihing lawng a; Pasian hihna tawh, Pasian' tokhom lenkip hi. Mihing' Tapa hihna tawh, thuman zia hong hilh a; Pasian' Tapa hihna tawh, thuman theihna thahatna hong pia hi. Horeb mual tung panin **'KEIMAH KA HIHI'**, Israel mite tungah, **'KEIMAH'** in hong sawl hi cih gen in' ci in Moses a hopihpa Christ mah ahi hi (*Pai. 3:14*). Hihmah pen Israel suahtak na'ng kamciam ahi hi. Tua hi a, 'mihing bang' in hong pai hi napi **'KEIMAH'** kahi hi cih. Betlen naungek, a nunnen Honpa pen 'cilehsa in hong piang' (*1Tim. 3:16*) Pasian ahi hi. Tua banah '*KEIMAH Tuucing Hoihpa*' '*KEIMAH a nungta khomun*' *KEIMAH lampi*, Thumaan leh Nuntakna kahi hi' hong cilai hi. 'Vantung leh leitung a vang liatna khempeuh Kei hong kipia khinzo hi' *John 10:11; 6:51; 14:6; Mate 28:18*. Tua KEIMAH in kamciam khempeuh kipsakna hi. KEIMAH; laukei in"—*The Desire of Ages*, pp. 24, 25.

#### **Kikupding Dotnate:**

- 1. Mihingte cihtak loh kawmkal mahah Pasian in Ama' thuciamna tungah bangzah in citak cinten hiam? Tuhun in a thuaksia Pasian' tate ading bang lungmuanna peuh omthei ding hiam?**
- 2. Christ in Melchizedek guizui in siampi lianpa ahihna in Pasian' mite hotkhiat na'ng koibang in thahatsak naci hiam?**
- 3. Vantung leitung a vangliatna khempeuh kei hong kipia khinzo hi acihpen in bang hamphatna hong paikik thei ding naci hiam?**

#### **Lesson 10**

*March 2-8*

#### **A BEISA HUNTE PAN PILNA**

##### **Sabbath Nitaklam**

**Tukalsung Simding:** *Late 78; 105; Gal. 3:29; Late 106; 80; Gam. 6:22-27; Late 135.*

**Kamngah:** "*I pu i pate in hong gensa, eite in i zaksa leh i theihsa, tanglai-a thuthukte ka hong genkhia ding hi. Hih thute, i tate tungah eite in imloin, a hong piang lai ding khang thakte tungah, Topa' minthang nasepna, ama vangliatna, ama sepsa na lamdangte i gen ding hi.*" (*Late 78:3, 4*).

**Late** tampitak sungah, Topa hong hotkhiatna a phatna tampitak mah om hi. Hih Late pen "hotkhiatna tangthu Late" or "tangthu Late" kici hi. Pawlkhat in Pasian' mite tungah, amau' tangthu pan mah in pilna sin kik ding, amau' khialhna leh apu apate khialhna mahmah panin sin ding hanthawn hi. Tua tangthu Late pawlkhat sungah, Topa in tu laitak amau haksatna pan hong honkhia theipa cih muang in, a beisa hunin Pasian' hotkhiatna teng lagui in om hi.

Tangthu Late in hong kahthu pawlkhat in, eima nuntakzia pen tangthu sunga Pasian mite' mah tawh kibang cih hong musak hi. Christ tungtawn in tangthu sunga Pasian mite innkuwan sungah i kihel ciangin (*Rom. 8:15; 9:24-26; Gal. 4:6, 7*), tanglai Israel mite omzia khempeuh in eima' khalam omzia mah hong hipah hi. Tua ahih manin, eima' hun beisa panmah in pilna kisin thei hi.

Deihna bulpi ahihleh, Pasian' mite a khang a khang in, hih kidona lianpi sungah a ciapteh huai tangthu sungah kihelkha uh a, Pasian' deihna bulpi zong pulakkha uhhi.

**SUNDAY**

*March 3*

**A Khawi Theilo Topa' Cihtakna**

**Late 78. Hih late sungah tangthu sung a bang hun thum teng ki pulak khia hiam? Hun sim panin a piang thute panin Asaph in bang pilna la thei hiam?**

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Israel' tangthu enkik leng Pasian' cihtakna leh Israel cihtak lohna hipha diak hi. Amaute'n zong khang thakte in pulehpa khialhna mawkzuih lo in Pasian leh a thuciamna tungah cihtak ding hilh ding uhhi. Laphuakpa in bel tangthu pen thu gentehna in zang a (*Late 78:2*), a za mipite in late' khatna deihtak in ngaihsun ding a cihnopna ahi hi. Late 78:2 zong, Zeisu in (*Mate 13:34, 35*) sunga thugentehna tawh a thuhilh pen a genkhonla cih ding ahi hi.

Late in Paikhiatna hun zong hong pulak zel a (*Late 78:9"54*), Canaan ah gam hawmna (*Late 78:55"64*) leh David hun zong ahi hi (*Late 78:65"72*). Topa nasepna lianpi leh mipite in Pasian thuciamna a palsatna uh hangun a nunggu zong pulak hi. Israel tangthu sungah Pasian maiah Israel gitnat lohna tuamtuam, a diak in milim biakna hi phadiak hi (*Late 78:58*).

Laphuakpa in, Israel' cihtak lohna zungpi pholak a: amau a ding Pasian' sepsaksa teng zong mangngilh khin in, Pasian muanlahna tawh Pasian zia-et uh (*Late 78:18, 41, 56*), langdo uh, A thuciamna, A thukhamna leh a tec i pannate tungah kiplo uhhi (*Late 78:10, 37, 56*). Hibang

gitnat lohna teng pulakna tawh, laphuakpa in, tanglai Israel' thunialna mawhna bulpi pen Topa muanlahna hi cihi (*Late 78:7, 8*).

Late i sim ciangin, mong neilo Topa' hehpihna itna sangin, a mihingte' lungsim khauhna leh kalam mittawtna peuh kimukhia zawsop hi. Khang thakte e leh i pilhak mahmah lel hiam?

Khanguite tungah thu i nakkhenluat ma in, eimah zong ki ngaihsut kulpian hi. Eimah zong a beisa Pasian nasep lianpite leh Thuciamna in hong kah thute mangngilh pahpah hilo ihi hiam? Late in mihih te'n amau sep zawhna muanloh ding thapia zaw hi. Late 78 in mihih pen thanem lua a Pasian cihtakna leh itna sungah zungkhak loh phamawh cihi. Pasian' mite guallelh zelna (*Late 78:9; 62-64*) in, Pasian' cihtakna sungah a omlo peuhmah guallel ngiat ding cih late deihna pen picingsak hi.

**Na hun beisa panin bang pilna peuh nangah kha hiam?**

**MONDAY**

*March 4*

**Tangthu leh Pasian Phatna Phawkna**

**Late 105 sim in. Hih late in bang tangthu leh pilna peuh pulak hiam?**

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Late 105 in Topa leh Ami Israel te thuciam tawh a kizopna thubulpi hong phawksak hi. Pasian in Abraham tawh a thuciamna ah a suanhete ading Kamiciam Gam pen koibang in ciamb a, Isaac leh Jacob tungah koibang in kipsak a, Joseph, Moses leh Aaron tungah koi bang in kip

paisuak sak in Canaan koibang in luahzo cihte ahi hi. A beisa hunin Ama' mite tungah Pasian' itna kikhel ngeilo ahih manin, Late in, khang tawntung a Pasian' mite ading lam-etna piaden cihi (*Late 105:1"5, 7, 8*).

Late 105 leh Late 78 tegel in tangthu sunga Amite tungah Pasian cihtakna, leh Pasian minthanna ding leh cihtak sakna ding vive pulak hi. Ahihhang 78 bang hilo in, 105 in abeisa a mipite khialhna pulaksak lo hi. Hih late in deihna tuampi khat neilai hi.

105 sungah ahihleh, Israel tuan pupate Pasian in a makaihna, a vaihawm sakna leh haksatna sungah a kipkhona cihte khempeuh sutsuk kik hi. A tuan pupate' thuakzawhna leh Pasian tungah a thumaanna uh tawh thupha tampi sanlawh uhhi. Tua ahih manin Late 105 in, tuan pupate' upna leh Pasian' hotkhiatna a ngak teutau mahbang in mite zong om ding in hong sam hi.

Late 105 in phatna lagui zong nei a (*Late 105:1-7*), Pasian pen phat taktak ding leh mihing in amau' tangthu a theih ding uh zong kisam zek cihi. Tangthu in eite upna hong kipsak khit ciangin Pasian phatna ding hangthu tampitak hong theisak hi.

Biakna a piate zong pen Abraham suanlehkhak hi uh a Jacob tate zong kici a (*Late 105:6*), tuate khempeuh zong Pasian in Abraham pen minamlia a suahsak ding kamciam a picinna zong ahi hi (*Pian. 15:3"6*). Laphuakpa in tuan pupate leh a khang thakte kikal a kizopna teng zong thupisak hi. Laphuakpa mahin "Ama' thukhenna in leitung bup huam" (*Late 105:7*) cihi. "**Eite' Pasian**" pen Sangpen leh leitung khempeuh Topa hi a, Ama' itna in mikhempeuh huam hi (*Late 96:1; 97:1*) cihi. Khangsim in

thu-um khempeuh in a cihtak theihna dinguh sapna ahi hi.

**Ei Seventh-day Adventist te in, Abraham pan kipan hih mihingte khanggui sung a kihelte i hihlam koici theih ding ihi hiam (Galati 3:29 enin)? Hih tangthu pan bang pilna peuh nangah thei hiam?**

TUESDAY

March 5

**Tangthu leh Kisikna Phawkkik**

**Late 106 sim in. Hih late sungah bang tangthu leh pilsinna peuh namu hiam?**

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Late 106 in zong, Israel' tangthu lianpen mah phongkhia a, Paikhiatna, gamlak vakna leh Canaan nuntakzia teng ahi hi. Apu leh pate mawhna siathuaina in khang thakte sal tangsak zo hi. Late pen amau Babylon ah a omsung a kigelh hithei a, a ciahkik khit ciang in a kigelh zong hithei hi. Bangbang hileh laphuakpa in tua tangthu tungpan in mite in pilna a ngahtiehna ding in Kha Siangtho in humuap hi.

Hih Late in zong a dangte mahbang in, Pasian in Ama' thuciamna tungah cihtakna tawh a beisa hun in Amite honkhia (*Late 106:45*) mah naci hi. Pasian in Amite a kisik peuhmah minamdagte lakpan nangawn kaikhawm in maipha paikik ding cih lam-etna zong hong guan hi (*Late 106:47*). Tu mahmah a hotkhiat ding thuumna pen deihkaih mawk hi hetlo a, Pasian in a beisa a hotkhiatna bulphuh man hizaw (*Late 106:1"3*) a, Pasian in Amite tawh a thuciamna cihmah in peel ngeilo ahihman hizaw hi.

Late 106 pen, Israel tangthu sunga a gual lehna teng kikaikhawm pha a, tuate in amaute mawhna pulakna lianpi ahih banah tanglai a pupate sangin hoihzaw tuanlo uh ahihna kilangsak hi. Khang thakte in khangluite sangun suukzaw a kisakna uhpen, khanglui mawhna gau teng ki thuak ahihlam thei uh a, khangthakte in khangluite khekhap mah sik in gitlohma lampi mah tawn uh himah taleh, Pasian in hehpihna lian mahmah tawh amau honkhia veve hi. Tuabang ahih takpi leh, Pasian' omzia a telcian, singlamteh tunga Zeisu hong hotkhiatna teng zong anei, tuhun eite bangzah hi semzaw ding cih ngaihsun in.

Late 106 a lungdamthu pen Pasian hong itna kip in mihind' mawhna tuamcip zo hi (*Late 106:8"10, 30, 43"46*). Moses leh Phinehas in Pasian' hehna a hepkhiat sakna pen thu-umte ading in Christ in a palai sepsak mahbang ahi hi. A beisa hun a mimal phutkhaksa Pasian' itna tangthu khat in eima tangthu kipuahphatna hong piangsak thei bek hi.

**Late 106:13 in: “Amaute in Ama’ nasepte mangngilh pah uh a; Ama’ thugen ding ngaklo in gamta pah uhhi” cihi. Banghang in eimah in zong i tuacih ding baihlam mahmah thei hiam?**

WEDNESDAY

March 6

**Topa’ Lenggui Thugentehna**

**Late 80 sim in. Hih late in Pasian’ mite koici pulak a, bang lam-etna lian lunggulh uh hiam?**

Israel pen lenggui hi ci a, nenniamna Egypt panin a bawhkhiat, hauhna Kamciam Gam ah a suankik lenggui cihi. Lenghuan tawh limpuaksak limlim pen, Pasian in Israel teeltuam in dontuam cihna ahi hi (*Pian. 49:11, 12, 22; Thu. 7:7"11 simbeh in*).

Ahi zongin, Late 80 in Pasian in A Lenghuan tungah heh cihi (*Ps. 80:12*). Kamsang pawlkhat in lenggui kisia ahih manin Pasian in thukhen a suksiatna thuak ding ci uhhi (*Isa. 5:1"7; Jer. 2:21*).

Cihtei hang Late 80 in Pasian' thukhenna hangthu bangmah genlo hi. Hong itna thuk omkhin ahih manin, Laphuakpa in hibang hunsung ah zong Pasian in hong itna kipsak veve lai ding lunggulh hi. Pasian' hehna tawh thukhenna leh a langkhat ah Pasian' itna tawh maisakna tegel kikal ah ki telsiam lohna omthei a, laphuakpa in Pasian hehna paisuak in mihind' a suksiat gawp ding patau mahmah hi (*Late 80:16*).

**Gam. 6:22-27 sim in. Hih thupha pen Late 80 in koici zat hiam?**

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Late in, Aaron tungtawn in Amite thupha a kamciamsa teng hong phawkkik sak (*Gam. 6:22"27*) a, mihind' hamsiatna khempeuh tungah Pasian hong itna in gualzo zaw ding cih pulak hi: “*Ka ngei uh hong bangsak kik in Pasian aw, Kote khempeuh hong ki hotkhiat kikna dingin Na maitang hong tangsak in*” (*Late 80:3; 80:7, 19 sim in*).

Hebrew pau in “*ngei bangkik*” cihpen “*ciahkik*” cihna hilel a, Laisiangtho sung tawntung ah Pasian in a vakthapcip Amite, Ama’ kiang hong zuat kikna ding a sapna

in a kizang den ahi hi. Kisikna tawh Pasian kiang zuatna tawh kizom pha mahmah hi.

*“Keimah Topa kahihlam theihna lungsim kapia ding hi. A lungsim khempeuh uh tawh Kei kiang hong kileh ding ahih manin amaute Ka mi hi in, Kei pen amaute’ Pasian Kahi ding hi” (Jer. 24:7).*

**Pasian kiang zuan ciahkikna ding koibang in na kisik hiam?**

THURSDAY

March 7

**Tangthu Sungah Topa Lianpen**

**Late 135 sim in. Hih Late in bang tangthu piang pholak hiam? Laphuakpa in bang pilna ngah kisa hiam?**

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Late 135 in Pasian mite in Piansakna sungah hong kilak Topa’ hoihna leh cihtakna (*Late 135:6, 7*), Paikhiat lai a Pasian’ hotkhiatna (*Late 135:8, 9*), leh Kamciam Gam sungah a gualzawhna teng (*Late 135:10–12*) hangin phat ding cih.

Topa in Israel pen Ama’ neihtuam in teelna tawh Ama’itna lak hi (*Late 135:4*). **“Neihtuam”** (*Thu. 7:6–11; 1Pet. 2:9, 10*) cihteh Topa leh Amite kikal ah kizopna kip om cihna ahi hi. Israel a kiteelna pen Topa’ Sangpen deihna ahih manin, Israel in zong midang sangin a kiliatsak na’ng bangmah om tuanlo hi. Late 135:6, 7 in zong Topa’ Sangpen deih bang in leitung a ki piangsak hi a, Israel tawh a kipan hilo hi. Tua hi a, Israel in Pasian’ ngiimna ahi leitung hotkhiat na’ng theisa in kiniamkhiat zaw tahan.

Amite’ ading in Pasian nasep lian mahmah teng phawk kikna (*Late 135:8–13*) in Pasian in Amite tungah “thukhen” ding a, Amah’n hehpih ding cih ahi hi (*Late 135:14*). Hiteng ah thukhenna a cihpen, nenniamte leh pampaihte pholak ding cihna ahi hi (*Late 9:4; 7:8; 54:1; Dan. 7:22*). Kamciam khat zong pen Topa in Amite lamto in kemcing ding (*Thu. 32:36*) cih. Tua hi a Late 135 ngiimna pen Pasian’ mite in Topa muang in, Ama’ thu ciamma sungah citak ding cih ahi hi.

Topa in Amite tungah a cihtakna in, laphuakpa ading in, milim pen bangmah hilo lel a, leitung buppi ah Topa lianpen ahihna tellahna (*Late 135:15–18*) ahi hi. Milim tunga kingakna pen abia mite ading lam-et bei leh vang neilo hilel hi (*Late 135:18*). Late in Pasian pen Piangsakpa leh Honpa in pahtawi ding cih hong lak hi. Hih zong pen Thukham liina sungah namnih in ki pulak (*Pai. 20:8–11; Thu. 5:12–15*) hi. Piansakna sung leh tangthu sungah Pasian’ vangliatna pen kibang lel ahih manin, Pasian’ mite in Pasian bekmah bia in Amah bek muang ta uh hen. Piangsakpa leh Honpa ahih manin, Amah bek mah biakpiak ding hi a, nadang khatpeuh leh midang khatpeuh biakpiakna pen milim hilel hi.

**Eima nuntakna sungah milim i neihloh lam koici theih ding ihi hiam? Milim biakna pen ei upmawh sangin banghang in baihlam thei hiam?**

FRIDAY

March 8

**Ngaihsutbeh Ding:** Sawl. 7 Heb. 11 sim in. Tangthu sungah Sangpen Pasian in Amite a makaihna tawh kisai Laisiangthothak in bang gen hiam?

Tangthu Late pen Amite tungah Pasian a muanhuaina ahi hi. Pasian' mite tangthu sunga thupiang khempeuh zong pen, leitung honkhia ding in vantung in hong kamciam Nazareth khuami Zeisu hong tun theihna ding in hong makaih hi. Pasian in hong nusia khin hi cihzah dong in Pasian' mite lungkiatna a hisak zel haksatna tezong pen, Pasian mah in tangthu sungah Sangpen Topa hi cihna zong ahi hi. Pasian' mite a thumaan lohna in, Pasian tungah upna leh Ama' kamciamte tangtut theihna ding panin Pasian' mai khaktan theilo hi. Ahi zongin a kisiklo mimal peuhmah pen, thuciamna thupha tawh kipelh a, mihing gitnat lohna Pasian lo tawh omna Pasian langdona cih khawng te in a tawpna ah mihing kisiatna tun hi.

Late mahin khang tawntung a Pasian' tate in Topa tungah thumaan ding hanthawn hi. “*A beisa tangthu sunga hong thuhilhna, Topa hong makaihna teng mangngilh khakloh ding lobuang, thudang bangmah kihtak ding bangmah omlo hi*” —Ellen G. White, *Life Sketches of Ellen G. White*, p. 196. Pasian' mite in laulo in mainawt ding uh a, amau' tangthu a theih uh kul hi. EGWhite in thu-umte kalkhat a tawmpen khatvei beek Late 105 leh 106 sim ding hong hanthawn hi.—*Testimonies to Ministers and Gospel Workers*, p. 98. Pasian' mite tangthu in Pasian kamciamsa khat peuh tangtung lo in a kinusia omngeilo cih hong lak hi. Vantung kamciamte, mimal hong ompihna leh Zeisu hong paikik ding kamciam, leitung thakah Pasian'gam a phuh ding cihte ahi hi.

### **Kikupding Dotnate:**

- 1. Tangthu sungah Pasian in Amite citak takin hong makaihna thupha phawkna in bang thupha omsak hiam? Abeisa pilna ngahna te awlmawh lohna pan bang sulzui omthei hiam? Tanglai Israel mite tungah a kalh thukhat tuhun pawlpi in koibang in hihthei ding ihi hiam?**
- 2. Late in Pasian hong cin hong kepna phawk in, piang thei hetlo ding cihzah dongin lungkham laitak in, Pasian' lampi mah muan zawk ding late in koibang in hong hanthawn hiam?**
- 3. Pasian' mite tangthu pen eima vengsung biakpiakna sungah koibang in thupi zat theih ding ihi hiam? I tate tungah Pasian' mite tangthu koibang in deihsakna tawh hilh thei ding ihi hiam?**

**Lesson 11***March 9–15***ZION PAN TOPA LUNGGULH****Sabbath Nitaklam**

**Tukalsung Simding:** *Late 84; Mang. 21:3; Late 122; 87; Gal.3:28, 29; Mate 28:18–20; Late 46; 125.*

**Kamngah:** “**Topa huangsung ka lunggulh mahmah a, ka lungsim leh ka pumpi a nungta Pasian tungah lungdam mahmahn la a sa hi**” (*Late 84:2*).

**Zion** late pen Zion hoihna pahtawina leh Ama’ mual siangho tungah a teng Topa’ vangliatna pahtawina ahi hi. Hih Late in Topa’ inn hoihna leh a biakbuk ithuaina teng Late dang sang in pulak zaw hi. Late tampitak pen Korah tapate’ phuah hi a, biakinn tumging tumte hi uh a, Pasian’ biakinn hoihna mitmuh in a mute (*1Khang. 6:31*“38), biakinn kongpia a cingte zong ahi (*1Khang. 9:19*) uhhi.

Zion pen bangin lam-etna leh nopna suah hiam? Zion i cihipen Pasian Amite’ lakah hong om cihna hi. Israel mite in Pasian’ teeltuam mite hi a (*Thu. 7:6*), Zion zong Pasian teelsa mual ahi hi (*Late 78:68; 87:2*). Pasian Zion pan maang (*Late 99:1, 2*) a, Ama’ biak inn Zion ah lam hi (*Late 87:1*). Tua hi a, Zion pen vantung thupha omna leh bukna mun ahi hi. Zion pen leitung hotkhiatna ding Pasian’ nasepna phualpi ahi Jerusalem leh a biakinnpi peuh kici hi.

Topa hehpihna in siangho mun khengval a hih manin Zion thuphate in leimong dong luangsuk hi. Zion in

leitung buppi nopsakna hi a (*Late 48:2*), leitung bup Pasian neihsa cih kipsak hi.

**SUNDAY***March 10*

**Na Biakinn Sungah Nikhat in Nitul Sangin Hoihzaw**  
**Late 84:1–4. Banghang in laphuakpa biakinn sungah omnuam hiam?**

Laphuakpa in, Pasian tawh a kinaina biakinn sungah om tawntung “*nuam*” in tha “*zaumlawh*” liang (*Late 84:1, 2*) cihi. Pasian’ ompihna (*Late 84:2*) in biakinn munkip suak sak hi. Biakinn sungah, biakna pia mite in “*Topa’ hoihna muthe*” (*Late 27:4; 63:2*) uh a, “*Topa leh a biakinn hoihna tawh lungkim*” (*Late 65:4*) uhhi. Late 84 sungah zong, tehpip omlo lungdamna pen Pasian tawh kizopna sung ah om a, Amah phatna (*Late 84:4*), Ama’ sungah thahatna (*Late 84:5*) leh Amah muanna om hi (*Late 84:12*). Biakinn cihipen thu-um mite in biakpiakna tawh kipawl khawpna mun ahi hi. Biakinn sungah Topa hong ompihna in biakpiakna a bawlte khempeuh Pasian’ gam leh tawntung nuntakna a ciampakhol uh ahi uhhi.

**Late 84:5–12 sim in. Biakinn hangin kua bang in thupha ngahlawh theilai hiam?**

Pasian’ thuphate pen biakinn sungpan in hong leetkhia hi a, biakinn sung nasem te in sang masa uh (*Late 84:4*) a, biakinn lam zuan in hong khualzin mite (*Late 84:5–10*), a nunung pen in leimong dong in ban ding hi. Biakinn sungah Pasian mu ding cih lam-etna in khualzin mite upa thahatsak hi (*Late 84:7*). Khualzin mawkmawk te

in, khual gamla zinna hangin tawl in thanem ding uh a, biakinn lam zuan hong khualzin mite ahih uhleh biakinn nai semsem a tha uh khauh semsem ding uhhi.

Biakinn pan a paikhat khit uh nangawn in, Pasian' tate in Pasian biakinn ciamtehna lim ahi nuntakna hoih nungta uh a (*Late 84:11*), Topa' biakinn a lut ding midikte a cihte uh ahi uhhi (*Late 15:1, 2*). Topa pen “**Ni**” kici a, biakinn pan hong luang thupha khempeuh in, nitang bangin leimong dong ban hi (*Late 84:11*). Tua hi a upna tawh Pasian abel mi peuhmah koikoi ah omtaleh uh Ama' hehpihna sang teitei uhhi.

**Mangmuhna 21:3 sim in. Leitung biakinn ah zong hong luangsuk thei bang lam-etna hihteng ah gen hiam?**

MONDAY

March 11

**Jerusalem ah Kilemna ding Thungen**

**Late 122:1-5 sim in. Biakna pia ding hong pai te Jerusalem a tun lim un bang lunggulhna nei uh hiam?  
Jerusalem ah bang muh ding lam-en uh hiam?**

Late 122 in, Jerusalem hong tunglim khualzin te lung hihmawhna gen hi. Jerusalem khualzin Pasian' mite in, abeisa leh tuhun a amau Pasian hoihna pawikham ding in kum khat thumvei ta lungdamna tawh hong pai uhhi (*Thuhilhkik. 16:16*). Tualai in Jerusalem ah “*Israel tec i panna*” (*Late 122:4*) leh thukhenna zumpi omna (*Late 122:5*) ahi hi. “*Israel tec i panna*” acihpen biakinnpi hi a, amau' hunlai in “*teci panna biakinn*” (*Gam. 1:50*) kici a, “*teci panna*

*singkuang*” zong om hi. Thukhenna zum a kikoih mahbang in thukhen zia zong Jerusalem ah om bek hi (*2Sam. 8:15*). Khualzin hun pen mikhatpeuh in ama' hunlem bangbang ahi hi. Pasian tungah cihtakna leh mite tungah thutang kipletna in kikhen khia thei ngeilo hi.

**Late 122:6-9 sim in. Pasian' mite thungetna bulpi bang hiam?**

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Jerusalem tungah nopna omna ding thungen cihpen, khua mite tungah thupha omna ding leh biakna piate pumkhat nading in nopna kizelsak ding cih ahi hi (*Late 122:8*). Pasian leh Amite kikal, Pasian' tate lakmah ah kilemna a omleh bek Jerusalem khuapi in kilemna khuapi hithei pan ding hi. Jerusalem ah lungnop kilemna omtheihna ding thungetna pen Pasian' mite kiangah Pasian leh amaute khat leh khat kilem ding cihnopna zong ahi hi. Jerusalem ah lungnop kilemna ompeuhleh, mihingte khangto ding uhhi (*Late 147:12-14*).

Late mah in, mipite upna lamah cidam kimna ding thungetna pen Pasian' tate in nisim in ahih ding uh hi a, tuabang in a khauh pumkhatna bek tawh Pasian kiangpan lungnopna leh hotkhiatna pen leitung ah kipuak thei pan ding hi (*John 13:34, 35*).

Jerusalem ah kilemna omtheihna ding thungetna pen thu-umte' mawhpuak hi a, hun nunung Pasian' gam hong pian ciang in Jerusalem bek hilo, leitung bup tuamcip ding hi (*Isa. 52:7; 66:12, 13; Mang. 21-22*).

**Eite lakmah ah lungsim kituak dimdiam in koibang in omthei ding ihi hiam?**

**TUESDAY****Zion—Minam Khempeuh' Innpi****Late 87:1, 2 sim in. Bangin Zion hibang dinmun suah hiam?***March 12*

Late 87 pen Zion in Pasian' teeltuam khuapi hi cih pahtawina la ahi hi. Pasian' biakinn taw-phah bulpi pen Zion mual tungah om hi (*Late 2:6; 15:1*). Hun tawp ciang in, Zion in mual khempeuh tungah hong sangto ding a, Topa mah leitung ah Sangpen hi cih hong lahna hiding hi (*Late 99:2; Isa. 2:2; Mic. 4:1*).

Late 87 in Zion pen “**mual**” ci a, vanglian sak hi (*Late 133:3*). Pasian in Zion kongpi tepen “*Jacob tenna munte*” sangin itzaw ci a, a beisa hunsung a Shiloh leh Bethel bang in Pasian' mite ki kaihkhopna munte khempeuh sangin laamsang zaw cih. Tua hi a, late in Pasian biakpiakna taktak pen Ama' teeltuam na mun leh Ama' deih bang in hihna bek hi ding cih kipsak hi.

**Late 87:3–7 sim in. Zion tawh kisai a minnei bangteng kigen hiam?**

Zion minthanna in minam khempeuh Pasian kiangah kai uh a, Pasian' gamgi in leitung buppi huam hi. Zion pen Topa leh amau Honpa pianna mun hi kici a hihtei hang, Pasian in minamdagte zong niambawl tuanol cih phawk in.

Mimal peuhmah aki ciapteh ciangin amau pianna leimun zui in kiciamteh hi (*Neh. 7:5; Luka 2:1–3*). Zion panin

minamte hong piang cih Late in thumvei pulak a, Zion' tate khempeuh ading hamphatna khempeuh a thak in guan cih.

Late 87 mahin Jew leh Gentile a kibang in hotkhiat hi a, Christ hong hotkhiatna tungtawn in pawlpi khat in omkhawm thei uhhi (*Rom. 3:22; 10:12; Gal. 3:28, 29; Col. 3:11*). Late in Zion hauhna a gengen teng pen, Daniel' mang sunga mualpi in leitung dim a cihpen mah hi a (*Dan. 2:34, 35, 44, 45*), Zeisu gentehna ah Pasian' gam pen singkung golpi khat tungah gam vasa khempeuh tawlnga thei a cihpen mah ahi hi (*Mate 13:32*).

**Minam khempeuh tungah pawlpi Thupiak Lianpi ahi lungdamthu hilh ding in Zion in mikhempeuh koibang in sang lel hiam? (Mate 28:18–20)? Vantungmi thumte thupuak tangko dingin hih ngaihdan tawh in kituak thei naci hiam?**

**WEDNESDAY****Zion' Bitna leh Kilemna****Late 46:1–7 sim in. Hiteng ah leitung koici ki pulak hiam?***March 13*

Late in hih leitung pen buaina tuamtuan tawh kidim a, a beitheilo leitung buaina tawh limpua sak hi (*Late 46:2, 3*). Tui kilok limpua pen langdo minam leh amau' gitlohma leitung ah tungsak cihna zong ahi hi (*Late 93:3, 4; 124:2–5*). Tua mahbang in Late 46 sung ah leitung buaina haksatna cihte in leitung pen gal gimnam mahmah a cihna ahi (*Late 46:6*) hi.

Pasian in Ama' mite lakah om a, Pasian omna ah kilemna om (*Late 46:4, 5*) ahih manin, tua leitung in Pasian theilo hi ngelngel ding hi. Leitung in Pasian nial mah taleh, Pasian in leitung nusiacip lo hi. Pasian in Amite lakpan in leitung ompih hi. Leitung ah thusia bangzah omtaleh Pasian omveve a, hih thuman thutak hangin a mimal in zong lam-etna leh thahatna ngah thei hi.

Topa in a picing belmun hi a, Zion lungnopna bulpi ahi hi. Zion bitna lahna kammal bulpi in “**zongin**” (*Late 46:3*) ahi hi. Leitung in buai mahmah nianua zongin Pasian mite ombit ding uhhi. Lungnopna cihpen gimna omloh man hituan hetlo a, Pasian in Amah a muang Atate a piakkhong ahi hi. Gin omlo Pasian muanna in huihpi nung lakah Pasian’ tate lungnopna leh bitna piathei hi (*Mate 8:23–27*). Dotna omthei ding khat ah: Pasian in hih leitung a kisiat hangin nusiacip lel ding hiam?

**Late 46:6–11 sim in. Leitung ngongtatna leh siatnate Pasian in in koici dawn ding hiam?**

Hih leitung ngongtat nate hangin, Pasian in leitung a piansakna a kammal mah tawh leitung tui suaksak kik hi (*Late 46:6*). Tua tui suahna in tawpna hongtun lo a thak suahna hongtun zaw hi. Pasian in Zion pan leimong dongin Ama’ itna zeel ding hi. Minamte in leitung nenniamna in abawl uh gal leh a suksiatna khempeuh Pasian in beisak ding hi (*Late 46:9*) hi. Hih pen Zeisu hong paikik ciangin a piang ding Christian te lam-etna lianpi ahi hi.

**A buai mahmah hih leitung ah Pasian muang lel in koibang in lungnuam thei lel ding ihi hiam?**

THURSDAY

March 14

**Zion Mual Bangin Kikhin Theilo**

**Late 125:1, 2 sim in. Hiteng ah Pasian muangte koibang in pulak hiam?**

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Topa a muangte pen kipkhona leh thahatna limpua Zion Mual tawh ki genteh hi. Khuapi a kimkot tua mualhoih in, laphuakpa a dingin vantung hong kepcinna phawksak hi (*Late 5:12; 32:7, 10*). Migilote ukna sunga om tuipi sungah a kidenna mualte bang hilo in (*Late 46:2*), Jerusalem a kiphuhna, a zahtakhuai mual kipkho penbel muanhui mahmah hi. Migilote daupai zaw ding bang keek ahih laitak mah in, Pasian hong kepcinna sungah lung nopna in maingal zaw tham hi. Tua gitlohma sungmah ah Pasian mite in lam-etna neithei veve uhhi.

**Late 125:3–5 sim in. Midikte koici kizia-et a, bang pilna kingah lawh hiam?**

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Pasian’ tate pen migilote daupaina hangin lungkia thei uh a, amau’ nung zuih ding bang peuh hithei hi (*Late 73:2–13; 94:3*). Zion Mual a kipkhona in Topa a nusiate ading lungmuanna omsak lo hi. Mipite pen “*migilote khutsung*” (*Late 125:3*) mahah omlai ahih hang, “*amau gitlohma lampi pan kihemkhia*” (*Late 125:5*) ding uhhi. Topa in thumaan a, a kisiklo mite tawh langdona sungah a omkhawm te tungah thukhen ding hi.

Pasian’ mite peuhmah Topa muangin a kikhiin theilo, amau bukna Zion mual bang in kip dingin hong sam hi. Bangmah i tel hetloh nangawn, Pasian’ hoihna mah muang veve ding hihang.

"Leitungah mawhna hong lutna, Zeisu sunglut na, hong piankikna, a thawhkikna, cihbang laisiangtho sunga tampitak a omte pen, mihing ngaihsut zawhloh zah ding in thuk lua hi. Pasian' vahawmna thuthuk telpih zolo ihih manin Ama' kammal tungah lunghiang kei in. Ei phawk phaklo nalamdang tami omkawikawi hi. Eite mahmah in zong i kha' leitung ah i phawk phaklo thuthuk tami takmah om cih i muh ciangun lamdang i sa ding hiam? A haksatna ahihleh mihing, lungsim thanemna leh toi-luatna hang peuh hilel hi. Pasian in Ama' omzia ei a ding kicing khop dingin, laisiangtho sungah hong pia khin ahih manin, Ama' vahawmna thuthuk i tel zawhloh man peuh in, Ama' kammal tungah lunghiang peuhmah lo ding hihang" —EGWhite, *Steps to Christ*, pp. 106, 107.

**FRIDAY***March 15*

**Ngaihsutbeh ding:** *Isaiah 40 leh Isaiah 51:1–16* thupuak teng deihtak ngaihsun in.

Zion'la in Zion lunggulhna leh ama'limpuak Pasian maanna mun ahihlam a nungta lam-etna hong guan hi. Pasian' biakinn sungpan a thupha tampite a kimuh kawmkal ah, Zion sungmah ah a picing nuntakna leh nuamna masuan lailai hihang. Pasian' tate tampitak mahin van Zion pen khitui liangin a lunggulh (*Late 137:1*) uhhi. Zion phawkna pen phawk mawk hilo in, tua Zion mah suakta takin nuntakpih ding a cihna ahi hi (*Pai. 13:3; 20:8*).

Zion' la sakna in zong, leitung thakah Pasian' gam a dingin hong thaksuah ding a nungta lam-etna (*Mang. 21:1–5*) ahi hi. Tualai ah "a nungta lungsim te in lelna kihello a lamdang hong piensakna leh a thuthuk hong tatkhiatna cihte telcian mahmah ta ding uhhi. Pasian i mangngilh nading in

hong khem ding gitlohma om naunlo hi. Pianpih siamna teng khangto in, hih theihna zong ki behlap ding hi. Pilna kibehlapna zong lungsim leh thagui in cimtak ngeilo ding hi. A lianpen maapanna, a khosang pen tupna ngimna, a kisangkhai pen lunggulhna cihte hong omra ding a; haksatna tuamtuan, thu lamdang thak tuamtuan ngaihsut ding hong om ding a, pumpi, lungsim leh kha thahatna hong thosak ding hi" —EG. White, *The Great Controversy*, p. 677.

Zion mangngilh lohna ding kipiakna pen khualzin mite tungah kician takin Topa hong Khapsa thu hi a, vantung thak leh leitung thak a ngak mite peuhmah in hih leitung pen, amau inn bangin om hetlo ding uhhi. Tua ahih manin Zion Late pen Jerusalem thak sungah a teengnuam khang tawntung a thu-um mite in a sak ding uh (*Mang. 3:12*) ahi hi. Zion late in hong tung ding leitung a ding hong kiging sak a, hih leitung mahmah ah zong hong thahat sak hi.

**Kikupding Dotnate:**

**1. Leitung Jerusalem taktak tawh kisai, Zion ah Pasian' mite in khalam thu leh biakna lam ah a thu bulphuh teng pen pawlpi leh mission nasepna ah koibang in zang thei ding hiam?**

**2. Thu-um mite in tuhun Pasian biakinn sung koibang in beel thei ding uh hiam? (John 1:14–18; Heb. 12:22–24).**

**3. Late 87 in a muhkhhol thu ombang in, Zion pen koibang in minam khempeuh khuapi suak thei ding hiam? (Rom. 5:10; Eph. 2:11–16, Col. 1:19–23).**

**Lesson 12***March 16–22***Tawphun a Neilo Biakpiakna****Sabbath Nitaklam**

**Tukalsung Simding:** *Late 134; Isa. 42:10–12; Mang. 14:3; Late 15; 101:1–3; Late 96; Mang. 14:6–12; John 4:23, 24.*

**Kamngah:** “**Ka nuntak laiteng Topa tungah la kasa ding a; Ka hin laiteng ka Pasian phatna la kasasa ding hi**” (*Late 104:33*).

**Pasian** hong heppihna leh vangliatna i theih semsem mahbang in, laphuakpa tungah dot ding thu hong piang hi: “*Kei tunga Ama’ thupha tampi takte Topa tungah bangci thuk ding kahi hiam?*” (*Late 116:12*). Ei hihtheih sun dawnkik na’ng pen nuntakna buppi Pasian kiangah ki-aap ding ombek hi.

Late mahin, Israel pen minam khat hiziau lo “*mihon kikhopna*” (*Late 22:22, 25; 35:18*) cihi. Pasian phatna leh minam dangte tungah Amah tec i pang dingin Israel a ki samkhia hi a, leitung in Ama’ mite biakpiakna sung hong kihel ding Topa deihna ahi hi. Topa’ mite pen misiangthote, Topa abia Topa leh hong itna sungah lam-eta a neite ahi uhhi.

Mipi sungah Topa phatna pen a deihhuai pen biakpiakna in ki ngaihsun hi. Israel te mimal thungetna leh phatna pen a nihna lel ding cihna zong hi tuanlo hi.

Mimal in Pasian biakpiakna in, pawlleh lawm tawh biakpiak nopna piangsak (*Late 22:22, 25*), tua hang mahin pawlleh lawm tawh hong kinaizop saklai hi. Hibang a Pawlleh lawm tawh biakpiak na pen “**lungsim thutangte omkhopna**” (*Late 111:1*) ahi hi. Lungsim thutangte in Pasian thei uh a (*Late 36:10*), amaute zong Pasian in thei hi (*Late 37:18*).

**SUNDAY***March 17*

**Biakinn Sungah na Khutte Lamto in**  
**Late 134. Hih biakpiakna koi ah kipia hiam? Topa biakpiakna pan bang hong piangkhia hiam?**

.....

Late 134 in, Gam. 6:24"26 (*Late 67:1*) sunga Aaron siampi’ thupha teng hong phawksak kik a, Pasian leh Israel kikal kizopna teng bulphuh in hong piang thuphate hi ci hi. Biakinn sungpan in mipi in Pasian thupha pia uh a, Pasian in zong Zion panin Amite thupha paikik hi. Topa in van leh lei a bawlpa ahih manin, tua thupha te in nuntakna neite khempeuh tungah zaam hi. Zion in vantung thupha omna mun acihpen in Topa leh Amite thuciamna tawh kizopna a cihna ahi hi. Tua hi a Topa in heppihna thuciam sung mahah Israel in Topa thupha pia in Topa’n zong Israel thupha pia ding hi.

**Late 18:1; 36:1; 113:1; 134:1, 2; leh Late 135:1, 2 sim in. Biakna a piate bangci ci hiam?**

.....

Late in biakna a piate pen Topa nasemte cizel hi. “*Zan khuavak in Topa innsung ah a ding te*” (*Late 134:1*) a cihteh, zancing Levi mite (*1Khang. 9:23"27*), leh sunlehzan in Pasian a phat Levi mite a cihna hihtuak pen hi (*1Khang. 9:33*).

Israel in muh theihloh Pasian bia uh ahih manun, a kihel theilo ding pawlkhat om a, biakinn ahihleh Topa' minthanna leng kiksak, mawhnei mite in siangtho Kumpi a vanaih uh ciangun a bit na'ng uh zong ahi hi. Hihthu pen Topa nasepna mah hi a, Ama' thupiakna bangin paisuak dinden hi.

*"Mite in bangmah in kimang lo ci in a nialkhiat hangin, Pasian in manpha hi ci in a teel, nuntakna a piathei suangpi ahi Topa kiangah napai un. Note zong nuntakna a piathei suangpi mahbang in, kha thu tawh kisai biakinn lamna ding in kizang unla, Zeisu Christ hangin Pasian saantheih biakna apia ding in siangtho siampi nasuak un"* (1Pet. 2:4, 5). Hitak ah, Peter' kammalte sungah, laisiangtho thak in zong Late mahbang in, Pasian' mite in siangtho siampi hita uh a, hong piangsakpa leh nahoih khempeuh hong hihsakpa hong Tankhiapa Topa Zeisu Christ phatna pia uhhi.

**Laisiangtho thak thu-umte in, siampite ihih manun leitungah lungdamthu puak nasep inei uhhi. Koicih leng muibun pen thei ding hiam?**

MONDAY

March 18

**Topa Tungah Lathak Sa**

**Late 33:3; 40:3; 96:1; 98:1; 144:9; leh Late 149:1 sim in. Hihmun teng in a ngiimna taangpi bang hiam?**

Late in mite "**lathak**" sa ding cihi. "**Lathak**" cih bang hiam? Lathak sakna ding thu cihpen, Topa' liatna leh ukzawhna theihtelna, Ama' hong kepcinna, hong hotna hong Piansakna leh leitung ah a thukhenna hang ahi hi. Galte leh sihna pan suahtakna, Israel in Pasian' maipha a

saanna leh mimal tungah Topa' sepnate hang in "lathak" sa ding hi hang. La dangte in zong Topa phat hong itna leh nalamdangte phat hi napi, "*lathak*" ahihleh bel lungnopna piangsak a Pasian tungah ki-appna hong neisak hi. Vantung hong hotkhiatna a theitel mite peuhmah in Topa pen Piangsakpa leh Kumpipa in nei uhhi. Late sunga lathak sakna in a ngiimna taangpi pen Ama' nasep lamdang teleh haksatna tuamtuam pan hong hotkhiatna phatna ahi hi.

**Isa. 42:10-12; Mang. 5:9; leh Mang. 14:3 sim in. Hih "lathak" in eite bang hong hihthei tam maw?**

Pasian' mi Israel pen duatna kammal tawh "*Ama' maia om mite*" (Late 148:14) piangsaksa khempeuh lakah Israel pen Pasian phat dingin a thupi pen a tuampian phadeuh hi cihi. Tua hi a laisiangtho in thu-umte a khang tawntung in Honkhiapa tungah lathak sak in, Tuuno sisan tawh hong tatkhiatna tecis pansak ding hihang. "*Lathak*" cihteh a kibawl tawm la, kuamah'n a zakngeiloh la, mi khatpeuh nuntakna ah Pasian' hong itna phatna la peuh hiding hi. "*Lathak*" in lam-etna hong guan thei a, mailam hun in i muhbeh lai ding Pasian hoihna leh liatna zong pholakna ahi hi. Biakpiakna maan cihpen, sagawh biakna, sumpi piakna leh Pasian tawh kinai khawlhna cihte khengval lai hi. Tua ahih manin "*lathak*" i cihteh, nisim in Pasian in hong hih sakden teng lungdam pahtawina zong ahi hi.

**Nangma saan Pasian' thupha te lungngai in. Lathak sa ding hi lecin, bang la ahi tam?**

**TUESDAY****Topa, Na Buksung Kua Teeng Ding?****Late 15 sim in. Pasian' mai panin bia ding a kilawm mi kuate hiam?***March 19*

A dawnna pen Late sunga omsa mah hi a, Pasian leh kamsangte thukham sungmah ah omkhin zo a: “*gamtat hoihte*” “*lungsim hoihte*” (*Thuhilhkik.* 6:5; *Mic.* 6:6–8) in Pasian mite hi cihi. Biakinn pen a siangtho mun hi a, a sunga om khempeuh, siampite Topa aa hi. Tua hi a siangthona pen Pasian’ mai tunna ding in hong kah ahi hi. Israel mite siangthona pen bangkim hi a, lungsim leh nuntakzia khempeuh tawh biakpiakna ahi hi. Pasian’ mite in amau’ hihtheih a sangpen dong a tangtut theihna dingun Pasian in a thukham apiak hizaw hi. Siampite nunzia sungah, Pasian’ maiah siangthona leh thuciam thuphate midang tungah puaksawn ding ahi hi.

**Late 24:3–6 leh 101:1–3 sim in. Siangtho cihpen bang a cihna hiam?**

“*Lungsim siangtho*” pen Pasian’ maiah biakna piate hoihna ahi hi. Hebrew pau in ***tamim***, “*picing*” ci in kilet a, “*kim sitset, pumkhat*” cihna peuh ahi hi. A “*picing lenggu*” (*Ezek.* 15:5) pen siatna omlo cidam kim hi. Gangawh biakna in a kipia ding ganno pen *tamim*, mel hemlo ding hi (*Siam.* 22:21–24). A “*picing kampau*” (*Job* 36:4) in thumaan sitset hi. A “*picing lungsim*” pen a “*siangtho lungsim*” (*Late 24:4*) leh lungsim kicing ahi hi (*Late 15:2*). Amah’n Pasian zong a (*Late 24:6*), Pasian maisakna in thaksuah hi (*Late 51:2–10*).

T-9

Pasian’ hehpihna leh dikna theihtelna panin mawh baanglo nuntakna hong piang khia hi. Vantung itna in Pasian’ nasemte Topa kihtakna sungah nungta sak a, tuamah in Pasian tawh kipawlkhawm in Athu sungah ombit sak hi. A ki-aap leh thumang nuntakna in amah kiphat lello in Pasian phat hi. Late 15 sunga hong kah thute peuhmah lehpauna kammal vive ahihzong phawk zel in (*Late 15:3–5*). Tua pen Pasian’ maipha ngahna hizaw lo a, Pasian tawh hong khenkhia thei nakhempeuh pelhna hizaw hi.

**Pasian kiangpan hong gamla sakthei nate peuhmah pelh ding koibang in telsiam thei ding ihi hiam? Tuate bangteng peuh hithei a, koici pelh sawm ihi hiam?****WEDNESDAY****Ama’ Minthanna Minamte lakah Gen un****Late 96 sim in. Hih Late in biakpiak na’ng muhdan bangteng pulak hiam?***March 20*

Biakpiakna sungah Topa la sakna kihel a (*Late 96:1, 2*), Amin phatna (*Late 96:2*), a hoihna leh a liatna genkhia (*Late 96:3, 4*), biakinn ah Amah piak ding nate paipihna (*Late 96:8*) cihte ahi hi. Biakpiakna sungah a kihih ngeina te banah, Late 96 in biakpiakna in aki ngaihsun kha hetlo thukhat hong tawisang a, tuopen evan te nasep pen ahi Topa’ gam midangte kiangah tangkona (*Late 96:2, 3, 10*) ahi hi.

Lasakna, phatna, piakkhatna leh lungdamthu tangkona cihte in, thutuam vive ahihang biakpiakna sungah kikhenkhia theilo hi. Minamte tungah Pasian hong hotna tangkona in phatna leh a dangte hong omsak hi. Biakpiak na’ng thu leh midangte tungah tangko ding teng aki a kithutuakna teng: “*Topa lian*” (*Late 96:4*), “*midangte pasian khempeuh milim hilel napi Topa in vantungte piangsak*”

(Late 96:5), “Topa in uk” (Late 96:10) a, “Amah in leitung thukhen ding in hong par” (Late 96:13) hi. Tua ahil manin evan te ngiimna bulpi in, midangte leh Pasian’ mite pumkhat sak ding leh piansaksa khempeuh Topa biakpiakna pia sak ding cih ahi hi (Late 96:11–13).

Tua hi a, biakpiakna pen lungsim sungah Topa in Piangsakpa, Kumpipa leh Thukhenpa ahil lam theihtelna pan hong luang hi (Late 96:5, 10, 13). Biakpiakna ahabeisa a Pasian nasep hong piansakna, tu-mah in leitung hong kembit hong ukna, hongtung ding a nunung thukhenna, nuntakna thak, vanthak leh leithak cihte ading lungdam kholna cih bang ahi hi.

Late sunga thukhenna in vantung nopna, thutanna leh tu laitak a thumaanlo in a thuaksia leitung mahmah ah nopsakna ahi hi. Tua nungsang in, leitungbup in Pasian’ thu khenna lawp in pahtawi uhhi (Late 96:10–13; 98:4–9). Topa pen thumaan thukhenpa ahil manin, mihing “launa” tawh siangtho takin bia in, biakpiakna peuhmah lophop bawlloh ding hong vau hi (Late 96:9). Biakpiakna ah nuamna, muanna lianpi (Late 96:1, 2, 11"13), a siangtho launa leh zahtakna nei ding hi (Late 96:4, 9).

Late 96 in vannuai cuppi Piangsakpa leh Thukhenpa biakpiak ding a sapna hi a, leitung ah a nunung pen tangko ding Mang. 14:6–12 sunga vanmi thumte lungdamthu ahi hi. Late sung mun tampi ah hih hun nunung thupuak: piansakna, hotkhiatna ‘**tawntung lungdamthu**’, biakpiakna leh thukhenna cihte om kawikawi hi.

**Hih late pen vanmi thum thupuak tawh enkak dihin** (Mang. 14:6–12). Leitungah tangko ding hih hun nunung thupuak tawh a thu bulphuh uh koibang in kibang nasa hiam?

THURSDAY

**Pasian in Gangawh Biakna Pakta Nawnlo**

**Late 40:6–8; 50:7–23; leh 51:16–19 sim in. Hiteng in thu thupi bang gen hiam? Pasian in Ama’ Kammal omsa Gangawh biakna banghang in pakta nawnlo thei hiam** (Pai. 20:24)?

Kamsangte mahbang in, laphuakte in zong biakpiak khialhna gensia dikdek uhhi. Amau’ deihna bulpi in Israel’ gangawh biakna leh pawi teng a deihlo mawk hi zawlo a; biakpiakna leh khalam a kigamat luatna a deihlo hizaw hi.

Pasian in Amite’ gangawh leh meihal biakna a kogawp hilo in, amau’ nuntak sung vua gitlohma leh thumaan lohna teng hang hizaw hi (Late 50:8, 17–21). Late in gangawh biakna a langpang hi zawlo a, a *mawkna* gangawh leh a hawmguak biakna tawh mi diklote biakpiakna a gen hizaw hi.

Biakpiakna sungah pualam melpuak leh lungsim takpi tawh biakpiakna tegel hong kithuap ciangin, zehtan teng in zong, Pasian kianglam naihna ciang bek sangin, hong thupi suah semsem ding uhhi. Tua ciang in, Pasian mahin, a limpua bek leh a kawk bek acihcih zehtan teng a picing hong hi ding hi.

**John 4:23, 24 sim in. Late tuni ading in hong vauna teng leh Zeisu thugen tawh koibang in kituak sitset nasa hiam?**

Gangawh biakna bek kicing zolo hi. Biakna pia mite’ lungsim sungah kisikna, upna leh mawhna hang a dahna a omloh nungsang, amau’ biakpiakna in bang phattuam sak hiam? Kisikna tak leh lungdam kohna tawh biakpiakna in Pasian lungkim sak a “midikte’ biakna” (Late 51:19; 50:14)

March 21

hithei pan hi. Zeisu in Isaiah' kammal kawm a: “*Hih mite in a kambek uhtawh Kei hong zahtak bawl uh a, a lungsim taktak uh Keitawh kigamla hi*” (*Mate 15:8*) cihi. Laphuakte muhtheih buaina tengmah pen, Zeisu in mi pawlkhat, adiak in Ama’ hunlai a makaite, tawh a kinialnial uh tengmah ahi hi.

**Hibang teng khempeuh a tel sitset ei Adventist te in, thumaan thei gige napi, zehtan teng peuh tawh thaang awk in omlohma ding bangcih ding hiam?**

**FRIDAY**

*March 22*

**Ngaihsutbeh ding:** EGWhite, *A Call to Stand Apart* laimai 39–42, “**How to Pray**” sim in.

Biakpiakna thulaigil in kisikna maan hi a: “*Kisikna sungah mawhna hangin dahna leh nutsiatna kisam hi. Mawhna in a mawhzia i telcian masiah kinusia theilo a; lungsim mundang ah i hei masiah nuntakna kikhel theilo hi.*”

“*Kisikna maan taktak a telzolo tampitak omuh hi. A mawhna uh hangun amau bawl bang in thuakkik khak ding dahna tawh a puatham aki puahpha zong omuh hi. Ahihhang laisiangtho deih bang kisikna hi nailo hi. A mawhna uh sangun a thuakna uh tamlawh zaw thei uhhi. Esau in ama’ ta upa dinmun a mansuah ciang in tua hangin khakham veilawh hi.*”

Balaam in zong amai a vanmi khat namsau doksa in om a muh ciangin, lau mahmah a, a nuntakna a beilawh ding lau taleh, mawhna kisikna maan taktak omlo, ngiimna zong kikhello, siatna zong nusialo in dah mahmah hi.

Judas Iscariot in, a Topa a zuak khit ciangin ‘*mawhneilo sisan lehhek kha ing*’ (*Mate 27:4*) cihi. Pasian in khut tawh kibawl biakinn sungah a maan lohhang, Amite ompihna tawh pahtawi veve hi’—EGWhite, *Steps to Christ*, pp. 22, 23.

Cihtei hang Amah bia ding in a kikhawmte in gitlohma paaikhia ding uhhi. Kha, thumaan leh hoihna tawh a biak kei vua leh amau ki kaihkhopna in a mawkna hi. Tuabang mite pen, Topa in, “*Hih mite in a kampi bekuh tawh kei hong zahtak bawl uh a, ahi zongin a lungsim taktak uh kei tawh kigamla hi*” (*Mate 15:8, 9*) cihi. Pasian abia peuhmah in ‘*kha leh thumaan*’ tawh bia uh a: Pa in zong tuabang biakna zong hi (*John 4:23*)—Ellen G. White, *Prophets and Kings*, p. 50.

#### **Kikupding Dotnate:**

- 1. Biakna a piate in Pasian a piakkhiat lianpen bang hiam** (*Late 40:6–10; Rom. 12:1, 2*)?
- 2. Mimal leh mihon biakpiakna koici kizop hiam? Banghang in kisam khawm thei hiam? Khat leh khat koibang in kikhangto sak khawm thei hiam?**
- 3. Mi tampi in biakpiakna pen thungetna, lasakna, laisiangtho leh khalam laite sinna ciang bek in ngaihsun uhhi. Hihbang te biakpiakna ah kisam hinapi biakpiakna ah ciangtan om hiam? Biakpiakna ahi thudang pawlkhat pulak dih in.**

**Lesson 13**

March 23–29

**Topa Muang in****Sabbath Nitaklam**

**Tukalsung Simding:** *Late 27:14; Rom. 8:18–25; Late 131; Mate 18:3; Late 126; 92; Maku 16:1–8; 2Pet. 1:19.*

**Kamngah:** “**Topa muang in; Thakhauh inla, na lungsim hangsak in; Topa muang in!**” (*Late 27:14*).

**Tu** quarter sinna nunung pen tungta hihang ei. I kha khualzinna in vanglian Piangsakpa, Kumpipa leh Thukhenpa maiah hong tun a; vantung suahtakna, maisakna leh hotkhiatna cihte i phukha uh a; dahna kahna hunsung ah ki-aapna nei in; Pasian in hong ompih tawntung cih kamciamna muang in, tawp hun neilo in Pasian biakna i pia uhhi. Topa hong paikik ciangin Pasian i lunggulhna teng khempeuh tangtung ding lam-etna sungah khualzin ki paisuak hi. Late sungpan a nunung pen lakkhiat ding kammal khat peuh a omleh “**Topa muangin**” cihmah hipah ding hi.

Topa muanna pen a thadahuai leh a lungkiathuai hun hilo hi. Topa muanna pen maw, muanna leh upna picing, muanna leh upna tawh gamtatna ahi hi. Topa muanna in, nitak khuamial tengpen zingsang khuavak suaksak hi (*Late 30:5; 143:8*). Lam-etna leh lungnopna thak tawh i lungsim hong thahatsak hi. Nasep hong hahkat semsem sak in, Topa’lo sungpan buhlom tampi takte hong kaikhawm sak hi (*Late 126:6; Mate 9:36–38*). Topa muanna

in hong maizum sak ngeilo ding a, Topa in Ama’ kamciamna tungah citak mahmah ahih manin hamphatna tampi hong pia zaw ding hi (*Late 37:7–11, 18, 34; 71:1; 119:137, 138*).

SUNDAY

**Ngak ding Sapna**

**Late 27:14; 37:7, 9, 34; 39:7; 40:1; 69:6; Galati 5:5, leh Rom. 8:18–25 sim in. Hihmun teng in Pasian’ mite bang hih ding sawl hiam?**

March 24

Lei nuntakna ah ngak keeikui mah a haksa pen khat ahi hi. Kuakua ihi a, koikoi ah teeng a, bangci nuntak ihi zong in, ngaklel ding na tampi om hi. Cidamna ding etkhol nop ciangin, eihun hongtun ding kigual diudeu in kingak keeikui hilo hiam?

Pasian i ngak ciangin eleh? Topa muangin ngakna pen Late sung bek hilo in Lai Siangtho sung khempeuh ah omdimdem hi. A kammal zatpi pen bel **thuak-hatna** ahi hi. Lungkiatna lauhuaina hun, Pasian in hong ompihloh ding bang ahih ciangin, **thuak-hatna** pen eite’ dinmun ding ahi hi. A citak Pasian tapa in, na khempeuh Amah a-aapte, bangmah i muhpih khollohang in, eite ading a hoipen in hong hihsak cih a ummite tungah Pasian citak mahmah cih thei ahih manin, ngak hi.

Topa muangin ngakna pen omtentanna khengval hi. Pasian lunggulh lua kisa tui omlohma gamkeu lak a dangtak bang hi cihi (*Late 63:1*). Laphuakpa in Pasian kiangpan thupha tampitak ngak gige ahih tei hang, Pasian kiang nai a tunnopna in ama’ nuntak sung a kisapna dangte khempeuh khengval gawp zaw hi.

Paul in zong hihthu tawh kisai Rom. sungah, Pasian leh a piansaksa khempeuh in leitung a kithaksuah ding, Pasian leh Pasian' mite huntawp ciangin a kimuhtuan dinguh ngak gige ahihna uh gelh hi. *"Pasian bawlsa khempeuh in Pasian' tate a hong kilahkhiat hun ding lawp mahmah in ngak uhhi"* (Rom. 8:19).

Uphuai kei liang si e kamciamna!

Hong hotkhiat ding leh Pasian tawh kigawmkhop ding ngak kawm mahin, *"Pasian bawlsa khempeuh nupi nausuak ding bangin nasa in tau uh"* (Rom. 8:22) a, Topa a hihleh a Khasiangtho tungtawn in Ama' mite lakah om hi. Tua ahih manin, eite zong in, hong ki bawlphat kik na'ng hotkhiatna ngiimna tec i pang ding (*Sawl. 1:4-8*) in hong sam hi. Tua hong bawlphat kikna pen, eite'n i ngakngak, Adventist pawlpi lam-etna a tangtunna, i min mahmah Adventist hi a, i ngak thapai lam-etna ahi hi. I ngakngak pen mawksuah lo cih zong thei hihang. Christ hongpai masak lai in a sihna leh a thawkikna tegel in, nihveina hong paina ding lungmuanna ahi hi.

**Pasian kiangpan bangteng peuh na ngakngak hiam? Hong tung nailo i thungetna pen, upna muanna tawh ngak ding koici kisin theih ding ihi hiam?**

**MONDAY**

*March 25*

**Nawingawl Naupang' Lungnopna**

**Late 131 sim in. Hih late in Pasian tawh i kizopna bang hong gen hiam?**

Pasian' mite in thuman citakte thuksiatna, mi khempeuh in zia-etna leh haksatna a thuakna leitung ah teenglai uhhi. A lawphuai hanthotna khat panin, amah Pasian' ta hi a, Pasian tungah kinga cihtu in laphuakpa lungnuam sak a, ama' kiphatsakna in bangmah lo hilel cih theisak hi. Kiphatsakna in zuaukhemna hi a, mi kiphasakte amah bek hi kisalua in a kimlehpam ennuam nawnlo sak hi. Mi kiphasakte in amau tunga Pasian mu nawnlo uhhi.

Misiangthote ahih uhleh Pasian kianglam ento uhhi (*Late 123:1, 2*). Pasian' latna a theihna uh in amau kiniamkhiat sakzaw in angkhualna leh a manneilo lunggulhnna tawh kipelh hi. Laphuakpa in "*a lianlua te*" leh "*a sanglua te*" ka zong nawnkei cihi. Hih thu pulakna pen leitungah Pasian' nasepna hi a, mihing ngaihsut zawh hilo hi. Tulai mipilte in "*a neupen*" khat zong uphuai loliang dongin, mihing ngaihsut phakloh liang zah in telhak lua hi. Hihteng ah haina hong kilangsak khat om hi: leitung thute tam kisin semsem leng thuthuk semsem hi.

Late 131:2 in "*anu' nauwi tawh a kikhenta naupang bang*" acih ciangin, Pasian' angsung ah lungmuang takin om hithiatna lahna lianpi ahi hi. Naupang khatin a khantoh hun simin anu tawh itna sungah a kizopna hong lahna ahi hi.

A kisamlo lunggulhnna leh kiphatsakna tetawh hong kikhen sak a, antak ahi "*keimah hong sawlpa deihna bangin nasem in, nasep zawhna*" acih bangin antak tawh hong vak hi (*John 4:34; Heb. 5:12-14*). Late 131 sunga naupang bang a muanna in, haksatna lakah a kisittel sitset, Pasian tungah a citak ding leh Ama' thu tungah a thumaan ding upna picing ahi hi.

A tawpna ah laphuakpa lungsim in Pasian' mite daupaina muta hi. Pasian tunga eima phutkhat thute tawh Ama' pawlpi tha khauhsak ding in hong sam hi. Eima mimal in Pasian cihtakna leh hoihna teng pen, midang tungah ki hawmsawn thei hi. Christ' thu tec i panna zong pawlpi sungmah ah Amah a thei nailote kiang ah tec i pang ding hihang.

**"A mantakpi kongcih in, note kikhel in naupang nabat kei uhleh, vantung ki ukna sungah nalut ngeikei ding uhhi."** (Mate 18:3). **Zeisu in bang hong cinuam hiam?**  
**A deihna taktak bang hiam?**

TUESDAY

Buhlonme Pua

**Late 126 sim in. Bang in Pasian' mite tha leh lam-etna pia hiam? Eima nuntakna sungah zat pah theih ding hiteng ah bang om hiam?**

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A beisa hun in a lamdang Topa' hotkhiatna teng pen Pasian' mite ading in mailam ah a beitheilo lam-etna bulpi ahi hi. A beisa a hotkhiatna pen lianlua a, mangmat tangtun tawh genteh hi (*Isa. 29:7, 8*). Late 126 sungah a beisa hun a Topa in Amite a saltanna pan a hotkhiatna a phatpa pen (*Late 126:1*), saltang in a om laitak (*Late 126:4*) cihi.

Cihtei hang, a beisa a lungdamna leh noptuamna tengpen tuhun a ding in kikoih tuam bang hiliang hi. Khangthakte in laisiangtho tangthu tepen tulai amau tektek in a tuak kha bang liang in ki ngaihsun uhhi. Tua

hi a, anungta upna hangin tuhun eite ading ahi a, abeisa mite ading ahi zongin, Pasian in nalianpi hong bawlsak tepen thu neulo vive ahi uhhi.

A beisa thute phawkkikna in tuhun ading lam-etna thaksuah hi. Limpua "khanglam pan hong luang lu" (*Late 126:4*) acih zongin, a khauh limpua khat hi a, Pasian in Amite tungah vangliatna a lahna a genna ahi hi. Judah gam ii khanglam deuh ah sehnal gamkeu khat om hi. Khua tuuk ciangin guah tui hong nakluan khit nakleh tui pawm gawp pah hi. Guah masa leh guah nunung in tua munteng khai ciin theihna'ng guah tui pia hi (*Thuhilhkik. 11:14; 28:12*). Tuamah tawh aki zawitawn in khitui tawh vawh a lungdam in aat cih zong (*Late 126:5, 6*) tuhun in haksat hun hi taleh nopna ki masuan gige cihna vantung kamciam ahi hi.

Anlak kizawh hun cih zong, tanglai Hebrew mite in amau tuktun ante pen Jerusalem Pasian biakinn sungah hong paipih uh hun ahi hi (*Pai. 34:22, 26*). Anla cihzong in tualai mite ading in khalam pilna thupi khatmah ahi hi. Hanciam tak mahin anci vawh in lote, singgah huan leh lenghuan a puahphat khit uh ciangun, lungdam takin an tampi tak a lak uh mahbang un, tu laitak a Pasian' mite haksat thuakna khempeuh pen huntawp ciangin lungdamna tawh hotkhiat hi ding uh cihna ahi hi.

Anlak pawipi icihcih pen zong Zeisu hong paikik ciangin Pasian in hih leitungah Ama' gam phut ding cihna ahi hi (*Amos 9:13"15; Mate 9:37*). Hihteng ah zong ngak ding thu khat mah hong om hi. Anlak hun leh eima nasepna pan a gahte ngak ding ahi hi.

**Topa in nangmah nahi a, lawmte sungah ahi a,  
hong sepsak nate lungngaih in nei phot in. Tua na  
phutkhak te tung panin bang lam-etna peuh na neihlawh  
thei ding hiam?**

WEDNESDAY

March 27

**Pasian' Sabbath Tawngakna Sungah Ngak  
Late 92 sim in. Hih Sabbath la in Sabbath omzia  
bang thunih pulak hiam?**

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Pasian nasepna a lian mahmah te phatna (*Late 92:4, 5*) leh midikte in Eden bang in hing sitset (*Late 92:12"14*) cihte in, Piansak lai a Sabbath omzia kawk hi. Late in Topa a phatna ah a thutang Pasian hihna tawh a galzawhna pahtawi (*Late 92:7"15*) a, Sabbath a thupitna nihna ahi – gitlohma pan tatkhiatna (*Thuhilhkik. 5:12"15*) pulak hi. Late 92 in zong, a beisa hun a hong piansakna leh tuhun a hong kepcinna, leh huntawp ciangin tawn tung vantung a kilem lungnuam takin omthei ding cihi. Pasian in “**Sangpen Pa**” ahih manin amite in Sabbath sungah nuamsa thei uh (*Late 92:1*); A sangpenna munah a omna mah in a galte’ tungsiah ah kuamah tawh a kikim theilo hi.

Sangpenpa hi taseleh, Topa in huhna a ngen khempeuh baan ding in omgige hi. Topa’ piansak nasepna ah a phadiak in piansaksa te tatkhian in, Pasian bia ding leh itding in mihing’ lungsim huupzo mahmah hi. A tawpna ah, a puksa leitung ah kitenglai a, tat kikna omlo zenleh, hong lawpsak zo ding bangmah omlo hi. I it a, i thuaksia a, i silel ding hi. Tua nungsang, Topa pen Piangsakpa leh Tankhiapa in i phat hi.

“*Sathau namtu*” (*Late 92:10*) cih in laphuakpa ading in Pasian kiangah ki-aap-pha sak kik hi. Sathau nilhna cihipen teeltuam ahi siampite leh kumpite tungah a kizang ahi hi (*Pai. 40:15; 1Sam. 10:1*). Hi taleh laphuakpa in a zat tawm Hebrew kammal **balal**, Pasian’ nasechte sathau nilhna a hilian lo, sagawh biakpiakna sungah a “*kisawh*” sathau a cihna pen zang sese hi (*Pai. 29:2; Siam. 2:4, 5*). Laphuakpa in balal a zat lelna pen Topa tungah a nungta biakpiakna pia ding in Pasian tungah ki pumpiak nuam hizaw hi (*Rom. 12:1*).

Sabbath in Topa hong ciaptehna lim ahih manin, late in zong Sabbath tungah ki-aapna khat a neihna zong thu lamdang lua nahi tuanlo lel hi (*Pai. 31:13*). Nisuk kung leh Lebanon taam taksing cihte zong in, Pasian’ mite pen upna tawh a lamdang Pasian hong itna sungah khangto cih limpua ahi hi. Sabbath in zong Topa leh Amite’ kikal ah tawntung ciaptehna ahi hi (*Ezek. 20:20*). Tua hi a, Pasian’ mite in Sabbath a tawngak uh kul a, tua in Pasian thuciamna tawh a kipawl kamciamte muan theihna’ng thahatna hong pia hi (*Heb. 4:1-10*).

**Late 92 simpha kik in. Bang lam-etna lian  
hongpia a, tumah in, koibang in lungnopna neihlawh thei  
ding ihi hiam?**

THURSDAY

March 28

**Zing Khuavak tawh Nuamna Hong Tung**

**Late 5:3; 30:5; 49:14; 59:16; 92:2; 119:147; 2Peter  
1:19, leh Mang. 22:16 sim in. Nikhat sungah bang hun  
pen Tatkhiat hun kici a, banghang hiding hiam?**

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Late sungah, zingsang peuhmah pen Pasian' tatkhiatna hun in ki ngaihsun hi. Zingsang in launa gimna zansau a beina, Pasian' maipha piak hun (*Late 130:5, 6*) ahi hi. Late 143 ah, Pasian suahtak sakna in tumahmah a sihna khuamial lumlet (*Late 143:3*) ding a, zingsang thak khuavak hong suak a (*Late 143:8*), lei dum sung omna pan (*Late 143:7*) in, "thutang gam" tun ding cihi.

**Maku 16:1–8 sim in. Zingsang in bang thu piang ci a, banghang in ei ading thupi thei ding hiam?**

Zeisu zingsang in a thawkikna in Pasian' min a ummi khempeuh ading in, Ama' hotkhatna tawntung zingsang ading lampi kihong sak hi. Zeisu' nungzuite in zong Late 30:5 sung a kamciam ombang in a thokik Topa tawh a kimuh uh ciangun "zan hun sungteng kahna omkha mah ding a, zing khuavak tawh nuamna hong tung ding" cihi. Pasian in maipha hongpia in, a beitheilo itna tawh hong it ahih manin, kahna khempeuh lungdamna hong suahsak hi (*Late 30:5, 7*).

Zingsol in nithak suahna a tangko mahbang in, upna in zong Pasian' tate tawntung nuntakna thak neita cih tangko hi (*2Pet. 1:19*). Zeisu pen a taang zingsol aksi (*Mang. 22:16*) kici a, zan, gitlohma leh sihna om nawnlohma Ama' gam hong phuh ding i ngaklah mahmah hi. A tawpna ah nakhempeuh sangin, i gengensa mahbang in Topa ngak ding mah ihi uhhi. Ngak taak lel e maw!

"*Joseph han kawmsa in, Christ in gualzo ta a, 'Keimah in thawkikna leh nuntakna kahi hi' cihi. Tua kammalte peuhmah Pasian bek in pauthei hi. Piansak khempeuh te in Pasian deihna leh vangliatna bek tawh nungta uhhi. Amaute in Pasian' nuntakna tungah kinga in nungta uhhi. A sangpen*

*vanmite pan kipan a niampen mihing te in nuntakna Bulpi panin nungta uhhi. Pasian tawh a omkhawmpa bek in 'Keima' nuntakna ka koihsuk thei a, lakkik theihna'ng vangliatna zong kanei cihi. Pasian ahihna bek tawh, Christ in sihna' vang suksiat theihna vanglian anei h"* -Ellen G. White, *The Desire of Ages*, p. 785.

**I pian i suahna pan kipan i ci i sa sungah sihna kipaai ngiat hi. Thuman ahi tateu zong in, ei a puksa mite ading Zeisu' thawkikna in tawmveino sung sihna hilel cih koibang in kamciam hongpia hiam?**

**FRIDAY**

*March 29*

**Ngaihsutbeh ding:** EGWhite, *Steps to Christ* laimai 67-75 "Growing Up into Christ" sim in.

Late in Topa ngak ding hong hanthawn pha mahmah hi. "*Topa' maiah khawl died inla, lungduai takin ngak in*" (*Late 37:7*). Ngakna in vangikpi, kician mello, lungzuanna peuh hong piak leh; Zeisu a vankahtoh ni a nungzuite zong phawk zel in (*Sawl. 1:4–11*). Amau mitmuh tekin Zeisu vanah ki lato a, mailam theihkholloh nikhat khawng ciang hong paikik ding cihtawh amau teng ki nusia leltak hi. Tuani a nungzuite thupha saan sang in a tamzaw kua in sangkha ngei ahi hiam? Amau un, "*Topa aw kote zong hong zuinuam ung*" cikha sop ding uhhi. Ahihhang Pa' kamciam Zeisu hong paikik ding ngak ding hizaw uhhi. Nungzuite in khalau lungkia dingin i upleh, lamdang kisa zawsop ding hi. Jerusalem ah ciahkik uh a – Zeisu in a vaikhakna ombang in, Khasiangtho hong kipiak ding leh leitung buppi ah vangliatna tawh a thuhilh ding uh ngak in omgige (*Sawl. 1:12–14; Sawl. 2*) uhhi.

I Topa' hong thupiakna ah Amah ngak ding cihpen, Amah mah in a Khasiangtho tawh eimau sungah na hong sep keingal leh piang theilo hi. Mihing in eima' thanemna mah tawh hanciamna peuhmah in dingtang zo ngeilo ding hi. Eima hanciamna a kipsak thei pen Zeisu sungah ombitna, Zeisu tawh kikhawlha bek ahi hi. Christ in eite' lungsim sungah hong omleh, Amah in 'utna lungsim neihna ding leh Ama' deihna zuih zaghna ding' hong sem ding hi (*Filipi 2:13*). Amah'n na asep mahbang in eite'n zong sem ding hihang; kha kibang neihpih ding hihang. Amah it in a beel leng, amah in Lutang ahih mahbang in, Ama' sungmah ah khangto ding hihang" Ephet 4:15.—Ellen G. White, *Steps to Christ*, p. 75. Topa i ngakkawm mahin Late sunga lungnopna leh lungkimna teng ingah ding uhhi. Eite' thungetna leh lasakte pen Pasian' lungtang leh eite' lungtang a kidontuahna mun ahi hi.

#### **Kikupding Dotnate:**

**1. Banghang in kha' thu ah ngak ding thupi thei sese hiam? Laisiangtho sungah a ngakzo upna galhangte pawlkhat kikum dihun. Ngakna in koibang in upna siansuah in thahatsak thei hiam?** (*Rom. 4:19–22; Hebrews 11*).

**2. Ngakna in a tawpna bang hiam?** (*Late 37:34–40*). Cihnopna ah, nakhempeuh a kizawh khit ciangin bang kamciam omlai hiam? Hihteng ah bang lam-etau kimu hiam, gentehna, hih leitung ah aki mansuahsa thutang khawng eleh?

#### **MORNING WATCH** January, 2024

1. Monday	John	14:16
2. Tuesday	John	16:13
3. Wednesday	John	14:17
4. Thursday	Rom	8:16
5. Friday	John	16:7
6. Sabbath	John	1:32
7. Sunday	John	3:8
8. Monday	Mate	25:3, 4
9. Tuesday	Zechariah	4:12-14
10. Wednesday	Luke	13:20, 21
11. Thursday	John	4:14
12. Friday	Sawltak	19:1, 2
13. Sabbath	Mark	2:22
14. Sunday	Jeremiah	20:9
15. Monday	Sawltak	2:3, 4
16. Tuesday	John	3:5
17. Wednesday	Zechariah	10:1
18. Thursday	Rom	8:26
19. Friday	Rom	8:27
20. Sabbath	Rom	8:14
21. Sunday	1 John	4:13
22. Monday	Ephet	1:13
23. Tuesday	John	15:26
24. Wednesday	John	12:35
25. Thursday	Ephet	4:30
26. Friday	Hebru	10:29
27. Sabbath	Mate	12:31
28. Sunday	Mate	12:32
29. Monday	2 Korin	6:1, 2
30. Tuesday	Mangmuhnna	3:20
31. Wednesday	John	14:26

MORNING WATCH  
February, 2024

1. Thursday	John	3:3
2. Friday	Ephet	1:4
3. Sabbath	1 Korin	6:19, 20
4. Sunday	2 Peter	1:4
5. Monday	Jeremiah	18:4-6
6. Tuesday	Ezekiel	37:14
7. Wednesday	Rom	8:12, 13
8. Thursday	Ephet	4:23, 24
9. Friday	Ezekiel	36:26, 27
10. Sabbath	Isaiah	6:7
11. Sunday	Rom	12:2
12. Monday	Galati	2:20
13. Tuesday	Filipi	4:8
14. Wednesday	Ephet	4:22
15. Thursday	Jeim	3:13
16. Friday	Rom	12:3
17. Sabbath	Late	51:10
18. Sunday	Colossians	3:3
19. Monday	1 Corinthians	2:16
20. Tuesday	John	15:4
21. Wednesday	Isaiah	45:22
22. Thursday	Kolose	2:10
23. Friday	Matthew	11:29
24. Sabbath	2 Korin	3:18
25. Sunday	Filipi	2:12
26. Monday	Rom	6:22
27. Tuesday	1 Korin	1:30, 31
28. Wednesday	Paunak	4:18

MORNING WATCH  
March, 2024

1. Friday	John	15:16
2. Sabbath	Late	51:1, 2
3. Sunday	1 John	3:1
4. Monday	Late	9:1, 2
5. Tuesday	Filipi	4:6, 7
6. Wednesday	Kolose	3:12
7. Thursday	Galati	5:22, 23
8. Friday	Mate	12:36, 37
9. Sabbath	Hebru	11:1
10. Sunday	Ephet	4:2
11. Monday	1 Korin	10:31
12. Tuesday	Daniel	1:8
13. Wednesday	Paunak	31:26
14. Thursday	Isaiah	58:6, 7
15. Friday	Filipi	4:11
16. Sabbath	1 Thesalonika	5:18
17. Sunday	Ephet	4:3, 4
18. Monday	John	17:20, 21
19. Tuesday	John	17:22, 23
20. Wednesday	Rom	12:10
21. Thursday	2 Korin	8:2
22. Friday	2 Korin	9:7, 8
23. Sabbath	Mate	5:8
24. Sunday	Paunak	31:21, 22
25. Monday	1 Peter	1:14, 15
26. Tuesday	Hebru	10:35
27. Wednesday	Piancilna	5:24
28. Thursday	Hebru	12:14
29. Friday	Daniel	9:4, 5
30. Sabbath	Filipi	3:12
31. Sunday	1 John	3:2