

KHANGCING SABBATH SCHOOL  
LAISIANGTHO SINNA

**Clinton Wahlen**

*ရေးသားသော*

**Vantung leh Leitung Gawmtuah:**

**Filippi leh Kolose sung aa Khris**

*စာအုပ်အား*

**သိက္ခာတော်ရမ္မဆရာ ဦးမိုးခိုင်ငိုခေါ်နန်မှ  
တီးတိန်ချင်းပြန်ဆိုသည်။**

January, February, March  
2026

Sabbath School Lesson  
တီးတိန်ချင်းဘာသာ

**ထုတ်ဝေသူ**

ဦးဖိုးဖိုးလှ (၁၀၅၈၉)

ဥက္ကဋ္ဌ

ခရစ်တော်ကိုမျှော်လင့်သောသတ္တမနေ့အသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့

**ပုံနှိပ်သူ**

ဦးဖုန်းနိုင် (၁၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

အုပ်ရေ - ၁၂၀၀

ဓမ္မဒါန

ပထမအကြိမ်

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## Vantung leh Leitung Kipumkhatnak

Na nasep ngeiteng lakpan a haksa pen ngaihsun in. Bangin haksa sak hiam? Nang' lam-etna hang maw, hun hong kitawm piaklua maw, a nihmah maw? Tua vaipuak tungah nangma lungsim puak maw? Naseppihte hang hizaw maw? A kizo ngeilo ding nasep ahih hang maw leh?

Hotkhiatna' ngiimna lungngai kik dih ve: Vantung leh Leitung ki pumkhatnak hi. A hitheilo ding pi maw? Mihing' lungsim tawh bel hithei mah e. Zeisu in zong van a kahtoh madeuh in, a piang theilo ding bang ahi vaipuak khat nungzuite nutsiat hi: "*Note pai unla mi khempeuh Keima' nungzui suaksak in; Pa' min, Tapa' min, Kha Siangtho' min tawh tui sungah naphum un. Tua ciangin note tungah ka hong gen thute khempeuh a zuihna ding un nahilh un*" (Mate 28: 19, 20).

Tua a piangtheilo ding bang ahi vaipuak namdangte lakah sem ding in Zeisu in Paul sawl hi: "*Pasian'teel mite omna mun a amau' omna ding mun sanah hong omtheihna ding un; Keimah hong upna uh tawh a mawhna uh akimaisak theihna dingin Satan' khut sung pan Pasian' khutsungah a heikhia ding leh, khuamial panin khuavak lamah hei in amituh khua a musak ding pa nahi hi hong ci hi*" (Sawl. 26: 18).

Pawlkhath bang tuabang nasep pia leng khutlamsa in taisan phial ding uhhi. Bang peuh ahi zongin tuabang munte a ding Zeisu' kamciam pampaih huailo hi. Sawltakte tung ah Amah in "*Hun bei dongin note ahong ompih tauntung ding kahihna phawk un*" (Mate 28: 20). Zeisu mahin Paul kiangah "*Keima'na sem dingin a hong sawl dingin nang tungah a hong kilang kahi hi*" (Sawl. 26:16).

Tomgen leng, Zeisu in mihing a ding a piangtheilo vaipuakte eima' thatang tawh semlo in; Amah tungah kinga in semin tangtun dingin hong pia hi. Amah in septhaih na'ng vang pialo pipi in nasep pia ngeilo hi. "*Mihing' lunggulhna leh Pasian' lunggulhna a ki gawmkhawm ciangin mongneilo vangliatna hong suak hi. Ama' hong sawlna peuhmah Ama' thahatna mahtawh ki tangtun hi. Ama' thupiak peuhmah lampi honsak hi*"—Ellen G. White, *Christ's Object Lessons*, p. 333.

A lamdang mahmah khat, Paul in Colossian a gelhlai in lungdamthu pen "*leitung khempeuh ah kihilh khin hi*" (*Col. 1: 23*) cih. Ahihhang mikim in bel sang zolo uhhi. Nung zuite tungah Ama' thupiakna (*Mate 28: 18-20*) leh Paul tungah a thupiakna (*Sawl. 26:16*) entel mahmah lehang; mi khempeuh kikhel ding cilo a, nungzui suak dinguh cih kamciam pialo hi. Lungdamthu pen "*mi khempeuh tungah teci ahi dingin leitung khempeuh ah ki hilh ding a, tuakhit ciangin beina hong tung ding hi*" (*Mate 24: 14*). Hih teci koibang hi na sa hiam? Koibang in a tangtung tam maw?

Tu quarter sungin Philippi mite leh Colossae mite tungah Paul' laikhak kisin ding hihang. Kibatna honpi khatmah nanei uhhi. Tuata khempeuh lakah, vantung leh leitung a ki pumkhat sakthei Christ hong pulak uhhi. Jacob in amuh van leh lei kikal ah a kikhung kahlei pen Amah ahi hi (*Pian. 28: 12; John 1: 51*).

Hih laikhakte kisinna pan, Zeisu' lampan ending hihang. Christ in eimah hong gup nading in Ama' vangliatna khempeuh nusia cih phawk ciicai ding hihang. Paul in Philippi ah pawlpi khat, Amah'n khatvei beek zong a hawh theihlohna Colosae ah zong pawlpi khat gaalphuh in, amah ahihleh thongsung peuhah na buai mahmah cihte mu ding hihang. Tua laitak mahin Paul in "*leitung huam*

*pawlpi*" khat Rome thongsung panin gaalphuh leuleu hi. Ama' hun tomlua mahmah ta cih Paul in theita ahiah manin pawlpi leh vantung ama' hihtheih zahin ki pumkhat sak hi. Tua banah Mangmuhna 14 sunga Pasian' thupiakna om bangin "*vanmi thumte thupuakte*" in, van leh lei kipumkhatna ahiah lamtak amah'n hong theisak hi.

*Clinton Wahlen, Ph.D., in General Conference; Biblical Research Institute ah associate director ahi hi. Amah in Laisiangthothak, laimal letkhiatna, leh Adventist tangthu ah siam mahmah hi. Amah in Germany, New Zealand, Russia, United Kingdom, leh Philippines ah nasem ngeikhin hi. A zii Gina hi a, a khankhinsa tapa nih, mo khat leh tuu nih neita uhhi.*

**Lesson 1**

December 27-January 2

**Bawlsiat Thuak Hang Hong Kinusialo****SABBATH NITAKLAM**

**Tukalsung Simding:** *Eph. 3:1; 2 Cor. 4:7-12; Sawl. 9:16; Philemon 15, 16; Col. 4:9; Phil. 1:1-3; Col. 1:1, 2.*

**Kamngah:**

**“Topa sungah lungdam tawntung un; Kong cikik hi, Lungdam un!”** (*Philippians 4:4*).

**Adventist** pastor khat pen, thumaanlopi tawh kimawhsak in kumnih bang thong kia hi. Acil lamin lung himawh mahmah hinapi, ama’ nasep na’ng mun Pasion in a piakna a hihlam hong phawkthei hi. A thongkiatpih te un amah pastor khat ahihlam a theih uh ciang un, thu hilh dingin ngen uhhi. Amah’ zong thu hilh in laihawm zong pia hi. Thongkiate tuiphum thei in neekkhop zong piathe hi. “Thongsunga Pasion’na sep mawkbek haksatna a omtei hang; thungetna hong kidawn a nundan hong kikhel takciang bel lungnuamlua mai” cih.

Philippi leh Colosae pen Paul in thong sungpan in gelh hi (*Phil. 1:7, Col. 4:3*). Philippi bangpen, Paul leh Silas tegel thumaanlo in kimawhsak in, thongcingpa in “*amau’ khete singkolpi sungah gakcip sak*” (*Sawl. 16: 24*) cih. Zankim ciangin amaugel “*Pasion tungah thungen in la a sakuh ciangun, thongkia dangte in amau’ thungetna leh lasakna a ngai uhhi*” (*Sawl. 16: 25*). “**lungdam tawntung**” dingdan thei taktak uhhi.

Tukalsung in Paul’ phutkhak thuteng kisin ding hihang. Ama’ tunga thupiang teng panin, a zaizaw ngiimna khat mukhol gige hi. Eima’ phutkhak thute a dingin Paul kiangpan bang pilna peuh kingah thei ding cih thute kisin ding hihang.

**SUNDAY**

December 28

**Paul, Zeisu Christ’thu tawh Thongkiapa**

Philippians leh Colossians tepen Paul in thong sungpan in a gelh ahah manin thong laikhak peuh kicihsak hi (*Ephesian leh Philemon zong*). Thukan a tamzaw in AD 60-62 kiimteng Paul in Rome pan a gelh hiding in um uhhi (*Sawl. 28: 16*).

**Ephesians 3:1 leh Philemon 1 simin. Paul in ama’ thongkiatna pen koibang in lim thupi puasak hiam?**

Paul in, Zeisu Christ a ding nasepna in ama’ nuntak hunting paikhia hi. Tua nasepna ah thongkiat a kihelkhak leh zong, amah a kizosa ahi hi. Paul in amah pen “**kolbulh taang mi khat**” (*Eph. 6:20*) kici hi. Pasion’na sepna khualzinna ah pawlpi phut in, Topa a ding nasepna kisinsak hi. “*Hih sikkolte lotawh zong na kisemthei veve napi ing in, abang dingin hiteng ah om thapai keei kahiam?*” zong cikha sop ding hi. Timothy nihna a gelhlai in thong kiakhin tham hi. Tua hi a, laisiangthothak laibu a tawmpen bunga peuhmah pen thong sungpan a kigelh hingel hi.

Tua laikhakte khatbeek in zong, Paul koi ah thongkia cih pulaak lo ahah manin; pawlkhat in Ephesus leh Caesarea khat teitei hiding ci uhhi. Cihte hang, Laisiangtho sung ah Ephesus ah thongkia cihna peuhmah om vetlo hi. Caesarea hihtuak pen aci zong om hi. Philippi laikhak a gelh hun laitak zong Paul’ nuntakna a ding a lauhuai pen hun ahi hi (*Phi. 1: 20; 2:17*).

Hih laikhak sungpan Paul in koi ah thongkia cihpen theihna ding thuno khat om kiu kiau hi. Amasapen in tualai ah gal zumhpi om hi. Jerusalem ah Zeisu pen Pilate mangpipa' maiah aki thusitna mun (*Mate 27:27; John 18:33*), leh Caesarea ah Paul a thongkiatna mun (*Sawl. 23: 35*) tawh akibang ahi hi. A hizong in Paul in tua kammal pen a mun a cihnopna sangin a mite a cihnopna hizaw hi. Lungdamna thu pen “*kumpi'zum sung khempeuh*” (*Phil. 1:13*) ki zel cihhi. Rome khua sungah kumpipa leh ama' thongkhiat mite a kembit galkap teeltuam 9,000 om hi.

Paul in thu um mite' dawntuahna kammalte “*Caesar' baangkua*” (*Phil. 4:22*) dong in puak hi. Tua thu hangin Paul pen Rome ah thongkia hi a kumpi innkuan nasemte tawh kizopna nei cih hong theisak hi.

**Eima a ding a haksatpen hunin koibang in a hoihipen in semkhia thei veve ding ihi hiam? Banghang in tuabang thute baih kinken lo thei hiam?**

**MONDAY**

*December 29*

**Paul Sikkhau tawh Kihen**

Macedonia ah a omlai in, Paul in a thongkiatna tamveipi pulaak (*2 Cor. 6:5; 11:23, 2 Cor. 7:5*) hi. A kiciamteh masapen in Philippi ah (*Sawl. 16:16–24*) ahi hi. Tuakhit a zom, Caesarea thongah a kisuan madeuh in zong Jerusalem ah kia masa hi.

Mun tampi ah Paul in “*thongsungah ka omlai*” (*Philem. 10, 13*) ci zelzel hi. Rome ah inn sungah a kikep lai in teeltuam Rome galkap khat tawh kihenkop hi. Kum zalom nih kipatlam in *Ignatius* kici Christian khat zong kiman kha a, tuapa in Rome galkapte pen “*gamsa gilote ... phatbawl leng gilo semsem*” naci hi —Michael W. Holmes, ed., *The Apostolic Fathers* (Grand Rapids, MI: Baker Academic, 2007), p. 231.

**2 Cor. 4:7–12 simin. Hih munin, Paul in a haksatna thuakte koibang in kantan zo thei ci hiam? Ama' nuntakna a ding mungtuppi bang hihtuak hiam?**

Nuntakna bangzah haksa taleh, Paul in a taangzaw na lam muthei a, lungkhamna sungah thahatna ngahthei veve hi. Satan in koibang peuh sawksawk taleh Paul in amah ki nusialo cih thei gige hi.

**2 Cor. 6:3–7 simin. Haksatnate a thuakzawhna dingin Paul in bang khalam bulkip nanei kha hiam?**

Eite mahmah in eima dinmun, eima' thenemna leh eima' nung thute peuh tawh thanem lawh thei hihang. Gitlohna tawh galkido ciangin gualzawh theihna ding Pasion' hong vaihawmsak nate zong phawk kik zelzel kul hi. A thupi penpen Laisiangtho “*thumaan kammal*” hi a; midangte in zong khialhna tampi takte lakmah pan a gualzawhna pan in pilna kingah thei hi.

Kha Siangtho in zong “*leitung Tankhiapa in a kizam bangin hong gual zosak hi. Tua Kha mahin lungsim hong siansuahsak hi. Tua Kha tungtawn in, thu umte in vantung' omzia neitheu uhhi. Akhang akhang in a kizangsuksuk siatna lamah hoinate zawh nading, Ama' pawlpi tungah Ama' omzia guan thei hi*”—Ellen G. White, *The Desire of Ages*, p. 671.

**Eite pawlpimi leh siate khempeuh in koibang in “eimah Pasion' nasemte kicitawm” thei ding ihi hiam (2 Cor. 6:4)? Bang a cihnopna hiam?**

**TUESDAY**

*December 30*

**Philippi ah Paul**

Paul' khualzinna nihna, Timothy hong kibeblap khit deuh ciangin, Asia gamkee lam paisuak zomlo dingin Kha Siangtho in khaam hi (*Sawl. 16:6*). Paul in zan in a mumang

sungah mikhat in “*Macedonia gamah hong pai inla, kote hong huh in*” (*Sawl. 16:9*) ci in kiko hi. Amau zong Macedonia tawh akinaipen tuipegei lam manawh in, Troas panin kipan Aegean tuipegei kantan in Europe gam **Neapolis** khua a pai uhhi. Tualai ah thuhilh lozaw in Paul, Silas, Timothy leh Luka te in Philippi lam manawh uhhi.

Paul in a nasepna peuhmah limtak in geelkhol hi. Philippi pen Macedonia gam ah khua thupi pen ahi hi (*Sawl. 16: 12*). Roman Empire sungah pahtawina a ngahpen khuapi khat zong ahih manin **Ius Italicum** ci in pahtawi theihtawpna minhoih ngah hi. A khuami te in zong Italy gamsung a om khua tetawh a kibang in hamphatna tuamtuamte ngah a, phiangsiah leh mihing siah zong peng uhhi.

Tua khua a piang mipeuhpeuh pen Roman gam mi hihna ngah pahpah hi. Rome gamleh nisuahna lam gamte kizopna lampi **Via Egnatia** dungah a omna zong a thupitna khat ahi hi. Tuabang munah Christian a omna zong pen a kiim leh pam khuate Amphipolis, Apollonia, Thessalonica leh Berea (*Sawl. 17:1, 10*) cihte ah lungdamthu kizelhna ah nuamtuam mahmah hi.

Zalom masa kipatcil lamin Philippi khua zum-pau pen Latin pau a hihna zong Latin pau tawh a kigelh tanglai lai kigelh te in hihtuak sak hi. Philippiian 4: 15 sungah Paul in Latin aw-kaih tawh no **Philippçsioi** mite aw ci in Roman gam mite ahihna uh kipsakna pulak saklai hi. Bangbang hitaleh, mipi taangpau pen Greek hi a, tua kiim a khualian khuaneu khempeuh ah lungdamthu kizeelna zong hipah hi.

Paul leh a pawlte in gungei thungetna ah hong beelpawl a, **Lydia** leh a innkuan in hong kikhelna thu Luka

in pulaak hi (*Sawl. 16: 13-15*). Puan sandup zuaknu zong hi a, Paul’ Pasion nasepna ah Philippi panin sum tawh a panpihte lakah khat ahi hi. Paul leh Silas tegel in a thongkiatna panin thongcingpa leh a innkuante hong piangthak sak hi.

Bawlsiatna tampi takte lakmah ah, Europe gamsungah lungdamthu a kizeelna ding in Philippi khua pen tuipegei khuapi thupi pen ahi hi. Gitlohna, siatna leh hibang dinmun tampite om mahtaleh, kuama phak zawklohna ding munte zong kiphazo hi.

**Sawl. 9:16 simin. Hih thute in Paul’ haksatna teng koibang in hong telcian sak hiam? Eima’ haksatna zong koibang in hong telcian sak hiam?**

**WEDNESDAY**

*December 31*

**Paul leh Colossae**

Paul in Colossae ah vapai in, a Pasion’ nasepna ah gualzawhna cihbang ciaptehna peuhmah om ngeilo hi. Amasa in, Colossae mi **Epaphras** (*Col. 4:12*) in tuakhua ah lung-dam thu hongtun hi (*Col. 1: 7*). Amah koici kikhel aitam? 50 kum kiimteng in Paul in Ephesus khua naina ah a omlai in, “*Asia gamsunga om Jew mite leh Gentile mi khempeuh in Topa’ thu a za uhh?*” (*Sawl. 19:10; leh 20:31*).

Hihmun tengah lungdamthu kizelhna thu Mangmuhna in teci napang *hi* (*Mang. 1: 4*). Paul’ nasepna hangin Colssae ah Pasion’ thu a kizelhna a uanggen penna ah, Asia gam kee te lakpan a thupipen Ephesus khuapan a za masapen te hang ahi hi. Epaphras in Paul’ thuhilhna Ephesus pan naza a, Paul mahtawh nasem khawm kik in, ama’ khua Clossae ah lungdamthu hong tun hi.

Tua khua in Laodicea khua pan nisuahna khanglam ah tai 9 (km 15) ah om a, aki tawhkik laitak ahih manin,

tua kuam khuadangte thu sangin tuakhua thu theihna tawmzaw hi. Jew mite ahoih khom khatmah teenguh a, “**Phrygia huam ah Jew mi tulsawm bang teeng**” ci uhhi.— Arthur G. Patzia, *New International Biblical Commentary: Ephesians, Colossians, Philemon* (Peabody, MA: Hendrickson Publishers Inc., 1990), vol. 10, p. 3.

Colossae ah sum kiseekte tungtawn in Roman khuate in pasian tuamtuan te bia uh cih honglak hi. Tua dawibiakna in ngeina khauh mahmah nei uh ahih manun; Christian te in zong khuasung ah Pasion’na sepding cih thadah, lungdamna thumaan upna tungah kip kho ding zong tona lianpite om hi. Colossae ah Christian mithupi khat in Philemon hi a, Epaphras tawh ahun kibangin hong kikhel hihtuak hi.

**Philemon 15, 16 simin. Colossian 4:9 zong simin. Philemon in a silapa Onesimus pen koibang dan in manzaw ding cih hanthawn hiam?**

Onesimus pen a topa Philemon kiangah Paul in a puakkik ding Roman thukham om hi taseleh, Paul in Philemon kiangah thu ummi’ lungsim nei in Onesimus pen sila bang hilo; sanggam bangin a muh ding thuumsak hi (*Philem. 16*).

**Sila khawi dan nam tampi omte Paul in siahuai sa a hiteita zongin, hiteng ah Paul’ kammal zatte koibang in hihthei ding ihi hiam? (America ah sila khawi hunlai in EGWhite in, a suakta sa sila te amau’ munah puakkik ding cih thukham hoih a saklohzia Adventist te kiangah a genkhiatna ngiahsun in.)**

THURSDAY

January 1

**Philippi leh Colossae ah Pawlpite**

**Philippians 1:1–3 leh Colossians 1:1, 2 simin.**

**Philippi leh Colossae ah pawlpite koibang in ki pulaak a, bang thupitna neiciat uh hiam?**

Paul in a pauzangsehna ah tualai a om Christian te pen “**misiangthote**” ci a; amau pen ki tuiphumna tawh Pasion’ teeltuam mite; Israel mite’n vun-aatna tawh (*Pai. 19:5, 6; 1Pet. 2:9, 10*) “**minam siangtho**” a suah uh mahtawh a kibang ahi hi. (*Hihpen Rome pawlpi in amau’ ngeina tawh misiangtho sungah a kikhum uh tawh kibanglo hi*).

Hih laikhak tegel sungah vaimuakna kammalte kizawitawn mahmah hi. Paul in Philippi te pen “**siate leh upate**” (*Phi. 1:1*) ci in, Colossae mite pen “**Christ sungah thu um sanggamte**” cih. Laisiangthothak in “*a citak sanggamte*” a cih ciangin, amau un zong pawlpi sungah vaipuak khat nei uhhi (*Eph. 6:21; Col. 4:7; 1Pet. 5:12*). Tuabang ciangin Paul in pawlpi mitebek aci hilo in pawlpi makaite zong aci hihtuak hi. Ki ukna zumte nangawn acihnopna ahihna pen (*1Tim. 3:1–12; Titus 1:5–9*) ah leh, kipawlna mah kism ahihna hun masapen lai a pawlpi in zong teci pang hi.

Naseppih Timothy leh Epaphras tegel a pattahna zongpen Paul in ama’ nasepna a tangzai theihna ding a thupitsak mahmah khatmah ahi hi. Thukhat panin, gamkeek kawm in kipkho nading zong ngiimna khat zong ahi hi. Adventist maitaai te’n zong Laisiangtho thak sungpan pawlpi kipawlna etteh ahihna 1850 kumkiim a **Review and Herald** sunga laigelhte in pulaak hi.

James White in, “Laisiangthothak thupiakna pen Christ’ pawlpi puhna dingin kicing mahmah hi. I kisaplai leh zong humuapna tawh hong piathuah lailel ding hi”—“Gospel Order,” *The Advent Review, and Sabbath Herald*, Dec. 6, 1853, p. 173.

Paul in hih laite pawlpite tungah a khakma pekin, Jerusalem pawlpi a dingin makai dingte teelkhin zo hi (*Sawl. 6:1–6; Sawl. 11:30*). Tua mite pen “thumaan thupuakte in lungdamthu hangin a kikhelte pawlpi in a kipawl theihna ding etteh ding te” cih—Ellen G. White, *The Acts of the Apostles*, p. 91.

Paul in a thuhilh ciangin laikung laidal zong zang ahihna kician mahmah hi. Timothy zong pen laikhakpihpa ci in zong min neisak hi (*2Cor. 1:1; Philemon 1 enin*). Tua munah Paul in “**kote**” cilo in “**Kei**” a cihzawkna pen hih laikhakte nungah ama’ thuneihna om cihna zong ahi hi.

#### FRIDAY

January 2

#### Ngaihsutbeh ding:

“*Pasian in nangpen Khasiangtho leh thumaan upna sungah siansuahna hangin hotkhiat dingin hong sehsa ahi hi. Tua hi a, ding kip in. Citak takin Pasian’na nasepleh, hazaatna leh langdona na phukha ding a; thumaanlo takin hong ki mawhsak leh zong gal bawlkik kei in. Zong dokik dah in. Zeisu sungah na vang kemit zaw in. Vantung lamah na maitang tawh meisah sai in. Midangte in amau’ paunop bangbang pausak inla, amau hih nopbang hihsak phot in. Nang nahihleh Christ’ lungnemna leh kiniamkhiatna tawh thuak phot in. Ngiimna kip, lungsim siangtho, thaneihzah tawh Pasian’ khut len cinten in sem in. Nangma nasepna in a sangna lam ahihlah na theikha kei ding hi. Nangma manphatna pen nang a dingin a nuntakna hongpiapa nuntakna bektawh kiteh thei hi.*”

“*Christ sungah a khangto khate in lawpna tawh sauveipi hanciam hun uh hong tung ding hi; Khuamial vangliatna in khantoh na’ng lampite hong langdo ding hi. Ahihhang in Christ’ hehpihna ngahna dingin singlamteh en lecin, kilelthei ngeilo hi. Tankhiapa’ kam ciam in “Nang kong nusia ngeikei ding a, kong mangngilh kei ding hi. Leitung a beidong in nangtawh kahong omkhawm ding hi” —Ellen G. White, in The Youth’s Instructor, Nov. 9, 1899.*”

#### Kikupding Dotnate:

**1. Paul pen thumaanlo takin thong kia pahpah hi. Thu maanlo takin nang hong kihitheh na koici dawnthuk hiam? Tuabang hun ciangin bang Laisiangtho mun naphawk hiam?**

**2. Christian te bawlsiatna tawh kisai in, pawlpi masa makaipa Tertullian in “Kote mong dingin nong thah semsem uh ciangin, kote pung semsem zaw ung; Christian sisan in khaici hi” cih. —Alexander Roberts and James Donaldson, eds., Ante-Nicene Fathers (Peabody, MA: Hendrickson Publishers, Inc., 1999), vol. 3, p. 55. Tua laitak mah in bawlsiatna om kawikawi in pawlpi’ nasepna nasia takin nawngkai sak hi. Amau’ upna hangin bawlsiatna thuakte koibang in panpih thei ding ihi hiam?**

**3. Tukul i kamngah leh Paul thuak haksatna te ngaihsun khawm in. “Lungdam tawntung” a cihteh bang a cihnopna hiam? Koici hihthei ding ihi hiam? Na it na ngaih khat cina in si leh, nasep taan lecin, na pumpi naknat mahmah lecin. Tua thute telcian na dingin “Bang sungah lungdam tawntung ding hiam?” Eima dinmun tawh kisai hetlo in bangsung ah lungdam ding ihi hiam?**

**Lesson 2**

January 3–9

**Lungdamkoh leh Thunget na'ng a Hang Thu****SABBATH NITAKLAM**

**Tukalsung Simding:** *Phil. 1:1–18; 1 Cor. 13:1–8; Jer. 17:9; Col. 1:1–12; 1Pet. 1:4; Late 119:105; Isa. 30:21.*

**Kamngah:** “**Note sungah hih nasep hoih hong pankhia Pasion in, Zeisu Christ hong paikik hun ciang dong mi cingtaak nahih nading un hong huh ding hi**” (*Philippians 1:6*).

**Paul** in a laikhakna limlim lungdamkohna leh muakna kammal tawh kipan hamtang hi. “*I Pa Pasion in note tungah dikna leh nopsakna thupha hong tungsak taken. I Topa Zeisu Christ’ Pa Pasion tungah lungdamna kako tawntung uhhi*” (*Col. 1:2, 3*).

Paul mahbang in eite zong, i lungdam na'ng tamlua hi. Vantung mite' ngaihsut zawhloh zahdong in Pasion' hehpihna nakpi takin sang hihang. Tua mahbang in Pasion hong piak daihna in Pasion mah leh Ama' kiangpan hong luangsuk hong itna tawh hong kilemsak hi.

Mihing dinmun pan ahiehle midangte sangsiam in, amau' a ding i bawlsak sate hong saan ding lam-en in om ding bekmah ahi hi. Nulehpa in zong amau' tate un Pasion a it theih dinguh thungen ding uhhi. Amau' hanciamna in tulehtu ahipah kei zongin khatvei teitei a tate a hoihpen dinmun tungsak thei ding hi. Mihing hiphot ihih manin, khialhna tampi kinei kha mah ding ahihhang, tua khialhna te panin pilna sintoto thei zaw ding hihang.

T-2

Tukal sungteng, Philippians leh Colossians sungah Paul' kamhonna lungdam kohna leh a thungetna teng kisin ding hang a, eima thunget nundan hong thahat sakthei ding hi.

**SUNDAY**

January 4

**Lungdamthu Sungah Kikhawlkhawm**

**Phil. 1:3–8 simin. Paul in bang a dingin lungdamlua hiam? Philippi mite tungah bang luangmuan kikna pia a, banghang in thupi thei hiam?**

.....

Paul in Philippi ah pawlpi phut a; tualai panin Christian kikhawlhna hong kizeel cih zong ama' laikhakna sungpan kimuthei hi. Paul in a thongkiatna mah panin tai zasim agamla a om pawlpi mite pen ama' lungtang tungah pombikbek hi. “*Zeisu Christ’ lungsim zahmah in amaute it hi*” (*Phil. 1:8*); amaute a dingin Pasion lungdam ko hi. Vantung ah eite a dingin Zeisu in hong lailut in thungen ahihna zong Paul' thungetna in hong musak vat hi.

Siampi Lianpa awmdalna tungah Israel nam 12 teng limpua in suang 12 om hi. Tua bangin lailut thungetna aneih ciangin mihingte in “**ama' lungtang tungah**” (*Exod. 28:29*) om hi. Tua sangin a sangzaw lai in Zeisu in vantung biakbuk ah eite' Siampilian hi in Apa' maiah Ama' mite minteng pua hi.

Philippi 1:3 sunga kammalte in Paul leh Philippi mite kikhawlhna a pulaakna ah thu nih omsak hi. Paul in a thungetna sungah amaute phawk hi ci hinapi, amaute'n zong Paul a phawkna uh zong hithei veve hi. Mundang ah zong amaute' ki itthukna pen Greek pau in **koinonia**

cihtawh zong lak hi. Paul in Christ tawh thuaksiatna sungah a kikhawlh mahbang in *(Phil. 3:10)*, Philippi mite in zong Paul' thuakna sunga sumtang tawh huhna pia in *(Phil. 4:14, 15)*, “**thuakpih**” (Greek: *sunkoinōneō*) uhhi. Hih kikhawlhkhopna pen “*lungdamthu a zakcil nipan kipan tuni dong*” *(Phi. 1: 5)*, mah hi a, Pasion tungah lungdam kohna leh “*Lungdamna tawh*” *(Phil. 1:4)* thunget sakna nei sakthei hi

Paul in ama' thongkiatna zong a hoihzaw lamin la in “*lungdamna thu a ding teci pang thei ding hunlem kangah hi*” *(Phil. 1:7)* ci zawsop hi. Hih kumpi thukham kammal nihte hangin thusit thuak dikdek liang hinapi, Paul in galkapte leh lenglate tawh lungdam thu lawptak in kikumkhawm lel uhhi. Langdona pan kidaal kawmin (Greek: *apologia*), tawntung thumaan ahihna zong lahkul lai hi. Paul in ama' mailam ding khiam zawsop in lungdamthu in a gualzawh ding ngaihsun zaw hi. Amah a si a nung zongin, Pasion in Ama' patkhiatsa “**nasep hoih**” *(Phil. 1:6)* pen, Amah muanna mahtawh zo ding cih Pasion muang hi.

**Tua “nang sungah nasep hoih” zawhna dingin Pasion' kamciam koibang in na telcian hiam *(Phil. 1:6)*? Bang a cihnopna hiam? Nihveina hong paikikma in hih nasep a kizozo diam?**

**MONDAY**

*January 5*

**Paul in Thungetna ah a Pulaakte**

Kum tawmkhat lai in, pastor khatin thungetna sungah kei, kei, kei, leh kei' deihna kei' kisapna cihthu gen hi. Pasion in tuate sangin a lianzaw nate hong geelsak khin zaw a, tuabang thungetna tepen “*huaiham thungetna neute*” cihsak hi.

**Paul' thungetna Philippi 1:9–11 sungah simin. Bang bulphuh pen a, bang ngetna lianpi ngen hiam? Nang thungetna hong koicih hiam?**

Hih thungetna pen Greek kammal sawmli-leh-thum bek pha hinapi, a laikhak omlai teng sunga ama' lung hihmawhna teng: itna, pilna, khentat siamna, lungsim hoihna, mawh na tawh kipelhna leh Zeisu Christ hangin diktanna cihte huamkim dimdem hi. Hih thungetna tengmah bulphuh in Paul in ama' pulaak masak ahi pawlpi pumkhat na dingin lungdam kohna mah nei hi. Paul' thungetna pen midangte bulphuh sitset in pawlpi khandohna ding ahi hi.

**A thungetna sungah a kammal lawhte khatkhitkhat en dih ni:**

**Itna khang semsem:** Paul in itna khang mawk ding ngen hilo, tua itna in “**pilna theihna leh khentat theihna**” *(Phil. 1:9)* ngiimna kician hong neisak cih. Pilna theihna cih zong lungsim pilna theihna maimai hilo; Pasion kammalte simin Amah tawh kikhawlh khawpna hangin khalam pilna theihnate cih *(Eph. 1:17; Eph. 4:13; 1Tim. 2:4)*.

**Khentat siamna:** Himah zong Paul in “*a hoihpenpen kipsak*” *(a lauhuai gamtatna pelh)* in “*siangtho in paubaanglo*” *(Phil. 1:10)* cih.

**Lungsim hoih:** Tua kammal in Greek pau in “**nitaang in thukhen**” hi a, a sianglo gamtatna tetawh kipelh : “*Christiante gamtatna peuhmah nitaang bangin kimu paillet sitset ding hi*”—Ellen G. White, *Reflecting Christ*, p. 71.

**Mawhna tawh kipelh:** Hihpen tuktheih na'ng thaang hilo hi. Mikhat peuh in a up theihna dingin ahaksa mahmah khat genna bawlina zong hilo hi.

**Christ hangin Diktanna:** Hihthu tawh kisai in Paul in Rome leh Galati laikhak sungah sauveipi hun la khinzo a, Philippi 3 sungah zong omlailai hi. Eite in dikna kineilo a Christ tungpan in i saan dikna bekma i nei uhhi.

**Eite'n bangpeuh ihih zongin, koibang in itna "khang semsem" (Phil. 1:9) saktei ding ihiam? Tua in Christian nundan a dingin banghang in thupi thei hiam? (1Cor. 13:1-8.)**

TUESDAY

January 6

**Khalam Khentel Siamna Zangsiam**

Paul thongkia cih a zakuh ciangun Philippi mite lungkia mahmah uhhi. Tu in ama' nasep pen ki ciangtan luata hi. Khualzin thei nawnlo, thuhilh thei nawnlo hi. Biakinn te ah vapai in mite tungah Zeisu in Messiah hi cih hilhcian thei nawnlo ta hi. Pawlpi zong phut zom thei nawnlo hi. Philippi mite in sawltakpa' dinmun a theitel ding, thapia ding leh ama' pumpi cilehsa kisapna nengneng teng a hihsak dingin **Epaphroditus** sawl uhhi.

**Philippi 1:12-18 simin. Paul in ama' thongkiatna koici muh hiam? Ama' dinmun taktak enkei lelleng, ama' lungsimpuak tungpan bang pilna kingah hiam?**

.....

Paul' thupiak kikna hangin Philippi mite in lamdang sa mahmah uhhi. Paul in ama' dinmun a muhdan pen a tuampi khat hizaw hi. Ama' khalam khentel siamna in a thongkiat napen a hoihnam in muzaw hi. A nasepna themzong khak-hal saklo bek thamlo, "lungdam thu

*mainawtsak zaw*" (Phil. 1:12) ci zawsop hi. *Mi'n sikkhau leh sikkhuam a muhna vuah Paul in Roman thongcingte nangawn Pasian' gam a dingin mu zawsop hi.* Ama' thongkiat na tungtawn in mitampi takin lungdamthu kizeelna'ng thangah zawsop in, hong piangthei ding lauhuainate kihtalo zawsop in Christ a dingin hangsan takin thuhilh zawsop cih mu hi.

Ngaihsut haksa mahmah phial mahleh, Paul' thongkiat pen hoihzaw hi aci zong om hi. Paul' mailam thu kician om mello ahih manin, amaute'n zong lungdamthu genkhiat hong kipan tamai uhhi. A vangnei mahmah hinapi a dahhuai angkhualna pawlpi sungah hong om hi. Paul pianma sawtpi pekin Jeremiah in "Na khempeuh lakah lungsim a khem hatpen hi a, a kisia pha mahmah ahi hi; kua in lungsim theizo ding ahi hiam?" (Jer. 17:9).

A phadawm khat panin, nasem pawlkhat in lungdamthu kizeelna ding hong hahkat mahmah uhhi. Amau un Paul ngai mahmah ahih manun, ama' thuaksiatna sungah upna tawh thuaktentan cih amuh uh ciangun, Christ a dingin hangsan semsem uh in, Topa a ding lawp semsem uhhi. Nidang in a paingam ngeilohna munah hong paingam ta uh a, nidang in gamdai khipkhep in a omna munah hong pau ngamta uhhi. Christ hong kisang semsem ahih manin, hotkhiatna' lungdamthu kizeel semsem hi.

**Hibang in a suksia mahmah phutkhaknate tungtawn in bang hamphatna peuh kingahlawh cih koibang in hong hilh hiam? Hamphatna omkei phial mahleh zong, koibang in Pasian muangveve thei ding ihiam?**

WEDNESDAY

January 7

**Lungdamthu' Gah**

Paul in Colossae mite tawh a kizopdan pen Philippi mite aa tawh kibanglo hi. Colossae mite pen “*amah tawh maitang kimu ngeilo*” (Col. 2:1) te lakah hel hi. Bangbang hitaleh, Paul in Philippi mite' tungah ahih bangin, amau' a ding Pasion tungah lungdam ko in amau' a ding thungen “*tawntung*” cih kiptak in genkhia hi.

**Col. 1:3–8 simin. Bang thuthum a dingin Paul in Pasion lungdam ko hiam?**

Paul mahin mundang ah a pulaaksa hoihna namthum : upna, lam-etna leh itna mah (1Cor. 13:13; 1Thess. 1:3; 5: 8) pulaak kik hi. Hih thute tawh kisai Colossae mite tungah bangmah suanlo hi. I Pa in “*hoihna leh picinna*” (James 1:17) pia ahih manin lungdam a ko hi. Pasion hong itna i muh ciangin, Christ sungah i upna hong neisak a (Eph. 2:4–8), vantung lam-etna hong neisak hi. Tua pen Paul in “*Pasion in Ama' mite a dingin a koihsak thuphate i ngahna dingin lam-en in i om hi. Tua thuphate sia ngeilo, nin ngeilo, mual ngeilo in a om tawntung na vantungah note a dingin hong koihsak hi?*” (1 Pet. 1:4).

Paul in, lungdamthu pen “*thumaan kammal*” bulphuh ahih manin muanhuai cih. Hihthu pen Pasion' humuamna tawh Paul in mun tampi mahah zang kawikawi hi (2Cor. 6:7; 2Tim. 2:15). “*Mihing' kammal*” bang hilo in tua kammal in thu umte sungah “*muibun*” takin nasem a (1Thess. 2:13), Pasion' deihna zong picing sak hi (Isa. 55:11). Lungdamthu a ki tangko ciangin, aza angaite lungsim sungah Pasion vangliatna in nasem ahih manin, tua mite

in dawngthuk kiktnei hi. Tua lungdamthu mahmah in “*nuntakna thu*” (Phil. 2:16) ahih manin gah agah hi.

A lamdang penpen khat panin hibang hun tomno sungin lungdamthu kizeel gawp hi. Christ sihna leh thawhkik khit, kum sawmthum sung khawngin “*leitung khempeuh ah*” (Col. 1:6) kizeel hi Paul in cithei hi. Tua khit deuh ciangin Paul in lungdamthu pen “*van- nuai a piansaksa khempeuh tungah kihilh khin*” (Col. 1:23) cilai hi. Rome gamsung ah lampi hoihna in zong khualzinna leh kizopna nuamsak mahmah ahih manin, Paul laikhak te zong manlang takin kizeel kawikawi thei hi. Pasion' vangliatna in zong lungdamthu tawh nasem khawm ahih manin mihing sungah khalam nundan piangsak a (James 1:18, 1Pet. 1:23), Christ sungah mithak suaksak hi (2 Cor. 5:17).

**Col. 1:5 sungah, Paul mahin “vantung ah hong kikoihsak tua lam-etna” cih. Tua lam-etna koibang in natelcian a, kilawmna bangnah na neihloh hang, nangma aituum in koibang in zangthei nahiam?**

THURSDAY

January 8

**Thungetna' Vangliatna****Col. 1:9–12 simin. Paul' thungetna sungah bang tangtawh in ngen hiam?**

Paul in “*Pasion' deihna theihnelna pilna*” tawh kidim ding cih. Pasion' deihna theih telna pen Paul in “*khalam pilna leh theihnelna*” (Col. 1:9) cih. Pasion muangkip in Ama' deihna sepnopna panin pilna hong piang hi (John 7:17). Mihing' pilna tungah kingalo ding hi (Pau. 3:5). A ompahpah dotna khatin “*Hibang hunsungah kei a ding Pasion' deihna in bang ahiam?*”

**Thungetna tawh Pasion' deihna i zontheihna ding thu bul-thum om hi.**

1. A thupipen pilna bul in Laisiangtho mah ahi hi. "Nangma' thu in lam honglak meivak hi a; ka paina lampi ah khuavak ahi hī" (Late 119: 105).
2. Pasion' deihna tawh hong makaihna in zong Pasion' kong honna leh kongkhakna tungtawn in (Col. 4:3), Ama' hong panpihna kitheitel ding hi.
3. Kha Siangtho in hong lamlahna tawh Ama' aw khatvei za in hong ciamteh sak in "Taklam ah nakihei cianguh ahi a, veilahmah nakihei cianguh ahi zongin 'hihpen lampi hi, hih tawn un' cihna aw na nunglam panun nabil un aza ding hī" (Isa. 30:21).

Paul in Colossae mite pen "Topa' deihna bangin nungta" (Col. 1:10) ding deih hi. A taktak cileng kuamah a "kilawmsa" in piang hetlo napi, Pasion in hong hehpihna tawh hong samin Ama' hong sapna kizui in nungta ding hong deih hi (Eph. 4:1; 1Thess. 2:12). Paul in hih laikhakna sungah thumvei takmah "nungta, nuntakpih" (Col. 2:6; Col. 3:7; Col. 4:5) cihi. Pasion' thukhamna tawh kituak in nungta ding cihna hi a (Pai. 18:20), tua zong Kha Siangtho' nasepna bektawh a piangthei ahi hi (Ezek. 36:27).

Paul in amaute' (eite zong) nuntakna pen "Pasion' deihna picingsak" ding in sep ding honkhatmah gualsuk pah hi: "nahoih sepna sungah gahpha" (Col. 1:9, 10) in; "Pasion theihna sungah khangto semsem" (Col. 1:10) leh, a tawpna ah "lungdam ko" (Col. 1:12) ding cihi.

**Mi khatpeuh in "Pasion in lampi khat peuhpeuh ah hong makaih lam koici theih nahiam?" cih hong dong leh; na koici dawnkik ding hiam; banghang hiam?**

FRIDAY

January 9

**Ngaihsutbeh Ding:**

"Mi tampi in mailam a ding geelna kician neitheilo uhhi. Nuntakna kip neihlo mah ahi hi. Hong tung ding thute khentel theilo uh ahih manin lunggim lungkham uhhi. Pasion' tate' leitung nuntakna peuhmah khualzin nuntakna ahihlah phawk ciat ni. Eima' nuntakna a ding geelsiamna pilna zong kineilo hi. Eima' mailam ding khawng eimah'n kikhuat mawkmawkw theilo hi. 'Pasion in amah a piak ding in a ciam leitung ah Abraham apai ding in a saplai in Abraham in Pasion' sapna a manna pen a upna hangmah ahi hī' Heb. 11:8.

"Christ in hih leitung ah Ama' a ding bangmah geello hi. Ama' a ding Pasion' geelna bekmah sangin, nisim in Pa in Ama' geelna te lak tawntung hi. Tua ahih manin eite in zong Pasion muang leng; eima' nuntakna pen Pasion' nasepna phual hong suak ziau ding hi. Eima lampi te Amah aap peuh leng, Amah'n kalsuan simin hong makaih ding hi."

"Mi tampi in mailam a taang mahmah ding in geeluh hinapi, sumh zawsop uhhi. Pasion in nang a ding geelsak in. Naupangno bangin Ama' hong makaihna muang lecin 'Amah'n Ama' misiange' khe kemcing hī' (1Sam. 2:9). Ama' tate in makaih ding a utvua leh a makaih cihloh Pasion in makaih ngawhlo hi"—Ellen G. White, *The Ministry of Healing*, pp. 478, 479.

**Kikupding Dotnate:**

**1. Nungkal sungteng in nangma lungdamna teng gualsuk dih in. Nang ngsihsut zah sangin lungdamhuai zaw tham nasa hiam?**

**2. A tunga Ellen G. White kammalte ngaihsun in. Upna tawh kisai thute ahi hi. Tua bang dan in Pasion muan ding koici kisin ding nahiam?**

**3. Colossian 1:6, 23 sim inla, anuai a teng kikumun: “Kum sawmli sung uplahna, thuumna leh langdona in Israel mite pen Canaan atun ding khakcip hi. Tua mawhna mahin khangthak Israel mite vantung Canaan tunna ding zekai sak leuleu hi. A mun nihtuak in Pasion’ kamciamna in khial ngeilo hi. Uplahna, leitung vailuatna, ki-aap lahna leh Topa’ mite lakah ki tukalhna in leitung mawhna sungah hong hencip in kum sawtpi dahna sungah hong koihcip hi. Christ’ pawlpi in Topa’ sehsa leh thupiak nasep sem hileh, leitung buppi pen, Topa Zeisu vangliatna leh minthanna tawh hong pai theihna dingin kiging sak khinzo ding hi”**— Ellen G. White, *Last Day Events*, p. 38. **Tuni in tuabang mawhna koibang in kinei thei ding hiam?**

### Lesson 3

January 10–16

#### Nuntakna leh Sihna

##### SABBATH NITAKLAM

**Tukalsung Simding:** *Phil. 1:19–30; 1Cor. 4:14–16; 2Cor. 10:3–6; John 17:17–19; Micah 6:8; Sawl. 14:22.*

**Kamngah:** “**Kei kahihleh, Christ a ding bekin ka nungta a, si taleng zong kei a dingin hoihzaw semsem lai hi**” (*Philippians 1:21*).

**Sihna** pen nuntakna phellang hi aci peuh zong om hi. Zuaupi hi. Sihna in nuntakna tawh kilangdo a, nuntakna gal ahi hi. Mawtaw khat pen a themneute kigawm ahihhang, nuntakna ahihleh bang a themneu mah omlo hi. Paul in Christ a sihna pen “*Ama’ sihna hangin sihna a uk dawimangpa a sugawp theihna dingin, Zeisu in mihing’ pianzia mah hong neiphot hi. Tua ahih manin sihna a kihtak manin salbangin a om mite Amah in hong suakta sak hi*” (*Heb. 2:14, 15*).

Christ a dingin sih ding kisa khin ahihhang, Paul in tawntung hun a ding zong lungmuang khin hi. Tua tadih in ama’ nuntakna tawh leh a sihna tawh Christ pahtawi in lungdamthu ama’ hihtheihzah in hilh kawikawi ding cih thupisak pen hi. Ama’ min tawh laikhak tampi tak i neihkhakna zong tua hangmah hiding hi. Ama’ laikhakte tungtawn in amah’n khatvei zong a phak ngeilohna munte, mite tampitak pha thei hi.

Nuntak hun tomlua mahmah ahih manin Pasion hong phal hun sungteng in Pasion’ gam a ding hihtheih tawp in hahkat in semding hihang. Eite hong “*pumkhat sak*

*upna*” hong thahatsak te peuhmah neuseh ding hivetlo hi. Tukal kipat ciangin hih thukhun pen Paul in Philippi mite tungah a laikhakna hangthu ahihlam mupah ding hihang.

**SUNDAY**

January 11

**“Christ Ki Liansak Ding hi”**

**Phil. 1:19, 20 simin. Haksatna a thuakna sungpan Paul in bang lam-en hiam? Amah a pum suahtak ding dangin bang thupi sazaw lai hiam?**

.....

Paul in mawhna neilopi mah a thongkiat pen tutung a masapen zong hilo a, ama’ a dingin thongkiat zong thulam dang hinawn selo hi. Tuani ciang dong ama’ thuakna teng Corinth mite tungah akhawng akhek in lah diudeu hi:

*“Thong sungah tamveipi, sih dektakna tamveipi kathuak hi. Jew mite sungah sawm thumlehkua vei satna ngavei kathuak hi. Rome mite in thumvei hong sat a: khatvei suang tawh hong deng uhhi. Tembaw siatna thumvei katuak a, sunkhat leh zankhat tawntung tui tungah ka laam ngei hi. Khual kazinzinna lamin tuikhang lauhuaaina, misuamte lauhuaaina, kamipihte suk ding lauhuaaina, Gentile mite suk ding lauhuaaina, khuapi sung leh gamlak lauhuaaina, tuipi tungah lauhuaaina, lawm maanlote’ hih ding lauhuaaina a tuamtuam te ka phukha hi. Nasem silbawl in ka om tawntung a, ihmu manlo liangin zong ka omzel hi. Gilkial dangtak in ka omzel a, annek ding neilo, giahna ding omlo, puansilh ding neilo in kam omhun tampitak om hɿ” (2 Cor. 11:23–27).*

Hih haksatnate sangin, Paul in a thupitsak zawk thute pen, *“Tuabang haksatna a tuamtuamte kathuak banah, nisim in pawlpi a tuamtuam te a dingin lung himawh in ka lunggimpah lai hɿ” (2 Cor. 11:28)* cihhi.

**1Cor. 4:14–16; 1Thess. 2:10, 11; Gal. 4:19; leh Philem. 10 simin. Paul in Christ a dingin ama’ phuhsa pawlpite leh a zawhsa mite tawh koibang kikhawlhna nanei hiam?**

Zeisu in eite hong gupna dingin, bangmah a siitloh mahbang in, Paul in zong thu um mite a dingin *“ama’ pumpi leh a neihsa khempeuh pianuam” (2Cor. 12:15)* cihhi. Thu kikelki khat panin, mikhat’ gamtatna in Zeisu tawh kibang semsem leh, mi pawlkhat in itlo semsem in sangtheilo semsem uhhi. *“Christ Zeisu tawh kipawl in Pasion’ deihna bangin a nungta nuam peuhmah in bawlsiatna a thuak ding mah hɿ” (2Tim. 3:12).* Ahihhang in a citak Christian te ahihleh Pasion minthan theihna ding leh lungdamthu pulaak theihna ding a vanglianpen dinmun ah ding kiplai ding uhhi (*compare Phil. 1:7*). *“Thumaan lopi tawh a thongkiatlai in Paul in thuakzawhna leh lungdamna, hangsanna leh upna cihteng in thuhilh na hi paisuak hɿ”*—Ellen G. White, *The Acts of the Apostles*, p. 464.

**Na nundan, nang hong ngai mello mite na khawhphih dan cihte ngaihsun kikin. Zeisu a dingin koibang in teci napang hiam?**

**MONDAY**

January 12

**Si Leng a Hoihzaw hi**

I phawkkhak mello khat, ei thu ummite khempeuh in kidona lianpi sungah kihel hihang a, hih vannuai leitung buaina sungah eima omna munciat panin a mapang ihi hi. Lam khat ahih keileh zong lamdang khat panin hih buaina thuak ciat hang a, koi mun ah banghang leh koibang hitaleh sih dong in a thuak ding ihi uhhi.

**2 Cor. 10:3–6 simin. Eite sim niloh khalam gal in bang bulphuh pen a, bang galhiam peuh kitawi kha hiam?**

.....

Khalam galhiam hoihpen in ngaihsutna asia/apha te ahi hi. Satan in mawhsakna, khemna, maimial sakna, launa, lawmlehguah huzaapna leh Christian te in a zat ngeiloh nate tampitak hong zang hi. Eite'n i hihleh itna, hehpihna, kilemna, lungnemna, thuak-hatna, hoihna leh kideekna cihte zangzaw ding hihang. Eite a ding a vanglianpen galhiam pen "**Pasian' Kammal**" (*Eph. 6:17*) hi a, Kha Siangtho hangin pilvang takin zang ding hihang. Pasian bekin mihing lungsim sungah thumaan hong tunthei bek hi. Eite pen Pasian in Ama' ngimna tangtunna dingin vanzat te kihibek hi.

**Phil. 1:21, 22 simin. Paul gennopna bulpi, a diakin, kidona lianpi pen koibang in na telcian hiam?**

.....

I galsim pen khalam gal ahih manin ngaihsutna leh thu tawh kido hihang. Christ in zong tua gal pen singlamteh ah a zawhkhitsa hi a, Amah tawh i kizop laisiah, hong kithat phialmah leh; lel ngeilo ding hihang. Hih leitung ah a piang bangbang a dingin Paul in ama' nunna kipiakhin zo a; a maanlo hiphial mahleh, ama' nuntakna limlim vantung zumpi ah aap khinzo hi.

Ei Christian te in, thumaan galdona sungah eima' aituum khuatlo ding hihang. "*Thahatna in thumaan hilo a; thumaan in thahatna*" hizaw hi. Pasian' deihna sungah ki pum-aapna in vangkiamlo a; eimah tektek in i do gal a kizawh theihna ding tua lampi bek mah ahi hi. Tuabang in a etteh taakcing Zeisu in Pasian tungah a ki-aapna pen Paul in zong Philippi 2 sungah hong pholhkhia hi.

**Tu laitak lianin kidona lianpi koibang in na phukha hiam? Christ in tua gal a zawhkhith natheihna in bang lungmuanna hongpia naci hiam?**

TUESDAY

January 13

**Galmuanna**

**Phil. 1:23, 24 simin. Paul in "leitung pumpi nusia in Christ tawh omkhawm leng hoihzaw tham hi" acihpen bang acihna hiam?**

.....

Hih thute pen khang tawntung in kitelkhial mahmah hi. Tukul sungteng in, Paul in misite leh minung te kikal thu a gen ahi hi. Christian te in Christ a dingin nungta in zong sihipih uhhi. Tua thutawh kisai in eima' teci panna in "*hoihzaw*" (*Phil. 1:21*) cihthu in vangnei zaw hi. *Mi khatpeuh in ama' upna a dingin a sihngam nakleh a um taktak kici hi.*

Misite pen a si taktak ahihlam i theih kul hi. Amau un "*bangmah theilo*" uhhi. Thawhkikni mateng hansung ah tawlna uhhi (*Thhsia. 9:5; John 5:28, 29*). Tua hangmah in Zeisu in misipa Lazarus tawh kisai in "*I lawmpa Lazarus ihmu zo hi; ahizong in amah phong dingin kapai ding hi*" (*John 11:11*) a cihhi.

Mite a sih uh ciangun, vantung ah paipahpah lehu, Lazarus koibang hiding cih ngaihsun lecin. Lazarus in Paradise ah nuam asak mahmah laitak in, vantung mi hongpai in thusia khat hong puak hi: "*Sorry maw Lazarus, Zeisu in leitung ah hong samkik ta ei. Hiteng ah omthei nawnkei nicia*" ci ding hi.

A hiding bangkeek ahi thumaanlote khawng i zuihkhak uh ciangun, khial kisalua ta hihang. Sihna

cihpen mumang omlo ihmurna hi a, Nihveina Kumkikni ciangin Zeisu in a citak ama' nungzuite a sapkik ciangin, a nungtalai misiangte tawh, vantung ah kilato ding uh a, Zeisu tawh maangkawm tawntung ding uhhi (1Thess. 4:16, 17).

Paul in, hih leitung nunna tawh a "kikhen" in Christ tawh thuakna leh sihna sungah omkhawm cihpen (2Tim. 4:6) in, "sihna pan thawhkikna dingin" (Phil. 3:11) hong koihna cih. Amah sihna sungah a mit a sitkhit ciangin; a muhkik masapen ding pen, mitphiatkal khat sungin Zeisu mu ding a, Pasion' mite khempeuh tawh a kibang in ki lato dinguh a, Zeisu in Amah a itte khempeuh a dingin a bawlkholza innsung ah omkhawm ding uhhi (John 14:3; 1Cor. 2:9).

Christ a dingin sih a utphial tazong in, Paul in, Philippi mite a dingin "**a hinlai ding**" (Phil. 1:24) kizam phazaw hi. Christian khat in, Christ a dingin sih leh nun koi hoih zaw cihpen genhak mahmah hi. Paul zongin nuntak ding leh hansung ah tawlngak ding "tua tegel kikal ah khentat haksa sa h̄" (Phil. 1:23).

**Kuamah bel si nuamlo uh hitaleh, na sihdang hun na ngaihsut ciangin, na muh kik masak ding pen Christ hong paikikna hipah cih nathei ding hi. Hibang ngaihsutna in Paul' ngaihsutna hong telciansak cih na koici muh hiam?**

WEDNESDAY

January 14

**Ki Pumkhat in Dingkip**

Nungzuite a dingin Zeisu' thungetna nunungpen a thubulphuh in: pumkhatna hi. Zeisu in singlamteh khengvalna ah Ama' Pa leh eite ki pumkhatna galmuh a: "Pa aw, Kei na hong itna hangin na hongpiak pianzia a mu

T-3

dingin, Keimah na hong piak mite zong, Ka omna ah a hong paitheihna ding ka deihsak h̄" (John 17:24) cih. Pa in Ama' tate kemcing in "Nangleh Kei i pumkhat mahbang in amaute zong pumkhat" (John 17:11) dingin Zeisu in thungen hi.

Zeisu in ki pumkhatlohna sulzui teng zong a gen ciangin, mi tampi in umzolo uh cih thei hi. Hih a thungetna tomno sungah, Zeisu in eimah, Amah leh A Pa ki pumkhatna hangin "leitung in a uptheihna ding" leh "Nangmah in Kei na hongsaawlna thu leitung in a theihna ding" (John 17:21, 23) cih.

**Phil. 1:27 leh John 17:17-19 simkak in. Zeisu leh Paul anihmah un pawlpi sungah ki pumkhatna omloh phamawh ahihna koibangin genkhawm uhhiam?**

.....

Philippi 1:27 sunga Greek pau pen "a kilawm in gamtatna" **politeuomai**, "gam mi hoih hihna" hi a, leitung gam zong hilo vantung gam hizaw hi. Mualtung thuhilhna in van- tunga om i Pa' tate leh Ama' gam mite hihna a pulaakna ah: lungsim niamkhiatte, lungnem te, thumaan thutang a ding gilkiatte, hehpih theite, lungsim siangthote, mi kitawng kilem sakteite, paanglang khat a dawhbeh ngam te, galte a itte, hong samsiate thupha tawh a thukte, hong mudahte tungah nahoih a semte hi uhhi. Tomgen leng "thumaan thutang sem in, itna kip nei tauntung leh kiniamkhiatna tawh Pasion' thu a mangte" (Micah 6:8) ahi uhhi.

Tuabang mite tungah kihehthei hetlo hiven mataw? Mi hoihluate khawng vang-kiam peuh kisathei lel hi. Tuabang mihoihte thanemna khawngpeuh zongin a hoihna khawng khiapsuksak theileng ki lungnuam

pongkaw thei hi. Tua cihliang sangin, itthei zaw leng, thukhual zaw leng, hehpih thei in kiniamkhiat zaw leng muhnpoh huai zawlo ding maw?

EG. White in “*Pasian leh a thumaan a it sangin leitung a itzaw te*” thu gen hi.—*Testimonies for the Church*, vol. 5, p. 277.

Pawlpisungah kiphatsakna hangin ki pumkhat lohna hong piang hi. “*Kiphatsakna leh leitungvai luatna lungsim sungah hong om ciangin, Christ’ kha paikhia a, kidemnopna, kithutuah lohna leh kikhen nopna lungsim hong lut in pawlpis thanem sak hi*”—*Testimonies for the Church*, vol. 5, pp. 240, 241.

**Zeisu in eite a ding hong lahsa kiniamkhiatna leh lungnemna kisin ding thupi na e! Tuabang hileng i pawlpis hong kilamdang zen si’n cia maw?**

THURSDAY

January 15

**Kipumkhat leng Kihtaakna Omlo**

**Phil. 1:27–30 simin. “Lungdamthu tawh kipawlpis ngiimna kikhat” in omna in kihtaakna omlohna tawh koibangin kipawlpis hiam?**

Satan’ nasepzia pen khenkham in zawhna hi. Ki pumkhat lohna in sihna hi. Zeisu in “*Innkuan khat phelnih kisuah in kido leh, tua innkuan kip zolo ding*” (Mark 3:25) cihhi. Satan in eima’ mangngilh theihna pen lungdam tak in a zatpen ama’ ngeina khat ahi hi. Eite ki pumkhatna in Laisiangtho genkholna thu ahi a beibaangte hihna hong kipsak (Mang. 12:17) a, “*tawntung lungdamthu pen minam khempueh, beh khempueh, kampau khempueh leh mihing khempueh tungah hong tangko sak hi*” (Mang. 14:6).

John 17 sunga Zeisu’ thungetna in “**thumaan**” a cih Pasian thupiak pen kizeelsak ding pen ki pumkhatna dingin a thupipen tawhtang hi a (John 17:17, 19), eima’ thupiak in eima’ nasep leh ki pumkhatna tawh kikhen thei ngeilo ding hi. Tuateng thum in pumkhat in om uhhi. Hiteng thum lakpan khat om keileh ki gualzo theilo hi. Hiteng thum amau’ munciat ah a omnakleh lah bangmah lauding omlo pah hi.

Galte peuhmah “*kihtak ding*” hilo hi (Phil. 1:28). Satan cihpen zawhsa galpa ahi hi. Amah in eite’ upna hangin hong that phial leh zong, “*ahoih gamtat ding ut in a hanciamte*” kua in bawlsia thei ding hiam? (1 Pet. 3:13). Pasian’ thumaan mainawtna a khawlsak dingin dawimangpa in vangneilo hi.

**Anuai a Laisiangtho munte sim inla amau’ thu bulphuhpi tomkaih in: Mate 10: 38; Sawl. 14: 22; Rom. 8: 17; 2Tim. 3: 12.**

A puksa hih leitung ah nuntak nuampen zong haksah mahmah hi. Job pen mi thutang khat hi a; Pasian nangawn in “*paubaanglo, a thutang leh Pasian kihta in siatna peel*” (Job 1:1) cihhi. Zankhat sungbek in amah leh a innkuan gim thuak tamai uhhi. Eima phutkhak ahi a, midang tungah a piang ahi zongin, i nuntakna in kendang ah om in, a kiat hun ding theihloh bang ahi ngeilo om ding hiam? A tamzaw in haksatna a kithuak zelmah hilel hi. A nunungpen in thudang te hang sangin Christ a dingin haksatna thuak hoihzaw tham hi.

**Christian te in thuaksiatnate sungah bang lam-etna, bang hehnepna peuh neitheih ding ihi hiam?**

FRIDAY

January 16

**Ngaihsutbeh Ding:**

*“Tau tengah bawlsiatna, khuam tengah meitawh halna, lei kuahawm thongsung te ah martyr te gualzawh kikona aw Amah’ zathei hi. Honpa in a citak khate’ zawngkhaalna, nenniamna leh bawlsiatna te zong za a, lau hetlo in amau’ upna teci apang a **“Ka uppa ka thei hi”** cih a kikonate zong zaveve hi. Amaute’ upna a dingin a nunna a piakhiate in, amau’ uppa in a gamlapen a omte nangawn honkhia thei hi ci in tangko uhhi”*—EG. White, *The Acts of the Apostles*, p. 512.

*“Tuni a Christian upna a tuamtuam a om neunau bangin cikmah hunin omngeilo hi. Sawltakte, kamsangte, evante, pastorate leh siate (Eph. 4:11–13) in pawlpi masate vang kiam hetlo in a kipumkhat sak mahbang in, tuni in zong pumkhat semlai sak dingin hoih hi. Hun nunung pawlpi mahmah a thaksuah sakna ding pen Laisiangtho genkholsa thu ahi hi. Topa Pasion in Zion hong paipih kik ciangin, kongcingte mahmah in amau’ mittang uh tawh mu ding uhhi. Hun nunung hong tun ciangin zong apilte in thei ding uhhi.*

*Tuabang hun hong tun ciangin, Pasion in mipil ci in a ciapte te in upna ah hong kipumkhat ding uh a, amau tekma in aphukhate ahileh telcian pah ding uhhi. Hihbang ngaihdante i lungngaih ciangin, pawlpi a picin ding cihpen mailam ah omlai ding cihna ahi hi. Tua silpiakte in zong amau’ ngiimna tangtunzo nailo uhhi”*—R. F. Cottrell, “Introduction,” in Ellen G. White, *Early Writings*, p. 140.

**Kikupding Dotnate:**

**1. A tunga R.F. Cottrell kammal ombang hileh, Pasion’ pawlpi tengah Kha Siangtho hong tun thei dingin bang kisam hiam? Pawlpi kipumkhatna dingin Laisiangtho genkhonate zuih ding koibang thupi nasa hiam?**

**2. Paul leh Christian dangte a sisate “Christ tawh” vantunga maang hi cih a um nalawmte khat tengah sihna thu koibang in hilh ding nahiam?**

**3. Hih leitunga a lauhuai thuaksiatna te koibang in telsiam ding ihi hiam? Kidona lianpi in tuate teltheihna dingin hong koici huh hiam? A nunung penin singlamteh tengah Zeisu enin, Pa’ hong itna zong telcian in, hun siatpen laitak nangawn in banghang in umveve thei ding ihi hiam?**

## Lesson 4

January 17–23

## Kiniamkhiatna Tawh Pumkhatna

## SABBATH NITAKLAM

**Tukalsung Simding:** *Phil 2:1–8; Jer. 17:9; Phil. 4:8; 1Cor. 8:2; Rom. 8:3; Heb. 2:14–18.*

**Kamngah:** “Kei tawh ngaihsutna kibang note khatlehkhat ki it in, khatlehkhat lungsim kituak in na omna uhtawh keima’ lungdamna hong cingtaksak nadingun kahong kun hi” (*Phil. 2:2*).

**Pumkhatna** in thahatna hi. Ahihhang thumaan theihna in bawlana tawh kibanglo hi. Ki pumkhat in hanciamna ah zong lelana kithuak thei velalai hi. Ahihhang tuazong pum- khatna suksiatna ding zong hituanlo hi. Tua ahih manin Paul in Philippi mite tungah “*Khat lehkhat ki it in lungsim kituak in om ding*” ci in laikhak den hi.

Ki pumkhat theihna dingin Zeisu thuhilhna leh limlahna te Paul in bulphuh hi. Lai siangthothak sungah a diakin laikhakte sungah thubulphuh hiphadiak hi. Vanmi khatin kiphatsakna tawh munsang leh vang a deihna hangin, a picing vannaui buppi ah kipumkhat lohna hong kizeel hi (*Isa. 14:12–14*). Tua vanmi in Pasian in amah apiakna mun tawh lung kim lelpeuh lo in a sangzawna mun kahto nuam sawnsawn ahih manin Eden huan sungah munkip hong la hi (*Pian. 3:1–6*).

Tukalsung, pawlpi sung pumkhat na’ng Laisiangtho bulphuh in ending hang a, Zeisu in Ama’ vangliatna nusia hiau in hong kiniamkhiat sukna, Amah etna tawh

hamphat theihna leh, Amah tawh kibang semsem theihna ding cihte sinding hihang.

## SUNDAY

January 18

## Philippi ah Pumkhatlohna

**Phil. 2:1–3 simin. Pawlpi sung pumkhatlohna in bangthu hihtuak hiam? Bang tawh bawldam ding Paul in ci hiam?**

Paul in amah tekin a puhngiatsa a itmahmah pawlpi sungah vang kidemna peuh tawh hun leh tha beisak in hong omuh amuh ciangin lungkiatna lianpi hong nei hi. Tua buaina a pulaakna dingin kammal khauh mahmah zang hi. “**Huaiham nopna lungsim**” cih pen (Greek, **eritheia**) hi a, Phil. 1: 16 sungah zong khatvei zangkhin a, Paul in zong a lung lut mahmah Rome khua a om ama’ kidempihte in, Christ a dingin mainawtna piangsaklo zaw in, amau mahmah tha kipia zaw uh cih.

“**Huaiham nopna lungsim**” cihpen cilehsa nasepna hi (*Gal. 5:20*) a, James in zong “*enna leh huaihamna a omnakleh, buaina leh siatna nam khempeuh tawh kizom pahpah*” (*James 3:16*) cih. Greek kammal in “**kiliatsakna**” cihpen Laisiangthothak sungah kizang mahmah a, Laisiangtho tawh akizom laidangte sungah, kiliansak, kiphatsakna tawh eimah kiliansak tawm cihte cih. Paul in zong a kibang kammal mah tawh Galati mite a hatthotna ah: “*Kuamah kiphask lo in, khatlehkhat kiphin lo in, kuamah i kihaza kei ding hi*” (*Gal. 5:26*) cih.

**Buaina teng bawldamna dingin Paul in a gualhsuk teng:**

1. **Christ sungah hehnepna:** Christ in a limlahna tepen hanthotna thahat pen hi Paul in cih.

- 2. **Itna tawh hehnepna:** Zeisu in vantung itna hong lah in hong thupiakna “*Ke’n note kong it mahbang in note khatlehkhat ki it un*” (John 15:12).
- 3. **Kha sungah kikhawl:** Khasiangtho hong ompihna in pawlpi masa sungah a lut Christian kikhawlhna piangsak (Sawl. 2: 42 leh 2Cor. 13: 14 simkak).
- 4. **Ki-it kingaihna:** Hihpen vantung aa hi a, Zeisu nundan sungah kimu hi (Mate 9:36; Mate 20: 34; Maku 1: 41) Samaria mihoihpa tangthu (Luka 10: 33) leh tapa vakthap tangthu (Luka 15: 20).
- 5. **Hehpihna:** Hihtawh kisai Zeisu in a pulaakna ah, Ama’ nungzuite’ nundan in lahkha ding cihi (Luka 6: 36).
- 6. **Lungsim kibang in itna kibang nei, Lungsim kituak, lungsimkhat:** Ki pumkhat na a thahat semsem nading Paul in a thupitsakte pen ngaihsut zong haksa mahmah hi. Paul hong lahkhiat nop lungsim pen “**Zeisu Christ sunga om**” (Phil. 2: 5) cihi.1.

**MONDAY**

January 19

**Ki Pumkhatna’ Bulpi**

Phil. 2: 2 sungah pumkhatna a pulak pen ngaihsun lecin, a kibang gige mah namli in hong khensak hi. Paul in lungsim, ngaihsutna leh theihna cihte thupi sak hi. Biakna makaite in pualam gamtatna a thupitsak uh hangun, Zeisu in sunglam ngaihsutna leh theih na bulphuh zaw hi. Etpak dingin, khangno mihaupa in thukham kazui den hi cihi. Ahihhang neihsa khempueh zuak, mizawngte pia in, Amah zui ding acihpen, leitung’nate lunggulh lua ahihlam Zeisu in a pulaakna hipah hi.

Tua ahah manin lungsimpan hong paikhia te in mihing niinsak hi: “*Lungsim panin mi thahnopna, mi’zi tawh mawhnopna, nungak tawh mawhnopna, guktakna, zuau genna, mi gensiatna leh ngaihsutna hoihlo a tuamtuam hong paikhia*” (Mate 15: 19) a, “*Lungsim sungah thu ompen kam in a genkhia hibek hi*” (Mate 12: 34) cihi.

**Phil. 2:3, 4 simin. Pumkhatna neihtheihna dingin pawlpi in bangci kalsuan ding ci hiam?**

.....

Paul’ kammalte in kiniamkhiatna sangkhai hi: lungsim niamkhiatna, eimah sangin midangte hoihzaw sakna, eima’ angung bek khuallo in mi a ding ngaihsut sak ding cihi. Sep ding sangin genkhiat baihzaw mataw! Hibangte pen mi-tawh kikhawlhna sungah a thupi thukhun vive ahi hi. Ki holimna sungah, a langkhat pan thu kisung teng hohtak in ngai ding hang a, amau thugenna pan bang thubuai omthei ding cih sangin; eima’ dawnkik nading peuh kibulphuh zaw thei hi.

Lungsim kituaklohna zong muhna kibatlohna hangpeuh hiziau lelthei a, hohtak ngaihsakna tawh zong kipeel thei lel hi. I thukim kei phial zongin, mi’ thugen limtak ngai in, ama’ cihnopna telcian mahmah leng, kikhawlhna zong hong cidam ding a, upna kepcinna ding in zong kalsuan masakna hipah ding hi.

Paul in Khasiangtho tawh kipumkhatna gen hi (Eph. 4: 3). Tua in “*hong pumkhat sak kilemna*” (Eph. 4: 3) cihi. Pawlpi sungah lung kituaklohna a omleh, Kha Siangtho in tua tui daisak thei a hong pumkhat sakkik in hong thukhat sak ding hi. Tualai mahah Paul mahin, “*Pasian’ Tapa theihtelna leh thu upna ah ki thukhat*” (Eph. 4:13) cihi. Tua

gel a kizom ahi hi. Upna kibang, Laisiangtho telcianna kibang cihte in Christ leh Ama' thuhilhna telcianna pan hong piang hi a, eite sungah pumkhatna hong kipsak thei hi.

**Midangte in ei sangin hoihzaw saktheihna in, bang huaihamna sisak thei ci hiam? Tuabang in koici hihthei ding ihi hiam? Tuabang vive hikhin leng kikhawlh dan koibang in kilamdang thei ding hiam?**

**TUESDAY**

*January 20*

**Lungsim Thun maw Lungsim Kheikhia?**

Leitung muntuamtuam ah company tampi pilna nakzat mahmah in mihing' khuak bek hilo computer tawh kikop in nasem ngeingai ta uhhi. Thukhat ah, computer leh lungsim kizomsak in, mihing' ngaihsutna tengpen computer tawh huzaap dingin lam-en uhhi. Set khuak kithun leh mihing' khuak tawh kigawm in hoihzaw thei tham a, kaih natna, lungkiat natna leh ngaihsutna' thagui lam natna cihbang natna lauhuai te muh ding haksa khollo lel hi. Lungsim kepcin theih ding zong gamla nawn khollo ding hi.

Tuabang omkhin zong cihtheih ahi hi. Mihing' khuakpen Computer tawh kibang hi a, hoihzaw tham pek hi. Nisim in thupiangte in mihing' lungsim sungah hong luangsuk den ahiah manin, mihing' khuak sungah kikhum zel in mihing' ngaihsutna, lungsim, khuaphawk na leh tatna hekna hong makaih den hi. Media sungah kidiah luat ciangin, lungsim sungah leitung ngaihsutna peuh hong lut in, tuabang ngaihsutna peuh kinei toto thei hi. Midang' lungsim peuh hong kiguan ahiah keileh hong kihel bang hiliang hi.

Eite in, Zeisu mahbang in "**khalam lungsim**" (Rom. 8:6) neihding ahi hi. "*Pasian' Kha Siangtho bekma in Pasian'*

*thu a cingin thei hī*" (1Cor. 2: 11, 12). Eite' sia kua hi a, bangteng kisin ihi hiam?

**Phil. 2:5 simin. Christ' "lungsim" nei cihin bang a cihnopna hiding hiam?**

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Eima' ngaihsutna i khelthei ta zongin i lungtang kikhel theilo; Pasian bekin khelthei hi. Kha Siangtho in "**Kha Siangtho' tem**" tawi in lungtang hong aatsak kul (Eph. 6:17) a, "*a nungta a vanglian*" Pasian' kammal in "*kha leh lungsim, guhlehtaang kituahna, guh leh guhngkek dong in khenkhia thei hī*" (Heb. 4:12). Kha Siangtho tungtawn bek in eimah zong a kitheizo ihi bek a, eima' pianzia eima' lungsim in khem hatpen hi (Jer. 17: 9). Khemhat cihpen Hebrew pau in '**aqov** hi a, a phok liaplup leimaitang; zaigen leng, a kawi neunau, a kizial gawp, a kikingkahl cihna ahi hi. Eite in lungsim "*thaksuah*" in "*bangin hoih, bang in Pasian lungkimsak, bang te in kicing, Pasian deihna bang hiam cih thei ding*" (Rom. 12:2) cih.

**Paul in: "Sanggamte aw, a tawpna ah ka hong gennop thu in, a hoih leh a phat taak thute tawh na lungsim uh kidimsak un. Tuate in amaan, adik, atang, a siangtho, a deihhuai leh a pahtakhuai thute ahi hi. Hibang thute nalunggulh un"** (Phil. 4:8) **a cihpen banghang in thupi nasa hiam?**

**WEDNESDAY**

*January 21*

**Christ' Lungsim**

**Muhammad Ali** in "*Kei ka lianbel hī*" ci ngei hi. 1963 kum August kha, leitung buppi boxing kitupna ah champion a ngahma kha guk lai in, "*Kei ka lianbel hī*" cih album khat hong khahkhia khin zo hi. Ali in, kimawlna ah lian takpi

ahihhang, Christ' lungsim zuih ding in a zongmi khat a dingin etteh taakcing hetlo hi.

A langkhat ah, Zeisu in mawh baanglo sitset hi. Amah zong “*eite mahbang in ... munkim*” panin ki ze-et hi (*Heb. 4:15*). Ngaihsutna neucik tawh zong mawh deklo hi. Bek thamlo, Hebrew 5: 8 sungah “*Amah in Pasion' Tapa hi napi in thuakna tawh thumang a hihtheihna ding kisin hi*” cihhi. Zeisu in A Pa' deihna bang a ki aapna in picing den ding hi. Baih hetlo mah ding ahihhang, ki-aap ding a nial hun om ngeilo hi.

**Phil. 2:5–8 simin. Laisiangtho sung hoih akisak pen namun ahi hi. Paul in bang hong cihnopna hiding hiam? Hih kammal te in koibang huzaap nei hiam? A thupipen in hihteng ah aki pulaak teng eima' nunna ah i koici zat hiam?**

.....

Zeisu in, Pasion tawh a kikim, Pasion hipah napi, mihing hong suaksuk bek thamlo, “*thaman ngahlo sila*” (**doulou**, sila, sal) hong suaksuk in, eite' mawhna a dingin Amah hong kipiasuk tawm hi. Mundang khat ah, Zeisu in “*ei a dingin samsiat thuak*” (*Gal. 3:13*) Paul in ci hi. Pasion, hong Piangsakpa in, eimah hong Tankhiapa a hihtheihna dingin, ei a ding samsiat thuak ding a kikalhna bangin singlamteh tungah hong sihlawh hi.

**A tunga kammalte in koibang in i lungsim hong tuamthei hiam? Tua bek thamlo, hih kammalte in bang hong hihsak nuam a, eimah kiniamkhiat tawmin, midangte phattuam nading lungsim hong puasak nuam cih koibang in hong theisak hiam?**

Mundang khatah zong Zeisu in: “*Note lakah a lianpenpa in nomau' sila hiding hi. A kiliansakte khempeuh in niamkhiat thuak ding uh a, a kiniamkhiat khempeuh in a lianin kibawl ding hi*” (*Mate 23:11, 12*) cihhi. Hih thu tengin, Paul in Phil. 2: 5-8 sunga eima sep ding tengmah hong lahkhiatna ahi hi. Tua sangin a vanglianzaw kammal tawh Paul mahin a gen masakna ah “*huaihamna lungsim leh kisialhnopna lungsim tawh bangmah hihlo ding*” (*Phil. 2:3*) cilai hi.

**Phil. 2:5–8 sunga Christ in hong hihsaksa acihteng pen eite'n koibang in dawngthuk thei ding ihi hiam? Christ in eite a ding hong hihsak sate a dingin khukdin in biakpiakna lo a dang tawh “a kicing” in dawngthuk theilai ding ihi hiam? Christ in hong hohsaksa pen eima' sepna tawh behlap ding cihpeuhmah banghang in khial lua thei hiam?**

THURSDAY

January 22

**Biakpiakna Thuthuk**

A minthang Laisiangtho munkhat 1Cor. 8:2 “*Mikhat in thuthei in a kingaihsut leh, a taktak in a theih dingina kilawmzah a theinailo ahi hi*” cihhi. Eite theihkim dildel laislinna subject khat zong omlo hi. Nakhat peuh tawh kisai kisinbeh tawntung lai hi. Thumgawm Pasion leh hong Sunglutna in thupiangu taktakte ahihna bangzah thumaan hi hiam? Zeisu in Amah mah hong niamkhiat tawm cihthu Paul in zong genphapha hi. Tuathu mahmah a tawntung in kisin leng zong kicing zonailo ding hi.

**Rom 8:3; Heb. 2:14–18 leh Heb. 4:15 simin. Zeisu in Amah mah hong kiniam khiat tawmna bangtawh lim hong lak hiam?**

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Khasiangtho' nasepna tawh (*Luka 1:35*) koibang in tawntung Pasion' Tapa in Mary' naubu sungah van-mihing khatin hong omthei hiam? Tawntung Pasion in sihtheihna tawh ciangtan om mihing khat hong suaksuk vat cihpeuhmah lungsim sungah umbang umlo bang hong hisak hi. Tuathu hangmah in Paul in "**eite' biakna pen thuthuk**" (*1Tim. 3: 16*) cih.

*Philippi 2 na sungah la hoih mahmah khat sungah Zeisu in Amah hong kiniamkhiat tawmna thu pen Laisiangtho mundang sang in zaknophuai zawtham hi.*

- a. "**Pasion' pianzia ne'**" (*Phil. 2:6*). Hebrew **morphē** (*pianlim*) cihpen a vantung pianzia hi a, Zeisu in Pa tawh kikim hi (*John 1: 1 simkak*).
- b. "**Amah kihawmsak tawm**" (*Phil. 2: 7*). Zeisu in Amah hong kihawmsak tawm cih pen, eite mahbang in mihing hihna tawh ze-etna thuak dingin vantungah Ama' hihtheihna teng nusia cihpen lamdang lua hi.
- c. "**Amah hong ki niamkhiat tawm**" (*Phil. 2: 8*). Mihing' dinmun a laak ciangin, vantung ah a sangpenna khempueh hemkhia dikdek in sal khat bangle in hong omna pen Lucifer tawh kilehbulh lua hi.
- d. "**Sihna, singlamteh tungah sihna**" (*Phil. 2: 8*). Pa Pasion tawh vaihawm khawm in, Zeisu in hongteel "**kilemna thukhun**" (*Zech. 6: 13*) omsa sangin a tualniam zawlai simmawh bawlsiatna dang omnawnlo hi. Tuahang mahin tanglai in Moses in gamlak ah gul'lim nakhai khinzo hi (*Gam. 21: 9; John 3: 14*). Tua banah, "*Pasion tawh a kibang in*

*midik isuahtheih nadingin mawhna aneilo Christ pen eite' tang dingin mawhnei mi a suaksak hi*" (*2Cor. 5: 21*).

**Singlamteh tungah eite a dingin Zeisu in hong hihsaksa thute bulpuh in – singlamteh pen eite kipumpiakna leh kiniamkhiatna in muthei in – a kiniamkhiat zaw leh Pasion tungah kipiakna koibang in suaksak thei ding ihi hiam?**

FRIDAY

January 23

**Ngaihsutbeh Ding:**

"Mihing' lungtang panin akhang akhang in hong luangsuk pa' itna pen mihing' kha sungah hong luangsuk lungnemna tuinak bang ahi hi. Ahihang ciangtan omlo tuipi bang ahi Pasion' itna tawh etkakna in bel, luino khat hilelbek hi. Kamtawh genzawhloh, laikung tawh lah zawhloh hi. Nisim in lunggulh tawntung in naneithei ding a; Laisiangtho zong telcian theihna dingin lungsim taktawh na kisinthei ding hi. Vantung a i Pa' hong itna leh hehpihna telcian theihna dingin Ama' vangliatna mah nasam thei ding hi. Tuata sangin a sangzaw kanlai tehpih omlo zong omlai hi. Tua itna peuhmah nuntak sungteng kisinsin ta lengzong: leitung a dingin sihna thuaksak dingin Pasion in Ama' Tapa tanghial hong piakkhiat hong itna a sauna, a zaina, a thukna leh asaanna pen ki telzo nailo ding hi. Tawntung hunin zong tuathu pulaak khiazo nailo ding hi. Eite in Laisiangtho simin Christ' nundan leh hong tatkhia na'ng ngiumna teng lungngai ding hileng, hih thukhunte in eima lungsim a zaizawsem in hong honsak sawnsawn lai ding hi"—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 740.

"Moses in Christ' sang akah mahbang in eite zong sangkah ding hileng, bangpeuh i kisin tammaw? Ki liatsakna peuh, eileh ei ki laptoh ding peuh maw?—Hilo e. Hih sang ah

kahkha leng lungnemna leh kiniamkhiatna hong khangto sak ding hi. A theihhuai teng thei khinzo ing ci in ngaihsun kha kei in. Pasion hong piak talent te a hoihpen in zang leng, sihtheihna pan sih theihlohna i galkah khit ciangin, hahkat takin i thalawhsa khempeuh nutsiat kullo in, hua galkhat lamah ki keng theita ding hi. A beitheilo khang tawntung in, Christ leh Ama' hong tatkhiatna nasep tengpen, eima laisimbu hi tawntung ding hi”—Ellen G. White, Manuscript 36, 1885.

### **Kikupding Dotnate:**

**1. Pasion hong itna maan taktak koibang in na tuak kha ngei hiam?**

**2. Zeisu in “mihing bangin” (Phil. 2:7) hong piang cihthu nang a dingin bang khiatna nei nasa hiam? Rom. 8:3 tawh saikak in.**

**3. Nangma omna munah na pawlpi in ki pumkhat na'ng bang tona peuh maingat hiam? Bangpeuh hitaleh, ki niamkhiatna tawh “huaihamna leh kisialh nopna lungsim” (Phil. 2:3) neihloh ding banghang in thupi hiam?**

## **Lesson 5**

January 24–30

### **Zanlai in Khuavak Bangin Taang**

#### **SABBATH NITAKLAM**

**Tuakalsung Simding:** Phil. 2:12–30; Rom. 3:23, 24; Rom. 5:8; 2Tim. 4:6; 1 Cor. 4:17; 2Tim. 4:21, 13; Luka 7:2.

**Kamngah:** “Na khempeuh phunlo thuniallo in sem un. Tua hileh a lungsim kawi, a hoihlo leitung mite lakah, paubaanna a neilo, a siangtho, Pasion' tate nahi ding uh a; nuntakna thu na genna uh hangin, leitung mite lakah khuavak bang in, na hoihna uh a kilangh mite nahi ding uhhi” (Philippians 2:14, 15).

Hebrew mite kiangah Pasion in “*hih thukhamte khempeuh a zakuh ciangin, 'Hih minamte pen, a pil, a thuthei taktak hi' a ciding uh mite muhna ah hihthu pen nomau' pilna leh theihna hi ding hi*” (Thkna. 4: 6) cih.

Tua khit zalom tampi khit ciangin Zeisu in “*Keimah in leitung khuavak kahi hi. Kei hong zuite in, khuavak nuntakna nei ding uh a, khuamial' gamtatna neilo ding uhhi*” (John 8: 12) cih. “*Note in leitung khuavak nahi uhhi. Mualdawn a om khua kiseelcip theilo hi*” (Mate 5: 14). Koibang in tua khuavak kihi thei ding hiam? Zeisu tawh kizopna naimahmah neihna bek tawh, “*khuavak taktak in mikhempeuh a taankhia hi*” (John 1: 9). Philippi 2 sungah Pasion in “*a lianpen in Amah koih a, min lian dang khempeuh sangin a min lianzaw in akoih hi. Tua ahah manin vantung leitung leinuai a om mikhempeuh in Zeisu pahtawi in khukdin ding uhhi*” (Phil. 2:9–11).

Zeisu' tungah amau nuntakna aki pum-aapte bekma in tua vantung khuavak leh vangliatna ngahthei ding uhhi. Hi napi, eima' lam-etna leh eima' geelna bangin Pasion in hong hihsak ding vive lam-en kha den hihang. Tua hang mahin Philippi mite tungah Paul' laikhak kammal te in tuni ciang dong ei a ding zong hithei lailai hi.

**SUNDAY**

*January 25*

**Pasion in Ei' sunga hong septeng a Pulaak khia ihi hi**

Zeisu in eite a dingin Pasion deihna bangin kiniamkhiatna leh thumanna etteh huaipa hikhin a, Paul in tu in Philippi mite lamah hong kihei ta hi. Lungdamthu a ngahkhit uh ciangin amaute in Topa tungah a thumanna uh Paul in kipsak (*Sawl. 16:13-15, 32, 33*) a, thumang zomsuak dingin hanthawn lai hi.

Christ' nundan leh singlamteh pen hotkhiatna lampi hi acihkhit ciangin, Paul in tuate gamtatpih theihna ding hong bulpuh ta hi.

**Phil. 2:12, 13 simin. Paul in “nomau' hotkhiatna dinguh ciat semkhia un” a cihpen bang acih nopna hiam? Upna leh sepna koibang in na kipawlsak thei hiam?**

Hihmun tegel sungah, Paul in Rome laikhak leh a dangte sunga lobuang lungdam thu a dang genlo hi. Hiteng ah ama' thupiak in upna tawh dik kisakna lungdamthu mah hi a, Philippi leh mundangte ah ahilh thute mah ahi hi. Laisiangtho in thulu khat tungtawn agen peuhpeuh, hotkhiatna thulu ahih nakleh ki telkhial hamtang cih phawk ding kizam hi.

**Rome 3:23, 24; Rome 5:8; leh Ephet 2:8-10 simin. Hihteng ah koimun penin hotkhiatna thu hilh hiam?**

Hotkhiatna cihpen Pasion' nasep cihpen dot zong kullo lel a, eite kisialhna ding peuh zong hilo hi. Ahihhang, piangthakna tungtawn in, Pasion in khalam thutawh hong bawlsak hi a, nahoih hong sepsak nopman ahi hi. Pasion' Kha in eite sungah na hongsem in hileh, thumaan hong teelsiam sak, ze-etna hong nangzo sak leh, teelna maan hong teel sak hi.

Tua bangin, Pasion in eite sungah hong septeng eite'n “*launa leh liinna tawh*” a semkhia ihi hi. Tuapen eima' thanem napi tawh Pasion' thukhenna mai ah lau in om ding cihna a hiding hiam? Tuabang hilo hi. Tuathu in Pasion hong ompihna (*Late 2: 11*) leh thuman kul ahihlam phawkna ahi hi.

**Christ in nangma sungah koibang in na hongsem cih koibang in na phawkkha hiam? Pasion in nangma sunga hong sepsak teng pen, nangma pianzia in koibang in langdo a, tua langdona koibang in nangzo ding nahi hiam?**

**MONDAY**

*January 26*

**Leitung Khuamial Lakah Khuavak**

Paul in, Philippians 2:14 sungah, “*nakhempueh phunlo thu niallo in sem un*” cih. Pawlpi sunga pumkhatna tungah tonate pen suksialua mahmah ahih manin eilampam khiatna neimello hahkatna lellel tawh kipuahpha zolo ding hi. Pawlpi pumkhatna cihzong Christ tawh pumkhat in Ama' thu upna tungtawn in hong piangkha thu ahi hi. Eima teci dingin zong kizampha ahih manin, Paul in “*leitung mite lakah khuavak bangin ataangte nahi ding uhhi*” (*Phil. 2: 15*) cih.

Kha mang zanin, mei alhliang in a taang khuapi lampite tawh a gamlatna ah, aksi te tam kimuzaw deuh a, a taang zawdeuh bangpeuh ahi uhhi. Etkakna in kilamdang sakpah hi. Van vom semsem leh, aksite kidawk semsem hi. Eite teci panna zong tuamah bang ahi hi. I kiimlehpam khalam khuamial semsem leh; Pasion' nungzui taktakte' nundan leh leitung mite' nundan kilang takin kilamdang hi. Leitung mite bawlsa khuavakte, ngaihsutna leh thapiakna te, seplehbawl ziate khempeuh in; eima teci panna teng amau' nunglam ah kidawklo sakzo thei hi.

**Phil. 2:15, 16 simin. Pasion' tate in bangci hih ding a bangci nuntak ding Paul in gen hiam?**

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*“Paubaanglo”* cihpen *“mawhneilo, kawkbaanglo”* cihhi. Job nundan a mawh baang lona tungah kizang phadiak hi (*Job 1:1, 8; Job 2:3; Job 11:4; Job 33:9*). Greekpau in *“lauhuailo”* cihpen *“kihello, siangkilke”* cihna hi. Zeisu zong, deihtak in Amah a langdote tungah Ama' teci pannate zong *“vaku banging gu neilo”* (*Mate 10:16*) dingin hong han-thawn bang ahi hi. Paul in zong eite in *“asia peuhmah khente”* (*Rom. 16:19*) ding cihhi. Tu hun media channel te pen siangthona, laptohna leh lungsim puahphat lam in pai mello hi. Tuabang hun ciangin, David' hihdan pen tuni a ding thukhun bang hiliang hi: *“Asia na peuhmah ka mitsuan kei ding hi”* (*Late 101: 3*) cihhi.

Eima' upna in mi tawh hong kilamdang sak hong khenkhia phial mahleh laulo ding hihang. I mungtuppi in *“leitung mite sungah khuavak bangin taang ding”* (*Phil. 2:15*) ahi hi. Tuabang hihtheihna dingin *“leitung omdan”* (*Rom. 12:2*) nial ding a, *“nuntakna kammal te lenkip ding”* (*Phil. 2:16*) cihhi. Eima teelsiamna hangin *“Christ' ni hong tun dong”*

*“a mawkna suaklo in”* (*Phil. 2: 16; 1Cor. 9: 24-27*) nungta ding cihhi.

**Nangma nuntakna sungah *“leitungvailua”* na kisakna mun a omkhak leh, koibang in na kisiansuah thei ding hiam?**

TUESDAY

January 27

**A Nungta Biakpiakna**

**Philippians 2:17; 2 Timothy 4:6; Romans 12:1, 2; leh 1 Corinthians 11:1 simin. Hih munteng ah Paul in bangthu gen hiam?**

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Paul in ama' nuntakna hong pulaakna ah Christ a ding nuntak dingleh sih ding zong ut lel in lungsimkaa acihsa ahi hi (*Phil. 1:20-23*). Tu in ahihleh amah pen *“mitawh biakpiak na tungah **kei hong kibua** hileh”* (*Phil. 2:17*) ciliang hi. Hih limlahna ahihleh, tanglai in tuikhum tuamtuamte (*sathau, lengtui leh tui*) a dawibiakna tungvuah a buaksukna uh pan hong pai hi a, Pasion biakpiakna ding acihna zong ahi hi (*Pian. 35:14; Pai. 29:40; 2Sam. 23:15-17*). Mary in zong *“amanpha mahmah nard paknamtui citak”* (*Mark 14:3-9; John 12:3*) pen, Zeisu' lutang leh khe zuutsak in *“phengzat”* akici pen tawh kibang hi. Dawn ding taktak ahihloh tei hang, kipiakkhiatna lianpi khat hi a, Christ in eimah hong tatkhiatna dingin tehpih omlo hong kipiakkhiatna hong limlahna zong ahi hi.

Paul in lungdamthu tangkona hangin sihna thuak hileh zong, ama' nuntakna pen Pasion biakpiakna in **“a kibua”** ahih manin, amah lungdam veve lel hi. Hebrew laibu sunga dawi biakna pen bia lelbek hilo in biakpiakna khat omsak hamtang uhhi (*Gam. 15:1-10, Gam. 28:1-15*). Tua

mahbang in, Paul in zong ama' nuntakna a piakkhiat ciangin, Philippi thu um mite mahmah in amau' a dingin a teel ngiatuh ahi Pasian tungah "**a nungta biakpiak na**" (*Rom. 12:1*) a cihpen lunggulh hi.

Christian masate Philippi te mahmah in, (*Phil. 1:27-29*) amau' upna hawmsawn ding lawpthei mahmah uhhi. Lungdamthu tangko in innkhat pan innkhat pai ngiatngiat uh hi (*Sawl. 5:42*). Laisiangtho kisin nading in mau' innte phal uhhi (*Sawl. 12:12; 1Cor. 16:19; Col. 4:15; Philem. 1, 2*). Amau' upna uh zong Laisiangtho tawh lahkha leklek uhhi (*Sawl. 17:11; Sawl. 18:26, 1Pet. 3:15*). Adventist mi masate in zong tuabang in hih uhhi. Pastor te hizawlo in amau mahmah in a vengte uh tungah thupuak uh in, amau' upna uh hawm sawn in, Laisiangtho hihlhcian uh in, siate hong pai uh ciangun ki tuiphum thei dingin mite kigingsak khol hi.

Tomgen leng, amau pumpi mahmah a kipiakkhiatna uh pen "**a nungta biakpiakna**" hi a, tuabang in lungdamthu kizeelsak uhhi. Eite e leh amau sangin niamzaw thei ding maw leh?

**Nangma nuntakna a dingin "a nungta biakpiakna" a hithei dingte ngaihsun in. Pasian' gam a ding bangzah na kipiakhia hiam? Nanglehnang hong kidawng dih o.**

**WEDNESDAY**

January 28

**Omzia Sittelsa**

Timothy pen tua laikhakte a buaipihpa ahihna pulaak khin hihang (*Phil. 1:1*). Paul in zong a manpha mahmah ama' naseppih ahihna pulak nuam hi. Amah pen **Evan** khat in (*2 Tim. 4:5*) Paul in Macedonia ah sawl (*1Thess. 3:2; Sawl. 18:5; Sawl. 19:22*) a, khatvei vei ciangin Corinth

ah zong sawl hi (*1Cor. 4:17; 1Cor. 16:10*). Tua madeuh in zong amah in Paul leh Silas tawh Corinth ah semkhin zo (*1Thess. 1:1; 2Thess. 1:1*) a, tuakhit ciangin Ephesus ah sem hi (*1Tim. 1:2, 3; Sawl. 19:22*). Paul in Timothy pen "*lungsim- kibatpih*" Greek kammal in (*kha kibang*) a cihpen Timothy in Paul tawh a kibatna tam mahmah a, Christ tungah a ki-aap zia, lungdamthu tangko ding a lawpzia leh Philippi mite a ding a veiina cihbang ahi hi.

**Timothy tawh kisai peuhmah Paul in a hoihnam in a gensak denkeei banghang hiding hiam** (*Phil. 2:19-23*)? **Ama' thu Paul in bangteng genlai hiam** (*1Cor. 4:17; 2Tim. 1:5*)?

.....

Timothy' hoihna a dangkhat Paul in a cihna ah "*ahihna kipsakkhin*" (*Phil. 2:22*) cihhi. Greek kammal tawh bel haksatna tawh a kisittel sitset (*Rom. 5:4*) cihna hi a, ama' gamtatzia pen hoih hi ci in kipsaksa hi (*2Cor. 2:9; 2Cor. 9:13*). Paul in lungdamthu a tangkona mun khempeuh ah Timothy tawh kikhawl khinzo a, ama' hoihna zong mukhin zo ahih manin, hihthu maan taktak cih thei hi.

Nuntak haksatna khawng phutkhak ciangin eima' omna lam panin kisihipan zelzel lel hi. Tuathu EGWhite in zong: "*Nuntakna pen thukhun nuaiyah om hi a, Zuau khempa in hong khem ciangin; lungsim maan taktak tawh aki maingat ciangin Christian' hoihna khang sak hi. Natsakna leh simmawhna peuhmah lungduai takin thuak in, simmawhna kam malte lungnem takin dawng in, nenniamna zong dikna tawh a kidawh leh; tua lungsim sungah Christ' Kha omtaktak cihna ahi hi*"—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 344.

EGWhite mahin a genzomna ah “*haksatna leh buaisakna sungah dingkip leng, Christ’ nundan hong neihsak banah Christian leh leitung mi hong khentel hi*”—*Testimonies for the Church*, vol. 5, p. 344.

**Tu mahmah in na phutkhak ze-etna leh haksatna leh buaisaknate ngaihsun in. Hibangte pen “lungduai takin thuak in na dingkip” hiam? Hibangte in thukhun hong zuisak semsem thei cih na koici theih hiam?**

THURSDAY

January 29

**“Hibang Mite Zahtak Bawl un”**

**Phil. 2:25–30 simin. Paul in Epaphroditus tawh kisai koici gen hiam? Hihbang Christian nasempa in ama’ tatlehhekna koibang in kilang sak hiam?**

.....

**Epaphroditus** pen hih laikhak sungbek ah ki pulak hinapi. Tua hong kilatna sunsun panin ama’ thu a khomkhat mah kisin ding hihang. Amin limlim pen amau’ ngeina pasian **Aphrodite** hi a, daw biakna panin hong kikhel ahi hi. Amah pen “*naseppih*” a nacih mah bang in nasem khat mah hiding hi a, Philippi ah Paul tawh a semkhawm hihtuak kici hi. Amah zong “*gal dopihpa*” (*Phil 1: 27*) khat mah nahi a, Epaphroditus in aluang khaam in lungdamthu tangko na ah haksatna phu cih (*Phil. 2:30*).

Thu puakpa (Greek, **apostolos**) ahi Epaphroditus pen, thongkia Paul’ kisapna bangbang a vaihawmsak dingin kish hi (*Phil. 2:25*). Amah pen Paul a dingin sum tawh a panpihna vuah Phhilippi mite in amuan mahmah pa ahi hi (*Phil. 4:18*). Rome a thongkia peuhmah in amau’ sum tawh ahi a innkuan pihte sum tawh ahi zongin annek

tuidawn, puansilh nikten, lupna puanlom leh a kizam bangbang leisak kul ahah manin tua sumpite in thupi mahmah hi (*Sawl. 24:23*).

Rome ah a nihveina thongkiat a tawpna lam ciangin, Paul in Timothy kiangah “*phalbi tunma in nong paitheih na’ng hong hanciam inla, Troas ah Carpus kianga ka nutsiat puanlum hongpuak in*” (*2 Tim. 4:21, 13*) cih. Paul omna suang thong sungah vot mahmah ahah manin, a sahmamah tuumul puanlum kizam kha ding hi. Hih sawltakpa mahmah pen Philippi hong tunpih kik ding pen Epaphroditus mah vaipuak a kipia ahi hi (Ellen G. White, *The Acts of the Apostles*, p. 479).

Philippi ah pen thubuai om ahah manin (*sinna 4 enin*), Paul in Epaphroditus pen upmawhna sangin a palzaw in a ciahkik nading Paul in “**kin semsem**” a, Philippi mite in zong “*Topa sungah lungdamna tawh limtak in bawl ding*” (*Phil. 2:29*) hanthawn hi. Paul in thongsung ah ama’ dinmun khawng lunghihmawh loh ding hanthawn zaw hi. Paul in Epaphroditus pen Christian te in a zahtak bawl mahmah ding uh mikhat ahahna, amau’ hauhna manna hang hilo Zeisu’ khekhap sik ngiatngiat in, kipiakkhiat nopna lungsim a neihna hang hizaw cih (*Phil. 2:6–11; Luka 22:25–27*).

Greek kammal in **zahtak bawlna leh pahtawina** pen laisiangthothak sungah vei tawmkhat bek kipulaak hi: Galkap mangpa in a “**it mahmah**” silapa (*Luke 7:2*), pawikhaam na sungah tutna sang tawh pahtawina (*Luke 14:8*), Zeisu in a “**manpha**” innkiu suang ahahna cihte ahi uhhi. Epaphroditus zongpen mi citak mahmah khat ahah manin, tuabang mite lakah hel ding hi a, zong kihel khinzo kha ding hi.

FRIDAY

January 30

**Ngaihsutbeh Ding:**

“Christ tawh a kinaipen in a omkha ding mipa in hih leitung ah Zeisu’ hong kipiak khatna tawh hong itna thuk a tam dawnkha penpen pa **‘hazatna lungsim neilo, kisatheilo, a kilawmlo in gamtalo, heh pakpaklo, mite’ mawhna ciamtehlo hi’** (1Corinth. 13:4, 5). Topa in mihing hong tatna dingin na khempeuh nusia in, sihna a thuak dongin hong nuntak pihna leh hong sepsak mahbang in nungzuite zong tuabang ahisak itna ahi hi.

Tua lungsim in Paul sungah nungta hi. Amah in **‘Christ a ding ka nungta hi’ acih ciangin, ama’ nundan in mite tungah Christ lahkha hi; si taleng zong a hoihazaw hi, Christ sungah hoih cih; sihna in Christ hong hehpihna kilangsak in, kha te zong Ama’ kiangah kaikhawm hi. ‘Ka si in ka hing zongin, Christ a kiphat theihna ding’ hizaw cih** (Phil. 1: 21, 20) —Ellen G. White, *The Desire of Ages*, p. 549.

“Kha khempeuh a ki ze-etna ding sawt nawnlo hi. Sapi’ciaptehna eitung ah hong kisuan ngawhta ding hi. **Leitung deihna lamah a kalsuan in a hamphat lawhte, leitung ngeina sungah a nungta mite** in, tua vangliatna pen simmawhna, bawlsiatna, thongkiat theihna leh sihtheihna nangawn ahihlam phawk mello ding uhhi.

“A lamkhial sanggam tampi takte pen a thumaante tawh hong kikhentel ciangin, Christ’ dialkhai nuai ah hosanna tampi takte tawh hong kilang ding uhhi. A meidawi a amau’ mahmah a kimuanglo mite in zong hangsanna tawh Christ a dingin hong dingkhia ding uhhi. Pawlpi sungah a thanempen leh a uaikai pente zong David mahbang in hong hangsan ta ding uhhi. Pasion’ mite a ding zanthuk semsem leh, aksi te taang semsem lai hi. Satan in mi citak mahmah te lungsim

buaisak mahmah taleh; Zeisu’ min sungah, galzopen te mah hong hiveve ding uhhi” —Ellen G. White, *Testimonies for the Church*, vol. 5, pp. 81, 82.

**Kikupding Dotnate:**

**1 .A tunga vauna khat ahi “Leitung deihna lamah a kalsuan in a hamphat lawhte, leitung ngeina sungah a nungta mite” cihthu lungngai kikin. Bangteng akihel diam? Mimal bek hilo pawlpi sung mahmah ah koibang in zathuai nasa hiam?**

**2. Pasion in “Kei hong pahtawite Ka pahtawi hi” (1 Sam. 2:30) cih. Koici bangin Pasion i pahtawi hiam? “Minphatna piakna” tawh a kibang tammaw (Rev. 14:7)? A hih leh hihloh banghang?**

**3. Ngeina sehna sungah thaang-awk hetlo in, eima hotkhatna a ding hahkat ding cihthu koibang in i telcian hiam?**

## Lesson 6

January 31–February 6

## Christ Sungbek ah Khamuanna

## SABBATH NITAKLAM

**Tukalsung Simding:** *Phil. 3:1–16; Rom. 2:25–29; John 9:1–39; Eph. 1:4, 10; 1 Cor. 9:24–27.*

**Kamngah:** “Zeisu Christ thei in Ama’ thawkkik bangin thokik in, kei zong sihna pan hong hingsak kik ding hi ci in ka lam-etna hangin, Ama’ thuak bangin thuak in, sihna ah zong Amah tawh ka kibat ding ka utpipen ahi hi” (*Philippians 3:10, 11*).

**Thukham** nasepna kihel kilkel lo in upna bekbek tawh hotkhiat ngahna zong a lung hihmawh huai thu pawlkhat omlai hi. Hotkhiatna khawng behlap theihna peuh a omkhak leh ci in, eima’ sepna peuh kimuang kha thei hi. Hotkhiat hihna dingin vun-aatna zong kism lai hi aci mite tawh, a kism ding zah tawh Paul in kam kinialpih hi.

Eima’ lampan zong sepezek kul cih upna, vun-aatna tawh hotkhiatna ngah a cite khawng tawh kisai in, thukham hang hilo, upna tungtawn in Christ in hongpiak dik kisakna ahihlam Paul in hong hilhcian hi. Tuni in vun-aatna khawng kibuaipih nawnlo ahihte hang, buaipih ding a thukhun na om veve hi.

Protestant Puahphatna bawl mite in hih buaina mahtawh akipan hi uh a: Christ’ nungzui khat nuntakna sungah, Christ mahin upna thubulpi ahi hi. Christ in “**eite**’

**upna hong cingtaak sakpa**” (*Heb. 12:2*) cih. Eite in i masakte pen a munmaan ah a om nakleh, Pasian’ hong itna sungah i nungta ding uh a, tu mahmah in hotkhiatna thu a hihleh “*cilehsa sungah kingalo*” (*Phil. 3:3*) ding hihang.

## SUNDAY

February 1

## Topa sungah Lungdamna

**Phil. 3:1–3 simin. Paul in bang hoihna leh siatna gen khawm a, koibang in kizom sak hiam? Thu ummite koibang in pulaak hiam?**

Paul in thuhohi khat tawh a laikhak kipan in a laikhak buppi tuabang vive ding bang ahi hi. Hi tuanlo hi. Hih laikhakna’ thukhunpi khat ahi; Topa sungah lungdam ding ahi hi. Tua tawh kisai hangthu tampi tak zong pia mah ding hi. A thupi pen in, eimah ki muang zawlo in Christ sungah muanna neizaw ding cih: “*Eite in Zeisu Christ tawh kipawl in cilehsa sung lungmuangte ihi kei hi*” (*Phil. 3:3*). Tua lampite khat peuhpeuh zui in, cilehsa sungah khamuanglo in, ahaksa zaw lampi khat peuh a zui i omkha hiam?

Vauna khauh mahmah “*kidawm un*” cih thumvei om a, Laisiangtho mundang ah om ngeilo hi. Tua tungtang a Paul gen lauhuaina pen Philippi mite in naktel mahmah uhhi. Buaina tuamtuam namthum hizawlo a, zuau kamsang kipawl na khat in zuauthu lampi thum tawh gen uhhi.

Israel sungah biakna mel neilo migilote pen “**uite**” (*Phil. 3:2; Late 22:16; Isa. 56: 10; Mate 7:6; 2Pet. 2:21, 22*) peuh kici hi. Kamsang zuaute pen “**gitloh gamtatte**” leh “**pumpi a susiate**” (*Phil. 3:2*) peuh cih. Galatia leh mundangte ah Nungzuite’ ukna Council thutawh kilehbulh

in Gentile thu umthakte pen, vun-aat dingin sawl hamtang uhhi (Sawl. 15). Khalam ah tona liankhat mah ahi, zuau thuhilhna hong laan mahmahna tawi kisai, hilh cian theihna zong “**Topa tungah lungdamna**” thu khat mah ahi hi (*Phil. 3:1; Phil. 4:4*).

Ei a ding lungdamna a piangsak khatpeuh in hong lungnuam sak hi. Pasion in i lungnop ding hong deihsak a, Ama’ kammal in zong lungdamna a piangsakna mah ahi hi. Hiteng ah, Pasion hong hehpihna (*Late 31: 7*); Amah muang (*Late 5: 11*); Hotkhiatna tawh kipawl thuphate sang (*Late 9: 14*); Pasion’ thukham eima nundan suaksak (*Late 19:14*), tua lakah Sabbath zong kihel (*Isa. 58:13, 14*); Ama’ kammal upna (*Ps. 119:162*); leh biaknami tate pantah (*Pau. 23:24, 25*) cihte ahi hi.

**Nuntak hun cihteh ahoih mahmah hun zong a om mahbang in, hahsat hun zong om ding hi. Tu laitak in hoihkei phial mahleh zong, bangpeuh lungdampih ding nahi hiam? Tuabang nahih ding bangin hong khak-hal hiam?**

**MONDAY**

*February 2*

**Paul’ “Nunlui”**

Philippi 3 sungah, Paul mahbang in Christian te in zong Zeisu sangin a kikhel khit leh a kikhelma vua a omzia uh a kibatna uh omveve uhhi. Leitung dinmun tawh et ciangin Christian ahilo mi pawlkhat pen “**mi hoihte**” peuh hi taleh, hikei taleh kici ponglel hi. A langkhat panin, Pasion’ lampan enleng, Christian te nangawn kuamah hoih cilo hi.

**Phil. 3:4–6 sungah, Paul in khatvei lai in ama’ kiphatsakpih mahmah tampi pulaak hi. Bangteng hiam? Nangma nunlui leh tulaitak nundan ah “ahoih” na pulaak ding bangpeuh omthei ding hiam?**

.....

Paul in upna maanlo a tangko Jew thu ummite leh; vun-aatlo napi, amau hotkhiatna a dingin vun-aatna lelpeuh muanglo in, Christ tungah a pum ki-aapte kikal ah kilamdanna teng hong pulaak hi (*Heb. 6:1; Heb. 9:14; Rom. 2:25–29*). Paul’ nunlui leh ama’ nampi a hihna a nungthu teng pen, ama’ sanggam Jew mite’n pimuh mahmah dinguh hinapi; tuate khempeuh in hotkhiatna bangmah hawm zolo hi. Hawm ding genloh, Christ a kisapna musaklo zawsop in khak-hal zawsop cih.

Paul pen vun-aat bekthamlo “**nigiat mi**” hi a, thuciamna tawh pianpih Israel minam ahih banah nigiat ni in vun ki-aat hi. Tua banah, Benjamin beh pan hi a, Israel khuapite lak pan a thupipen pawlkhat amau’ beh aa ahi hi. Paul in Hebrew lai a theih banah Upa **Gamaliel** sangnaupang (*Sawl. 22:3; 26:4, 5*), Pharisee zong ahih manin thukhamthu thuk tel mahmah a, a niampen in ngeina tawh a kipawl na ciangciang tel mahmah ding hi.

Paul in thukham it mahmah ahih manin, thukham tungah a kinga mahmah Jew nundan a dingin Chriatian pawlpi in gal lauhuai mahmah ci in mu a, pawlpi hong galbawl tahi. Mihing tungah akinga “*mawhbaanlohna*” zong “*thumaan*” hilel peuh napi; Paul in, mihing’ phuaktawm thuthukte langkhat ah, thukham in hong mawhsakna tepan kidaalna dingin, Christ in eite maipan hong dinsak cih Paul in mu hi.

**Rom. 7:7–12 leh Mate 5:21, 22, 27, 28 simkak in. Zeisu leh Paul in, thukham tawh kisai bang a thupi leh banghang in thukham sangin dikna bulpi ahi “Christ sungah upna” (Phil. 3:9) pulaak hiam? Zeisu in thukham zui ding hong cihbang beek in na zui hiam cih ki entel in.**

TUESDAY

February 3

**A Thupi Nate**

Zanni sinna ah, Paul in a thupitsak a kiphatsakpih mahmah tepen a taktak in Christ a kispna hong musaklo upna hong khak-hal hizaw cih hong lah khin hi. Paul in sumvai kammal zang a, meet leh sumh, ci in, upna a neihma in ama' khalam sazian pulaak hi. E'n ki thupiseh khollo hibek a, mimalkim in "**khalam sazian**" kineikim hi. Masang lamin bel Paul' sazian pen Zeisu' thuhilhna tawh kiteh hilo in, Jew' ngeina peuh tawh a kiteh hilel hi.

Amah a kikhel khit ciangin, ama' kha sazian pen a tuampi khat hong suak a, "**Judaism sum panin vantung sum**" in hog kikhelta hi.

*"Vantung pan hong tuaksukpa in vantung thu mah gen in, ama' lim mah a tuang vantung sum thu thumaan takin tangko hi. A tualniam mahmah mizawngte lamto in Ama' kumpi tokhom tung Ama' gei ah munpiak cihpeuhmah lauhuai mahmah cihpen Amah'n thei hi. Tuabang in a lauhuai mi maimaite tungah hong tung ding lauhuinatate zong Amah'n veiina taktak tawh hilhkhoh lai hi. A maw'kna ahi leitung nate tawh amaute' hun, siamna leh amau' ngahtheih ding nate a maw'k beisak lohna dingin amau' lungsim vantung lamah zol thapai lai hi"*—Ellen G. White, in *The Advent Review and Sabbath Herald*, July 1, 1890.

Leitung Judaism biakna kum zalom khatna sungteng ah, Paul in nawhsa takin hong minthang vangvang a, Damascus khua apaina lampi tungah Zeisu' khuavak amuh ciangin hong mittaw ta hi (*Sawl. 9*). A khalam mi thong kihong zawsop in muhna siangtak hong neihei ta hi.

**John 9 ah zong, mittaw hinapi Zeisu a mutel sitset mipa khat om hi. Zeisu in Amah leitung hong paisukna**

T-5

**pen "mittaw te in khua amuh theihna ding, khua muthei a kineihthe in mittaw a batna dingin leitung ah thukhen dingin ahongpai kahi hi"** (*John 9:39*). **Hih thukhun koibang in nuntakpih thei ding nahi hiam?**

.....

Vantung leh leitungthak ah tawntung nunna sangin a manphazaw bang omthei maw'k ding ahihiam? Leitung in a thupitsakte in mitampi mittawsak leuleu hi. Leitung in manpha a sakte tawh a kidem ngitnget te (*Mate 13:22; Luka 4:5, 6; 1John 2:16*) leh van-tung in thupi a sakte – Christ tawh kibatna leh hotkhiat khate ahi hi.

**Khalam thumaante leh a thupi taktakte pen leitung in hong mulosak thei hi. A thupi taktak nate i mitsuan theihna ding tawhtang in bang ahi hiam?**

WEDNESDAY

February 4

**Christ' Upna**

Paul' thubulpi mansuah keini maw. Damascus lampi tungah a lamdang mahmah kikhelna khat neikha hi. Thukham a bulphuh ama' nunlui pen, Christ teekin a ompihna tawh khek ta a, "*Christ tawh kipawl in Ama' sungah om*" (*Phil. 3:8, 9*) cih.

**"Christ tawh kipawl" cihpen lunglut huai phadeuh hi. Eph. 1: 4; 2Cor. 5: 21; Col. 2: 9 leh Gal. 2: 20 cihte simin. Hiteng bulphuh lecin, Paul in bang ngaihsutna nei dingin na um hiam?**

.....

Paul' kammal '**Christ tawh kipawl**' cihpen kikapna tam ompen hi. A hilhcianna zong Paul' kiangpan mahin kingah kik hi. "*Tua ageel thupen a hunhoih atun ciangin*

*Christ' khutnuai ah vantung leh leitung ah a om khempeuh gawm ding ahi hi?* (Eph. 1:10) cih. Tuamah pen acil apat in Pasian lunggulhna hilimlim hi. Ahihtheihna ding Paul mahin hong hilhcian hi: “*Pasian in Zeisu Christ hangin note tungah nuntakna hongpia a, tua Zeisu Christ pen eite' pilna, Pasian tawh i kipawl theihna, Pasian' misiangtho suakin hotkhiatna i ngah theihna ahi hi?* (1 Cor. 1:30).

“*Christ' sungah*” i om ciangin hotkhiatna ngiimna in a huamsa khempeuh kitelcian hi; khalam pilna hong phalvakna (*pilna*), upna tungtawn in diksakna (*thutanna*), vantung tawh kilawmsakna (*siangthosakna*), leh a nunungpen in Nihveina hong Kumsuk ciangin minthanna (*hotkhiatna*) cihte ahi hi. Hotkhiatna cihpen a kipatna pan a tawpna dongin ei a ding leh eima' sungah Christ' nasepna vive ahi hi. Tua hi a, Christ i neih nakleh, akisam khempeuh neikhin hihang.

**Philippians 3:9 simin. Paul in hong etkak sakzel thunih, tua thunih tegel banghang in thupi thei ding hiam?**

Paul in ama' “*aituam dikna*” pen dikna taktak hilo, nuntakna zong hong pia theilo (Gal. 3:21, 22); Upna tungtawn in Christ bekin hongpia thei, upna maimai zong hilo cih hong theita hi. A tawpna ah dawigilo te'n zong um in liingkeuhkeuh uhhi (James 2:19). Hong honkhia taktak thei upna pen “**Christ' upna**” hi. Ama' upna bekin picing takin thu mang thei bek hi. (Upna pen Greek pau in **pistis** hi a, cihtakna zong ahi hi). Eite'n Christ sungah i om a, Amah zong eite' sungah hong omleh (Gal. 2:20), Ama' sungah upna hangin Ama' upna tawh i nungta uhhi.

THURSDAY

February 5

**Na Khat bek—Christ Thei**

**Phil. 3:10–16. Hiteng ah Paul in bang a thupi pawlkhat pulaak hiam?**

Amantakpi cileng Christ theihna sangin a thupizaw dang omlo hi. Christ in ei hong theih manin, a tawpna ah Pa' maiah eite hong thei in aamah hong khaan ding hi (Mate 7: 21–23; Mate 10:32, 33). Amah koici theih ding? Ama' kammal Laisiangtho simin nuntak pih ding hi. Nungzuite bangin maitang kimu in kithei theilo hi. Tuabang ciang i theih na- ngawn zong, Ama' kammalte awlmawhlo in hong makaih dingKha Siangtho a kikap lam zong thupi kisalo thei lai hi (John 16:13). Ama' “*thawhkikna vanglian*” (Phil. 3:10) tawh “*nuntakna thak*” (Rom. 6:4) ah thokik leng; Amah thei semsem in, Amah naih semsem thei ding hihang.

Zeisu tawh kinaih semsem theihna lampi khat pen zong “*Ama' thuak bangin thuak*” na ahi hi (Phil. 3:10). I phutkhak haksatna khempeuh, natna satna khempeuh in, eite a ding in Zeisu in hong thuaksakna teng leh Amah mahmah leh Ama' deihna hong telcian sak hi.

Kinaih theihna lampi a thumna pen “*kung lam zuanir*” (Phil. 3:14) tangtak in paina hi. Kung in bang hiam? Laisiangthothak sungah hiteng bekmah ah a om (**skopos**) ahi hi. Kidemna khat sungah a zote in thaman a ngah theihna ding a tawpna mun ahi hi. Tua pen Paul in “*Christ Zeisu nasepna tawh vantung nuntakna ah Pasian hong sapna*” (Phil. 3:14) cih. Christ in Ama' sihna, thawhkikna leh van a kahtoh mahbang in, vantung thaman ahi tawntung nuntakna a ngah dingin, Pasian in eite zong hong sam hi.

Tuabang lianin zosiang nailo hihang. A “*tualniam pumpi*” pen “*a minthang Ama’ pumpi bangin hong kheelsak*” *Phil. 3:21*) ding hi. Amah theihna tawh, nisim eima nunna sungah Amah ompihsak in, eima’ hih theihna zahzah Zeisu tawh kibang dingin kungbul mainawt tentan ding hihang. Hihpen Paul in a bulphuh mahmah “*na khat*” a cihpen ahi hi.

Tai kidemna sungah zong (*1Cor. 9:24–27*), eima’ tunna leh kua’n hong zui cih ki awlmawh manlo hi. I mungtupna bulpi khat pen i mai a om nakhat bek hi a – ei hong ngak vantung’ thaman ahi hi. A khauhpa limlahna khat: tai kidempa in kung bulphuh hi. Thagui thatang saal in kungbul a tun mateng mailam manawh in tai hi.

**Topa tawh tonkhopna ah, nung hei-et loh ding, i mawhna leh supnate peuh mah nung hei-et lo in; mailam en cinten in Christ sungah kamciam lam manawh ding banghang in thupi hiam?**

FRIDAY

February 6

**Ngaihsutbeh Ding:**

“A thahat mahmah, Christian nundan tawh akidim gamtatna in nakhempeuh nusia in Christ a dingin piakhin ding hi; Tankhiapa in lungsim phellang peuhmah sanglo ding hi.

Ki pumpiakzia nisim in kisin ding hi. Pasion’ kammal sim ding a, akhiatna leh thupiakte zuihdang zong kisin ding hi. Christian dinmun hoihpen dong tung ding hi. Pasion tawh na semkhawm ahih manin, sittelna nunungpen ah zong dingtang zo dingin picing sak hi. A puksa leimite a ding lungdamthu in hong hihsak nate pen; thu ummite in midangte leh vanmite’ maiah pulak den ding uhhi”—Ellen G. White, *The Acts of the Apostles*, p. 483.

“Mopipa hong pai ding a ngak mite in, midangte kiangah ‘*enun na Pasion*’ ci ding uhhi. A nunung peh hehpihna khuavak, leitung a ding a nunungpen hehpihna thupiak pen Amah’ hong itna omzia ahi hi. Pasion’ tate in Ama’ minthanna pulaak ding uhhi. Pasion in amaute a ding a hihsak sa khempeuh pen amau’ nundan leh gamtatna tawh lahkhaia ding uhhi.

“*Thumaanna Ni in nahoih sepna sungah taang ding a—i kammal hoih leh gamtat hoih a siangtho sungah taang ding hi*”—Ellen G. White, *Christ’s Object Lessons*, pp. 415, 416.

**Kikupding Dotnate:**

**1. Topa sungah lungdam ding lungngai un. Nomau’ haksatna te sung khawngah lungdam ding cilo; Topa sungah cih. Eima’ mai ah, Topa, Ama’ hoihna, Ama’ vang liatna, hong itna leh hong hotkhiatna banghang in koihden ding ci hiam?**

**2. Atunga thu kisungte in Christian te peuhmah “na hoih” hong semsak nuam cih thei in. A sawtlo in Christ hong pai ding a lam-en mite a ding tua hehpihna in banghang in thupi thei hiam? Eima nasep hoihna tawh hotkhiat ihihloh tei hang, tuate neikei taktak leng hotkhiat ihi thei diam?**

**3. Cilehsa tungah lungmuanlohna mah lungngai phot in. Bang a cihnopna hiam? Banghang in tua sungah lungmuang lo se ding ihi hiam? Cilehsa zong Pasion hong piak mah hilo maw?**

**Lesson 7**

February 7–13

**Vantung Gammi Khat****SABBATH NITAKLAM**

**Tukalsung Simding:** *Phil. 3:17–4:23; 1Cor. 15:42–44; John 14:27; Luke 119:165, Job 1:21; 1Tim. 6:7.*

**Kamngah:** “**Thu khat peuhpeuh lung himawhlua pahpah kei unla, na kisap bang bang uh lungdamna tawh Pasion kiangah nangen un**” (*Phil. 4:6*).

**Tukal** sinna pen Philippi mite’ thu sinna thukhupna hi a, a manpha pilna leh nisim nuntakpih ding thuhoih tapi kihel uhhi. Hih laikhak a nunung lamah, Paul nuntakna a makaih den hoihna tapi takmah hiteng ah kihel ding hi. Zeisu’ thuhilhinate mahbang in, mihing’ sunglam mah a bulphuh, Paul in hong hawpsawn nate pen, Christian nuntakna nopna thusim ahi hi.

Na khempeuh ei’ deihbang ahih kholloh hangin, upmawh sangpeuh in hoihzaw thei zel ahih manin, lungkiat luat pahpah ding zong hisamlo hi. Nuntak sungah haksatna leh tona te phulzawhna dingin, sunglam thahatna thukhun te hangin, Pasion bekin hong piak theih kilemna leh tawntung daihna hong ngahsak hi. Tuhun leh mailam hun khempeuh in Ama’ khut sungah om ahih manin Amah in eite kisapna khempeuh hong sik ding hi.

A thupi pen panin lungkiatna bek hong piangsak thei, hi leitung ki ukna tungah bang lam-etna mahmah

neih ding hilo hi. Christian tepen Pasion’ gam mite ahi uhhi. Tua gammi hihna in a lamdang mahmah hamphatnate leh vaipuak tampitak mah hong ngahsak thei hi.

**SUNDAY**

February 8

**Etteh Huai Mite**

Mi khempeuh in eima pimuh phatdeuh leh etteh nop deuh kinei tek hi. Naupangte phadiak, amau’ etteh ding limhoih alak ding kisam phadeuh hi. Tuatate pen amau’ palehnu zong hikhasop ding hi. Hong khantoh ciangun etteh ding dang peuh zong muzel uhhi. Amau’ nuntak na’ng a teelna uhleh, tangthu simna peuh panin muthei uhhi. Laisiangtho sungpan tona lianpi neite’ thu a sinna pan un amau’ nundan peuh tawh enkak uh zong hithei uhhi.

Tulai media te sungah siatna lam etteh ding tamlua hi. Thaang hong kisiahna tam mahmah hi. Zualzangna lam thapia tangthute in mihoih pipite nangawn siatlawh sak hi. Paul’ laisim Philippi mite in, internet khawng neinailo nabi’n hihthute mah na phukha khin uhhi.

A mantakin cileng, Paul hunlai a leitung in tuni a eima leitung mahbang in siatna, zualzangna leh gitlohna tawh kidim khin hi. A om tawntung leh a omlai ding gitlohna in a tawpdong in om ding hi. Dotna khat omthei hi: Koibang in dawngthuk ding ihi hiam?

**Philippians 3:17–19 simin. Hihmun ah apha leh asia etteh dingte koibang in pulaak hiam? Tua tegel kikal thu koibang in khentel thei ding ihi hiam?**

.....

Paul in aki thutuah pihloh mite nangawn it in – a kah ngiatngiat na phawkhuai hi. Ama’ galte ci hetlo in

“Christ’ singlamteh tawh a kilehngat mite” (Phil. 3:18) cibek hi. Paul in a zaizaw semin hong pulaaklai a, singlamteh in kikalah kidalna teng sukham in, hong kibangsak a, Honpa kisam mawhneite ihihna hong kilangsak hi (Eph. 2: 11-14).

Philippi mite in, asiate etteh zawlo in limhoihte etteh zaw dingin a hatthotna zong phawkhuai hi. Ama’ nundan tawh a kibangte peuhmah awlmawh mahmah dinguh cihi. Amah’n Rom mite a thuhilhna ah “note theihsa thute gensia langpang in, mite upna nawng- kai sakin, pawl akikhensak mite kidawm un. Tuabang mite tawh kikhawl vetkei un” (Rom. 16: 17) cihi. Zuau khemthei tua Rome mite pen “tuabang mite in i Topa Zeisu Christ’ nasem hilo in, gilpi vaibek a sem uh ahi hi” (Rom. 16: 18).

**Zeisu bekmah etteh taakcingpa icih teihang, mun khatkhat ah a etteh huai mite zong omthei uhhi. Mi tungah Nang koibang etteh huai nahi thei hiam?**

MONDAY

February 9

**“Topa sungah Dingkip un”**

**Phil. 3:20, 21 simin. Paul in Christian “gammi hihna” koibang hi ci hiam?**

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Singlamteh tawh a kilehngat mite tawh a kibanglo “leitung nate a lunggulh mite” in, amau’ gilpi sangin a lianzaw pasian dang neilo cihi (Phil. 3: 19). Christian te ahiehleh vatung gammi hi uh a, amau’ Topa in Zeisu Christ ngiat ahi hi. Tuabang hong hisak thei thu pen Paul in “a ginalo i Leitung pumpi pen, Ama’ aa mahbang in a minthang pumpi tawh hong kheelsak ding” (Phil. 3: 21) cihi. Natna satna, siatna leh sihna tawh akidim eima pumpi pen; a thokik a

minthang Christ’ pumpi tawh kibang in hong kheelsak ding hi.

**Anuaia munte in a minthang pumpi koibang in pulaak hiam?**

**a. Job 19: 25-27**

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**b. Luka 24: 39**

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**c. 1Cor. 15:42-44**

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**d. 1Cor. 15: 50- 54**

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**e. Col. 3: 4**

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A tawpna ah, Zeisu’ sihna in “gal nunungpen” sihna. susia ding hi (1Cor. 15: 26). Tua in ei a ding lam-etna lianpen, Zeisu’ hong kamciamna lianpen – sihna tawh tawpziau lo in pumpithak khat, a “minthang pumpi” (Phil. 3: 21) hongpia ding hi.

Laibu khat om a, Pasian lotawh “hotkhiatna” cihi. “Hotkhiatna” cihin sihna tungah galzawhna cihpen nial in; laikungpu **Luc Ferry** in, Christian’ upna in “mihingte lunggeelna in sihna paltanzo bek thamlo, sihna mahmah satgawp in thuhilh thei hi. Pumpi thu kisinna leh ngaihsutna lel tawh hilo in, mimal khat thu ciaptehna bang hileh, eimah in sithei mi ihihna tungtawn in, a nunungpen khatvei

*galzawhna tawh nuntak tawntung theihna ding tua lampi bek ahi hi*” —Luc Ferry, *A Brief History of Thought* (New York: HarperCollins, 2011, Kindle edition), p. 90. Pasion umlo khat’ upna ahi hi.

Paul a ding ahihle, vangtung gammi ihih na’ng pen, tu in lungsim in geelzawhloh, mithak silsel in thawhkikna tawh tawntung nuntakna sung lut ding kamciam omgige hi.

**Thu ummi khempeuh a dingin tawntung nuntakna kamciam in banghang in thupi thei hiam? Christ in eite hong kamciamna sangin a hoihzaw bang kamciam leitung in hong piathe i ding hiam?**

TUESDAY

February 10

**Topa sungah Lungdam tawntung un**

**Philippi 4:4–7 simin. “Pasion sungah lungnopna” koici kingah hiam?**

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Ki pumkhatna ding kispna thu a zawkhith ciangin (*Phil. 4:1–3*), Paul in thukhun dangkhat : Topa sungah lungdamna lam ah paikik hi (*Phil. 4:4–7*). Hong om phetleh a tui suakziau pahthei, bangpeuh a dingin nasia takin na hanciam ngei hiam? Zeisu in lungkham luatloh ding thuhoih tampi tawh hong hanthawn (*Mate 6:25–34; Mate 10:19*) a, Peter in zong “*Amah in note hong kem ahih manin*” (*1Peter 5:7*) na lungkhamna te uh Topa kiang ah tunpih ding cihi. Tu a leitung a buaina tuamtuam te hangin Topa hong pai ding hun nai mahmah ta cih hong lam-en sak hi (*Mate 24:33; Luka 21:28; James 5:8*).

Na khempeuh leh mun khempeuh a lungkhamna teng bawldamna zatui in thungetna puaktohna ahi hi (*Phil.*

4:6, 7). “**Lungdam kohna**” tawh thungen in, i thungetna hong ki dawnma in zong upna tawh kalsuanpih pah ding hi. Kammal ki behlap khat om a “*hehpih ding thuumna*” (Greek, **deçsis**), thu-kin phatmawh hun cihna ahihi (*Luke 1:13; Phil. 1:19; 1Tim. 5:5; James 5:16*). Eite’ thungetna peuhmah pen “*thuumna*” vive hiphot a, eite in “*Ama’ deihna tawh kituakin*” (*1John 5:14*) i ngetleh, i nget khempeuh Pasion in hong pia ding hi. Tua hileh, eima’ ngetna khempeuh Pasion’ khut sungah om ahih manin, lungnuam takin tawlna hithiat theita hihang.

**Anuai a munteng in Pasion sungah lungnopna koibang in hong khangsak thei hiam? Late 29:11; Isa. 9:6; Luka 2:14; John 14:27; 1Cor. 14:33.**

.....

Pasion’ lungnopna cihpen eite’ Honpa Zeisu Christ tungtawn in tawntung nunna hong lungmuan sakna hi a, leitung in hong pia theilo hi (*Rom. 5:1; Rom. 6:23*). Tua lungnop na in nuntakzia etkimna hi a “*Pasion hong piak lungsim nopna*” (*Phil. 4:7*) ahi hi. Mihing’ lungsim Greek pau in **nous** (*lungsim*) in baan zolo hi.

**“Pasion kiangpan Lungnopna” na neihlam mi khatpeuh kiangah koibang in pulaak thei ding nahiam?**

WEDNESDAY

February 11

**Hih Thute Lungnai un**

Mihing’ lungsim bat zawhloh lungnopna pen “*Christ Zeisu tawh kipawlna*” (*Phil. 4:7*) hang ahi hi. I sunga nuntakna in kepbit kisam hi. *Phil. 4: 7* in Pasion’ lungnopna tawh a kipawl galkapte tawh gentehna pia hi. Greek pau in (**phroureô**) pen khuapi a cing galkap honpi a cihnopna ahi hi (*2Cor. 11; 32; Sawl. 9: 24*).

Lungsim sung nopsakna ding a phamawh mahmah khat pen Pasion' deihna bangin nuntakna ahi hi. "*Nangma' thu a deihte in lungnopna lianpi ngahuh a, amaute a tuksakzo ding bangmah omlo hi*" (Late 119:165).

**Philippi 4:8, 9 simin. Bang hih ding hong hanthawn tuam hiam?**

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Paul in Phil. 4: 8, 9 sungah "*a tawpna ah*" ci in hoihna thu guk behlap hi. Tuateng tomlaak in Paul' limlahna bangin zuih ding hanthawn hi. A thukhupna ah Greek leh Rome ngeina tuamtuam te a om Philippi mite a dingin tuathute in lemkek bilbel hi. Laisiangtho sunga gamtat hoihna tengmah bulphuh hitei napi, Paul in Greek mite hoihna namli a nutsiat sese zong lunglut huai veve hi (*ciimna, thutanna, kideekna leh hangsanna*).

1. **Dik** – hong omvat hilo, sazian gualsuk leng Laisiangtho thubulpi in Zeisu hi. "*A mantakpi kongcih in*" cihpen laisiangthothak in ciden hi. (*Sawl. 26: 25; Rom. 1: 18; 1Cor. 13: 6, 2; 2Cor. 4: 2; Eph. 4: 15; James 1: 18; 1Pet. 1: 22; 1John 2:21*).
2. **Thupi** – Greek pau in mimal acihna hi. (*1Tim. 3: 8, 11; Titus 2:2; zahtakhuai zong kici*).
3. **Thumaan** – Hih hoihna pen Pasion' dikna omzia acihna (*Phil. 1:7*).
4. **Siangtho** – Pasion in hong diksakna panin hong luangsuk ngaihsutna leh gamtatna (*1John 3: 3*).
5. **Ithuui** – Melhoihna limlim pen Pasion' piansak lai in ahoihsa in hong bawl hi.

**6. Zahtakhuai** – "lungsim hoihna, phuutzawhna leh hehpihna".

Paul mah in hoihna namnih mah paikhia hi, tua hikeileh milim biate' hoihna tawh kizompah ding hi. "**a hoih leh ahattaak thute**" (*Phil. 4: 8*), hih thute pen vantung hoihna hi ci in lunggulh ding cihi. Lunghianna leh kitelkhihna peuhmah hemkhia ding hihang. Paul in eima sinsa, saansa, zaksa leh muhsa ama' limlahna bangin gamta dingin hong sam hi (*Phil. 4:9*).

THURSDAY

February 12

**Lungkim zawhna Tawhtangte**

**Phil. 4:10-13, 19 simin. Lungkim in lungdam zawh na'ng bang tawhtang teng Paul in hong pulaak hiam?**

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Hun haksat mahmah laitak (*gilkialna, cinatna, liamna leh supna*) cihte hong tun ciangin mihing in a beisa hunin a saansa thuphate peuh phawk kikkik zel thei hi. I 'tualniam' ciangin (*Phil. 4: 12*), 'i zawn ciangin' leh 'bangmah neihloh' ciangin, eima upna in tualai a tun laitak ahi hi.

A lehlam panin 'i hauh ciangin' tua hauhna tengzong tomno sungin beithe ahihlam phawk ding hihang (*Pau. 23:5*). Job leh Paul tegel in, leitung ah i pianlai in guaktang in i piang uh a, hansungah guaktang mahin i pai ding uh cih hong phawksak hi (*Job. 1: 21; 1Tim. 6: 7*).

**Anuai a laisiangtho' kamciamte phawk in:**

- a. **Late 23: 1** – "*Topa in tuu bangin hong cingpa hi a, ka kisap teng kicing hi*"

- b. **Mate 6: 32** – “*Vantung a na Pa in na kisap uh khempeuh thei hi?*”
- c. **1Peter 5: 7** – “*Pasian in note hong kem ahah manin na lung hihmawhna khempeuh Ama’ kiangah tun un?*”
- d. **Philippians 4: 19** – “*Ka Topa Pasian in Ama’ hauhna tawh kizui in Christ Zeisu tungtawnin na kitangsapna teng khempeuh hong pia ding hi?*”

A lamdangpen panin: “*Christ in hong thahat sakna tawh na khempeuh kahih thei hi?*” (Phil. 4: 13). Cihte hang kuamah in ‘*nakhempeuh*’ baanzo nai samlo hihang. Pasian in hong huh ding leh hong thahatsakna ding pen Ama’ deihna bangin ngen ding hihang. Ama’ deihna tawh kituak nangawn i ngetloh ni zong pheivei lel hi. Tua ahah manin James 4: 2 sungah, “*na deih uh ngenlo nahih manun a ngahlo nahi uhh?*” cih.

A nuai ah Pasian’ deihna tawh a kituak lungmuang takin nget theih dingte pawlkhat:

- a. It leh ngaih lawm khat a ding in hotkhiatna (1Tim. 2: 3, 4).
- b. Upna hawpsawn zawh na’ng hangsanna (Mang. 22: 17).
- c. Mawhna pulak khialhna nutsia in mawhmaina nget ciang (1John 1: 9).
- d. Pasian’ thukhamnate zuihzawh na’ng thahatna (Heb. 13: 20, 21).
- e. Hong mudah hong simmawh te ittheih nading (Mate 5: 44).

- f. Tona phutna ding pilna (James 1: 5).
- g. Pasian’ Thu sunga thumaan theihna ding (John 8: 32).

**Nangma’ thungetna te; hong tung nailote leh cihmah hunin hong tunglo dingte na koicah hiam?**

FRIDAY

February 13

**Ngaihutbeh Ding:**

“*Hehpihna tawh panpihna a ngahden te bekin, nisim kisapna tuamtuamte ngahthei ding uh a, zong zeek siam thei ding uhi. Amaute un Pasian sungah kipden peuh lehu, nisim in khalam thahatna silpiak tuamte ngah theih ding mailam hun peuh ngakngak kullo in, amau mahmah un Pasian a ding kuangzat kezat te hong hiding uh a, kha hotkhiatna ah zong kizang thei ding uhi. Amau batphak zawhna ciangciang Pasian’na semthei ding uhi. Amau un tualniam mahmah in amau’ innsung ah semphial taleh, mipite lakah ahi zongin Topa a dingin nisim in semthei ding uhi.*”

“*Christ in zong leitung ah a nuntaklai in, Pa’ hehpihna zong ahah manin Pasian tawh kipawl in midangte thapia in thupha zong a piak mahbang in, a ki-aap Pasian’ nasem khat in hehnepnah lam-etna nei ding hi. Christ in hong limlahna bangin a zuite in, leitung ah buh aatna dingin Pasian in a pawlpi tungah hong kamciam sate ngah thei ding hi*”—Ellen G. White, *God’s Amazing Grace*, p. 117.

“*Pasian in i kisapnate thei in hong vaihawmsak hi. Topa in Ama’ tate a dingin van manpha kholna mun nei a, amau’ kisap bangbang in ahunhun in piathehi hi. Tua ahahleh banghang in muanzolo ding ihi hiam? Thupiakna tungah a citak a tate a dingin a manpha kamciamte bawlkhin hi. Ama’*

hepkhiat zawhloh vangik omlo, Ama hawlkhiat zawhloh khuamial omlo, thahatna in Ama' kheel zawhloh thanemna omlo, Ama daihsak zawhloh launa omlo, Ama' makaih zawhloh lunggulhna omlo h̄”

“Eileh ei peuh ki enkei ni. Eima' kicinlohna tungah kingak semsem ciangin, zawh na'ng tha nem semsem h̄”— Ellen G. White, *That I May Know Him*, p. 224.

#### **Kikupding Dotnate:**

**1. Na thungetna sungah hong kidawnphat pen lungngai photin. Nangma' pilna a khengval Pasion' lungnopna koibang in nangah kha hiam? Hong dawn nailoh thu ngetna te eleh? Kamciam lungnopna koibang in nangah hiam?**

**2. Philippians 4:8 sunga thute koibang in hunla in na ngaihsun hiam? Topa tawh tonkhawm in nangma upna tha hong piak na koici muh hiam?**

**3. A tunga kammalte ngaihsun in. “Eima gitnatlohna lunggulh semsem leng, tua te zawhna ding tha nem semsem” cih. Zawhzawh nading bangthu om hiam?**

#### **Lesson 8**

February 14–20

#### **Christ Aminthanna**

#### **SABBATH NITAKLAM:**

**Tukalsung Simding:** *Pian. 1:26, 27; Col. 1:15–20; John 1:1–3; Eph. 1:22; 1Cor. 12:12–27; 1Cor. 4:9; Rom. 6:3, 4.*

**Kamngah:** “Christ pen a kimutheilo Pasion' lim hi a, aki piangsak khempeuh lakah ta upa ahi hi. Vantung leh leitung ah a om na khempeuh, khathu tawh kisai vangliatna, tote, mi ukte, aana neihnate a kipan, a kimuthei hitaleh, a kimu theilote hitaleh, na khempeuh Pasion in Amah zangin a piangsak hi. Leitung a kipanin huih laka om khempeuh dongin, Pasion in Christ a dingin a mahmah zangin a piangsak hi” (*Colossians 1:15–17*).

Tukal sinna tawh, Colossian mite' thu ngaihsun zom kik ding hihang (Sinna 1 leh 2). Sinna 2, Thursday ni in Colossian 1: 9–12 sungah, Paul in Collssae thu ummite a ding thungetsak a, Pasion lungdamna dingin a nuntak dinguh ngetsak hi. Taang 12 leh 13 sungah kumpi-gam nihte thu tehkakna nei a: Khuavak leh khuamial; “*Khuavak kumpi gam*” (*Col. 1: 12*) leh “*khuamial vangliatna*” (*Col. 1: 13*).

Eite in khuavak gam ah tawntung gamh a ngah thei dingin hong laamto in; khuamial vangliatna tawh hong itna hangin hong kipeel sak a “*a it A Tapa' ukna sungah hong koih a, tua a Tapa in ei hong khahkhia a, i mawhna hong maisak khinta h̄*” (*Colossian 1: 13, 14*).

Thukhat leuleu ah Zeisu mahmah in hong Piangsakpa Pasion hi a, hong Tanpa zong ahi hi. Amah in eite hotkhiatna hong sepsak a, Amah upna tungtawn in, khuamial ukna panin Ama' it a Tapa' gam sungah hong omsak hi.

Tukal sungteng, laisiangthothak sungah Zeisu' thu a kicingpen leh a sangpen in pulaakna teng ending hihang. Zeisu in "a kimu theilo Pasion' lim" ci in; "a kipiangsak khempuuh lakah ta upa" (Col. 1:15) lah cizel koibang hiam?

**SUNDAY**

February 15

**A Kimutheilo Pasion' Lim**

Limlang ahi a maan ahi zongin enleng eima' lim kimu ahih hang, langnih anei a peek tunga om lim hibek hi. Lim bawl siamte in milim abawl uh ciangun etlawm zawdeuh napi; anungta, ahusang leh a gamtang tetawh kibang tuanlo hi. Milim vai pen a limpua hi bek a cihteih uhhang, Laisiangtho thupiakna ah bel zaizaw thamlai hi.

**Pian. 1:26, 27; 5:3; 1Cor. 15:49; 2Cor. 3:18; leh Heb. 10:1 simin. Hihmun tengin milim a khiatna teng tomlaak in. Zeisu in Pasion' lim acihna tawh koibang in kilamdang hiam?**

Mihing limlim pen pumpi, kha, kinaihna leh gamtatna limlim ah Pasion a suun thei penpen dingin hong bawl ihi hi. Mawhna in tampitak hong suksiatsak ahih manin, mun pawlkhat pan bekin Pasion kisuun theilai bek hi. Ahi zongin Zeisu in mitmuh theihloh Pasion hong "mu" sak hi. Zeisu in "Kei hong mute in Pa zong a mukhin uhhi" (John 14: 9) cih. Amah pen Pasion' omzia "a lim taktak"

(Heb. 1:3) mah pua cih. Amah pen Pasion' ngaihsutna awzaak leh Pasion' omzia mitmuh ahihi.

**Mate 11:27 leh John 1:1, 2, 14, 18 simin. Banghang in Zeisu in lamdang takin a Pa' lim lakthei hiam?**

**Zeisu in a Pa Pasia tawh a kizopna koibang in hong hilhcian lailai cih enin:**

- a. "Ka Pa in tuni dongin nasem tawntung ahih manin Kei zong kasep dingmah ahi hi" (John 5: 17).
- b. "Kei leh ka Pa in pumkhat kahi uhhi" (John 10: 30).
- c. "Kei hong suanglo in Pa kiangah kuamah tung theilo ding hi" (John 14:6).

Zeisu in Amah mah pen Pasion' min lian mah zangin kipulaak hi: "**Keimah**" (Pai. 3: 14). "Keimah in nuntakna khomun kahi hi" (John 6:35); "Keimah in leitung khuavak kahi hi" (John 8:12); "Keimah in tuucing hoih kahi hi" (John 10:11, 14); "Keimah in thawh kikna leh nuntakna kahi hi" (John 11: 25); "Keimah in Pa' sungah ka om a, Pa in zong Kei sungah a om hi" (John 14: 11); "Abraham omma in Kei ka om khin hi" (John 8: 58).

**Zeisu in Pasion mahmah sangin a dangkhat peuh hizaw zen leh; eite hong honkhia dingin Pasion in piansaksa khatpeuh hong sawlziau cihloh adang bang om hiam? Pasion in Christ' pumpi tawh eite a ding hong sihsakna in Pasion mahmah hong sihna tawh banghang in kilamdang in thupi thei hiam?**

MONDAY

February 16

**Piansakte Lakpan Ta-upa**

Laisiangthothak sungah “*tacil*” leh “*ta-upa*” acihpen Zeisu hiden (*Luka 2:7; Rom. 8:29; Heb. 1:6; Mang. 1:5*) a, Colossian sungah zong om hi. Midang khatpeuh a cihna ah ahun ani tawh kizui in a piangmasa zong hituanlo hi. Laisiangtho in “*tacil*” acihteh, tapa in apa tawh akizopna tuamvilvel hi a, a pian dungzui zong hi tuanlo hi. Tapa nauzaw hinapi un a min neizaw zong om uhhi: **Isaac, Jacob** leh **Joseph** cihte hi.

David bangpen, tapa giatna hinapi kumpi suak zawsop hi (*1Sam. 16: 10- 13*). La phuakpa tungtawn in Pasion in “*Keimah in amah ta-upa penin Kabawl ding a, leitung kumpite lakah a lianpen in kabawl ding hi*” (*Late 89: 27*) cihhi. Moses kiangah zong “*Israel pen Ka Tapa a suakmasa hi*” (*Pai. 4: 22*) cihhi. Hihthu ah **amasa** sangin a **vangliatna** hizaw hi.

**Colossians 1:15–17 simin. Paul in Zeisu pen “a kipiangsak khempeuh lakah tapa upa” acihpen banghang hiam?**

.....

Paul in Zeisu pen a kipiangsak masapen a cihna zong hi tuanlo hi. A taktak in Ama’ nam mahmah in tuabang ding sungah hello hi. Zeisu in na khempeuh bawl cih nihvei tak Paul in thudang tawh kisai in gen hi. Amaute pen *Amah in bawl a, Ama’ a ding* ahi hi (*Col. 1: 16*). A thunih mahin Pasion’ piansakna nasep sungah Zeisu in mapang in sem cih pulak uhhi (*Eph. 3:9; John 1:1–3; Mang. 4:11*).

Paul’ genkhiatna pen a zaithei penmah ahi hi. Na khempeuh cihte vantung leitung, a omteng pan muhtheih

leh muhmawh, seplehbawl lampan kumpi tokhom, ukna gam, uk zawhna leh vangliatna cihte khempeuh ahi hi. A nunung zaw ahiehleh vanmite hipha diak hi (*Eph. 3:10; 6:12*). Zeisu’ thu a kitelkhiah lohna dingin Paul mahin, Zeisu in “*na khempeuh a pianma in omkhin*” (*Col. 1:17*) cihhi. Greek kammal in za liatna leh ahun thupi sak phadiak bang ahihhang, Paul in a gelhna ah ahun thupisak zaw hi (*1Cor. 2:7; Gal. 1:17; Eph. 1:4*).

Zeisu’ thupitna dang khat, Paul mahin “*Ama’ sungah na khempeuh amau’ mun san sanah omthei*” (*Col. 1:17*) cihhi. Greek kammal (**synistemi**) pen “*kaikhawm, gawmkhawm*” cihna hi. Zeisu in vannuai buppi a **Piangsakpa** bek tawh hilo, **Honkhiapa** ahiehna tawh a **gawmkhawmpa** zong ahi hi.

**Piangsakpa Pasion ei a dingin hong si hi. Ei’ sepna tawh bang behlap thei lai ding ihi hiam? Christ hong hihsaksa teng eima’ sepna tawh behlap ding cih ngaihndan in banghang in Christ simmawhna hithei zawsop ding hiam?**

TUESDAY

February 17

**Pumpi’ Lutang (Pawlpi)**

**Eph. 1:22 leh Col. 2:10 simin. Hihmun ah “lutang” in bang acihna hiam? Paul in Zeisu in “Pawlpi’ lutang” a cihpen bang a cinuam hiding hiam (Eph. 5:23)?**

.....

Makaihna zaa khat peuhpeuh pen lutang tawh a kilimpuaksak zong pen, leitung pau nam tampi te paizia ahi hi. Tuabang mah in Laisiangtholui leh a thak in zong zang hi. Anuai a munteng in “**lutang**” a zatdan uh lungngai un.

1. Pai. 18:25 – Moses in “*Israel mi khempeuh sungpanin, mipil misiamte teel a, mite a tul, a zaa, a sawmnga, a sawmte tungah a ukin mite’ lutang in amaute abawl hi*”
2. Gam. 31: 26 – “*Mihon beh lutangte*”
3. Thuhilhikikna 28: 13 – Pasion in Israel pen thupiakte limtak zuihna tawh “*lutang hi ding uh a, amei hilo ding hi*” cih.
4. Isaiaah 7: 8 – “*Syria’ lutang Damascua hi a, Damascus’ lutang in Rezin ahi hi.*”
5. Hosea 1: 11 – “*Judah mite leh Israel mite in ... a lutang ding mikhat she ding uhh?*”
6. Micah 3: 9 – “*Jacob innkuan lutangte leh Israel innkuan makaite aw*”
7. 1 Cor. 11: 3 – “*Mi khempeuh’ lutang in Christ hi?*”

Tuabang in, Christ in pawlpi’ lutang ahih manin, pawlpi ki pumkhat na’ng leh khantohna ding in makaih, lamlah in khangto sak hi (*Col. 2:19*).

**1Cor. 12:12–27 simin. Hiteng ah zong Paul mahin pawlpi pen “pumpi” tawh genteh hi. Hih thu gentehna tawh pawlpi a bangmun peuh pulaak lai hiam?**

.....

Pumpi in lutang lotawh a nuntak theihloh mahbang in, pumpi in ana khat peuh mansuah liamsuah leh zong nundan haksa mahmah tuam hi. Na khat peuhmah aki mansuah mateng a manphatna ki ngaihsun khalo hi.

**Khut, khe leh mit khatpeuh piakkhiat kul hileh bang nateel zaw diam? Mimal khat simin pawlpi a dingin bangzah thupi cih hiteng in hong hilh hiam?**

WEDNESDAY

February 18

**A “Kipatna” (a pancilpa)**

**Col. 1:18 simin. Christ in lutang a hihna leh a “kipatna” ahihna in koibang in kizom hiam?**

.....

Hebrew pau in lutang pen (*ro<sup>3</sup>/<sub>4</sub>s*) hi a, a kipatna (*re<sup>3</sup>/<sub>4</sub>sit*) tegel in kizom uhhi. A nunung zaw kammal laisiangtho sungah a kimuhcilna pen Pian. 1: 1 “*A kipatcil in (re<sup>3</sup>/<sub>4</sub>sit) Pasion in vantung leh leitung a bawl hi*”. Zeisu in mihing leh pawlpi’ lutang hi a, a sunglut na hang bek hilo Piangsakpa ahihman zong hiding hi.

Greek pau in, a kipatcil in (*arche*) in khatna zaipi nei hi. Hiteng ah “*a kipatcil*” cih in Zeisu pen pawlpi a pancilpa hi cih (*Col. 1:18*). Tua ahih manin Amah in *Lutang* leh a kipatcil in piansakna a pancilpa ahi hi. Zeisu in piansakna leh pawlpi a pancilpa bek thamlo, sihna pan a thawhkikna hangin (*Rom. 6: 3, 4*) – bawlphat kikna a pancilpa zong ahi hi. Mawhna thaman in sihna ahih manin, sihna tungah Ama’ gualzawhna in zong; mawhna tungah Ama’ gualzawhna leh Ama’ lim suunkik in hong bawlphat kikna vanglian hong lahkha hi.

Hiteng khempeuh in Amah “*misite lakpan ta-upa*” (*ta-upa khitna moday ni enkik*) ahi hi. Ama’ thawhkikna in, a masapen ahihloh hang, manpha hi (*Moses tho masa pen ahih hang, dawi gilote tawh siluang kituhna om hi. Jude 9*). Christ’ thawhkikna omlo peuhmah in kuamah sihna pan kithosak lo ding hi.

***Zeisu' thawhkikna a thupitna, Paul pulaakna in hong telciansak mahmah hi.***

1. Mitmuhloh Pasion mitmuhna ahi hi.
2. Na khempeuh Amah tawh ki piangsak hi.
3. Na khempeuh a omma in Amah omkhin a; Ama' sungah na khempeuh kigawm khawm hi.
4. Amah pawlpi' lutang hi a, pawlpi in Ama' pumpi hi.
5. Amah in piansakna leh piansak-kikna a pancilpa hi.
6. Amah'n mawhna leh sihna zogawp khin a, Amah Honpa in a muangmi peuhmah thawhkik theihna hunpha pia hi.
7. Zeisu in om tawntung a, tu in, tua Ama' om tawntungna tawh mihingte lutang leh pawlpi' lutang ahihna minthang vangvang hi.

***Nangma nuntakna sungah Christ' minthanna na neihtheihna dingin bangteng na kikheel diam?***

THURSDAY

February 19

***Nakhempeuh Lemtuah Kikding***

***Col. 1:19, 20 simin. Singlamteh tungtawnin hongpai kilemtuahna in bang hi a, bangzah in zai hiam?***

.....

Paul in Greek pau in a sangpen in Zeisu a pahtawina hi a, a nungram heikik in Pa a pulaakna ahihna Col. 1: 12 sungah om hi. Pa in Zeisu sungah a om ding a

hun a tun ciangin ahi hi (Col. 2: 9). Bang hun a "tunna" hiam? John in Pa' minthanna "itna leh thumaan kidimpa" (John 1:14) cih.

A hihhang, hih mun bang hileh "ahun atunna" in tampi huam thei hi. Pasion a om tawntungna, hong bawlpahat kikna ding vangliatna cihte huam hi. A thupipen in, kuama' ngaihsut khakloh singlamteh tawh mawhna leh sihna hong zawhsak penmah thupisak pen hi. A Melhem Ama piansaksate khempeuh pen, Ama' hong itna teci panna in puahpha kik hi. "Pasion in leitung mite hong it mahmah ahih manin, Ama' Tapa a ummi khempeuh si nawnlo in ahin tawntung theihna dingun, a Tapa neihsun ahong piak dongin a hong itna hong lak hi" (John 3: 16).

Mawhna a kizawhsiang sitset theihna ding, a kilemtuah thei khempeuh a kilemtuah na ding pen; a minthang thumaan sungah om a – Amah in vannuai hong it in, eimah zong hong itluat manin, a Tapa Zeisu Christ a sih dongin na khempeuh singlamteh tungah hong piakhia ngam hi.

Greek pau in leitung pen ***kosmos*** hi a, vannuaibup zong huamthei hi. Tuabang in Christ tawh kisai vannuai ah a pulaak ciangin Paul in "eite pen vantung mileh leitung mi khempeuh in a et dingin, mipi' maiah thahna a thuak dingin thukhenna a kipia mi bangin Pasion in a zaneu penin hong koih tawntung tawh kibang hi" (1 Cor. 4:9) cih.

"Christ singlamteh tungah akikhai pen vantung in khasiatna leh lamdang sakna tawh engige uhhi. Satan leh a pawlte khempeuh in Pasion pen kilempih theih hilo, Ama' maia om zongpen hong kaangtum thei mei hi ci uhhi. Itna a hipa' vangliatna in amaute susia ding hi. Kidona lianpi kipatcil lamin vanmite in tuathu telnailo uhhi."

“Kidona lianpi a tawpna tungta ding hi. Hotkhiat na’ng ngiimna zong kizokhin ding hita a, Pasion’ omzia zong pen piansakpa nakhempeuh tungah kilahkhia khinzo ta hi.”

“Tua ciangin, vanmi te in lungdamna tawh Honpa’ singlamteh en uhhi. Christ mah mah in Calvary ah Ama’ kipiakna a gah zong hoihtak in muthei ta hi. Singlamteh tungah “**a zozo hi**” ci in a kiko ciangin, hih thu tengmah a lungsim ah koih hi”—Ellen G. White, *The Desire of Ages*, pp. 760–764.

FRIDAY

February 20

**Ngaihsutbeh Ding:**

“Mihing maimai khatin Zeisu’ kampau bangte a paukeei hangin; lungsim hilhcian siapa suak tuanlo ding hi. A haipaupau peuh, a khengval a haipau peuh, Hell mangpa peuh hilel bek ding hi. Eimah’n teel siam ding hihang. Hih mipa in Pasion’ Tapa maw, mihaipa maw bang, cih teel in. Mihai ahihleh hencip thei, cilphih in dawi hi ci in thatlum thei; Topa Pasion aw ci in a maiah kunin bia thei hiteh. Tuapa in siapipa khat hi ci in, ahilolo tha piakna khawng hih mawkmawk lo ding hihang. Tuabang hih dingin eite hong phallo, zong ngiimlo hi”—C. S. Lewis, *Mere Christianity* (New York, Collier Books, 1952), p. 41.

“Pa Pasion cihpen Lutang Pasion kigawmtuahna hi a sitheimi in mutheilo hi. Tapa in Lutang Pasion hong kilahkhiatna ahi hi. Pasain’ kammal in Amah pen ‘Mihing sungah Pa’ lim’ cih’”—Ellen G. White, *Evangelism*, p. 614.

“Christ in, a omngeisa Pasion’ Tapa ahi hi. Ama’ omngeina thu tawh kisai in ni ciangtan hong pialo hi. Amah in tawntung Pasion tawh a kikhawh lohni omngeilo cih. Amah Pasion tawh akikim hi a, ciangtan omlo in om hi. Amah in a om tawntung Tapa ahi hi”—Ellen G. White, *Evangelism*, p. 615.

**Kikupding Dotnate:**

**1. Zeisu in a om tawntung Pasion ahihlam lungngai in. Hotkhiatna ngiimna leh singlamteh tungah Zeisu hong kipiakna ah, Zeisu in tawntung Pasion hilo, a dang khat peuh nahi khaleh; bangmah piansak a neih ngeiloh hang acil apat in a omveve hileh cih ngaihsun in. Banghang in tuathu thupi thei hiam? Zeisu in a om tawntung hilo in Amah zong aki piangsak hileh cih kikum un. Tuabang ngaihdan sungah bang teng peuh ki suplawh hiam?**

**2. Zeisu, lungdamthu leh hotkhiat na’ng ngiimna i ngaihsut ciangin, Zeisu in hong hihsaksa teng khempeuh vannuai buppi in lunglut mahmah ahihlam bang hangin saanhuai nasa hiam? Amau a piangsakpa singlamteh tungah amuh uh ciang un bang a ngaisun uh tam maw? Leimi in zong lamdang kisa ziau taleh vanmite in Ama’ minthanna thei khin uhhi. Amau un a biak ngiatngiat uh Pasion in singlamteh tungah asih ciangin bang a ngaihsun ding uhhiam?**

**3. Pa leh Tapa om tawntung cihthu a umlote kiangah bangpeuh na genthei ding hiam? Hih thumaan banghang in thupi nasa hiam? Singlamteh tungah “tomvei sungkhat vantung vangliatna tawh a kikhen pak” lobuang Pa in Tapa tawh a om khawploh hun om ngeilo cih na koici hilhcian ding hiam** (Ellen G. White Comments, *The SDA Bible Commentary*, vol. 7, p. 924)?

## Lesson 9

February 21–27

## Kilemtuahkikna leh Lam-etna

## SABBATH NITAKLAM

**Tukalsung Simding:** Col. 1:21–29; Eph. 5:27; Eph. 3:17; Rom. 8:18; Eph. 1:7–10; Eph. 3:3–6; Pau. 14:12.

**Kamngah: “Pasian tawh akibang midik i suahtheih nadingin, mawhneilo Christ pen, eite tang dingin Pasian in mawhneimi a auaksak hi” (2Cor. 5:21).**

**Col. 1: 20** sungah, Paul in, kilemtuahna thukhun khatmah hong pulaak kik hi (*sinna 8 Thursday*). Tualai ah Paul in vannuai bup a huamna pan mimal dong hong tunsuk hi. Zeisu in singlamteh tungah hong sihna tawh mikhempeuh leh nakhempeuh, a diakin mihing, mawhna hangin Pasian tawh a kikhenkhia mite khempeuh in upna hangin Zeisu tungtawn in kilemtuah hi.

Mimalsim kilemtuahna thu tukalsung kisin ding hihang. Vannuai huam in, Christ’ sihna tungtawn in piang hi a; Mimal ciangbek ahiehleh singlamteh in, a beisa hun limpua bek hilo in, tu mahmah in zong a piang bangin, Christ’ lungdamna thu leh a minthanna a sangtheite in, Pasian hong itna hangin, hong kikheel ding uhhi.

Paul in “*a beisa khang tawntung in a ki-immcip, tu in aki pholak thu*” (Col. 1: 26) ahi hi. Thuthuka ki-immcip in bang hi a, mimal a ding leh vannuai a ding in – bang hong musak hiam? Hih “*a ki-immcip*” thu pen, Paul in hahkat takin a tangkoko lungdamthu tawh koibang in kizom hiam?

## SUNDAY

February 22

## Gitloh Gamtat Siatnapan Kilemtuah

**Col. 1:21, 22 simin. Paul in galte lamah hoi hi cih a hemgen pen bang a hiam? Christ’ sihna hangin a tawpna ah bang ngah dingin ki lam-en hiam (Eph. 5:27)?**

Paul in mihing pen khuamial tawh limpuiasak liang hi. A neupen in Christ’ dikna tawh ki gamla limlim hi. Kum tultampi khit tuhun ciangin tuathu a kua in zong nialngam tuan ding hiam? *Khatvei mikhat in, Christian upna thugui up hetloh ding khat pen, mihing in mawhnei hi cihpen hi cih.* Ahihhang, mawhna honglut pan kipan in, bangzah ta in siahuai mahmah hitaleng, kileptuah theihna dingin Pasian mah hong kalsuan masa hi. Mawhna buaina zong singlamteh tungah Ama’ sihna bekmah tawh ki siansuah thei hitamah leh, a kipatcil limlim panin Pasian in mawhna buaipih mahmah khin hi.

Eden ah, Ama’ piansaksa tek ahi Adam samin “***Kaw’h om nahiam?***” (*Pian. 3:9*) cih. Tuni in zong eimah Ama’ tuu gammang khat hong zonglai hi. Khatkhit khat hong zong ngiatngiat hi. Piansil 3: 15 sungah, naugil om tuung bangin lungdamna kamciam hong paikhia a, eite leh Satan kikal ah kihuatna omsak hi. Zalom 21 mite in hotkhiatna thukhun pen kai-awksak neknuak in, mihing lampan hih ding omsak nawn mello hi. A taktak in bel lungdamthu pen a hamsalua zong hituanlo hi.

**Tua lungdamthu khentum in kikhen thei hi:**

**Amasa** in, eileh ei kihonkhia zolo ihih manin, Zeisu hong paisuk in eima’ mawhna tangding in hong sihsak hi (*Rom. 5: 6-8*).

**Anihna**, Upna tungtawn in, kisikkikna, kituiphumna tawh Ama' sihna eima aa ding in sang leng; eima hong siangthosak in mawhna thanman panin hong suahtak hi (*Rom. 5: 9-11; Rom. 6: 6, 7*).

**Athumna**, Tu in i nuntakna pen Christ tawh kipumkhatna hangin, Amah'n hong thak-bawl kikna, eite sungah Ama' nuntakna hong nungtasak hi (*2 Cor. 5: 17-21; Gal. 2: 20*).

Hih thupiang cialthum tengpen, khenkhiat theih zong hilo hi. Eima' nuntakna sung ah Zeisu i saanphet leh piankhat in zong piangkhwam thei hi. Zingsang simin Ama' kiang ah ki-aapna i bawlsim in tuate zong ki thaksuah theilai hi. Eima' nuntakna sungah Christ in hotkhiatna hong seplam phawkselo in ki om zel taleh; a bul taktak pen, Christ hong sihna tungah kinga hipeuh hi. Tua sihna sungah ciahkik zel ding hihang.

**Nangmah mah, na gamtatna leh nangma sunglam thu na ki-etcian ciangin; tua thu namuh ciangin singlamteh na kisaplam koibang in hong theisak hiam?**

MONDAY

February 23

**Upna sungah Na Kippaisuak uhleh**

**Col. 1:23 simin. Paul in upna sungah “zungkha in bulkip” nei a cihteh bang acihnop hiding naci hiam?** (*Col. 2:5 leh Eph. 3:17 enkak*).

.....

Greek pau in “**uhleh**” cih kammal a kizatna ah khiatna namli neithehi hi. Col. 1: 23 sungah a kipatna in khuahun hoih acihna ahi hi. Clossae mite in amau' upna sungah kip paisuak ding a deihsakna tawh Paul in a

hanthotna ahi hi. Paul in ama' limlahsa mahbang in amaute un zong upna sungah kipkho uh cih amuhsa ahi hi (*Col. 2: 5*). Hinapi in amaute' lam-etna in amau' zuih upna lampi tungah a kip paisuak ding tungah kinga lai hi.

A kip paisuakna dinguh pen Greek pau in “**om paisuak**” (*Col. 1:23*) ci in kilet hi. Tua kammal mahpen zualzangna tawh akiman numeinu' tungah nasep ding zia, laitheite leh Pharisee te in Zeisu kiangpan a ngetna uh in zong zang uhhi (*John 8: 7*). Peter in kong-khak a kiuhiuh ciangin, **Rhoda** in ama' aw telpah ahiah manin kong hon masalo in, midang te kiangah gen dingin a taiphot tadihdih lai in zong zang hi (*Sawl. 12:16*). Paul mahin ama' thuhilhna omsa upna sungah citak paisuak dingin, Timothy a hanthotna sungah zong zang hi (*1Tim. 4:16*). Ama' cihnopna khiatna in kibang a, thu ummite tungah kinga ahi hi.

Maikal sinna sungah zong i muhding pen, Colossian mite in lungdamthu' lam-etna sungah dingkip zawlo in mihing tungpeuh ah hong kingah loh ding, Paul' deihsakna teng hiding hi (*Col. 2:8, 20-22*). “**Bulkip**” cihpen, upna leh itna tawh Pasian' kammal tungah kingakna a cihna hi (*Mate 7:25; Eph. 2:20; Eph. 3:17*).

Hih tawh a kipawl khatmah Greek panin a letkhiat “**kipkho**” cihpen, a kikhiin theilo inn, banah, “*lungdamthu lam-etna panin a kiinkhia hetlo ding*” Christian mi acihna hi (*Col. 1:23*). Tua tawh a kikim 1Cor. 15: 58 sungah “*Topa hangin na nasepna te uh amawkna hi ngei hetlo hi ci in natheih uh manun, Topa a dingin a tawntung in nasem unla, liinghetlo in lungsim kiptak in na omta un*” cih.

Tulai in upna laang mahmah “*khatvei hotkhiat hipeuh leng, hotkhiatsa hi der*” cih tawh a kitukalh in; Paul in thutuampi khat in hong pulaak zawsop hi.

**Upna sungah kiptakin om paisuakna a thupitna koibang in na phukha ngei hiam? Tuabang teelsiamna neihna dingin koici hih ding nahiam? Hihkei lecin bang peuh piang thei ding hiam?**

TUESDAY

February 24

**Pasian' Tawntung Ngiimna**

**Col. 1:24, 25 simin. Christ hangin a thuakna teng Paul in bang gen hiam?**

.....

Paul in Colossian laikhak pen Rome ah innsung kikhak khumlai in a gelh hi a, ama' thuaksiatna lianpen in, munkhat pan munkhat, innkhat pan innkhat a paingeisa bangin a paitheih nawnloh hang hilo zaw hi (*Sawl. 20:20*). Tuabang haksatna tepen Christ in hong genkhol khinzo a *Mate 24:9; John 16:33*), "tuate pen, *Pasian in a hongpiak ding minthan na tawh kangaihsut khaum ciangin gentham lo*" (*Rom. 8:18*) cihi. Philippi a Christian te tungah Paul' laikhakna ah, Colossian mite hamphatna dingin ama' thuaknate hangin Paul lungdam hi (*Col. 1:24*).

Paul thongkia himah taleh "*Pasian' thu ahihleh sikkol kibunh theilo*" (*2 Tim. 2:9*) hi. Paul a thongkiat laitak in Philippians, Ephesians leh Philemon cihteng gelh hi. A suahtak ciangin, *Pasian in humuapna tawh 1Timothy leh Titus a gelh hi. Rome ah a thongkiat nunung penlai in 2Timothy gelh hi. Tomgen leng a thongkiat nunung lam hunin, laisiang-thothak sungah a thupi mahmah laikhakte; Hebrew kiheltuak in gelhthei hi.*

*Pasian' tawntung ngiimna in hibang ciang sangin tamzaw huam hi. Col. 1: 25 sunga Paul zat Greek kammal pen, letkhiatna ah "neihsa kepna, oikonomia" ahi hi.*

T-7

Ciangtan omdan hi a (*1 Tim. 1:4*), "*Pasian' vaihawmna bang*" acihna ahi hi—Luke Timothy Johnson, *The First and Second Letters to Timothy* (New York: Doubleday, 2001), p. 164.

Tuasungah Paul' nungzui hihna zong kihel ding hi. Zai-et zawdeuh leng hotkhiat ngiimna sungah *Pasian' vaihawmna* teng khempeuh kihel ding hi. Paul' nasepna, nungzui dangte aa leh Laisiangtholui kamsangte, Moses a kipan (*Eph. 2:20, Eph. 3:5*), tuate pen "*Pasian' thu a kicingna dingin*" aki vaihawm hi a (*Col. 1:25*), tuate khempeuh in vantung ngiimna tawh kipawl ahi hi.

Zingciang in tu a sangin thukzaw in kisin ding hihang. Hiteng panin Paul in a phawk khak thukhat in, *Pasian a ding ama' khualzinna tepen "leitung a pian ma pekin"* (*Mate 13:35; Eph. 1:4*) *Pasian' geelna* teng akipan pan ahihna Paul in phawkkha hi.

**Nangma nuntakna ngaihsun in. Lian taleh neu taleh nangma khensatna te in a zaizaw Pasian ngiimna tawh koibang in kituak thei ding hiam? Khensatna khat peuh 'neu' hi i cithei diam? A nunlam ciangin hong tung ding bang nungthu omthei ding hiam?**

WEDNESDAY

February 25

**Pasian' Thu Ipcip Kipholaak**

**Colossian 1:26, 27 simin. Paul in "thu ipcip" nihvei gen hi. Bang thu ipcip hiam?**

.....

Mundang khatah zong Paul in "*Pasian' thu ipcip*" ci a, "*eite minthanna dingin Leitung pianma pekin Pasian' geelsa*" (*1Cor. 2: 7*) hi a, hotkhiatna ngiimna hangin hong lahkhiat cihi. Peter in zong hih thumaan pen kamsangte in kanin

ngaihsutbel in a neihuh “*vanmite nangawn in a theihntel nop uh thute*” (1Pet. 1:10–12) ahi hi. “*Leitung pianma pek in kigeelzo a*” (1Pet. 1:20) “*leitung kipat panin a ki immcip*” (Rom. 16:25) cihhi. Zeisu’ nuntakna, sihna leh thawhkikna hangin hong kipholaak ahi hi (2 Cor. 3:14).

**Anuai a munteng in a ki immcip hotkhiat na’ng ngiimna pen koibang in pulak khia uhhiam?**

### 1. Ephet 1: 7-10

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### 2. Ephet 3: 3-6

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Vantung lehleitung a om “*na khempeuh*” in Christ sungah ki pumkhat in omkhawm ding uhhi. Hihthu mahin John 17 sunga Christ thungetna bulpi mah ahi hi. Bangteng hong piang ding cihbel a ki immcip hi a, lungdamthu in hong pulaak khia zo hi.

Pasian in eite hong itluat manin, vantung ah a manphabel Zeisu, eite hong hotkhiat na dingin hong piakna thu in khang tawntung in i kisin dinguh thu ahi hi. Eite theih ciang ciang bel: Christ in “*Ama hangin a nungtate, amau a dingin nungta nawnlo in, amau hang in si in a kihingkik sakpa a dingin a nuntak theihna dingun, mi khempeuh a dingin Amah hong si h̄*” (2 Cor. 5:15). Tuathu hangin, Christ a ummi khempeuh, Jew leh Gentile te in, lungdamthu hangin Pasian’ kamciam sangkhawm uh a, pawlpi sungah pumkhat in om khawm thei uhhi

“*Christ tawh akipawlte*” (Col. 1:27) a cihpen, “*upna hangin Christ in note sungah hong teeng*” cihhi (Eph. 3:17; Gal. 2:20). Christ tawh khalam pumkhatna in thu ummite pen

“*vantungah hong uk-khawm sak*” (Eph. 2:6) in “*hong tungding leitung ah ukzawhna*” hong ciamkhol sak (Heb. 6:5) hi. Eima’ nuntakna sungah Christ hong teen manin, Amah in vantung tawh hong gawmkhawm theita hi. Lungdamthu in thu ummite lungsim sungah na hongsem ahih manin amau un “*khuavak sunga om Pasian’ misiangtho te tawh nopsakna ngah khawm*” (Col. 1:12) sak cihhi.

THURSDAY

February 26

**Lungdamthu’ Vangliatna**

**Colossian 1:28, 29 simin. Paul’ in a thubulphuh bang hiam? Banghang in “*mimalkim*” thumvei ci hiding hiam?**

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Paul’ thuhilhna ah a thubulphuhpi in Christ leh a kikhai Pa ahi hi (1 Cor. 1:23). Eph. 5: 27 sungah, Christ’ hong sihna pen “*pawlpi pen paubaanna anei hetlo a siangtho mahmah in Christ kiangah a kipiak theihna dingin Pasian’ thu tawh tui ah akisilsiang khit ciangin Pasian kiangah a aaptheihna dingin pawlpi a dingin Christ a kipia ahi h̄*” cihhi. Paul in lungdamthu tangkona ah a ngiimnapi in “*mimalkim Christ sungah khangcingsak*” (Col. 1: 28) cihhi. Tuabang ahihna ah thuhilhna leh vauna tawh Christian upna leh gamtatna tuamtuam hong hilh hi (2 Thess. 2:15; 1Tim. 4:11; 1Tim. 5:7; Titus 1:9). Tuakhit ciangin lungdamthu nialna a sulzui leh kamsang zuaute’ lauhuaina teng hong hilh hi (Sawl. 20:29–31; Rom. 16:17).

Christian khangcing suahtheihna dingin, thuhilhna sang ding a, Laisiangtho hilhna ngai ding hi. Khangcingna pen thupi mahmah hi. Nau suaktuung khatin a hihtheih bang bang pen a nulehpa te lungdam mahmah uhhi. A kampau masak, lampai kisin, laisim kisin cih bang

ahi hi. Naupang a suahkhit kum tampi khit dong paitheilo pautheilo mawk leh nulehpa patau lualo ding maw? Naupang hong golna leh siamna khantohna pen a ngeina hilel hi. Christian nuntakna zong tua mahbang ahi hi.

Khangcing cihpen Greek pau in (*teleios*) hi a picing, melhemlo cihna hi. Christian khantohna lampi tungah, Pasion' thukham a thukna deihtak in telcian in hong kalhteng zong "zai mahmah" (*Late 119:96*) ahihnam telcian hi. "Mihingte lungsim ngimna leh ngaihsutna zong theithe'" (*Heb. 4:12*) hi.

Kidop mahmah ding khat panin, Col. 1: 28 sungah Paul in "**vauna**" hong piakhol hi. "Thumaan lampi bang ahi te ... sihna lampi peuh hikha thei hi" (*Pau. 14:12*). Khamakaihna tawh Pasion' Kammal in Khalam khentel siamna hong neisak hi. Thu hilhna maanlo te in zong thumaan themkhat mah neithe veve uh hinapi; Laisiangtho kammal a behlap leh a paihkhiat peuh om zanzan thei hi (*Isa. 8: 20*). Pasion hong thuhilhna tangnialna a hihkei buangleh, eima' hun sungah a piangthei leh a piangtheilo cianglel khentatna ahieh leh; a nunung zaw in gualzo pian zaw hi. Thumaan leh thumaanlo khentel ding hun ciangin gul bangin pilvang in vakhu bangin gu neilo ding hihang.

**"Christ Zeisu sungah khangcing" cihpen koibang in natelthei hiam (Col. 1:28)? Singlamteh tungah Zeisu in hong hihsak teng na telcianna in "Christ Zeisu sungah khangcing" nahihna koibang in hong telsak tuam hiam?**

FRIDAY

February 27

**Ngaihsutbeh Ding:**

"Thukham in hong kalhnate i dip theihna dingin eimah'n hoihna bangmah kineilo hi. Ahihhang, Christ in eima suahtakna dingin lampi hong bawlsak hi. Amah ki pumpiak

in, nangma Honpa in sang lecin; nangma nundan in mawhna kidim se taleh, Ama' hangin nangmah in midik nahi ziau lel hi. Nangma gamtatna munah Christ gamtatna in hong dinsak a, Pasion' mai ah mawhna bawl ngeilo bang keekin hong kisangta hi."

"Christ in lungsim hong kheelsak hi. Upna hangin nangma' lungsim sungah teeng hi. Christ tawh kizopna pen upna leh Ama' deihna bangin ki-aap tawntungna tawh kikem cing a; tuabang nahih laiteng, Amah in nang sungah na hong sem ding a, Ama' deihna leh lungdamna bangin na hong semsak ding hi."

"Eima sungah kisiath na'ng bangmah omlo hi. Eimah kiliatsakna dingin dinmun bangmah nei hetlo hihang. Eima lam-etna bulpi in Christ' dikna hong kipia pen hi a, tua in Kha Siangtho tungtawn in ei sungah na hong sem hi"—Ellen G. White, *Steps to Christ*, pp. 62, 63.

"Keitung ah khauhtak in hong kipia khuavak in, dawi gilote' deihna leh khemnate hangin; mitampi takin eisung panin paikhia ding hita hi. Thumaan a umtakpi mite in thumaan in bang hiam cihpen pilvang takin khentel siam ding Topa' deihna ahi hi"—Ellen G. White, *Evangelism*, p. 363.

**Kikupding Dotnate:**

**1. Kamngah simkik in: "Pasion tawh a kibangin midik i suahtaihna dingin, mawhna a neilo Christ pen eima tangding in Pasion in mawhneimi a suaksak hi" (2 Cor. 5:21). Bang a cihnopna hiam? Christ in ei a ding mawhnei hongsuak cih in bang cinuam a, singlamteh tungah ei hong ai-awhpa' thu telcian na ding koibang in hong huh hiam? "Pasion' dikna Ama' sungah om" cih in zong bang a cihna hiam?**

2. Christian tampi in a up uh “*Khatvei hotkhiat hih nungsang, hotkhiat hiden*” cihthu lungngai in. Hihpen upna maanlo ci in banghang in ci ihi hiam? Tuabang a ummite in bang lauhuaina omthei hiam? Tuabang upna nial hinapi hotkhiatna koibang in lungmuang veve thei ding hiam?

3. Upna sungah bangzah “*zungkha in bulkip*” (Col. 1:23) nanei hiam? Nangma upna bangzah in telcian in banghang in umthei nahiam? Nangma upna koibang in telcian semsem ding na hiam? Nangma upna sungah “*zungkha in bulkip*” naneih ding banghang in thupi hiam?

## Lesson 10

February 28–March 6

### Christ *sungah* Picing

#### SABBATH NITAKLAM

**Tukalsung Simding:** *Colossian 2; Heb. 7:11; Isa. 61:3; 1Cor. 3:6; Thkna. 31:24–26; Rom. 2:28, 29; Rom. 7:7.*

**Kamngah:** “Annek tuidawn, biakna pawite, Khadetpawi leh Sabbath ni tawh kisai in kuamah in ngeina zuih ding bawl kei un. Hihte in mailam a hong piang ding nate’ lim hilel a, a taktak in Christ ahi hi” (Col. 2:16, 17).

**Banghang** in Sabbath tang cih hong kidong ngei hiam? Tukal kamngah in tuatawh a kilehbulh thukhat ahi hi. Ahihhang tua mun pen thukham lina tawh kisai in akigelh zong hituanlo a, pawlpi sungah thuhilhsia zuau pawlkhat in thukhial ahilhna te a dawnthukna ahihi. Tua thukhialte bangteng hiam?

**Amasa**, thukhial hilhna pen “*mihing’ pilna, mihing’ ngeina leh leitung mite bawl tawm thukhun*” hi a, “*Christ’ thu tawh akituak lop’*” (Col. 2:8) thute ahi hi. Tua sungah vun-  
aatna leh Jew mite pawite zong kihel uhhi (Col. 2: 11, 16).

**Anihna**, Annek tuidawn vai in Jew mite’ kisiangthosakna zehtante (Col. 2:16, 21).

Vanmite khawng peuh a biakpiakna uh kizeelsakna cihte ahi hi (Col. 2:18).

**Athumna**, “*mihing bawltawm thukham leh upna*”, kideek kidaam in pasian hih ding kisinna cihte om hi (Col. 2: 22, 23).

Hih thuhilhsiate pen biakna mi taktak vive mah hinapi un, lungdamthu pen lehlak uhhi. Tukul sungin i kamngah in ni sagihni Sabbath tawh kisailo ahihna thu kisin ding hihang.

**SUNDAY**

*March 1*

**Pasian' Thutheihna leh Pilna The Wisdom and Knowledge of God**

Job in, “*koilai ah pilna om a, thutheuhna mun koi ah om hiam?*” (Job 28:12) cihhi. Paul in dawng a: Christ sungah, “*pilna leh thuthuk khempeuh theihtheihna h*” (Col. 2:3; 1Cor. 1:30) cihhi. Christ i neih nakleh, na khempeuh kinei pah a, nuntakna ngiimna ahi “*thu theihna khempeuh*” (Col. 2:2) i neita hi. Pasain' thuthuk thu ipcip ahi Hotkhiatna ngiimna khempeuh a kicing in Ama' tungtawn in hong ki pulaak hi.

**Colossian 2:1–7 simin. Hih laikhak Paul in bang ngiimna tawh gelh hiam?**

.....

Greek kammal **paraklētōsin** in “*hanthawn, tha dimsak*” cihte hi (Col. 2:2). Paul' lunggulhna pen Colossae thu ummite un zuau thuhilhna a telcian dinguh leh Christian itna sungah a pumkhat dinguh ahi hi. Tua laikhak sungah Paul in ama' ngiimna mun tungthei ding cih lungmuang ahihna pen a kammal zat in pulaak hi.

Amaute a pahtawina in zong, “*Christ na upna uh hangun, kiptak in na omkhawmna uh katheih manin kanuam mahmah h*” (Col. 2: 5) cihhi.

Greek kammal **taxis** pen laisiangthothak sungah “**guizui**” ci in kilet a, siampi Aaron guizui (Luka 1:8; Heb. 7: 11) leh Melchizedek guizui (Heb. 5: 6; Heb. 6: 20; Heb. 7:

11, 17) cihte leh, Paul in zong pawlpi sungah *akilawm akituak* ci in zang hi (1 Cor. 14:40). Pawlpi kalsuan zia leh kipawlna khawng pen khatveivei ciangin, biakna lam a thupitna teng kihemkhia in, siate kipawlkhopna bang peuhin kingaihsun ziau thei hi

Biakpiakna sungah a etlawm ding a pulakna ah (1Cor. 11) pawlpi upa leh deacon kiteelna ah (1 Tim. 3; Titus 1), Paul in pawlpi kalsuan zia thupi sak mahmah hi. Hihbang ciang tawh, Pasian' pilna leh Laisiangtho thuhilhna tawh pawlpi kalsuanzia ding hong lah khia hi.

Colossian mite in Paul leh a pawlte kiangpan thumaan thutak sangkha uh ahih man un, amaute in upna sungah “**kipkho**” thei uhhi. Amau' upna in akip Laisiangtho tungah bul nei uh ahih manun, kiliing zolo bek thamlo, hoihtak in zuihna tawh zuau thuhilhna te panin kidaalna hi zawsop ding hi.

**Nangma mimal kha nundan sungah bang “guizui, etlawmna” peuh kizam na kisa hiam?**

**MONDAY**

*March 2*

**Christ sungah Zungkha in Khangto**

Colossian in a thubulphuhipi pen in Christian nundan hi a: “*Zeisu Christ Topa na saansa uh ahih mahbang in, Amah tawh hoihtak kipawl in nungta un*” (Col. 2:6) cihhi. Eite in hotkhiatna i ngahna pen, thuhilhna khat peuh bektawh hilo in a **Mi** khat saanna hang ahi hi. Zeisu saang cihzong pen nungzuite leh kamsangte' tungtawn in Laisiangtho sung Ama' thuhilhna teng saanna ahi hi (Eph. 2:20).

Tuabek thamlo, Christ saang cihteh eima angsung sihna, a nungta Christ tungah ki pumpiakna ahi hi.

A nungta **Thu** (*Zeisu*) pen a **Kigelh Thu** (*Laisiangtho*) tawh khenkhiat theih hilo hi. Dangkatang tungah maitang nih tawh a kibang uhhi. Laisiangtho tungtawn in *Zeisu* ki thei hi. “*Ama’ sungah nungta in ki kalsuan*” hi. Cihnopna ah Ama’ thu leh Ama’ Kha in eima khentatna leh gamtatna teng makaihsak cihna ahi hi.

Colossians 2:7 sungah, Paul in Laisiangtho limpuakna tawh Christiante suan hi. Christ pen eima Honpa in sangin, Ama’ Thu ombang in nuntakna tawh Christ sungah i zungkha uhhi. Tua in “*upna sungah kipkhona*” ahi hi.

**Anuai a Laisiangtho munteng in singno kisan bangin, thu ummite koibang in hong genteh hiam ?** (*Isa. 61:3; Mate 3:10; Luka 8:11-15; 1Cor. 3:6.*)

Hih i teelsiam ding thunih tegel pen Paul in kician takin thu umte hong lak hi. **Akhatna** pen, Christ leh Ama’ thuhilhna te a lenkip mite pen “*Topa sungah a kisan mite*” (*Isa. 61:3*) cihi. **Anihna** pen, bawltawm singkung hi a, singkung tawh kibang napi nungta lo sese hi. Mihingte’ ngaihsutna leh leitung ngeinate peuh tungah kingakna pen “**sila**” (*Col. 2:8*) suahna cihi. Christ in eite hong suahtak khit nangawn in sila peuh va kisuak kik thei lailai cihi (*Gal. 5:1; Sawl. 15:10*).

Tomgen leng, Laisiangtho hilhna a hilo thuhilhnaate i saan ciangin Christ anial hi a; zuau thuhilhna a saangte in, lungdamna thu tuamdang sangin, Laisiangtho thuneihna mun ah mihing’ thumeihna khawng akoihte ahi uhhi (*Gal. 1:6-9*). Pawlpi masa hunlai in a lauhuaipen thu ah mahbang in tuni ciang dong tuabang in ompaisuak lai hi.

**Christ nasaan theihna dingin angkhuahna koibang in sisak masa ngei nahi hiam? Tua ngeina in banghang in a omden dingin hoih hiam?**

TUESDAY

March 3

**Singlamteh tungah Kilhcip**

**Colossian 2:11-15 simin. Hitengah Paul in bang buaina peuh tawh kisuah hihtuak hiam?**

Colossian 2: 14 pen ni sagihni Sabbath dona dingin koibang in kizang zel hiam?

Hihmunte telcianna dingin, **SDA pawlpi in letkhiatna bulpi namnih nei uhhi:**

**Amasa**, Singlamteh tungah a kikilh “**khutgelh**” lai pen; “*eite langkhat ah hongpang*” thukhamte kiguahsuk diudeu hi a, Pilate in singlamteh tungah Zeisu a khaina mahbang ahi hi (*Mate 27:37; John 19:19, 20*).

**Anihna**, Pawivai thukham Moses gelh (*Thkna. 31:24-26*) pen ahihleh singlamteh tungah kikilh zo hi.

Tualai munte a zaizaw in sim leng, zehtan vai pawlpi thukhamte tungtang a genna ahihlam kician mahmah hi.

Paul in “*pumpi tung vun-aatna a hilo*” (*Col. 2: 11*), “*lungsim vun-aatna*” (*Rom. 2: 28, 29 leh Thkn. 30: 16*) hi a; pawlpi thukham sungah a thupipen in akalh cilehsa vun-aatna hi nawnlo hi (*Siam. 12:3; Thkna. 12:48*).

Tua khitteh Paul in, hih sunglam kikheelna pen “*mawhnopna lungsim tawh kipelh*” in tui sungah kiphum suk cihi. Hih kituiphumna pen, Christ’ sihna leh

thawhkikna eima pumpi mahmah tawh lahna cih (*Col. 2:11, 12*). Hih kikheelna pen zong “*Mawhna sisak in, mawhna khempeuh hong maisak*” Christ sungah nungta cihna hi *Col. 2:13*).

“**Zeh tante**” (*Col. 2:14*) pen leitung vai hinapi, kumpi thukham zahmah hi a, (*Luka 2:1; Sawl. 17:7*), leh biakna’ ngeinate (*Sawl. 16:4*). Paul in a zat Greek kammal pen biakna zeh vive hi a, Jew mite leh Gentile mite kikal ah kidaalna kawmpi khat hong suak hi (*Eph. 2:14, 15*). Paul in mawh maisakna pen sunglam kikheelna hi a, tuiphumna tawh limpua sak khin ahiah manin, Laisiangtho mundang ah zong tua gentehna ahilo, a kizang ngeilo genteh na dang khatpeuh zang tuan nawn hetlo ding hi.

Ephet laibu sungah tuatawh akibang gen tehna khat mah om a, Colossian mi ahi, thu hong uppih Gentile mite a dingin, vun-aatna a kihel in, amaute un a kamciamsa uh ahi, siangthona’ng zehvai khempeuh zong Paul mah in kiteltak in hilhcian sitset hi (*Sawl. 10:28, 34, 35*).

Thukham sawmteng pen singlamteh tungah a kilh hetlohna pen kitelcian mahmah lel hi. Mawhna pen thukham palsatna hi cizawsop hi (*Rom. 7:7*)

WEDNESDAY

March 4

**A Liim maw A Pumpi?**

**Colossian 2:16–19 simin. Jew-Christian te zat bangthu Paul in hiteng ah pulak hiam?**

.....  
Hiteng ah Paul in hong pulaak thute pen Laisiangtho siamte in tuni dong mah nial tentan lai uhhi.

Jew-Christian te lungsim kituahlohna peuhmah pen a tamzaw Gentile mi mawlp mite huzaap hang vive hi cih Paul laikhak in hong lak hi (*Col. 2:13*). A piandan a hihleh, Jew mi thu umte in pawlp mite’ zuih ding a kisamlo te khawng zuih ding in a sawl hamtang hang ci hi.

Colossians 2:16 sungah, Jew’ biakna pan in Christian biakna ah hong lutte in a zuih uh Jew’ ngeina pawlkhat gualsuk hi. Colossian 2: 18 sunga om thute zong tuate mahtawh a kibang hi a; Biakna makai te in kiniamkhiat a kineihna uh Zeisu in a taaina ahi hi (*Mate 6:1, 5, 7, 16*). **Qumran** laizial sungpan in, Jew mite in vanmite nangawn biakna pia uh cih kithei khia hi. Tua hi a, Paul in Colossian ah a tuahkhak thute pen mundang ah aphutkhak thute mahtawh kibang hi.

Colossian 2:16 pen kitelkhiat mahmah ahiah manin, a kim dildel in ngaihsut phat zong kul hi. Hih thu teng zong phawkzel in: Paul in “*tua ahiah manin*” a cih ciangin, ama’ thugensa khat a thukhupna hong lahna ahi hi. Alimlim in, pumpi vun-aatna hi nawnlo in, sunglam lunsim kikheelna thupizaw cih (*Col. 2: 11-15*).

“**Annek leh tuidawn**” a cih zongpen, Israel mite in biakpiakna ding in biakinn ah hong paipih uh annек tuidawn acihna ahi hi.

“**Pawini, khadet ni leh Sabbath nite**” (*Col. 2:16*) cihte pen Hosea 2:11 sungah zong kihelkhiin zo hi (*Siam. 23:11, 24, 32 enkak*).

Hih munteng hong telciansak ding pen Paul’ letkhiat dan ahi hi: “*hihte pen mailam a hong piang ding nate’ lim hilel a; a taktak pen Christ hi*” (*Col. 2:17*) cih.

**Hiteng ah nisagih Sabbath in buainapi ahihloh tei hang, Paul hong ngaihsut piakna bangin midang tungah thukhen loh ding koibang in nazangthei hiam?**

THURSDAY

March 5

**Mihing' Bawltawm Thukhamte**

**Colossian 2:20–23 simin. Hitengah kikap thute leh Paul' hatthotna tepen thu dangte tungtawn in na koici telcian hiam?**

.....

Galati mite tungah laikhak sung mahbang in, Jew' pawite kepcin theih ding tawh kisai in, Paul in "*leitung ki uknate a bulphuh*" (Col. 2:8, 20; Gal. 4:3, 9) pawite cihhi. Thu khat ah,leitung biakinn mahbang in, hih nate inleitung tawh kipawl hi a, ahihhang eite i hihleh vantung gam mite ihi uhhi. Zehtan pawit thukhamte pen a taktak ahi eima nopsakna hong piangsak Christ' limpua hilel ahih manin vangikpi in puak kullo hi. Pasion tekamah in hong thupiak ahi tateu zongin, hih zehte in amau' mun ciat ah nasep zokhin uh ahih manin tu in kisam nawnlo ta hi.

Biakinn puandaalna pen vantung khutin balkeek khin a, hih thukhamte zong sing-lamteh tungah kikilhkhin ahih manin (Mate 27:51; Dan. 9:27), Christian te (Jew-Christian) in hih thukhamte khutnuai ah om nawnlo uhhi. Tuat' nuai ah omomlai leng,leitung tawh kipawl cihna hiding a, Christ in hong kamciamsaleitungthak tawh kipawlo cihna hipah hi.

Eite in,leitunglui a puahphat kik ziau lel ahilo "*thumaan bekamah a omna mun vantungthakte lehleitungthak*" (2Pet. 3:13) a ngak ihi hi.

Moses in hoihtakin a bawlsa thukhamte banah, mihing' lunggulhna tawh a behlape (Mark 7:1–13), vantung

in zong kisam asak nawnloh, Christ sungah a tangtungsa Lai siangtholui pawite pen Phariseete leh laitheite in behlap uhhi. Tuat' in upna a dingin vangik peuh hong hileltak in, mailam nawtna ding khawng zong hong khaktan sak thei lai hi. Hih thute a hihmite in amau mahmah pen a hihlote sang in a hoihzaw in kingaihsun khak ding bai mahmah hi. Tua sangin a lauhuai zaw semlai thu in, eite' tuabang kalsuanna hoih i sakloh ahi gamtat hoihna hangin in hotkhiatna ngah bangkeek in om hithiat thei uhhi.

Christian tangthu sungah Laisiangtho siamte in, biakna bullam panin thukip a tangko uh thute pen. Laisiangtho in a cihnopna te sungah Kha Siangtho makaihna peuh suah pongmawkhuhhi. Paul pan kipan in Laisiangtho laikungpute khempueh in hong thuhilh nate khempueh hong luankhiatna tuinak peh Zeisu ahi hi.

**Zeisu in, eima' sepna kihel hetlo in, septuak bawltuak teng khempueh, Ama' hong hihsakna in, eite' hotkhiatna bulkip ahihlam koibang in i telcian thei ding hiam?**

FRIDAY

March 6

**Ngaihsutbeh Ding:**

"Nungzuite hunlai in mihing in amau' pilna peuh tawh Lai siangtho upna susia uhhi. Tuni in zong mite in amau' lunggulhna tungtawn in, mawhzonna lianpipi, mawkpianna, sikha tawh kizopna, ki-aapna, pasian tampi biaknacihte tawh, thumaan' galpa in, akikhaam lampi tungah khate paipih dingin zol niloh hi. Mi tempi in Laisiangtho telkhialh bialbualna tawh lungsim buai uh in, upmawh thupeuh tawh, Laisiangtho pen sathau omlo meivak peuh suaksak uhhi.

Mawhsakna lianpipi tawh, khenkham bialbual in, upmawh thute tawh bawlpahatna khawng bawl in, vantung in

hong lahsa Laisiangtho upna nialin suksiat sak hi. Pasion' Thu in mihing nuntakna a ukzawhna, a laptohna leh a humuapna teng buluh hi. Sikha tawh a kizom mite in, mihing lungngulhna in thukhun a sangpen hi ci in mitampi thu hilh uh a, mihing in amah leh amah omthei ci in um uhhi."

"Christ' nungzui mi in, Colossian thu um mite tungah Paul in awauna omsa ahi '**mawh zolna**' mah phukha ngelngel ding uhhi. Sikha umte in a Laisiangtho khatdan uh zong phukha taleh up ding zong hituanlo hi. Tawntung Laisiangtho thumaan kipsakna in ama' aw kician takin kiza ding hi. Christ mitsuan in lampilui omsa bangin mainawt teta in, Ama' hong thuhilhna tawh a kituaklo khempeuh hemsiang ding hi. Pasion' thumaan in ama' ki-aapna thu hi tawntung ding hi. Laisiangtho pen ama' tungah Pasion in a hohpihna hi ci in saang ding hi. Tuaciangin vantung pilna amah'n muta ding hi"—Ellen G. White, *The Acts of the Apostles*, pp. 474, 475.

#### Discussion Questions:

**1. Christ sungah "Pasion' pianzia khempeuh akim in om" a, Amah in "huihlak a ukte leh aana neite khempeuh tungah lungtagpi" a cihteh bang a cihna hiam?**  
(Col. 2:9, 10). **John 1:1, Hebrews 1:3, leh 1 Peter 3:22 etbeh in.**

**2. Colossians 2:14–16 pen ni sagih Sabbath nialna in kizang cih zong i zaksa ahi hi. Tukal sinna pan ahilo, Hih sinna pan ahilo, buaina dang tawh thukham lina zuih kullo cihna omlai hiam?**

**3. Pawi thukham te zong zuih ding mah hi veve aci mite na koicah diam? Khalam leh biakna lamah thupha omthei a hihsam hang, tuate zuih ding hanthotna in bang thubuai omsak thei hiam?**

#### Lesson 11

March 7–13

#### Christ tawh Nungta Khawm

##### SABBATH NITAKLAM

**Tukalsung Simding:** Col. 3:1–17; Rom. 1:18; Rom. 6:1–7; Eph. 4:22–24; Thkna. 7:6–8; 1Sam. 16:23.

**Kamngah: "Hihte khempeuh banah, mi khempeuh kilem takin hong omkhawm saktei ahi kilemna nabalpuh un"** (Colossians 3:14).

**Vantung** lunsim neihluat loh ding ki hanthawn zel ahihte hang; leitung lungsim zong neihluat ding hilo ci uhhi. Hiding bang ahihang, Colossian 3 sungah Paul in a thupit sak mahmah khat in: leitung' lungsim i neihluat leh vantungah Topa a dingin zatttheih ki hilo ci hi.

Paul in vantung tawh suakkik unla, "*Zeisu tawh aa thokik*" (Col. 3:1) mite bekin a teltheihte nuntakpih taktak dingin hong hanthawn hi. Paul in hong hatthotnate pen pawlpi sungbek hilo, kipawlina khat peuh zong a khangto saktei taktak thukhun ahi hi.

Zeisu in, "*Na galte it unla, note hong samsiate thupha pia un, hong mudahte zong phat bawl un. Tua hileh vantungah om na Pa uh tate na hithei ding uhhi; Amah in mihoihte leh misiate tungah, a kibang mahin guah zusak hi*" (Mate 5:44, 45).

Mihing' lampan inbel a hitheilo thu hi. Pasion a ding i nuntak kipatma in sihphot kulmasa hi. Vantung i

Pa a dingin a kizangtheite ihih nopleh vantung-lungsim neihkul limlim hi.

Tukal in Christ tawh nuntak khawpna sungah, tu leh a tawntung a ding bang kilamdanna peuh omthei cih kimu ding hi.

**SUNDAY**

March 8

**Vantung-Lungsim**

**Colossians 3:1–4 simin. Paul in vantung'thute lunggulh ding acihpen koibang dinmun a cihna hiam? Bang acihnopna hiding hiam?**

.....

Mualdawn panin, na kimkot a zaangkuam teng huamin ki enthei hi. Bang hunlai hiam khatpan in, mualte pen Pasion tawh kinai theihna hi den hi (*Late 121:1, 2*). Tanglai Mesopotamia mite bawltawm kiuli nei taattung **Ziggurats** te zong, amau' pasiante uhtawh a kimuhna dingun a bawl uh ahi hi.

Abraham in a nutsiat dingin a kisapkhiatna **Ur** khua ah *ziggurat* sangmahmah khat om a, tua kiim tai tampi panin tua taattung kimuthei hi. Ahih hang, khalam tawh kisai in; mihing khat omna a saantohna hangin vantung tawh kinaina bangmah om tuanlo hi. Mihing thatang in hih theilo hi.

Hehpihna sungah thu lamdang pikhat in, Christ sungah si in Amah tawh thokik hi peuh leng (*ki tuiphumna tawh limpua Col. 2: 12, 13*), vantung tawh kinai theipah hi. Col. 3 a kipatna panin, a tunglam thu a gengen ciangin, vantung hi a "*vantung thute, Christ om na a tunglam thute, Pasion sungah Christ tawh omin minthang khawm ding*" (*Col. 3:1–4*) cih.

Nial theihloh thukhat panin, Christian nuntakna sungah a telcian huailo pawlkhat zong ompial hi. Mihing numei leh pasal in mel leh puam kibang lel hi a, nundan-sihdan bangmah thei ngeilo pipi khawng si in hingkek thei ding hiam? Kha Siangtho in a huzaap kei nakleh mi' lungsim in khatna nei mello lel hi. Kha' lungsim neite ahih uhleh, Pasion hong kamciamsa lungtang ngah uh a, mawhna sungah sikhin ahih manun Christ tawh tho kik taktak uhhi. La in zong a kipsakna ah "*Bangci theih nahiam nongcih leh, Ka lung sungah hing hi?*"

Paul in ahihle, sunglam kha nunna thaksuah dending hong ci hi (*2Cor. 4:16*). Eite in puk in mangthang thei veve lai hihang. Leinun sungah ze-etna peuhmah kipelh thei ngeilo ding hihang. Tua ahih manin nisim in eite in "*tunglam nate zongzaw un*" (*Col. 3: 1*). Eite tawntung nunna in zong "*Christ tawh Pasion sungah kiseel*" (*Col. 3:3*), tua nunna a pualam teng pen a kiseel khinkhian ahi hi.

**Nangma ngaihsutna teng kaw'h om hiam: a tunglam ah maw, a nuai lam? A nunung zaw ahihleh, amau' maingatna koibang in na kheel thei diam?**

**MONDAY**

March 9

**Leitung vaite Tawpsak End Earthliness**

Tuhun ciangin gamvai tangkona tampi kiza hi. "**Gal tawp! Taam suksiatna tawp! Nuclear gal tawp!**" citek uhhi. Ahih hang "**leitung vaite tawp!**" cih peuhmah kiza ngeilo hi. Tuathu a hihlehleitung mite ngaihsutna tawh kituak phalo hi. Tangkona teleh a thapiate khialhna zong hi tuanlohi. Tawntung hun naimahmah cih amau' khuamuhna tomlua hizaw hi. Eite mungtup pen sang semsem, a tawntung in sang semsem ding hi.

**Colossians 3:5, 6 (Rom. 6:1–7 zong) simin. Angkhualna lehleitung vaina sisak dingin "a tunglam**

**nate bek” nuntakpih ding cih koibang in zang taktak thei ding nahi hiam? (Col. 3:1)?**

.....

Eimah Christ sungah sikhin phial ihih hang, i kipawlpih lungsim sung leh pumpi sunga om ze-etna zong – sihsak kul hi. Ahihhang tua tawh akizom thunih bel phawk kul hi.

**Amasa**, Colossian 3:1 sungah, Paul in a zat Greek ngeina Christ sungah thokik cihpen ahi hi. Anihna, Colossian 3: 5 in hong thupiak tuathu’ a sulzui **“Tua ahih manin”** ahi hi. Leitung’vaite sisak thei mah hang (*zualzangna, siantholohna, deihluatna, asia lunggulhna, hazatna*). Christ tawh thokik ihih manin Ama Kha nundan leh vangliatna ei sungah hong om manin, tua thute khempeuh eima lungsim sungpan a pualam ah kilawnkhia ta hi.

Tuabang linlian mah in Greek pau tawh hong kihelkha khat pen Col. 3: 6 sungah **“Pasian’ hehna”** pen Rom. 1: 18 ah zong om hi. Pasian in mihingte pen amua’ gitlohna lampi ah paisak a, *“Ama’thu a manglo te tungah” (Col. 3:6)*, Ama’ hehna *“hongtung” (Mang. 6:16, 17)* tahi. Rom. 1:18 sungah, Paul in *“a mawhna leh a gitlohna”* a cihpen zong Col. 3: 5 sunga Greek kammal *“siangtholohna”* tawh a kibang hi a, a phadiak in *“amau’ lunggulhna bangin amau’ pumpi vangkiamsak” (Rom. 1:24)* cih tawh kibang hi.

Amau’ pumpi koibang in vangkiamsak uhhiam? Amasa in amau’ **“lunggulhna”** masak in Piangsakpa nial uhhi. *“A numeite un zong pasal tawh lupkhawp ngeina zanglo in a numeipihthe mah uh lunggulh in lumkhawm uhhi. A pasalte zong numei tawh lumkhawm lo in pasal mah lunggulh in lumkhawm in zumhuaipi in gamta uhhi” (Rom. 1:26, 27).*

**“Leitung lungsimte sisak un” a cihpen koibang in i zui hiam (Col. 3:5)?**

TUESDAY

March 10

**Theihna sungah Thaksuah**

**Colossian 3:6–11 simin. Hih ngaihsutna kihilhna Paul in bangci hih hiam?**

.....

Colossian 3: 8 ah kammal masapen paw i kilak bangin sihna pan nuntakna ah kikheelna ahi hi. **“Ahi zongin tu in.”** Greek sungah **“tu in”** pen thupisak phadiak hi. **Tu in**, note in *Christ tawh thokikzo in a tunglam nate zonguh nahih manun*, tu a na nundan uh pen a beisa a nundan tawh kilamdanna kician lakkhia un. Nomau’ sunga *“leitung lungsimte” (Col. 3:5)*, sisak unla, *“hehna, thangpaihna, muhdahna, gensiatna, kam hoihlo pauna cihte nei nawnkei un” (Col. 3:8).*

Hehna leh thangpaihna in, thumaan takin Pasian’ hong dawnthukna peuh piangsak thei (*zanni sinna*) a, Zeisu’ hunlai (*Maku 3: 5; Mang. 6: 16*) in zong omkhin hi. A langkhat panin *“hoihtak in ngai ding, pau pahpah lo ding, heh pahpah lo ding; mihingte’ hehna in Pasian’ sep ding thuhoihte khaktan” (James 1:19, 20)* cih i. Mi’ siat ding vaihawmna in mi kamsia sak thei hi. Kosiatna in zong vangbeisak thei hi. Paul in zong kamkhauh leh kihhuai kammal deihlo hi. *“Milui ngeina teng suahkhiat khit ciangin” (Col. 3:9)* khatlehkhat zong kikhem lo ding (*Pai. 19:11, 18*) cih i.

**Paul in “milui” leh “mithak” a cihpen bang a cinuam ahi diam? Romans 6:6 leh Ephesians 4:22–24 simin.**

.....

Paul in milui pan mithak kikheelna pen puanlui puansia pan puakpaak athak tawh kheek ci in genteh hi (*Zech. 3: 4*). Tuabang alui leh athak kheekna pen thuciamlui leh thak zong om a; a pualam ah laitawh kigelh thukham leh Kha tawh lungtang tunga kigelh (*2 Cor. 3: 4-18*) cih.

Hih thu gentehna te in kikheelna leh hong piang thu pen Paul in **“mi thak”** (*2 Cor. 5:17*) cih. Mit muh theihloh Pasion’ limlehmel (*Col. 1: 15*) ahi *“Christ’ limlehmel theihna sungah hong thaksuah”* (*Col. 3:10*) cih. Ama’ Thu tungtawn mahin Christ hong theisak in *“minthanna khat panin minthanna sangzaw ah”* (*2 Cor. 3:18*) hong tungto sak hi. Hih thu in minam khempeuh, lei maitang leh mimal kizopna khempeuh sangin asangzaw (*Col. 3: 11*) ah hong koihto in a sangzaw vantung gammite hong suaksak hi.

### WEDNESDAY

March 11

#### Nuntakna Thak tawh Gamtatna

Christ kiang i zuat ciangin, gamtat hoihlote leh siatna tawh a kipawlte peuhmah hepkiat ciangin; Paul in khuamial pan khuavak ah galkah ci in hamphatna in la hi.

#### Colossian 3:12–14 simin. Thu umte pen koibang hi ci a; koibang hoihna te **“neilai”** ding ci hiam?

.....

Pasion in Ama’ omzia kilangsak ding a teeltuam minam ahi Israel mite mahbang in Zeisu’ sungah thu ummite zong *“Pasion’ teal tangtuam”* (*Col. 3:12*) mah ahi uhhi. Ahih hang tuabang in zong kuamah’n bel nuntakpih

tuanlo uhhi. Zeisu in *“A sapmi tam a, a teal mi tawm hi”* (*Mate 22:14; Mate 24:22, 24, 31*) cih. Paul in zong teeltuam a cihna ah a cih nopna kibang veve hi (*Rom. 8:33, 2 Tim. 2:10*). Israel mahbang in, thu ummite zong Pasion in **“it a, zong siangtho”** (*Thkna. 7:6–8*) uhhi. Hih hamphatna in vaipuak thupi mahmah khat hong neisak a: *“khuamial sungpan in a lamdang mahmah Ama’ khuavak sungah a hong samkhiapa’ nasepna a lamdangte genkhia ding”* (*1 Pet. 2:9*) cih. Tua mahmah pen eima nuntakna tawh ki lahkha hi.

Tua hoihna giat teng zong Paul in hong gualhsuk ciangin *“hehpihna nei, migi in, ki niamkhiat in, dik in, na lungduai ding uh ahi hi; khatlehkhat ki thuaksiam, mawhna ki maisak in, tua khempeuh banah ‘itna’* (*Col. 3:12–14*) *nanei un”* cih. Hiteng pen Christ’ omzia leh Amah’n ei hong kizop pih danteng pulaakna ahih manin; Amah tawh a kipawl lungsimte pan bekin hong luangkha thei hi. *“Christ in hong maisak mahbang in”* khatleh khat kimaisak ding hihang (*Col. 3:13*). Ki itna in *“kipawlkhop theihna”* hi a (*Col. 3:14*), Ama’ hong itna in Amah tawh hong henkhawm ahih manin midangte zong hong itsak thei taktak hi (*1 John 4:11, 12*).

Hih hoihnate in kikhawlhna namnih in huzaap thei hi. **Amasa** in, itna, hehpihna, dikna leh midangte mawh maisakna in ei leh midangte mah thupha hong piaknate hong hawmsawn sak hi. Tua in midangte itna leh thupha piakna ahi hi. Mihingte in zong eitung ah dikna tawh hong dawngthuk kik ding a, eite’n Pasion kiangpan hehpihna leh maisakna i ngah ding uhhi (*Mate 5:7; Mate 6:14*). **Anihna** leh a thupizaw, Pasion minthangsak a, vantung hehpihna kilangsak ahih manin; midangte zongin Zeisu um in zui dingin thapia hi.

*“Angkhual lo nundan sangin midang nundan a huzaapzo nundan dang zong om nawnlo hi. A itthei leh a ithuai*

*Christian in lungdamthu vangpiak theihna lianpen ahi h?*—  
Ellen G. White, *The Ministry of Healing*, p. 470.

**Midangte tawh na kikhawlhna ah, a diak in nang tungah a gi-mello te' tungah koibangin Zeisu na kilangsak hiam?**

THURSDAY

March 12

**Nuntakna Thak Nungta**

Paul in pawlpi sungah lungnopna leh ki thutuahna a omtheihna ding Col. 3 nunung lamah gelh hi. Sinna 7 sungah Pasion lungnopna sinkhin hihang. Rome te lungnopna *Pax Romana* bang hilo in *Pax Christi* acih Christ lungnopna pen, apualam pan hilo, asunglam pan hong paikhia hi a, Christ ukzawhna sung bek ah omthei hi.

**Colossian 3:16, 17 simin. Bang in Chrsit' ukzawhna piangsak a, tunging in koimun pan in panmun la hiam?**

.....

A kammal in limlahna hoih mahmah hi. Christ' kammalte pen alim tawh ei sungah hong omsak thei hi. Pasion' kiangpan Ama' pilna te ngai in sinna dingin deihtak in Lai siangtho simna panin hong piang thu ahi hi. Greek lai sungah bel om lianlo ahiah hang, late in "*pilna tawh khatlehkhat thu kihilhna*" (Col. 3:16) cih.

La maimai bel hi samlo. Paul in kammal kip khat hiteng ah leh Ephet. 5: 19 sungah "**Psalm late leh biakna late**" cih.

Telcianna taktak a omsamloh hang Laisiangtholui Psalm late leh laisiangthothak phatna late ci in namnih omtuak hi. "*Biakna late*" cihpen pawlpite khalam nuntakna

sungah phatna late hihtuak pen hi. Tua late' kammalte in thumaan kihilhna leh Christian nundan thak nuntak nading lamlah na'ng khutzat pen ahi hi. Zalom tampi lai a lapi te in, lungkiat baih mahmah hun laitak in lam-etna leh khamuanna hong piathe i lam-etna kammalte vive ahi uhhi.

La huzaap in vangnei mahmah hi. David in *laiza* a tum ciangin kumpi Saul cidam in lungnuam sak hi (*1Sam. 16: 23*). David tawh kidemna hong om ciangin Saul' hehna leh khasiatna khang hi (*1 Sam. 18:10, 11*). *Nuamtak in a kisa hiathiat late in lungkhamna kiamsak, khuak thahatsak, tawldamna piangsak, natna nuamtuum sak in kikhawlhna zong khangsak (Country style)* ci hi.

La in eima' ngaihsutna leh lungsim tungah huzaap hoih leh hoihlo hong nei cih a theilo kua om ding hiam? La hoih in khalam hong lamto thei mahmah hi.

**Sepna bawlina khempeuh ah "Topa' Zeisu min paulam un" (Col. 3:17) cih. Tua bang nahihthei takpi diam? Hihtheih keileh, koici kikheel ding; Topa' min suangin nahih theih keileh bang na hihzel khat khawl ding nahiam?**

FRIDAY

March 13

**Ngaihsutbeh Ding:**

"*Pasion' Kha in ngaihsutna leh lungtang hong uk ciangin, tua mi in ama' tungah Pasion' kamciam tangtung cih thei in, ama' palsatna mawhna teng kisiksak, kimaisak cih a theih ciangin; tua a kikheel kha in la khat pusuah hi. Pasion' thukham, ama' diktanna dingin hong sihlawh Christ sungah upna teng palsatna panin; kisik kikna hong neithe i hi. Upna hangin Pasion tawh kipawlkhinta ihih manin i Topa Zeisu Christ hangin Pasion tawh a kilemta ihi hi (Rom. 5: 1).*"

*Hibang a phukha Christian khat in, ama' a ding a kihhsak khempeuh lungdamlua in khupzep in omhithiat ding zong hituanlo hi. Khalam ukna gam sung lut ding khensatna nei mikhat in, ama' lunggulhnate leh a puahphat nailoh pianzia teng tengah, khuamial a uk vangliatna te in galbawl denkeei cih theikhia ding hi. Ama' ki-aapna pen nisim in thaksuah ding a, nisim in gitlohna gal do den ding hi. Gamtatna luiteng, khialh nopna lungsim in, gualzo nuamin hong do ding uh a; Christ' galzawhna tawh tuate khempeuh maingat in do ding hihang.*

*Eite ina sangzaw, a sianzaw nuntakna vangliatna i kiasm uhhi. Eite in leitung nate kitam ngaihsut zaw in vantung ki tawm ngaihsut zaw hi.*

*Christian in Pasion hongpiak dinmun battheihna dingin lungkiatna ding omlo hi. Nundan leh khalam picinna pen Christ hehpihna leh vangliatna sungah mi khempeuh in kamciamna ngahkhin uhhi. Zeisu in vangliatna khempeuh leh nuntakna bulpi ahi hi. Vang liatna khempeuh nungta sakim Amah'n nasemsak hi. Kalsuan simin a nungta Ama' vang liatna kimu thei h"—Ellen G. White, *The Acts of the Apostles*, pp. 476–478.*

#### **Kikupding Dotnate:**

**1. “Upna tawh diksakna ngah” nahihna koibang na kithei hiam? Hih a lamdang kamciam in na nundan koibang in hong kheelsak hiam? “Christ tawh thokik khawm” cihpen tua kamciam tawh koibang in kizom hiam?**

**2. Vantung-lungsim in bang a cihnopna hiam? Leitung hoihna bawlina sangin a thupi zaw hiam? Tuagel kikal koibang in enkak thei ding hiam?**

**3. Nangma nundan in midang a huzaapdan ngaihsun in. Mimal tengah hong huzaapna kingaihsun zel ahih hang, pawlpi koibang in hong huzaap hiam? Na khuatual pawlpi in na khuaveng uh koibang in gaakcip thei hiam?**

**4. Colossians 3:11 simin. Christ sungah pumkhatna koibang in gen hiam?**

**Lesson 12***March 14–20***Lawmlehgwah tawh Nungtakhawm****SABBATH NITAKLAM**

**Tukalsung Simding:** *Col. 3:18–4:6; Eph. 5:22–25, 33; Pau. 22:6, 15; 1 Pet. 2:16; 1 Thess. 5:17.*

**Kamngah:** “**Kam napau uh ciangun, mi zaknop mi ngaihrop dingin napau un. Tua hileh na kihopihte khempeuh a dingin, phattuumna anei kam a pau nahi ding uhhi.**” (*Colossians 4:6*).

**Mihing** in teengkawm nasepkhawp ciangin haksatna tampi takmah kithuak hi. Ngaihdan tuamtumte hangin kiseelna peuh omthei hi. Ki naikhawlh semsem leng, tua a kikhawlh khempeuh ki thutuah ding thupi semsem hi.

Kinaikhawlh penpen na in innkuan sung ahi hi. Innkuan sungzong “*innkuan nasep phual*” peuh zong kici hi. Nasep khat vaihawm dan leh innkuan vaihawm dan pen kibang lel hi. Manphatna te, ngiimnate leh mungtupe neih ding kisam limlim hi. Na khempeuh a neel dikdek theihna dingin, mimalkim ki thutuak in sepkhawp ding kisam hi. Tua mahbang in thukhunte zong pawlpi sungah zat ding hi a, pawlpi in innkuan lianpi mah ahi hi.

Tukal sinna panin, Paul in, Christian innkuan a hoihsak penpen thukhunte pawlkhat kisin ding hihang. Christian innkuan pen Laisiangtho thukhun tetawh ki makaih kul ahiah manin Rome mite innkuan tawh

kilamdanna themkhat hong om hi. Paul in innsung innpua lamah lawmlehgwah kikhawlhna a dingin hong panpih thei ding a dang amanpha thubulpi te zong hongpia hi.

**SUNDAY***March 15***Pasal leh Zi**

Christian innkuan a dingin thuhilhate Laisiangtho thak sungah zong omsuk diudeu hi (*Eph. 5:21–6:9; Col. 3:18–4:1; Titus 2:1–10; 1Pet. 2:18–3:7*). “*Innkuan va*” a cihcih uh pen, liatna maanna hilo in, kikhawlhna sungah khaklehkhat kipanpih theihna thukhunte ahi hi.

**Colossian 3:18, 19 simin. Bang kikimna khat namu hiam? Ephesians 5:22–25, 33 sungah bang ngaihsut piakna Paul in hong piakbeh lailai hiam?**

.....

Mi pawlkhat in “*Zite aw, na pasalte uh thu naming un*” (*Col. 3:18*) ci in khawlziau uhhi. Paul in a zomah “*Topa sungah a kilawm bangin*” cilai hi. Laisiangthothak sungah numei khempeuh in pasal khempeuh’ thu mang ding cihna mun omlo; mitsi miaimuai in pasal’ deihna bangbang mang ding cihna omlo hi. Paul’ cihnopna pen zi in Topa tungah citak masa ding a, tuakhit ciangin pasal tungah citak ding cihhi. Zi te khawngpen Pasalte in ut thuthu in nawmvalh gawp ding zong hi tuanlo a, zi’ lungsim aki theihkhiatna ding zong hituanlo hi.

Christ in, pawlpi a itna tawh Ama’ pumpi a piakkhiat mahbang in; pasal in zong a tuacih ding ahi hi (*Eph. 5:25*). Bangzahta in mantam taleh citak ding uhhi. Zi a dingin a hoihpen khentatna nei ding uh a, tua khentatna zong sakhat hiding hi. Tuabang itna hangin zi in a pasal a itna ding leh Pasian’ thupiak a mantheihna ding baihzaw saktehi hi (*Eph. 5:33*).

A cidam Christian kiteenna pen khatlehkhat ki thupisak – thu kikumkhawm, thu ngaihsun khawm in khensatna bawlkhawm uhhi. *Khatveivei innkuan a dingin khensatna haksa hong om ciangin, tate tawh zong kikap huai napi, tate' maiah nulehpa kinial vatvat loding uhhi.* Tuazah kikap khit nangawn in, thukimna a omtheih naikei zenleh, Pasian' Thu a kipalsat kei nakleh, zi in gamdai takin pasal khentatna zuizaw leh, Laisiangtho hong lahsa kilemna lampi a tawn hizaw hi. Tua mahbang in pasal tampite in, zi' thu mangzaw in, zi' deihna a zuihzawk ciangin a nopsaklel uh zong phawklai ding uhhi. Pasal leh zi, na sem khawm semsem leh innkuan nuam semsem ding hi.

**Khang tawntung in a kihih khat pen, eite'n koibang in pelhthei ding ihi hiam? A tunga kammal hoih mahmah te la in thukhun hoih mahmah te asia lamin zatzelna koibang pelh thei ding ihi hiam?**

**MONDAY**

*March 16*

**Nulehpa leh Tate**

Tate in innkuan nasepna ah mun thupi panin pang uhhi. Amaute' a ki itlam thei in, amanpha innkuanpih leh vantung gammi ahihlam a theih uh kul hi. Innkuan biakpiakna zong thupi mahmah a, zingsang nitak in nuamtak in bawl ding uhhi. Tate in a naupanglai mah un innsung siangthona pan kipan nadang tuamtuan zong semsak ding hi. A thupipen in, Paul' thupiakna mangta uh hen: *“Tate aw, nulehpa' thu mang tawntung ding pen Topa' deihna ahi hi” (Col. 3:20)* cih.

**Anuaia munte ah tate pattahna dingin bang thukhun hong kipia hiam?**

1. **Paunak 22: 6, 15**

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2. **Mate 19: 14**

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3. **Thkna 6: 6, 7**

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4. **Paunak 1: 8, 9**

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Pasian a dingin thukhun tawh hoihtak in a kipantah tate in; innkuan, pawlpi leh tuate khengval in thupha hiding uhhi. Nulehpa a ding leh pasal leh zi a ding zong Paul in lam honglahna pen, thutang in muibun hi: *“Pate aw, na tate un a thuakzawhloh ding zah dong dingin thuhilh in tai niloh kei un” (Col. 3:21)* cih. Nulehpa, a diakin pa in, tate tawh kikhawlhna, thu hihilhna in tate khalam khantohna ding in huzaap thuk nei mahmah hi.

Thukanna khat ah, nulehpa biakinn a paikhawp ciangin, khatbek a paite sangin, tate un zong biakinn paite ahih na'ng uh tamzaw cih. Tua sangin a lamdang zawsemlai khat; nu sangin pa in biakinn a paiden ciangin, tate zong hong khangham ciangin biakinn paite ahih na'ng tamzaw cih. Pa in tate khalam ah a makaihna pen a manphatna genzawhloh ahi hi. Pate in amau' vaipuak a zawhna thupi lua mahmah hi.

**Citateu zongin (kici giapgiap leng) pa khempeuh in tate tungah limhoih lak zolo uhhi. Leitung pate in tuabang siatna lianpite bawl mawk lehu, Pasian in eite' Pa ahihna theih theihna dingin koibang in panpih thei mawk ding uhhiam?**

TUESDAY

March 17

**Nasepna ah Kikhawlhna**

**Colossian 3:22–25 leh 4:1 simin. Silate tungah bang thuhilhna kipia hiam? Nasepna ah kikhawlhna dingin bang thukhun peuh hitengah om hiam?**

.....

Tuhun mite in, Laisiangtho sunga thuhilhna tepen, tanglai a thupiangte peuh hi ci uh a, laisiangtho uploh theihna dingin sila khawina thu gen uhhi. Tuabang in a genuh ciang un, Laisiangtholui Israel mite leh laisiangthothak pawlpite omzia teng phawkkha vetlo in a paupau uh ahi hi. Mihing pen Pasian' limmel suun in kipiangsak hi a, Pasian kiangpan in pilna angah uh ahih manun, suakta takin teeltheihna nei uhhi. Moses' thukham sungah khang tawntung in sila hihna khaam (*Thkna. 15:12*) a, leiba lohna ding hun a sawtpen kum guk (*Pai. 21:2–6; Siam. 25:39–43*) hiding hi. Laisiangtho sunga sila khawina pen, khangthakte a dingin huathuai mahmah hitaleh; nitumna lam gammite'n zualzangna tawh a sila khawi tawh tehkak leng a sialua zong nahi tuanlo hi.

Laisiangthothak hunlai in, pawlpi in Roman thukham nuaiyah nasem uh in sal khawi uhhi. "*Khangthak sila khawi bang hilo in, Rome te thukham in, sila te a dingin hamphatna pawlkhat zong koihsak ahih manin, tua thute hepkhiat ding pen, lungdamthu mainawtna ding lauhthawwna suak zawsop ding hi.*"— 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.

Pawlpi sungah ahihleh, Rome ki ukna sung bang hilo in, salte' vaipuak masapen in Topa tungah om masa T-9

hi. "Note'n zong vantungah To khat naneihna uh phawk" (*Col. 4:1*) in thutang in nasem ding uhhi. Tua banah, Paul mah in **Philemon** kiangah, **Onesimus** pen sal bekin ngaihsun nawnlo in, ama' sanggam bangin a ngaihsut ding thu hilh hi (*Philem. 16*). Laisiangtholui leh laisiangthothak sungah, thu umte pen Pasian' sal, sila peuh cihhi (*Late. 34:22; Luka 17:10; 1Pet. 2:16*).

Laisiangtho mun pawlkhat a gelhna nungramthu te saantehih ahih melloh hang, a laisiangtho thu bel saang theilel hihang. Ahihhang, tua ngeina leh Laisiangtho tungsiah ah eimah om tentan lailel hihang. Laisiangtho in apiak thulu khat peuhpeuh nuai pan a thukhup na a tunma in, tua thulu in a cihnopna teltak in entel masa leng hoizaw ding hi.

**Hihthu te in nangma nunna sungah koibang in nasemthei cih ngaihsun in. Nasepna topa boss khat nahi a, nasempa khat nahi zongin hih thukhun in koibang in nang hong huhthei ding hiam?**

WEDNESDAY

March 18

**Khatlehkhat Ki Thungetsakna**

**Colossian 4:2–4 simin. Hiteng ah thungetna thukhun bangteng peuh namu hiam? Paul in bang thunget ding pulaak hiam?**

.....

Thubuui a tuamtuam, innkuan vai, cidamna, sumvai leh thu tuamtuam peuh tawh a buaite tungah "*thu hong ngetsak ing*" cihlelna zong in a thupi mahmah thapiakna khat mah ahi hi. Hihdan cihna pen vantung' deihna bang a kikhawlhna khat hi a, a langnih tuak a dingin hamphatna omsak hi. "*Tua pen eima' lampan in a*

kingen nailo na khempeuh, eima' upna tungtawn in hong piaktheihna ding Pasion' geelna khat mah ahi hi"—Ellen G. White, *The Great Controversy*, p. 525.

Thungetna sungah a vangnei penpen, Paul kammal “*lungsim takpi tawh thungen tawntung unla, kidawm kawm in lungdamna tawh thungen un*” (Col. 4:2) a cihpen upna tawh thungetna lahna ahi hi. “**Tatsatlo**” in thungen ding (Eph. 6:18) leh thungen “**niloh**” ding (1Thess. 5:17). A lamdang penpen khatin “*a kilawm bangin thunget ding nangawn i theikei a, ahi zongin Kha Siangtho mahin tauna tawh eite a dingin hong thumsak*” (Rom. 8:26) cih.

**Colossians 4:3 simkik in. Pasion in nangma upna na hawsawn theihna ding “thu a dingin bang kong” honsak ding ci hiam?**

Paul in, kammal maan zattheih ding zong ngenlai hi. Ama' laikhaknate, Sawltak sunga ama' kampaunate sim leng, Paul pen thugen siam dangnaal a, a thugen ding peuhmah a lungkham hetlo pa ahi hi. Tua nangawn a “**kiteltak**” (Col. 4:4) in a gentheihna dingin thungen lailai hi. A tawpna lamah Greek kammal **dei** zang a, akhiatna a let ciangin, lung-damthu gen kahih manbang in “*ka gen ding bangin*” ka gentheihna ding cilai hi. Tua lung-damthu in, a sangpen Rome kumpipa **Caesar** innkuan sungdong vapha ding cih amah'n thei gige hi.

“*Thunget simin khukdin teitei ding cihzong hituanlo hi. Nangbek na omciang ahi a, na lampaina, nisim nasep na manlah mahmah ciang ahi zongin; Honpa tawh kiho ngeina khat nei in. Na lungsim limlim khuavak, thahatna leh pilna a dingin, gamdai khipkhep in huhna na saanna ding thungen in. Husanna khempeuh thungetna hita her*”—Ellen G. White, *The Ministry of Healing*, pp. 510, 511.

**THURSDAY**

March 19

**Pilna tawh Kalsuan**

Christian te'n a theihzawh thumaan thupipen in bang ahi diam? Tuapen, Upna tung tawn in, Christ in ei' mawhna hangin hong sihna saanna tawh tawntung nunna kinei thei cihna ahi hi. Eima' thatang tawh ihih zawhloh thumaan zong ahi hi. Eite tungah hong kilah sa thumaan zong ahi hi. Pasion' Thu sungah hong pulaaksa zong ahi hi.

Pasion in, Ama' thumaan hong lahkha hiki peuhmah leh, i zak ngeiloh ding leh i theihngeiloh ding thumaan, theihna leh pilna tampi takmah om ding hi. Tua pilna tepen ei te' theihtuak pilna te ahih manin hong piak zong hituanlo hi. Hih thumaan, theihna leh pilna tepen eima nunna sungah nuntakpih ding ahi hi.

**Colossian 4:5, 6 simin. Paul in koibang hun ciangin “pilna tawh kalsuan” ding ci hiam? Banghang tua cihtuak thei hiam?**

Christian te in Christian hinapi un Christian bang zong hilo uhhi. Paul in Isa. 52: 5 pan kammal la in, Israel in thu umlo te a dingin sui khak ding thaang: “*No Jew mite hangin Gentile mite lakah Pasion ki gensia*” (Rom. 2:24) cih. Midang tungah, a diakin thu umlote tungah i hihdante in muibun mahmah hi (Titus 2:5; 2Pet. 2:2). Christian innkuan in, gitloh na bawl ding kikaikhawp sangin thungen ding a kikaikhawm khangnote, ki itna maan tak tak a neite, lungnem in thuakzawhna neite hangin; eite' upna in maan hiam maanlo hiam cih hong sittel gige te a dingin, nakpi takin paukhia hi.

Colossian 4:6 sungah, i kampau ciangin, Paul in “*Kam napau uh ciangun mi ngaih nop, mi zaknop dingin napau*

un” cih. Mi ngaihnop zaknop ciangbek hilo in, i kampau peuhmah, Kha Siangtho humuapna leh Pasian’ hehpihna in hong huzaapna tawh hi ham tang ding hi.

“*Ci bang in al.*” Leitung mite in kampau “**ci al**” kampau a cihtawh kilehbulh in, kampau peuhmah mi zaknop ding in pau ding cih.

“*Khatlehkhat na kiteltheihna ding un*” (NKJV). Thu i puak ding mite’ lungsim a dingin kammal maante a hun maan leh ngiimna maan tawh a kipuak theihna ding kammal tepen Kha Siangtho bekin hong pia thei hi (Hiteng ah zong **dei** zang hi. Zanni sinna, Col 4: 4).

**Nangma kammal, na tatna hekna leh mi’maiah na kalsuanzia lungngai kik in. Nangma upna tawh kisai bang thupiak napuak thei a, Christian khat hihna in bang khatna neitheh hiam?**

FRIDAY

March 20

**Ngaihsutbeh Ding:**

“*Innkuan sung lungnopna a om dimdiam theihna cihte pen mimalkim in nisimin a neih tawntung ding vaipuak khat ahihna pen mimalkim in theihkim ding kisam hi. Khatleh khat kilangdo lo ding uhhi. Khatlehkhat tha kipia in, ki pumkhat dimdiam a, dikna lungnem na, thuakzawhna tawh lungduai takin awnem awkhum tawh pau ding uh a, buaina peuh mah pelh in, bangkua nubel nasepna khempeuh huh in dawn ding uhhi.*”

“*Innkuan sung mi khempeuh in kipawl in sepkhawp ding na khempeuh telcian ding uhhi. Tate khempeuh kumguk tungsiyah peuhmah in, nuntak haksatna khempeuh tungah vaipuak neikik ding cih thei ding kul hi*”—Ellen G. White, *The Adventist Home*, pp. 179, 180.

“*Khuavak sung i om nopleh, innkuan sung leh lungtang sungah Christ lutsak un. Innkuan peuhmah pen a kigen bang in omsak ding hi. Innkuan in Leitung ah vantung neuzaw hiding a, itna ngah theihna dingin kisawlngawhna mun hizawlo in, ki pattahna mun hizaw ding hi. Innkuan nopsak theihna’ng peuhmah pen; hibang itna, veiina leh khatleh khat tungah kidikna tungah kinga hi. Eileh ei kimangngilh zawsop in, mi hong panpihna khempeuh lungdam koh theihna ding lampi zon ding hizaw hi.*”

*Tua banah lungnem in hehpihna tawh itna tawh sepna te tawh midangte thapiakna, vangikte zaangsak, a dah a kapte hehnepna’ng lampi zong ding uhhi. Hibang ngaihdante pen innkuan sungpan in kipan hi a, innkuan pualam dongah kizeel in mite nundan nopna piatheh lai hi. Hihbang te awlmawhlohna in nuntakna sungah dahna kahna te piangsak thei hi*”—Ellen G. White, *Testimonies for the Church*, vol. 3, pp. 539, 540.

**Kikupding Dotnate:**

**1. Nupa te’ kikhawlhna bang thukhun in thapia thei hiam? A kiteeng lo te bang ngaihsutna napia a, kiteenna in hong tun ding tona te a dingin koibang in na kiging sakteh hiam?**

**2. Nulehpa tampi takte in a tate uh Christian innkuan hoih sungpan pantah hi napi un, a khangcin uh ciangun upna peuh nialkik zanzan thei uhhi. Bang ngaihsut napia thei ding a, gen vetloh ding bang om ding hiam?**

**3. “Pilna sungah kalsuan” ding cih kikum dihun. A langkhat ah “haina” sungah kalsuan na in bang a cihna hiam? Tua tegel sungah na kalsuan hunte a ki lamdanna koibang om hiam?**

**Lesson 13***March 21–27***Pasian’ Deihna bangin Dingtang****SABBATH NITAKLAM**

**Tukalsung Simding:** *Col. 4:7–18; Eph. 6:21; Sawl. 15:36–40; 2Tim. 4:10, 11; 2Pet. 3:10–14; Isa. 60:1–3.*

**Kamngah:** “**A piang bangbang a dingin Pasian tungah lungdam ko un; Christ Zeisu sungah tuabang hiding in Pasian hong deihsakna ahi hi**” (*1Thess. 5:18*).

**Colossian** laibu a nunung lamah Paul leh a naseppihte kizopna hong pulaak hi. Sawltak in Barnabas tawh a kikhawlh masakna, tuakhit ciangin Silas tawh a khualzinna thumvei pulaak hi.

Tukal in, Paul’ khualzindan, Rome gam a khuapite a phaktheihna dingin hun leh a kul-kisamte a zatsiam mahbang in; Colossae, Laodicea, leh Hierapolis khuapite vapha zolo ahih manin, amah’n a pattah ngiatsa pawlpi mite in a vapha thei dingin vaihawm hi.

Paul in ama’ naseptheih sungteng, amah ngiatin vapha a; a thongkiat laitak in zong laikhakna mahtawh mite leh a pawlpi mite tawh kizopna nei tawntung hi. Lungdamthu nasepna sungah Jew mi leh Gentile leh Christian; pasal leh numei; **Tychichus, Aristarchus, Justus, Epaphras, Luke,** and **Nympha** cihbang mite zang hi.

Laodecea ah zong amah’n laikhak khat khak hi kici ahihhang, ei kiang bel hong tung khalo hi. Hih a

nununglam munteng ah Paul in thutampi guang hi. **Archippus** a kici pa tungah zong ama’ mimal hanthotna khat om hi. Paul in ama’ hihtheih tawp in pawlpi a thakhauhna dingin sem hi.

**SUNDAY***March 22***Gamla phakna pan Pilna**

Paul kiangpan in lungdamthu kizelhsakna thu tampi za hihang. Ama’ khualzinna pen tai 13,400 kiim pha hi. Lamdang lua mahmah hi. Khe bekbek mahtawh pai a, thongkiat hun zong nei hi.

Paul in sumbawlina phualpi Corinth leh Ephesus cihbang khuapite ah sawtpi takmah omkha a, tuakhuapi tepan gamsung khuapite ah thupuak kizeel hi. Ama’ phuhsa pawlpite ah zong hong paikikzel in, thu umthakte thapia in hanthawn hi. Maitang kimu in a hawh theihloh ciangin, laikhak hi. Amah’n thu ummite phawk in don ahihna hibang dan tawh theitheih uhhi.

**Colossian 4:7–9; Ephesian 6:21 simkak in. Tychicus thu koici pulaak a, ama’ omna mun Colossae ah Onesimus a sawlna thu, Paul in banghang ci hiam?**

.....

Munkhatte ah laikhak sangin kamgen hoihzaw thei hi. Tua tegel in Colossian ah bang thuthang peuh hong puakuh cih lungluthuai veve hi. Paul’ ngiimna bang ahihleuh tua thuthangte in amaute “*lungnuamsak in thahatsak*” (*Col. 4:7–9*) ding cih. Tuata pen Paul in thong sungah ama’ omzia tengzong kimtak in kihelkha ding hi. Tuabang kizopna pen thu ummite khatlehkhat kizopna a kepcin theihna dingun thupi mahmah hi.

**Tychicus'** min khiatna in, "**Tg, Kampha**" hi a, thukansimpa khat zong ahi hi. Amah pen "*a thumaan sawltakpa leh naseppihpa*" hi a, Paul in a teeltuam Asia mi (*Sawl. 20: 4*), Jerusalem a cimawh te donghu dingin sumpi donna ah a tonkhawm uh ahi hi. Paul' thong-kiat anihveina in a tonpihpa zong hi a, nasep a thahatna dingin Ephesus ah kisawl kik hi (*2 Tim. 4:12*). Titus omna **Crete** ah a kipuak zong Paul in ngaihsun hi (*Titus 3:12*). Amah tawh hong kikhawl pen Rome ah Paul in a kikheel sakpa (*sinna 1*) Onesimus hi a, "**citakpa**" zong kici hi.

Colossae ah thu ummite omzia Paul in theihnop tuak mahmah hi. Tychicus ngiat a hikei phial zongin khat peuhpeuh sawl in thu puaksak ding zong a haksalua hi khollo hi. Tua pawlpi ah amah mah hong pai ngeiloh hangin, tua thu ummite a ding itna leh deihsakna tawh a lahkhiatna ahi hi. Amau zong upna lamah thakhauh sak in, midangte zong a vaphak theihna ding hanthotna zong ahi hi.

**Paul' laikhakte sungah mimalvai bek thamloh, a neupen in khualzinna a kipsakna hi koibang in cithei ding hiam?**

**MONDAY**

*March 23*

**Pawlpi' Kizopna**

Internet leh mihing kizopna tuamtuam simzawhloh om bialbualna hih leitung ah Paul' phutkhak haksatna te pen ngaihsut haksa mahmah hi. Tua haksatna pen, khuatual pawlpite in, amau kipawlina pen khuatual cianglel sangin lianzaw mahmah abihna a theih sakna ding ahi hi.

**Colossian 4:10, 11 simin. Thukansim te tawh thuthang a puakkik lohngal** (*Col. 4:7-9*), **a dang koibang**

**danin Paul in thapiakna neitheh lai hiam? Hih laikhak sungah Paul in hong pulaak haksatna teng i et ciangin, a muakna kammalte tungpan bang thupiak peuh ki ngahlawh thei naci hiam?**

Hih muakna kammal tungtawn in Paul in thu ummite sungah kizopna khat bawlsak hi. *Mark* leh *Barnabas* tegel pen innlak tanau cih kithei khia hi. Tua ciangin, *Mark* in *Colossae* ah khual a zintheihna ding Paul in lam honsak hi. *Aristarchus* in zong Paul tawh thong kiakhawm uh ahih manun "*thongkiatpih galhangpa*" kici liang hi. Amau tegel pen "*Pasian' galvan*" a tawi galkapte hi uh a (*Eph. 6:10, 11*), *Satan'* galmat teng *Pasian'* gam a tuntheihna dingin a honkhia dingte ahi uhi (*2Tim 2: 1-4*). *Jesus/Justus* (*Jew min leh Rome min aw kinai, Greek min in Saul leh Paul bang*) pen zong lungdamthu nasepna sung ah a muanhuai naseppihpa ahi hi.

*Aristarchus*, *Mark*, leh *Justus* cihteng pen *Jew* thu ummite (*vn-aatna tawh*) a hihna Paul in kipsak hi. *Gentile* mi thum teng zong hong pulaak sawn lai hi: *Epaphras*, *Luke*, leh *Demas* (*Col. 4:12-14*) te ahi uhi. Pawlpi sungah *Jew* leh *Gentile* kikal ah thukhauh tampi om kawmkal mahah hih miteng in lung kituak khutkhat khai in nasem khawm thei uhi. Paul in "*bekmah*" a cihpen, *Jew-Christian* a tamzaw in ama' thuaksiatna sungah dinpihlo ahih manin lungkiatna ciangkhat nei hihtuak hi.

A beisa kum tawmno khat lai, Paul leh *Banabas* khualzinna masapen lai in, amaute' kiangpan a paikhia *John Mark* (*Sawl. 13:13*) zong pen Paul tungah citak bek thamlo "*lung nuamsak*" (*Sawl. 15:36-40*) cih.

Kipawlna tungah lauhuaina tepen thuthak zong hituanlo hi. A sawt nailo lai in zong Adventist pawlpi in leitung bup a kizeel ciangin, pumkhatna hong suksiat saknuam vang-liatna tampi hong om hi. Tua kipawlna hong nengniam theite pen pawlpi ciangciang ah zong omtheilua hi.

**Khuatual pawlpi ciangciang nangawn ah pumkhatna a kiamsak thei ding te, koibang in khiamthei ding na hiam? Khuatual ciangciang a thukhauhte koici hih thei ding nahiam?**

**TUESDAY**

*March 24*

**Picing leh Cingtaak in Dingtang**

Ngiimna-kip nei nundan leh ngiimna nei pawlpi tawh kisai laibu zong kigelh khinzo hi. Ngiimna-kip taktak i neizo kei zongin nasep khat zawh theihna dingin ngiimna bulphuh khatmah neihhuai veve hi. Paul leh a naseppihte' nunna leh nasepna in hih thute bulphuh hi (*Phil. 3:13, 14*). A thupiangte in amau mah pulaak khia a – lungdamthu in Rome gam sungah manlang takin kizeel hi (*Col. 1:23*). Tua thubulphuh mah tuni in kisam hihang.

**Colossian 4:12, 13 simin. Bang ngiimna pulaak a, koibang in zo ding ci hiam?**

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A beisa sinna khatna sungah, Epaphras pen Colossae, Laodicea leh Hierapolis khuapi te ah lungdamthu kizeelna a vaipuak neite hihtuak uhi. Ama' muakna kammalte leh a thungetsakna te in tua pawlpi mite tha ngahsak mahmah cih kitel hi. Epaphras' thu ngetna in bulphuh kician khat nei a – Colossian mite in "*Pasian' deihna bangin nungta in lungsim khangham in kiptak in om*" (*Col. 4:12*) cih.

**Paul' in a huam thungetna sunga thu kihel teng ngaihsun dih ni:**

**Dingtang :** Kiptak in kikhiinlo in dingtang ding; lungdamthu leh thumaan sung ah upna tawh "*zungkha in kiptak in*" (*Col. 1:23*) dingtang ding. Tua kammal mah Paul in tam veipi a zatna pen "*dawimangpa' khemna*" khempeuh pan nakidalna ding leh; khuamial sungah vantung thahatna tawh nanawk zawhna dingun "*Pasian' galvan namkim*" (*Eph. 6:10-18; 2 Tim. 2:19*) na silh ding uhi.

**Cingtaak :** Cingtaakna ah a "**tung**" (*Phil. 3:12-15*) zolo aci mite a dingin hih kammal pen, a sangpen kipiakna pumpi piakkhiat dong a tungsak itna lian neihna ahi hi (*Mate 5:44, 48*),

**Tangtun :** Hih kammal khauh penbel nakhat peuhpeuh a dongdong tangtun a cihna ahi hi. Abraham tungah Pasian in Ama' kamciamna pen, mihing hih zawhloh hinapi Pasian in "**tangtun**" (*Rom. 4:21*) a cihna ah zang hi. Paul zong "*Pasian' thu a kicing in a gentheihna dingin*" Topa in thahatna pia cih.

**Pasian' Deihna Khempeuh :** "**Khempeuh**" cihpen a huampi ahi hi. Paul in Colossae mite in "*minthang Ama' vangliatna*" tungtawn in "*Pasian' deihna bangin nungta in Amah lungkimsak*" (*Col. 1:9, 10*) ding cih.

**WEDNESDAY**

*March 25*

**Leitung ah Om napi ama aa Hilo**

**Col. 4:14, 15 leh 2Tim. 4:10, 11 simin. Luka leh Demas koici kilamdang a, banghang hiam?**

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Sawltak John in “*Hih leitung leh leitung’ nate lunggulh kei un. Mikhat peuh in hih leitung nate a lunggulh luat leh, amah in Pa Pasian it taktak theilo hi*” (1 John 2:15). **Luka** in Zeisu leh Ama’ gam a itna in, bangpeuh a piang zongin a tawp dongin Paul tawh kikhawl uh a, **Demas** in a hihleh hong pai ding leitung sangin hih leitung itzaw hi.

**Anuai a tengin nihveina kumkik ding a ngakte bang ngaihsutna pia hiam?**

1. **Maku 13: 32-37**

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2. **Titus 2: 11-14**

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3. **2Peter 3: 10-14**

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4. **Mang. 3: 17-20**

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Zeisu leh a nungzuite in, Topa hong paikik ciangin lamdang i sakvat lohna dingin pilvang in “**ngak un**” ci in hong hihkhohol den hi. Nungzui te pawlkhat mahbang in Zeisu hong vaikhakna bangin “*pilvang in ngak*” (Maku 14:38) ding a hih zolote in a kisam bangin kiging theilo pah uhhi. To nih’na kistem theilo ahih manin, amau’ lungsim sunga ombang in nakhempeuh hong piang ding hi.

Laodicea tetengah thupiak sungah Zeisu in kitelcian takin a cihna ah: **Amasa**, mawh na kisik ding.

**Anihna**, Zeisu tung i lungsim hongin Amah’n uksak ding. **Athumna**, Haksat na sungah a kisittel sitset khit in a gualzo upna leh itna “**kham citak**” ngah theita ding uhhi.

**Nangma nundan sungah Zeisu in a bang pen hong kisiksak nuam hiam ? Ama’ lamhilhna a koipen in nangma a dingin thupi pen thei ding hiam?**

THURSDAY

March 26

**Laodicea a ding Thupuak khat**

**Colossian 4:16-18; leh Col. 2:1-3 simkak in. Laodicea a ding Zeisu thupiak lungngai kik inla** (*zanni sinna enkik*), **Paul’ hun a Laodicea pawlpi in Colossian pawlpi tawh koibang kizopna nei hiam?**

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Khang tawntung in Pasian’ mite tungah tuabang buaina temah piang zelzel hi. Israel mite in zong leimite bangin biakna pia nuam hi ci in, a zekai luat maa in kisik kik dingin kamsangte in nakpitak in tai niloh uhhi. Isaiah in tamlawh phial in “*A citak ngeisa tua khua in bangci in zualzang thei hiam?*” (Isa. 1:21) ci in, a mite in mawh maina leh siangthona a ngahna dingin Pasian kiang hong kilehkik dingin hanthawn hi (Isa. 1:16-20). Tuiphumpa John (*Mate 3:2, 8-10*) leh Zeisu (*Mat 4:17, Mate 12:33-37*) in Israel mite kisik in, ni nunung thukhen ni in gah hoih a gah dingin sam hi (*Sawl. 2:38; 3:19; 17:30; 2Cor. 7:9, 10*).

**Anuai a munteng enkak in:** *Isa. 60:1-3; Mang. 18:1-4; Isa. 62:1-5; Mang. 19:7, 8.* Tua laibu tegel sungah bang thu kibangte om uh hiam?

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Pasian in vantung leh leitung gawmkhawm ding hi. Hi taleh, kidona lianpi hangmah in, tuathu a cialcial in kiseum ding hi:

**1. Calvary ah**, Satan in ama' tengah vanmite' itna khempeuh mansuah khin hi. (*John 12:31*).

**2. Van-biakbuk** sunga Christ' thukhenna tungtawn in Pasian' mite in "*Pasian' deihna bangin na a septheihna dingin a kislam thuhoihte khempeuh note tengah hong guan ahiah manin*" (*Heb. 13:21*) vantung tawh hong kilawmsak hi.

**3. Kum-tul** sung thukhenna leh kum-tul khith thukhenna nunung khith ciangin, a kidawng nailo dotna khempeuh dawnsa suak dinguh a, mawhna leh mawh a kisik lo khempeuh zong tawntung meikuang sungah ki susia siangin, leitung zong ki siansuah ta ding hi (*Mang. 21: 8*).

**4.** Mawhna a beisiang khith ciang bekin vantung leh leitung a nunungpen in ki gawm khawm ta ding hi (*Mang. 21:3*).

**Midangte khawng en selo in Pasian hong piak thumaan sungah kiptak in koici omtheih ding ihi hiam? Nangma' deih teelna in, nangma' lungtang a nei taktakpa' pulaakna kua ci hiam?**

FRIDAY

March 27

**Ngaihutbeh Ding:**

*"Christ tengah lungsim a pum-aap kha a dingin Christ in kulhpi hongsuak a, hih leitung in tua kulhpi langdo ahiah manin, Christ in zong tua kulhpi sungah gal pansan hong la in, Ama' ukzawhna aana lo a dang aana peuhmah omsaklo ding hi. Vantung mite'n a kepcin kha khat peuhmah pen Satan*

*in bangmah lawh theilo ngiat hi. Ahiah hang Christ in hong uktheih dingin i kipiak keileh gilopa mah in hong ukcip veve ding hi.*

*Leitung ah a sangpen aana neih ding a kituh vangliatna nih lakpan khat teitei' khutnuai ah i omuh kul ding hi. Khuavak gam tawh kipawl ding mangngilh lelpeuh leng, vantung tawh kizom kei peuhleung, Satan in i lungsim sung hong lutpah in, amah hong ki phual pah ding hi. Gitlohna pan ki galdal theihna khat bek om a, tua pen Christ in eima upna tungtawn in lungsim sungah hong teenna ahi hi.*

*Pasian tawh kiptak in i kizopkei nak leh, angkhualna, eima' lunggulhna bang zuihna tawh mawhzolna nasia mahmah te cikmah in daalzolo ding hihang. Satan tawh tonkhawp lohna dingin nundan tampi nutsiat kul ding a; Pasian tawh kizom lopi, hun simin Amah tengah ki-aap lopi in, hong kizogawp lel ding hi. Christ tawh a mimal in kitheihitelna leh mimal kizopna a om keileh, a tawpna ah galpa hehpihna nuai mah a kitung hita hi" —Ellen G. White, *The Desire of Ages*, p. 324.*

**Kikupding Dotnate:**

**1. Hitengah EGWhite kammal enin. Kidona lianpi sungah langnih bek om a; Christ teel keileng, Satan' lam hipah hihang (Luka 11:23). Tua ngaihdan lungsim buai mah lecin, na buailuat lohna dingin Pasian in nang tengah vaipuak hong nei hi tuanlo hi. Nangma lunggulhna peuhmah Christ tengah pum-aap ding bangzah in thupi hong ci hiam?**

**2. Mangmuhna 14:14–16 simin. Pentecost guah masa in lungdamthu khaici mawnsak in posak in khangto sak a; guah nunung in leitung anlak nunung a dingin kiging**

**sakkhin hi. Mang. 14:12 in hih lam-etna tawh koibang in kizom hiam?**

**3. Thu ummite pawlpi tawh ihi a, mimal ihi zongin, eima kimkot leitung ngeina te in koibang in hong huzaap thei hiam? Pasion' mite buaina hong pia den leitung' huzaap hoihlo te khempeuh pan, eileh ei koibang in kidaalzo thei ding ihi hiam?**

## ZINGSANG BIAKPIAKNA

January, 2026

1.	Thursday	Mang	22:13
2.	Friday	Matt	11:28
3.	Sabbath	Johan	15:5
4.	Sunday	Isaiah	11:1
5.	Monday	Matt	22:14
6.	Tuesday	Matt	6:29
7.	Wednesday	Sawl	14:1
8.	Thursday	Efesa	6:10
9.	Friday	Johan	16:1
10.	Sabbath	Galati	6:14
11.	Sunday	Isaiah	18:1
12.	Monday	Matt	6:15
13.	Tuesday	Korin Masa	20:1
14.	Wednesday	Johan	15:15
15.	Thursday	Hebia	7:26
16.	Friday	John	8:58
17.	Sabbath	Peter Masa	1:18, 19
18.	Sunday	Zephaniah	3:17
19.	Monday	Isaiah	60:1
20.	Tuesday	Johan	1:11
21.	Wednesday	Hebia	2:17
22.	Thursday	Pai	14:14
23.	Friday	Johan	3:17
24.	Sabbath	Mang	14:12
25.	Sunday	Jeremiah	30:17
26.	Monday	Late	119:68
27.	Tuesday	Matt	21:37
28.	Wednesday	Matt	7:20
29.	Thursday	Peter Masa	2:21
30.	Friday	Matt	9:20
31.	Sabbath	Isaiah	9:6

ZING BIAKPIAKNA  
February, 2026

1. Sunday	Sawl	16:9
2. Monday	Mikah	5:2
3. Tuesday	Johan	15:2
4. Wednesday	Matt	25:36
5. Thursday	Late	34:15
6. Friday	Johan	2:6
7. Sabbath	Luka	21:27
8. Sunday	Luka	19:9
9. Monday	Johan	6:10
10. Tuesday	Rom	7:18
11. Wednesday	Johan	1:3
12. Thursday	Korin Masa	2:9
13. Friday	Luka	22:43
14. Sabbath	Johan	11:21
15. Sunday	Korin Nihna	4:6
16. Monday	Korin Nihna	4:6
17. Tuesday	Ezekiel	3:17
18. Wednesday	Paunak	18:24
19. Thursday	Johan	2:19
20. Friday	Luka	2:29, 30
21. Sabbath	Matt	13:35
22. Sunday	Pai	34:33
23. Monday	Johan	13:8
24. Tuesday	Hebia	10:10
25. Wednesday	Johan	3:16
26. Thursday	Mang	15:4
27. Friday	Timoti Masa	3:12
28. Sabbath	Isaiah	53:2

ZING BIAKPIAKNA  
March, 2026

1. Sunday	Rom	8:34
2. Monday	Luka	17:25
3. Tuesday	Peter Masa	1:3
4. Wednesday	Johan	3:19
5. Thursday	Mang	6:2
6. Friday	Johan	6:38
7. Sabbath	Luka	12:12
8. Sunday	Korin Nihna	5:19
9. Monday	Johan	5:17
10. Tuesday	Johan	3:14
11. Wednesday	Johan	15:4
12. Thursday	Late	32:8
13. Friday	Hebia	1:3
14. Sabbath	Rom	1:20
15. Sunday	Kahla	3:22,23
16. Monday	Rom	12:2
17. Tuesday	Mikah	5:2
18. Wednesday	Filipi	2:7
19. Thursday	Johan	10:27
20. Friday	Mark	4:14
21. Sabbath	Matt	9:2
22. Sunday	Mark	16:18
23. Monday	Johan	9:4
24. Tuesday	Johan	13:13
25. Wednesday	Matt	11:29, 30
26. Thursday	Luke	19:10
27. Friday	Hebia	7:25
28. Sabbath	Mark	9:35
29. Sunday	Kolose	4:6
30. Monday	Matt	13:52
31. Tuesday	Johan	14:2