

UPASABAT SIKUL ZIRLAI

*Lei le Van pumkhat awknak:
Filipi le Kolose cakuat sungih Khrih*

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Sabbath School Lesson

ဖလမ်းချင်းဘာသာ

ထုတ်ဝေသူ

ဦးဖိုးဖိုးလှ (၀၁၉၈၇)

ဥက္ကဋ္ဌ

ခရစ်တော်ကိုမျှော်လင့်သောသတ္တမနေ့အသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့။

ပုံနှိပ်သူ

ဦးဖုန်းနိုင် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့။

အုပ်ချုပ်ရေး - ၃၅၀

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LEI LE VAN REMAWKNAK

Hna harsa zet na rak tuandah mi kha vun ruat aw. Ziangmi in a harsa ter? Rindan vek ciah in a si maw, asilole hnaturan caan bikhiah a um ruangah saw, lole an pahnih ruang ah maw si? Hna na tuandan ruangah teh a si pei maw? Asilole na tuanpi pawl ruangah saw? Asilole hlawhtlinnak a um ngaingai thei dingih a lang lo ruangah saw a si ding?

Rundam khawkhannak ih tumtah mi hi vun ruat aw: Lei le van rem awknak a si. Thil cang thei lo a bang ko lo sawm? Minung ruatnak ahcun thil cang thei a si lo. Asinan Jesuh kha van ih a kaisoh hlanah a dungthluntu pawl hnenah thil cang thei lo vekih a langmi hnaturan ding a pe hai: “Cuiruangah va feh uhla, miphun hmuahhmuah cu dungthluntu ah va buah

uh, Pa, le Fapa, le Thlarau Thianghlim hmin in baptis-ma va pe uh: Thu ka lo pekmi hmuahhmuah cu ziangvek khal thlun dingin va zirh uh: cun, ngaihnik uh, leitlun cemnet tiang ka lo umpi ringring ding a si, tiah a ti.” (Matt. 28:19, 20).

Jesuh cun Paul hnenah thil cang thei lo ih a langmi hnaturan ropi zet theh suak dingin a thlah: “An mit vangter dingin, le thim ihsin eng ih kirter dingin, le Setan huham ihsin Pathian hnenih kirter dingin, cuticun soal ngaihdamnak an co ih keimah in zumnak ruangah thianhlimter mi pawl lakah ro an co ve theinak dingah, i ti” (Tirhthlah 26:18).

Hivek hnaturan ding pek ih a um tikah mi hrekkhat cun an kut za an san hngal men thei. Ziangkhal sehla, himi hnaturan pahnih a pek zawngih Jesuh ih thutiamkam mi hi hmu lo vekin kan um san men ding a si lo: Dungthluntu pawl hnenah, “Cule leitlun nettiang ka lo umpi ding” tiah a bet (Matt 28:20), cule Paul hnenah Jesuh cun,

“Asinain tho awla, na ke in ding aw: ziangatile hi na hmuhmi thil pawl, le na hnenih ka lo hmuh leh dingmi thil pawl theihpitu, le rongbawltu ih lo tuah ding tumtah in na hnenah ka rung lang a si” tiah a ti (*Tirhthlah 26:16*).

A tawizawng cun Jesus cun minung hnenah a cang thei lomi vekih a langmi hnatuan a pe, cui hnatuan thehsuak thei dingin kanmai thazang ah siloin Amah ah kan thum aw ding a si. Hnatuan tuahsuak theinak ding huham in pek ding thutiam um loin ziangvek hnatuan hman in pe dah lo: “Minung duhnak le Pathian duhnak hi an tuantlang ahcun, ziangkim a cang thei a si. Hnatuan theh dingin a thupek mi cu Amai caknak ah tuahsuak in a um thotho. Hnatuan in pek mi pawl hmuahhmuah cu tuah theih thluh mi an si” Ellen G. White, *Christ’s Object Lessons*, p. 333.

Mangbangza in Paul in Kolose cakuat a ngan mi ahkhan thuthangtha cu “van hnuai um sersiammi thilnung tinkim” hnen ih sim ding a si tiah a ti (Kol 1:23 NKJV). An zaten cun an rak pawm lo ding. Asinan dungthluntu pawl hnen ih hnatuan ding a pek mi (*Matt. 28:18–20*) le Tirhthlah Paul hnen ih a pek mi hi thaten kan zoh ahcun Jesuh cun mi hmuahhmuah hi a dungthluhtu an si dingih, an piangthar thluh ding timi thutiamkam zianghman a rel lo. Thuthangtha cu “miphun hmuahhmuah hnenih theihpitu si dingah leitlun pumpi ah phuansuah a si ding; cui hnuah netnak cu a ra thleng ding a si (*Matt. 24:14, NKJV, emphasis supplied*). Theihpitu hi ziangvek saw a si ding? Ziangmi bik cu theh famkim thluh dingmi?

Tui kuata ahcun Filipi le Kolose khua pawl hnen ih Paul ih cakuat mi kan zir ding. Thil thupi zet bangawknak an nei. Ziangdang pawl hmuahhmuah hnakin lei le van remawknak tuahtheitu umsun Khrih an tarlang tamzet a

si. Anih cun Jakob ih a rak hmuh mi lei ihsin vanram kaisohnak kailawn a si (*Sem. 28:12; zohtlang aw, Johan 1:51*). Milai fapa a si vekin soal ihsin in tlen ih, Pathian fapa a si vekin kan hrang in dilsak a si.

Himi cakuat pawl zirnak ahhin himi cakuat pahnih in Jesuh an thlirdan kan zoh ding. Khrih ih Pathian sinak le in rundam dingih ziangkim a pekawknak thuhla umnak thupi zetzet hrekhat pawl kan zoh ding. Tlawnginn ihsin Paul in a rak dinpi kawhhran (Filipi) buainak a reldan le, amah rori a feh hrih lonak kawhhran pawl buainak a reldan kan thlir ding. Amai san lai ahcun “leitlun pum huap kawhhran” hnenah Rom thawnginn ihsin khal in buainak a relfeldan pawl thawn an pehzom aw thluh. A lei nun a suahsannak ding caan a nai ti a thei aw, a cang thei tawk in Kawhhran le mi bulpak tin cu vanram lam an nai theinak dingah a zuam rero. Cui thil a tuahnak ahcun Tuisun ih Pathian kawhhran le vanlam rualrem aw zetin Thuphuan 14 ih “Vancungmi pathum thucah” tiih kan theih mi, ni neta lam ih hnatuan ding kan thehfel theinak dan ding in hmuh a si.

Clinton Wahlen, Ph.D., cu General Conference ih Biblical Research kai hruaitu hna tuan mi a si. Anih cu Thukam Thar le Adventist thuanthu lam ih mi thiamsang a si. Germany, New Zealand, Russia, the United Kingdom, le the Philippines tivek pawl ah hnatuan in a rak um dah zo. A nupi Gina thawn fapa pitling zo pahnih an nei ih, mo pakhat nei in tu pahnih an nei a si.

ZIRLAI 1*December 27-January 2***HREM SIKHAL SEHLA, TANTA AN SI LO****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Efesa. 3:1; 2 Kor. 4:7-12; Tirh 9:16; Phil 15, 16; Kol. 4:9; Filipi. 1:1-3; Kol. 1:1, 2.*

Bible cangkén: “**Bawipa ah nan lungawi ringring uh: ka nolhsal ding, Nan lungawi uh**” (*Filipi 4:4*).

Andventist pastor pakhat cu diklo zetih sual mawhpuhnak ruangah thawnginn ah kum hnih zikte a tang. A thok ahcun a mangbangzet lawk, asinan thawnginn cu Pathian in a pekmi hnatuannak ding hmun a si ti a theithiam. A thawngtlak pi pawl in pastor a si ti an theih tikah Pathian thu sim dingin an ngen. Cutin thuthangtha a sim ih, cabu khal a zem cih. Thawngtla pawl cu tipilnak khal a pe ih, Bawipai’ zanriah khal a timtuah sak hai. “Thawnginn ih Pathian hnaturan cu a ol- lo zet, asinan thinnomnak khal a um thotho, a hleice in thlacamnak let in a um ih, nun a thleng danglam ti an theih tikah hin lungawinak tamzet a um a si” tiah a ti.

Paul cun Filipi le Kolose cakuat cu thawnginn ihsin a ngan mi a si (*Filipi. 1:7, Kol. 4:3 zoh awla*). A ngaingai cun Filipi ahhin Paul le Silas cu dik lo zetih mawhpuh an si ih, thawnginn kiltu cun “an ke ah hrengtum a sut hai” (*Tirhthlah 16:24, NKJV*). Cun zantim laiah “Paul le Sailas cu thla an cam ih, Pathian thangthatnak hla an sak: cun cucu thawngtla pawlin an thei” (*Tirhthlah 16:25, NKJV*). Annih cun “lungawi ringring” dan an theifiang zet.

Tuizarh ahcun Paul ih a tonnun ziangvek a si timi kan thlir ding. A parih thil a thleng mi ahhin tumtah mi

tumsawn a hmu thiam, kannih khal kanmah ten harsat buainak kan ton caan ah amai hnen ihsin kan zir thei ko ding.

NIKHAT NI (SUNDAY)*December 28***Paul, Jesuh Khrih ih thawngtla mi**

Filipi le Kolose cakuat cu thawnginn cakuat tiah kawh a si, zianghatile Paul in thawnginn sung a um lai ih a ngan mi a si(a dang cu Efisa le Filemon tla an si). Bible simfiangtu tamzet cun Rom ih Paul a um lai, AD 60-62 karlak hrawngih a ngan mi a si ding tiah an ruat(*zoh aw, Tirhthlah 28:16*).

Siar ding: Efesa 3:1 le Filemon 1. Pual in a thawngtlaknak a langterdan a thupitnak ziangsaw a si?

Paul cun Jesuh Khrih hrang hnatuannak ah a nun pum a hman. Cui hnatuannak ahcun thawngtlaknak um ding khal sehla, a tiar aw cia ringring. Paul cun amah le amah cu, “ cikcin ih temtawn mi palai” a si thu a phuang aw (*Efesa 6:20 NKJV*). Pathian hnaturan in khual a tlawng rero zo, kawhhran a din ih, Bawipa hrang hnaturan dingin mi a zirh rero zo. Hitin thu a sut men thei, “ himi cikcin tel loin hna tamzet ka tuan thei ko nan, ziangah hitawk ah ka um?” Netalam ih Timote cakuat pahnihnak a ngan ah Paul cu thawng a tla. Cumi cu pastor cakuat ti khal ih ruat mi a si. Cuticun Thukam Thar ih a cakuat lakih pa 5 hrawng cu thawnginn a um lai ih a ngan mi an si.

Thawngtla cakuat timi pawl ahhin a thawngtlaknak takfang hi Paul cun a ngan lang lem dah lo: curuangah hrekhat pawl cun Efesa lole Kaisaria ihsin a si ko ding tiah an ruat. Asinan Bible sungah Efesa khua ih Paul tlawng a tlak thu ngan mi zianghman a um lo. Kaisaria sawn hi a cang thei ko ding, asinan cutawk khawpi ah Paul ih nunnak hrang tihphannak zianghman a lang tuk lo. Asinan Filipi cakuat a ngan ahcun tihphangnak a um (*Zoh aw, Filipi. 1:20, Filipi. 2:17*).

Himi cakuat cun Paul cu thawng a tlak lai ih a umnak thuhla mallai theifiang theinak in run pe. A hmaisabik ah Siangpahrang lairelnak innpi a um. Himi innpi cu ram ukto pawl ih umnak hmunpi a si ti a fiangter, cuvek thil cu Pilate in Jesuh a zohfelnak hmun Jerusalem ah (*Matt. 27:27, Johan 18:33*)le Paul ih thawngtlaknak Kaisaria ah a um (*Tirhthlah 23:35*). Cutin hivek pawl hmang tangkai zetin, a umnak hmun rel loin minung a rel sawn a si. Anih cun “siangpahrang inn kiltu pawl hmuahhmuah” cun thuthangtha an thei thluh tiah a ti (*Filipi. 1:13, NKJV*). Rom ahcun ram ukto le ramukto ih thawngtlak mi pawl kikhawitu ralkap mipum 14,000 tluk ih tam an nei.

Paul cun “kaisar innsang” ih zumtu pawl hnen ihsin cibai buknak a kuat hai (*Filipi. 4:22*). Himi ih a fiangter mi cu Paul cu Rom ah thawng a tla ih, siangpahrang inn kiltu pawl thawn pehtlahawknak an nei ti a fiang.

Harsatnak kan ton caan ih thil thabik kan tuahtheidan ding hi ziangtin kan zir ding? Cuivek thil tuah cu ziangah a olsam ringring theu lo?

NIHNIH NI (MONDAY)
Cikcin in Paul a um

December 29

Masidonia ih a um lai ah Paul cun thawngtlaknak hmun ramzet a rel lang (*2 Kor. 6:5, 2 Kor. 11:23, 2 Kor. 7:5*). A hmaisabik a rellangnak cu Filipi ah a si (*Tirth 16:16–24*). Cule Kasaria thawnginn lam ih an kuat hlan te ah Jerusalem ah reilote sung thawngtla in a um.

Cumi lo ahcun Paul cun “tawntem in ka um” tiah a rel aw (*Filimon. 10, 13, NKJV*). Rom inn ah Paul hi kaih in um khal sehla, Rom ralkap hminthang zet pakhat hnen ah cikcin thawn tawntem mi a si. Kum zabi pahnihnak thok hrawngih um Kawhhran pa Ignatius khal Paul ih a tuardan vek rak tuardah zo tu a si. Ralkap pawl ih nun tu khawsakdan hitin a ngan: “Annih pawl cu ramsa hrang

vek rori an si ko... thil an tuahthat deuh asile an sualnak a luar kai deuhdeuh” tiah a ti”—Michael W. Holmes, ed., *The Apostolic Fathers* (Grand Rapids, MI: Baker Academic, 2007), p. 231.

Siar ding: 2 Korin 4:7-12. Himi ahhin Paul in a tonmi harsatnak pawl a tuar dan ziangsaw um? A nun ih hmuitin bikmi ziangvek saw a si ding?

Ziangvek in hringnun ah harsatnak tong khal sehla, Paul cun a eng zawngin thil a thlir thiam, cumi cun harsatnak a tuar theinak dingah ralthatnak a pe a si. Satan pa cun a theitawk in a hniksak hmanah Paul cun tansa in a um lo timi a theifiang zet.

Siar ding: 2 Korin 6:3–7. Himi harsatnak pawl hmaton dingah Paul in ziangvek thlarau lam thilri pawl a nei?

Khuimaw caan ahcun kan dinhmun, kan tawntaihna, asilole a liamcia caan ih kan hlawhsamnak pawl kan vun zohsal tikah beidong dingih thlem in kan um theu. Hivek caan ahcun sual kan doneh theinak dingah Pathian in kan hrangih mangbangza a tuahmi pawl hmuahhmuah kan theih ringring a tul a si. Thil thupi bik cu Bible hi a si, cumi ahcun “thudik tongkam” an um. Ziangah tile midang pawl ih thil tuahsual mi ihsin zirlai kan zir thei ih, cule mi hlawhtling pawl hnen ihsin khal in kan zir thei a si. Cule Thiang Thlarau cun, “Leitlun Tlentu ih hnaturan a hlawhtlingter a si. Thiang Thlarau ruangah thinlung cu thianfaiater a si. Thlarau ruangah Pathian nun zia kan nei thei ve a si. Kan suahkeh sualnak le kan duhhrilnak sual lam ih kan umnak pawl kan neh theinak dingah Khrih cun Amai Thlarau in pe ih, cule Amai kawhhran ih a nuntuzia nemkai theinak ding khal ah a si.”—Ellen G. White, *The Desire of Ages*, p. 671.

Ziangtin saw zumtu lole Puithiam kan si vekin, “Pathian hnaturan in kan um” ringring thei ding? (2 Kor. 6:4, NKJV)? Cumi ih sullam teh ziangsaw a si?

NITHUM NI (TUESDAY)
Filipi ah Paul

December 30

Paul cu Pathian hnatuan ih a khualtlawn veihnihnak ahkhan Timote khal a tel ve ih, cumi hnu reilote ah, Asia Minor ih feh vivo ding cu Thiang Thlarau cun a rak kham (*Tirh 16:6*). Curuangah, zanlam langnak ah Paul cun mi pakhat in, “Masidonia ah ra awla in ra bawm aw,” tiah a dilnak a hmu (*Tirh 16:9, NKJV*). Curuangah, hmakhatte’n a naibik Masidonia lawng-colhnak ah an feh ih, Aegean Tifinriat lan in Europe ram Neapolis ah an feh. Asinan cutawk ah Thuthangtha simnak nei loin Troas lam ih fehtu Paul, Silas, Timote le Luka (*Tirh 16:11* ah “kan” timi hman a si) cun Filipi lam an pan hngal.

A thuthangtha phuannak ahhin Paul cun khawkhannak tha a nei deuh ringring. Filipi cu “Masidonia ram then lakih Khawpi bik a si” (*Tirh 16:12*). A ngaingai te cun Rom ram uk ih khawpi hminthangbik a si ih, *Ius Italicum* timi dinhmun co thei tu a si – A tha thei bik dingih duan tuah mi khawpi a si. Cui khawpi ih um mi pawl cu Italy ram ih um mi pawl vekin hlawknak tamzet an nei ve. Ram siah tivek khal an awlh thluh ih, cui khawpi ih a suak mi pawl cu Rom mi sinak khal an nei cih hngal. Curuangah *Via Egnatia* lamzin ih cawlh hi thil thupi zet a si, cui lamzin cu Rom ram le nisuaknak ram an pehtlaih awknak lamzin pi bik a si. Cutawk hmun ih a umtu Khristian pawl cun a kiangkap pawl ih um khawpi, Amfipolis, Apollonia, Thesolonika, le Beria (*zoh aw, Tirh 17:1, 10*) tivek pawl ah thuthangtha an phuangsuaq thei a si.

Lunglut zet thil ummi cu kum zabi pakhatnak hrawngih Filipi khawpi ih an tong hman mi cu Latin tong a si ih, Latin cangan mi khal a tam zet. Filipi 4:15 ahkhan Paul cun Latin aw thluk in *Filippesioi* tin a ko hai, cui thil cu Rom mi pawl ih dinhmun tha hleice luahtu an si timi

theihternak a si. Ziangkhal sehla, Grik tong cu an bazar tong a si ih, khawte le khawpi pawl khalah thuthangtha an simnak tong bik a si. Luke cun Paul le a kaihhruai pawl in tiva kap ih mipi pawl thlacamnak ih an teldan pawl a ngan, cutawk hmun ahcun Lydia le a innsang cun nunthar an neih phah a si (*Tirh 16:13–15*). Sumdawng nunau a si vekin (“Sendup pianrong thilzuartu”) Lydia cun Paul in Filipi ih a hnatuannak ah sumpai lamah a bawm ding a si. Thawnginn sungih Paul le Silas an um ahkhan thawnginn kiltu tei’ innsang in piantharnak nunthar an ngah a si.

Filipi ah harsatnak um khal sehla, Thiang Thlarau cun cutawk hmun cu Europe ram hmuahhmuah ih thuthangtha a thlen theinak ding hmun thabik a si timi a theifiang zet. Ziangkhal sehla sualnak cu a um ih, hremawknak khal a um thei, hrekkhat dinhmun ahcun thuthangtha a thlen theilonak hmun pawl tiang a thlen phah riangri sawn a si.

Siar ding: Tirh 9:16. Himi cun Pual ih hniksaknak a tonmi hrekkhat theithiam dingin ziangtin in bawm thei ding? Kanmai harsatnak hrekkhat pawl theithiam dingin ziangtin in bawm thei ding?

NILI NI (WEDNESDAY)
Paul le Colossa

December 31

Paul in Kolose khua a tlawn thu kan thei lo, Asinan a thuthangtha simmi hrekkhat pawl ih hlawhtlinak cun thil ziangmaw in sim. A hmaisabik ahcun Kolose khaw mi Epafra a si (*Kol. 4:12*), Anih cu Kolose khawpi ih thuthangtha thlentü a si (*Kol. 1:7*). Asinan ziangtin saw nunthar a ngah? A langdan ahcun Pual kha Efisa khua kiangkap ah um in, “Asia ih umtu pawl hmuahhmuah in Bawi Jesuh an theih thluh” (*Tirh 19:10; zoh kop aw, Tirh 20:31*) tum ahkhan a rak thei ve si ko ding.

Thuphuan cabu cun hitawk hmun pawl ah ziangtluk in thuthangtha a darhcak ti a hmu suak (*Thup. 1:4*). Himi hlawhtlinnak ih simfiangnak thabik cu (Kolose ih thuthangtha a thlennak khal telin) Paul in Khristian ih a hruailut mi pawl ih hnatuannak in a si. Annih pawl cu Asia Minor ih khawpi thupibik Efesa ih thuthangtha a thei hmaisabiktu pawl an si. Paul in Efesa khua ih thuthangtha a sim mi cu Epafra in a rak thei, cutin Paul ih hnatuan pi ah a cang ih, amai khawpi Kolose ah thuthangtha a keng lut.

Laodicea ihsin thlanglam peng 10 hrawng ih um khawpi cu tu ahcun laihsuah in a um zo ih, curuanga cutawk kiangkap hrawngih um khawpi pawl thawn vuntah thim danding ding khal kan thei vak lo. Asinan “Phrygia hrawng ahcun Judah mi thawng 10 hrawng cu an um” ti kan theifiang.”—Arthur G. Patzia, *New International Biblical Commentary: Ephesians, Colossians, Philemon* (Peabody, MA: Hendrickson Publishers Inc., 1990), vol. 10, p. 3. Kolose khawmi pawl ih hman mi paisa kan zoh tikah Rom khawpi dang tamzet ahcun pathian tamzet an bia theu ti a fiang zet. Zumlotu pawl ih cangvaihnak le an nunphung pawl cun Khristian pawl cu nasa zet in a ciahneh tuk ih, khawpi ih thuthangtha sim lawng hman siloin thuthangtha ah thianghlim zetih rinum ih um ringringnak khal a buaiter thluh thei. Kolose khawpi ih Khristian hminthang ve zet pakhat cu Filimon a si. Epafra thawn nunthar nei tlang mi khal a si men thei.

Siar ding: Filemon 15, 16. Khalah zoh aw Kolose 4:9. Paul cun Filemon hnenah Onesimus lem ding in ziangtin saw a forhfial.

Rom daan ahcun Paul cun Onesimus cu Filemon hnenih thlah kirsal ding a si. Filemon cu zumtu pakhat a si vekin Paul cun a thinlung neh a tum ih, Onesimus rak pawm ding in le sal vek siloin unau vekih rak zoh ding in ngennak a neih sak (*Filemon. 16*).

Sal dinhmun kan thei ngah ih, cuvek dinhmun cu Paul in a mawthluk tin kan ruat men thei, hitawk ih Paul ih a relmi hi ziangsaw a si ding? (American ih sal an um ciamco lai ahkhan ziangtin saw Ellen G White in a hleice in Adventist pawl hnenah a tlansuak mi sal pawl hruaingah kirsalnak daan tuah mi cu ngaihthah men ding in a fial?)

NINGA NI (THURSDAY)

January 1

Filipi le Kolose kawhhran

Siar ding: Filipi 1:1–3 le Kolose 1:1, 2. Filipi le Kolose kawhhran cu ziangtin saw a simfiang? Cule a simfiangnak cun ziangmi sullam a nei?

Paul cun a cakuat mi sungah Khristian pawl cu “mi thianghlim pawl” tiin cibai a buk. Cumi cu Israel pawl in serhzim an tannak (*Suah. 19:5, 6; zoh kop aw, 1 Pet. 2:9, 10*) thawng in “hnam thianghlim” tin a hrante ih ret mi an si vek ciah in Khristian pawl khal tipilnak thawngin Pathian minung hleice tiih ret mi an si ve. (Himi cu Rome kawhhran in mipi pawl cu “mithianghlim” tiih an kawh theumi pawl thawn pehtlaih awknak an nei lo)

Himi cakuat pahnih ih cibai bukna tongkam bangaw ciah lo mi hi lunglutza thil a si. Paul cun Filipi mi pawl hnenah, “hotu le kawhhran upa pawl” tiah a ti (*Filipi. 1:1, ESV*) ih, Kolose pawl hnen ahcun, “Khrih ih mi rinum unau pawl” tiah a ti (*Kol. 1:2, ESV*). Thukam thar in “Mi rinum unau” timi tongfang a hman tikah, a hleice in kawhhran ih hnatuan neitu pawl a sim duhnak a si (*zoh aw Efesa. 6:21, Kol. 4:7, 1 Pet. 5:12*). Curuanga Paul cun kawhhran sungtel pawl lawng siloin, cui khawpi ih kawhhran upa pawl khal a retel a si timi a fiang zet. Hmun dang ahcun zung ih hnatuan ding pawl a hleice in a rel, (*Thimnak ah 1 Tim. 3:1–12, Titus 1:5–9*), Cumi cun kawhhran hramthoknak ihsin pawlkom felfai zet a um ding a thupit zia a tarlang thluh.

Pathian hnatuan dingin zirsungnak nei rerotu Timote le Epafra le tualsung kawhhran pawl ih kaihhruai awknak a thansoh ding hi Paul ih a ngai thupi zet mi le Pathian thuthangtha a simnak ih a zuam zetmi khal a si. Kan Adventist mi hlun pawl cun kum 1850 hrawng ih suah mi *Review and Herald* cahran nganmi tamzet ah Thukam thar ih kawhhran pawlkom a rak dindan pawl an rak thlun thu tamzet a um. A ngaingai te cun James White hman in, “Thukam Thar ih Pathian thupek cu Khrih Kawhhran dinnak dingah a tawk tuk zo. Cui hlei ih tulsam dang a um ahcun, Pathian thawkkhummi dang ihsin pekbet a si ko ding” tiah a ti —“Gospel Order,” *The Advent Review, and Sabbath Herald*, Dec. 6, 1853, p. 173. Paul in kawhhran pawl hnenah himi cakuat a ngan hlanah dungthluntu pawl cun Jerusalem ih um kawhhran pawl hrangah zung hnatuantu ding pawlkom an rak din thok zo. cui thil cu, “thudik phuangtu pawl in thuthangtha sungah mipi an hruailut theinak hmun ah kawhhran a din tikih an zoh thim ding mi an si.”—Ellen G. White, *The Acts of the Apostles*, p. 91.

Paul in cakuat a ngan tikah calai lam ih bawmtu a nei theu timi a theihtheih zet. Timote cu hmun dangdang ih cakuat sawngtu vekih hmin neitu a si (*thimnak ah zoh awla, 2 Kor. 1:1, Filemon 1*). Paul cun “kanmah” tihnak in “keimah” timi a hmang sawn theu, cumi cun himi cakuat pawl phen ahhin a thuneihnak a um timi a langfiangter.

NIRUK NI (FRIDAY)

January 2

Ruatbet ding: “Pathian cun thlarau thianghlim le Thudik zumnak thawngin rundannak co dingin a lo hril zo. Curuangah hngat khoh zetin ding aw...rinum zetin Pathian na rian ahcun thleidannak le dokalhnak na tong ko ding; asinan dik lo zetih harsatnak na tuar tikah thiheng duh hlah. Lehrul duh cuang hlah. Jesuh Khrih ah rinum zetin um awla, vanlam hoi in hmailam pan aw. Midang cun anmai tong ding pawl cu tong men ko hai seh,

cule an tong vekin an cangvai ding . Na hrang ahcun Khrih ih tangdornak le ret niam awknak ah um peh vivo aw. Tumtahnak fumfe zet nei in hnatuan aw, thinlung thiang zet in, na theihnak le cahnak hmuahhmuah thawn, Pathian kut ah thum aw in hnatuan aw. Na hnatuan tha zet le cawisang tlak khawp ih felfai cu na theih ban dah lo men thei. Na manmual cu nangmah rundam dingih pekmi nunnak lawng ih tah theih mi a si....

“Khrih ih a thangso mi nunnak pawl hmuahhmuah hrangah nasa zet le reipi buainak caan a um peh vivo lai ding; zianghatile thimnak huham a caktuk ruangah hmailam lamzin fehnak dokalh dingin thutluknak an tuah. Asinan Zangfahnak ih pekmi Khrih thinglamtah kan zoh tikah kan hlawhsam dah lo ding. Tlentu ih thutiamkam mi cu, “Ka lo tlansan lo dingih, ka lo hnongdah fawn lo ding” leitlun sancem tiang nan hnenah ka um ding” timi hi a si”—Ellen G. White, in *The Youth’s Instructor*, Nov. 9, 1899.

RELKHAWM DING THUSUHNAK PAWL:

1. Paul cu dik lo zetin vei tamzet thawng a tla theu. Dik lo zetih heknak na ton caan ah ziangtin na let ding? Hivek caan ahhin ziangmi Bible thutiam pawl na rel thei ding?

2. Khristian hremthat awknak a um lai ahkhan kawhhran hmais a hruaitu Tertullian cun, “In siatsuah tam deuhdeuh cun kan pung deuhdeuh. Khristian pawl ih thisen cu thlaici a si” tiah a ti—Alexander Roberts and James Donaldson, eds., *Ante-Nicene Fathers* (Peabody, MA: Hendrickson Publishers, Inc., 1999), vol. 3, p. 55. **Cuvek ciah in hmun hrekkhat le tikcu caan hremkhat lai ih hrem awknak cun kawhhran hnatuannak a rak kham**

buai zet. An zumnak ruangih hremnak a tuartu pawl kan bom theinak ding lamzin pawl cu ziangsaw an si?

3. Paul ih a tuarnak eng ahhin tuizarh zirlai Bible cangkan mi kha vun ruat aw. “Lungawi ringring uh”? Ziangmi saw a sullam a si? Ziangtin saw kan tuah thei ding? Na duhdawt mi mi pakhat, a dam lo lole, a thih caan ah, na hna na hloh caan ah, natnak nasazet na neih caan ah ziangtin na lungawi thei ringring ding. Himi theithiamnak ding tawhfung cu, “ziangmi ah kan lungawi ringring ding?” timi thusuhnak hi a si ko ding. Cumi cu ziangvek dinhmun ih kan um khalah, ziangmi ah kan lungawi ringring ding?

ZIRLAI 2

January 3–9

LUNGAWI THUSIM LE THLACAMNAK DING SAN PAWL

SABBATH SIIMLAM

Tuizarh zirlai hrang siar ding: *Fil. 1:1–18, 1 Kor. 13:1–8, Jer. 17:9, Kol. 1:1–12, 1 Pet. 1:4, Saam. 119:105, Isa. 30:21.*

Bible cangkan: “**Nanmah ih hnatuan tha a tuan thoktu cun Jesuh Khrih ih ni tiang a tuan peh vivo ding a si timi rori hi ka zum hnget a si**” (*Filipi 1:6, NKJV*).

Pual cun a cakuat ngannak ahhin cibai buknak – le lungawi thusimnak a telh ringring theu. “Pathian kan Pa le Bawipa Jesuh Khrih hnen ihsin zangfahnak le daihnak cu nan hnenah um hram seh. Pathian le kan Bawipa Jesuh Khrih ih Pa hnenah lungawi thu kan sim” (*Kol. 1:2, 3, NKJV*).

Kannah khal Paul vek ciah in lungawinak ding tamzet kan nei. Pathian zangfahnak tonnun tamzet kan nei, van mi pawl ih an theihthiam thei lo ding khawp tonnun kan nei. Cuvek ciah in Pathian duhdawtnak ihsin a luangsuak mi ruahsannak le remdaihnak pawl cu Pathian ih daihnak laksawng a si.

Milai dinhmun khal in vun zoh hnik sehla, midang parah lungawinak kan langter theu, mi thil kan tuahsak asile, kan parah an lungawinak langter ve ding in ruahsannak kan nei cio. Nu le pa pawl cun an fale pawl in Pathian an duhdawt ih, a tu rori a si lo hmanah nikhat nini ah an fale hrangih an pumpek awknak pawl hmuahhmuah an run theihthiam theinak dingah thlacamnak an neih sak theu. Asinan minung kan si

vekin, thil diklo tamzet kan buah ih, cumi ihsin zirlai kan zir theu (a silobik in kan zir tengteng a tul).

Tuizarh ahcun Filipi le Kolose kawhhran hnen ah Paul ih lungawi thu simnak le thlacamnak tongkam a hman hmaisabik mi pawl kan thlir ding. Cumi cun kan thlacam nun ahhin thazang cahnak le phurnak in pe ding a si.

NIKHAT NI (SUNDAY)

January 4

Thuthangtha ih pawlkom awknak

Siar ding: Filipi 1:3–8. Paul ih lungawinak kha ziangsaw a si? Filipi pawl hnenah ziangmi thumawknak saw a pek, ziangah cumi cu a thupi?

Paul cun Filipi khua ah kawhhran a din; curuangah a cakuat ahkhan Khristian pawlkom pawl an um hnget ti kan hmu. Peng za tamzet in hla aw in, cikcin ih khiih le thawngtlak tuar khal sehla, Paul cun a thinlung ah kawhhran le kawhhran sungtel pawl an um ringring ih, “Jesuh Khrih ih lainatnak ah” (*Filipi. 1:8,*) nasa zet in a ngai hai. Anmai hrangah Pathian hnenah lungawi thu a sim. Paul ih lungawi thusim thlacamnak cu Jesuh in van ah kan ai-awh ih thlacamnak a neih mi hmuithlam a si.

Puithiam sang ih tangphaw ahkhan lungto 12 a um ih, cumi cun Israel mipun 12 a rak khiihmuh. Mipi pawl hrangih thlacamnak a neih sak tikah mipi pawl cu “a thinlung ah” an um ding a si (*Suah. 28:29, ESV*). Van biakbuk ahkhin kan Puithiam sangbik Jesuh cun lamzin tha sawn in a mipi pawl ih hmin cu Pa (Pathian) hmaiah a keng a si.

Lunglut za thil um mi cu Filipi 1:3 ih ummi tongkam hi a si, himi tongfang ih sullam ngaingai fiang vak lo khal sehla, Paul le Filipi mi pawl karlak ih pehawknak tha zet cu a fiang zet. Himi ahcun Paul in a thlacamnak ah a mang ringring tiin a tlangpi thu ih lehlin a si, asinan amah an rak thei ve ringringnak khal a khiihmuh duhmi a si

thotho. Ziangkhal sehla an pehtlahi awknak a thatzia hmanna ah “pawlkom awknak” (Grik: *koinonia*) timi tongkam hman a si. Paul cun Khrih ih harsat tuarnak ih a tel vek ciah in (*Fil. 3:10*), Filipi mi pawl khal in Paul ih harsatnak “an tuarpi ve” hai ih (Grik: *sunkeinōneō*), Paul ih hnatuannak ah sumpai lam khal in an bawm hai (*Fil. 4:14, 15*). Himi pawlkom awknak ahhin “a thok ihsin tuini tiang” (*Fil. 1:5*) a um ruangah an hrangah Pathian hnenah lungawi thu sim ding in le, “lungawinak thawn” (*Fil. 1:4*) thlacamnak nei sak ding in a kaihrui a si.

Lunglut za thil ummi cu Paul in a thawngtlaknak cu thiltha lam zawng in a rel ih, “thuthangtha kilhimnak le nemhgetnak” (Filipi 1:7) hrang caan remcang zet veki a rel lang. Himi tongfang pahni a hmanna ihsin a thubu ai cun a net a thleng zik thlang timi a langter. Cule Paul cun ralkap pawl le a hnenih ra tu pawl hnenah thuthangtha a rak sim. Kilhim awknak (Grik - *apologia*) cun dokalhnak le a kumkhaw nunnak ding nemhgetnak hrangih thil thupi zet a si. Paul cun a hmailam nunnak ai hnakin thuthangtha thehdarh hi a ngaithu pi sawn in a lang. A nung asilole a thih khalah Paul cun Amah Pathian a rinsan tu pawl hmuahhmuah in an rak thok zo mi “hnatuan tha” cu Pathian in a run thehfel ding a si timi a theifiang zet. (*Fil. 1:6*).

Ziangtin saw “na sung ih um hnatuan tha (Fil. 1:6)” cu Pathian in a thehsuak ding timi na theihthiam dan? Cumi sullam cu ziangsaw a si? Himi hnatuan hi Jesuh vei hnihnak a rat hlan ahhin a cem pei maw?

NIHNIH NI (MONDAY)

January 5

Dilnak nei ih Paul ih thlacamnak

Kum ziangmaw zat liam ahkhan pastor pakhat cun *keimah, keimah, keimah*, ka duh mi, ka duh zawng tivek ih rel tam zet pawl ih thlacamnak thuhla a rel. Pathian in

thil thupi sawn an hrangih tuhsak ding a neih ruangah kha bang pawl ih thlacamnak men cu “duham zet thlacamnak tenau” tiah hmin a pe hai ih, a dik zet.

Filipi 1:9-11 ih Paul thlacamnak kha siar aw. Ziangmi a hmuitin ih, ziangmi ngennak a nei? Cui thil cu thlacamnak thuhla ziangsaw a lo sim?

Himi thlacamnak cu Grik ahcun tongfang 40 lawng a si, asinan Paul ih khawruahnak pawl hmuahhmuah cu tawifel zetin tarlang in a um thluh. A cakuat dang pawl khal ah an lang thluh : Duhdawtnak, theihnak, thleidan thiamnak, thianghlim, soihnewm kai lo, Jesuh Khrih ihsin kan neih mi dingfelnak tivek pawl an si. Himi thlacamnak khal telin, a thok lam ih Paul ih lungawi thusimnak pawl cu Kawhhran khal in thupi zetih a ret mi an si. Paul ih thlacamnak hi midang hrang lawng rori ah a si ih, kawhhran ai-awh le a thansoh theinak ding hrang ah a si. A thlacam mi phun dangdang pawl vun thlir hnik sehla:

Duhdawtnak karh vivo dingah: Pual in duhdawtnak tam vivo dingin thlacamnak a nei men lo ih, kaihhrainak lam khal a dil tel: “theihnak le thil thleidan thiamnak” khal a dil tel a si (*Fil. 1:9, NKJV*). Hitawk ih theihnak a timi hi fimzirnak ih theihnak men siloin thlarau lam thil va theihnak lam a rel duhnak a si ih, cumi cu Pathian thawn pawlkomawknak le A kamsuak thu zirnak ihsin ngah theih mi a si (*Zoh aw Efe. 1:17, Efe. 4:13, 1 Tim. 2:4*).

Thleidan thiamnak: Himi cu Paul in, “A tha bik mi thil” (nun siatsuah theinak thil ihsin thleidan thiamnak) le “a thianghlim mi le relsiat ding um lo” (*Fil. 1:10, ESV*) pawl theithiam dingah tiin a relfiang.

Thinlung thianghlim: Grik tongih a sullam cu, “ni zung eng ih thuthennak” tih a si. Himi cun borhbah kai lo cangvaihnak thianghlim a sim duhnak a si: “Khristian pawl ih hnaturanmi pawl hmuahhmuah cu ni zung eng vekin a lang thluh ding a si”—Ellen G. White, *Reflecting Christ*, p. 71.

Soinawm kai lo. Himi sullam cu mi pakhat ih a zum har ding tiang ih thil tuah, thurel le dawnkhamnak tivek pawl tuah lo ding tinak a si.

Khrih ihsin dingfelnak. Paul cun Rom le Galati cakuat ahhin himi thu hi sau zetin a ngan, cumi cu Filipi 3 khalah a ngan. Kanmah ten dingfelnak kan nei thei lo, Khrih hnen lawng ihsin kan ngah mi a si.

Ziang kan tuah khalah ziangtin saw kan duhdawtnak “ a nget khoh ih a karh thei ding (Fil. 1:9)? Ziangah cui thil cu Khristian nun ah a thupi?(Zoh aw 1 Kor. 13:1–8.)

NITHUM NI (TUESDAY)

January 6

Thlarau lam theihthiamnak

Paul cu thawnginn ah a um ti Filipi mi pawl in an theih tikah an riahsia tuk ti kan theithiam. Tu ahcun a hnaturan cu bikhiah nei in a um thlang. Khual tlawng in a veivak thei lo. Thuthangtha khal a sim thei lo. Sinakok ah feh in Jesuh cu Messiah rori a si zia pawl khal mipi pawl hnenah a sim thei lo. Kawhhran khal a din thei nawn lo ding. Filipi ih um zumtu pawl cun tirhthlah ih dinhmun theifiang dingin le thazang pe dingin, le taksa lam ih a tulsam mi tuhsak a si le silo thei dingin Epafroditus an thluh.

Siar ding: Filipi 1:12–18. Paul in a thawngtlaknak kha ziangtin saw a hmuh? A tonmi thil pawl ih a lungput ihsin ziangmi saw kan zir thei ding?

Paul in cakuat a rak pek mi cun Filipi kawhhran cu a lungawi ter zet. Paul cun a dinhmun cu thlirnak dangdang in a rak hmu. A thlarau lam theihthiamnak nun ihsin a vun thlir ih, thawng a tlak cu thiltha zet a si tin a hmu. Cumi cun a hnaturan khal a buaiter cuang lo ih, “ thuthangtha karhzainak ah a cang sawn” a si (*Fil. 1:12, NKJV*). Midang pawl cun thir cikcin le tawntemnak lawng

an hmuh lai ah Paul cun amah kiltu Rom ralkap pawl cu Pathian uknak ram ih um ve theitu pawl vekin a hmu. A thawngtlaknak cun midang pawl cu cangvai ter dingin ralthatnak a pe deuhdeuh ih, thuthangtha phuang darhnak a kau in, an ton dingmi khal zianghman tihnak nei loin raltha zetin Khrih thuthangtha an au suah pi ti a hmu.

Cutin vun ruat ding cu a olsam lem lo men thei, asinan hrekkhat pawl cu Paul ih thawngtlaknak ihsin hlawknak an ngah dingah an ruat. A langdan ahcun thuthangtha an phuangnak ah midang ngaihven an hlauh ding tin an ruat. Cuvek ruahnak cu mai hlawknak ding lawng rak hawltu pawl ih zohtim ding riahsiatthlak za thil a si. Kawhhran sung khalah a um thotho. Paul a um hlan pi ah Jeremiah cun hitin a rak rel: “Thinlung hi thil hmuahhmuah hnakihi mi bumhmang le se linglet a si: zo in saw cucu a thei thei ding?” (*Jer. 17:9*).

Cuvek ruahnak thawn kalh aw bepbep in hnatuantu rinum zet pawl cun Thuthangtha thehdarhnak lamah mi taima zet ah an hung cang. Paul an duhdawttuk ruangah a zumnak ruangih a tuarmi pawl an hmuhnak ihsin Khrih an rinsan phah ih, Bawipa hrang hnatuan sinsin dingin thazang an ngah phah a si. Cumi cun a hlanih an rak feh ngam lonak hmun khalah feh ngam dingin a phurter ih, daiten an rak umnak hmun khalah tongsuak ngam dingin ngamhuainak a pe ih, mipi tamsin in Khrih an run pawm ih, rundamnak thuthangtha thehdarhnak ah an cak sinsin a si.

Rinhlel ding zianghman um lo khawp ih siatnak a ummi karlak ah hlawknak hrekkhat pawl a rak um ve mi tonnun ihsin ziangmi saw na zir thei ding? Hlawknak um dingih a langtuk lem lo mi khalah ziangtin saw Pathian rinsandan kan zir suah thei ding?

NILI NI (WEDNESDAY)
Thuthangtha ih Rah

January 7

Paul le Kolose mi pawl ih laicinawknak cu Filipi mi pawl thawn cun a danglam deuh. Anih cun “taksa in ka hmel a hmu hrih lo tu” timi tongkam a telh (*Kol. 2:1*). Cuvek si khal sehla, Paul cun Filipi mi pawl hnenih a tuah vek thotho in, Pathian hnenah lungawi thu a simsak ih, an hrangah “thlacamnak” a neihsak ringring.

Siar ding: Kolosa 1:3–8. Paul in ziangmi thil pathum in saw Pathian hnenih lungawi thu a sim?

Paul cun hmundang ih a rel theu mi ziaza thatnak thil pathum a tarlang: Zumnak, ruahsannak le duhdawtnak tla an si (*zoh aw 1 Kor. 13:13, 1 Thess. 1:3, 1 Thess. 5:8*). Himi thil pathum hi Kolosa pawl hnenah a sim lo timi hmnsin aw. An hrangah Pa (Pathian) hnen ah lungawi thu a sim, ziangah tile James in a rak rel vekin annih pawl cu A (Pathian) hnen ihsin laksawng kan ngah mi “thatnak le famkimnak” (*James 1:17, NIV*) ah an tel ve a si. Kan hrang ih Pathian duhdawtnak kan hmu tikah Khrih ah zumnak nei dingin mi a hruai (*Efesa 2:4-8*), Cule vanlam ruahsannak khal kan dong cih a si. Cumi cu Piter cun a simfiang ih, “A siat thei lomi ro, le borhhlawh kai lo, le ziamral thei lo, nan hrangah van ih retciamu cu co dingin” tiah a ti (*1 Pit. 1:4, NKJV*).

Paul khal in thangthatha cu “A dikmi thu” a si ruangah rinsan a tlak timi a sim uar zet. Himi cu Paul in Pathian thawkkhum mi thu relnak ih a hman theumi tongkam a si (*zohaw, 2 Kor. 6:7, 2 Tim. 2:15*). “Milai hnatuan” vek siloin a zumtu pawl hnenah “hmual nei zetin” hna a tuan ih (*1 Thess. 2:13*), Pathian duhzawng khal a hlauh lintler a si (*Isa. 55:11*). Curuangah, Thuthangtha phuang a si tikah Pathian ih huham cu a ngaitu pawl thinlung ah Thiang Thlarau hnatuannak hmangin a lang suak ih, mipi pawl in an rak pawm thei a si. Thuthangtha

cun amah ten rah a suah a si, ziangatile cumi cu “Nunnak thu” a si ruangah a si (*Fil. 2:16*).

Hivek caan reilote sung ih thuthangtha phuangdarh thluh a si hi mangbangthlak za thil a si. Khrih a thih ih a thawhsal ihsin kum 30 zik liam ahkhan Paul cun “leitlun pumpi ah” (*Kol. 1:6*) thuthangtha a zarh thluh zo thu a rak sim. Cumi bungcang thotho ah thuthangtha cu, “van hnuai ih um sersiammi tinkim hnenah simphuang a si zo” tin a rak sim (*Kol. 1:23, NKJV*). Rome khawpi lamzin pawl cu pehtlahi awknak le khuatlawnnak ding hrangih tha zetih tuah mi a si ruangah Paul ih cakuat pawl khal zamrang zetin an thleng thei hngal. Asinan mi pakhat ih thlarau nun a hringsuak tu thu cu Pathian hnatanu hham a si ih (*James 1:18, 1 Pet. 1:23*), Khrih ah siamthar in an um a si (*2 Kor. 5:17*).

Kolosa 1:5 ah Paul cun, “Nan hrangah van ih khaw mi ruahsannak” timi thu a ngan. Cui ruahsannak cu ziangtin saw na theihthiam, ziangah na nun ah na hmang ding?

NINGA NI (THURSDAY)
Thlacamnak hham

January 8

Siar ding: Kolosa 1:9–12. Paul ih thlacamnak ah ziangmi ngennak saw fiang zetih na hmuh mi?

Paul cun, “a duhzawng theihnak ih nan khah theinak dingah” tin thlacamnak a nei. Paul cun Pathian duh zawng theihnak cu, “fimnak le thlarau lam theihthiamnak” (*Col. 1:9, NKJV*) a si thu a simfiang. A hmaisabik ah fimnak cu Pathian duhzawng tuahnak le Pathian rinsan pumhlumnak ihsin a ra mi a si (*Johan 7:17*) ih, mai theihthiamnak ah a thum aw lo (*Thuf. 3:5*). Asinan thusuhnak a suak theu mi cu, “Hi dinhmun ahhin ka hrang Pathian ih duhmi cu ziangsaw a si?” timi hi a si. Thlacamnak thawn Pathian duhzawng kan hawl hmuh theidan ding bulhram pali a um:

1. Fimnak bulhram thupibik cu Bible a si. “Na thu cu ka ke hrangah mei inn a si ih, ka lamzin hrangah eng a si” (*Saam. 119:105, NKJV*).

2. Pathian cun simcianak thlarau hmang in caan neta ih um pawl hrangah fimnak hleice in rak pe (*Thup. 12:17, Thup. 19:10*), cumi cu Ellen G White ih cangan mi ihsin tarlang a si. Bible cun, “Bawipa nan Pathian cu zum uhla din hngat nan si ding; a profet pawl hi zum uhla nan lam a tuang ding” tiah in rak forhfial (*2 Sansiarnak. 20:20, NKJV*).

3. Pathian duhzawng le kaihhruainak cu kan dinhmun ih a tul caan te ahhin theih a theih ko ding, sangka onsak ding in le khar sak ding in A hnenah dilnak kan nei thei (*zohaw, Kol. 4:3*).

4. A aw thei ngah ding in kan zir caan ah Thiang Thlarau cun in kaihruai a si: “Cun vorhlam ih nan pial tikah siseh, kehlam ih nan pial tikah siseh, Hihi lamzin a si, hihi zawh uh, tiin, na hna in na dunglam ih thu a thei ding” (*Isa. 30:21*).

Paul cun Kolosa pawl in “Bawipai’ lungmui **tlak** ih an feh” theinak dingah thlacamnak a neih sak (*Kol. 1:10, NKJV*). Diktak cun minung sinak ahcun zohman “tlak (phu asilole tling)” an um lo, asinan Pathian cun a zangfahnak thawngin mi tling ah in rak siarsak ih, kawhnak sang zet ih nun hman thei dingah in rak ko hai a si (*Efesa. 4:1, 1 Thess. 2:12, NKJV*). Paul cun “feh” timi tongkam hi himi cakuat lawng hman ahhin veithum rori a hmang (*Kol. 2:6, Kol. 3:7, Kol. 4:5*). Cumi sullam cu Pathian daan vekih nun hmanna thawngin cangvaihnak neih ding tinak a si (*Suah. 18:20*), Cui thil cu Thiang Thlarau ih hnatanu thawng lawngih a cang thei mi thil a si (*Ezek. 36:27*).

Paul cun Bawipa “duhdawng famkim” ih an nun theinak dingah thlacamnak a neih sak ih, cuvek ih um theidan ding lamzim ziangmaw zat simaw a tarlang: “Hnatuan tha kip ah rah suahnak” (*Kol. 1:9, 10, NKJV*);cule “Pathian theihnak ih thangso vivonak” (*Kol. 1:10, NKJV*); le a netabik ah “lungawi thu simnak” tivek in a si (*Kol. 1:12, NKJV*).

Mi pakhat in, “Pathian in lamzin pakhat hnu pakhat a lo hruai vivo a si timi ziangtin saw na theih?” tin lo sut bangta sehla, ziangtin saw na let ding – ziangruangah saw?

NIRUK NI (FRIDAY)

January 9

Ruahbet ding: “ Mi tamzet cu hmailam caan hrang khawkhannak tha an nei thei lo. An nun a hnget lo zet. Thil a ra um dingmi khal an thleidang thiam thei lo ih, donharnak le thinlung daih lonak in an khat thluh theu. Hi leitlun ih Pathian fale pawl ih nun cu Pathian thu thlunnak nun a si timi hi kan thei ringring pei uh. Curuangah kanmah ten nunnak ding hrangah khawkhannak fim kan tuah thei lol. Kan hmailam caan hmuihngilnak ding cu kanmai tuah ding mi a si lo. “Rinnak in Abraham cun lehnu ih a roco dingmi hmun ah feh dingih kawh a si tikah thu a awih; cun a fehnak ding hman thei loin a pok’ Hebru 11:8. “Leitlun ih Khrih a um lai ahkhan amai hrangah khawkhannak a tuah lo. A hrangih Pathian khawkhanmi kha a pawm ih, nikhat hnu nikhat Pa cun A khawkhannak cu a run tarlang theu. Kannih khal Pathian ah kan thum aw ding ih, cutin A duh zawng tuahnakahn kan nun a um ding. Kan lamzin pawl a hnen ih kan ap thluh ahcun, anih cun ka kekarnak a kaihruai ding a si.

“Mi tampi cun hmailam caan hrang khawkhannak tamzet an nei ih, hlawhsamnak an tong theu. Pathian in na hrang khawkhannak nei hram seh. Nauhakte a si vekin “Mi thianghlim pawl kaihruaitu” ih kaihruainak cu a

rinsan zet (1 Samuel 2:9). Pathian cun a fale cu hruai an si lonak ding ah a hruai dah lo, a hramthok ihsin a netnak ding an hmu thei ih, tumtahnak ih sunlawinak an thleidan thiam ahcun amah thawn hnatuan tlangnak ah famkim ter an si ding a si.”—Ellen G. White, *The Ministry of Healing*, pp. 478, 479.

RELKAWM DING THUSUHNAK PAWL:

1. Dungzarh thuhla ruat awla, na lungawinak pawl kha ngan aw. Na ruatnak ai hnakin na rak lungawi sawn men thei sokhaw?

2. Ellen G. White ih cangan mi netabik lam kha zoh aw. Zumnak ih thil titheinak a si. Cuvek lamzin ah ziangtin saw Pathian rinsan dan na zir thei ding?

3. Kolosa 1:6, 23, eng hnuai ahkhan himi siar aw: “Kum 40 sung rori zumlonak, phunzainak, dokalhnak pawl cu Kanaan ram ihsin hlansan Israel pawl in an au suah pi. Cui sualnak thotho cu van Kanaan lam pan rerotu Isreal pawl khal in an nei thotho. Pathian thutiam cu a pelhsawlh hrih cuang lo. Cui zum lonak ruangah hi leitlun sualnak ahhin riahsia in kum tamzet kan rak tang zo. Khrih ih kawhhran cun Bawipa ih a ruatmi hna hi tuah theh thluh zo sehla, himi cu leitlun mi pawl hmaiah ralrin peknak ah a cang ding ih huham le sunlawinak nasa zet thawn leiltun ah Bawipa Jesuh a rung tum zo ding”—Ellen G. White, *Last Day Events*, p. 38. Ziangvek lamzin in saw tu lai sanah kannih teh cuvek sualnak in thiamlo in co ter ding?

ZIRLAI 3*January 10–16***NUNNAK LE THIHNAK****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Pili. 1:19–30, 1 Kor. 4:14–16, 2 Kor. 10:3–6, Johan 17:17–19, Mikah 6:8, Tirh 14:22.*

Bible cangken: “Ziangahtile ka hrang ahcun nun hi Khrih a si ih, thih khal hlawnak a si” (*Filipi 1:21, NKJV*).

Thihnak hi nunnak peng pakhat a si tiah kan sim theu. Cui thil cu thuphan hlau thlau a si. Thihnak cu nunnak ralsan, nunnak ih doral sawn a si. Thihnak cu motor ih thil fate a siat mi tuahvek ciah ih nunnak ih tuahnak a si ve lo. Paul cun fiang zetin a simfiang ih, Khrih cu, “thihnak tuarnak ihsin thihnak huham a neitu khawselal cu a siatsuah ih, Thih tih ruangih an nun sung pumpi saltang pawl a runsuah theinak dingah” (*Heb. 2:14, 15*) a thi tiin a rel uar zet.

Khrih hrang thi dingin tiar cia ringring khal sehla, Paul cu caan reizet ih a co dingmi thil ahcun a dinghnet zet. A hrangih a thupibik mi cu amai thihnak in simaw, a nunnak hmangin Khrih sunlawih le thuthantha cu a cang thei tawk in mi tampi hnen ih sim a duh. Amai hmin ih cakuat tamzet kan neih khal hi cui thil ruangah a si men thei. A cangan mi ihsin, mi tampi le hmun tamzet ah le, amah rori hman ih a thlendah lonak tiang pawlah a cakuat a thleng thluh a si.

Nun hi a tawi tuk, Pathian ih in pekmi kum ziangmaw tizat ahhin a cangthei tawkin Pathian Lalram hrangah tangkainak neih hi thil thupi zet a si. Cui thil cu “Zumnak ih pumkhat awknak” tin thazang kan pekawknak

pawl thawn pehtlahi awknak an nei tuk lo. Tuizarh zirlai a thoknak ih kan hmuh vekin, himi thulu cu Paul in Filipi mi pawl hnenih ca a kuatnak san thupi zet a si.

NIKHAT NI (SUNDAY)*January 11***“Khrih cu cawimawi in a um ding”**

Siar ding: Filipi 1:19, 20. Paul in hniksak a tonnak ihsin rahtha rah suak ding ih a ruahsan mi kha ziangsaw a si? Thiamcoternak ai hnakih thupi sawn ih a retmi kha ziangsaw a si?

Paul hi mawhsualnak nei lo khal sehla, tuitum hi thawng a tlak veikhatnak a si lem lo, curuangah hremnak tuar tivek men cu a mikhual tuk lem nawn lo. Korin khua pawl hnenah a rak tuar rero zonak pawl cu famkim deuh in a sim hai: “thawnginn ah tu le tu, thihnak ah voi tampi ka tuar. Vuak sawmli sungah vuak khat tling lo in Judah pawlih vuak voi nga ka tuar. Voi thum fungfek in in vua, lungto ih den voi khat ka tuar, long siat voi thum ka tuar, ni khat le zan khat ti thukpi ah ka um; Khuatlawnnak ah voi tam zet tidai tihphannak, suamhmang tihphannak, ka phunpi pawl ruang ih tihphannak, khawvel mi pawl ruangih tihphannak, khaw sungih tihphannak, thlaler ramcar ih mihphannak, tiffinriat ih tih-phannak, unau deu pawl lakih tihphannak; Tuan bangnak le tuan retheihnak, itthat lo ih miih kilnak voi tampi, rilrawng le tihal ih umnak, rawl loin voi tampi, khawsik le taklawng ih umnak tla ka tuar” (*2 Kor. 11:23–27, CKJV*).

Asinan hivek tuarnak pawl cu a thinlung luahkhamtu ih kan ruat lonak dingah Paul cun zamrang zetin, “Cui a lenglam thil pawl hleiah, kawhhran hmuahhmuah ngaihvennak in nitin i delh” (*2 Kor. 11:28, CKJV*) tiah a run simsal.

Siar ding: 1 Korin 4:14–16; 1 Thessalonika 2:10, 11; Galati 4:19; le Filemon 10. Kawhhran a dinmi pawl

le Khrih hnenih a hruai thlenmi pawl thawn ziangvek laicin awknak saw Paul in a neih?

In rundamnak ding hrangah Jesuh in zianghman ui mi a neih lo vek ciah in Paul khal in zumtu pawl hrangah “A hmang aw ih, a hmangaw vivo” tum (*2 Kor. 12:15, CKJV*). Asinan thil danglam zet um mi cu mi pakhat cangvaihnak cu Jesuh thawn an bangawk poh le, duhdawttu an nei mal, lole mi hrekhat pawl ih lom hlawh vak loin an um theu. “zokhal Khrih Jesuh ah Pathian ngaihsak ih nun a duhtu pohpoh cun hremnak an tuar ding” (*2 Tim. 3:12*). Asinan Khristian rinum zet pawl cu Pathian sunloihnak dingah le thuthangtha thutak phuangsuahtnak ding ih thilti theinak nasa zet neitu an si men thei (*zohkop aw, Fil. 1:7*). “Diklozet ih thawngthlak a si lai ah Paul cu a thinsau ih, a lungawi thei thotho, a ralthatnak le a zumnak cun thuthangtha an sim peh vivo a si”—Ellen G. White, *The Acts of the Apostles*, p. 464.

A hleice in nangmah a lo zohkhen tha vak lotu pawl na zohkhendan le na nundan pawl kha vun thlir aw. Jesuh hrangah ziangvek theihpitu saw na si?

**NIHNIH NI (MONDAY)
Thih cu hlawnak**

January 12

Na rak theihngah ngelcel lo pangah zumtu kan si veki kan zaten doawknak ropi ahhin kan tel ve a si, kan kiangkap ah siseh, sung lam nun khal ah kan tel thluh. Kan zaten lamzin pakhat, asilole a dang lamzin khal in vanlam doawknak tonnun ngaingai kan nei ih, ziangtikah, ziangtin a ra thlen khalah kan thih ni tiangin doawknak ropi sungah kan tel ringring ding a si.

Siar ding: 2 Korin 10:3–6. Thlarau lam doawknak kan neihtak san cu ziangsaw a si? Kan ralthuam pawl teh ziang an si?

Thlarau ralthuam thihnak suahtpitu bik cu ruahnak, a tha le a sia ruahnak hi a si. Satan cun mipun

thleidannak, phatsan awknak, ningzahnak, tihnak, dinhmun bangaw pawl ih zohniamnak, le Khristian pawl ih an hman dah lo mi thilri tamzet a hmang theu. Kannih cun duhdawtnak, zangfahnak, daihnak, velneihnak, tuarfainak, thatnak, mah le mah ukawk theinak tivek pawl hi kan hmang sawn ding a si. A cak zetmi kan ralthuam huham cu Thiang Thlarau ih a hman mi “Pathian kamsuak thu” hi a si (*Efesa. 6:17, AMP*), ziangahtile Amah Pathian lawngin minung thinlung ah thutak a um ter thei a si. Kannih cu A khawkhan mi a hlawhtlin theinak dingih Pathian ih a hman mi men kan si.

Siar ding: Filipi 1:21, 22. Himi Paul ih relmi hi doawknak ropi thuhla ah thum aw in ziangtin kan theifiang thei ding?

Doawknak cu thlarau lam thil a si ruangah kannih cu ruahnak le manmual dodawknak ahhin kan um. Asinan Khrih cun kan hrangah thinglamtah ahkhan a rak neh zo, Amah ih kan bet hnget phawt ahcun thah kan si hmanah kan sungral dah lo ding. Paul cun a nun cu a hmailam caan ih a um ding lairelnak sang sawn ih a ret awk zo ruangah a lei nun cu ziangvek ih a thlen hmanah a pumpe aw thluh.

Khristian kan si veki kanmai diknak hrangah siloin, a dikmi hrangah kan bei ding a si. “Thilti theinak in diknak a tuah” tinak lam si loin, “thildik tuahnak cun cahnak in” pe ti sawn ding a si. Pathian duhdan ih thum awk hi a zah um zet ih, cumi cu doawknak hmun ih nehnak kan co theidan ding lamzin umsun a si. Pathian duhdan vekih Jesuh a pekawknak pawl cu zohthim ding mi a si, Paul cun Filipi 2 ah fiangzetin a run tar suak.

A tu ahhin a ngaingai ih doawknak hi ziangmi lamzin in saw na rak ton? Khrih cun kan hrangah a rak neh zo a si timi theihnak ihsin ziang hnemawknak le thazang cahnak saw na lak thei ding?

NITHUM NI (TUESDAY)

January 13

Rinsan awknak nei phah in

Siar ding: Filipi 1:23, 24. Paul in, “suak tahrat in, khrih thawn um tlang” cu “ a tha sawn” a timi hi ziangtin na rak theithiam?

Himi bungcang hi kum reizet cu theihsual a rak si theu. Tuizarh zirlai kan thlir dingmi ahcun Paul cun thihnak le nunnak danglam awknak a rel. Khristian cu Khrih hrang a nung ih, Khrih hrang khalah a thi men thei. Cumi zawnte ahcun “hlawknak” a si, zianghatile kan thu theihpi mi cu huham le forhfialnak nasa zet hnakin a cak sawn a si (*Fil. 1:21*). Mi pakhat cun zumnak ruangah a thih ngam ahcun cui zumnak cu a zum hnget zet tinak a si.

Asinan mithi pawl hi an thi ngaingai a si timi kan hmnsin tengteng ding a si. Annih cun “zianghman an thei nawn lo. Thawhsalnak a um hlan sung cu thlaan ah an cawl (*zoh aw Thus. 9:5; Johan 5:28, 29*). Curuangah Jesuh cun a thi mi Lararus kha, “Kan rualpa Lazarus cu a itthat a si; asinan cui a itthat cu va thang dingin ka feh ding” tiah a ti (*Johan 11:11*).

Mipi pawl hi vanram ah zamrang zetin kai hngal bangta sehla, Lazarus thuhla cu vun ruat lawk hman awla, Lazarus cu Paradise nuam zetah nili sung a um hnuah thuthang “riahsiatza thawn” vancungmi a hnenah ra in “Tipang aw, Lazarus, Jesuh in leitlun ah a lo kosal a si. Hitawk ah na um thei lo ding” tin a ti ding.

A dik lo zetmi thil cu asidan vekin a netkhawr tiang kan thlun lawlaw ahcun a dik lo zia kan hmu thei ding. Thihnak cu mang hman nei lo khawp ih ihhmu thaw zetih itthat vek ciah a si, cumi ihsin Jesuh cun voihnih a ratsalnak ah rinum zetih Amah thluntu pawl cu a kaitho ding a si. Cule mi thianghlim nungdam ih um pawl thawn van ah laksoh an si ding ih, Jesuh thawn kumkhua in an um ding a si (*Zoh aw 1 Thess. 4:16, 17*).

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Paul in a tui nun ihsin “suak tahrat in” Khrih thawn umtlang a duhnak ih sullam cu “thihnak ihsin thawhlehnak co ih” (*Fil. 3:11, NKJV*) a um theinak dingah a tu ih tuar reronak le thih reronak ah Amah thawn umtlan a duh tinak men a si (*2 Tim. 4:6*), Cule thihnak ahcun a mit a sing ding ih, a theih leh sal ding mi cu mit-thep karah Jesuh a hmusal ding a si ti a theifiang zet, Anih cu Jesuh in Amah a zumtu pawl hmuahhmuah hrangah a tuahmi hmun ah Pathian mipi pawl thawn hruai soh in a um ding a si (*Johan 14:3, 1 Kor. 2:9*).

Khrih hrangih thih ding tiar cia ringring khal sehla, Paul cun “taksa ih a um hrih” ahcun Filipi mi pawl hrangah a tha sawn ding timi a theifiang (*Fil. 1:24, NKJV*). Khristian hrang ahcun Khrih hrangih nun maw, asilole thih a tha sawn ding timi cu let ciamco a tul vak lo mi thil a si. Paul cu nungdam ih um ding maw, asilole thlaan ih cawlh hahdam ding timi karlak “ thu pahnih ahhin rekbetin” (*Fil. 1:23, NKJV*) a um.

Zokhal in thih cu kan duh lo cio ko ding, na thih thluh hnuih na theih hmaisabik ding mi cu Khrih ratsalnak hi a si ding timi na ruat dah maw? Himi cun Paul ih ruatnak theithiam dingin ziangtin a lo bawm ding?

NILI NI (WEDNESDAY)

January 14

Pumkhatnak ah dinghnget uh

Jesuh in dungthluntu pawl hrangih thlacamnak a neih mi cu thil thupi zet pakhat sungah a um thluh: Cumi cu pumkhat awknak hi a si. Jesuh cun thinglamtah lenglam ih a Pa thawn an pumkhatawknak ding le kanmah thawn kan pumkhat awknak ding thlirin: “Ka Pa, i pekmi pawl khal hi ka umnak hmun ih an um ve ka duh; cuticun i pek mi ka sunlawinak an hmuh ve theinak dingah” tiah

a ti (*Johan 17:24, CKJV*). Jesuh cun Pa in A fale pawl cu, “kanmah bangin annih khal pumkhat an si ve theinak dingah” (*Johan 17:11*) kilkhawi dingin thlacamnak a nei. Pumkhat awk lonak ih rahsua mi rapthlak zet cu uar zet in a rel – minung tampi in an zum lo phah ding a si. Himi thlacamnak tawifel zet ahhin Jesuh cun Amah le Pa thawn pumkhat kan si thei ding hi thupi ah a ret ih, cuticun “leitlun in an zum dingih” cule “I thlah a si timi leiltun ih a theihtheinak dingah” tiah thlacamnak a nei (*Johan 17:21, 23, NKJV*).

Siar ding: Filipi 1:27 le Johan 17:17–19 hi zoh kop aw. Jesuh le Paul cun kawhhran ih pumkhat awknak dingih thupi an timi kha ziangsaw a si?

Filipi 1:27 hi “nan nunzia thawn milaw seh” tihi lehlin mi hi Grik ahcun *politeuomai* ti a si ih, cumi sullam cu “ram mipi vekin nun uh” tinak a si – leitlun ih lalram siloin, vancung uknak ih rammi sinak sawn a si. Tlangpar thuthangtha simnak ahhin Van Pathian ih fale pawl le A ramuknak ih sungtel timi sullam cu mawizet in tarlang a si: thlarau rethei, nun nem, dingfelnak a rawng ih a haltu, zangfahza, thinlung thianghlim, remnak tuahtu, biang khatlam tun, doral duhdawt le in camsiatu pawl thlawsuahnak pek, in huattu pawl hrangih thiltha tuah timi pawl hi an si. A tawi zawng cun, “dik zetih thil tuah ding, le lainatnak ngainat ding, le Pathian thawn hnuaidortei’ feh ding” ti hi a si (*Micah 6:8*).

Cuvek mi pawl hnen ahcun thinheng asilole lungawi lo tivek cu a har zet ko ding, si ko lo maw? Khuimaw caan ahcun mi tha lutuk ih a langmi pawl kan rem lo theu. An langdan vekin an tha lo timi langter duh ah an cak lonak zawn kan hawl buai theu, cumi pawl kan tuahnak san cu kan thinlung a hahdam deuh theinak dingah a si. Cuvek hawl buai loin ziangah saw duhdawtnak nei sinsin kan sia zia, kan tirhsian zia le zangfah kan thiam zia le ka hnuaidor zia pawl hi kan hmuh sawn lo ding?

Ellen G. White cun “Pathian asilole Thutak duhdawt sawn loin, leitlun le cumi ih um hlawknak a duhdawttu pawl” hnenah thusim a rak nei—*Testimonies for the Church*, vol. 5, p. 277.

Curuangah kawhhran ih pumkhat awk lonak hi a netnak ahcun hngalnak ihsin a ra suak mi a si thotho. “Hngalnak le leitlun thilri lamih lungawinak a um tikah Khrih ih thlarau cun mi a tlansan ih, cule ruahdan bangawk lonak, tawhawknak cu kawhhran a cak lonak dingah le thinlung hruaisualnak a um theinak dingah an rung lut theu”—*Testimonies for the Church*, vol. 5, pp. 240, 241.

Jesuh in kan hrang zothim dingih in tanta mi nunnak le hnuaidornak kan zir cio ding hi a va thupi ve. Kawhhran ah ziangmi danglamnak kan nei, kan nei cio ko lo sawm?

NINGA NI (THURSDAY)

January 15

Pumkhatnak le tih lonak

Siar ding: Filipi 1:27–30. Ziangtin saw kan pumkhatnak le “thuthangtha rinnak hrangah taima tlang” timi cu tih lonak timi thawn pehtlahi awknak an neih?

Satan ih khawkhannak cu thentheak awk ter le nehnak co hi a si. Pumkhat awk lonak hi thihnak thlentun cu a si. Jesuh cun, “Innsang pakhat cu amah le amah then aw in a do aw asile cui innsang cu a ding suak thei dah lo ding” tiah a rak ti (*Marka 3:25, CKJV*). Pumkhat awknak kan theihhngil ding hi Satan pa in kan hrangih a duh zet mi a si. Kan pumkhatnak cun Bible simciannak ih a tangsung (*Thup. 12:17*) kan sivek in kan simcianak pawl hlensuak famkim dingah, “kumkhua thuthangtha” cu “hnam tin, le ci tin, le tong in, le miphun tin” (*Thup. 14:6*) hnen ih phuang suak thei ding in bawm a si. Ziangah tile

pumkhat awknak cu Pathian ih in pek mi himi thuchah simdarh hnatuan famkim ter dingah a thupi zet, Johan 17 ih Jesuh thlacamnak ahhin Pathian kamsuak thu ih “thutak” cu pumkhat sinak tawhfung thupi bik a si tiin a tarlang (*Johan 17:17, 19*), kan thuchah cu kan hnatuannak asilole kan pumkhatnak ihsin thenhrang theih rual a si lo. An pathum in an ding hnget tlang thluh ding, lole an tlu tlang thluh ding. Himi pathum lakih pakhat a hloh pang ahcun kan hlawhtling thei lo ding. Ziangkhal sehla, hmun hlawm ah a pathum in kan nei a si ahcun, tihphan ding zianghman a um lo. Dodalnak ihsin “tihphannak ziangvek khal” kan nei lo ding (*Fil. 1:28, NKJV*). Satan cu neh in a um. Kan zumnak ruangah thihnak ah um hman ningla, “a tha mi thluntu kan si ahcun” zianghman in in tuahmawh lo ding (*1 Pit. 3:13, CKJV*). Hmailam lam ding in Pathian thutak rak donkham dingin Satan cun zianghman huham caknak a nei lo.

A hnuai ih Bible cang hi siar awla, a thupi bangaw deuh mi thupi pawl cu tawifel zetin rel aw: Mathai 10:38, Tirh 14:22, Rome 8:17, 2 Timote 3:12.

Hi leitlun tlusia zo ahhin nun hi a harsa zet ih, kan lakih “mi thabik” hrang khalah a harsa thotho. Job cu mi dingfel a si; Bible hman in anih cu, “mi famkim, mi dingfel, Pathian tihzahtu le thiltha lo hrialtu” tiah a ti (*Job 1:1, NKJV*). Cumi cing hman in zankhat thil thu ah tlaksiatnak cun amah le a sungkua pawl a run nuai. Bulpak ton nun in simaw, asilole midang parih a thleng mi rak hmuhnak in simaw himi nun cu tlang zim khamsang ah a um ih, a khatlam ral ziangtikah na thleng thei ding timi na thei dah zik lo tivek ih zirhnak pawl a theidah lo tu zosaw um ding? Hrekkhat tuarnak cu kan zate hrangah a si. Asinan a netnak ahcun thildang pawl hmuahhmuah hnakin Khrih hrangih tuar cu a tha sawn a si.

Khristian kan si vekin tuarnak kan neih lai caan ah ziang ruahsannak, hnemawknak saw kan neih ding?

NIRUK NI (FRIDAY)

January 16

Ruahbet ding: “Hremnak, thawnginn ihsin, kiosa puk le lei pukkua ihsin martar pawl ih nehnak authawm cu a hna ah a thleng. Anih (Rundamtu) cun thlarau hngetkhoh zet pawl ih theihpitu sinak a thei ih, annih cu farah tamhal, reitheih zonzaihnak tuar le thinlung retheihnak tuar khal sehla, tihnak an kengtel ve lo ih, zumnak ausuah pi in, “ka zummi cu zo a si ti ka thei” tin an au. Annih cun an zumnak hrangah an nun an hlan ih, an rinsan zetmi cun a netnak ah a rundam thei a si timi hi leitlun ah an phuang”—Ellen G. White, *The Acts of the Apostles*, p. 512.

“Khristian leitlun ahhin tuisan vek lawmman ih zumnak kehdarh awknak hi a rak um dah lo. Himi laksawng [Tirhthlah, profets, Evangelist, pastor, le zirhtu(*Eph. 4:11–13*)] pawl cu Khristian hmaisai pawl ih pumkhat awknak ih thil thupi zet a si, a tu ah pumkhat awknak tuahttha sal hi a thupi tuk. Nineta ih kawhhran pumkhat awknak tuahtthat sal dingih Pathian tumtah mi cu simcianak ihsin cat bang loin nemhngetnak a um. Bawipa in Zion lam ih a hruai kirsal tikah kilkhawi tu pawl in an mit rori in an hmu thlang ding. Caan neta lam ahcun mifim pawl in an theithiam ding. Himi pawl a thlen famkim thluh tikah Pathian in mifim a timi pawl hmuahhmuah thawn zumnak ah pumkhat awknak a um ding; zianghatile a ngaingai ih a theithiamtu pawl ih theithiamdan pawl khal an bangaw thluh ding... hivek pawl ngaihtuahnak ihsin hitawk ih simcia mi kawhhran famkim cu hmailam hrangah a si hrih lai ti a fiang, himi laksawng pawl cun an tumtahmi an hlensuak hrih lo ti a fiang tuk.”—R. F. Cottrell, “Introduction,” in Ellen G. White, *Early Writings*, p. 140.

RELKHAWM DING THUSUHNNAK PAWL

1. A tlun ih R.F. Cottrell ih nganmi eng ahhin tuisan Pathian kawhhran sungah pumkhat awknak a thlen theinak dingah Thiang Thlarau in ziangmi saw a tul zet mi? Kawhhran pumkhat awknak dingah ziangmi tluk in saw simcianak laksawng thawngin nun simnak pawl a takram ih tuah hi a thupit?

2. Paul le Khristian thizo pawl cu tu ahhin vanram ah “Jesuh thawm” an um tlang zo a si tiih zumtu na rualpi hnenah Bible in thihnak timi a simfiangdan pawl ziangtin saw na sim ding?

3. Hi leitlun ah a ngaingai ih tuarnak rapthlak zet cu ziangtin saw na theihthiam? Ziangruangah saw doawknak ropi cun himi pawl hmuahhmuah deuthaw theithiam thei dingih in bawm? A netnak ah thinglamtah parih um Jesuh zoh in Pathian ih duhdawtnak tarlangnak famkim zet cu harsat luar caan khalah Amah rinsan phah in ziangruangah saw kan zir ding?

ZIRLAI 4*January 17-23***TANGDORNAK IHSIN PUMKHAT AWKNAK****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Fil 2:1-8, Jer. 17:9, Fil. 4:8, 1 Kor. 8:2, Rom. 8:3, Heb. 2:14-18.*

Bible cangkan: “Thinlung bangaw ih nan um theinak dingah duhdawtnak bangrep nei in, lung khat pu ih lungruual in, ka lungawinak kimter uh.” (*Filipi 2:2, NKJV*).

Pumkhat awknak cu cahnak a si. Asinan thudik theih men hi va tuah suaknak thawm an bangaw lo. Pumkhat awknak ahhin kan theih patawp kan suah khalah khuimaw caan ahcun kan hlawhsam theu. Asinan tumruh zetih pumkhatnak siatsuah timi thawm cun an bangaw lo. Paul in Filipi pawl hnenih cakuat a ngan peh rero khal hi mangbang ding a rak si tuk lem lo. Paul cun “lungkhat pu le thinlung bangaw” ih an um ding a duh hai a si.

Paul cun pumkhat awknak a tulzia cu Jesuh thuzirhnak le tahthimnak ah a thum awk thu a sim. Himi thupi pawl cu Thukam Thar hmuahhmuah le a hleice in Paul ih cakuat pawl ah kan hmu thei a si. Van dumkulh ih pumkhat awk lonak bulhram cu vanram ih um vancungmi pakhat ih huham le dinhmun lam ih tihalnak le puarthaunak ihsin a ra mi a si, Cuvek lungput cu ukawknak famkim boruak par khalah a darh thluh (*zoh aw. Isa. 14:12-14*). Pathian daan retmi ah lungawi lonak nei in Pathian ih tuahmi ai hnakih sang sawn ih um duhnak thinlung a neih ruangah Eden hmuan ah a um(*Sem. 3:1-6*).

Tuizarh ahcun kawhhran sungih pumkhat awknak hrang Bible ih zirhmi kan thlir ding, a hleice in Jesuh ih retniam awkdan mangbangza, Amah ihsin hlawknak kan zir theimi pawl le Amah vekih kan thangsoh theidan ding pawl kan thlir ding.

NIKHAT NI (SUNDAY)

January 18

Filipi ih pumkhat awk lonak

Siar ding: Filipi 2:1–3. Kawhhran sung ih pumkhat awk lonak suakter tu ih a langmi hi ziangsaw a si? Cumi thawidamnak dingah Paul in ziang thuron a tuah?

Kawhhran a dinmi le a duhdawt zet mi cu thucuh buaiawknak le thukam elawknak pawl in a eiral a si timi a hmuh tikah Paul cu nasa zetin a riah sia. Cui buainak cu tongkam nazet hmangin a simfiang: “Mai’ tanghmai sialnak” timi, Filipi 1:17 (ESV) thuhla ih hman mi (Grik – *eritheia*) tongkam cu Khrih lamih thansohnak ding ai hnakin an mai tanghmai sialnak lamih pum pe aw tu, Rom khawpi ah Paul ih thu rak eltu pawl relnak hrangih letlin mi a si.

“Mai’ tanghmai sialnak” cu tisa hnatuan pawl lakah a tel (*Gal. 5:20, NKJV*), cule James cun hitin a rak sim: “Iksiknak le eltainak a umnak hmun ah buainak, le soal tuahnak phunkim a um theu” (*James 3:16, NKJV*). “Uanthuanawknak” timi Grik tongfang cu thukam thar ahhin hitawk hmun lawng ih hman a si, asinan Bible hleifuan calai lam ahcun puar thaunak, porhawknak, le mah le mah theithiam awknak tivek pawl an lang theu. Paul cun Galiti pawl ih forhfialnak a neihnak ahhin tongkam bangaw deuh nawn a run hmang. “Pakhat le pakhat thinhengteraw in le iksikaw in, sunlawinak lolak a ngainatu si hlah uhsi” (*Gal. 5:26, NKJV*).

Himi buainak pawl hrang Paul ih thawidamnak pawl hi hmnsin aw.

1. *Khrih sungih hnemnak*. Paul cun nun zohtim dingih Khrih a hman cu cangvaihnak thil ti thei zet a si.

2. *Duhdawtnak sungih hnemnak*. Jesuh cun Pathian duhdawtnak a lang ter ih, “Ka lo duhdawt vekin pakhat le pakhat duhdawt aw uh” tiah a ti (*Johan 15:12*).

3. *Thlarau ih pawlkom awknak*. Thiang Thlarau umpinak cun Kawhhran hmaisaw pawl vekin Khristian laicinawknak hgnet zet a tuah (*Tirh 2:42; zohkop ding 2 Kor. 13:14*).

4. *Ngainatnak (lole lainatnak)*. Himi Pathian sinak cu Khrih nun ahkhan a langsuak leuhleuh theu (*zoh aw, Matt. 9:36, Matt. 20:34, Mark 1:41*) cule Samaria mitha (*Luke 10:33*) le fapa tlan hlo tahtimnak ahkhan a langfiang. (*Luke 15:20*).

5. *Zangfahnak*. Himi ziaza, Jesuh ih a rak tarlang mi cu a dungthluntu pawl ih nun khalah hmuh a theih (*Luka 6:36*).

6. *Ruatnak thinlung bangaw, duhdawtnak bangaw nei tlang, lungrual zetih um, thinlung hmunkhat*. Paul in pumkhat awknak ih thupitzia nasa zetih a rel mi cu vun ruat men ding khal in a harsa zet. Paul ih a run sim vek ciah in, kan neih ding mi thinlung cu “Khrih Jesuh ah a um ding” a si (*Filipi. 2:5*).

NIHNIH NI (MONDAY)

January 19

Pumkhat awknak bulhram

Filipi 2:2 ah Paul in pumkhat awknak a ret thupi zet timi kha vun ruat aw, cumi cu lamzin dang bangaw lo pali in rel a si. Anih cun thinlung, ruahnak, lungput a hmuitin a si timi hmnsin aw. Biaknak lam hruaitu pawl cun lenglam nunzia an ret thupi zet lai ah Jesuh cun kan ruahnak le lungput a rak hmuitin sawn a si. Thimnak ah milian tlangvalpa kha daan thlunthluh vekin a rel aw. Asinan a neih pawl hmuahhmuah zuar in, mi rethei pawl hnen ah pe tahrat in, Amah (Jesuh) thlun dingih a simnak ah Jesuh cun milian tlangval pa ih leitlun ngainatnak cu a hnicksak a si. Jesuh cun thinlung ihsin a suak mi in

minung a borhbahter a si tiah a ti: “Ziangahtile thinlung sung ihsin thu thalo ruahnak, laithahnak, uiretnak, nu le pa sualnak, rukrukna, a diklo ih mi tannak, le Pathian thangsiatnak tla an ra suak a si” (*Matt. 15:19, NKJV*), cule “Ziangahtile kaa cun thinlung sungih a khatmi a tong theu a si” tiah a ti (*Matt. 12:34, NKJV*).

Siar ding: Filipi 2:3, 4. Kawhhran ih pumkhat awknak a um theinak dingah Paul cun ziang mi saw buah ngah dingih a fial mi?

Paul ih tongkam cun tangdornak a run tarlang: thinlung phah niam awknak, kanmah hnakin midang ngai thupi, kanmai duhnak men lawng siloin midang ih lunglut zawng hawl suah timi pawl an si. Relmen hnakin buah a olsam sawn ti, si ko lo maw? Asinan himi thupi pawl cu kan rualpawlnak ziangkim ah kan lungput ih kan ret ding a thupi zet. Khuimaw caan ahcun mi dang pakhat ih thurel mi le an hmuhnak ihsin buainak kan hmuh ih, kan theithiam theinak ding ah an thurelmi pawl thaten ngai men loin, an rel mi pawl kan rak letdan ding lawnglawng ahhin kan thinlung kan rak pe tuk theu. Elawknak cu theihusual awk pangnak ihsin a ra suak mi an si ih, cumi cu rak ngai liam men in hrial theih mi thil a si. Kan pawm ciah lo men thei, asinan midang ih hmuhdan theihthiam dingih hawl hmuh le an thurel mi ngaithlak cu a hrisel mi pawlkomawknak le rinsan awknak ding hrangih karbak hmaisabik a si.

Paul cun pumkhat awknak cu “Thiang thlarau (hrinsuah mi)” (*Efesa. 4:3, AMPC*) a si thu a rel, cumi cun “hmunkhat ih in pehzom tu daihnak” a buah a si (*Efesa. 4:3, EXB*). Kawhhran ah ralawknak a um ahcun Thiang Thlarau cun pumkhatawknak ah in hrui in, remdaihnak a buah thei a si. Cumi bungcang thotho ah Paul cun, “Pathian Fapa theihnak le zumnak ih pumkhatnak” thuhla a rel (*Efesa. 4:13, NKJV*). An pahnih cun an pehzom aw a si. Zumnak bangaw nei in, Khrih le A

thuzirhnak ihsin a putsuak mi ca thianghlim theihthiamnak lam ih bangawknak neih hi pumkhat awknak a um theinak dingah a thupi tuk.

Kanmah hnakin midang kan upat sawn theinak dingah ziangvek pumpekawknak in saw in bawm thei ding?Cuvek buah dingin ziangtin kan zir thei ding?Cuvek ih kan um thluh ahcun kan laicinawknak cu ziangmi tluk in a danglam ding?

NITHUM NI (TUESDAY)

January 20

Thinlung ih ben mi, thinlung zohhhiahnak

Leitlun hmun dangdang ih kompani tam zet ahcun computer le minung thluak thilti theinak pawl buahkhawm thluh dingin hna an tuan rero. Phundang in kan sim ding asile, thinlung ruahnak cu computer thawn pehzom awter in, mithiam pawl cun computer ihsin kan ruahnak hmual a neih theidan ding ruahsannak an nei. Himi minung thluak sungih thunlutnak ihsin thiltha deuh a suak thei dingih lang cu a um ko: merai nat, beidong nat, tarlam ih a suak theu mi natnak tivek pawl ah bawm tu tha zet a si men thei, asinan thiltha lo khalah hman a theih ding timi cu ruatbuai ding zianghman um lo ih a fiang zet mi a si. Thinlung ukawknak cun hmun hla zet a pan thei zik lo.

Ziangmaw cin ahcun himi ahhin kan tel ve. Kan thinlung ruahnak cu computer vek ciah a si. Cat banglo ih thuhla ummi cu nitin ih kan ruahnak “kaihngat”nak ahhin a luangliam ringring theu, kan ruahnak dinhmun, kan cangvaihnak pawl khal kan thinlung khawruahnak in a kaihngat thluh. Social Media lam ih kan hnimpil awk tikah leitlun mipi ruahnak ahcun kan thinlung a lang nasa ih, cuvek ciah in kannih khal in kan rak ruat ve. Midang ruahnak thawn kan thinlung a rak buah aw simaw, a rak pehzom aw tivek simaw a si ding.

Jesuh vek in “thlarau lam thinlung” kan neih a tul (*Rom 8:6*). “Pathian Thlarau lo cun Pathian thil zianghman

a thei lo” tiin Paul cun “leitlun thlarau” thawn an thlau awknak a rel (1 Korin 2:11, 12, NKJV). Zosaw zirhtu cu? Ziangsaw kan zir?

Siar ding: Filipi 2:5. Khrih ih “thinlung” neih ding timi sullam hi ziang a si ding tin na ruat?

A netnak ahcun kan lungput kan thleng thei, asinan kan thinlung cu kan thleng thei lo, Pathian lawngin a thleng thei. Thiang Thlarau cun kan thinlung in khuai ngah a tul, cuticun “Thlarau ralnam” (*Efesa. 6:17*) kan hlum thei ding, Pathian thu cu “a nung in huham a nei zet” ih, “nunnak le thlarau, le hlikhlok le thlik mhenawknak tiang khal suntlangtu, le thinlung ih ruatmi, le tumtahmi pawl theitu a si” (*Heb. 4:12, CKJV*). Thiang Thlarau thawng lawngin kan thei aw hlah thei ding, kan sinak nunphung men ahcun kan thinlung rori hman in in rak bum a si (*Jer. 17:9*). Hebru tong ih “mi bum hmang” (*‘aqov*) timi cun leiram bingbo zet a khiih hmuh, cui ruahnak ih sullam cu a huapkau zawng cun ngerhkawi, herkual, kawisawi tinak a si. “Pathian duhzawng a simi thilmha, cosan tlak, le a famkim mi cu ziang a si ti” (*Rom. 12:2, NKJV*) kan theih fiang theinak dingah kan thinlung “thartersal” dingih thleng danglam kan tul a si.

Ziangruangah saw Paul in hitawk ih in simmi thlun hi a thupit: “A netnak ah, u le nau tla, thil dik pohpoh, thil zahum pohpoh, thil fel pohpoh, thil thianghlim pohpoh, thil duhnung pohpoh, thil sim thatmi pohpoh, hlutnak a um a si ahcun, cawimawi tlak a um a si ahcun, cui thil pawl cu ruat uh”? (*Phil. 4:8, NKJV*)

NILI NI (WEDNESDAY)
Khiih ih lungput

January 21

Muhammad Ali cun, “Mi ropi bik ka si” tiah a rak ti dah. Kum 1963 August thla ahkhan boxing lehnak ih nehtu a si hlan thlaruk ahkhan “kei cu ka ropi bik” timi thuhla a rak au suah pi zo. Ali cu lehpannak ih teltu mi ropi zet a si

timi cu pheh ding zianghman a um lo, asinan anih cu Khrih lungput thlun duhtu mi pakhat hrang ahcun zohthim ding a si cuang lo.

Cumi thawn kalh aw ciah in, Jesuh cu sualnak nei lo mi famkim zet a si. “Kanmah vek in...ziang phunkim ah” (*Heb. 4:15*) thlem in um khal sehla, A sual ve dah lo, a ruahnak khal in sualah a tlu lo. Zianglam khal in Hebru 5:8 ahcun, “Anih cu Fapa a si ko na’n, a tuarmi thil pawl ihsin thu awihnak a zir thotho” tiah a tarlang. Pa ih duhdan vekin Jesuh a pekawknak cu a famkim ringring. Rinhlelnak ding zianghman um loin caan tamzet ahcun harsatnak um khal sehla, Pathian hnen ih pumpek awk ding hi voikhat te hman a hnong dah lo.

Siar ding: Filipi 2:5–8 cu mi hrekkhat in Cathianghlim ih um huham nei zet le mawi bik tiih an ruat mi a si. Hitawk ah Paul in kan hrang a relmi hi ziangsaw a si? Himi thu pawl ih an kentel cih mi hi ziangsaw a si? Thil thupi bik cu, himi thu bulhram pawl cu kan nun ahhin ziangtin saw kan hman thei ding?

Pathian thawn bangrep, Pathian a si mi Jesuh cun milai taksa a ken lawng hman siloin, “sal” (*doulou*, siahlawh, hnen um) ah a rung cang ih, kan sualnak hrang Amahten raithawinak ah a hlan aw. Hmundang ahcun Paul cun Anih cu “kan hrangah camsiatmi” ah a cang tiah a ti (*Gal. 3:13*). Pathian, in sersiamtu cu in Tlentu a si theinak dingah thinglamtah parah a thi. Cumi ahcun kan hrang camsiatmi a si a tul a si.

Ziangtin saw himi thu relmi pawl cun kan ruahnak kan kaihnget thei ding? cumi hnakihi thupi sawn cu ziangtin saw himi cangan mi in tuah dingih in fialmi kan tuah thei ding, cule cui thil cu mah le mah tangdor in um tahrat in, midang an that theinak ding hrangih pumpek awk teh hi a si pei maw?

Hmun dang ahcun Jesuh cun, “Asinain nan lakih ropibik cu nan siahlawh a si ding a si. Cun zokhal mah le mah a cawisangawtu cu namthlak a si ding ih, mah le mah hnuai a dortu cu cawisan a si ding” tiah a ti (*Matt. 23:11, 12, NKJV*). Himi cun lamzin tam zet ahcun Paul in Filipi 2:4-8 ih simmi, kan tuah ve dingmi a rak khih hmuh a si.

Huham neizet in Paul cun “mai tanghmai sialnak le mibumnak” (Filipi 2:3 NKJV) hmangin zianghman tuah lo dingih in rak sim mi kha a run rel sal.

Filipi 2:5-8 ih a tarlang vekin kan hrangih Khrih ih a tuahzo mi pawl kha ziangtin kan let ding? Kan khuk bil in Amah cibai kan buk ding ti lo ah kan hrang Khrih ih a tuah mi “kimcang” asilole phutawk zetih let theidan ding ziangsaw um cuang ding? Kan hnatuannak cun kan hrang Khrih ih a rak tuah zo mi a vun bet thei tiih ruahnak neih hi ziangruangah a dik lo?

NINGA NI (THURSDAY)

January 22

Pathian ngaihsaknak thuthup

Bible sung ih larzet cu 1 Korin 8:2 “zokhal thil ziangkim thei ih a ruatawk asile, a theih ding tlukin a thei hrih lo tinak a si” timi hi a si. Thupi zate kan theihfai filik thluh mi thil hi a um dah lo. Ziang thil khal kan zir bet ringring thei. Pathian sinak le minung ih rung cannak ih pehzom awknak kumkhaw thil ngaingai hi ziangtluk in saw a dik? Minung ih hung cang dingin Khrih ih tangdor dan hi Paul cun a rel rero theu. Kumkhua khal ih zir rero dingmi thupi a si.

Siar ding: Rom 8:3, Hebru 2:14–18, le Hebru 4:15. Jesuh ih tangdornak le minung sinak a laknak ih ziaza cu ziangsaw a si?

Ziangtin saw kumkhua Pathian Fapa cu Thiang Thlarau hnatuannak hmangin(*zoh aw, Luka 1:35*) minung ih suak dingin Mary ih pum sungih a um thei? Kumkhaw

mi le cemni nei lo cu rikhiah nei thi thei mi minung ah zamrang zetih a rung can theidan hin thinlung a cawkbuai zet. Cumi cu Paul in “Pathian ngaihsaknak thuthup” (*1 Tim. 3:16*) a timi thinlung cu a si.

A mawizet mi Filipi 2 thu ahkhan Paul cun Cathianglim hmundang ih ummi ai hnakin tangdornak hi lamzin tamzet ahcun famkimzet ih a relnak a si.

· “Pathian piankeng” (*Filipi. 2:6*). Himi *morphç* (piankeng) timi tongfang cun A Pathian sinak a sawh khih ih, Jesuh cu Pa thawn an bangaw tinak a si (*zoh kop aw, Johan 1:1*).

· “A thiar fihlim aw” (*Filipi. 2:7, NASB*). Jesuh sinak ih thuthup cu A Pathian thuneihnak ihsin a thiar fihlim – cuticun kanmah vek ciahciah in thlemnak tong thei ve dingin minung ngaingai ah a cang thei ding - himi cu mangbangza thil a si.

· “Hnuai a dor” (*Filipi. 2:8*). Minung sinak a laknak ahhin, Jesuh cu vanlam thiltitheinak ihsin siahlawh sinak ah a feh. Himi cu Lucifer ih tumtah dan pawl thawn an kalh aw zet.

· “Thihnak, thinglamtah ih thihnak tiangin” (*Filipi. 2:8*). Jesuh ih a hrilmi lamzin, Pa Pathian thawn “daihnak khawkhannak” (*Zekh 6:13*), Moses in dar rul a khainak ihsin a hlankhan ih rak zoh ter mi (*mipum. 21:9, Johan 3:14*), “Pathian ih dingfelnak kan si theinak dingah sual thei lo cu kan hrangah sual ah tuah in a um a si” (*2 kor. 5:21*) timi ai hnakh zahthlak thihnak lamzin zianghman a um lo.

Ziangtin saw thinglamtah ih kan hrang Jesuh ih a tuah mi kan zoh fiang ih, thinglamtah cu kan pumpekawknak le tangdornak dingih zohthim ding vekin kan hmuh thiam ih, cumi cun hnuaidor deuhdeuh dingin le Pathian hnen ih pumpe aw deuhdeuh dingin in tuah thei ding?

NIRUK NI (FRIDAY)

January 23

Ruahbet ding: “Minung thinlung sangka ihsin sankhat hnu sankhat ih a ra um thok vivo mi pa lam ih duhdawtnak pawl hmuahhmuah cu minung thlarau ongawknak ihsin a luangsuak mi an si ih, cemni nei lo, Pathian duhdawtnak thawn vun tahthim cun ramri nei lo tiffinriat ih tiva fate takte rak luang kerhko vek fang a si. Hmurka cun a pumhlum in a sim thei lo, cafung khal in a ngan lang thluh thei lo. Na nun ah nitin ten na ruat ringring men thei, Pathian ih a lo pek mi thiltitheinak le huham pawl khal na hmangral thluh men thei, van Pa Pathian ih zangfahnak le duhdawtnak theihthiam tum in taima zetin na rak um men thei, cumi cing khal in a lenglam ah theihthluh cawk lo thil a um. Kum reizet duhdawtnak thuhla na rak zir men thei, asinan leitlun mi pawl hrangah thi dingin a Fapa a petu Pathian ih duhdawtnak a sangzia, a thukzia, a kauh zia, le a sau zia pawl cu famkim zetin na theithiam cuang lo ding. Asinan Khrih ih nun le Tlennak khawkhannak ruat in, Bible kan zir tikah himi thil thupi pawl cu kan theihfiang sinsin theinak dingah a ongaw ding a si”—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 740.

“Khrih fimzirnak tlawng ah Moses vekih zirnak kan dongnak ahhin ziangsaw kan zir ding? Kanmah ten khaisan awknak dingah maw? Mahten ngaihtuahnak sang zet nei thei dingah maw? Aii, a si ri ai lo. Himi tlawngih kan zir tam poh le, lungput hnuaidornak le nunnemnak kan zir ding a si. Thil ziangkim kan theih ngah thluhzo tin kan ruat aw dah zik lo. Pathian ih in pekmi thiltitheinak cu a tha thei bikin hman kan tum ding, cutin thi thei ihsin thih thei lonak ah thleng danglam kan si ding, kan tuan hlawhtling mi pawl cu dunglam ah kan ret men lo ding ih, khatlam ralah kan rual in kan kengtel ding a si. Kum cemni nei loin kumkhua tiang, Khrih le tlennak ih A hnatuan mi cu kan zir dingmi thupi an si ringring ding.”—Ellen G. White, Manuscript 36, 1885.

F-4

RELKHAWM DING THUSUHNAK PAWL:

1. Ziangvek lamzin in saw Pathian duhdawtnak hi a ngaingai ih na ton? Zirnak ah, A duhdawtnak nan theih le nan tonnun dangdang pawl kha ziangsaw an si?

2. Rome 8:3 thawn zoththim aw, Jesuh cu “Minung piankeng” (Filipi. 2:7) in a ra timi sullam kha ziang ciah saw a si? Himi thu cu ruat khawm tlang in, relkhawm tlang uh si.

3. Pumkhat awknak ah kawhhran ih a ton mi harsatnak cu ziangsaw a si? Ziangvek buainak a um khalah tangdor dingih pumpekawknak cu “mai tanghmai sialnak asilole mi bumnak” ihsin zianghman tuah lo ih um men hi ziangruangah saw buainak a suakmi daihter theinak lamzin tha zet a si thiam?

ZIRLAI 5*January 24–30***ZAN AH ENG VEKIN TLEU UH****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Filipi. 2:12–30; Rom. 3:23, 24; Rom. 5:8; 2 Tim. 4:6; 1 Kor. 4:17; 2 Tim. 4:21, 13; Luka 7:2.*

Bible cangken: “Thil ziangkim phunzainak le elawknak um loin tuah uh: Cuticun hi leitlun ah anmai’ lakah eng bangih nan rak ennak, mihrokhrawl le a palh mi miphun lakah soihnaawm kai lo, le poi tok lo, Pathian fa, mawh nei lo nan si ding a si” (*Filipi 2:14, 15, NKJV*).

Pathian cun Hebru mi pawl hnenah thuawih ding in a sim, zianghatile thuawihnak cu “miphun dang pawl ih mithmuh ah nan fimnak le nan theihthiamnak a si, annih in hi daan hmuahhmuah hi an theih tikah, Hi miphun ropi cu mifim le theihthiamnak nei ngaingai mi an si, an lo ti ding” (*Daan. 4:6, NKJV*).

Kum zabi tam zet hnuah Jesuh cun, “Keimah hi leitlun eng ka si: keimah i thluntu cu thimnak sungah a feh lo ding, nunnak eng a nei sawn ding a si, a ti” (*Johan 8:12, CKJV*). Hitin khal in a sim, “Nannih cu leitlun ih eng nan si. Tlang parih um khawpi cu thuhhloh theih a si lo” (*Matt. 5:14, CKJV*). Cui eng cu ziangtin saw kan si ve thei ding? Jesuh thawn zomawknak kan neihnak lawngin a si thei ding, zianghatile Anih cu “a dik mi eng, mi hmuahhmuah hnenih eng a petu a si” (*Johan 1:9, NIV*). Filipi

2 ih a simdan vekin Pathian khal in, “Anih cu nasa zet in a cawisang ih, hmin hmuahhmuah lakih hmin sangbik a pek, Jesuh ih hminah khuk tinkim an thilhthiam theinak dingah a si....cule lei tinkim cun Jesuh Khrih cu Bawi a si timi an phuang theinak dingah a si” tiah a ti (*Filipi. 2:9–11, NKJV*).

Vanlam huham le eng cu Jesuh hnenih nunnak a ap aw thluh zotu kan hrangah a um ringring a si. Asinan Pathian ih a tuah thluh ding kan beisei leuhleuh, asilole kanmai ruahnak le khawkhannak lamzin ah kan feh leuhleuh theu. Curuangah Paul ih a rel mi cu tuisan khalah a milaw vivo lai.

NIKHAT NI (SUNDAY)*January 25***Pathian hnatuannak ah tuan suak uh**

Jesuh cu tangdornak le Pathian duhdan thu thlunnak lamih zohthim ding famkim zet a si vekin, Paul cun tu ahcun Filipi pawl hnenah a sim. Thuthangtha an don ngah hnuah Bawipa ih an thuawihnak cu nemhngat ih (*zoh awla, Tirh 16:13–15, 32, 33*), cui thuawihnak cu an nun ih um peh vivo ding in ngennak a nei.

Khrih nun le thinglamtah ih zohthim ding cu rundamnak lamzin vekin a run tarlang zo ih, tu ahcun Paul cun himi pawl hmuahhmuah hi a ngaingai ih a tuansuak thluh dan ding a ruat thok.

Siar ding: Filipi 2:12, 13. Paul in, “Nan rundamnak cu tuansuak uh” a timi sullam cu ziangsaw a si ding? Zumnak le tuahnak karlak laicinawknak hi ziangtin na simfiang ding?

Himi bungceang pahnih ahhin Paul cun Rom cakuat le a cakuat dang pawl ih a tarlang mi thawn danglam zet in thuthangtha a run sim cuang lo. Hi tawh ih a thucuh cu zumnak thawngih thiamcoternak thuthangtha thawn an rualrem aw zet ding ti kan fiang, cumi cu Filipi le hmundang

ih a thusim mi khal a si. Asinan thupi pakhat ah Bible ih a relmi pawl hmuahhmuah vun ruat ding hi a thupi zet, a hleice in theihthiam lonak suakter theibik rundamnak thupi ngaihtuah a thupi tuk.

Siar ding: Rom 3:23, 24; Rom 5:8; le Efesa 2:8-10. Himi thu in rundamnak thu ziangsaw in zirh?

Zianghman thusuh buaiawk tul loin rundamnak cu Pathian hnaturan a si, cule cumi ahcun kanmah in tuah thei mi zianghman kan nei lo. Zumnak khal hi laksawng a si ih, Thiang Thlarau hnatuannak hmangih forhfialnak a si. Kanmai hnatuannak cun in rundam thei lo, ziangkhal sehla, hrin tharnak thawngin Pathian cun kan thlarau nun a sersiam thar sal ih, kan duh hrilnak ahhin a dikmi hril thei dingin, thlemnak doneh thei ding in, le thiltha le dik hrilngah thei dingin huham khal in pe a si.

Cuticun Pathian hnatuannak ah “tih le khur cingin” (*Filipi 2:12*) kan tuan. Himi sullam cu thuawih dingih hna kan tuannak ahhin Pathian thuthennak cu kan tih lutuk ding tinak maw si? Si lo, himi thu cun Pathian umpinak (*zoh au, Saam. 2:11*) le a thu kan thlunnak ding a sawhkhiah a si.

Na sungih Khrih hnatuannak cu ziangvek lamzin in saw na rak tonngah ve? Asinan ziangtin saw a tlu ngah zo mi na sinak cun na sungih Pathian hnaturan a rak dokalh ih, ziangtin saw na do let ve dan?

**NIHNIH NI (MONDAY)
Leitlun thim ah Eng a um**

January 26

Filipi 2:14 ahkhan Paul cun Filipi pawl hnenah, “ziangkim ah phunzainak le eltai awknak um loin tuah uh” tiaah a ti. Kawhhran pumkhatnak ding lamzin ih harsatnak ummi pawl cu a natsattuk ruangah kanmai lam ihsin taimak hnatuannak a um lo ahcun kan nungter thei ringring lo ding. Kawhhran sungih pumkhatawknak cu

Khrih thawn kan pumkhat awknak le a thuthlunnak ihsin a ra suak mi a si. Cun thu theihpi tu kan sinak ding khalah a tha zet ih, Paul cun a relpeh mi ah, “leitlun ah eng vekin tleu uh” tiaah a ti (*Filipi. 2:15*).

Thlapi eng lo zan, lamzin le khawpi eng umnak ihsin hmun hla zet ahcun arsi tamzet hmuh an theih ih, a eng khal a na deuhdeuh vek tla khi a bang zet. Cumi cun thil danglam zet a tuah. Van boruak a dum poh le arsi pawl hmuh an ol deuhdeuh. Cumi cu thu theihpitu kan sinak ciah cu a si. Thimnak in kan kiangkap a fankual thluh tikah Pathian thluntu diktak le leitlun mi pawl karlak danglamnak cu a lang deuhdeuh. Leitlun mi pawl ih ruahnak, nornak le thiltuah mi pawl in thu theihpitu kan sinak in siatsuah ding le kumkhua hloral dingih in tuah ding kan rak kham thei ding hi ziangtluk thil thupi saw a si.

Siar ding: Filipi 2:15, 16. Pathian fale kan si vekin kan tuah ding le kan sidan ding thu ah Paul ih ziangtin saw a rel?

“Soisel bo” timi sullam cu “ mawhsualnak nei lo, relsiat ding um lo” tinak a si. Himi tongkam hi a hleice in Job le soisel ding um riailo a ziaza thu relnak ih hman mi a si (*zohaw, Job 1:1, 8, NKJV; Job 2:3, NKJV; khalah zoh aw Job 11:4; Job 33:9*). Grik tong ih “Nunnem “ tiih let mi hi “ cawkrawi lomi, thianghlim mi” tinak a si. Jesuh cun A thutheihpitu pawl ih dokalhnak rapthlak zet an ton dingmi pawl thlir phah in, “thuro vekih nunnem” (*Matt. 10:16*) ih um dingin thazang a pe hai. Paul khal in cuvek thocho in, “a thalo mi thil ah um menmen” (*Rom. 16:19, NKJV*) dingah in rak sim. Tuisan ih thuhla thehdarh tu pawl cun thianghlimnak, thinlung ruahnak thansohternak, le thinlung neh thei zet thuhla zianghman an au suah pi nawn lo. Hivek tikcu caan ahcun David ih thiltuah dan

vek pawl cu tuisan kan hrangih daan kan tuah dingmi ropi zet a si. David cun, “Ka mit hmuh ah thiltha lo zianghman ka ret lo ding” tiah a ti (*Saam. 101:3*).

Mi danglam deuh vun si ding hi kan ningzak in kan tih ding a si lo – kan zumnak cun nasa zetin in danglam ter deuhdeuh sawn ding a si. Kan hmuitin mi cu “leitlun ah eng bangih tleu” ding hi a si (*Filipi. 2:15*). Cui thil kan tuah theidan ding umsun cu “nunnak thu kaihghnetnak” (*Filipi 2:16 NKJV*) hmangin leitlun mi thawn a milaw mi thil pawl kan hnong ding a si. Kan duh hrilnak cu “Khrih ih ni” ah nun hmang in kan um maw, asilole “a lakin kan tlan” men timi ahhin a thum aw a si (*Filipi. 2:16, NKJV; zoh kop aw, 1 Kor. 9:24–27*).

Na nun ahkhan “Leitlun thilri” ngaihtuahnak hmunram a um lai maw (a um tengteng ko ding), ziangtin saw cumi ihsin na thianghlim thei ding?

NITHUM NI (TUESDAY)

January 27

A nungmi raithawinak

Siar ding: Filipi 2:17; 2 Timote 4:6; Rome 12:1, 2; le 1 Korin 11:1. Himi thu ahhin Paul in ziangsaw a rel?

Paul cun Khrih hnatuannak ahhin a nung simaw, asilole a thih khalah timi thuhla ah thinlung ai-hal ih a um thu danglam zetin a rak rel zo (*Filipi. 1:20–23*). Tu ahcun thil cang thei mi ngaingai a rel thlang ih, “in ding raithawinak ih thlet mi” a si khal le a lungawi thu a rel (*Filipi. 2:17, NKJV*). Himi cu hlansan ih biaknak an rak fehpi dan ah thum aw tahrat ih rel mi a si, cui biaknak an fehpinak ahcun Pathian hnenih raithawinak an neih tikah ti (hriak, sabitti, asilole tidai) thlet tivek khal a rak tel theu (*thimnak ah, zoh awla, Sem. 35:14, Suah. 29:40, 2 Sam. 23:15–17*). Himi pekawknak ih cangvaihna langter tu ti mankhung zet, “heulak” men ih lang mi cun Mary in Jesuh lu le ke ih “Spikenard hriak man khung” culh ih a

cangvaihna kha in theihter sal (*Marka 14:3–9, NKJV; Johan 12:3, NKJV*). In ding raithawinak hi amahte lawng cun zianghman a si lo, cumi cun raithawinak tamzet a relfiang ih, kan rundamnak hrang Khrih ih raithawinak cemni nei lo thawn cun an mil-aw zet a si.

Paul hi thuthangtha phuangdarh hna a tuan ruangih thah ding si bangta sehla, a nun cu Pathian raithawinak ih “thlet” mi a si ruangah a lungawi sawn ding. Hebru Bible sungih ‘ti thlet mi’ timi cu amahte lawngin a um dah lo ih, raithawinak thawn an pehzom aw ringring (*zoh awla, Mipum. 15:1–10, Mipum. 28:1–15*), Paul cun a nun cu Filipi khua ih zumtu pawl ih “raithawinak le hnatuannak” ah pe dingin a ruat ih, annih pawl cu zumnak thawngin “raithawinak nung” vekin Pathian hrangih an nun hmang dingih duhhrilnak neitu pawl an si (*Rom. 12:1*).

Filipi khawmi pawl khal tel in hlansan Khristian pawl cu an zumnak phuangsuahnak ah nasa zetin hna an tuan (*Filipi 1:27–29*). Innkhat hnu innkhat feh in thuthangtha an thehdarh (*Tirh 5:42*). Bible ca thianghlim zirnak ah an sangka an rak ong (*Tirh 12:12; 1 Kor. 16:19; Kol. 4:15; Filem. 1, 2*), cule an zumnak san pawl kha Bible ihsin an simfiang thluh (*Tirh 17:11, Tirh 18:26, 1 Pet. 3:15*). Kan Adventist hruaitu hmaisaw pawl khal cuvek thothe in hna an tuan. An inn hnen ih Pathian thucuh thehdarh dingah pastor pawl ah thum aw loin, anmah rori in an zumnak pawl an phuang ih, Bible zirnak neihpi in, pastor pawl an ra thlen tiki tipilnak nei dingih an man cia theinak dingah nasa zetin an rak timlam a si.

A tawi zawng cun, an hrangih pulpak pekawknak nasa bik cu “Raithawinak nung” hi a si, Thuthangtha phuangdarh hna nasa zetin an tuan. Cuvek in kan tuah ve ko lo ding sawm?

Na nun hi “raithawinak nung” a si ahcun ziangsaw cumi ih sullam cu timi vun ruat aw. Pathian

uknak hrangah ziangtluk na pompe aw zo, na thuletnak cun na ziaza ziangsaw a rel?

NILI NI (WEDNESDAY)

January 28

Ziaza in a tarlang

Himi cakuat kengtu a si vekin Timote ih tuanvo cu tarlang in a um zo (*Filipi. 1:1*). Tu ahcun Paul cun Timote cu a hnatuan pi lak ih mi pakhat a si vekin a sinak cu famkim zetin a sim thlang. Anih cu evangelist a si ih (*2 Tim. 4:5*), Paul in Macedonia ih a thlah mi a si (*1 Thess. 3:2; zohkop aw, Tirh 18:5, Tirh 19:22*) cule, voi ziangmaw zat cu Korin ih thlah mi a si (*1 Kor. 4:17, 1 Kor. 16:10*). A hlan ahcun Korin khua ah Paul le Silas thawn hnatuan in a um ih (*1 Thess. 1:1, 2 Thess. 1:1*) cule cumi hnuah Efesa ah a um (*1 Tim. 1:2, 3; zohkop aw, Tirh 19:22*). Paul cun Timote cu “lungput bangaw” tiah a ti (*Filipi. 2:20, NKJV*). Grik tongkam ahcun (“*thlarau nun ih bangawknak*”) thil tampi ah Timote cu Khrih ih a pumpekawknak ah, thuthangtha thehdarhnak ah, cule Filipi pawl a duhdawtnak ah Paul thawn bangawknak tamzet an nei timi a tarlang.

Hitawk ahhin Paul cun Timote ih thuhla ih a thatnak hi ziangruangah a rel tin na ruat (*zoh aw, Filipi. 2:19–23*)? **Paul in Timote thuhla ah ziangmi a rel bet** (*zoh aw, 1 Kor. 4:17, 2 Tim. 1:5*)?

Paul ih a relmi Timote ih tlinnak dang cu a “ziaza in a tarlang” timi hi a si (*Filipi. 2:22, NKJV*). Hi tawk ih um Grik tongkam ahcun hniksaknak pahthlang theitu le hnatuan dingih tlinnak ziaza neitu mi pakhat simfiangnak ih hman mi a si (*2 Kor. 2:9, 2 Kor. 9:13*). Paul cun Timote thuhla ahhin hithil cu a dik a si ti a thei, ziangahatile hmuntam zet ih thuthangtha phuangdarhnak ah nasa zetin hna an rak tuantlangnak ihsin a theifiang a si.

Kan ralthatnak le kan sunglam nun hi ziang a si timi tarlangnak ngaingai hi hringnun ih tonnun harsat

lai caan ahhin a lang theu. Ellen G. White cun hitin a rel: “Nun cu dan le dun hi a si...thinlung hniksaknak ah thinheng dingih va buah hrimnak a um theu. Himi tuahnak hi thlarau dik hnenih a thlen ahcun Khristian pawl ih zangfahnak cu a thangso a si. Natternak le hmuhsuam awknak um bangta sehla, hmuhsuam awknak tongkam pawl cu thatnak hlerin a rak let ih, namnehnak cangvaihnak pawl cu ngil-neihnak in a rak let a si ahcun, cui thinlung ah Khrih ih thlarau a um a si timi nemhnetnak a si.”—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 344. Hitin a rel bet, “Harsatnak le hehhengnak tuar dingih kawh” mi pawl cun “tha zetih an tuarsuak thei ahcun, an ziaza ah Khrih ih ziaza a thangso ding ih, Khristian cu leitlun hlawnthil ihsin thenhran a si ding a si”—*Testimonies for the Church*, vol. 5, p. 344.

Mi thinhennak dingih tuahnak, harsatnak, hmuhsuamnak tivek pawl na ton mi kha vun ruat aw. Ziangtin saw “na tuar neuhno” ih “na tuar suak” thei ding? Himi hmuntan mi pawl cun na nuntudan tha deuh dingin ziangtin a lo bawm thei ding?

NINGA NI (THURSDAY)

January 29

“Hivek mi hi upat uh”

Siar ding: Filipi 2:25–30. Paul in Epafroditas thuhla ziangsaw a rel? Himi Khristian Pathian hnatuan tu ih lungput tarlang mi cu ziangbik saw a si?

Himi cakuat lawng ahhin Epafroditas timi a lang. Asinan cui a langmi tawite ihsin a thuhla ziangmaw zat cu kan zir thei. A hmin (Afrodite - biaknak a sawhkhiah) ihsin anih cu pathian dang bia mi ihsin piangthar a si timi theih a theih mai. “Hnatuan pi” tiih kawh mi a si ruangah Pathian hnatuannak ih cangvai thei zet a si timi a khihhmuh, Filipi khua ah Paul kiangih hnatuan rerotu tla a si men thei. “Ralkap pi” (*zoh kop aw, Filipi 1:27*) timi

cun thuthangtha thehdarhna ah Epafroditas cun buainak a tong ih, a nun tiang hman a hlan ngam a si timi tla a sawhkhah men thei (*Filipi. 2:30*).

Filipi ih um kawhhran ih ruat mi”palai” (Grik, *apostolos*) a si vekin Epafroditus cu thawnginn ih um Paul va vehvai dingin le thildang a tulsam mi pawl va ngaihsak dingin an thlah. Amah hi Filipi pawl in Paul hrangih paisa lam thil pek an duh tiki an rinsan mi bik a si. Hivek pawl hi an thupi tuk lawmmam, ziangahtile Rom thawnginn ih a tlatu pawl ih an tulsam mi rawl, sinfen hruh ding, ihnak ding, asilole thil a tulsammi dang pawl leinak cu anmai paisa rori an hmang, asilole sungkua le rualpi in an run ken theu a si (*Zoh kop aw, Tirhthlah 24:23*). Rom ram ih vei hnihnak thawngtlak a tonnun cemnak lam ahkhan Paul cun Timote hnenah “thlatang hlan ih ra thleng thei tum aw” cule Troas khua ih ka tanta mi “kofual in rak ken aw” tiah a ti (*2 Tim. 4:21, 13, NKJV*). Paul cun a korfual sahzet, lenglam ih hruk ding sahmul angki cu a umnak a daih zet ruangah a tul zet. Himi cakuat khal hi Filipi khua ih keng dingih fialmi rinsan zet mi Epafroditas a keng ter mi a si (*Zoh aw, Ellen G. White, The Acts of the Apostles, p. 479*).

Filipi ih buainak a um ruangah tla a si men thei (*Zirlai 4 ahkhan zoh aw*), Paul cun a duh ai hnakih tuan deuh ah Epafroditas cu Filipi ah fehter sal “a tul tengteng ding tin khua a ruat”ih, curuangah Filipi mi pawl hnenah, “Lungawinak thawn Bawipa ah rak lawm uh” (*Filipi. 2:29, NIV*) tin a ngen. Paul cun thawnginn ih a dinhmun ruangah an thilung a har ding a duh lo. Anih cun Epafroditas cu Khristian ngilnei zet le ngaisan tlak a si zia a rel uar zet ih, cumi cu an nei hnung ruangah le an hmin a that ruangah siloin, Jesuh thlunnak ih an nun an pekawknak ruangah sawn ah a si (*Filipi. 2:6-11, 29, 30; zohkop aw, Luka 22:25-27*). Grik tong ih, *ngaisan* asilole *upat* timi cu Thukam Thar ah malte lawng tarlang a si: “man nei zet”(Luka 7:2, *NRSV*) mi ralkap zahotu siahlawh relnak

ah, le ruaithehnak ih an retmi upatnak langternak tivek pawl ah (*Luka 14:8*), le Jesuh cu a kilih lung tangkai zet “mankhung” relnak tivek ah hman a si (*1 Pit. 2:4, 6*). Cuvek pawl ahcun Epafroditas khal a rak tel ve, a ngaingai cun mi rinum zet a si.

NIRUK NI (FRIDAY)

January 30

Ruah bet ding: “Khrih kiangnai ih a um tu ding cu leitlun ahhin Khrih duhdawt pekawknak ih a lut thuk zettu a si ding, - Cui duhdawtnak cu, “ tluang a khawn lo, a porh aw lo, amai hlawnak a hawl fawn lo, olte in a thinheng lo, thiltha lo a ruat lo” (1 Korin 13:4, 5),— duhdawtnak cun minung rundamnak ding hrangih Bawipa a cangvaihter vek ciah in dungthluntu pawl khal thihnak tiangin pumpe aw ih, hnatuan dingin le ziangkim pe thluh dingin a cangvaiter a si. Himi thlarau cun Paul ih nunnak khalah thu a phuang. Paul cun, “Ka hrang ahcun Nun cu Khrih a si;’ tiah a ti. Ziangahtile a nun cun minung hnenah Khrih a tarlang; ‘cule thih hi hlawnak a si” tiah ti. Khrih hnenih hlawnak; Thihnak hrimhrim in Pathian ih zangfah huham a tarlang a si. “Nunnak in siseh, thihnak in siseh, Khrih cun ka taksa ah cawimawi in a um,’ tiah a ti ’ Filipi 1:21, 20.”—Ellen G. White, *The Desire of Ages*, p. 549.

“Nunnak tinkim ih hniksagnak a rat ding tikcu cu a rei nawn lo ding. Sahrang hminsinnak cu kan parah um ter dingih tihrimnak a um ding. Leitlun ih a dilmi le leitlun dan vekin nun hmangih, karbak pakhat hnu pakhat pal suak vivo tu pawl cun hremnak, hmuhsuamnak, thawngtlaknak le thihnak tivek pawl ton hnakin thilti theinak lam hoi sawn cu olsam an ti sawn ding...

“Unau deu tam zet cu thudik ihsin lakhran ih an um tikah thuhmi thil cu tarlang in a um ding ih, Hosana tiin Khrih ih kaihhruainak thudik cu zarpharh in a um ding. Ningzak nei le mah le mah rinsan awknak neilotu pawl cun Khrih le Thudik hrangah anmah ten an phuang

suak aw ding. Kawhhran ih mi cak lo bik pawl khal David vek in – thil tuah duhnak an nei ding. Pathian minung pawl hrangih zan thim a thleng nasa poh le arsi an eng na deuhdeuh ding. Satan cun rinum pawl cu nasa zetin a zuam ding, asinan Jesuh ih hmin in nehtu ai hnakih mi ropi sawn in an suak ding”—Ellen G. White, *Testimonies for the Church*, vol. 5, pp. 81, 82.

RELKHAWM DING THUSUHNAK PAWL:

1. A tlun ih “leitlun nundan le umdan pawl a thlun rerotu pawl” hrangih ralring peknak khi vun ruat aw. Himi ah ziangthil saw na rak tel ve thei ding? Himi thil hi bulpak hrang lawngah siloin kawhhran pumpi khal a si thei zia vun ruat tlang uh.

2. Pathian cun, “I upat tu pawl cu ka upat ding” tiah a ti (1 Sam. 2:30, NKJV). Ziang lamzin in saw Pathian kan upat? “A hnenah sunlawinak pe uh” timi thawn an bang aw maw (Thup. 14:7, NKJV)? Ziangah an bangaw asilole ziangruangah an bangaw lo?

3. Daan thlun fekfeknak thang sungah tla cuang siloin mahte rundamnak hlawhsuah ding timi thu hi ziangtin saw kan pawm thei ding?

ZIRLAI 6

January 31–February 6

KHRIH LAWNG RINSANNAK

SABBATH SIIMLAM

Tuizarh zirlai hrang siar ding: *Filipi. 3:1–16; Rom. 2:25–29; Johan 9:1–39; Efesa. 1:4, 10; 1 Kor. 9:24–27.*

Bible cangken: “Cuticun a thihnak ah tel ve in, amah ka theih ih, a thawhsalnak huham le a tuarnak tawmpinak khal ka teh ve theinak dingah; Ziangti zawng talin simaw mithi thawhsalnak tiang ka thlen thei pangah, tiin” (Filipi 3:10, 11, NKJV).

Daan ih hnatuannak siloin zumnak thawng lawng ih rundamnak thuhla ahhin thil ziang simaw kanmah ah rinhlelnak ding a um hrih lai. Ziangtin simaw kan hnaturan mi hi kan rundamnak ding hrangih bet theih mi thil si awm takin, cui hnatuannak ah kan thum aw theu. Himi thuhla hi rundamnak hrangah serhzimtan tengteng a tul a si tiih a reltu pawl hnenah Paul cun nasa zetin a tlang au pi.

Hrekhat pawl cun an hnatuannak, serhzimtannak tivek pawl cu an rundamnak ding hrangih thil thupi zet ah an rak ruat theu. Curuangah Paul cun dingfelnak cu Khrih hnen ihsin a ra mi a si ti fiang zetin a rel ih, cumi cu daan thlunnak ihsin a ra suak mi a silo ih, zumnak ihsin a ra suak mi sawn a si. Serhzim tannak thuhla hi tuisan ahcun buainak si nawn lo khal sehla, a thu umdan cu a si deuh ringring lai.

Remthatu pawl khal hivek buainak an rak nei ve: Khrih thluntu pawl ih hmuhtonnak ahhin zumnak le

hnatuannak hi kaihhruaitu bik a si. Khrih cu kan ziangkim a si, “kan zumnak hramthoktu le famkimtertu a si” (*Heb. 12:2*). Kan nun ih kan thupitter deuh mi hi a diknak hmun ih a um ahcun Pathian duhdawtnak ah kan um ding ih, thutiam ah aipuang in, a tu hman ahhin “taksa ah rinsan awknak zianghman a um lonak” hmun ah rundam hnangamnak a um ding a si (*Filipi. 3:3*).

NIKHAT NI (SUNDAY)

February 1

Bawipa ah lungawi aw

Siar ding: Filipi 3:1-3. Hitawak ahhin Paul in thiltha le thiltha lo ziangsaw a ngan, ziangtin saw cumi cu an pehtlahi awk? Ziangtin saw zumtu pawl thuhla a rel?

Paul cun thu tha zet hmangin hram a thok ih, a cakuat mi pawl a huap thluh vek tla khi a bang zet. Asinan a tongkam a cem hrih lo. Himi cakuat ih thupi bik lakih pakhat ah a kirsal: Bawipa ah nan lungawi uh timi hi a si. Cui an lungawinak ding san le vang cu tamzet a pe bet. A thupi bik mi cu kanmah ah siloin Khrih ah rinsan ngam awknak kan neih ding hi a si: “Khrih ah kan lungawi, taksah parah rinsan ngam awknak kan nei lo” (*Filipi. 3:3*). Kanmah lakah ziangvek lam khal in taksa parah rinsan awknak ret lo ding timi thu fehpi harzet mi zirdah lo zo saw um?

Ralrin peknak tongkam khauh zet “ralring uh” (a zawn in voithum rori um) timi hi Bible hmundang ah hmuh a si ve lo. Paul in a rel tummi cu Filipi pawl cun an theifiang zet. Himi ralrin peknak cu harsatnak phun dangdang pathum a relnak siloin, zirhtu deu pawlkom pawl ih an lamzin phun thum in a relnak sawn si.

Israel lakih misualral le biaknak mumal nei lo pawl cu khuimaw caan ahcun “ui” tin kawh an si theu (*Filipi.*

3:2; zohkop aw, Saam. 22:16; Isa. 56:10; Matt. 7:6; 2 Pit. 2:21, 22). Zirhtu deu pawl cu “thiltha lo tuahtu pawl” tiih kawh an si. Annih pawl cu “siatsuahtu” timi a sawhkhieh (*Filipi. 3:2, NKJV*) asilole “taksa siatsuahtu” (*ESV*) tinak khal a si, cui thil cun Galati le hmundang khalah Zentel zumtu pawl cu serhzim tanter teuteu an tum timi a langter. Cumi cun dungthluntu pawl ih thu lairel khawmnak khawmpi an neih tum ih an thusuak a kalh a si (*zoh aw, Tirh 15*).

Lunglut za thil um mi cu zirhtu deu dokalhnak lam thehdarhnak khal tel in thlarau lam ih harsatnak pakhat relfelnak khal hi “Bawipa ih lungawi” ti a si thotho in a lang (*Filipi. 3:1; zoh kop aw, Filipi. 4:4*).

Kan lungawinak ziangkim cun aipuangnak in thlen pi theu (Mirang ahcun himi Grik tongkam pahnih cun pehtlahi awknak an nei a si). Pathian cun aipuang dingin in duh, cule A kamsuak thu cu lungawinak diktak le aipuangnak diktak neih theihnak dingih zirhawknak a si. Himi ahcun Pathian zangfahnak don (*Saam. 31:7*); Amah ih kan rinngamnak ret (*Saam. 5:11*); rundamnak thlawsuah rak don (*Saam. 9:14*); kan nunnak lamzin vek ciah in Pathian daan pawm hnget (*Saam. 119:14*), Sabbath khal tel in (*Isa. 58:13, 14*); A thu zum hnget (*Saam. 119:162*); le Pathian ngaihsak dingih fate kilkhawi tivek khal a tel thluh (*Thuf. 23:24, 25*).

Ziangtluk in thil a fehtluang zet hmanah kan zate hrang ahhin nun hi a har fualfo thotho. Asinan tu ahhin feh luang lo zet sehla, a ziangmi ah na lungawi thei ding? Cuvek thil tuah thei lo dingin ziangin saw lo donkham?

NIHNIH NI (MONDAY)

February 2

Paul ih “Nun hmaisa”

Khristian ih a letaw mi (piangthar) pawl hrangah cun Khrih an pawm hlan le an pawm hnu ih an nun an vun ruat theu hi cu thil umdan ding a si ko. Filipi 3 ahkhan

Paul khal a si ve thotho. Ziangkhalsela, a dik in simaw, dik lo khal in simaw, khuimaw caan ahcun Khristian a si lo mi pawl khal “mitha” tin kan rel theu, a silobik in leitlun tahnak ah mitha tamzet an um. Cumi thawn kalh aw ciah in Pathian tahnak ahcun zohman mitha an um lo, Khristian pawl khal mitha an si hleice cuang lo.

Filipi 3:4–6 sungah Paul cun a nun ih thiltam zet a porhawk theunak pawl a rel. Ziang pawl saw an si? Ziangtin saw na nun ah “mitha” tin na sim awk thei ding (nun hlun le a tu ah)?

Paul cun thurin dik lo ih thehdarh tu Judah zumtu pawl le serhzimtan lo zumtu, an rundamnak ding hrang Khrih ih thumaw thluhtu le minung ih hnatuan serhzimtan tivek men ih rinsannak ret duh lotu pawl karlak ih bangawk lonak cu fiangzet in a tuah (*zoh aw, Heb. 6:1, Heb. 9:14; zohkop aw, Rom. 2:25–29*). Pual ih nun hlun le pupa suahkehnek pawl cu a Judah pi pawl hrang ahcun lunglut za thil sikhal sehla, himi pawl hmuahhmuah cu a rundamnak ah zianghman tangkainak an nei lo. A ngaingai te cun hivek pawl cun Paul in Khrih a tul zet laiah a mit an caw ter thluh, curuangah a hrang ahcun hnaihok za ah an hung cang.

Paul hi serhzimtan men lawng hman siloin, “ni riatnak ih” serhzim tan mi a si. Cumi sullam cu a suahkeh ihsin Israel mi le thukam mipi lakih teltu a si tinak a si. Cuvek ih teltu pawl cu niriatak ah serhzim an tan theu. Cui hlei ah Benjamin miphun ihsin a ra mi a si ih, an ram sung ahhin Israel khawpi pawl ih thil thupi zetzet khal a tel. Paul hi Hebru mi lawng hman a si lo ih, upa Gamaliel ih tlawngta (*Tirh 22:3, Tirh 26:4, 5*) le Farasi mi a si. Daan theihnak lamah a sang zet ih, daan hmandan ding pupa daan pawl khalah nasa zet in hmang aw mi a si.

Paul cu daan lamih mi taima zet a si ih, Kawhhran khal nasa zet in a hrem, ziangahatile Judah nunphung ah

tihnung um in a thei ih, daan in a fial tiih a ruat ruangah a si. Lunglut za thil ummi cu minung ihsin a ra suak mi “dingfelnak” thuhla ah “soisel ding um lo” si khal sehla, Paul cun daan cu a ruatnak ai hnaki thuk le dilngenmi nei a si timi a hmu suak ih, Khrih tel lo cun thiamlo coternak ah a ding timi a theisuak aw.

Rom 7:7–12 cu Matthai 5:21, 22, 27, 28 thawn tahthim aw. Jesuh le Paul in daan thuhla ah ziangmi thil thupi zet saw an rel? Cule ziangah saw daan ah siloin “Khrih zumnak” (Filipi. 3:9, NKJV) cu dingfelnak ih bulhram umsun a si thiam? Hivek zawng in zoh hnik awla: Jesuh ih in sim dan vekin ziangmi tluk in saw daan na thlun?

NITHUM NI (TUESDAY)

February 3

Thil thupi pawl

Mani tlai zirlai ih kan hmuh vekin Paul ih a porhawknak pawl hmuahhmuah cu a takram ih a zumnak dokalh tu pawl an si, ziangahatile cui thil pawl cun Khrih a tulnak ding mit a cawter a si. Paul cun zumnak a neih hlan ah a nun tuziaza rellangnak ah sumdawnnak, hlawnak le sunralnak tivek thawn kaihnawih tongkam pawl a hmang. Cuvek thil ruat buai ciamco kan duh lo zet nan, minung pawl hmuahhmuah cun “kan thlarau nun ngan khum mi” kan nei thluh. Paul ih thuhla ahkhan a nun hmais a ah Jesuh ih zirhmi Pathian thu man neih zia ai hnakin Judah pawl ih tikcu caan tha an tahnak lamah a caan a hmang sawn.

Piantharnak a ngah hnu ahkhan a thlarau lam nun cu a danglam zet, ziangahatile ziangkim a thleng aw thluh a si, Judah pawl ih “cohlang mi” ihsin “vanlam cohlang mi” ah a cang zo.

“Van ihsin a rungtum tu cun van thu a rel thei ding, cule vanlam ih cohlang mi khal dik zet in a sim thei ding

ih, a zuk nemkai mi le a simfiangnak pawl kha a pe thei thlüh ding. Cule rundam dingin le siatralnak ihsin khaisang in a Bawi tohkham kiangah Amai kiangih umter a duh mi minung pawl hrangah ziangtluk tihnungza an hmaiton ding timi khal a thei. Thathnemnak zianghman nei lo le mi siatsuah thei leitlun hlawhthil ihsin thliar fihlim aw dingin ralrinnak in pe. Leitlun thilri ihsin kan thinlung hruai hloin vanlam ih a um ding a duh, cuticun zianghman thathnemnak nei lo ah kan tikcu caan, kan thiamnak, le ka caan tha pawl kan hmangral lo ding a si.”— Ellen G. White, in *The Advent Review and Sabbath Herald*, July 1, 1890.

Kum zabi pakhatnak lai hrawng ahkhan Paul kha Damaskas lamzin (Tirh 9) ah Jesuh ropitnak ih a mit a cawtter hlan ahcun Judah sakhua ahcun mi hmin thang zet a rak si, a thlarau mit a that ngah hnu ahcun ziangkim fiangzet in a hmu thei.

Johan 9 ahkhan mitcaw dang pakhat, lehnu ah fiang zetih Jesuh a hmu theitu mi pakhat thuanthu a um. Jesuh cun leitlun ah “khaw hmu lo pawl in an hmuh theinak dingah le, a hmu thei pawl in an mit cawtnak dingah” ka ra tiah a ti (Johan 9:39, NKJV). Ziangtin saw himi thu hi nangmah rori hman in na nun ah na hman thei ding?

Van le leithar ih kumkhaw nunnak ai hnakihsun glawi sawn ziang thildang saw um cuang ding? Leitlun thilri cun thil ngaingai hmu thei lo dingin kan mit in cawter tuk. Hitawk hmun ih thil man nei (*zoh aw, Matt. 13:22; Luka 4:5, 6; 1 Johan 2:16*) le Van lam ih thil man nei zet – Khrih bangnak le thlarau rundamnak karlak ahhin thil a zuam aw rero mi a um.

Leitlun cun thlarau lam thutak le thil thupi zetah kan mit in cawter thei. Thil tha lam kan thlir ringring theinak ding tawfung cu ziangsaw a si?

NILI NI (WEDNESDAY)
Khrih ih zumnak

February 4

Paul ih a rel tum bikmi hi hrelh thiang a si lo. Damakas lamzin ih a hmuhton mi thil ahkhan mangbangza thlengawknak a um, daan ih a thum zet mi a nun hlun cu Khrih thawn an kalh aw zet – “Khrih ah hlawnak nei in, Amah ah hmuh ka si theinak dingah” tiah a ti (*Filipi. 3:8, 9, NKJV*).

“Amah ah” hmuh timi hi Khrih ih hmuh tinak a si ih, lunglut za thil a si. Efesa 1:4, 2 Korin 5:21, Colosian 2:9, le Galiti 2:20 pawl siar aw. Himi thu pawl ah thum aw in, Paul in khai ruahnak a suahpi mi ih sullam ziang a si ding tin na ruat?

Paul in Khrih ih umnak thuhla a rel mi hi kau zet ih thuruah relnak tamtertu bik a si. Mangbang ciamco ding khal a um tuk lem lo, cumi simfiangnak thabik cu amah Paul ihsin a ra suak: “Caan bikhiah a kim tikah thil ziangkim van ih um siseh, leilung ih um siseh, Khrih ah, amah rori ah, a finkhawm thlüh theinak dingah a si” (*Efesa. 1:10, NKJV*). Cumi cu a hramthok ihsin Pathian ih tumtah mi a si. Cui thil a hung cang dan cu Paul in fiangzet in a sim: “Khrih Jesuh ah nan um, Anih cu Pathian hnen ihsin – kan hrangah fimnak, dingfelnak, thianghlimnak le tlennak pe dingin a ra” (*1 Kor. 1:30, NKJV*).

“Khrih sung” ih umnak timi cun rundam khawkhannak ziangkim a funkhawm thlüh ih, kan thlarau lam fimnak (fimnak) ihsin thok in, zumnak thawngin thiamcoternak (dingfelnak), vanram hrangih timlamnak (thianghlimnak) le a netabik ah voihnih ratsalnak ih sunlawinak (tlennak) tiang a funkhawm thlüh a si. Rundamnak cu kan hrangah le kan sungah a hramthok ihsin a net tiang Khrih ih hnatuan a si. Curuangah Khrih kan neihnak ihsin kan tul mi pohpoh kan nei thei a si.

Siar ding: Filipi 3:9. Ziangmi thil pahnih saw Paul in a khaikhin ton, cule ziangah himi khaikhin ton mi theih ringring ding hi a thupit?

Paul in a theihfiang hnu ahcun “mai dingfelnak” cu dingfelnak ngaingai a si lo timi a theifiang, ziangah tile daan cun nunnak a pe thei lo ih (*zoh aw, Gal. 3:21, 22*); zumnak thawngin Khrih lawngin a pe thei a si. A ngaingai te cun khawsia pawl hman in an zum ih, an khur theu (*James 2:19*). Kan neih dingmi zumnak cu “Khrih ih zumnak” lawng hi a si. Amai zumnak thawng lawngin thuawihnak le thu thlunnak pumhlum neih a theih (Grik tong ih zumnak, *pistis*, timi cu rinumnak ti khal a si thotho.) Curuangah Khrih ah kan um a si ahcun kan sungah a um a si (*Gal. 2:20*), cule Amah ah zumnak kan neihnak thawngin Amai zumnak zarah kan nung thei a si.

NINGA NI (THURSDAY)

February 5

Thil pakhat lawng – Khrih theih

Siar ding: Filipi 3:10–16. Himi thu ahhin Paul in thil thupi zet a relmi hrekkhat pawl kha ziangsaw an si?

Khrih theihnak ai hnakih thil thupi sawn zianghman a um lo ti a fiang zet, cumi ahcun a netnak ah in thei ding ih, Pa hmai ah in theihpitu a si ding a si (*zoh aw, Matt. 7:21–23; Matt. 10:32, 33*). Ziangtin saw Amah kan theih ding? A tongkam ngan mi ihsin a si ding- siar awla, nun pi aw. Dungthluntu pawl vekin hmaiton rori cun kan thei lo. Asinan lunglutza thil a um mi cu theihnak um cing khal in a tongkam an theithiam thei cuang lo ih, curuangah in kai hruaitu ding Thiang Thlarau kan tul zia a langfiang ter (*zoh aw, Johan 16:13*). Amah kan theih tam poh le, a hnenah kan pan deuhdeuh tinak a si. Ziangah tile “A thawhsalnak ih huham” kan rak thei ngah zo (*Filipi. 3:10*), cumi cun “nun tharhlam” neih ding in duh ding a si (*Rom. 6:4, NKJV*).

Jesuh kan naih vivo theidan ding lamzin dang cu “A tuarnak ih tawmpinak” ihsin a si (*Filipi. 3:10, NKJV*). Hniksagnak tinkim tonnak nun cun tuarnatnak tinkim tonnun khal a hruaitel cih, cui thil cun kan hrang Jesuh ih pahtlang mi pawlah lungawi dingin le theifiang dingin in bawm ih, Amah le A duhdan pawl theifiang deuhdeuh dingah in bawm a si.

Jesuh kan naih vivo theidan ding a pathumnak cu hmailam pannak thawngin “tlunlam tumtah mi” ngah ding hi a si (*Filipi. 3:14, NKJV*). Cui tumtah mi cu ziangsaw a si? Cumi cu Thukam Thar ah hitawk lawng ih hmanmi tongkam a si (*skopos*). Cumi cu tlan zuamawknak cemnak lam le nehnak laksawng ngahtu pawl hrangih ret mi a si. Paul cun cui thil cu “Jesuh Khrih ah Pathian ih tlunlam lawmman” tiah a ko (*Filipi. 3:14, NKJV*). Jesuh vekin A thihnak le thawhsalnak thawngin vanram ah laksoh kan si ding ih, Pathian cun vanram laksawng – kumkhaw nunnak rak dong ve ding ah in sawm a si.

Kannah cun zianghman ti thei mi kan nei lo. Kan “taksa sia zet” cu “A sunglawi mi A taksa thawm milaw” (*Filipi. 3:21, NKJV*) dingih thleng danglam a si hlan cu kan famkimnak famkim zet in kan ngah thei dah zik lo. Asinan Amah cu kan theih ih, nitin kan nun ah um dingih kan sawm ahcun Jesuh vek si tumnak lam kan pan rero lai tinak a si. Himi cu Paul in “hi thil pakhat” tin a hmuitin mi khal a si. Tlanzuam awknak vekin (*zoh aw, 1 Kor. 9:24–27*), kan thlen ngahnak le in hniksaktu lam ah kan thinlung kan ret lo. Kan hmuitin mi pakhat cu kan hmai ih a um mi thil – kanmah in rak hngak tu vanlam laksawng sawn khi a si. Hitawk ih thil fiangzet mi cu : tlanzuamtu cun tumtah mi ahkhin a thinlung a pe thluh, cui tumtahnak thleng thei dingih hmailam a pannak ah a tha le zung a hmang ciamco.

Bawipa thawn na feh tlannak ahhin dunglam hoi kirsal lo in, asilobik ah na sualnak le tluknak lam zoh loin, a tu ah Khrih ih a tiamzo mi hmailam caan hrang thlir hi ziangruangah saw a thupit?

NIRUK NI (FRIDAY)

February 6

Ruahbet ding: “A thazang a cahter ih, nuncan ziaza tha in, Khristian nun dan mawi ih a umtu cu ziangkim Khrih hrangah a tuah dingih, a pe ding a si. Ziangahatile Tlentu cun thentheki mi hnaturan a pawm ve lo. Nitin in pumpek awknak timi sullam a zir tengteng ding. Pathian kamsuak thu zirin, cumi ih sullam pawl a zir dingih, a thlun ding a si. Cutin a um cun Khristian tahfung thabik a thleng ve thei ding. Nikhat hnu nikhat Pathian cun hna a tuan pi ih, a ziaza cu a famkimter thei ih, hniksagnak netabik khalah a ding nget thei ding a si. Nikhat hnu nikhat zumtu pawl cun minung hmai ah le vancung mi pawl hmaiah zohcianak ropi zet hna an tuan, cumi cun thuthangtha cu minung tluzo pawl hrangah tuan theih a si timi an hmuh a si”—Ellen G. White, *The Acts of the Apostles*, p. 483.

“Mo neitu ding a rat ding rak hngaktu pawl cun mipi pawl hnenah, “zoh hnik uh, nan Pathian hi” tiah an ti ding. Zangfahnak eng netabik, leitlun ih zangfahnak thucuh netabik pek ding mi cu A duhdawtnak ih A ziaza phuanglangnak a si. Pathian ih fale pawl cun A sunlawinak tarlang ding an si. Anmai nun le an ziaza ahhin an hrangih Pathian zangfahnak ih thil tuah zo mi pawl an tarlang ding a si.

“Dingfelnak ninu ih tleunak cu hnaturan tha – thudik tongkam le thianghlimnak ahhin a tleu ding a si”—Ellen G. White, *Christ’s Object Lessons*, pp. 415, 416.

RELKHAWM DING THUSUHNAK PAWL:

1. Bawipa ah nan lungawi uh timi thusuhnak ahkhan cambang deuh hrih aw, harsatnak na tonnak ah(Bible zirhdan si khal sehla) siloin Bawipa ah lungawi ding na si timi a rel a si timi khi hmingsin aw. Ziangruangah saw Bawipa, A thatnak, A huham, A duhdawtnak, le A rundamnak kan hmai ih um mi pawl kan kilkhawi ringring hi a thupit? Nun ih hniksagnak a um lai caan ahhin ziangtin saw hlawnak na rak ngah thei ding?

2. Khristian kan si vek in “hnaturan tha” tuahnak lam ahhin zangfahnak lamzin a reldan hi hmin sin aw. Himi zangfahnak hnaturan hi Jesuh ratsalnak a thlirtu kan si veki ziangruangah a thupi? Hnaturan tha ruangih rundam si lo khal sehla, cui hnaturan tha kan neih lo ahcun rundam in kan um ngaingai pei maw?

3. Taksa ah rinsan ngam awknak a um lo timi ruahnak ahkhan cambang deuh ta duak aw. Cuimi sullam cu ziangsaw a si ding? zianghsaw cuimi ahcun rinsan ngamnak kan neih lo ding? Kan taksa teh hi Pathian laksawng in pek mi a si thotho lo maw si?

ZIRLAI 7*February 7–13***VAN MI SINAK****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Filipi. 3:17–4:23, 1 Kor. 15:42–44, Johan 14:27, Saam. 119:165, Job 1:21, 1 Tim. 6:7.*

Bible cangken: “Ziang thu hmanah donhar hlah uh; thil ziangkim ah thlacamnak le dilnak in lungawi thu simnak thawn nan dil duhmi pawl cu Pathian hnenah theihter si sawn seh” (*Filipi 4:6 CKJV*).

Tuizarh zirlai cu Filipi cakuat zirlai kharnak a si thlang ding, cumi ahcun zirlai man nei zetzet le nitin nundan ding khal tamzet a um. Tirththlah Paul kaihruaitu ziaza thatnak lam ih man nei zet tampi ummi pawl cu cakuat kharnak lam ah hmuh a si. Jesuh ih thuzirh mi thawn bangaw ciah in sunglam minung hmuitin in Paul cun kan hnen ih in sim mi cu Khristian nun hlim um zet neih theihnak thuthup a si.

Kan duhdan vekin thil fehtluang lo in, kan duh ai hnakih tam in thil a thleng theu, thinphang, donhar, riahsia in kan um ding a si lo. Nun ih a hruaitel mi harsatnak pawl hmaiton thei dingin sunglam cahnak kan hmuh theinak dingih in bawmtu ding kaihruai awknak a um, curuangah Pathian lawngih in pek thei mi kumkhaw daihnak le a hnget khoh mi kan nei thei a si. A tui nun le hmailam nun cu Amai kut ah a um, Anih cun kan tulsam mi pawl hmuahhmuah in pe ding a si.

A thupi bik mi cu kan ruahsannak cu leitlun ramuk awkdan ahhin kan thum ding a si lo, cui thil pawl cun in riahsia ter theu. Khristian kan si vekin kannih cu vanlam

rammi sinak neitu kan si. Cui ram mi sinak thawn hlawknak a ra, mangbangza hlawknak a si. Cule tuanvo khal a kengtel.

NIKHAT NI (SUNDAY)*February 8***Zohtim ding**

Kan zate in ziang maw lai ahcun kan zohtim duh mi le kan ngaisan zetmi minung cu kan hmu thluh ko ding. Thimnak ah nauhak pawl hrang ahcun zohtim ding mi an neih dinghi thil thupi zet a si. Cui an zohtim dingmi cu an nu le pa a si ding. An pitlin tikah zohtim ding (nun cawn ding) dang an hawl ding, an hril mi hnaturan thawn pehzom awknak nei mi, asilole mi pakhat ih thuanthu an siarmi ihsin tla a si men thei. Harsatnak ton caan ah Bible sungih minung ummi pawl ih an hmaitondan pawl ihsin zirlai an zir thei ih, an nun ih an hmuhton mi pawl thawn an tahtim thiam ko ding.

Vansiat thlakza in tuisan ih media pawl cun zohtim ding tha lo hlirin mi an luahkhat thluh. Milar hminthang pawl ih nun harsatnak le an buainak thuhla pawl famkim zetin theihter in kan um thluh. Paul ih Filipi cakuat a rak siartu pawl khal Internet tivek in an nun cawkbuai lo khal sehla, harsatnak dondan pawl cu an bangrep aw thotho.

Thudik cu, Paul a um lai ih leitlun khal tuisan vek thotho in nawhthuh, ziaza sia, thiltha lo hlirin a khat ve. cui thil cu a rak um ringring ih, a um ringring hrih lai ding, leitlun sancem tiang a um lai ding ih, sualnak a reh thluh tiang a um ding. Kan hrang thusuhnak cu: cuithil cu ziangtin saw kan rak let ding? timi hi a si.

Siar aw: Filipi 3:17–19. Himi thu ahhin zohtim ding tha le tha lo ziangtin saw a rel? An karlak danglamnak ziangmi fawhfun saw in pek?

Paul in a thurualpi lem lo pawl parih duhdawnak a neih mi hi kan hmuh thelh ding a si lo – an hrangah a tap!

Anih cun a doral siloin, “Khrih thinglamtah ih ral” (*Filipi. 3:18*) tin a ko timi khal hi hmingsin aw. Paul cun buainak tumdeuh a um ti a theifiang zet, cumi pawl cu thinglamtah in donkhamtu a siatbal dan le rundamtu a tul zetmi misual pawl thawn bangrep ah in rettan pawl hi a si (*zoh awla. Efesa. 2:11–14*).

Cule kan hrelh sual lo dingmi cu Paul in Filipi pawl cu thil thalo lam siloin a tha mi zohthim ding lam ruat dingin a forhfiat: a nun vekih nun hmangtu pawl ngungaih deuh ih zoh hliah dingin a si. Lunglutza thil a si mi cu Paul cun Rom mi pawl hnen ih ralrinnak a pek mi tongkam thawn a bangaw mi a hman, “nan zir ciami thurin thawn kalh aw in thenthekawknak le tluknak a suaktertu pawl kha hmingsin ding ah ka lo dil; cun annih cu hrial uh” (*Rom. 16:17, CKJV*) tiah a ti. Rom khua ih bumtu (mi bum hman) pawl cu “kan Bawipa Jesuh Khrih rian loin, anmai pumpi a rian sawntu” pawl tiih kawh an si (*Rom. 16:18, NKJV*).

Jesuh cu zohthim dingih mi famkim zet si khal sehla, hmundang ah mi dang pahnih, nuncawn ding tha an um men thei. Cumi rualrual in midang pawl hnenah ziangmi zohthim ding tha zet saw na hmuh duh mi?

NIHNIH NI (MONDAY)

February 9

“Bawipa ah hnget zetin ding uh”

Siar aw: Filipi 3:20, 21. Ziangtin saw Paul in Khristian “sinak” cu fiangzet ih a rel?

Thinglamtah ih ral, “leitlun thilri ih an thinlung rettu” pawl cun an pumpi bak lo pathian dang an nei lo (*Filipi 3:19*), asinan cuvek thawn kalh aw ciah in Khristian ti le khua sinak cu van ah khin a um, in kaihruiatu cu Amah Jesuh Khrih rori a si. Himi zawnte cu thupi ah ret in Paul cun “kan taksa tawntai” (*Filipi 3:21*), natnak, siatlam pannak, le thihnak pawl cu Khrih thawhsalnak taksa sunglawi zet vekin thleng danglam a tulzia thu a rel.

A hnuai ih cangan mi pawl cun sunlawihnak dinhmun cu ziangtin saw an rel?

Job 19:25–27

Luka 24:39

1 Kor. 15:42–44

1 Kor. 15:50–54

Kol. 3:4

Anetnak ahcun Jesuh thawngin “doral netabik” thihnak a si mi cu siatsuah a si ding (*1 Kor. 15:26*). Cumi cu kan ruahsannak ropi zet, Jesuh ah pek ih kan rak um mi thutiam netabik – thihnak a cemnak ding lawng hman si loin, taksa thar, “a sunglawi mi taksa” (*Filipi. 3:21, ESV*) tiang kan ngah ding a si (*Filipi. 3:21, ESV*).

Pathian tel lo ih “rundamnak” hawl hmuh theidan timi thuhla ih cabu pakhat ahcun at thlak zet in cangan tu Luc Ferry cun thih tih lonak neh theitu cu “rundamnak” a si tiah a ti ih, Cule Khristian biaknak cun “thih tihnak cu kan palbet thei ih, thihnak rori khal kan neh thei. Hivek tuahnak ihsin bulpak nun ahhin thi thei minung dinhmun ah thih thei lonak va neihsin umsun a si ko ding tiah” a pawm thu a ngan.—Luc Ferry, *A Brief History of Thought* (New York: Harper Collins, 2011, Kindle edition), p. 90. Him thuhla cu Pathian zum lotu mi pakhat hnen ihsin a ra mi a si.

Curuangah Paul hrang ah van ti le khua sinak ahcun a tu ih kan ruahban lo mi kumkhaw nunnak nunthar le thawhsalnak thutiam khal a tel cih a si.

Ziangruangah saw kumkhaw nunnak thutiam cu a zumtu kanmah pawl hmuahhmuah hrangih a thupit? Khrih ih in pek ding hleih khawp in leitlun hin ziangsaw in rak pek thei ve?

NITHUM NI (TUESDAY)

February 10

Bawipa ah nan lungawi – ringring uh

Siar ding: Filipi 4:4–7. “Pathian ih daihna” timi tonnun hi ziangtin kan nei?

Paul cun pumkhat awknak thupit zia a rel thluh hnuah (*Filipi. 4:1–3*), thupi dangah a thawn: Bawipa ah nan lungawi uh (*Filipi. 4:4–7*).

Buainak a um veten tluangtlam zetin a netnak ih hlothluh salhngal thil tivek ahhin voi ziang hmuah saw thinbang in na rak um theu? A tha zawng cun Jesuh cun kan thinphang lonak ding hi thupi ah ret in a sim leuhleuh (*zoh aw, Matt. 6:25–34, Matt. 10:19*), cule Piter in kan thinphangnak le donharnak pawl hmuahhmuah cu (*ESV*) Bawipa hnen ih thum thluh dingah in rak theih ter, “ziangahtile Anih cun a lo ngaihsak a si” tiah a ti (*1 Pit. 5:7, ESV*). A ngaingai te cun leitlun ih buainak pung deuhdeuh pawl cun Bawipa a rungtum kirsalnak ding a nai zia in rak theiher a si (*zohtlang aw, Matt. 24:33, Luka 21:28, James 5:8*).

Ziangkim ih donharnak, ziangvek dinhmun khal ih beidonnak hrangih sii tha bik cu tlunlam ih zumnak thlacamnak thelut hi a si (*Filipi. 4:6, 7*). Kan thlacamnak rah cu a ngaingai ih kan hmuh hlan hman in kan thlacamnak in let a si timi zumnak nei in thlacamnak neih ih, kan cangvaih ding hi a thupi zet, zianghtile “lungawi thusimnak thawn” thlacam ding kan si. Cule

“dilnak” (Grik - *deesis*) timi tongfang hi bet in a um, cumi cu manhlap thlak le thil thupi zet rak khihhmuahnak a si (*thimnak ah, zoh awla, Luka 1:13, Filipi. 1:19, 1 Tim. 5:5, James 5:16*). Kan thlacamnak cu “ngennak” a si ringring lai, asinan “a duhdan vekih” (*1 Johan 5:14, NKJV*) kan dil kulhsung cu kan ngen mi kan ngah ding a si timi kan theifiang. kan dil ngenmi pawl hmuahhmuah cu Pathian kutah a um a si timi kan thei dingih, hnangam zetin kan cawl hahdam thei ding a si.

A hnuai ih thu ngan mi pawl in Pathian daihna thuhla kan theihthiamdan ziangtin saw a karhzai ter?
Saam. 29:11, Isa. 9:6, Luka 2:14, Johan 14:27, 1 Kor. 14:33.

Pathian daihna cu leitlun ih a pek thei lo mi thil ziangmaw a si, zianghtile Pathian daihna cu in rundamtu Jesuh thawngin kumkhaw nunnak laksawng thutiam hnget zet ihsin a ra mi a si (*Rom. 5:1, Rom. 6:23*). Himi daihna cu nunnak zungzam pawlah a um thluh ih, “theihthiamnak pawl hmuahhmuah a hleih thluh a si” (*Filipi. 4:7, NKJV*). Cumi cu thinlung lawngin a theithiam thei lo, hitawk ih hmanmi Grik tongkam nous (*Thinlung*) in a simfiang.

“Pathian ih daihna” tong ding timi sullam hi mi pakhat hnenah ziangtin na simfiang ding?

NITHUM NI (WEDNESDAY)

February 11

Hi thil pawl ruat uh . . .

Theihnak pawl hmuahhmuah a hleih thluhtu daihna khal in, “nan thinlung le nan ruahnak cu Khrih Jesuh zarah a lo kilkhawi sak ding” (*Filipi. 4:7, NKJV*). Kan sunglam nun hi kilkhawi a tul zet. Lunglut um zet thil cu Filipi 4:7 ih hman mi Pathian thawn laicin awknak tongkam cu ralkap pawl ih hman theumi tongkam vekih hman a si. Grik tong ih *phroureo* timi cu ralkap pawlkom pakhat in khawpi pakhat an run do lonak ding ih kilkhawitu relnak a si (*2 Kor. 11:32; zohkop aw, Tirhthlah 9:24*).

Sunglam nun ih daihna thupi zet a dang pakhat cu Pathian duhdan thawn milaw ih nun hman hi a si. “na daan a ngaina tu pawl cun hnangamnak (daihna) nasa zet an nei: zianghman in a tlubahter lo ding” (*Saam. 119:165*).

Siar ding: Filipi 4:8, 9. Hitawk ahhin ziangmi ciah tuah dingih forhfiak saw kan si?

Paul cun Filipi 4:8,9 cu “cui hlei ah” (*GNV*) tin thuhmai hruainak a nei ih, ziaza thatnak thil paruk a rel. Cumi cu tawifel zetih sim a si ih, Paul in zohthim dingih a tuah mi cu thazang pekawknak khal a si thotho. Himi hnamdang- hnenih thuthangtha sim dingih forhfiaknak cu Filipi khawpi umnak Greco-Roman ahhin ahhin a milaw hleice cuang. Asinan thil thupi zet a um mi Bible ih ziaza thatnak lam hmuitin a si ih, cumi cu Paul in Grik mi pawl ih ziaza thatnak bulhram pali ihsin a run lasuak ih, a tarlang (fimkhurnak, diknak, supawk theinak, ralthatnak)

1. *Thildik*—tarlang mi pawl ah Bible ih thudik (thildik) timi ihsin bulhram a thok hngal hi thil a thlengpang men mi a si lo. Cumi cu Jesuh (“*Fiangte in ka lo sim*”) rel duhna a si ih, cule Thukam thar hmuahhmuah ahhin uar zetih tarlang a si vivo (*zoh awla*, *thimnak ah*, *Tirh 26:25*, *Rom. 1:18*, *1 Kor. 13:6*, *2 Kor. 4:2*, *Efesa. 4:15*, *1 Tim. 3:15*, *James 1:18*, *1 Pit. 1:22*, *1 Johan 2:21*).

2. *Zah um*—Grik tongfang ahcun bulpak ziaza thatnak lam a sawhkhik (*hmundang ih hman mi 1 Tim. 3:8*, *11*; *Titus 2:2*, *thawn tahthim aw*, *NKJV ahcun* “*upatnak langter mi*” *tih letlin a si*).

3. *Thilfel*—Himi ziaza thatnak cu Pathian dingfel ziaza simfiangnak a si (*Filipi 1:7 ih hman mi thawn khaikhin aw*).

4. *Thil thianghlim*—ruahnak le cangvaihnak cu Pathian ih thiamcoternak ihsin zumnak thawngih kan don mi a si (*zoh aw*, *1 Johan 3:3*).

5. *Thil duhning*—themthiam mawinak, Pathian sersiam mi pawl ah kau zetih hmuh a theih.

6. *Cawimawi tlak*—“hngil nei, mi hip thei zohmawinak, le nun tha” (*AMPC*).

Himi ziaza thatnak lakih pakhat te khal hi pathian biaknak sullam nei zetih ruatnak a um lonak dingah Paul cun tlintlaknak thil dang pahnih a pe bet: “a thabik le thangthathlak mi a si ahcun” (*Filipi. 4:8, NIV*) tiah a run ti. Kannih cun himi vanlam thatnak hi kan ruat ding a si. Cule rinhlelnak le theihthiam lonak pawl hmuahhmuah kan hlit thluh ding ih, kan zir ngah mi, kan don mi, kan theih mi, amai nun rori ihsin kan hmuh mi pawl tuah dingah Paul cun in ko hai a si (*Filipi. 4:9*).

NINGAN NI (THURSDAY)

February 12

Lungkim diremnak tawhfung

Siar ding: Filipi 4:10–13, 19. Paul in lungawinak, aipuangnak nun hrangih a langternak tawhfung cu ziangsaw a si?

Thil umtudun boruak rit zet (rilrawnnak, natnak, hliam tuarnak, thih hlohnak) pawl an ra thlen tikah mi pakhat cun thil thupi zetzet pawl a ruat thok ih, a rak ruat buai dah lem lomi thlawsuahnak tivek khal a ruat thok rero thlang. “ngaitlawm aw” (*Phil. 4:12, ESV*), “tlasam mi” (*NIV*), asilole “zianghman tang nawn lo” (*NLT*) ih tanta ih kan um caan hi kan zumnak a thangsohnak ding caan te khi a si.

Cuvek kalh zawngin “neinung zetih kan nun” (*NASB*) ahhin reilote ih hloral thei mi an si timi theihnak thawn kan um ringring ding a si (*zoh aw*, *Thuf. 23:5*). Job le Paul tei pahnih ih in rak theihter cia vekin, leitlun ih kan suah tikah zianghman kan keng lut lo ih, thlan sungah zianghman kan keng lut fawn lo ding (*Job 1:21*, *1 Tim. 6:7*).

- A hnuai ih Bible thutiam pawl hi hmingsin aw:
- Saam 23:1—"Bawipa cu i khaltu a si. Ka tul mi hmuahhmuah ka nei" (*GNB*).
- Matthai 6:32—"Hi pawl hmuahhmuah nan tul timi hi van ih nan Pa in a thei" (*NKJV*).
- 1 Piter 5:7—"Na donharnak le na ngaihsak mi pawl Pathian hnenah ap thluh aw, ziangahatile Anih cun a lo ngaihsak a si" (*NLT*).
- Filipi 4:19—"ka Pathian cu sunlawinak ih a len bangin, Khrih Jesuh zarah, nan tlaksam mi zatein a lo somdawl ding a si." (*CKJV*).

Cule mangbangza bik cu: "Cahnak in petu Khrih thawngin ziangkim ka buah thei" timi hi a si (*Filipi. 4:13, NKJV*). Kan zate in "ziangkim" timi hi famkim in kan thei thluh lo men thei. Pathian bomnak le cahnak kan ngen tikah Amai duhdan vekin kan dil ding a si. Asinan caan tamzet ahcun Amai duhdan thawn a milaw ding tiih kan theihmi thil hi kan dil dah lo. Curuangah si James 4:2 ahkhan "Nan nei lo, ziangahatile nan dil lo ruangah a si" (*ESV*) tiah a ti.

Hitawh ahhin Pathian duhdan thawn an milaw zet tiih kan theih ruangih rinsanggam aawknak thawn kan dil thei mi hrekkhat pawl cu:

- Duhdawtmi lole rualpi hrangih rundamnak dilsak (*1 Tim. 2:3, 4*)
- Kan zumnak hlawm dingih thazang cahnak (*Thup. 22:17*)
- Sual kan phuang ih, thil diklo kan fehsan caan ih ngaidamnak (*1 Johan 1:9*)
- Pathian thukam thlun thei dingah cahnak dil (*Heb. 13:20, 21*)
- In huatu le in zoh tha duh lo duh pawl va duhdawt (*Matt. 5:44*)
- Dinmun harsatnak hrang ih fimnak dil (*James 1:5*)

- Pathian kamsauk thu sungih thudik theihthiam (*Johan 8:32*)

Thlacamnak na neih rero hnu khal ih thleng hrih lo, lole thleng dah lo men thei mi thil a um caan ahhin ziangtin saw na hmaiton dan ding?

NIRUK NI (FRIDAY)

February 13

Ruahbet ding: "Zangfahnak thar a dawngtu pawl lawngin an nitin nun ih tulsam mi thiltitheinak le cui thiltitheinak cu an hman thei ding a si. Hmailam caan thlir in, thlarau huham a rat ih, thlarau hla tamzet an ngah theinak dingah mangbangza buah theinak huham an don dingmi rak hngak cuahco men loin, nitin in Pathian an naih ringring sawn ih, cutin nitin Pathian hmantlak in an um sawn a si. An bantawh ih Pathian hna an tuan theinak dingah nitin tikcu caan an hrangah a um ringring, khuitawh ih an um khalah, an inn le vantlang hmun khalah Bawipa hrangih theihpitu hnaturan in nitin an um ringring.

"Thianghlimter zo mi hnaturan pawl cun leitlun ih Khrih a um lai khalah nitin zangfahnak thar a ngah theinak dingah nitin a Pa a hawl theu a si timi theihnak hnangamnak mangbangza an nei: Pathian thawn pawlkom awknak ihsin midang pawl cakter dingin le thlawsuahnak pe dingin a suak a si....

"Khrih dungthluntu ih hnaturan pawl hmuahhmuah cun leitlun ih rah khawmna ding hrangah a kawhhran ih thutiam a pek mi thiltitheinak an dong ding a si"—Ellen G. White, *God's Amazing Grace*, p. 117.

"Pathian cun kan duh mi a thei ih, in bawm theu. Bawipa cun a fale pawl hrangah hlawhthil tamzet pek ding a nei, an tulnak hmun ah ziangkim a pe thei thluh. Asi ahcun ziangahsaw kan rinsan lo? A duhdan le rinum zet ih a thu awih nun kan neih phawt cun a fale hrangah thutiam man nei zet a buah a si. Phurrit a thawn thei,

thimnak a reh ter thei, thazang derdai mi thiltitheinak a thlengdanglam thei, tihnak a daiter thei, tumtahnak neitlak lo khal sehla Anih cun in kaihurai in, thiam in coter thei a si.

“Kanmah ten kan zoh aw lo. Kan famkimlonak ih kan thumawk sinsin ahcun cui thil neh dingin thazang cahnak kan nei mal a si”—Ellen G. White, *That I May Know Him*, p. 224.

RELKAWM DING THUSUHNAK PAWL:

1. Na thlacam letnak thabik lakih hrekhat kha vun ruat aw. Cumi pawl cun fim theihnak pawl hmuahhmuah hleihthluhtu Pathian daihnak na ton theinak dingah ziangtin saw a lo bawm?Thlacamnak let ih um lo pawl teh ziangtin?daihnak thutiam cu ziangtin saw na ton thei ding?

2. Filipi 4:8 thu ahkhan ziangthil ngaihtuahnak ah saw tikcu caan na hman?Na ngaihtuahnak ahhin ziangmi tluk in saw na zumnak a cakter ih, Bawipa thawn nan feh tlang?

3. A tlun ih thulaknak netabik kha rel khawm uh: “. Kan famkimlonak ih kan thumawk sinsin ahcun cui thil neh dingin thazang cahnak kan nei mal a si” timi ih a rel duhsan ziangsaw a si ding? Cumi neh theinak tawfung cu ziangsaw a si?

ZIRLAI 8

February 14–20

KHRIH IH CUNGNUNGNAK

SABBATH SIIMLAM

Tuizarh zirlai hrang siar ding: *Semtirnak. 1:26, 27; Kol. 1:15–20; Johan 1:1–3; Efes. 1:22; 1Kor. 12:12–27; 1 Kor. 4:9; Rom. 6:3, 4.*

Bible cangken: “Anih (Khrih)cu hmuh theih lo Pathian ih hmuihmel, sersiam mi hmuahhmuah lakih fatir a si: Ziangatile thil ziangkim hi amah ihsin sersiam an si, van ih um siseh, leitlun ih um siseh, hmuh theih le hmuh theih lo siseh, laltohkham, asilole uknak, asilole lalnak, asilole thuneihnak pawl tla, thil ziangkim hi amai’ sersiammi an si ih amai’ hrangah an si: Cun anih cu thil ziangkim an um hlanah a um zo ih, amai’ ruangah thil ziangkim an ra um” (*Kolose 1:15–17, CKJV*).

Tuizarh zirlai ahhin Kolose khawmi hrang ih cakuat kan ruat lehsal ding(zoh awla, Zirlai 1 le 2). Zirlai 2 ih Ninga ni zirlai ahkhan Kolose 1:9-12 kan hmu ih, Paul cun Kolose ih um zumtu pawl hrangah thlacamnak a nei ih, Pathian duhzawng ih nun an hman theinak dingah dilnak a neihsak hai. Cang 12 le 13 ahhin ram thlau aw zet pahnih a rel: eng le thim ram a si, “Eng ih uknak” (*Kol. 1:12, NIV*) le “thim ih uknak ram” (*Kol. 1:13, NIV*). Pa Pathian cun eng ram uknak ih kumkhaw roconak ih tel ve dingin in tlingter ih, thim ih thiltitheinak ihsin in run suak ih, “A duhdawt mi A fapa ih uknak ram ah in ret, Amah ahcun sual ngaidamnak tlennak kan ngah” (*Kol. 1:13, 14, ESV*).

Phundang in kan sim ding asile Jesuh, sersiamtu Pathian a si thotho mi ahhin tlennak kan ngah a si. Kan

hrangah tlennak hna a tuan suak, Amah zumnak thawngin kannih cu thim uknak ihsin A duhdawtmi A fapa uknak ah in thawn zo a si.

Tuizarh ahhin Thukam Thar ih Jesuh thuhla rel hlawh zet le duhnung zet kan thlir ding. Jesuh cu “hmuh theih lo Pathian ih hmulhmel” ti cingin, “ sersiammi pawl hmuahhmuah tlun ih fatir” (*Kol. 1:15, NIV*)a timi sullam hi ziangsaw a si ding?

NIKHAT NI (SUNDAY)

February 15

Hmuh theih lo Pathian hmuhihmel

Thlalang lole zuk kan zoh tikah, kanmai zuk kan hmu aw, asinan a pheng ih a tum le tet lawng a um. Thil dang ahcun milem khercop mi tivek in ruahnak tha sawn a langfiangter, asinan nunnak, thawthaw thei, a nung ngaingai mi thil tivek thawn cun zianghman a si cuang lo. Bible ih hmulhmel a timi khi khuimaw caan ahcun hmuhsaknak niam deuh a rel duhna a si ih, asinan nan huapkau zet in a rel ve thung.

Siar ding: Sem 1:26, 27; Sem 5:3; 1 Korin 15:49; 2 Korin 3:18; le Hebru 10:1. Himi pawl ih “Hmuhihmel” a relmi sullam hi tawifel in khaikhawm aw. Jesuh cu Pathian thawn bangaw ih a rel mi thawn ziang danglamnak saw na hmuh?

Minung cu Pathian vekih tuah mi kan si – taksa, thlarau, laicin awknak le cangvaihnak tivek pawl ahhin Amah bangtuk ih tuah kan si. Asinan thil hrekkhat lawng ahhin Pathian bangnak an langter ih, cumi khal cu sual in a siat suah thluh. Asinan Jesuh cun Pathian hmuh theih lo cu in “hmuh” ter sal a si. “Keimah in hmu tu cu Pa khal a hmu a si” tiah a ti (*Johan 14:9, NKJV*). Anih cu Pathian sinak “ziaza diktak” a si (*Heb. 1:3, ESV*). Anih cu Pathian ruahnak theihtheihnak le Pathian ziaza hmuh theih dingih tuah mi a si.

Siar ding: Matthai 11:27 le Johan 1:1, 2, 14, 18. Ziangruang ahsaw Jesuh kha Pa langnak dingih a tlin emem?

Jesuh in Pa Pathian thawn an laicin awknak a reldan pawl hi hmingsin aw

- “Ka pa in tutiang hna a tuan ih, kei khal ka tuan rero lai a si” (*Johan 5:17, NKJV*).
- “Kei le Ka Pa cu pumkhat kan si” (*Johan 10:30, NKJV*).
- “Keimah lo cun zohman Pai hnen an thleng thei lo” (*Johan 14:6, NKJV*).

Jesuh cun Pathian hmin hmang in Amah le Mah sullam nei zet in a phuang aw theu: “KEIMAH” (*zoh aw, Suah. 3:14*); “Keimah cu nunnak sang ka si” (*Johan 6:35*); “Keimah cu leitlun ih eng ka si” (*Johan 8:12*); “Keimah cu tuu khaltha ka si” (*Johan 10:11, 14*); “Keimah cu thawhsalnak le nunnak ka si” (*Johan 11:25*); “Kei hi Pa ah ka um ih, Pa cu Keimah ah a um” (*Johan 14:11*); cule “Abraham hlanah ka rak um zo” (*Johan 8:58*).

Jesuh cu Pathian siloin midang rak si bangsa sehla, kan hrangih thi dingin sersiammi hrekkhat Pa in a run thlah ti lo ahcun ziangmi saw sullam a neih cuang ding?

NIHNIH NI (MONDAY)

February 16

Sersiam mi hmuahhmuah tlun ih fatir

Thukam Thar ahhin “fatir” le “fa hmaisabik” relnak zate deuh thaw cun Jesuh an khihhmuh (*zoh awla, Luka 2:7, Rom. 8:29, Heb. 1:6, Thup. 1:5*), cumi ahcun Kolose cakuat ih a langmi pahnih khal an tel a si. Asinan Jesuh siloin midang khihhmuhnak ih an hman a si hmanah unau lakih suak hmaisabik relnak lawng a si ciamco cuang lo. Bible in “fatir” tiih a rel mi cun fapa in a pa thawn pehlthaih awknak hnget zet an neih mi kha thupi ah a ret sawn a si, unau suahdan zir in a si cuang lo. Cule Bible ahhin fapa

nauta deuh cu an cungnung sawn a si timi tarlang mi khal kan hmu: Isaak, Jakob, le Josef tivek pawl tla an si.

David hi fapa pariat lakih nauta bik asinan, siangpahrang dingih hriak thih mi a si, cule Saam hlapuahtu hmangin Pathian cun, “Kei khal in anih cu leitlun siangpahrang pawl hnakin sangsawn ka fatir ah ka tuah ding” tiah a ti (*Saam. 89:27, NKJV*). Pathian cun Moses hnenah, “Israel cu ka fapa, ka fatir” a si tiah a ti (*Suah. 4:22, ESV*). Hivek a si cun fatir timi cun cungnungnak lam an hoi hmaisai a si timi a fiang zet.

Siar ding: Kolose 1:15–17. “Sersiammi pawl hmuahhmuah tlun ih fatir” (NKJV) tiin Paul in Jesuh a kawhna san kha ziangsaw a si?

Pual cun Jesuh cu sersiammi lakih a hmaisabik a si tihi a reltum mi a si lo ti a fiang zet. A ngaingai te cun cuvek ih ruahnak um theimi cu a hlon thla fai a si. Voihnih rori lamzin dang pahnih in Jesuh cu ziangkim tuahtu a si thu a rel. Cui thil pawl hmuahhmuah cu *Amah* ihsin, le *Amai* hrangih tuah mi an si (*Kol. 1:16*). Himi thu pahnih ahhin Jesuh cu Pathian in sersiamnak feh vivo ih a hman mi palai vekih tarlang a si (*zoh aw, Efesa. 3:9, Johan 1:1–3, Thup. 4:11*).

Paul ih thurel mi theihthiam lo ding rual a si lo. Ziangkim timi sullam cu ziangkim a si – van boruak(van le lei), thil um thei (hmuh theih le hmuhtheih lo), le cecangnak (bawitohkham, ram uknak, thuneihnak, huham). Himi thu nganmi ih neta deuh pawl hi a tlangpi thu in sersiammi vancungmi pawl relnak ih hman mi an si (*zoh aw, Efesa. 3:10, Efesa. 6:12*). Theihsuallnak tivek a um lonak dingah Paul cun Jesuh cu “ziangkim a um hlanah” a um zo tiah a tarlang (*Kol. 1:17*). Grik tongkam ih simfiangnak ahhin hnatuan dinhmun ih um hmaisabik a si rualrual in, tikcu caan khal ih um hmaisabik tivek relnak ah hman a si, asinan Paul cun hmundang ih ca a ngan mi pawl hmuahhmuah ahhin tikcu caan a khiih

hmuh a si (*zoh awla, tahhimnak ah, 1 Kor. 2:7, Gal. 1:17, Efesa. 1:4*).

Paul cun Jesuh hnen ih cungnungnak a peknak san a dang pakhat cu “Amah ah ziangkim a um khawm thluh” (*Kol. 1:17, NET*) ruangah a si. Grik tong ih (*synistemi*) timi sullam ngaingai cu “Hruai khawm thluh” asilole “pumkhatnak” tinak a si. Jesuh hi leitlun pumpi rualrem zetih tuahtu a si, sersiamtu a si ruang men ah siloin, Tlentu khal a si.

Sersiamtu Pathian cu kan hrangah a thi. Cumi ah kan hnatuanmi in ziangsaw kan bet thei um mi? Ziangruangah saw kan hnatuannak cu Khrih ih in tuahsak zo mi thil ah a tangkai zet a si timi ruahnak hi Pathian relsiatnak a si thei?

NITHUM NI (TUESDAY)

February 17

Taksa ih lu (Kawhhran)

Siar ding: Efesa 1:22 le Kolose 2:10. Himi thu ahhin “lu” timi sullam cu ziangsaw a si? Paul in Jesuh cu “kawhhran ih lu” (Efesa. 5:23) tiih a kawhna sullam hi ziangsaw a si?

Hruaitu dinhmun relnak ih lu (lubik) thuhla a um theu hi cu thil a fehdan ding kel a si. Cumi cu leitlun hmun kip ih tong siarcawk lo khalah a lang rero. Cuvek deuh nawn cu Thukam Hlun le Thar ah kan hmu thei. A hnuai ih Bible cang ummi pawl in “Lu” an hmandan pawl hi hmnsin aw.

1. Suahlannak 18:25 —“Cun Moses in Israel zate lak ihsin mithiltitheih pawl a hril ih, mipi tlunih hruaitu (lu) ah a thawng telih uktu, a za telih uktu, sawm nga rual ih uktu, le pahra rualih uktu pawl tiin a ret hai.”

2. Mipum siarnak 31:26—“Pa le pawl ih innsang ih lu” (*ESV*).

3. Daanpeksalnak 28:13— Pathian cun Israel pawl cu A thu an awih phawt cun, “a mei siloin a lu” an si din.

4. Isaia 7:8—”Sysia ih lu cu Damaskas a si ruangah Damakas ih lu cu Rezin a si”

5. Hosea 1:11—”Cun Judah faate pawl le Israel faate pawl cu an finkhawmaw ding ih, anmahte hotu pakhat (lu) an ruataw ding” (CKJV).

6. Mikah 3:9—”Nannih Jakob innsang ih lu pawl le Israel innsang ih hruaitu pawl” (NKJV).

7. 1 Korin 11:3—”Mipa hmuahhmuah ih lu cu Khrih a si”.

Curuangah Khrih cu Kawhhran ih lu a si vekin kawhhran ih pumkhat awknak le thansohnak ding hrangah hruaitu sinak, kilkhawinak, cawmdawlnak hna a tuan (*zoh awla*, Kol. 2:19).

Siar ding: 1 Korin 12:12–27. Hitawk khal ahhin Paul cun Kawhhran cu “taksa pum” vekin a tarlang. Himi tongthimnak ih rel mi cun kawhhran lam hoi ziangsaw a rel bet mi?

Taksa hi lu tel loih a nun thei lo vek ciah in, taksa peng pakhat a um lo, asilole hriam tuar in a um ahcun hringnun hi a harsa deuhdeuh. Thil hi kan hloh ngaingai hlan ahcun ziangmi tluk an thupi ti kan thei fiang thei theu lo.

Na kut-ke asilole na mit pakhat sangsang khi hloh ding rak si bangta awla, khuimi tu sawn na hril ding? Himi cun kawhhran member sung ih pakhat te a rak um hman a thupit zia ziangsaw a lo sim?

NILI NI (WEDNESDAY)

February 18

A “Hramthok” (le hramtohtu)

Siar ding: Kolose 1:18. Khrih cu lu vekih ruahnak le “hramthoknak” vekih ruahnak karlak pehtlaih awknak cu ziangsaw a si?

Hebru tong ih lu (*ro^{3/4}s*) timi le hromthoknak (*re^{3/4}sit*) timi cun pehtliah awknak an nei, Khimi pahnih ih a netatu tongkam langnnak hmaisabik cu Semtirnak 1:1 “A hmaisabik [*re^{3/4}sit*] ah Pathian in lei le van a tuah” timi ahhin a si. Jesuh cu minung le kawhhran ih lu a si, tisa ih a rung cang ruang men ah si loin, Sersiamtu a si ruang khalah a si.

Grik ahcun hramthoknak (*archç*) ti mi cun sullam kau zet a nei. Hitawk ih “hramthoknak (hmaisabik) timi cun Jesuh cu kawhhran hromthoktu bulhram a sinak a sawhkhah (*Kol 1:18*), Curuangah Anih cu “hramthoknak” asilole sersiamnak ih hramtohtu a si vekin lu tiih rel a si.

Jesuh cu sersiamnak kawhhran ih hramtohtu lawng hman siloin, Anih cu – thihnak ihsin a thawhsalnak thawngin (*Rom. 6:3, 4*)— sersiamtharnak hramtohtu khal a si. Sual man cu thihnak a si ruangah thihnak a nehnak cun sual a neh ih, a huham cun Amah bangnak ah in tuatharsal thei a si timi a tarlang. Himi pawl hmuahhmuah in “thihnak ihsin fatir” sinak a run tarlang thluh a si (“fatir” *timi sullam cu nikhat ni zirlai ahkhan na zoh thei*). Thihnak ihsin thosal tu hmaisabik silo khal sehla, A thawhsalnak cu a cungnungbiknak a si (Moses hi tho hmaisabiktu a si ih, curuangah a taksa thuhla khalah Setan pa thawn thukam an el aw a si kha [Juda 9]). Khrih ih thawhsalnak kha rak um lo bangta sehla, zohman an thosal thei lo ding.

Hitawk ahhin Paul cun Jesuh ih cungnungnak san tawifel zetih in pek mi pawl zoh ding a um.

1. Anih cu hmuhtheih lo Pathian tarlangnak famkim zet a si.

2. Anih hi ziangkim sersiamnak ih palai a si.

3. Thil ziangkim a um hlanah a rak um zo, Amah ah ziangkim an finkhawm aw thluh.

4. Anih cu kawhhran ih lu a si, cumi cu Amai taksa a si.

5. Anih cu sersiamnak le sersiamtharnak ih hramtohtu a si.

6. Anih cun sualnak le thihnak a neh, curuangah Rundamtu ih a rak pomtu pawl hmuahhmuah kai tho dingah diknak a hlawhsuak.

7. Jesuh hi a rak um ringring dah zo, asinan tu ahcun hi thil pawl hmuahhmuah ruangah minung pawl lu le kawhhran lu a si vekin cunngunngnak nei dingin a ra a si.

Na nun ahhin Khrih ih cunngunngnak na ton ngah deuhdeuh theinak dingah ziangmi saw na thleng danglam tengteng tul mi?

NINGA NI (THURSDAY)

February 19

Ziangkim rem aw dingin

Siar ding: Kolose 1:19, 20. Thinglamtah ihsin a ra suak mi rualrem awknak cu ziangsaw a si, ziangmi tiang saw a huap?

Paul cun Jesuh thuhla simfiangnak ih a net kharnak ah Grik tongfang lunglut za a rung hmang, Kolose 1:12 ih a lang mi Pa (Pathian) lam hoi in thu a run rel. A famkimnak cu Jesuh ih a um ruangah Pa cu a lungawi zet (*zohkop awla Kol. 2:9*). Himi “famkimnak” timi hi ziangsaw a si? Johan cun Pa ih sunlawinak “thutak le zangfahnak ih khat” tiah a rak sim (*Johan 1:14*).

Asinan himi thu ah thum aw in, cui “famkimnak” timi cun thil tamzet a rel. Kumkhaw Pathian le Mahte um Pathian a sinak siseh, thil sersiamnak le sersiamtharnak huham tivek khal a huap tel thluh. A thupi bik mi cu ngaihruat thiam lo ding khawp ih mangbangza – thinglamtah hmangin thihnak le soal a nehnak lamzin ih A fimnak cu a fiang zet. Cui mualphonak nasa zet cu

sersiammi pawl hmuahhmuah hrangah kumkhua A duhdawtnak theihpitu ding ah a tuah a si. “Pathian in leitlun hi a duhdawt tuk ruangah A Fapa neihsun a pe ih, Amah ah zumnak a neitu pohpoh cu hloral lo in, kumkhaw nunnak an nei ding” (*Johan 3:16*).

Kumkhua ih soal neh lantanak le ziangkim rualrem awk theisalnak ding lamzin umsun cu thutak ropi zet pakhat ah a khai khawm aw thluh: Cumi cu Pathian duhdawtnak a si – leitlun vandap A duhdawt, cule kanmah in duhdawt tuk ruangah thinglamtah ih Khrih thihnak thawngin rundam kan si theinak dingah ziangkim A pumpe aw thluh. Grik tongfang ih “leitlun” timi cu *kosmos* ti a si ih, cumi cun lei le van le a sungih um pawl hmuahhmuah a huap kau thluh a si. Paul cun Khrih thlunnak thu ahhin himi lei le van huap kau zet khihhmuhnak hi hitin a rel : “ziangahtile kannih cu leitlun[*kosmos*, leitlun vandap], le vancungmi, le minung pawlih zohnuam ah tuah in kan um” (*1 Kor. 4:9, NKJV*).

“Thinglamtah ah khaikhan ih Khrih a um lai cu mak ti zet le lungsia zetin vanmi pawl cun an thlir...ralthohnak nun ihsin Satan le a lungrualpi pawl cun Pathian ih rualremnak ihsin anmah ten hmundang ah an um, Pathian umnak cu an hrang ahcun meisa kang utvo umnak vek ciah khi a si ko. Duhdawtnak thawn a khai mi a sunlawinak cu a siatsuah thluh lai ding. Doawknak ropi a thok ahkhan hithil hi vancungmi pawl in an theithiam ve lo...

“Asinan doawknak ropi a cemnak lam ahcun an theithiam ding. Cutin tlennak khawkhannak cu a famkim ding ih, Pathian ih sinak ziaza cu sersiam zo mi fimnak pawl hmuahhmuah ah tarlang thluh a si ding.

“Cuvek a si ding ruangah Rundamtui’ thinglamtah a thlirtu vancungmi pawl cu lungawi in um hai seh. Khrih Amah rori in Kalvari tlang ih raithawinak a tuah mi ih rahsuah mi cu famkim in a thei thluh. Hivek pawl

hmuahhmuah rak thlir cia in thinglamtah parih a um lai ahkhan a au ih, “a famkim zo” tiah a ti”—Ellen G. White, *The Desire of Ages*, pp. 760–764.

NIRUK NI (FRIDAY)

February 20

Ruahbet ding: “Minung menmen pakhat in Jesuh ih a rel vekin thil rel bangta sehla, zohthim tlak zirhtu ropi zet cu a si lo ding. Cupa cu a at lo hmanah tiso ih suan mi arti vekfang a si tiih reltu thawn an dinhmun a bangaw ding – cumi a si lo hmanah Hell satan a si rori ding. Duh hrilnak na tuah a tul. Himi pa hi Pathian Fapa maw a si ding: lole mi aa pa, asilole luarkai ih aa cuang. Cumi pa cu mi aa tin na ko thei, cil na phui thei ih, khawsia vekin na that thei; asilole a Ke hramah bawc in Bawipa le Pathian tin na ko thei. Asinan milai zirhtu ropi zet a sinak thuhla ahcun zianghman lo men ah kan suah ding a si lo. Cuvek duhhirilnak cu kan hnen ah a tan lo. Cuvek ruah ding cu kan hrangih a tum mi a si lo.”—C. S. Lewis, *Mere Christianity* (New York, Collier Books, 1952), p. 41.

“Pa cu taksah ah Pathian sinak famkim pawl hmuahhmuah a nei, cule thithe minung ih hmuh theih lo a si”

“Fapa cu Pathian sinak famkim pawl hmuahhmuah tarlangnak a si. Pathian kamsuak thu cun Anih cu, “langtertu hmulhmel” tiah a ti.”—Ellen G. White, *Evangelism*, p. 614.

“Khrih cu rak um zo, mahte umzo Pathian Fapa a si . . . A suah hlan ih a rak um zo thu a sim tikah, Khrih cun kumkhua ih a um thu mipi a theihter sal. Kumkhaw Pathian thawn nai zetih pawlkom awknak an neih lo lai caan a um dah lo timi in theihfiang ter..

“Anih cu Pathian thawn bangaw an si, cemni nei lo le ziangkim tithei . . . Anih cu kumkhaw mi, mahte ih um Fapa a si”—Ellen G. White, *Evangelism*, p. 615.

RELKHAWM DING THUSUHNAK PAWL:

1. Jesuh ih kumkhaw Pathian sinak ih thusuhnak ahkhan cambang lawk aw. Jesuh hi kumkhaw Pathian, sersiam lo ih um ringring mi, a liamcia kumkhua ihsin rak um ringring mi si lo bangta sehla, thinglamtah ih raithawinak sullam le rundam khawkhannak pumhlum hi vun ruat hnik aw? Cumi zirhawk hi ziangruangah a thupi tuk lawmmam? Nan zirnak ahkhan Jesuh hi kumkhaw mi siloin amah hman hi sersiam mi si bangta sehla ziangtin thil a um ding timi ruat tlang uh si. Cuvek ruahnak men in ziangsaw kan hloh thei ding um?

2. Jesuh, thuthangtha le rundam khawkhannak kan ruah caan ahhin ziangruangah saw leitlun vandap pawl an tel ve ih, hitawk ih Jesuh ih thil a tuah mi pawl hi an lunglut ve zet timi kan ruahnak ih a rung lang ringring theu? Anmah sersiamtu, kumkhaw mi thinglamtah parih a um lai an hmuh tikah khan an ruahnak ah ziang thil a um ding? Kan rak thinphang thup mi thil cu a kel vekin a um, asinan sual ih tlu lo leitlun cun Kumkhua ih a sunlawinak an thei a si. Van ih cibai an buk mi pakhat cu thinglamtah parah a thi timi an theih pi ahkhan an ruahnak ah ziangmi a um ding?

3. Pa le Fapa cu an rak um daih zo a si timi zumlotu pawl hnenah ziangmi saw na rel ding? Ziangah cui thil cu a thupi hleice cuang? “Pathian thil titheihnak thendarh awknak” caan tawite a thlennak thinglamtah ah tilo cu Pa cu Fapa thawn ziangtik hmanah a hran in an um dah lo timi hi ziangtin saw na simfiang ding (Ellen G. White Comments, *The SDA Bible Commentary*, vol. 7, p. 924)?

ZIRLAI 9

February 21–27

REMAWKSALNAK LE RUAHSANNAK**SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Kol. 1:21–29, Efesa. 5:27, Efesa. 3:17, Rom. 8:18, Efesa. 1:7–10, Efesa. 3:3–6, Thuf. 14:12.*

Bible cangken: “Ziangahtile amah ahcun Pathian ih dingfelnak kan si theinak dingah soal thei lo cu kan hrangah soal ah tuah in a um a si” (*2 Corinthians 5:21*).

Paul cun remawksalnak thupi cu a pehzom vivo ih, cui thil cu Kolose 1:21 (*zoh awla, Zirlai 8, Thursday*) ahkhan fiang zetin a lang. Cutawak ahcun vanlam thil thleng mi a rel ih, cui thil cun bulpak le milai pakhat ah a hung cang. Thinglamtah parih A thihnak thawngin Jesuh cun mi hmuahhmuah le ziangkim hrangah rualremawknak a hlensuak zo, a hleice in minung, soal ruangih Pathian umnak ihsin lakhran ih um zo, asinan tu ahcun zumnak thawngin Amah thawn rualrem awknak a um.

Tuizarh zirlai cun bulpak in Pathian ih rualrem awkdan a simfiang. Cuimi cu Jesuh thihnak thawngin a si. Bulpak hrang ahcun thinglamtah cu duhsan nei hmainsinnak men siloin, a ngaingai ih a um mi a si ih, Pathian duhdawtnak in mipi pawl cun Jesuh thuthangtha thei in an pawmnak thawngin an danglam an si.

Paul cun “kum tampi le san tampi rak thuh mi thuthup” thuhla a rel (*Kol. 1:26, NKJV*). Himi thuthup hi ziangsaw a si ih, bulpak hrang le leitlun hrangah ziangsaw a si? Himi “thuthup” cu Pual ih a phuangmi thuthangtha thawn ziangtin an pehtlai aw?

NIKHAT NI (SUNDAY)

February 22

Hnatuan tha lo ihsin rualrem awknak

Siar ding: Kolose 1:21, 22. Paul in doral le then-awknak a rel mi hi ziang saw si? Khrih thihnak ih netabik ruahsannak cu ziangsaw a si (*zoh awla, Efesa. 5:27*)?

Paul cun Khrih ih dingfelnak ihsin minung ih tlinlonak le thim lakih umnak pawl a run tarlang ringring theu. Kum 2000 liamzo hman sehla, cui thu cu tuini ah zo in saw el thei ding? Mi pakhat cun zumnak ih lak a tul lemlomi Khristian thurin pakhat cu minungih sualnak hi a si tiah a sim.

Asinan sualnak a rung lut tik ahcun Pathian hrangah ziangtluk in misual kan si hmanah Pathian cun kanmah thawn rualremawknak a um theinak dingah hram a thok. Thinglamtah parih a thihnak thawng lawngin buainak relfel theih khal sehla, a hramthok ihsin Pathian in buainak relfeldan hna a rak thok zo.

Eden hmuan ahkhan A sersiammi ropi zet Adam cu a ko ih, “Khuitawak ahsaw na um?” tiah a ti (*Sem. 3:9, NKJV*). Tuini khalah A tuu hlo pakhat -kanmah – hi in hawl ringring lai. Pakhat hnu pakhat in hawl suak. Kan hnen ih a thlen theinak dingah khawkhannak famkim a nei ih, Semtirnak 3:15 ih thuthangtha thutiam hmang in kanmah le Satan karlak ah ralawknak a ret.

Khuimaw caan ahcun thuthangtha cun buainak le theihthiam harnak a suah theu ih, kum zabi 21 ih um pawl hrang ahcun sullam a nei mal zet. Asinan a takram ahcun thil buaithlak lo le tluangtlam zet a si.

Thuthangtha cu then thum ih then a si:

A hmaisabik ahcun, kanmahten kan rundam awk thei lo ruangah, Jesuh cu ra in, kan sualnak ruangah a ra thi (*zoh aw, Rom. 5:6–8.*)

Pahnihnak ahcun zumnak, sualsirnak le tipilnak thawngin a thihnak cu kanmai ta ih kan rak pawm ahcun

thiamcoter in kan um ih, sual ih thiamlocoternak ihsin kan luat a si (*zoh awla Rom. 5:9–11; Rom. 6:6, 7.*)

Pathumnak ahcun A tui kan nun cu Khrih thawn kan pumkhatnak, A thil sersiam tharnak huham tong in, kan sungih a nun a hmannak rah a si (*zoh aw, 2 Kor. 5:17–21, Gal. 2:20.*)

Cui thil pawl cu thil bangaw lo ruri mi a si ri ai lo. Kan nun ah Jesuh pawm dingih kan tiarawk veten, vei le khat ah a rung thleng thluh thei. Zingtin a hnen ih kan pek awk vek ciah in nitin tuahtar sal theih mi an si. Kan nun ah Khrih ih rundamnak hnatuan kan ton cio dan cu ziangvek a va si hmanah a bulhram bik cu Khrih ih thihnak ah a thum aw ringring a si. Cui thil ahcun kan kirsal theu ding a si.

Na umdan, na ziaza le nangmah na zoh awk tikah thinglamtah na tulzia kha na sunglam in ziangsaw a lo sim?

NIHNIH NI (MONDAY)

February 23

Zumnak ah um vivo bangta awla

Siar ding: Kolose 1:23 (NKJV). Paul in zumnak ah “hram hnget bun le fek zetih um” timi in ziang a rel tum tin na ruat? (*zoh aw, Kol. 2:5 le Efesa. 3:17.*)

Grik tong ih “asicun” timi tongfang hi phun dangdang pali in a um, an pali in sullam dangdang an nei thluh. Kolose 1:23 ah a um thok ih, cumi cun an dinhmun cu a dikmi a si ti a fiang ter. Cumi cu Paul cun Kolose mi pawl cu zumnak ih an um peh vivo ding thu ruat in thazang peknak ih a hman mi a si. Cutin a rei hlan ah Paul cun an zumnak a hnget ti a hmuh zo thu a run tarlang (*Kol. 2:5*). Asinan an ruahsannak cu zumnak lamzin ih an luh zonak ahkhan a thum aw rero lai a si.

Tha nau lo ih tuan tentonak timi Grik tongih a sullam an let mi cu “pehzom vivo” tinak a si (*Kol. 1:23*,

NKJV). Cumi cu a uire laifang ih an kaihmi nunau thuhla ah ziangtin a buah ding timi theih duh ah Jesuh hnenih letnak ngah dingin daan thiam pawl le Farasi pawl ih an ngen reronak khal ih hman mi a si (*Johan 8:7*); cule Rhoda in Piter ih aw a theih veten sangka khar hnget in a sungih um pawl hnen ih a va sim hnu khal ih Piter ih sangka a king reronak khal ih hman mi a si (*Tirh 12:16*). Paul khal in Timote hnenah a thupek mi pawl thlun dingin le zumnak ih rinum ringring dingih thazang a peknak khal ah hman a si (*1 Tim. 4:16*). Hitawk ih a rel duhsan cu zumtu pawl hmuahhmuah ih hman theih ding mi a si.

Hmaizarh zirlai ah kan hmuh leh ding veki Paul cun Kolose pawl cu thuthangtha thawngin neihmi ruahsannak kaihnet loin leitlun mi pawl ih rundamnak an ngah tumdan lamzin ih an feh peng ding a phang zet (*zoh aw, thimnak ah, Kol. 2:8, 20–22*). “bun hnget” timi tongfang cun Pathian thu ih thum aw duhdawtnak le zumnak lungphum hngetzet a rak khihhmuh a si (*zohaw, Matt. 7:25, Efesa. 2:20, Efesa. 3:17*).

Himi thawn a thlun aw deuh mi Grik tongih letmi cu “hnget zet” timi hi a si, cumi cun thawn theih rual lo thumawknak hnget relnak a si ih, Khristian pawl cu “thuthangtha ruahsannak ihsin thawn hlo” theih an si lo timi relnak ih hman mi a si (*Kol. 1:23*). Cui tongfang thotho cu 1 Korin 15:58 ah hman a si: “nan hnatuannak cu Bawipa ah a lak men a si lo ti nan theih cia bangin, hnget zetin, hnin theih loin, Bawipai’ hnatuannak ah taimak suah in um ringring uh”.

“Voikhat rundam cu rundam lan ta” timi zumnak thawn kalh aw zet in, Paul cun ziangmaw thil danglam zet a rel a si.

Zumnak ih um ringring a thupidan thawn pehpar aw in ziang hmuhton mi saw na neih zo? Cuvek ih um dingin ziangruangah saw ralring zetin duhhrilnak na buah

ringring a tul? Rak tuah lo bangta awla, ziangthil a thleng ding?

NITHUM NI (TUESDAY)

February 24

Kumkhua ih Pathian khawkhannak

Siar ding: Kolose 1:24, 25. Khrih ruangih a tuarnak thu hla ah Paul in ziangsaw a rel?

Paul hi Rom inn sung ah kharkhah ih a um laiah Kolose cakuat hi ngan khal sehla, harsatnak a tuarnak bik cu a hlan ih a rak tuah theu vekin inn tin le hmuntin ah feh in hna a tuan thei nawn lonak sawn hi a si in a lang (*Tirh 20:20*). Himi tuarnak (asilole harsat tuarnak), Khrih ih ralrin pekcia mi a si ruangah (*Matt. 24:9, John 16:33*) Paul cun “kan hnen ih a lang leh dingmi sunlawinak thawn cun tahthim ding khalah ka ruat lo” tiah a ti (*Rom. 8:18*). Himi hi thil sunglawi sawn cu a si. Cutin Paul in Filipi ih um Khristian pawl hnen ah ca a rak ngan zo ih, tu ahcun Kolose khawmi pawl hnenah a tuarnak cu an hlawnak ding a si ruangah a lungawi thu a sim (*Kol. 1:24*).

Paul hi thawnginn ah a um tla si men thei, asinan “Pathian ih thu cu temtawn in a um lo” (*2 Tim. 2:9*). Paul cu hivek ih kharhkhum tuarnak a ton lai ah Filipi cakuat, Efesa cakuat le Filemon pawl a ngan. A suah hnu ah 1 Timote le Titus ih kan hmuh vekin thuron tha zetzet ngan dingin Pathian cun a umpi a si. Rome ih thawng a tlak netabik ahkhan 2 Timote a ngan. A tawizawng cun hi kum netabik ahhin Paul cun Thukam Thar ih thil thupi zetzet ngan theinak tikcu caan a ngah, cumi lakah Hebru cakuat khal a tel ko ding.

Hitawk le hmundang ahhin kumkhua Pathian khawkhannak cu hmuh a theih thluh. Kolose 1:25 ih Paul in Grik tongkam a hman mi, a tlangpi thu in “tuanvo/kilkhawitu” timi cu *oikonomia* hi a si. Himi cu bikhiah nei ih hman mi a si (*thimnak ah, 1 Tim. 1:4*), cui thil cun

“Pathian ih thil a remsuah dan lamzin” pawl a khiah hmuh a si”—Luke Timothy Johnson, *The First and Second Letters to Timothy* (New York: Doubleday, 2001), p. 164. Himi ahhin Pual ih dungthluntu sinak khal a tel ding. Asinan a huap kau sawn ih rel ding cun rundam khawkhannak ih Pathian in khawkhannak a tuah mi pawl hmuahhmuah a tel thluh a si. Paul le dungthluntu dang pawl ih hnatuannak, Thukam Hlun ih Profet pawl (*Efesa. 2:20, Efesa. 3:5*), Moses khal telin “Pathian ih thu famkim dingih” (*Kol. 1:25*) duansuah mi an si ih, cumi pawl hmuahhmuah cu himi Pathian khawkhannak thawn an pehtlai aw thluh a si.

Himi thupi hi thaizing zirlai ah fiangzet in kan zoh leh ko ding nan, himi zawnte ahhin Paul cun a hnaturan mi cu “leitlun sem tirh ihsin” (*Matt. 13:35, Efesa. 1:4*) hnaturan thok zo mi, Pathian khawkhannak tum zet lakih fate zet pakhat a si ti a theithiam timi te hi hmingsin tlak zet thil a si.

Nangmai nun kha vun ruat aw. Ziangtin saw thutluknak na tuah mi (a tum le a te)cu Pathian khawkhannak tum zet thawn an milawk thei ding? A khuimi thutluknak saw “a fate” ti hi na theifiang ngaingai maw? Leh hnu ah ziangtin a thango timi kan theithe ding?

NILI NI (WEDNESDAY)

February 25

Pathian thuthup langsuak

Siar ding: Kolose 1:26, 27. Paul cun voihnih rori “thuthup” timi thuhla a rel? Ziang “thuthup” saw a rel?

Hmundang ah Paul cun “Pathian ih thuthup” timi a rel lang ih, cumi cu kumkhua Pathian ih tumtah mi, “leitlun um hlan ihsin Pathian in kan sunlawinak hrangih a rak tumtah ciami” (*1 Kor. 2:7, NKJV*) le rundam khawkhanak thawngin a langter mi a si. Piter cun himi thudik, profet pawl ih an rak hmuh ciami le “vancungmi

in zoh an duh zet mi” (1 Pet. 1:10–12) thu hla a sim. Cui thil cu “leilung semhlan ihsin” (1 Pet. 1:20) le “leilung um tirh ihsin thuhmi” (Rom. 16:25) a si. Asinan Khrih nunnak, thihnak, le thawhsalnak thawngin hi thuthup cu tarlang in a um (2 Kor. 3:14).

Ziangtin saw a hnuai ih Pathian thuthup a ummi pawl cun rundam khawkhannak lamzin dangdang a tlet thluh thiam?

1. Efesa. 1:7–10 _____

2. Efesa. 3:3–6 _____

A netnak ahcun, lei le van ih um “thil ziangkim” pawl cu Khrih sungih pumkhatnak ah huikhawm thluh an si lai ding. Himi cu Johan 17 sungih um Khrih ih thlacamnak ih a hmuitin mi a si. Hi leitlun a umdan diktak cu thuthup a si, cui thuthup cu thuthangtha thawngin langter a si zo.

Ziangruangah saw Pathian in in duhdawt emem ih, van rothil mankhung zet a si mi Jesuh cu kan rundamnak ding hrangih in pek timi cu kumkhua ih kan zir dingmi a si. Asinan himi cu kan thei: Khrih cu “anmai’ hrangah nung nawn loin, an hrangih thi le thosaltui’ hrangih an nun sawn theinak dingah anih cu mi zate hrangah a thi a si” (2 Kor. 5:15, NKJV). Cumi ih a hrinsuah mi cu Khrih ah zumnak a neitu pohpoh cu Judah le Zentel an si khalah thuthangtha hmangin Pathian ih thutiamkam cu an hlawm aw thluh ih, taksa pumkhat, kawhhran ah an pehzom aw thluh a si.

“Nanmah ih um Khrih” (Col. 1:27) timi cun zumnak thawngin thinlung sungih Khrih ih umnak a khih hmuh

(Efesa. 3:17; zohtim ding Gal. 2:20). Himi thlarau lam ih Khrih thawn pumkhat awknak cun a tu hmanah zumtu pawl cu “van hmun ah in totlang ter” (Efesa. 2:6) ih, “a ra dingmi leitlun ih huham” (Heb. 6:5) in tep ter. Kan nun ih Khrih a umnak thawngin van thawn pumkhat aw dingin hram a thok rero zo a si. Zumtu pawl thinlung ih hnatuantu thuthangtha cun “Eng ah mithianghlim pawlih roconak tawmpi ve tlak in in tlingter” a si” (Kol. 1:12, NKJV).

NINGA NI (THURSDAY)

February 26

Thuthangtha ih huham

Siar ding: Kolose 1:28, 29. Paul in a hmuitin mi ziangsaw a si? Ziangruangah saw “mi hmuahhmuah” (ESV) timi cu voi thum rori a rel tin na ruat?

Paul ih thusimnak ih hmuitin mi cu Khrih le Khengbet mi hi a si (1 Kor. 1:23). Efesa 5:27 ih umdan vek asile Khrih raithawinak ih tumtah mi cu “Bal kai lo, sawngkor lo, cuvek thil dang hrimehrim um lo, thianghlim le soihnawm kai lo, a sunglawi mi kawhhran ah amah le amah a pekawk theinak dingah a si” (CKJV). Cutin Paul in thuthangtha a sim ih a batbik mi cu “Khrih sungih pitling pawl hmuahhmuah hlan” ding hi a si (Kol. 1:28, ESV). Himi cu zirhnak le ralrinpeknak – Khristian thurin le thupom dangdang zirhnak (2 Thess. 2:15, 1 Tim. 4:11, 1 Tim. 5:7, Titas 1:9) le thuthangtha rak hnong ih rahsuahmi le zirhtu dik lo ih tihnung umdan pawl ralrinnak a peknak ihsin a tuah mi an si (Tirth 20:29–31, Rom. 16:17).

Ca thianghlim ih ralrinpeknak le thuzirhnak ngaihsaknak hi Khristian pitlin si dingih kan thansoh dan a si. Pitlinnak hi a thupi zet. Naute suak thar neitu nu le pa cun naute ih a zir hmaisabik mi tongdan, fehndan, le ca siardan tivek ziangkim ahhin an lungawi zet. An fate cu kum reizet hnu khalah feh thei hrih cuang loin um bangta sehla ziangvek nu le pa cu thinphang lo ih um thei ding?

Thansoh le thanlen hi a kel ding vekih ruah men mi thil a si. Khristian nun khalah a dik zet.

Grik tongih let mi “pitling” (*teleios*) timi sullam cu famkim le relsiat ding um lo timi a si. Khristian thansohnak ihsin Pathian daan thuk zia le a dil ngen mi cun “a huap kau zet” (*Saam. 119:96, NKJV*) timi kan thei. “Thinlung ih ruah mi le tumtah mi pawl” (*Heb. 4:12*) tiang a fangkual thluh ti kan thei.

Asinan kan ralrin a tul zet, curuangah Paul cun Kolose 1:28 ahkhan “ralring” timi tongkam a hmang. Lamzin “a dik vek ih lang.... thihnak lamzin a um” (*Thuf. 14:12, NKJV*). Thlarau lam theihthiamnak cu Thlarau kaihruainak hnuai ih Pathian thu theihthiamnak ihsin a ra suak mi a si. Zirhnak dik lo pawl cun thudik hrekkhat an nei theu, asinan Bible ih a rel hlei ah an bet, lole an hlon theu (*see Isa. 8:20*). Himi pahnih ih a neta sawn khi an hlawhltin pi bik, Pathian relmi ah rinhlelnak an nei ve hngal lem lo ih, hi thil hi a cang thei ngaingai pei maw, asilole tui kan nun ahhin hman a theih ngaingai peimaw timi thusuhnak an suahpi theu. Thurin thutak cu fehsualnak ihsin thenhran kan thiam theinak ding ah rul vekin fim ih, thuro vekih kan nunnem a tul.

“Khiri Jesuh sungih famkimnak” timi sullam ziang a si tin na theithiam (Kol. 1:28)? ziangtin saw thinglamtah ah kan hrangih a tuahsuak zo mi pawl theihthiamnak cun “Khiri Jesuh sungih famkimnak” timi theithiam ding in bom?

NIRUK NI (FRIDAY)

February 27

Ruahbet ding: “Pathian daan ih a relmi pawl ngah thei ding in kanmah ah zianghman dingfelnak a um lo. Asinan kan hrangah talsuah theinak ding lamzin in tuah sak... Amah ah na pekawk ih, na Rundamtu ih na pawm ahcun ziangtluk rak soal khal awla, Amai zarah mi dingfel

tiih siar na si ding. Khrih ziaza cu na ziaza ah a ding dingih, sualnak zianghman nei dah lo vekin Pathian hmaika ah pom na si.

“Himi pawl hmuahhmuah hnakin Khrih cun thinlung a thleng thei. Zumnak thawngin na thinlung ah a um. Himi Khrih thawn pehzom awknak hi zumnak le na duhzawng a hnen ih na pekawk vivonak thawngin na kilhim ding a si. Cuvek ih na tuah kulhsung cu, a duhzawng tuah ding in na sungah hna a tuan ding a si...

“Curuangah kanmah ahcun zianghman porhawknak ding kan nei lo. Mahten cawisan aw dingih thumawknak kan nei lo. Ruahsannak ih thumawknak kan neih mi umsun cu kan sungih Khrih ih a retmi dingfelnak le kanmah hmangin A thlarau in kan sungih a hnatuahnak hi a si”—Ellen G. White, *Steps to Christ*, pp. 62, 63.

“Ka hnenih pekmi tleunak cu a cak tuk ruangah mi tampi in in tlansan ih thuphan simtu thlarau pawl an thlun. Bawipa ah thudik zum dingih a zuamtu pawl hmuahhmuah cu thudik ngaingai theihnak an nei ding a si”—Ellen G. White, *Evangelism*, p. 363.

RELKHAWM DING THUSUHNAK PAWL:

1. Bible cangkan kha siarsal aw: “Ziangahtile amah ahcun Pathian ih dingfelnak kan si theinak dingah soal thei lo cu kan hrangah soal ah tuah in a um a si” (2 Cor. 5:21). Himi sullam hi ziangsaw a si? Khrih cu kan hrangah soal nei ding in a ra timi sullam ziangsaw a si, Cumi cun thinglamtah ai-awhtu theihthiamnak ding in ziangtin saw in bawm ding? cule “Amah ah Pathian dingfelnak ih tuah” timi sullam ngaingai hi ziangsaw a si?

2. Mi tamzet ih an zum mi “voikhat rundam cu rundam lanta” timi thusuhnak ah cambang hrih ta aw. Himi cu

thurin dik lo a si ti hi ziangruangah kan thei? Himi a zumtu mi pakhat hrangah ziang mi tluk a tihnung um? Ziangtin saw cui thurin hnong hnu khalah rundamnak thutiam kam cu kan nei ringring thei lai ding?

3. Na zumnak ah ziangmi tluk in “hram hnget bun le fek” (*Kol. 1:23, NKJV*) na si? Na zumnak le na zumnak san ziangtluk in na theifiang? Na zumnak a fiang deuhdeuhnak dingah ziangsaw na tuah thei mi um? Na zumnak ah “hram hnget bun le fek zetih” um hi ziangruangah saw a thupit?

ZIRLAI 10

February 28–March 6

KHRIH AH FAMKIMNAK

SABBATH SIIMLAM

Tuizarh zirlai hrang siar ding: *Kolose 2; Heb. 7:11; Isa. 61:3; 1 Cor. 3:6; Daan. 31:24–26; Rom. 2:28, 29; Rom. 7:7.*

Bible cangken: “Cuiruangah ei thu ah siseh, in thu ah siseh, ni thianghlim ulh thu ah siseh, thla thar thu ah siseh, sabbath ni thu ah siseh, zohman in thu lo then hlah hai seh: Cupawl cu a ra thleng lai dingmi thil ih phenthlam an si; a ruangpi cu Khrih ih taksa hi a si” (*Kolose 2:16, 17, NKJV*).

Sabbath na ulhnaek san thusuhnak na dong ngah dah maw? Tuizarh ih Bible cangken hi a dokalhnak ih hmang dingah “nemhngetnak” a si men thei. Himi thu cu Thupek palinak thuhla si lo khal sehla, kawhhran ih zirhtu deu hrekkhat pawl ih zirhnak dik lo rak letnak hrangah a si. Cui zirhnak dik lo pawl cu ziangsaw an si?

A hmaisabik ahcun zirhtu dik lo pawl cu “milai fimnak” “minung thurosiah” “leitlun thuhramthawh zirhawknak” le “Khrih thu vek siloin” zirhtu pawl tiah kawh an si (*Kol. 2:8, NKJV*).

Cule serhzimtan le Judah pawl ih puai ulhnaek pawl khal an tel (*Kol. 2:11, 16*), cumi rual in Judah pawl ih thianghlimnak fehpidan le tirawl thawn a pehtlaih aw mi dan le dun pawl khal an tel (*Kol. 2:16, 21*). Cumi ahcun vancungmi pawl biaknak thawn pehpar mi khal a tel (*Kol. 2:18*).

Cule a netnak ahcun cui thil cu “minung ih thupek pawl le zirhnak pawl” ah a thum aw ih, cule biaknak lam

ih thununawk tuk ruangih taksa tuar phahnak tivek khal a tel ko ding (*Kol. 2:22, 23*).

Hivek ih zirhtu dik lo pawl hi biaknak lam ih pumpe aw zet pawl an si theu, asinan Thuthangtha an theisual a si. Tuizarh ahcun a san le vang kan hmu ding. Cule kan Bible cangken ih um mi cu nisarihni Sabbath kan ulh mi thawn zianghman petlaih awknak an neih lo zia khal kan zoh ding.

NIKHAT NI (SUNDAY)

March 1

Pathian ih fimnak le theihnak

Job cun “Khuiah saw fimnak cu hmuh a si ding? Khuiah saw theih thiamnak hmun teh a um?” (*Job 28:12, NKJV*) tiah thusuhnak a nei. Paul cun a let ih, “Amah ahcun fimnak le theihnak hlawnthil hmuahhmuah thuh in a um a si” tiah a ti (*Kol. 2:3, NKJV; zohkop awla, 1 Kor. 1:30*). Khrih kan neih ahcun ziangkim kan nei a si, nun ih tumtah mi “theihthiamnak famkim” tiangin kan nei (*Kol. 2:2, NKJV*). Amah thawngin Pathian thuthup a si mi rundam khawkhannak pumhlum cu tarlangin a um.

Siar ding: Kolose 2:1-7. Paul in himi cakuat a ngansan hi ziangsaw a si?

Grik tong *paraklḗthōsin* timi sullam cu “tha pe” asilole “thazang cahter” ti a si (*Kol. 2:2*). Paul ih duhmi cu Kolose khua ih um zumtu pawl in zirhtu diklo pawl an theihthiam ding lawng hi a si lo ih, Khristian duhdawtnak sungih an pumkhat (*sumbibasthentes*) ding khal a duh a si. Himi tongkam pahnih – “tha pe” le “pumkhat” timi a hmanna ih sin Paul cun hi cakuat cu a tumtahnak zawn ah a hlawhtlin ding a si timi a zum hngat zet.

Asinan Paul cun an “thatnak le Khrih an zumnak ah fekzet ih an umdan” pawl cu a porh zet hai (*Kol. 2:5, NKJV*).

Grik tongfang *taxis*, timi cu “umdan” tiih letlin a si ih, Thukam Thar cun puithiam Aaron (*Luka 1:8, Heb. 7:11*)

le Mekhizedik ih (*Heb. 5:6, 10, NKJV; Heb. 6:20, NKJV; Heb. 7:11, 17, NKJV*) umdan pawl relnak ah a hmang, asinan Pual cun Kawhhran umtudun ahhin a hmang (*1 Korin 14:40*). Khuimaw caan ahcun kawhhran ih umdantu le pawlkom pawl cu Pathian thu lam ih thupitnak zianghman nei lo vekin a um aw theu.

Asinan biaknak lam ih ziaza mawinak (*zoh aw, thimnak ah 1 Korin 11*), le kawhhran upa le hruaitu pawl hrildan (*1 Timothy 3, Titus 1*) fiangzet in sim in, Paul cun kawhhran umtudun pawl cu fimkhur zet in a kilkhawi. Himi tahfung thawngin Pathian fimnak le Bible zirhnak cu kilhim le phuangsuaah a si.

Kolose khawmi pawl in Paul ih rualpi pawl hnen ihsin thuzirhnak dik an don mi rah ruangah zumnak ah “fek zet in an ding” thei a si. Cui zumnak cu Bible thudik ih thum aw mi a si ruangah a hnin lo ding ih, zirhtu dik lo pawl ih phuangsuaah mi thudik lo ihsin a kilhim hai ding a si.

Na thlarau nun ih “nundan mawi” neih a tulzia na ton mi cu ziangsaw a si?

NIHNIH NI (MONDAY)

March 2

Khrih ih hrambun le thansoh

Kolose cakuat ih thupi pakhat cu Khristian nundan ding relmi lakih fiangzet pakhat a si: “Curuangah Bawipa Khrih Jesuh nan rak cohlan zo bangin, amah ah cun feh uh” (*Kol. 2:6*). Zirhnak men siloin a zirhtu a minung thawngin rundamnak kan rak ngah a si. Asinan Jesuh cohlang timi ahcun A thuzirhmi pawl hmuahhmuah, dungthluntu pawl le Bible ih profet pawl hmangin in pek mi pawl hmuahhmuah pawm thluhnak khal hi a tel a si (*zohaw, Efesa. 2:20*).

Thildang pawl hmuahhmuah hnakin Khrih cohlang timi sullam cu mai nun thihnak, a nungmi Khrih hnenih pekawk pumhlum thluhnak a si.

Thu nung (Jesuh) cu Ngan mi Thu (Bible) thawn thenthek theih rual a si lo. Annih cu paisa thir khat lam le khatlam ih um vek ciah an si. A ngaingai te cun Ca thianghlim thawng lawngin Jesuh kan rak thei a si. “Amah ah” kan “feh” asilole kan nung timi sullam cu kan thutluknak le kan cangvaihnak ziangkim ah lam in hruai dingah A thlarau le A thu ih in kaihruai dingin rem kan rak ti tinak a si.

Kolose 2:7 ahkhan Paul cun Khristian pawl ih an phun ding tahthimnak Bible tongkam a hmang. Khrih cu in rundam tu ah kan pawm ih, A thu vekin kan nun hmang dingih kan pekawknak thawngin Khrih ah hram kan bun a si. Cumi cu “zumnaq sungih kan hnget” theidan a si.

Ziangtin saw a hnuai ih cangan mi pawl cun thingphun tahthimnak cu zumtu pawl hmainsinnak ih a hman theih? (*zoh aw Isa. 61:3, Matt. 3:10, Luka 8:11–15, 1 Kor. 3:6.*)

Paul cun zumtu pawl hnenih a ongaw mi thil pahnih cu fiangzetin a tarlang. Pakhat cu “Bawipai’ phunmi” (*Isa. 61:3*) ih um ringring ih, Amah le A thuzirhnak kai hngetnak thawngin Khrih ah famkim ih nun hman soh vivo hi a si. A dang pakhat leh cu a ngaingai ih um lo thingphunmi a si, a taktak vek a bang zet ko nan, a ngaingai te cun nunnak nei lo a si. Minung ih fimnak le thurosiah kan lak ahcun, kannih cu “sal ah” in hruai ding (*Kol. 2:8, ESV*). Khrih cun in suah zalen zo khal sehla, sal hngawngkol bat in, sal kan si kirsal thei lai thotho a si (*Gal. 5:1; zoh kop aw, Tirh 15:10*).

A tawizawng cun Bible kalh thuzirhnak pawm hi Khrih hnonnak a si, zianghantile thuzirhnak diklo a pawmtu pawl cun thuthangtha danglam zet an nei ih, Cathianghlim thuneihnak aiin minung thuneihnak an pawm sawn a si (*zoh awla, Gal. 1:6–9*). Himi hi Kawhhran hmaisa ahkhan tihnung za a rak si zo ih, tui kan san khalah a si lai thotho.

Khiih thlun dingih mahte thihnak timi thuhla ahhin nangmah in ziangmi hmuhton mi na rak nei dah zo? Ziangahsaw cumi cu pehzom vivo a tul?

NITHUM NI (TUESDAY)

March 3

Thinglamtah ah khengbet

Siar ding: Kolose 2:11–15. Hitawk ahhin Paul in ziangmi thubuai saw a dokalh vekih lang?

Hivek thungan mi, a hleice in Kolose 2:14 hi daan thlun le Sabbath ulh dokalhnak ih hmansual a si theudan pawl hi vei ziangzat lai saw kan rak hmuh dah zo?

Himi thuhla theithiam dingin Seventh-day Adventist kawhhran cun simfiangnak thupi zet pahnih an phorhsuak: Pakhatnak ahcun thinglamtah ih khenbet cih mi “kut ngan mi” timi cu “in dokalh” tu pawl kha an si, cumi cu Jesuh thinglamtah parah Pilate ih a cangan mi vek kha si ko (*Matt. 27:37; Johan 19:19, 20*). Asilole a pahnihnak ahcun, Moses ih a ngan mi serh le sang daan kha a si (*zoh aw, Daan. 31:24–26*), thinglamtah ah khenbet in a um thluh zo.

A thu hi kau deuh ih kan zoh tikah serh le sang daan thuhla a rel a si ti fiang zetin kan hmu thei.

Paul cun “kut tel lo serhzim tan” (*Kol. 2:11*) cumi cu “thinlung ihsin serhzim tan” timi thu a rel (*Rom. 2:28, 29; zoh kop aw, Daan. 30:16*), tisa serhzimtan thawn cun an kalh aw zet, cui tisa serhzimtan cu serh le sang daan ih thil thupi lakih pakhat a si (*Mipum. 12:3; zoh kop awl, Suah. 12:48*).

Cule Paul cun himi sunglam thlengawknak “tisa sualnak taksa ret hlo” – nak le hnimpum ih tipilnak cu a pehzom aw ter. Himi tipilnak thawngin Khrih thihnak le thawhsalnak ah kanmah ten kan thei aw fiang a si (*Kol. 2:11, 12*).

Cule hi piantharnak tonnun cu “daan buarnak ah thi” in “kan daan buarnak pawl hmuahhmuah in ngaidam tu” Khrih thawn “nung tersalnak” hi a si (*Kol. 2:13, NRSV*).

“Daan/thupek” (*Kol. 2:14*) timi tongfang cun leitlun (*Luka 2:1, Tirh 17:7*) asilole, kawhhran lam (*Tirh 16:4*) a si khalah daan vekih thusuak mi a khhim hmuh a si. Himi Grik tongfang cun Paul ih cangan mi ahhin serh le sang daan pawl a khhim hmuh, cumi cu Judah le Zentel karlak ih thenthekw awknak phardawl pi a si (*Efesa. 2:14, 15*).

Paul in sual ngaidamnak le tihnimnak hmangih zohtermi sunglam thlengawknak thu a rel zo ruangah, himi thupi ahcun Cathianghlim hmundang ih a hman riailo mi tahthimnak hmang tahrath ih, a kirsal ding cu a zum um lo tuk. Cu ai hnakin Paul in Efesa khua ih a tuah vek ciah kha thupi ah a ret sawn a bang: Kolose ih um Zentel zumtu pawl cun serhzimtan khal tel in, serh le sang daan le thutiam kamnak thawn an fehpi mi thianghlimnak dan tivek pawl ah thinhar ih an um a tul lo (*zoh kop aw, Tirh 10:28, 34, 35*).

Paul cun Thupek 10 cu thinglamtah ah khenbet in a um tin a rel lo ti a fiang zet, hmundang ah sual cu thupek 10 buarnak hi a si tivek zawngin a rel sawn a si.

NILI NI (WEDNESDAY)

March 4

Phenthlam maw, a ngaingai mi thil?

Siar ding: Kolose 2:16–19. Hitawk ahhin Judah-Khristian pawl ih thil tuah mi hi Paul in ziangmi saw a tarlang?

Tuini tiangah mithiam pawl cun hitawk ih Pual ih a rel mi thubuai ahhin thu lungrualnak an nei thei lo. Fiang zetih kan hmuh thei mi cu Paul ih cakuat ahkhan Zentel tamnak kawhhran ah Judah le Khristian thenthekw awknak thuhla cu mallai a um in a lang (*Kol. 2:13*). Cumi cu Judah zumtu pawl khal member pawl ih thlun tul riailomi thlun dingin an nor nasat tuk tinak a si.

Kolose 2:16 ahhin Judah pawl ih an rak tuah rirngring theu mi thil ziangmaw zat a tarlang, cumi cu Khristian ih a let aw zo Judah mi pawl lakah a hrekkhat pawl cun an tuah rero lai thocho in a lang. Cule Kolose 2:18 ih thu um thawn khal in an rualrem aw zet. Jesuh cun biaknak lam hruaitu pawl lakah hnuaidor awkternak pawl cu nasa zetin a soisel (*thimnak ah, Matt. 6:1, 5, 7, 16*). Qumran cazual ihsin Judah pawl ih biaknak thuhla ahcun vancungmi pawl an langtam zet ti kan hmu thei. Curuangah Pual in Kolose ih buainak a ton mi pawl cu hmundang khal ih a rak ton dah zo mi pawl thawn an bangaw zet.

Kolose 2:16 hi theihsual ringring theu mi a si ruangah famkim deuh ih kan vun ruat ding hi a thupi zet. Himi thu pawl hi hmingsin aw:

Paul cun “Curuangah” (*ESV*)timi a run hmang, cumi cu thu a rak rel zo mi ihsin thunet kharnak a tuah mi a si zia a fiang zet. A hlan ih serhzimtan tul mi kha, tu ahcun a tul nawn lo, ziangah tile sunglam thinlung thlengawknak sawn a thupi a si (*Kol. 2:11–15*).

“Ei le In” timi cun Israel fale pawl in biakinn ih an run keng mi thawinaw rawl le in ding kha a khhim hmuh a si.

“Puai thu ah, thla thar thu ah asilole sabbath pawl thu ah” (*Kol. 2:16*) tiih relfiangnak cun Hosea 2:11 a khhimhmuh in a lang, cutawk ahcun a sangaw te ih um mi serh le sang puai ni pawl a um, cumi ahcun sabbath serh le sang khal a tel ve a si (*zoh aw, thimnak ah, Pui. 23:11, 24, 32*).

Himi bungcang theihtiam theidan ding thupi bik cu amah Paul ih simfiangnak hi a si: himi pawl cu “thil a ra ding mi ih phenthlam an si, asinan a ngaingai cu Khrih ih ta a si” (*Kol. 2:17, NKJV*). Hi serh le sang neihnak ni pawl cu raithawinaw pawl vekin Khrih ih hnatuannak a

khihbmuh thluh a si (*zoh awla, 1 Kor. 5:7, 1 Kor. 15:23*). Cumi thawn kalh aw zetin Nisaraih ni Sabbath cu soal a um hlan le phuanthlam ih raithawinak serh le sang daan a um hlan ihsin Eden hmuan ih din mi a si: curuangah thinglamtah a um thluh hnu ih hlonhlo mi phenthlam a si ve lo.

Hitawk ahhin Nisaraih ni Sabbath hi buainak bik si lo khal sehla, midang parih thuthennak tuah lo ding thuhla ah Paul ih thuron cu ziangtin saw na nun ah na hman thei ding?

NINGA NI (THURSDAY)

March 5

Minung ih thupek pawl

Siar ding: Kolose 2:20–23. Himi bungcang ih thurel mi dang pawl eng ahhin Paul ih nun simnak cu ziangtin saw na theihthiam?

Galatia ih a cakuat vekin Paul cun Judah pawl ih ulh mi serh le sang daan pawl cu “leitlun thu hramthok zirhawknak” (*Kol. 2:8, 20, NKJV; zoh kop aw, Gal. 4:3, 9*) tiah a ti. Phundang in kan sim ding asile, leitlun biakinn vek ciah in hi bang pawl hmuahhmuah cu leitlun ta a si, kannih cu van khua le ti kan si. Serh le sang dan ih phuarcih mi kan si nawn lo, ziangtahtile cui thil cu rak khihbmuhnak phenthlam men a si, a ngaingai cu Khrih thawngin nuam zetin kan um zo. Cui thil cu a hram thok ahkhan Pathian ih rak pek mi sikhah sehla, an hnaturan dingmi an theh thluh zo ruangah a tul nawn lo.

Pathian kut in Biakinn puanzar a tlakternak (*Matt. 27:51; zoh kop aw, Dan. 9:27*), thawngin himi dan tete pawl hmuahhmuah hi thinglamtah ih hlonhlo thluh a si ruangah Khristian pawl (Judah Khristian khal tel in)cu himi daan tete pawl cun a temtawn nawn lo. Cutin cubang pawl ih kan um lai ahcun Khrih ah tiamkam ih kan umnak leilung thar ah siloin, a hloral cuahco dingmi leilung ih um kan si timi kan langter a si.

F-8

A ngaingai te cun “midingfel pawl umnak lei thar le vanthar” (*2 Pit. 3:13*) kan thlir ringring, hi a hlun mi tuahrem thatsalnak menmen a si lo.

Daan thiam pawl le Farasi pawl cun minung ih a thlun dingmi Moses ih daan le dun a pekmi pawl cu an rak bet ciamco (*zoh awla, Marka 7:1–13*), Thukam Hlun ih serh le sang dan um mi pawl cu Khrih in a famkimter zo ruangah Pathian ih fial mi zianghman a um nawn lo ih, minung ih fial mi tuanvo men a si. A langdan ahcun cubang pawl cu zumnak ih bawmtu si loin phurrit sawn an bang. Hivek a tuahtu pawl hi a tuah lotu pawl hnakin tha cungcuang ah ruatawk a ol zet, cui ruahnak cu thiltha lo zet a si. Asinan rundamnak hlawhsuahnak ding si awm takin an ruat bet. Hivek thang pawl cu kan hrial ding mi an si.

Khristian san thuanthu feh tlang in Bible thiam zet pawl cun khuimaw caan ahcun dik lo zetin biaknak ah thutluknak an tuah, Bible ih a simmi thlun dingin zumtu pawl kaihruaitu Thiang Thlarau ih hnaturan cu lak hlo an tum. Paul le Bible ngantu fehtlang ih zirhnak vekin Ca Thianghlim thudik luangsuaqnak bulhram bik cu Amah Khrih hnen ihsin a si.

Kan rundamnak hrang lungphum um sun cu kan hrang Jesuh ih tuah mi, kan lenglam le sunglam in – kan hrang aiawh ih a tuahnak ihsin a si timi hi ziangtin kan theihthiam thei ding?

NIRUK NI (FRIDAY)

March 6

Ruahbet ding: “Dungthluntu pawl um lai ah pupa thurosiah, leitlun thiamnak hmang in Cathianghlim sungih zumnak cu siatsuah dingin an rak zuam rero. Tuisan khalah thu elbuai awknak sang zetzet, mate cangsuaknak thu, thlarau lam thu le Pathian theihthum dernak le zumlotu pawl hmangin dingfelnak ih doralmi cun

minung pawl cu khapmi lamzin ih feh dingin a hruai rero lai. Mi tampi hrang ahcun Bible cu mei-ti tel lo meivar vek ciah a si, ziangahatile an thilnung cu thil theihthiam lonak le lungbuainak lamah an her thluh. Relsiatnak sang zet hnatan, thentheknak, khawruahnak tha lo tivek pawl cun Pathian ih a phuang langawk vekin Bible ih zumnak an siatsuah a si. Minung nun ciahnaknak, khaisannak le thunnun dingih thiltitheinak Pathian kamsuak thu ruksaknak a si. Thlarau lam biaknak thawngin mi tampi cun duhhiarnak cu a sangbik mi daan timi a zumter. Cumi cu zalennak a si ih, mi pakhat in amah te a co thei a si.

“Khrih thluntu cun tirthlah in Kolose ih um zumtu pawl ralrinpeknak “thu lunglutza” cu a hmu ding. Bible simfiangnak thlarau lam thil khal a tong ding, asinan a pawm maimai lo ding. A aw suak cu Ca thianghlim ih kumkhaw lamzin ah theih in a um ding a si. A mit in Khrih a zoh ringring ding ih, lamzin sialsak cia mi lamah zamrang zet in a feh ding ih, Pathian thuzirhnak thawn a mil aw lomi ruahnak cu a hnong ding. Bible cu Pathian in a hnen ih a tongmi aw vekin a ruat ding a si. Cuticun Pathian ih um fimnak cu a hawl hmu ngah ding”—Ellen G. White, *The Acts of the Apostles*, pp. 474, 475.

RELKHAWM DING THUSUHNAK PAWL:‘

1. Khrih ahcun, “Pathian sinak famkim cu taksa in famkim zet in a um” timi le Anih cu “lalnak le thuneihsak hmuahhmuah ih lu” timi sullam ziangsaw a si (Kol. 2:9, 10, NKJV)? Zoh awla, Johan 1:1, Hebru 1:3, le 1 Piter 3:22.

2. Kolose 2:14-16 cu nisarih ni Sabbath dokalhnak ih hman mi a si timi cu kan zaten kan thei cio thluh ko. Tuizarh zirlai ih a run phorhsuah mi buainak thu ti lo ahhin thukam palitnak thlun a tul nawn lo tinak ih hman mi ziang buainak dang saw um?

3. Serh le sang daan khal kan thlun rero a tul lai tiih a zumtu pawl hnenah ziangtin saw na reifel theidan ding? Cumi thlunnak in mi pakhat cun Pathian thulam le thlarau lam ah thlawsuahnak hrekkhat a rak dong men thei, asinan hmang dingih hranhram ih tuarternak cun ziangmi harsatnak saw a suah pi thei?

4. A tlun ih Ellen G. White ih ngan mi vekin Bible hi kan hnen ih “Pathian in in biaknak awkam” vekin kan pawm ding a si. Asi cun ziangruangah saw Cathiang hlim ih thuneihsak le thawkkhum mi sungih kan zumnak cak loter theitu, kan tikcu caan liamzo siseh, um nuam lo dingih in tuahtu thil ziangkim, zovek an si hmanah dokalh ih fimkhur zetih kan um a tul?

ZIRLAI 11*March 7-13***KHRIH THAWN NUNGIN****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Kol. 3:1-17, Rom. 1:18, Rom. 6:1-7, Efesa. 4:22-24, Daan. 7:6-8, 1 Sam. 16:23.*

Bible cangkan: “**Cun hi thil hmuahhmuah tlunah duhdawtnak hrak uh, cucu famkimnak hridai a si**” (*Colose 3:14, NKJV*).

Vanlam ruahnak thinlung neih lo ding; cutin a silo ahcun leitlun thatnak kan nei thei lo ding tiah forhfialnak a um theu. Hrekkhat ahcun a dik zet, cumi rual in Paul in Kolose 3 ih a simmi cu a thupi zet mi ruahnak a si: kan ruahnak cu leitlun lam ih a um tuk asile, Bawipa hrangah van lamah zianghman tangkainak kan nei lo ding.

Paul cun van ih a suak tu le “Khrih thawn a thosalu” (*Kol 3:1*) pawl lawngih an theihthiam ding mi nun bulhram le nunnak ngaingai tivek thuhla pawl cu kan thinlung luahkhat thluhtu a si ding a duh.

Paul ih thuron pek mi cu kawhhran sung lawngah siloin kan laicin awknak pawl hmuahhmuah cakter tu ding thu bulhram tha zet pawl an si.

Jesuh cun “Nan ral pawl va duhdaw uh, a lo camtu pawl cu mal va sawm uh, a lo huatu pawl hnenah thiltha va buah uhla...Cuticun van ih um nan Pa ih fa nan si ding a si: ziangah tile anih cun mitha le mithalo tlunah a ni a suahter ih, midik le midik lo tlunah ruah a surter a si (*Matt. 5:44, 45, NKJV*).

A langdan ahcun thil cang thei lo ding a bang ti? Milai ruahdan ahcun a si tuk pamteh! Pathian hrangih

kan nun ngaingai thei hlanah kan thih ta a tul. Van ih um kan Pa in leitlun ih a hman theihmi si ding in ruahsannak kan neih ahcun vanlam ruahnak kanneih tengteng a tul.

Tuizarh ahcun Khrih thawn nun hmanna ih sin a tu le kumkhaw hrangih thil a danglam theidan kan zir ding.

NIKHAT NI (SUNDAY)*March 8***Vanlam - thuruahnak**

Siar ding: Kolose 3:1-4. Vanlam ruahnak nei thei ding in ziangvek dinhmun ih um saw Paul in thupi zetih a tarlang mi? Cumi sullam ziang a si ding tin na ruat?

Tlangzim sang ihsin na kiangkap ih um hmunram pawl cu na vun thilir thluh thei ding. Hlansan ihsin Pathian lam ih a pan vivo tu pawl cun tlang lam an naih vivo theu (*Saam. 121:1, 2*). Cuvek deuh nawn in zumlotu pawl in an pathian an ton theinak ding ruahsannak thawn ziggurat tihi an kawhmi tlang an buah ve. Abraham hnenah suahsan dingih timi Ur khawpi ahcun ziggurat tum zet, peng hla zet ihsin hmuh ban theih mi a rak um. Asinan dinhmun kaiso mi pakhat ih thlengawknak men ruangah thlarau lam nun tha in vanram lam a naih theih cuang lo. Minung ih zuamnak cu zianghman lo men a si.

Cu hnakin duhdawtnak ih mangbangza, Khrih thihnak ah kan thi ih, Amai rual ih kan thawhsalnak thawng lawngin (*tihnimnak hmangih hmuhsaknak a langter [Kol. 2:12, 13]*), vanram kan naih thei ding a si.

Kolose 3 ih a hramthoknak ah tlunlam thil, van ih a ummi thil cu thupi ah ret in uar zetih rel sal rero a si timi hmin sin aw: “tlun lam ih a ummi thil pawl” “Khrih ih umnak” “tlun lam thil” “Pathian ah Khrih thawn” “sunlawinak ah Amah thawn” (*Kol. 3:1-4, NKJV*).

Khristian nun ahhin simfiangnak ngaihthah mi tamzet a um. Mi pakhat cu nunnak le thihnak rak tong

ngah thluh zo vekin amah ah zianghman a lang lo caan ah ziangtin saw a “thi” ih “thawtersal” a si taktak thei ding? Thiang Thlarau ih umpinak tel loin, minung khawruahnak men cun zianghman sullam a nei lo. Asinan thlarau thuruahnak nei pawl hrang ahcun a fiang zet, ziangahtile Pathian ih tiamkam mi thinlung thar an dong ih, sual ah thi in, Khrih thawn an thawhnak pawl cu a taktak ih a thleng mi a si ti an fiang. Hla khal in a rak nemhngat : “A nung a si ti ka theihdan in sut? Ka thinlung ah Anih cu a nung a si” tiah a rak ti.

Ziangkhal sehla, hi thlarau nun hi tuahtarsal a tul ringring ruangah Paul cun himi thupek pawl a pe a si (*zoh awla, 2 Kor. 4:16*). A ngaingai te cun kan tlansuak thei ih, kan hlo thei! Cule hi hringnun ih thlemnak ihsin kan him verver thei cuang lo.

Curuangah nitin in “tlun lam thilri pawl hawl suak” dingin duhhirlnak kan tuah ringring a tul (*Kol. 3:1*). Kan kumkhaw nunnak cu “Pathian ah Khrih thawn thuh in a um” (*Kol. 3:3, NKJV*), asinan lenglam nun ih a langsuak mi ziangkhal hi thuh a si lo ding.

Na thuruahnak kha khuitawk ahsaw a um: Tlun lam maw hnuailam ah saw? A netatu sawn kha a rak si pang ahcun na thlirmi kha ziangtin saw na thleng ding?

NIKHAT NI (MONDAY)
Leitlun nunnak cem

March 9

Tuisan ih mi tampi ih an ausuah pimi kan theih mi pawl cu: “raldoawknak cemter uh!” “thingkung hau bulnak pawl cemter uh!” “Leitlun ralthuam pawl cemter uh!” tipawl an si. Asinan “Leitlun nunnak cemter uh” tiih au aw cu kan thei dah lo. Cui au aw cu kan leitlun nun thawn khal in a milaw lo zet. Cui ausuahpi mi thu pawl hmuahhmuah cu an dik lo thluh, asilole an ngennak pawl

cu a dik lo tinak lam a si cuang lo. Kumkhaw nunnak a nai thlang zia vun ruat ahcun annih cun zianghman an ruat lo ti a fiang. Kan ruahnak hi a sang sawn ih, kumkhua in a sangsawn a tul a si.

Siar ding: Colose 3:5, 6 (*zoh awla, Rom. 6:1-7*). **Mah le mah thihnak, leitlun nun cemnak, le “tlunlam thil ih”** (*Kol. 3:1*) **nunnak tivek pawl hi ziangtin saw kan theihthiam thei ding?**

Thlarau lam ah Khrih thawn thi zo khal sehla, kan “taksa then” – cumi cu kan taksa le ruahnak ih in hmuh mi thlemnak pawl – cu thah an tul.

Asinan himi thupek thawn pehtlai aw mi thil pahnih kan theih a tul.

Pakhatnak ah, Kolose 3:1 ih Grik tongfang Paul ih a hman mi ahhin kannih cu Khrih thawn kaihthawh kan si timi a rel. A pahnihnak ah, Kolose 3:5 ih thupek mi cu cui thuhla ih rahsua mi a si (“curuangah”). Leitlun thil pawl (Nupa sualnak, borhbahnak, cakhiarnak, thilsuah tuahduhnak, hamtamnak tvk..) cu kan that thluh thei, cumi cu Khrih thawn kaihthawh kan si ruangah le cuvek thil pawl cu kan ruahnak le kan nun ihsin hlon thluh thei dingin A thlarau nun le huham kan neih ruangah a si.

Lunglut zet thu um mi cu, Kolose 3:6 ih a lang mi “Pathian thinhengnak” timi tongfang vek ciahciah tarlangnak umsun cu Rom 1:18 hi a si. Pathian cun mipi pawl hnenah anmai sualnak lamzin ih feh dingin caan a “pe” hai, cuticun A thinhengnak cu “thuawih lo pawl hnenah” (*Kol. 3:6, NRSV*) “a ra” ding a si (*zoh aw, Thup. 6:16, 17*). Rom 1:18 ah Paul cun, “Pathian ngaihsak lo le mi dingfel lo” thu a rel ih, “borhbahnak” (*Kolose 3:5 ih um mi Grik tongfang rori kha a hmang*) cu fiang zetin, “an thinlung cakhiarnak thlun ih, anmai taksa rori hman upat lo” (*Rom. 1:24, NKJV*) tu pawl thawn an bangawk thu a rel.

Ziangtin saw anmai taksa an upat lo? A hmaisabik ahcun Sersiamtu an hnong ruangah a si. Culawng hman

siloin, “fihnungza cakhiarnak : zianghatile an nunau pawl hman in an sinak hmandan kel cu thleng in an sinak kalh in an hmang: Cun cutivek thothoin mipa pawl khalin nunau thawi pawlawkdan kel cu tlansan in, pakhat le pakhat an cakhiaraw dohdo ih, mipa le mipa mawi lo zetih tiaw in, an sual man co ding awm cu an co a si” (*Rom. 1:26, 27, NKJV*).

“Curuangah leitlun ih a um mi nan taksa then pawl hi that uh” (*Kol. 3:5*) **timi thu hi ziangtin kan thlun thei ding?**

NITHUM NI (TUESDAY)

March 10

Theihnak ah thar thawhsalnak

Siar ding: Kolose 3:6–11. Ziangtin saw Paul in hivek ruahnak hi a pehzom vivo?

Kolose 3:8 ih thu um hmaisabik cu thihnak ihsin nunnak ih thleng danglam awknak maksak le thuthencatnak thuhla a rel: “Asinan tu ahcun” timi tongkam a hmang. “Tu ahcun” timi tongkam cu Grik ahcun a fiangmi hmualnei zet tongkam a si. Tu ahcun Khrih thawn kaihtawh nan si zo ruangah le tlun lam thil a hawltu nan si zo ruangah tu ih na nun cun a hlan ih na nun hmaisaw thawn an thlau aw zet timi a tarlang a si. “nan sung ih leitlun thil” nan that thei (*Kol. 3:5, ESV*), ih “thin ai thawnak, thinhengnak, mi siatsuahnak, mi relsiatnak, le nan ka ihsin a suak mi tong zahmawh pawl hmuahhmuah tla hi – tu ah hlit thluh uh” (*Kol. 3:8, NRSV*).

Thin aithawhnak le thinhengnak cu sual letnak ih Pathian dingfelzia relnak a si (Mani zirlai ah kan hmu zo), cumi cu Jesuh hrang khalah a si (*Marka 3:5, Thup. 6:16*). Kannih cu “thu ngaithlaknak lam ah khulrang zet, tong lamah khulfung zet, thinhengnak lamah khulfung zet uh: zianghatile milai thinhengnak cun Pathian dingfelnak a hringsuak thei lo a si” tiah in rak forhfiat a si (*James 1:19, 20, NKJV*). Mi siatsuahnak cun midang pawl

vansiatnak a thlen duh. Relsiat awknak cun midang relsia dingih duan mi a si. Paul cun tongkam siava zet le tong zahmawh pawl a khap thluh a si. A netnak ahcun pakhat le pakhat bumawk khap a si (*zoh awla, Pui. 19:11, 18*), zianghatile “minung hlun cu a thiltuah mi pawl thawn nan hlit zo a si” (*Kol. 3:9, NKJV*).

Paul in “minung thar” timi kalh in “minung hlun” a rel mi hi ziangsaw a si ding? Zoh aw, Rom 6:6 le Efesa 4:22–24.

Paul in himi thlengawknak a rel lai ih a hman mi tongkam cu angki hlun ihsin a thar ih thlengnak lampang ah hman a si theu; angki hlun balzet cu hlit tahrat in angki var a thar hruh vek ciah a si (*zoh ding, Zek. 3:4*). Cumi cu thukam hlun le thar thawn pehpar aw ih tuah mi danglamnak thawn an bangaw, cumi cu ngan betmi daan le thinthung ah Thlarau Thianghlim hmang ih simfiang mi daan a si (*2 Kor. 3:4–18*).

Himi nunthar neihnak le cumi ih a rahsuak mi tahthimnak ih simfiangnak ah Paul cun “sersiamthar mi” tiah a ko (*2 Kor. 5:17, NKJV*). Kannih cu “Amah (Khrih) hmulhmel kengin theihnak lamah tuathar” mi kan si (*Kol. 3:10, NKJV*), Anih cu hmuh theih lo Pathian hmulhmel a si (*Kol. 1:15*). A thu thawngin Khrih ih theihnak kan ngah mi cun “sunlawinak ihsin sunlawinak hmulhmel bangnak ah” in thleng danglam a si (*2 Kor. 3:18*). Himi cun ramri le khawtlang nun bikhiah neihmi tivek pawl tlun ah in ret a si (*Kol. 3:11*), zianghatile kannih cu lalram sang sawn ih ti le khua kan si ruangah a si.

NILI NI (WEDNESDAY)

March 11

Nunthar ziaza

Khrih hnen kan feh tikah ziaza that lonak le nuncan thatlonak pawl hlawnhlo ih a um dan pawl a rel thluh ih, Paul cun thim ihsin engnak lam ih thawn awk vek ciah in – thiltha lam a pan thlang.

Siar ding: Kolose 3:12–14. Ziangtin saw zumtu pawl a rel ih, nuncan thatnak “hruh” ding thawn ziangtin an pehtlaih aw tin na ruat?

Pathian in a miphun hleice si dingin le a ziaza tarlangnak si dingih a kawh mi Israel pawl vek ciah in Jesuh zumtu pawl cu “Pathian ih hrilmi” (*Kol. 3:12, NKJV*), A “hril ngah mi pawl” (*ESV*) an si. Asinan an zaten himi sawmnak hi an thlun thluh lo. Jesuh cun, “Mi tampi sawm an si na’n, mi malte lawng hril an si” tiah a ti (*Matt. 22:14, zoh kop awla, Matt. 24:22, 24, 31*). Paul in hrilmi pawl a rel mi ih sullam khal cuvek thocho cu a si (*Rom. 8:33, 2 Tim. 2:10*). Cule Israel pawl vekin zumtu pawl cu Pathian ih “duhdawtmi” le “thianghlim” mi an si (*Daan. 7:6–8*). Himi thiltha zet cun tuanvo thupi zet a kengtel: “thim sung ihsin a mangbangza eng sungih a lo kotu Pathian cawimawinac cu nan phuang ding” timi hi a si (*1 Pit. 2:9, NKJV*). Cumi ciah cu tu ih kan nundan ahhin kan tuah theu a si.

Paul ih a relmi ziaza thatnak pariat pawl cu tarlang in a um : “Thinpem lainatnak, zangfahnac, hnuaidornac, nunnemnac, tuarfainac; pakhat le pakhat zawi awknac, le pakhat le pakhat ngaidam awknac” cule “himi pawl tlun ah... duhdawtnac” timi a rel (*Kol. 3:12–14, NKJV*). Himi pawl cu Khrih thawn pumkhat awknac thinlung lawng in a luangsuak thei, zianghantile hibang pawl cun Khrih ih ziaza le kanmah in zohkhendan pawl a tarlang thluh a si. “Khrih ih a lo ngaidam zo vekin” (*Kol. 3:13*) kannih khal midang ngaidam ve ding kan si.

Duhdawtnac cu “famkimnac hridai” a si (*Kol. 3:14*), zianghantile amah ih um hnget dingin le midang duhdawt dingih in tuah tu cu A Duhdawtnac hi a si (*1 Johan 4:11, 12*).

Himi ziaza thatnak cun kan laicin awknac ah lamzin pahnih hmual a nei: pakhatnac, Midang parih duhdawtnac, zangfahnac, lainatnac le ngaidamnac kan

langtermi cun kanmah thlaw in suah ih, midang pawl khal thlawsuahnac a pe a si. Cumi cun midang va thlawsuah le va duhdawt dingah thlawsuahnac in pe ih, midang khal thlawsuahnac a pe a si. Cumi cu midang duhdawt le thlawsuah dingih a hlawhtlingturtu a si. Midang pawl cun ngilnei zetin, a sidan kel ten in rak let ding ih, kannih cun Pathian zangfahnac le ngaidamnac kan dong vivo ding a si (*Matt. 5:7, Matt. 6:14*). A pahnihnac le a thupi zet mi cu Pathian sunlawih in midang pawl hnenah Jesuh zum dingin le thlun dingih forhfialnac hi a si. Zianghantile cumi cun Pathian zangfahnac ih huhum a langter a si: “Hamtam lo nun tluk ih midang thinlung a neh theitu thiltitheinac nei minung ah zohman an um lo. Thuthangtha duhdan ih thusim relnac cakbik cu duhdawtnac le Khristiannac duh nung zet pawl hi an si.”—Ellen G. White, *The Ministry of Healing*, p. 470.

Midang na zoh khendan ah, a hleice in na parih ngil nei lo pawl na zohkhen dan ahhin ziangtin saw Jesuh ai-awh ih na um thei?

**NINGA NI (THURSDAY)
Nunthar ih nunnac**

March 12

Paul cun kawhhran sung ih remnac le daihnac a um ding a ngai thupit zia hi Kolose 3 lam ih netabik ahkhan a lang thluh. Pathian daihnac cu fiangzetin kan rak zir ngah zo (zirlai 7 ah zoh aw). Cun *pax Romana* pawl vek siloin *pax Christi* hi lenglam ihsin daihnac tarlang men loin, sunglam ihsin in “uk” a si. Cumi cu Khrih ih a thunun phawt cun a thleng thei mi a si.

Siar ding: Kolose 3:16, 17. Khrih in a thunun theih mi takfang hi ziangsaw a si, himi pawl ahhin awnmawi cun ziangmi tuanvo an rak nei ve?

Tongkam hman mi cu a fiah felfai zet. Cui kan sungih Khrih tongkam cun a umnac a tuah timi a langter. Cui thil cu Pathian fimnac kan zir ih kan ngai theinac

dingah Bible kan siar ringring caan ah a um thei a si. A langdan ahcun Grik tongfang hi cuvek lawmman in fiah lem lo khal sehla, awnmawi cun “pakhat le pakhat nunzirh awknak le zirhawknak ah” (*Col. 3:16*) hmun thupi zet a luah a si.

Asinan awnmawi ziangvek khalin a luah cuang lem lo. Paul cun hitawk le Efesa 5:19 khalah tongkam fiang zet hmangin: “Saam hla le Pathian hla le thlarau lam hla pawl” ah tiah a ti.

Theifiang ciamco lem lo khal sehla, a langdan ahcun Thukam hlun ih Saam hla lawrkhawm le Thukam Thar ih Pathian hla pung rero mi lawrkhawm karlak ahhin thliarhrannak a buah a bang. “Thlarau lam hla pawl” timi cun thlarau lam nun asilole kawhhran nun thawn a pehtlah aw mi thangthatnak hla pohpoh a relnak a si men thei. Hla thu pawl cu thudik zirhnak le Khristian nunthar ih nundan ding zirhawknak pawl an si. A liamcia kum zabi ziangmaw zat hrawng ah simaw Pathian hla ropi zet tampi pawl cun ruahsannak thuchah cu huham nazet in an khaisang, cuvek hla pawl cu olsam zetih a tumsuk mi kan leitlun ahhin kan tul zet a si.

Awnmawi cun nasa zetin nun a ciah neh thei. David cun tingtang a tum tikah Siangpahrang Saul ih thin a daiter riahro (*1 Sam. 16:23*). Asinan David cu a zuampi mi ih a hung cang tikah Saul ih thinhengnak le thinharnak cu a sosang zet (*1 Sam. 18:10, 11*). Rotling awnmawi cun donharnak a rehter, thluak hnatuan a cakter ih, cawlh hahdamnak a punter ih, natnak khalah bawmtu a si ih, khawtlang nun khalah himnak a pe timi hi sivailam thiamnak ihsin an hmuhsuah mi a si.

Kanmah lakah awnmawi in kan ruahnak le thinlung ah thatnak asilole siatnak khal in mi a ciahneh tuk timi a hmuhdah riai lo zosaw um? Awnmawi – rotling awnmawi diktak cun – thlarau lam nun a khaisang a si.

Kan buah dingmi cu sim in kan um, “Bawipa Jesuh ih hmin in buah thluh uh” tiah in ti (*Kol. 3:17*).Cuvek in na buah ngaingai thu na rel thei maw? asilo ahcun ziangtin saw na thleng thei ding? Bawipa ih hmin in na buah thei lo ahcun na buahtheinak ding donkhamtu cu ziangsaw a si?

NIRUK NI (FRIDAY)

March 13

Ruahbet ding: “Pathian ih Thlarau in thinlung le ruahnak a thunun tikah piangthar thlarau cun hlathar a suah; zianghatile a hmuhtonak ah Pathian thutiam a famkim ti a theih ruangah, le a daan buarnak cu ngaidam a si zo ih, a soal cu khuhsak a si zo ti a theih ruangah a si. Pathian daan buarnak hrangah sualsir in Pathian a pan ih, milai in thiamcoternak a ngah theinak dingih a thitu Khrih lamah a zumnak a um. ‘Zumnak thawngin thiamcoter a si’ anih cun “Kan Bawipa Jesuh Khrih thawngin Pathian daihnak” a nei a si’ Romans 5:1.

“Himi hmuhton mi hi amai ta a si ruangah Khristian cun a hrangih thil tuahsak mi cu lungawi in a kut bengin a rak thlir maimai men ding a si lo. Thlarau lam lalram ah lut dingih thutluknak a tuahtu cun thimnak lalram ih a rak nor mi thlarau tharthawhnak zianghman um lo le huham hmuahhmuah pawl cu amah dokalh tu a si timi a hmu fiang ding. Nitin in a thianghlimnak a tuahtar sal tengteng a tul ih, nitin ten thatlonak khawsia thawn an doaw ringring. Ziaza hlun, roco-nak dik lo cun thiamnak nei dingin taima zetin a zel ding ih, cumi pawl hmuahhmuah a ralring a tul ih, nehnak co dingin Khrih ih cahnak ah a thum aw ding a si...

“Huham sang sawn, thianghlim, le zah um zet nun cu nsa zetih kan tul mi a si. Leitlun cu kan ruahnak nasa in a nei ih, vanlam ruatnak cu malte lawng a nei.

“A hrangih Pathian duhdan a theih theinak dingih a taimaknak ahhin Khristian cu zianghman lo men ih

beidong ding a si lo. Khrih ih huham le zangfahnak thawngin thatnak le thlarau lam famkimnak cu mi hmuahhmuah hnenih thutiam a si. Jesuh cu nunnak tihna, thiltitheinak bulhram a si ... Kan ai-awh in van ihsin kan hrangah thil tam zet a run tuah. Cumi zawnte ah A thiltitheinak kan hmu ngah a si”—Ellen G. White, *The Acts of the Apostles*, pp. 476–478.

RELKHAWM DING THUSUHNNAK PAWL:

1. “Zumnak thawngin thiamcoternak” thutiam na ngah mi thawn ziangmi hmuhtonnak na nei zo? Himi mangbangza thutiam cun ziangtluk in na nun a thleng danglam? Cumi thutiam cu “Khrih thawn kaihtawh zo mi” timi ruahnak thawn ziangmi pehtlah awknak an nei?

2. Vanlam ruahnak timi hi nangmah ah ziangsaw a sullam? Leitlun thilri ai hnakin a thupi sawn maw si? Khuitawk ahsaw bukrual awknak a um?

3. Na nun in midang pawl a ciahnehdan kha vun ruat aw. Himi thuhla ahcun kan bulpak nun thawn kan vun ruat men thei, asile kawhhran ih mi kan ciahnehdan pawl teh? Na tualsung kawhhran in nan khawtlang ah ziangsaw thatnemnak an nei?

4. Siar aw: Kolose 3:11. Himi cun Khirh ah pumkhat awknak kan neih ding thuhla ziangsaw in sim?

ZIRLAI 12

March 14–20

UM KHAWM TLANG UH

SABBATH SIIMLAM

Tuizarh zirlai hrang siar ding: *Kol. 3:18–4:6; Efesa. 5:22–25, 33; Thuf. 22:6, 15; 1 Pit. 2:16; 1 Thess. 5:17.*

Bible cangken: “Mikip an thusuhnak ziangtvek ih leh ding ti nan theih theinak dingah, nan tongkam cu ci thawi altermi, zangfahnak telmi si ring ring seh.” (*Kolose 4:6, NKJV*).

Minung hi naivai zet ah um in, hna an tuan khawm ahcun buainak phunphun an tong theu. Hmuhdan le pawmdan bangaw lo ruiri; thukam el awknak tvek a suah theu. Laicin awknak a nai sinsin ahcun cui laicin awknak cun mi hmuahhmuah hrangah rualremte ih umkhawmnak a neih ding a thupi deuhdeuh.

Laicin awknak naibik cu sungkua hi a si ko ding. Khuimaw caan ahcun inn cu “suangkua hmuan” tiah kawh a si theu. Inn a umdan simfiangnak lamzin tha zet a si. Sumdawnnak fehpi le innsang fehpitnak karlak ahhin bangawknak tamzet a um. Thil man mual, tumtah mi le hnatuan dingmi tvek pawl ah a tlangpi thu in an lungruat tengteng a tul. Mi hmuahhmuah hi pakhat le pakhat an rualrem aw ding ih, thil a feh tluang zerzonak dingah an hnatuan cio cu thazet in an tuan ding a si. Hivek kaihhruaiawknak thawn bangaw ciah hi sungkua tum zet kawhhran ah hman a si.

Tuizarh kan zirlai ahcun Paul cun Khristian kaihhruai awknak thabik thu bulhram hrekhat pawl a

pe. Ziangatile Khristian inn cu Bible thuhram hmangin uk dingmi a si ih, Rom innsang kaihhruai awknak ihsin ziangtin simaw a danglam tengteng a tul. Paul cun innsang sunglam le lenglam ih khawtlang laicin awknak dangdang hrangih a tangkai zet dingmi kaihhruai awknak man nei zet pawl khal a pe tel a si.

NIKHAT NI (SUNDAY)

March 15

Nupi le Pasal

Thukam Thar ahhin Khristian innsang hrang ih thuzirhnak ziangmaw zat simaw telh a si (*zoh awla, Efesa. 5:21–6:9, Kol. 3:18–4:1, Titas 2:1–10, 1 Pit. 2:18–3:7*). Theih dingih thupi zet cu himi “innsang hmingsinnak” tiih an kawh mi cu ukawk pumhlumnak a si thluh cuang lo, laicin awknak ah bomawk ton sinsinnak le nuncan a thansohternak ding khal a tel a si.

Siar ding: Kolose 3:18, 19. Ziangmi tlukawknak saw na hmuh? Paul in Efesa 5:22–25, 33 ahhin ziangmi thuron dang saw a pek?

Mipa hrekkhat pawl cun, “nupi pawl, nan pasal pawl hnenah pe lut aw uh” (*Kol. 3:18, ESV*) timi hi an la theu, cule cutawk vial ahcun an cawl. Asinan Paul ih a run bet mi hi hmingsin tlak zet a si: “Bawipa ah thil mawi a si bangin” tiah a run ti. Thukam Thar cun nunau pawl cu mipa pawl hmuahhmuah ah an pe lutaw thluh ding tivek zawng cun in rak zirhnak khuitawh hmanah a um lo: nupi pawl cu tangdor zetin an um ding asilole uktu a si ding ti khal in a zirh lo ih; Nupi cun mitcaw zetin an pasal pawl ih duhnak le a suakruak mi khawruahnak tiang ah an pelut aw ding tivek khal in a rel lo. Paul cun nupi pawl ih upatnak an pek hmaisabik dingmi cu Bawipa a si, cule a pahnihnak ah an pasal a si timi a tarlang. Nupi ih a bulpak nun cu a pasal in a ei dawh thluh ding a si lo ih, a duhdan pawl khal a pasal in a thunun thluh ding a si lo.

F-9

Khrih in kawhhran a duhdawt tuk ruangih Amah le Mah a pekawknak in pasal in an nupi pawl an duhdawtdan ding a rak khih hmuh a si (*Efesa. 5:25*). Ziangvek ih man tamzet a si hmanah an rinum thotho ding. Nupi hrangih a tha thei bik ding thutluknak an buah ding, asinan a tlangpi thu in himi hlawknak pawl hi an milaw thluh ding a si. Hivek a si ahcun nupi hrangah a pasal tihzah dingih Pathian thupek thlun ding a olsam phah ding a si (*Efesa. 5:33*).

Khristian neihawknak ih a harhdam mi cu theihthiam awk tonnak – thu ron awk tonnak, thuruah khawm tlangnak, le nupa an si vekin thutluknak buah hi a si. Khuimaw caan ahcun sungkua zate hrangih thutluknak ngaingai buah caan ih thuruah khawmnak neih caan ih thu relkhawmnak ahhin nauhak pawl khal an tel ding a mawi zet, asinan nu le pa pawl cun an fale hmaiah thukam an el aw ding a si lo. Cutin thu an feh pi hnu khalah nupi le pasal cu an rualrem aw thei cuang lo a si ahcun daihnak a um theinak dingah Bible ih lamzin um mi cu nupi cun a pasal ih thutluknak cu thin hahdam in a rak cohlang ding a si, cui thil cu Pathian thu a kalh lo phawt cun a buah dingmi a si. Cuvek in pasal tam sawn (an zaten cun a si thluh lo ding)cun an nupi thu ngai in, an thuron an lak ih nuam zetih caan an hman lai pawl an mang suak thei sal ding. Nupi le pasal hi pawlkom pakhat ih hna na tuan tlang tam poh le, neihawknak nuam zet cu a um ding a si.

Thuanthu ih rak buah zo mi pawl: Himi thu sungih kaihhruai awknak mawi zet la tahrat in, thil tha lo ziangsimaw ah cang lo dingih ziangtin saw kan hrial thei ding?

NIKHAT NI (MONDAY)

March 16

Nu le Pa le nauhak pawl

Nauhak pawl khal in sungkua hngetzetih an um vekin buah dingmi tuanvo tam zet an nei ve. Sungkua ih

tel ve mi an si ih, vancung lalram ih ram mi sinak neitu an si vekin man nei zet le duhdawt mi an si tihi an theih a tul a si. Zingzan in sungkua khawmnak neih ringring hi a thupi zet. An nauhak lai ihsin nauhak pawl cun inn thenfai le hnatuan dangdang pawl khal an bawm thei. A thupi bik mi cu Paul ih thupek: “thil ziangkim ah nan nu le pa ih thu lung uh: ziangatile cucu Bawipai’ duhzawng a si” (*Kol. 3:20, NKJV*) timi an thlun ding hi a si.

A hnuai ih Bible cang pawl hi siar aw. Nauhak kilkhawinak ding pawl ziangsaw an si?

1. *Thufim. 22:6, 15* _____

2. *Matt. 19:14* _____

3. *Daan. 6:6, 7* _____

4. *Thufim. 1:8, 9* _____

Bawipa hrangih dikzet ih zirhmi, thlundung dan le tahthimnak pawl hmang ih zirhmi nauhak pawl cu sungkua hrangah, kawhhran hrang le thildang ah thlawsuahnak an si ding. Cule Paul cun nupi le pasal hrangih thuzirhnak a neih vek ciah in nu le pa hrang khalah thuzirh mi a nei ve: “Pale pawl, nan fale hi thinhengter hlah uh, culo cun an bei a dong pang ding” (*Kol. 3:21, NKJV*). Nu le pa, a hleice in Pa in nauhak pawl nun a simdan le a umpi dan pawl cun nauhak pawl ih thlarau nun thangso dingmi ahhin tangkainak nasa zet a nei a si.

Zirnak ahcun nu le pa cu an pahnih in biakinn ih an feh ahcun nauhak cu biakinn ngaina in biakinn ih um duhnak an nei sang zet, asinan pakhat lawng biakinn a feh ahcun thil a danglam zet timi hi hmuhsuah a si. Cuhnak ih mangbangza um mi cu nu ai hnakin pa hi biakinn ah feh theu sehla, nauhak tam sawn cu an tleirawl

tiang biakinn ah an um lanta. Curuangaah nauhak pawl ih thlarau lam thlengawh ah Pa ih tuanvo hi ngaihthah men ding rual a si lo. Pa in an tuanvo an ngai thupit ding hi a va thupi lawmmam ve.

Ziangkhal sehla, pa pawl hmuahhmuah hi an fale hrangih zoh thim tlak an si thluh cuang lo. Lei ih kan pa ngaingai cun nasa zetih in siatsuah lai caan ah ziangtin saw Pathian hi in damter tu kan pa vekin kan theihthiam thei ding?

NITHUM NI (TUESDAY)

March 17

Hnatuan pehtlaih awknak

Siar ding: Kolose 3:22–25 le Kolose 4:1. Sal pawl cu ziang zirhnak pek an si? Hitawkah hnatuan pehtlaihawknak tlangpi hrangah ziangvek kaihhruai awknak saw a um?

Khuimaw caan ahcun tuisan minung pawl cun Bible ih daan hrekkhat pawl cu a liamzo pawl ta an si tin an rel duh tuk ruangah le Bible hi a dik thluh lo a si timi an sim duh tuk ruangah sal thuhla hi an run phorhsuak theu. Asinan hivek thu pawl cu Thukam Hlun ih Israel le Thukam Thar kawhhran sung ih thuanthu ah telh a si lem lo, a tel lo si ko. Minung pawl cu Pathian hmuahhmuah kengih tuah mi an si, Pathian fimnak pawl hmuahhmuah khal zalennak hrangih duan thluh mi an si. Moses daan cun Israel fale pawl in kumkhua ih sal an neih ding a khap ih (*Daan. 15:12*), sumpai lam ih leiba an rulh theinak dingah kum ruk sung cu hnatuannak ding caan pek a si (*Suah. 21:2–6, Pui. 25:39–43*). Ziangkhal sehla, Bible sungih sal pawl hi tuisan ahcun riahsiat za an si, asinan nitlakkak lam leitlun mi pawl in duhdah zetih sal an hremdan pawl thawn cun an danglam aw zet, cubang pawl ih sal hremdan pawl cu milai sinak dokalhnak pawl an si.

Thukam Thar san ahkhan kawhhran cu Rom dan vekin an feh a tul ih, cumi cun sal neih theinak a pe,

“Asinan tuisan ih sal kaihmi pawl vek siloin Rom daan cun sal pawl hnenah diknak le tuanvo tamzet a pe, cule saltannak cemtertum pang sehla, thuthangtha simnak ah harsatnak an tuar sinsin ding”—Clinton Wahlen, “Culture, Hermeneutics, and Scripture: Discerning What Is Universal,” in Frank M. Hasel, ed., *Biblical Hermeneutics: An Adventist Approach* (Silver Spring, MD: Biblical Research Institute/Review and Herald Academic, 2020), p. 166.

A ngaingai te cun kawhhran sungah Rom rampi uknak sungih an feh theudan vek siloin sal ih hnaturan ding hmaisabik cu Bawipa hnen ih hnaturan ding hi a si. An pu le pawl hnenah sal pawl cu tha zetih zohkhen dingin thupek an si, “nannih khalin van ah Hotu nan nei ve ti thei in” tiah a ti (*Kol. 4:1, NKJV*). Asinan Paul cun Filemon hnenah Onesimus cu a sal vekih zoh nawn lo dingin le a unaupa vekih zoh dingin thu a pe (*Philem. 16*). A ngaingai te cun Thukam Hlun le Thar ah zumtu pawl cu Pathian ih sal (siahhlawh)tiih kawh an si (*zoh awla, thimnak ah, Saam. 34:22, Luka 17:10, 1 Pit. 2:16*).

Bible cang hrekkhat ih nganmi nunphung kan duh lo hmanah, Bible cang ih thuneihnak cu kan cohlang a tul. Cuti lo cun kanmah le kan nunphung hi Bible tlun ah kan ret tinak a si ding. Bible in ziang in sim timi thuhla ih thutluknak kan tuah hlanah Bible ih a relmi thuhla pawl hmuahhmuah kan zoh thluh ding hi a tha zet mi a si.

Himi thucah hi na hnatuannak ih laicin awknak ah ziangtin na hmang thei ding timi ruat aw. Hnaturan hruaitu simaw, hnaturan mi simaw na si khalah himi kaihhruainak in ziangtin a lo bawm thei ding?

NILI NI (WEDNESDAY)
Thlacam sak awknak

March 18

Siar ding: Kolose 4:2–4. Himi bungcang pawl ahhin thlacamnak ding hrangah ziangmi thu bulhram saw na hmuh? Paul in ziangvek thlacam thupi saw a tuah?

Hrahdamnak lamah, paisa lamah, sungkua lamah, thildang dang buainak phunphun tongtu mi pakhat hnenah kan rel thei mi tongkam thupi zet hrekkhat cu “na hrangah thlacamnak ka lo neihsak sokhaw” ti hi a si. Himi cu pehtlaih awknak le zom awknak ding hrangih van lam ih hril mi a si. “Kan dil lo ruangih in pek lo ding mi thil hi zumnak ih kan thlacamnak in letnak ah in pek ding hi a tumtah mi lakih pakhat a si.”—Ellen G. White, *The Great Controversy*, p. 525.

Paul in thlacamnak simfiangnak ih a hmanmi hi hmnsin aw: “um peh vivo” (lole taima ih tuan), “thungai thlakin” “kilkhawi tha in” cule “lungawi thusimnak thawm” – hi pawl hi zumnak ih thlacamnak a si zia langter tu an si (*Kol. 4:2, NKJV*). Anih cun “cat bang loin” (*1 Thess. 5:17*) “thlacam ringring” (*Efesa. 6:18*) dingah in fial. Mangbang thlak zet cu “kan thlacam ding awm cu ziangvek a si ti kan thei lo: asinain Thlarau amah rori in tongih sim theih lo khop ih hruum in in dilsak” (*Rom. 8:26*).

Siar sal ding: Kolose 4:3. Na zumnak na phuan theinak dingah Pathian in ziang” thu sangka”(NKJV) sawn a lo on sak?

Paul khal hi thudik a rel theinak dingah thlacamnak a nei ve theu. Khuimaw caan ahcun a cakuat asilole Tirhthlah cabu sungih a thusim mi kan siar tikah Tirhthlah Paul hi ziangtik lai caan khal ih khabe sep thiam zet le a thurel dingmi ah zianghman rinhlelnak um dah lo mi a si ti kan theithiam. Asinan thucah “fiang zetih” a phuang theinak dingah thlacam saknak a run ngen (*Kol. 4:4, NIV*). Cabu a cang cemnet zawng ahkhan Grik tongfang (*dei*) thupi zet khal a run hmang, cumi cu “Ka tong tengteng ding mi vekin” tiih letlin theih mi a si. Cumi ihsin Thuthangtha phuangsuah ding hnaturan cu Pathian in a tulzia a tarlang a si. Sizar ih innsang khal tel in Rom cozah ih dinhmun sang zet pawl hnen ih thucah phuang ding hi a thupi tuk ti a theifiang.

“Thlacamnak nan neih tikah nan khuk nan bil ringring a tul hran cuang lo. Nangmah te lawng na um caan, na vahvaih caan, nitin na hnatuannak ih na buai caan ah Rundamtu thawn biakawk hi tidan kel ah ruat aw. Thinlung cu daiten um cingin bomnak dilnak, eng dilnak, cahnak dilnak, fimnak dilnak ah khaisan in um ringring seh. Thaw a nei mi pohpoh in thlacam seh.”—Ellen G. White, *The Ministry of Healing*, pp. 510, 511.

NIGNA NI (THURSDAY)

March 19

Fimzetin um uh

Khristian kan si vekin kan theih theimi thudik thupi zet cu ziangsaw a si? Diktak te cun Kanmai sualnak ruangah Jesuh Khrih a thi ih, Amah zumnak thawngin kumkhaw nunnak kan nei a si timi hi a si ko ding. Hi thu hi kanmah ten kan phorhsuak thei dah lo mi thudik a si. Cumi cu kan hnen ih sim ding mi le tarlang ding mi thudik a si. Cutin Pathian Kamsuak thu sungah kan hnenah tarlang in a rung um a si.

Pathian in a Kamsuak thu sungah kan hnen ih a tarlang mi pawl um lo bangta sehla, ziangtik hman ih kan theih dah lo ding mi thudik, fimnak le theihnak nasa zet a um a si. Asinan himi theihnak le fimnak pawl cu theihnak menmen, thil ziangsimaw theih tul mi vek men ih pek kan si lo. Himi thudik, theihnak le fimnak pawl cu kan nun ah kan phorhsuak sawn ding a si.

Siar ding: Kolose 4:5, 6. Ziangvek dinhmun ahsaw Paul in “fimnak ih feh” kan tul thu a rel? Ziangruangah saw cuvek ih feh cu a tul?

Vansiatthlak zetin Khristian pawl hi khuimaw caan ahcun Khristian kan si tilo ahcun zianghman kan si lo. Paul ih a tarlang vekin (Isaiah 52:5 ta a la suak), Israel cu zumlotu pawl hrang ih tluknak khal a si: “ziangahtile nanmah hmangin Zentel lakah Pathian hmin cu relsiat

in a um a si” (*Rom. 2:24*). Midang pawl hnenah, a hleice in kan zumdan vek zumnak rak nei ve lo pawl hnenih kan cangvaihdan hi a thupi tuk (*zoh aw, Titas 2:5, 2 Pit. 2:2*). Khristian inn ahhin thilsual tuahnak ai hnakin thlacamnak nei dingih mino pawl hruai khawm, ngilnei zetih nun hman, nunnem zetih um, tuarfainak nunnem zet tongkam kan hman mi pawl cun in rak thlir ringring tu pawl hnenah kan hnatuan a dik le diklo cu nasa zetin a sim a si.

Kolose 4:6 ah Paul cun kan tongkam hmandan hi a ngai thupi zet: “Nan tongkam cu a thlum zetmi siseh” (*ESV*) tiah a ti. Kan tongkam cu ngilhnei zet le zah um zet lawnghman siloin kan tongsuak mi pawl cu Thiang Thlarau ih hnatuannak hmangin Pathian zangfahnak in a cangvaihter mi le a luahkhat mi a si ding a si.

“Ci thawn alter mi”. Leitlun in “a al” mi tongkam a timi thawn cun an kalh aw zet, kan tongkam pawl cu kan biakmi thawn an rualrem aw zet ding a si.

“Mikip ih an thusuhnak a letdan ding nan theihtheinak dingah” (*NKJV*). Thiang Thlarau lawngin kan tong ding mi cu a dikmi tumtahnak hrangah a tikcu te ah in pe thei a si, cule kan “phuang” tengteng dingmi thuchah a ngaitu pawl ih thinlung a timlam sak ding a si (hitawk khal ahhin *dei* timi hman a si—*Mani sun ih Kolose 4:4 simfiangnak kha zoh aw*)

Midang pawl na zohdan, na cangvaihdan le na tongkam pawl kha vun ruat sal aw. Na zumnak thuhla ah ziangmi thuchah saw na langsuak ter, cule Khristian timi hi ziangsaw a si?

NIRUK NI (FRIDAY)

March 20

Ruahbet ding: “Sungkua ih umtu pawl hmuahhmuah cun sungkua ih hlimnak, hnangamnak, le

thil a fehtluang theinak dingah bulpak tin cun an tuanvo tuan dingin an parah a thum aw thluh a si timi hi an thei ding a si. Pakhat le pakhat an eltai aw ding a si lo. Pakhat le pakhat thazang pekawknak ah hnatuan tha tuan tlangin pumkhat ih um ding an si; nunnem zet, tuarfainak, tuar theinak pawl an nun ah an um ding ih, tongkam nem, nunnemnak, awlok songnak rehternak tongkam pawl an hmang ding, Nu ih tuanvo a zangkhai deuhnak dingah an tuanvo cio an tuah ding a si...

“Sungkua tin ih um pawl cun midang pawl thawn pumkhat ih um dingih beisei mi a si timi a theihthiam ding a si. Nauhak kum 6 mi ihsin a tlunlam pawl cun hringnun ih phurrit phur ve dingin anmah ah ngennak a um a si timi an theithiam ding a si”—Ellen G. White, *The Adventist Home*, pp. 179, 180.

“Eng ih kan feh ahcun kan thinlung le kan inn ah Khrih kan umter ding a si. Inn cu thusim ding thutha pawl hmuahhmuah thawn tuah mi a si ding. Leitlun ih um vanram fate vek a si ding ih, cutawh hmun ahcun lung retheihnak siloin nginat awknak a nung sawn ding a si. Kan lungawinak cu himi duhdawtnak, zangfahnak, zawn ruatawkw tonnak tivek thlaici kan tuhnak ahhin a thum aw a si... kanmah theihngilh aw in, thil fate khalah midang hnen ihsin duhsaknak kan donmi ah lungawi thusimnak ding caan tha kan dap rero ding a si, cule ngilhneihnak le duhdawtnak thuk zet hnatuannak hmangin midang pawl ih phurrit, riahsiatnak zangkhaite le zia umter deuhnak ding caan tha kan zoh ringring ding a si. Cuvek ruahnak ihsin kan sungkua; kan innsang lenglam khalah nun hlimnak nasa zet a pe a si, cule cuvek thil pawl ngaihthah san mennak cun hringnun ahhin riahsiatnak le lungngainak a suah pi a si”—Ellen G. White, *Testimonies for the Church*, vol. 3, pp. 539, 540.

RELKHAWM DING THUSUHNAK PAWL:

1. Nupa hrangah nan laicin awknak ih a lo bawmtu thu bulhram cu ziangsaw a si? Koppi nei hrih lo pawl hrangah ziangmi thuron na pe duh, neihawknak ih a run suahpi mi buainak hrang ziangtin an rak timlam aw thei ding?

2. Khristian inn ihsin an fale duhdawt le ngaihsak zetin a pitlintertu nu le pa pawl cun zumnak hnongtu an fale pawl cu an hmaiton a tul deuh ringring. Ziangmi thuron le thlangamnak saw na pek ding? Rel dingih a tha lem lo mi cu ziang pawl saw an si?

3. “Fimnak ah feh in” timi kha vun ruat bet uh. Cumi thawn kalh aw zetin fimnak kalh ciah ih “atnak” ah feh in timi sullam hi ziangsaw a si? Na vah tawihnak hmun dangdang ihsin ziangmi saw na zir ngah mi?

ZIRLAI 13*March 21–27***PATHIAN DUHZAWNG IH NUNGIN****SABBATH SIIMLAM**

Tuizarh zirlai hrang siar ding: *Kol. 4:7–18; Efesa. 6:21; Tirh 15:36–40; 2 Tim. 4:10, 11; 2 Pit. 3:10–14; Isa. 60:1–3.*

Bible cangken: “Thil ziangkim ah lungawi thu sim uh: ziangatile cucu nanmai’ thu ah Khrih Jesuh ah Pathian ih duhzawng a si” (*1 Thessalonika 5:18, NKJV*).

Himi Kolose cakuat thuhlawm then netabik ahcun Paul ih hnatanpi pawl ih pehlaih awknak pawl tarlang a si. Tirhthlah cabu ahcun Barnabas thawn an tuan tlang hmaisa ih, cule Silas thawn an tuan tlang, cumi thluh hnu cun Missionary feh ih a khualtlawnnak lamzin pathum pawl a tlangpi thu in tarlang a si.

Tuizarh ahcun Paul in Pathian hna a tuandan kan zoh ding, cumi ahcun Rom ram uknak ih hmun thupi zet pawl ah thlengin a tikcu caan a hmandan pawl khal a tel ih, Paul amah rori ih a thlen lonak Kolose, Laudecea le Hierapolis khua le khawpi pawl ah thuthangtha a thlennak dingih hnatanpi pawl a zirhnak pawl khal a tel thluh.

A khualtlawng lai ih bulpak ih a palnak hmangin, le a hleice in thawng a tlak lai ih a cakuat mi thawngin Paul cun mi tampi le kawhhran tampi thawn pehtlaih awknak a nei. Thuthangtha phuagnak ih hlawhtlinak bik cu mi hmuahhmuah rualrem zetih hnatan khawmnak hi a si timi a theifiang – Judah le Zentel Khristian; mipa le nunau; Tikakas, Aristakas, Justus, Epafra, Luka, le Nympha tivek minung pawl thawn hnatan khawmnak in a si. Ngaihven hlawhzet mi thil cu kan hrangih ret lem

lomi Laodiaka khua pawl hnen ih cakuat mi khal kan rak thei. Paul cun himi Bible cang natabik ahhin thu tamzet a ret, cumi ahcun Arkippas timi hmin nei mi pakhat a forhfiinalak khal a tel. A theih kulhsung cu kawhhran a cah theinak dingah a cang theitawk in ziangkim a tuah.

NIKHAT NI (SUNDAY)*March 22***Kutza sannak zirlai**

Thuthangtha sim darhnak thuhla hi Paul hnen ihsin tampi kan zir thei. A khualtlawnnak pawl hmuahhmuah hi peng 13,400 tluk hrawng cu a si ding. Himi cu mangbangza thil a si, ziangatile a tamsawn cu ke in a feh dingih, cule thawng a tlak caan khal a um thotho fawn si.

Paul cun Korin le Efesa khua vekih sumdawnnak hmunpi pawl ah tikcu caan tamzet a hmang theu tiih ruat a si, cutawk ihsin thucuh cu khawpi le tikulh par khalah hmun dangdang ah a darh thluh. Cule a kawhhran dinmi pawl ih um zumtu thar pawl thazang peknak le forhfiinalak a nei theinak dingah cutawk hmun ahcun a kirsal theu. Cui kawhhran ah amah rori a feh remcang thei lo asile ca a kuat theu. Hitin zumtu pawl in anmah a ngaihsak ih, a rak thei ringring lai a si timi an theithiam.

Siar ding: Kolose 4:7–9; Efesa 6:21 thawn zohtlang aw. Ziangtin saw Tikhikas thuhla a rel, cule Onesimas thawn Kolose khua ih a kuatnak san kha ziangsaw a si?

Thil hrekkhat cu cangan ih theihter awk ai hnakin tongkam ih theihter awk hi a tha bik a si. Mi pahnih in Kolose khawmi hrangih an run ken mi thuthang cu theih cak um zet thil a si ding. Paul in himi thil ihsin anmah (kolose khawmi) pawl “thlangam” (*NKJV*) ter le “thapek” (*Kol. 4:7–9, ESV*) a tumnak ihsin vun ruat cun thawnginn sungih a umnak thuhla famkim zetih relnak khal a tel cih thluh a si. Ziangkhal sehla, cuvek ih biakawknak cu zumtu pawl hmuahhmuah finkhawm thluhtu thil thupi zet a si.

Tikhikas, a hmin sullam cu “vantha” tinak a si. Anih cu cakuat phurtu mi rinum zet a si. “rongbawltu rinum” ti in le “siahlawh pi” tih rel mi a si. Anih cu Paul in Asia ihsin mi pahnih a hril mi lakih pakhat a si (Tirh 20:4), cule Jerusalem ih um zumtu pawl ih tulsam mi pawl khawngkhawm in khual a tlawnnak ih a thluntu khal a si. Paul kha Rom thawnginn sungah veihnih a um lai ih a hnen ih umtu a si ih, Efesa khua ih hnatuannak ah thazang va pe dingih fial mi a si (2 Tim. 4:12). Paul cun Crete ah Titak thlah dingih thu a ruat (Titus 3:12). Amah thawn a um tu cu Onesimas a si, anih hi Rom ah Paul ih a piangthar termi a si ih, (zirlai 1 ahkhan zoh aw) “mi rinum” ti khal in a ko.

A langdan ahcun thil umtudan pawl hi Kolose khua ih um zumtu pawl ih an theih ding hi Paul in a duh a bang. Amah Tikhikas a si lo hman ah mi pakhat hmangin a hnen ih thu simsal ding cu thil harsa tuk a si lem zik lo. Hithil hi cutawh hmun ih um zumtu pawl a ngaihsak zia le a duhdawt zia a tarlangnak lamzin dang a si. Amah rori in kawhhran vehvai lo khal sehla annih pawl in midang hnenih thuthangtha an thehdarh theinak dingah Paul cun an zumnak a cakter a si.

Ziangtin saw Paul cakuat sungih himi pawl in Paul ih hnuaidorzia an langter lawngman si loin a hnatuannak a hnget zia an nemhnet?

NIHNIH NI (MONDAY)

March 23

Kawhhran pehtlai awknak

Internet, social media le thilri dangdang pawl hmangin a pehtlai aw thluh mi leitlun ahhin Paul in kawhhran pawl cu anmai tualsung pawlkom ai hnaki tum sawn ziang simaw ah an tel ve a si ti an theihtheinak dingah bomnak hna a tuannak ih harsatnak a ton mi pawl cu theihthim a har zet ding.

Siar ding: Kolose 4:10, 11. Tirhthlah pawl hmangin (Col. 4:7-9) cakuat lut le suak mi leng ah, Paul in pehtlaihnak nei dingih a forhfialnak lamzin dang pawl cu ziangsaw an si? Himi cakuat ih Paul in harsatnak a rel mi hrekkhat pawl ngaihtuah tikah, himi cibai buknak hmangin ziang thucaw saw a rel?

Himi cibai buknak thawngin Paul cun zumtu pawl rak bawm rero tu pehtliah awknak tha zet a tuah. Hitawh ahhin Marka cu Barnabas ih unau pa a si ti kan thei. Cutin Paul cun Marka in Kolose a tlawng theinak ding lamzin a on sak. Aristarkhas cu “raldo awknak ih thawngtlak pi” tiih rel a si. Cumi cu Paul thawn thawnginn ah an khum tinak a si. Annih cu “Pathian ralthuam” (Efesa. 6:10, 11) keng ralkap an si ih, Pathian lalram ih hnatuan dingah Satan ih a kaih mi pawl suah zalen dingih ral an bei (zoh awla, 2 Tim. 2:1-4). Jesus/Justus (Judah le Rom hmin a si ih, Grik aw thluk thawn an bangaw zet, Sual/ Paul tivek deuh nawn in) cu thuthangtha lamah hnatuanpi rinum zet vekih rellang a si.

Paul cun Aristarkas, Marka, le Justus pawl cu Judah zumtu pawl an si (“serhzim tan pawl”) tiah a rel fiang. Cule Zentel mi pathum: Epafra, Luka, le Demas khal a rel tel (Kol. 4:12-14). Judah le Zentel karlak Kawhhran ahhin buainak hrekkhat um khal sehla, hi hnatuan tlangtu pawl cu tuantlangnak tha zet, pumkhatnak le rualrem zetin an um thei a si timi hi hmingsin tlak zet a si. Asinan “mahte lawng” timi cun harsatnak a tuar caan ah Judah Khristian tamsawn cun an dinpi lo ruangih a riahsiatnak thu a rel langmi a bang. Himi caan ahin John Mark, kum ziangmaw zat liam zo ih, Paul le Barnabas in missionary hmaisabik an feh tum ih, rak kirsan tu khan (Tirh 13:13), Paul tlun ah rinumnak men siloin “thlangamnak” a langter sal timi cu hmingsintlak zet a si (Tirh 15:36-40).

Pehtlaihawknak cu thil thar a si lo. A liamcia kum pawl ah Adventist kawhhran cu leitlun huap ih a karhzai vivo ruangah a thleng aw nasa. Harsatnak phun dangdang cun pumkhatnak a hniksak rero. Himi pumkhat sinak cu kawhhran hmunkip ah hmuh theih a si.

Ziangtin aw na umnak kawhhran ahkhan kan pumkhat awknak siatsuah ter theitu hnatuan a mal deuhnak dingin na buah ding? Tualsung kawhhran hrawng ahhin hivek buainak um mi pawl hi ziangsaw an si? Cumi thuhla ah ziangthil buah a theih?

NITHUM NI (TUESDAY)

March 24

Famkim le tlamtlin ih din

Taima zetih tumtahnak nei hringnun le taima zetih tumtah mi nei kawhhran thuhla hi cabu tamzet ah ngan in a um. “Taima zetih tumtahnak” timi cu a dik ciah zik lo, “hmuitin nei tumtahnak” timi cun hlawhtling dingih sullam neizet taimaknak lam a khihhmuh deuh. Paul nun ih a hnatuannak khal a hnatuanpi le tirhthlah dang pawl vekin himi ruahnak hi an rak khihhmuh thluh(*zoh aw, Filipi. 3:13, 14*). Cuimi pawl cu a rah in a phuang suak thluh – thuthangtha cu Rom uknak rampi le hmun dangdang ah zamrang zetin a darh (*Kol. 1:23*). Cuvek ih hmuitin nei hnatuannak cu tuisan khalah a tul zet a si.

Siar ding: Kolose 4:12, 13. Ziangmi tumtahnak saw a rel, ziangtin saw hlensuah a si theidan ding?

Zirlai hmaisa ih tarlang vekin Kolose le a kiangnai ih um khawpi Laodicea le Hierapolis pawl ih thuthangtha thehdarhnak lamah Epafra hi a tangkai zet in a lang(*zoh aw, ZIRLAI 1*). Himi kawhhran pawl hrangih a thlacamnak le cibai a buknak hin cutawk ih um zumtu pawl cu nasa zetin thazang a pe timi cu rinhlel ding rual khal a si lo. Epafra thlacamnak ih a hmuitin mi cu a fiang zet – Kolose pawl in “Pathian duhzawng hmuahhmuah ah famkim le

tlamtlin ih an ding” theinak dingah a si (*Kol. 4:12*). Himi thlacamnak ih thil thupi zet relmi pawl hi fimkhur zetin ruat hnik sehla:

Ding. Tongfang ih sullam cu fek zet le thawn theih riailo ih ding tinak a si. Cumi cun thuthangtha thutak rinsan ngamnak le zumnak ah “hrambun le hnget khoh” tinak a si ko ding (*Kol. 1:23, NKJV*). Hivek tongkam thotho hi Paul cun “khawse lal ih bumnak pawl” (*Efesa. 6:11*) donak le “Pathian ralthuam hmuahhmuah” (*Efesa. 6:10–18; zoh kop aw, 2 Tim. 2:19*) hruh in Pathian huham hmangin thimnak ih huham donak relnak pawl ah voi tam zet a hmang.

Famkim. Himi tongfang cun ziaza famkimnak a khih hmuh, cumi cu “a thleng zo” (*Filipi. 3:12–15, NIV*) a tidah lotu pawl cun duhdawtnak raithawinak(*Matt. 5:44, 48*) ih tarlang mi netabik an hmu ding a si.

Tlamtling. Himi thiltitheinak tongkam sullam cu lungawinak famkim asilole tahfung famkim dingih thil ziang simaw kengmi tinak a si. Minung hrangah thil cang thei lo khal sehla, Pathian in a thutiam mi cu a buah tengteng ding a si tiin Abraham in a “rinsan famkimnak” ih hman mi a si (*Rom. 4:21, NKJV*), cule Paul in amah thawngin “thucah cu famkim zetih phuang” (*2 Tim. 4:17, NKJV*) a si theinak dingah Bawipa in Paul cu cahnak a pe a si.

Pathian duhzawng hmuahhmuah. “Hmuahhmuah” timi cu theihthiam ol zet mi a si. Paul amah rori in Kolose mi pawl cu Pathian duhzawng theihnak in an khat ih, “sunlawinak huham” (*Kol. 1:11, NKJV*) thawngin “Bawipa ih nung tlak dingin le ziangkim ah a lungawi ter dingin” (*Kol. 1:9, 10, NET*) thlacamnak a nei .

NILI NI (WEDNESDAY)

March 25

Hi leitlun ah nung khal sehla, cumi ih ta si lonak

Siar ding: Kolose 4:14, 15 le 2 Timote 4:10, 11.

Ziangruangah saw Luka hi Demas thawn an bangawk lo, ziangruangah saw?

Tirhthlah Johan cun, “Khawvel hi duhdawt hlah uh, khawvel ih um thil pawl khal. Zokhal in khawvel a duhdaw a si ahcun amah ah Pathian ih duhdawtnak a um lo” tiah in rak ti (*1 Johan 2:15*). Luka cun Jesuh le A lalram a duhdawtnak hin a net tiangin Paul kiangih ding ringring dingin a kaihruai, asinan Demas cun a ra um lai dingmi leitlun hnakin hi leitlun a duh sawn.

A hnuai ih Bible cang ummi pawl hi siar aw. Jesuh voi- 2 rungumnak hngaktu pawl hrangah ziangmi thuron pek in a um?

1. *Mark 13:32–37* _____

2. *Titus 2:11–14* _____

3. *2 Pet. 3:10–14* _____

4. *Rev. 3:17–21* _____

Jesuh le tirhthlah pawl cun “ralring” dingah ralrinnak in rak pe. Bawipa a rat tikih mangbang ih kan um lonak dingah ralring cia ringring ding kan si. Vansiat thlak zetin, “ralrin uhla, thlacam uh” (*Marka 14:38, NKJV*) tiih Jesuh thupek a thlun lo tu dungthluntu pawl vek ciah in, timlam awknak a tul zet mi ah zianghman thil an tuah

lo ding. Ziang mi in, asilole zo in saw kan thinlung neitu timi ah a thum aw ding, ziangahatile bawi pahnih kan rian thei lo a si.

Laodicea kawhhran hnenih cakuat ahkhan Jesuh cun fiangzet in sii in pe. Pakhatnak, Kan sual sir ding hi a si. Pahnihnak ah, Jesuh hrangah kan thinlung kan ong dingih, Amah ih in kaihruai ding hi rem kan rak ti ding a si, cuticun (pathumnak) hniksagnak hmangih fiahnak le thlemnak nehtu zumnak le duhdawtnak “sui” cu kan co ngah ve ding a si.

Na nun ah Khrih in siraw dingih a lo ngen men thei mi kha ziangsaw a si? A sii ahkhan na tulnak bik te kha ziangsaw a si?

NINGA NI (THURSDAY)

March 26

Laodicea hrang ih thuchah

Siar aw: Kolose 4:16–18; zohthim aw, Kolose 2:1–3. Jesuh in Laodicea hnenih thuchah kha vun ruat awla, (mani sun ih zirlai ah zoh aw) Paul ih san lai ah Laodicea kawhhran khal ih an siar thei thotho dingmi Kolose ih um mi kha ziangsaw a si?

Kum tamzet Pathian minung pawl hnen ih a thleng mi harsatnak vek thotho kha a thleng rero lai. Profet pawl cun Israel pawl in leitlun mi pawl vekih cibai buknak neih an duh rungah nun an sim ih, a tlai hlanah sualsir zangzang dingin an forh rero. Isaiah cun tap pah in, “ziangtin saw khawpi rinum zet cu hlawhlang ih a can theih!” tiah a ti (*Isa. 1:21, NKJV*) Cule mipi pawl hnenah sual ngaidamnak le thianghlimnak ngen in Pathian hnen ih kirsal dingin an a fial (*Isa. 1:16–20*). Tipil petu Johan (*Matt. 3:2, 8–10*) le Jesuh (*Matt. 4:17, Matt. 12:33–37*) cun Israel pawl hnenah sualsir dingin le ni neta thuthennak ah hniksagnak ih ding thei rahtha suah dingin an sawm. Tirhthlah pawl khalin cuvek thuchah an

phuang ve a si (*Tirh 2:38; Tirh 3:19; Tirh 17:30; 2 Kor. 7:9, 10*).

A hnuai ih Bible cang um mi pawl khi zohthim thluh aw: *Isa. 60:1–3 cu Thup. 18:1–4 thawn, ccule Isa. 62:1–5cu Thup. 19:7, 8 thawn. Himi cabu pahnih sungih thucah umi karlak bangawknak cu ziangsaw a si?*

Pathian cun lei le van a pumkhat ter ding. Asinan doawknak ropi ruangah a sangsang ten buah suah thluh a si ding.

1. Kalvari tlang ahkhan Satan cun van mi pawl lakih amah an nginatnak cu a hloh thluh zo (*Johan 12:31*).

2. Van hmun thianghlim ah Khrih ih thuthen hna a tuannak thawngin Pathian minung pawl cu “A duhzawng buah dingin hnatuan tha pohpoh an famkim” (*Heb. 13:21, NKJV*) ih, van kai dingin an tling a si.

3. Kum thawngkhat uknak le Kum thawngkhat uknak a cem hnu ih thuthennak netabik ah thusuhnak pawl hmuahhmuah cu relfel thluh a si ding ih, sualnak le soal sir duh lo pawl hmuahhmuah cu kumkhaw mei lipi sungah siatsuah an si ding ih, cumi cu leilung thenfainak ding a si (*Thup. 21:8*).

4. Soal a cemral hnu lawngah lei le van cu a netnak ah an pumkhat aw thei ding a si (*Thup. 21:3*).

Pathian ih in pek mi thudik ah le Amah Pathian ih rinum ringring theinak dingah ziangsaw na buah thei mi um? Cumi cun na thinlung neitu ngaingai tarlangnak dingah ziangmi duhhriknak saw na buah?

NIRUK NI (FRIDAY)

March 27

Ruahbet ding: “Khrih hnenih a pe aw tu pawl cu Khrih ih ralruang kulh an si ih, leitlun sia zet ahhin Khrih cun a kai hnet ringring a si. Amah thuneihnak ti lo cu thuneihnak dang zianghman lut ter sian a si lo. Van

kilkhawinak hnuai ih um nun cu kulh hnet zetih um mi a si ruangah neh tum in satan in run bei khal sehla, a neh lo ding. Khrih ih kaihruainak ihsin kanmah ten kan suak ahcun sualnak cun in uk ding a si. Leitlun ih thuneihnak co tum thiltitheinak nasa zet nei pahnih lak ahhin pakhat sawn tutu ahcun kan um tengteng cu a tul ding. Thim ih uknak hnuai ih um dingin thutluknak kan buah a tul hran cuang lo. Eng lalam kan hnong ih, van lam mi thawn kan pehtlahi awk lo cun satan cun kan thinlung a nei hngal dingih, hmunram an run buah ding a si. Sualnak doneh theinak ding umsun cu Khrih dingfelnak rinsannak thawn thinlung ih Khrih umter hi a si. Pathian thawn kan pehzom aw lo a si ahcun mah leh duhdawt awknak, mai duhzawng nomtawlnak, soal dingih thlemnak tivek pawl hi kan doneh ding rual an si lo. Kan buah theumi thiltha lo tam zet kan bansan thei ih, tikcu caan ziangzat lai simaw satan thawn pawlkom awknak khal kan tlansan thei ko; asinan Pathian thawn pehzom awknak nung zet kan nei lo ih, a hnen ih pek awknak zianghman kan nei cuang lo ahcun nehshah in kan um ding. Khrih thawn theih awknak kan nei lo ih, amah thawn pawl awknak nung a nei ringring tu kan si lo ahcun doral zangfahnak hnuai ah kan um dingih, a netnak ahcun a duh mi pawl kan buah ding” .”—Ellen G. White, *The Desire of Ages*, p. 324.

RELKHAWM DING THUSUHNAC PAWL:

1. A tlun ih Ellen G White ih rel mi kha zoh aw. A dik si, doawknak ropi ah kap hnih thil a um, Khrih kan hril lo ahcun satan lam kan si tinak si ko (*Luke 11:23*). Cumi ruahnak cun kan lungput ti buai zet khal sehla, Pathian in a simmi thudik pawl in mi a thinhengter lo ding ti a fiangter a tul lo. Himi cun Khrih hnenih na duhzawng na pek mi cu a thupi ngaingai a si timi ziangsaw a rel?

2. Siar ding: Thuphuan 14:14–16. Penticos ih ruah hmaisais cun thangtha ci a tuh ih, a thangso ter, cumi lai ah ruah neta cun rahseng netabik ding hrang leitlun ah timlamnak a tuah. Himi ruahnak thawn ziangtin saw Thuphuan 14:12 hi an pehtlahi awk?

3. Ziangvek lamzin in saw kawhhran zawng khal in, bulpak zawng khal in zumtu pawl hi kan umnak leitlun le nunphung ih in ciahneh dan dangdang pawl hi ziangsaw an si? Kum reizet Pathian minung pawl hrangih buainak a si ringring mi leitlun ih thiltha lo pawl ihsin kan kilhim awk thei ding?

MORNING WATCH
(Nitin Bible siar ding)
JANUARY

1. Ninga ni	Thupuan	22:13
2. Niruk ni	Matthai	11:28
3. Sabbath ni	Johan	15:5
4. Nikhat ni	Isaiah	11:1
5. Nihnih ni	Matthai	22:14
6. Nithum ni	Matthai	6:29
7. Nili ni	Tirhthlah	14:1
8. Ninga ni	Efesa	6:10
9. Niruk ni	Johan	16:1
10. Sabbath ni	Galati	6:14
11. Nikhat ni	Isaiah	18:1
12. Nihnih ni	Matthai	6:15
13. Nithum ni	I Korin	20:1
14. Nili ni	Johan	15:15
15. Ninga ni	Hebru	7:26
16. Niruk ni	Johan	8:58
17. Sabbath ni	I Piter	1:18,19
18. Nikhat ni	Zefaniah	3:17
19. Nihnih ni	Isaiah	60:1
20. Nithum ni	Johan	1:11
21. Nili ni	Hebru	2:17
22. Ninga ni	Suahlannak	14:14
23. Niruk ni	Johan	3:17
24. Sabbath ni	Thupuan	14:12
25. Nikhat ni	Jeremiah	30:17
26. Nihnih ni	Sam	119:68
27. Nithum ni	Matthai	21:37
28. Nili ni	Matthai	7:20
29. Ninga ni	I Piter	2:21
30. Niruk ni	Matthai	9:20
31. Sabbath ni	Isaiah	9:6

MORNING WATCH
(Nitin Bible siar ding)
FEBRUARY

1. Nikhat ni	Tirhthlah	16:9
2. Nihnih ni	Mikah	5:2
3. Nithum ni	Johan	15:2
4. Nili ni	Matthai	25:36
5. Ninga ni	Sam	34:15
6. Niruk ni	Johan	2:6
7. Sabbath ni	Luka	21:27
8. Nikhat ni	Luka	19:9
9. Nihnih ni	Johan	6:10
10. Nithum ni	Rom	7:18
11. Nili ni	Johan	1:3
12. Ninga ni	I Korin	2:9
13. Niruk ni	Luka	22:43
14. Sabbath ni	Johan	11:21
15. Nikhat ni	2 Korin	4:6
16. Nihnih ni	2 Korin	4:6
17. Nithum ni	Ezekiel	3:17
18. Nili ni	Thufim	18:24
19. Ninga ni	Johan	2:19
20. Niruk ni	Luka	2:29,30
21. Sabbath ni	Matthai	13:35
22. Nikhat ni	Suahlannak	34:33
23. Nihnih ni	Johan	13:8
24. Nithum ni	Hebru	10:10
25. Nili ni	Johan	3:16
26. Ninga ni	Thupuan	15:4
27. Niruk ni	2 Timote	3:12
28. Sabbath ni	Isaiah	53:2

MORNING WATCH
(Nitin Bible siar ding)
MARCH

1. Nikhat ni	Rom	8:34
2. Nihnih ni	Luka	17:25
3. Nithum ni	1 Piter	1:3
4. Nili ni	Johan	3:19
5. Ninga ni	Thupuan	6:2
6. Niruk ni	Johan	6:38
7. Sabbath ni	Luka	12:12
8. Nikhat ni	2 Korin	5:19
9. Nihnih ni	Johan	5:17
10. Nithum ni	Johan	3:14
11. Nili ni	Johan	15:4
12. Ninga ni	Sam	32:8
13. Niruk ni	Hebru	1:3
14. Sabbath ni	Rom	1:20
15. Nikhat ni	Tahhla	3:22,23
16. Nihnih ni	Rom	12:2
17. Nithum ni	Mikah	5:2
18. Nili ni	Filipi	2:7
19. Ninga ni	Johan	10:27
20. Niruk ni	Marka	4:14
21. Sabbath ni	Matthai	9:2
22. Nikhat ni	Marka	16:18
23. Nihnih ni	Johan	9:4
24. Nithum ni	Johan	13:13
25. Nili ni	Matthai	11:29, 30
26. Ninga ni	Luka	19:10
27. Niruk ni	Hebru	7:25
28. Sabbath ni	Marka	9:35
29. Nikhat ni	Kolose	4:6
30. Nihnih ni	Matthai	13:52
31. Nithum ni	Johan	14:2