

KHANGHAM SABBATH SCHOOL
LAISIANGTHO SINNA

Pasian tawh Kikhawlhna sungah Khangto

Nina Atcheson

ရေးသားသော

Growing in a Relationship With God

စာအုပ်အား

သိက္ခာတော်ရမည့်ဆရာ ဦးမိုးခိုင်ငိုခေါ်နန်မှ
တီးတိန်ချင်းပြန်ဆိုသည်။

April, May, June
2026

Sabbath School Lesson
တီးတိန်ချင်းဘာသာ

ထုတ်ဝေသူ

ဦးဖိုးဖိုးလှ (၀၀၅၈၉)

ဥက္ကဋ္ဌ

ခရစ်တော်ကိုမျှော်လင့်သောသတ္တမနေ့အသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့

ပုံနှိပ်သူ

ဦးမောရစ်ချစ် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

အုပ်ရေ - ၁၂၀၀

ဓမ္မဒါန

ပထမအကြိမ်

ASUNG A OM THUTE

01. Omzia taktak Sittelna	
<i>(March 28-April 3)</i>	7
02 Pasion Theih na'ng	
<i>(April 4-10)</i>	18
03 Kiphatsakna Langkhatah Kiniamkhiatna	
<i>(April 11-17)</i>	29
04 Laisiangtho Mapanna	
<i>(April 18-24)</i>	40
05 Laisiangtho Sim ding Dan	
<i>(April 25-May 1)</i>	51
06 Thungetna Galhangte	
<i>(May 2-8)</i>	61
07 Thungetzia Taktak	
<i>(May 9-15)</i>	71
08 Upna Nei	
<i>(May 16-22)</i>	82
09 Mawhna, Lungdamthu leh Thukham	
<i>(May 23-29)</i>	93
10 Kisik Kikna leh Maisakna	
<i>(May 30-June 5)</i>	103
11 Haksatnate	
<i>(June 6-12)</i>	114
12 Amah Hawmsawn ni	
<i>(June 13-19)</i>	125
13 Tawntung Hunsungah	
<i>(June 20-26)</i>	136

Pasion tawh Kikhawlhna sungah Khangto

Nangmah in SDA pawlpi sungpan khangto nahi a, thu umthak nahi zongin, hih Lesson bute tampi nasim a tawm nasim zongin; tuni nangma' kha dinmun natheih leh theihloh hizawlo a, Pasion tawh khiatna nei taktak in kikhawlhna in thupilua zaw ding hi.

Hih i thulu in mi khempeuh huam hi. Na lungsim sungah Pasion pen kitel mial muallo peuh hithei ding hi. Tuabang ahih khaleh siangtak namuhtheih na ding kisin kawmin thungen in. Na kha nundan (*Laisiangtho sim thungen*) koibang in thaksuah ding cih ngaihsut kawmin (or) kiphatsakna leh kiniamkhiatna, upna leh theihna, mawhna leh Pasion thukham, kisikkikna leh maisakna, muanhuai mun te lauhuaaina te, koibang in zo ding, midangte in Pasion tawh a kikhawlhna vuah koibang in thapia ding cihte ahi hi.

Pasion tawh na kikhawlhna pen nangmah mimal a dingina a thupipen kikhawhna ahi hi. Tubang kikhawlhna neih ding, kipsak ding, thahatsak ding zaikai ke'n. Mailam ah cihloh ding – na mopawi hun ding, nulehpa na suahna ding, na lawm na gual, na sumvai khentatna, na hun koihtuam te, na ngiimna te leh na mailam tawntung hun khempeuh huamgai pah ding hi.

Pasion in mihing tawh a kikhawlh nopna thu in Laisiangtho sungah adim aha in om hi. Muhdan tuamtuam, tangthu leh lasiangtho mun tuamtuam te teeltheih ding om hi. Khangham Laisiangtho sinna dingin hong kipia hih ciangtansa munteng mah zui ngeu ngau phot ding hihang.

Tuni in Pasion tawh na kikhawlhna koibang peuh hitaleh, hih sinna teng pen nang mah hong kiveiina tawh

a kigelh ahi hi. Hih sinna sawmlethum teng pen tu quarter thak sungteng in Zeisu na itna leh na ki-aapna khanglosak ding cih ngaihsutna ahi hi.

Hihthu pen kikhawlhna ahih manin, hih Khangham Laisiangtho sinna pen abeisa a tetawh themkhat hong kibanglo deuh ding hi. Hih sinna sungah Pasion in nangmah na mimal in hong theitel nuampa ahih manin, eima mimal tawh kisai phadeuh hi.

Ellen G. White in zong “*Christ’ nung zuih cintenna pen lim lianpi khat ahi hi*”—*The Desire of Ages*, p. 407. Laisiangtho in Pasion kiang zuatna khualzinna pen tai kidem na tawh genteh hi. Eite’ thaman pen a kisia theilo lukhu ahi hi (1Cor. 9: 24, 25). Khalam tai kidemna zong pen, hat kidemna (*sprint*) hilo; khawlIngeilo taaina (*marathon*) ahi hi. Khat veivei, bawkkhup tuk in khawlka phial ding hihang. Tuabang hun ciangin zong, thokik ziau in taaikik pah hihang. Eite in phuutloh phamawh haksatna te phu tentan ding hihang (*Heb. 12: 4-11*).

Hih kidemna sungah eibek a tai kihilo a; Zeisu leh Ama’ Thu a it teng tawh tai khawm hihang. A thupipen in, Zeisu in huhpa hong kamciam hi. “*Keimah in Pa kiangah ka ngen ding a, tawh a omkhawm tawntung dingin, thumaan a hong lak Khasiangtho note hong huhpa ding a hong pia ding hi. Leitung mite in tua Khasiangtho mutheilo, theitheilo uh ahih manun, sangtheilo ding uhhi. Ahi zongin note sungah Khasiangtho hong om ding ahih manin note in nathei ding uhhi*” (*John 14: 16, 17*).

Nuntakna taina ah eibek tailo hihang. Hong Huhpa in eite tawh omkhawm hibeklo eite sungah teeng ngiat in “*Zeisu eima’ upna hong cingtaak sakpa*” (*Heb. 12: 2*) hong mitsuansak in tha hong hatsak den hi.

Hihlai ka hong gelhkawmin, eite mimalkim tungah Khasiangtho in na hong sem in, Leitung bup huam i pawlpi zong, nidang sangin Pasion tawh hong kinaizawsak dingin thu kangen hi. Pasion tawh kikhawlhna sangin a thupizaw thudang peuhmah omlo hi. Hih thute sinkhawm kawm in ki it ding leh Amah sungah om ding kisin ding hihang.

Nina Atcheson pen *General Conference zumpi ah curriculum manager leh Alive in Jesus Sabbath School Curriculum endiknu ahi hi. Pasion in hong humuapsa Thu mah tawh midangte in Pasion a theihcianna dingin nungta hi. Atcheson’ lawmpa prn Matt hi a, ta khangno thum nei uhhi.*

Lesson 1

March 28-April 3

Omzia taktak Sittelna**SABBATH NITAKLAM**

Tukalsung Simding: *Mang. 3:14–22; Mang. 4:9–11; Pian. 2:7; Pian. 3:8–10; Jer. 31:3, 4; John 15:1–11; Rom. 8:9–11.*

Kamngah: “**Ka Pa in Kei hong itzah in note hong it Kahih manin; Keima’ hong itna sungah om un**” (*John 15:9*).

Tuni in Pasion tawh na kikhawlhna koibangin pulak ding nahiam? Kiliing in a hat mahmah hiam? Ama’ hong hatthotna kammalte zongin khawhpih lawm khat bangin na hopih hiam? Ama’ a ding nahun bangzah nazang hiam?

Pasion tawh na kikhawlh khak pen na khansungin a lamdangpen kikhawlhna ahih manin midangte hawmsawn dingin lawpna nanei kha hiam? Ahih keilehzong, tua no’ kikhawlhna pen a sawt the kiamsuksuk mai hiam? Hi thei ahih manin a hunzui in sittel kinken in. Maantak in cileng thahat nawn vetlo hi. Laisiangtho in “*lumle!*” a cihbang nahi khadiam? (*Mang. 3: 16*).

Lungsim gilkiak taktak leh lawptak in, Pasion tawh nisim kinaiden, Tankhiapa phatna la nisim nasakloh hangin, vanmite in hong encik gige ahih lam naphawk kha hiam? Pasion tawh kikhawlhna in tu leh a tawntung in na khempeuh hong kheelsak thei hi.

Tukal sungteng Pasion tawh kikhawlhna taktak leh Laisiangtho in ngaihsut hong piakna teng kisin ding

hihang. Eima omzia taktak, eimah mahin sittel in Zeisu hong thu piakna bang i zuihkei nakleh; eima tunna peuh panin koimah ah kixhiin zolo ding hihang,

SUNDAY

March 29

Eima’ Dinmun

Zeisu in tu laitak in nang tawh a kikhawlhndan hong pulak ding hileh koibang ahi tam cih nangaihsun ngei hiam? Thahat mahteh peuh hong cimaw; a beisa sangin hatzaw deuh peuh hong cithei ding hi. Hih hun nunung a Ama’ mite koibang in gen ding cihpeuh na lungngai kha ngei hiam? Mangmuhna 3: 14-22 sungah Zeisu in pulak khin hi. Tualai ah Amah pen “*Thumaan leh citak in teci a pang, Pasion’ piansakte khempeuh a kipatna*” (*Mang. 3: 14*) *cihi*. Thumaan leh citak in teci a pangpa in zuaulo in thumaan taktak gen hi.

Mangmuhna 3:14–17 sungah, Zeisu in tuni a Ama’ mite omzia pulak khia hi. Hihthu te in nang koibang in hong pulak naci hiam?

.....

Zeisu in, hun nunung mite hong theitel mahmah cihi. Eite in salo votlo in ki om a, lumlel in eima dinmun panin bangmah kisas kisa nawnlo hihang. Hun tomno la in Pasion tawh kikhawlpak zelzel ihih manin kicing lel dingin ki um hihang. Kicing deksuai lo hi. Eima ngaihsutzah sangin Amah kisas zawtham hihang.

Lungsim khempeuh tawh Zeisu it in, Ama’ a ding lungsim khempeuh tawh nung ta zokei phial lengzong Pasion’ muhna ah lumlel sangin hoihzaw mah ding hihang. Zeisu in bel a gim hua kahih manin siakhia ding hi’ng cihi. Himah taleh, hong tuacih nailo deuh lai a, teeltheih ding thu pawlkhat mah hong pia hi.

Mang. 3:18, 19 sungah koibang in hanthotna hong pia hiam?

.....

Tanglai in sum kilei ciangin van leh van kikheek thei uhhi. Hihtengah zong Zeisu in kikheek theih ding van hong zuak hi: eima' gitnatlohna pen Ama' kham tawh, Ama' puanpak tawh, Ama' mitzaa tawh kikheek ding cih. Ama' dikna puanpi tawh eite hong tuamnuam hi. Thumaan thutak mu in, Ama' sungah beel in Amah tawh kikhawl siamna hangin na khempeuh kikheel cih Amah'n munuam hi. Eima kikap peuhmah eimah'n nei zolo ihih manin, tuate khempeuh Amah'n hong zuak hi. Amah bekin hihthei a, eilam pan ut ding kisas hi.

Nangma khalam nundan zong nangmah'n na muh thadah keeileh tuni in bang lam-etna peuh hong guanlai hiam?

MONDAY

March 30

Thuhilh, Kisik, Thaman

Zeisu in "*Ka it mite thu hilh in katai hi*" (Mang. 3: 19); "*Tua ahih manin na lungsim takpi uhtawh na mawhna uhpah kisik un*" cih. Eite khatpeuh in setkan khatpeuh zong tu leh mailam, Zeisu in hong kem hetkei citheilo ding hihang. Mihing a dingin hih leitung ah hong tuaksuk in lam haksapipi hong tawnsuk dah leleh zong baihzaw tham sam ding hi. Ama' ngeina bangin hong itluat manpeuh in hong thuhilh zel hilel hi. Eite tawh a khauh mahmah kikhawlhna deih hi. Ei' omdan silhzel suahkhia zel in, "*Ka kikap hunhun in Ama' kiang paimai ning*" cihlel tawh lungkim zolo hi.

Eima' hoih theihna dingin Zeisu in hong tai hi. Kisik un hong ci hi. Eima khialhna i muhzawh keinakleh lah

kisik thei tuanlo hihang. Eima khialhna taktak Amah'n hong hilh zo hi. Hau mahmah i kisas hang a taktak in, "*a zawng, a mittaw, puansilh neilo, a hehpih huai, a lungkham huat*" (Mang. 3: 17) hong ci hi.

Mangmuhna 3:20 simin. Bang kamciam om hiam? Tua kamciam i saan theihna dingin bang hih ding hiam?

.....

Hih kamciam in hoihna tawh kidim hi. Vannuai bup Pasion in eitawh anne khawm nuam zawzen hi. A mimal in kikhawl ngiat in holimna leh anlim ne-khawm nuam hi. Ki nai khawlhna, ki ompih ngiatna Zeisu in Amah tawh hong neisak nuam hi.

Zeisu in nangma lungsim kongkhak hong kiu in hong ngak ngiungeu hi. Tua lim zong naupang laibu sungah Mukhin phial nuteh – a thasang a ithuai Honpa in hong kiu keuhkeuh hi. Amah tawh kiho dingin hong zawhthawh lutlo hi. Na manlah hunte a dingin hong mawhpaih hetlo hi. Hun tom ahih manin, nazak nakleh na kong hon lel in. Nangma' nunna sungah hong lut ding hi.

Hih thugentehna zong pen Zeisu in eitawh a kikhawlh nopna thu hong hilhna hi. Nikhat Amah tawh maitang nakimuh ciangun, pahtawina tawh Ama' khephung ah na lukhu na ngaksuk ciangin, tulthen tampite in zong Amah Piangsakpa bia ding uhhi (Mang. 4:9-11; 5; 11-14). Tua ciangin, a beisa hun in na leitung haksatna teng pen hong thuneu luakeei lel ding a, tua hun ciangin, Zeisu tawh leitungah nakikhawlh hun teng peuh kisik omse ding hiam?

Tu mahmah in Zeisu'n hong kiu hi. Hong sam hi. Nang nahihleh, na lungsim kongkhak hon ding na khentat ding bekma hi. Singlamteh na et ciangin tua khentatna neithe dingin na lungsim sungah koibang in hong suak hiam?

TUESDAY

March 31

Tawntung Itna

I lunglut mello khawng zong pen zawh ding thu phamawh khat ahihlahm Zeisu in hong hilh hi. “*Keimah in zong gualzo in Ka Pa tokhom ah ka tutkhawm uh mahbang un, a gualzote khempueh in Keimah tawh Ka tokhom tungah hong tutkhawm theihna dingun thu kapia ding hi*” (*Mang. 3: 21*). Pawlkhat a dingin eima' thanemna leh kicinlahna phawkkhakna: Zeisu' hong taina sangin, kisik, Zeisu; dikna puanpi in tuamsak in muhna taktak tawh Amah'n kimuhsakna pen, pawlkhat a dingin gal a hanpen peuh hi kha sop ding hi.

Eima' gitnat lohna, lumleltak in omna cihte khempueh Zeisu in telpha mahmah a, eimah khat bangin hong omsuk cihthu lamdang mahmah hi. Amah in “*Kei ka gualzawh mahbang in, a gualzo mite*” (*Mang. 3: 21*) cihhi. Ei hong hon dingin hong si ahih mahbang in mawhna leh a thaman zong zokhin hi. Mawhna galdona zong telcian ahih manin huh ding kamciam hong pia hi.

Laisangtho sungah mi tampi takin Pasion tawh kikhawl ding kamciam tawh hong sapna dawng thuk uhhi. Laisangtho buppi tawh a kiguizop thuthuk te zong ahi uhhi. Tua te khempueh huam-et leng; a mimal mal in Pasion' dawnthuk kikna in a tuamtuak vive uh ahi uhhi.

Hun leh omzia tuamtaum sungah hih mite tungah Pasion in a dawnthuk kikna tuamtuam koibang in kiciamteh hiam?

Pian. 2:7; 3:8–10

Pian. 5:24

Pian. 6:13

Pian. 12:1–4

Paik. 34:29

Pasion in, taksa mahtawh a tate tawh kikhawl kiho cihbang ahihlian loh hang, mi tawh kinai khawlh nuam mahmah takpi hi. Tuni in Pasion tawh na kikhawlhna bangciang peuh hitaleh, Pasion in nang tawh kinainuam hi. Tua tawh kisai Jeremiah 31: 3, 4 sungah “*Gamlapi pek panin Topa kakilang hi. Keimah in nang kong it tawntung a, tua ahihman in, nang tungah kong thumaan tawntung hi. Nang kong bawlpha kik ding hi*”

Nangma' nite a kipan ahi a, a tawp ahiphial zongin, Pasion in hong zong a, nang tawh kinainuam hi. Nang hong lampha in hong lamphakik nuam hi. Tuabang a hihkei leh zong, mawhna peuhmah nang' lampan hizaw hamtang hi.

A kizawhzawh keileh, Pasion leh nang' kikhawlhna hong khak hong halthei ding nangma nunna sungah bangpeuh omthei ding hiam?

WEDNESDAY

April 1

Kizom

Inndei tungnung pan kipan lampi tungdongin nungzuite in Zeisu'nung zui dau dau uhhi. Gethesemane ah a paikhawm laitak un, leitung tangthu sungah a kitelcian pen zan in, inndei tungnung ah Zeisu' kampau

nunungte in bangzah thupi cih peuhmah phawk khalo uhhi.

John 15:1-11 sungah Zeisu in bang hong gen hiam?

.....

Hih kammal Zeisu teekin a paikhiat tengin Pasion tawh kinaikhawlhna thu gen hi. Tualai ah sawmvei val a gen kikik “**kizom**” cih pen ngaihsun un. Zeisu tawh kizom cihin Amah tawh kizom in nuntakna ahi hi. Singlamteh a maingat laitak in, Pa tawh a kizopna ciang bek hilo a, eima’ nuntakna a ding mahmah in a phamawh mahmah thukhat ahihna hong pulaak hi.

Zeisu in, lengguipi hi a, eite a hiangte ihi uhhi. Amah tawh i kizom ciangin, eite a hiangte in gah gahthei hihang. Ei leh ei kigah mawkmawk theilo hi. Amah tawh a kizom gige bang kihi napi; ataktak in gah gahlo ihih manin eimah a hiangte khawng keu thei hi hang. Tuabang in i keu leh, huan puahpa in hong aatkhia ding hi. Gah i gah leh gahloh ci lo in hong heuhkhia ding hi.

Tuabang hun laitak in, tona leh natna tampi maingat kha ding hihang. Amah tawh i kizop nakleh, tuabang hunte in sawtpi gahpha sem ding hihang. Gah gahna in nungzuite ihihna hong kipsak hi. Ama’ minthanna dingin gah i gah uhhi. Zeisu tawh kizom cihpen Ama’ thukhamnate kepcinna, angkhualna omlo Ama’ omzia hoih lengkik sakna ahi hi. Zeisu tawh kizopna in lungnopna lianpi hong tun hi.

Zeisu tawh kizom cihpen Ama’ hong sawlna bang sepna tawh Amah dawnthukna ahi hi. “*Pasion i it ciangin*

Ama’ thu piakte a zui ihi hi. Ama’ thupiakte in eite ading in a zuih haksalua zong hilo hi” (1John 5:3). Tuathu hoihtak ngaihsun lecin, Zeisu tawh kizopna pen, Laodicea dinmun ah omna pan donghu zatui ahi hi (Mang. 3:20; John 15: 4). Hih leitung nunna leh tawntung nunna dongin khatna nei gamtatna neihtheihna ding thusim hi napi, Zeisu’ thupiakte khawng mangngilh kha pahpah hihang.

Zeisu mah in ‘Pa in Kei hong it zahmah tawh note kong itzaw ahih manin; Keima itna sungah om un’ (John 15: 9). Zeisu hong itna in Ama’ lamah hong kai thei itna khaugui a hi hi. Tua itna i theih ciangin, Pasion tungah leh midangte tungah itna hong nei saktei hi.

**THURSDAY
A Tui**

April 2

Zeisu sungah omna zongpen a haksa pen khatzong hithei veve hi. I kikap mahmah khat cih thei gige napi hang a, nuntak na’ng in buailuatna sungah omsuk cipin haksa asa ihi lel hi. Pasion’ nungzuihna cih mawk pen a diakin Zeisu’ nung zui dingin hong kicik tentan ciangin vangikpi khat bangin kingaihsun kha thei hi. Hibang in biakna zuihna pen lungsim tawngpan hilo a, a puatham hilel ahih manin, cimtakhuai mahmah hi. Pasion in itna bulphuh in hongteel masakna, thukham thutang te hilo, langnih ki it-tuahna tawh Pasion’ deihna bangin kikhawlhna lotawh thudang omtheilo hi.

Khatveivei, Lengguipi tawh hunkhen sung kizom zel in thagui khempeuh kizom taktak saklo thei hihang. Biakinn pai, thungen, thumaan bangin sem napi hang, lungsim a hihleh kihhuai lua thei hi. Hiang khat in guipi tungah a kizoptawm theihloh mahbang in Zeisu tawh eimah i kizomtawm thei kei uhhi. Pasion in eite hong it masa; Amah hong kal suan masa hi. Eima’ dawnthukna ahihleh Pasion hong hihsak teng tungtawn hibek hi.

Lenggui khat in phalbi sung a kantan dan en lecin, lungluthuai lua hi. A hiang tungah a selno a mawnte sungah a tui uh kang in, khua hong khal dong khantohna neilo in omcip hi. Lei hong lumkik ciangin, a zungte in tuihuup kik uh a, a tuite in a guipi tawn to in, a selno te sung a tun ciangin khantohlam hong kipan uhhi. Guipi tawn in a tuite kahto keileh khantohna omthei lo hi.

Lengguipi sunga atui in eima' nuntakna sunga KhaSiangtho om tawh kibang hi. Eite pen a hiang si te bang hiphial mahleng, Pasion tawh i kikhawlh ciangin, zungte in atui a piakto mahbang in, Kha Siangtho hong ki buaksuk in hong nungtasak ahih manin, khantoh ding i kipan theita hi. Tua mahbang in, Zeisu tawh kizom ding lungdeihna i neih ciang bekin Khasiangtho (*atui*) ngen leng eima' nuntakna sungah hong luangsuk hi.

Luka 11:13; Jeremiah 31:3; 1 John 4:19; Romans 8:9–11 simin. Bang thu phamawh thupiak om hiam?

Guipi tawh hong kizomsak leh khantohna hongpia pen Kha Siangtho ahi hi. Ei tawh hong omkhawm Kha Siangtho tungah nisim thunget nading pen:

1. Eite hong huhpa ahihna ding (John 14; 16-18).
2. Zeisu hong lah theihna ding (John 15: 26).
3. Mawhna hong theitel sak ding (John 16: 7, 8).
4. Thumaan sungah hong makaihna ding (John 16: 13).

Hiteng nasim ciangin, nang leh Pasion na kikhawlhna uh Kha Siangtho in koibang in hong thapia naci hiam?

FRIDAY

April 3

Ngaihsutbeh Ding:

Ei' pianmapek panin Pasion in hong it khin a, hong theihtheih ding leh Amah i theihtheihna ding ngiimna nei hi. Tuucing hoihpa ahihna tawh eite hong zongkhia masa in, Ama sungah om dingin nisim in hong zawn lai hi. Amah tawh kizom ding a, eima' gitnatlohna leh Laodicean dinmun khempeuh pen Ama' silpiak hoihna tengtawh kheek ding teelziau ding hibek hi (*Mang. 3: 18, 19*).

Lenggui' hiangte in damtak in a khantoh mahbang un, eileh Pasion kikhawlhna in zong damtakmah in khang ding a, guah khawng hong zuvat leh zong nawhtak in khangto thei kha mah ding hi. Eima khantoh zia leh gah gahtheihna cihte genvetloh, Zeisu tawh kizom den in, "**atui**" i cihcih Kha Siangtho kisampha hihang.

"Christ sungah kizom cihpen Ama'Kha sangdenna hi a, siit neilo in Ama'na sepna ahi hi. Pasion leh mihing kizopna zawi peuhmah kihong den ding hi. Leng hiang in a nungta guipi panin atui a huup mahbang in, eite'n zong, Zeisu tungah luai in, Ama' omzia picinna teng upna tungtawn in ngah ding hihang"—Ellen G. White, *The Desire of Ages*, p. 676.

"Kizopna neilo a keu selno te in guipi tawh koibang in kizom thei hiam? A nungta ankham guipi' nuntakna sungah koibang in kizom in nekipih thei ding hiam? Guipi tung ah kipehtaumna bektawh kinaikhawlh theipan bek hi. Thagui leh thagui, sihui leh sihui hong kizop takciang in; a nuntakna a pia-khia guipi' nuntakna leh lenghiangte pumkhat hong suah uh ciangun, hiangte in zong guipi mahbang in gah hong gah theita uhht"—Ellen G. White, manuscript 67, 1897.

Kikupding Dotnate:

1. Na nundan enpha kik in. Laodicea dinmun ah hong khim thei nangma nunna sung a thupiangte na phawkkik thei hiam? Bangin Pasion lamah hong huup theipen hiam?

2. Ellen G. White in zong “Kha Siangtho sangden” cihthu gen hi. Kha Siangtho ngahna’ng bangzahvei thu nan gen hiam? Nisim in Kha Siangtho sang lecin bang teng na kikheel tam maw?

3. Kha Siangtho saan theihna dingin, Pawlpi in deihtak leh maantak in thungen hileng bangteng hong kikhelthei tam maw?

Lesson 2*April 4–10*

Pasion Theih Na’ng

SABBATH NITAKLAM

Tukalsung Simding: *Pian. 3:1–5; Siam. 20:26; 1 Sam. 2:2; 1 John 4:7–19; Pian. 1:1; Pian. 2:7; Mate 1:23; Mate 28:20.*

Kamngah: “Nangmah bek a maan Pasion nahihna leh Nangmah in na hong sawl Zeisu Christ hong theihna pen; amaute a dingin tawntung nuntaknangahna ding lampi ahi hi” (*John 17:3*).

Pasion’ omzia theihtel taktakna pen Amah tawh a kip kikhawlhna a dingin thubul pi ahi hi. Tua ahiah manin, tukal sungteng in Laisiangtho in Pasion’ omzia a genna teng en ngiatngiat ding hihang. Theih ding thu in,

*“Pasion telkhialhna khuamial in leitung tuamcip hi. Mihing in zong Ama’ omzia theihna mansuahta uhhi. Ki telkhial in ki letkhial khin hi. Tuhun in Pasion kiangpan thu puak khat tangko ding om a, hotkhiatna khuavak hong taan thupiak khat tangko ding hihang. Leitung khuamialna sungah Ama’ minthanna, hoihna, hehpihna leh thumaan khuavak taangsak ding hihang. Leitung ah tangko lai ding thupiak nunungpen in; Ama’ hong itna omzia ahi h?” —Ellen G. White, *Christ’s Object Lessons*, p. 415.*

Pasion thupen akhawng akhek in ki pulaak zolo ding hitaleh, Laisiangtho sunga teng beek pulaakkhia thei sam hihang. Lah theizo ngeikei ni in, a diakin Pasion omzia lamdang i theihna dingin, thungen in i kisin ciangin, Amah

kithuktheih semsem ding a, Amah tawh kinaikhawlh nopna tha leh midang tungah Ama' itna lengkik sak nopna tha te hong suak semsem ding hi.

SUNDAY

April 5

A Kitzaw Pasian' Lim

Pasian' lim taktak a kitelpen leh a kippen, Laisiangtho in hong lak hi. Laisiangtho buppi sungah muhtheih hih leitung leh muhmawh leitung tegel kikal a puandalna hong liipkhiat sak nuam hi a, eite zong koipan hong pai a, koilam zuan cihte; kua in eite hong uk, Amah koibang hi cihte hong laknuam hi.

Pasian in Amah leh Amah Laisiangtho sungah Zeisu Christ, sunglut Pasian tung tawnin hong kipulaakna Piansil pan Mangmuhna dongah om hi. Vanglian Pasian ahihna Job 1:12; theikim ahihna, nakhempeuh theihna Isa. 46: 9, 10; A thumaanna Isa. 30: 18; A hehpihna Thkna. 7: 9; hong itna leh hong thuakzawhna Rom. 2: 4; a pilna 1 Cor. 2: 7; A hehpihna 2 Cor. 12: 9; A mawhmaisakna Mate 6: 14; eima' nuntakna dingin hong deih sakna Jer. 29: 11; sihna tungah a gualzawhna vanglian John 11: 25; a kumpi dinmun Late 47: 8; A tawntung pianzia Thkna 33: 27; leh Amah tawh kizom in kikhawlhtheihna dingin hong piak omzia dangdangte zong tampi omlai hi. Pasian' omzia koibang cih thei tel semsem leng, Amah it semsem in Amah tawh kinaikhawlh semsem nuam ding hihang.

Pasian' omzia a lunghiang masapen Lucifer ahi hi. Pasian tungtang a lunghianna in vannuai tangthu sungah gal kidona lianpen tungsak hi. Tualai pan kipan in "mihingte' lungsim khempeuh Pasian theihna panin a khakhal thei ding nate tawh Satan in kidim sak hi"—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 740.

Eite in Pasian' lim i muhna ah, nakhempeuh pasian, pasian omlo, pasian tampi om cihbang khawng umlel lengzong a taktakpa a hihkei ngal leh, Satan in phamawh saselo hi

Piansil 3:1-5 simin. Eve tawh a kihona vuah Lucifer' mungtuppi in bang ahi diam? Eve kiangah Pasian' omzia bang zuau phuak hiam?

.....

Eve kiangah Satan' thupiak in hibang ahi hi: *Nang theihloh in Pasian in seelsim nei hi. Pasian in nang a ding ahoihpen hong deihsaklo hi. Muang kha ke'n.* EGWhite in zong tuavai pen "kidona lianpi kipatcil limlim in Pasian' omzia telkhialhna ding leh Ama' thukham langdo ding pen Satan' ngiimna bulpi hipah hi"—*Patriarchs and Prophets*, p. 338.

Leitung in Pasian' omzia koibang in telkhial hiam? Tua sangin a thupizaw thamlai, nangmah ngei in midang tungah Pasian' omzia koibang in lahkhal zel nahi hiam?

MONDAY

April 6

Pasian Siangtho hi

Siangthona cih limlim pen mihingte in nisim kampauna sungah kihelselo a, i kiim leh pam ah a siangtho a tawmluat hang ahi hi. Sabbath in a siangtho ni hi a, Pasian zong siangtho hi. Hinapi eima' nisim nundan ah siangthona kisampha hihang. Pasian' omzia tawh kisai kisin limlim lecin, Ama' siangthona pen a thu laigil pen mah hong hiding hi. Bang a cihnopna hiding hiam?

Anuai a munteng in koibang in Pasian pulak uh hiam: Siam. 20:26; 1 Samuel 2:2; Isaiah 57:15; leh Ezekiel 38:23?

.....

Laisiangtho in Pasion pen siangthona mualsuang in pulak khin a, tuapen gitlohna peuhmah tawh kipawl kilkel lo a cihna hipah hi. Pasion pen a kipatna pan a tawp dongin 100 in hoih hi. Tuabang icih ciangin Ama' siangthona in Ama' omzia bulpi ahi hi.

Gentehna in, Pasion' itna in siangtho itna hi a, angkhualna leh kiliatsakna tawh kipelh hi. Ama' pilkimna zong siangtho pilna hi a, gitloh nopna tawh kipelh sitset hi. A pilkim Pasion in siangtho kei tazen leh na muangngam ding uh hiam? Tua sangsik in kihta mahmah zawsop ding hihang.

Pasion' vangliatna picing in zong a siangtho vangliatna ahi hi. A vangliankim Pasion in siangtholo hileh, Amah in a vangliankim a gilopa hibek ding hi. Pasion' siang thona bekmah in Amah hong itsak thei hi. Amah a kipatna pan a tawpna dong hoihkim hi. Tua hi a, Pasion' omzia teltak in kisin theihna ding in siangthona' omzia ahi hi. A kitel khial penpen tuathu mah ahi hi.

Laisiangtho sunga Moses, Isaiah, Ezekiel, Daniel leh John cihte in Pasion' maiah a omzia uh ngaihsun un. Amau' dawnthuk masakna koibang hiam? Amau' khedapte uh zong suahkhia, a maitang uh seel in misi bangun bawkkhup uhhi. Mihing i hihna tawh ki siangtholo ahih manin Pasion' maiah ki dingzolo hi. Mihing in Pasion' maitang a etleh nungta lo ding hi.

Tua mahbang in EGWhite in zong, mangmuh ciangin, ama' muhna banglian in "**Siangtho, Siangtho, Siangtho**" ci in kiko zel hi. Tuabek thamlo, a nungta ganhing lii te in zong sunlehzan khawlhun neilo in

"Siangtho, Siangtho, Siangtho; A beisa, tuhun leh a tawntung a om vanglian Topa Pasion" (Mang. 4: 8) ci in phatden uhhi.

Pasion in a siangtho sitset hi a, Ama' kiangah i pai ciangin zong tua mahbang in mu ding hihang. Tua in nang koibang in hong huzaap nasa hiam? Nangma omzia tawh kisai in bang tona hongpia naci hiam?

TUESDAY

April 7

Pasion in Itna hi

Itna pen Christiante in Pasion' omzia pulaakna ah a zatpen kammal ahi hi. Itna in 1 John 4; 8 sung "**Pasion in itna hi**" acih mahbang in, Pasion' omzia pulakna hi a, John in "*Pasion in hong it hi*" ciziau lo in, "**Pasion in itna hi**" cihhi. Itna pen Ama' omzia, Amah ahihna thu laigil ahi hi.

Mi tampi a dingin, Pasion' lim amau' muhdan pen, mihing ki-itdan peuh tawh hilel a, a kisiasa itna pi hilelpeuh hi. Tua ahih manin itna i pulaak ding ciangin Pasion hong lahsa lim leh Ama' kammal sunga Ama' pulaakna bang bekmah hiding hi.

1 John 4:7-19 in itna pen koibang in hong hilhcian hiam?

.....

Pasion' itna in picing, suakta in kikhawlhna hi a, 1 John sungah a pulaak "**kizom**" acih bangun "Pasion in eite hong itna thu eite mahmah in thei in i um uhhi. Pasion in itna hi a, itna a neite pen Pasion tawh omkhawm uh a, Pasion zong amaute tawh omkhawm hi" (1 John 4: 16). Pasion in ki itna hi a, Ama' lim-mel sunin hong bawl hi (Pian. 1: 27). Hebrew pau in itna pen **hesed** hi. Tua in mihing

tawh kithuciamna itna pulak a, akilang cihtakna, huutna, kipkhona leh citna cihte ciaptehna ahi hi.

Tanglai Hebrew leh Greek pau sungah Pasion acihna pen a khatna tawh kizui in Pasion' hoihna pulaakna min tuamtuan om hi. Hiteng ah nih bekbek mah kipulaak hi.

1. **Adonai:** thuciamna tawh akipawl, a mang tawntung, na khempeuh' Topa, (*Pian. 15: 2; Thkte. 6: 15; Mal. 1: 6; Late 97: 5*).

2. **Yahweh Yireh:** Topa'n hong sik ding hi (*Pian. 22: 13, 14*).

A lianpen Pasion' hong itna pen Ama' Tapa mawhneite a ding sihna thuak dingin (*Rom. 5: 8*) leitung ah hong piaksukna sungah kilang hi (*John 3: 16*). Pasion in tuathu pen mihing lakpan in dokkik thei phial hi taleh, lungsim picing takin, angkhuallo itna tawh leitung ah hong sawlsuk a, eite a ding aiawh hong sihsakna suakta takin dangthuk kikthei dingin hong deihsakna ahi hi. Pasion leh eite' kikal kihalna tungah Zeisu in lei hong dawh sak (*Isa. 59: 1, 2*) bek thamlo, a picing Pasion' itna hong lakkhia dingin nungta (*John 14: 9; Heb. 1: 3*) a, mi khempeuh Ama' lamah huup ding hi (*John 12: 32*).

Pasion' min tampitak in Ama' Siangthona leh itna bulpuh uhhi. 1 Cor. 13:4-8 sim inla, "itna" a omna munteng pen "Pasion" ci in simin. Pasion' omzia na theihtelna koibang in hong khangtosak thei naci hiam? "Itna" omna munteng ah nangma' min guang ding hileng, bangzah nakilawm thei ding hiam?

WEDNESDAY

April 8

Piansakna Sungah Pasion God in Creation

Laisiangtho kammal masapen teng thei sam veni cin: "A kipatcil in Pasion in" hi. Hebrew pau in Pasion pen Elohim hi. Hih kammal pen *pasion maanlote* nangawn ki min lawh thei hi. Pasion maan taktak minlawhna in zat ciangin, vanglianpenpa, vangliatna khempeuh tawh na khempeuh a Piangsakpa, mihing tel zawhloh ngeina khengval ahoih nakhempeuh a uk Pasion ahi hi. Vangliatna tawh a kampau ciangin, Ama' aw in na khat peuh piangsak thei hi.

Piancil 2 sungah, Pasion' minmah a dangkhat omkik hi: **Yahweh**. Tua minmah in Elohim (Yahweh Elohim) pen zong, tua a vangliatna khempeuh anei pa Pasion ahi hi. Pasion maan taktak minpen Yahweh hizaw a, Amah in a piansaksa mihingte itna tawh ki khawhphih a, thuciam itna tawh it cihnopna hipha diak hi.

Piancil 1:1 leh Piancil 2:7 sungah Pasion a ki pulaakna teng saikak in. Bang peuh na phawkkha hiam?

Piancil 2:7 sungah, Pasion in khukdinsa in leivui panin Ama' khut tawh mihing masa penpen bawl cih ngaihsun in. "Topa Pasion in leilak panin leivui tawh mihing bawl a, anak sungah nuntakna hu sangsuk hi. Tuami pen leitung nuntakna nei mi hongsuak pah hi." Tua Pasion pen Adam' naksungah husansukna tawh hong kinaikhawlh Pasion ahi hi. Amin Yahweh pen Pasion' min hizawdeuh napi Moses in bel Piancil 1 leh 2 sung ah Pasion' omzia namnih a pulaakna in min nih hong zang hi.

Lamdang lua! Pasion in Elohim in hong kiniam suksak, Ama' mun ahilona, eite tawh kinaitak in Yahweh

in hong om hi. Hih Pasian' omzia namnih lungngai lecin: Amah'n nakhempeuh uk hinapi, eite tawh hong kinaikhawlh mahmah hi. Paul in Greekmi Athen khuamite tungah "*eite kiang panin tua Pasian gamla om hetlo hi. Pasian hangin ei te piangin, hingin i gamtang hi*" (Sawl. 17: 27, 28) cih.

Tua hi a, Amah tawh kikhawlhna sungah i khantoh theihna dingin, Laisiangtho in honghilh Pasian' omzia leh Ama' limmel taktak a kitel mahmah in zong ding hihang. Tua ahih manin, Laisiangtho munkhat peuh bulphuh in simvat lel sangin, a buppi mah simsuk ngiatngiat ding thupi hi. Tua hi a, Pasian' thu tam simsemsem leng, Amah itna khang semsem hi.

Job 36:24–33 leh Job 37 sungah Elihu in Pasian omzia pawlkhat a pulaakna teng simsuk in. Tua khittet Pasian in zong Amah vangliankim ahihnaa pulaakna Job 38, 39 sungah simlai in. Hihmunte in Pasian' thu bangteng hong pulaak hiam?

THURSDAY

April 9

Immanuel, Eite tawh Hong Omkhawm Pasian

Christian ahilo mikhat kiangah Laisiangtho sungpan in Pasian' omzia pulaak ding hilecin, koipan nong kipan tammaw?

A dawnna hoihpen in Zeisu mah hipah lel hi. Zeisu in Pasian' omzia lengkik bek hilo, pulaak ngiat hi, Laisiangtho in cih. Laisiangtho mun tampi mahin hihthu pulaak ahihhang, John 14: 9 mah kicianpen hi. Tualai ah Zeisu in "*Kei nong muh uhleh Pa namu khin uhh*" cih. Pasian a mutel semsem nuamte in Zeisu ending hilel hi – a kammal, a tat leh hek, a omdan leh sihna, thawhkikna tawh mihing hong itna lianpitem en ding hihang.

Pa' hong itna leh hong kepcinna pen a Tapa Zeisu sungah hong kilangsak pen hi. Laisiangtho hoihna pen Pasian in Ama' omzia pen, Zeisu' nuntakna sungah muhdan nam lii tawh hong pulaaksak hi. **Mate** (*Jew mikhat in Jewte a ding agelh*) sungah Zeisu pen, sawtpi pekpan in kamciamsa Messiah in akingak densa cih. **Maku** in zong Zeisu pen na hong sepsak leh hong kipiakhia dingin nungta cih. A Pa' deihna tawh kizawitawn in mi dangte a ding vive ngaihsut sakden hi.

Luka sungah, mihing taktak hong hihna leh hong veina tawh Zeisu' thuakna, Luka 1: 3, 4 simleng tua thute thumaan taktak ahihna kimu hi. **John** sungah, hong sunglut Pasian Tapa kimu zel a; eima' khalam nundan a khanlawh theihna dingin Zeisu pen Amah mah ahihna um dingin hong sam den hi.

Tua lungdamthu bulii tengin deihna mun tungciat uhhi; "*a kibang lel nate tawh lim hong lakziau hilo hi. Laikungpu khatsim in ama' muhdan tawh gelh a, thu tuamtuam vive tawh lungsim tuamtuam te sungah pilna zaisak, thuksak thei uhh*"—Ellen G. White manuscript 105, 1900. Bang lungdam thubu nasim tampen hiam?

Mate 1:23 sungah, Zeisu pen minkhat kivawh tuam hi. Pasian' omzia telcian theihna dingin hih min banghang in thupi hiam? Mate 28: 20 a tawpna lamteng bulphuh in simin. Hih minnih ne etkak ciangin bang naphawk kha tammaw?

Hih thulu tawh kisai a tungtham, Pasian' omzia bek sawkkha pan hihang. Pasian in ei tehmainai theih sangin lianzaw tham lamdang zaw tham lai a, tawntung hun sungah zong Ama' thu mah kisinsin lai ding hihang.

Eima nunna sungah Ama' hong hihsaksa teng leh Ama' hihna limlim pahtawi dingin Pasion in kilawm ngiat hi. Pasion' hihna tungtang pahtawi nadingin thunget hun tawm la ngiat in. Laisiangtho hong gen bang teek in a malmal in lo in. (Gentehna, "Lungdam ing Topa nong hihsak manin; sungah nong cihsa bangin.")

FRIDAY

April 10

Ngaihsutbeh Ding:

Pasion in Amite peuhmah Ama' omzia lak dingin a sap hi a, tuabang hihtheihna dingin, eimah ngiat tawh i kiteih kul hi. Mawhnei mite hihang a, mawhna mit in Ama' picinna muzolo ahih manin; Amah teltak in muhtheihna ding pen Ama' kammal laisiang tho simna ahi hi.

"Mihing' lungsim kiguizui in hong piangsuksuk pate' itna pen mihing lungsim sungah dikna luitui bangin hong luangsuksuk zel hi. Beihun aneilo hong luangsuk den mong neilo tuipi bang ahi Pasion' hong itna pen a tung a luitui luang tawh etkak ciangin lui hong neulua keei lel hi, Kam tawh genzawhloh, laikung tawh gelh zawhloh hi. Na nun sungteng tua tungah ki-aap den thei ding hiteh. Laisiangtho na telcianna dingin deihtak in na zong thei ding hi. Vantunga Pa' hong itna leh hong veiina teng telcianna dingin vang liatna zong samthei ding hiteh. Ahihhang telzawhloh tampi omlai ding hi.

Tua hong itna pen khangtawn in na sinsin hangin Amah leitung ah siding in hong piak ngamna hong itna azaina, athukna, asanna telkim zo tuan nailo ding hiteh. Tawn tung hunin zong tuathu pulaak khinzolo ding hi. Ahihhang, Laisiangtho simin Zeisu' nunna tungah ki-aap den leng hihthute telsemsem theihna dingin hong kihong zawsem ding hi" —Ellen G. White, Testimonies for the Church, vol. 5, p. 740.

Kikupding Dotnate:

1. Tukul sungin kisinna sungpan Pasion' omzia lungngai lecín, koipen in Pasion hong telcian sakpen nasa hiam?

2. Nang leh Pasion nakikhawlhna a thahatsak thei dingin Pasion' omzia bangteng nakisin beh thei ding hiam?

3. Innkuanpih khat ahi a, lawmkhat peuh tawh ahi zongin 'Steps to Christ' simkhawm unla, chapter 1 na kikumkhawm un. Hih chapter sungpan Pasion leh Zeisu' amaute' omzia namuhthak bang om hiam?

4. Mi tampi in Pasion' lim susia mahmah uh a, tuapen Zeisu in puahpha kik dingin hong tuaksuk hi. Nangma huzaap zaw peuhmah tungah Pasion' lim leh omzia maan taktak koibang in hawmsawn thei ding nahiam?

Lesson 3*April 11-17*

Kiphatsakna Langkhatah Kiniamkhiatna

SABBATH NITAKLAM**Tukalsung Simding:** *1 John 2:15-17; Luka 18:9-14; 1 John 1:9; Heb. 11:24-26; Luka 22:24-27; Phil. 2:3-8.***Kamngah:** “**A kiliansakte khempeuh in niamkhiatna thuak ding uh a, akiniam- khatte khempeuh a lianin kibawl ding hi**” (*Luka 14:11*).

Amah khial ngeilo kici in, kiphatsakna lianpipi a neite theingei hihang. Ahih kei phial leh zong, ukna nuai ah a omnuam lelmi, thuhilhna leh puahphatna khawngah paulo phunlo lelmi khawng zong om uhhi. Midang khawng tawh kisia kinken in, mi khawng a tuancil gawp theimi zong om hi. Tuabang icih ciangin midang peuh nakawk nuam kha ding a, ahihhang: eimah mimal khat sim in e koici? Khutme zungkaww tawh mi i kaww ciangin adang thumteng in eimah hong kawkkik hi a, eileh eimah a kikhemkhem hihang.

Kiphatsakna gal mah dociat hihang. I kimlehpam a mite sangin eimah hoih kisa zaw ihih manin; amau' dinmun khawng en in, gamtang in pautheihna ding lampi peuh ki zong mawkmaww thei hi. Min theihloh mikhat in, eima nunna ki pahtawi nopna panin ki phatsakna hong piang hi cih. Eite pen Pasion in hong piansak ngiat ahih manin eima nuntakna in manpha mahmah hi.

Tukalsung in Pasion, nangmah leh midangte tawh na kikhawlhna uh hangin, ki phatsakna in hong huzaap

theilua cih kisin ding hang a; midangte' mai leh Pasion' maiah kiniamkhiatna tawh kisai Laisiangtho hong hilhna teng kisin ding hihang.

SUNDAY*April 12***Kiphatsakna tawh Akigak Khutmeete**

Kiphatsakna. Hih kammal lungngaih ciangin gam ulian kiphasak khat, mihau khat peuh leh utongbaal khatpeuh nangaihsun kha ding hi. Kiphatsakna cihlimlim pen mi sangin kei hoihzaw ing cih ki upna hi photphot hi. Kiphatsakna pen lungsim thuakna hi a, up ding muan ding peuhmah hi vetlo hi.

Kiphatsakna cihpen, Cherub te a ukpa, Pasion tawh kinai takin nasempa Lucifer panin hong kipan ahi hi. A banghun ciangin tua kiphatsakna in ama' lungsim sungah Lutman hiding hiam i theihloh hangin, tua lungsim in hih vannaui leitung khempeuh buaina lianpi sung tun cihbel theilua hihang. Satan pen Pasion langdopa cih mukhin hi hang (*Isa. 14: 12-14 leh Phil. 2: 5-11 simkhaum in*). Tua hangmah in, Satan in, Adam leh Eve sungah lunghianna guanmasa in, Pasion sangin amau mah kimuan zawkna sulzui tengpen leitung in do thapai in thuakdikdek hihang.

1 John 2:15-17 simin. Kiphatsakna leh leitung itna tawh kisai bang thu thum hiteng in hong hilh hiam?

.....

Kiphatsakna a hoihlam a hithei diam? I theihsa tangthu tawh kisailo in bel, ahoih lam in kizangthei hi. Mikhat peuh' gualzawhna, mikhat peuh nasepna lungdampih mah mahna (hong angtang pih ing) kicithei hi. A thupi mahmah telcian dingin, Pasion hong piak ahoihpen te zongin, kipsakna, manphatsakna, cihbangte kuamah in bawlnegei hetlo cihzong phawkhuai hi.

Laisiangtho sungah, eimah leh eimah ki-itna namkhat om citciat hi. Maku 12: 31 sungah “*nomau’ pumpi naki-it zah tawh midangte zong it un*” cih. Tuapen angkhuallo itna ahi hi. Mihing peuhmah eima nunna sungah ngiimna khatpeuh tangtut zawhna dingin Pasion in hong kihel ciangin angtang kee cihzong omkhollo uhhi (1Tim. 3: 11). Pasion in amau nunna sungah a hihsakte khawng Pasion pahtawina in zanglo uhhi.

I neihsa te, pilna siamna te, gualzawhna te khawngpen, eima’ manphatna zong hi tuanlo cih zong ciamteh ni. Eima’ manneihna peuhmah Pasion’ kiangpan hi teitei ding a, eima pilna siamna khempeuh pen Pasion kiangpan hong pai chiding ahi hi. Mangngilh het kei ni maw.

Nangmah kidong in: Kei, bangzah kiphagak kahiam? Eima mimal kiphatsakna lel in Pasion leh midangtawh kikhawlhna bangzah huzaap thei ding naci hiam?

MONDAY

April 13

Know Yourself

Minih biakinn paikhawm uhhi. Khatpa a zahtakhuai upa hi a, biakpiak kipat ciang in mipi’ maiah ding lenlan hi. A thunget ging lualua a, ama’ hoihna teng muhna tawh Pasion lungdam ko hi.

Khatpa leuleu, mi mawkmawk hilel a, biakinn sung anunglam ah ding peuh hi. Amah in mawhna vangikpi hong pua ahih manin a mitte zong khitui tawh kidim pelhpalh hi. Biakinn nunglam kiu ah khukdin khilkhial in, Topa huau a, “*Hepihna tawh Topa aw, mawhnei kei hong hephih in*” cih.

Luka 18:9–14 simin. Hih minih tegel na koic ngaihsut hiam? Zeisu in e, a koici muh tam? Eite khempeuh a dingin bang bang pilna omthei naci hiam?

.....

Eileh ei kilaptoh ding baih mahmah hi. Khatveivei ciangin eima’ gualzawhna leh eima’ hoihna peuh mite’n musak hihang. Tuabang tetawh vantung in ei hong pahtawi na’ng bangmah piangsak zolo hi. Luka 18: 14 sunga Zeisu in “*a kiliansakte pen kiniam sak ding a, a kiniamkhiatte pen a lianin kibawl ding hi*” a cihtawh kilehbulh lua hi. Zeisu in a niampenna munah tu photphot le uhcin innteeekpa in a sangna ah hong koihnop leh ama’thu cih (Luka 18:8-10). Zeisu hong hilhna bang in, alulam-nuainung zaw kumpigam peuhmah pen ei’ lam-etna tawh kilehbulh kilkel hi. “*Christ bekin hong hotkhiat theih, amah mawhneimi ahihnam a kitheite bek hiding hi*” —Ellen G. White, *Christ’s Object Lessons*, p. 158.

Mawhneimi i hihna eima dinmun taktak leh Christ i kisap luatna telcian ciangin, lungmuanna tawh Ama’ kiangah paithei ding hang a, “*i mawhnate vapulaak lehang, Amah citak in thuman ahih manin, i mawhnate hong maisak in, i hoihlohna te khempeuh hong siangsak ding hi*” (1John 1: 9).

Christ tawh i kinaih semsem ciangin, mawhnei i hihna, i kilawmlahna teng i ki phawk sansan hi. “*Eimah ki theitheihna lampi khatbek om hi. Christ en ding hihang. Amah Christ phawklahna tawh mihing in amau’ hoihna dikna peuh lamto sak hi*” —*Christ’s Object Lessons*, p. 159.

Tua ahiehleh a kiphagak mite Pasion bangci ngaihsut aitam? 1 Peter 5: 5 sungah “*Pasion in akiphasak*

mite nial a, a kiniamkhiat mite hehpih hi” cih. A kician zaw bang om lai?

Na nunna sungah Pasion’ hehpihna na tuahkhak nunungpen banghun hiam? (Nisim mahin tuakkha hihang) Midangte zong hehpih thei ding hihang. Pasion khut thahat in hun a sak ciangin hong laptoh theih dingin, tu mahmah in hunla inla thu ngen in.

TUESDAY

April 14

Moses, a Kiniamkhiat Silapa

A thupi a nasia mahmah Egypt kumpi inn sungah hauhna manna nopsakna tawh kphasak mahmah uhhi. “*Moses in Egypt gamsunga om pilna khempeuh kisin ahih manin thugen leh siamna lamah milian mahmah khat asuak hi*” (Sawl. 7: 22). Vangliatna, hauh na leh minthanna cihte pen Moses a ding hinapi, amah in a hilozaaw khat teel hi.

“*Tangthupu, la pu, thupilpa, galkap mangpipa, ukpipa in demzawh loh in ding kha hi. Ama’ maiah leitunbup om hinapi, amah in hauhna, liatna leh minthanna ding teng nialzawh na’ng lungsim thahatna nanei a; ‘tawlkhat sung bekma mawhna sungah nopsakna sang in, Pasion’ mite tawh thuaksiatna thuak ding teelzaw hi*”—EG. White, *Patriarchs and Prophets*, p. 246.

Hebrews 11:24–26 in kiniamkhiatna tawh a hilozaaw khat Moses in a teelna thu koibang in gen hiam?

.....

Moses hong piankhiatna limlim enleng, a nungram ciangin, a kiniamkhiatna in ciapteh huai hi. Amah ki ukzolo pak in mawhna bawl a (*Pai. 2: 12*), ama’ vang kemzolo pak hi. Mual kawmlakah sang vakah a, kiphatsakna

T-3

hemsiang in; Kamciam Gam dong minam khat makaih zawhna’ng in kum 40 sungteng Pasion in thu hilhsak hi. Moses in tawntung nunna a ngaihsut ciangin; Egypt gamsung a vangliatna leh hauhna tengpen mial mialmual sael hi. Pasion in amah a saptuam vilvel hi a, Moses in zong a zui hi.

Hitawh a kizawitawn theipen dingin, Gamlakvakna 12: 3 sungah “*Tu in, Moses a lungnem mahmah hi a, leitung a om mihing khempeuh sangin a lungnemzaw hi*” cih. Lai siangtho sungah tuan pupate lakah khat ahi Moses pen kiniamkhiatna, lungnemna tawh minthang vangvang hi. Ama’ nuntak sunga: sawlpang meikuang, Egypt gimnate, Tuipi san kantanna, vantungpan manna hong kiatna, Pasion tawh maitang kimu kiho theihna, Thukham sawmte a sanna, suangpi a saat khit ciangin Pasion’ aw a zaakna cihte kiphath- sakpih kha zen leh; ama’ nundan koibang in a kilamdang zen tam maw!

Nangma nundan lungngai kikin. Mikhat peuh in nangmah hong pulaak ding hileh, “kiniamkhiat, lungnem” cihte a kihel diam? A Kihel/ kihelloh a hangthu gen in. A taktak in eimah kiniamkhiat tawm theingiat lo hihang. Mawhna nuntakpih ngiat ihih manin Zeisu kisasampha hihang. “Ke’n Zeisu deihzaw ing” cih la, a lamal mahmah sim inla, Moses’ nundan leh nang’ nundan a kizawitawn hiam enin.

WEDNESDAY

April 15

Khialhna Lianpen

Zeisu’ nungzui dingin kingaihsun in. Amah tawh zinkhawm, an nekhawm, ihmu khawm, nang nundan pan kipan mi tampi nundan a puahphatna pan pilna kisin ci o. Mi dangte’n gamlum liangin Amah zuinuam kawmkaal ah nungzui 12 lakah nang Ama’ naipen ah hong koih sese.

Nungzuite lakpan kua lianpen ding hiam cih lungngaih kipan in.

Luka 22:24–27 sunga, nungzuite'n a lianpen ding a kinial keeina uh Zeisu' dawnthukna sim in. Zeisu kammal sungah koipen in thubulpi hi nasa hiam?

.....

Zeisu kiangah a kinaipen in omthei khin a kisakkhit uh ciangun, hibang kinialna in amau' lungsim sungah a piang nunung pen ding hinapi, tuabang na hilo hi. Amau a kisamkhak zong lungkim lel ding hinapi, kiphatsakna lutsak uh a, midang sangin amah hoih kisak zawkna lungsim hong nei uhhi. I lungsim sungah tuabang thute omsak ding baih mahmah lel hi.

“Kiphatsakna tawh eileh ei omthei lel cih lungsim tawh Pasion tung ah khialhna sangin a lauhuaizaw khialhna dang omlo hi. Mawhna khempeuh lakah, lam-etna a beisak penpen leh bawldam zawhloh penpen ahi hi”—*Christ's Object Lessons*, p. 154.

Hihthu ei a dingin lauhuai mahmah hi. Thu dangte sangin kiphatsakna in Pasion sukha penpen a, muh theihloh haksatna haksatna khatmah ahih manin zawh hak hi. Eileh ei hi kisaklelna tawh eimah kisittel meelo in, kiphatsakna kumpi kisuaksak mai hi. Tuate khawl in, eimah ki sittel in, eima' dinmun taktak muhtheihna ding, mi thong honsak ding in ngen ding hihang. Pasion tawh kikhawlhna peuhmah hong suksiat saktei gal lauhuai pen in tua kiphatsakna ahi hi.

Pasion bekin tuabang hong hihsakthei, kiphatsakna leh angkhuahna hong hepkiat saktei cih natheih nakleh, tu mahmah in hunla inla, “Topa aw, ka

lungsim kong kipia thei kei hi. Hong laksak in, Nanga hizaw hi. Ke'n kemcing siam lo kahih manin, hong siangtho sak in. Keimah in thanem in Christ ka hong suun kei hi, Hong hon in. Hong zuun inla, hong puah in. Ka lungsim sungah Nangma itna hong luang suksak inla kei hong siansuah sak in” ci in thungen in.—*Christ's Object Lessons*, p. 159.

THURSDAY

April 16

Amah Enin

Luka 22:27 simkik in. Christ' nungzui khempeuh a dingin bang thubulpi om hiam?

.....

Nungzuite in eimah hoih kisakpenna, lawmpa sangin amah hoih kisakna lungsim a neih uhleh, kiniamkhiat tawp in a kiniamkhiat Zeisu' limlahna enkak leng *“Keimah in note' lakah anpiapa bangin kahong om hi”* (Luka 22: 27) cihi. Nisim in Ama' kimkot a kisapna neite ahuh dendempa Zeisu in mihonpi a muh ciangin; tuucing omlo tuuhon tawh kibang sa hi.

Mi tampi in thumaan a theih zawhloh uhang, leitung nate khempeuh sangin Amah kisam zawtham cih Zeisu in thei gige hi. Ama' hehpihna telcian in Amah tawh ki khawl dingin Zeisu' sapna telcian uh hileh; amau a ding sihsak dingin Zeisu in vantung nusia liang hiven.

Philippians 2:3–8 simin. Singlamteh enin nuntak ding hiteng ah bang gen hiam?

.....

Zeisu in avekpi in hong puaksak in zokhin hi. Amah en nuamlo tentan in i om ciangin; eima siangtho lohna,

kihhuaina leh tuni eima nunna sungah Amah kinaksap mah mah ahihna hong theisak hi. Amah en peuh leng, eileh ei kiliatsakna cihte nakhempeuh in mial suah in bangmah hilo lel hi. Zeisu in kua hi a, Amah'n bang hih, Ama' piansaksate bangzah in hong it cihte in, amailam ah hong kahto uh a, thubul hongsuak uhhi. Amah en gige peuh leng angkhualna in damtakin bei ding hi.

Zeisu: minngaih pen, min lianpen hi. Amah kiniamkhiatna mualsuang hi. I lung- sim uh hongin, Ama' thu kantel leng, Ama' hong hihsak teng telcian leng, Ama' kammal te eima lungsim sungah lutsuk sipsuk theileh, eimah bangzah kiphasak kiliansak cih i thei ding uhhi. Ama' nungzui in Ama' thuhilh ngiat te in zong kiphatsakna tawh kidem ahih uhleh, eite zong amau mahbang lel ding hang a, eileh ei kikhem hetkei ni. I kiniamkhiat leh bekmah Zeisu tawh kikhawlhna sungah khangto thei ding hihang.

Tumahmah in Amah tawh hun tawm lakbeh in. Na Laisiangtho bu, na laikung leh laidal pawlpkhat la inla, a pualam khawng ah paipih phial in. Na lung-sim a nipsak dingin Pasion sam in. Late 138 amal amal in gelhsuk in. Tuabangn a gelhsuk kawmkawm in bang kammal in nang tawh kituak penpen nasa hiam?

FRIDAY

April 17

Ngaihsutbeh Ding:

“Zeisu tawh kinai semsem in i pai ciangin, Ama' omzia siangthona kimu semsem a, eimah kilapsang nopna khawng peuhmah pen mawhna baanglua ahihnam kitelcian zaw sem hi. Vantung in a siangtho in a ciapteh mite a ding anunung pen gal in eimah hoih kisakna a hih” —Christ’s Object Lessons, p. 160.

“Pahtawi maa in kiniamkhiatna om masa hi. Mite' maiah munsang ngah dingin, vantung in Tuiphum John bangin Pasion' maiah a kiniamkhiatte teel masa hi. Naupang a bangpen n ungzuipa in Pasion' nasepna sungah a muibun pen nasempa ahi hi.

Amah leh mah aki lamsanglo a, kha hotkhiat dingbek a zong mite pen, vantung pilna tawh nasemkhawm thei uhhi.

Mite in, Pasion' ngiimna lianpi a gualzawhna ding in amau kisampha cih upna tawh amau leh amau a kilapsang uh ciangun; Pasion in hemkhia zawsop hi.

“Vantung ah Ama' gam bangin nungzuite a thuhilhna tawh kicing zolo hi. Van-tung thukhun tawh kituakin amau' lungsim uh a kikheel sakuh kul hi. Gen olna, angkhuall lohna leh naupang bangin itna neihna pen vantung omzia ngeina ahi hi. Milian taktak te' dinmun zong ahi hi.

“Kisikna maan taktak pen Pasion' maiah manpha hi. Pasion in Ama' ciaptehna zungbuh a khetna tepen, hauhna tawh hilo, pil ciimna tawh hilo, Christ tawh pumkhat theihna hang bek ahi hi”—Ellen G. White, *The Desire of Ages*, pp. 436, 437.

Kikupding Dotnate:

1. Anuai a Laisiangtho munteng in kiniamkhiatna koibang in genzom lai hiam? Mate 23:12; Late 25:9; Late 149:4; leh James 4:6, 10.

2. Cihtakna tawh ngaihsun in: Nangma' hoihna ngeei na hepkiat a nunungpeh bang hun hiam? Pasion tawh

kikhawlhna leh nalawmleh nagual tawh na kikhawlhna koibang in huzaap nasa hiam?

3. Pasion tawh nakikhawlhna a thahatsak dingin Ama' maiah na kiniamkhiat theihna ding bangteng peuh nakikheel ding om hiam?

Lesson 4

April 18-24

Laisiangtho Mapanna

SABBATH NITAKLAM

Tukalsung Simding: *Kahla. 3:22, 23; 2 Tim. 3:15-17; John 17:17; Eph. 1:13; Late 119:11; 1 Cor. 2:14.*

Kamngah: “Pasion thu nungta in a gamtang hi a, langnih a hiam namsau sangin hiamzawlai hi. Kha leh lungsim, guh leh tang kituahna, guh leh guhnggek dongin khenkhia thei hi. Mihingte' lungsim ngiimna leh a ngaihsutnate zong theithehi hi” (*Hebrews 4:12*).

Laisiangtho bu, bukhat bek hilo bu tampi zong neikha niteh. Khang tawntung in hih laibu manpha kikhen kikkik, kizuak sim in kikhaam zel hi. Kam nam khempeuh tawh a kumlui pen leh a kikhawngpen laibu ahi hi. Laisiangtho bu a suahtak na'ng in a sihlawh zong om uhhi.

Na Laisiangtho bu in nangma nuntakna sungah koi ah om hiam? Simzel maw ahih keileh na lupna gei ah koih dak maw, laibu tau tungah vuikai sakmaw? Pasion' kammal sim manlo liangin na nuntakna manlah mahmah maw? Laisiangthobu hon ding khawng thadah kei maw?

Pasion' kammal in nungta in vanglian hi. Pasion in, nang hong hanthawn ding, hong to in hong kheel ding, hong makaih in lam-etna hong pia dingin nang hong sam gige hi.

Laisiangthobu cihpen, sang laibu bek thamlo, tangthu kigawmkhawpna peuh hilo hi. Piangsakpa in,

Amah tawh kinaih theihna dingin ei hong sapna tangthu ciaptehna ahi hi. Pasion tawh nakikhawlhna na khantoh saknop leh, a hoihpenpen in; thungetna tawh Ama' kammal sim in Ama' hong hilhna bang ki pum-aapna in hun zatna ahi hi.

SUNDAY

April 19

A Thahat penpen Galhiam

Laisiangtho banghang in manpha cih i tawhkhiat ma in, telcian ding khat omlai hi: Satan' hong dona galhiam hoih khat pen Pasion leh Ama' Thu tawh hunla in kikhawlhna hong khawlsakna ahi hi. Satan' galhiam lakpan amasa pen: manlahna, thadahna, tawlina leh lunghianna tawh a laisiangtho bu uh hemkhia sak hi. Pasion' Thu sungah hunzatna in eima nunna hong khanglosak, kha nosuaksak ahih manin, tua Satan nasepnate panin hong dalsak zo hi. EGWhite in zong, "*Satan' khemna teng hong pulaak khia den Laisiangtho akitel zawhloh nadingin Satan ahihtheih bangbang hih hi*"—Ellen G. White, *The Great Controversy*, p. 593.

A vanglian Pasion' Thu in ama' vang beisak cih Satan in thei gige hi. Thungetna, Laisiangtho simna leh kiniamkhiatna pen Satan dona dingin mihing' zattheih galhiam hoihpen ahih manin (*Ephet 6: 17, 18; Heb. 4:12*), amah'n zong thunget leh Laisiangtho sim khawltheihna ding khempeuh bawl hi. Pasion thu in vangnei a, hi leitung a pianna dingin a paikhiat (*Late 33: 6*) bekthamlo, misis zong thosak (*John 11: 41-44*) a, gualzawh na tha zong hong pia (*Mate 4: 1-11*) cih thei gige hi.

Pasion' mite leh a Laisiangtho bu uh Satan in agamlatsakna tawh; Pasion leh a mite, midangte kikhawlhna suksiatsak thei hi. Kiteenna buahbaang sak, tate khawng haan gawp sak, naseppih leh lamwte tung

khawngah lungduailo sak hi. Nuntakna in nasep tam a; lungkhamna vangik panin suahtak na'ng zong omlo hi. A pianzia taktak zong ngaihsut ding hun ki lazo nawnlo liang hi. Pasion tawh kinai kisakha ding hihang. Ahihhang, lai siangtho simlohna nite khate beitoto in, nisim in ki thanem semsem ta hi.

Kahla 3: 22, 23 sungah, eima' nuntakzia a kahtoh tuaksuk in Pasion tawh ki khawlhna zong kip mello hinapi; Pasion in kipden cih zong lamdang hi. Hiteng ah na phawkkhak bangpeuh om a, mihing' ngeina tawh koibang in etkak theih hiam?

.....

Vanmi ukpa Lucifer in, a pukma in (*Ezek. 28:14-17*), Pasion' kammalte in gen zawhloh vanglian cih theigige hi. Tua thumaan mudahta ahih manin, nisim in Pasion kammal zak ding a kisawmlah ciangin, i lungsim hikmeimai in hong lungzing sak hi.

Nisim nangma nundan in khatna neimello khawng in na omkha hiam? Aki sam bangbang in kikheelna neiding hilecin bangteng ahi diam?

MONDAY

April 20

Laisiangtho: A Thuneihna

Laisiangtho' thuneihna leh a nasep bulpi pen a laimai khempeuh tungah ki pulak hi. 2 Tim. 3:15-17 sim inla tei in. Laisiangtho' nasep bulpi teng gelh in.

.....

Mimal in Laisiangtho i sim ciangin, Pasion deihna tawh a kizawitawn mello eima' ngiimna lam-etna khatpeuh picin sakna in zat khakloh ding kidawm ni. Gentehna pak

in “**mitsi in munkhat kawk**” cihbang lel zatloh ding hi. Pasion in Ama’ kammal tungtawn in tuabang dan in kizop ding a deihna omlo hi. Pasion pen, khau tawh akikhai milimneu, deih bangbang in laamsak theih ding hilo hi. Ama’ lampi leh ngaihsutna te in eite aa sang in sangzaw tham (*Isa. 55: 9*) ahieh manin, eite’n Ama’ kammal khawng uk mawkmawk ding hilo hi.

Eima deihna bangin hong lungnuam sak khawk khatpeuh simpak ding zong hilo hi. A baihtata leh ei tawh a kituakteng peuh simlel in; hong kitona peuhmah nutsiat ding hilo, Laisiangtho buppi pen pumkhat in saan ding ahi hi. Pasion in eima nunna sungah hong pau ding i deihleh, Laisiangtho buppi pumkhat in sangin, lammaan tawh sim in, ei’ theih zawhloh teng Pasion in hong lahkha ding cih muang ding hihang.

Zeisu ngiat in zong, “*Na Topa Pasion na lungsim khempueh, na nuntakna khem-peuh leh na pilna khempueh tawh na it ding hi*” (*Mate 22: 37*) cihhi. Pasion in, i lungsim koihdak ding deihlo hi. Azai mahmah amuibun Ama’ pilna theihna tepen Ama’ Thu sung ah hong pulaak ahieh manin, tua thute hong hilhnuam hi. Zeisu in mitampi taktawh ana kiho mahbang in; Pasion in zong Enoch, Abraham, Moses leh Job cihte tawh a kiholimna Laisiangtho sungah tampi mah simcha hihang. Pasion in mihing peuhmah hong koihdak hetlo in, Ama’ Thu sungah ki-aap ding; eima’ hotkhiat na ding ciat “**semkhia**” dingin hong cial hi.

Mihing’ lungsim pen **mihing** mah hiphot ihieh manin khialhtheihna leh khemna kihel lai hi. Tuukmawh ngeilo hi. Eima mimal a ding peuhin Pasion i nawtnawt zong pen, mihing dinmun hiphot cihphot ding hitaleh; eimah Pasion’ tungsiah khawng ah leh Amah tawh kikim in omna higige hi.

Mihing in Laisiangtho i vanaih ciangin, tungnun nopna lungsim tawh, zakzaksa vive hi e, thuthak omkei e cih ding hilo hi. Eimah i kimuan laitak, kicing i kisak laitak, Pasion tawh kizopliang kulkei e ci in Pasion tawh kizop ding awlmawhloh laitak, eima’ pilna peuh tawh a hilolo teng peuh ngaihsut laitak in; Laisiangtho vanaih ding kisampha penpen zaw hi.

TUESDAY

April 21

Laisiangtho Thumaan

1960 kiimteng in, suakta takin biakna lam kantel mi pawlkhat te’ ngiimna bulpi pen, Pasion peuhmah biakna pualam ah hemkhia in laigelh ding ci uhhi. 2017 kum ciang in **Time Magazine** butuamna tungah thulupi in “**Thumaan Sikhin Maw?**” ci in kisuang hi. Tua ngiimnapi in tuni a eima mihon dinmun linlian hi cihthu lunglut huailua hi. Tua mite’ muhna pen tua “**thumaan**” in muat in kisiazoo cih ahieh manin, thumaan i cihciah koi pen hiam cihzong kuamah’n theizo nawnlo ahiehna hong pulaak uhhi.

Tulai khangthak ngeina bang hileh, tehna ding ciang zong omlo, sittel theihna ding haksat hunsung ah belhtheih ding bulkip zong omlo hi. Tuathu tawh a kilehbulh in, Zeisu in, “**Keimah in thumaan Kahi hi**” (*John 14: 6*) cihhi. Amah in a siangtho a picing thumaan ahiehna Ama’ Thu mah in teci pang hi.

A nuaia munthum teng damtak in simsuk inla, a nihveina simkik lai in. Hih thupuakte tawh kisai na phawkkhak bang om hiam?

John 17:17

.....

Pau. 30:5, 6

.....

Late 12:6

Laisiangtho in tua thumaan bulpi pen Zeisu ngiat hi a, kikheel ngeilo (*Heb. 13: 8*) cihi. Tua mahbang in, Pasian' thu sim leng, Amah leh Ama' thumaan theihna khangto sak hi. "*Thumaan a thukzon mahmah te a dingin suangkhuik om hi*"—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 704. EGWhite in "thumaan" cihpen Pasian in Ama' Thu sungah hong piak hi cihi. Hun beisa a thumaan te zong Laisiangtho in kitukalh saklo in; tuate siksian zaw ahiah manin; khuavak kizon beh thei lai hi

**1 Thess. 2:13; Late 33:4, 5; leh Ephet. 1:13 simin.
 Bang thupiak om hiam?**

A tawpkhakna ah, thumaan hi i cih khempeuh abulpi in, Laisiangtho bekmaah hi ding hi. Bul dang cih peuhmah pen Pasian' Thu tawh sittel ding hihang. Hi thei ding in i up mawkmawp peuhma Pasian' Thu mah in sittel ding hi.

Mi pawlkhat in thumaan omkei ci uhhi. Tuabang aci mite in a gen masak uh tawh banghang in kitukalh ding hiam? Tangko ding thumaan omkei acici te in, amau thugen maanlo ci in akinial ahi uhhi.

WEDNESDAY

April 22

Laisiangtho in Kipsak

Inkuan sungah, khentatna lian neih ciang, kikhawlhna buaina leh tona khatpeuh a om ciangin Laisiangtho lam zuan lecin bang kikheelna a omthei diam? Na nasepmun leh pawlpi sunga mite in Laisiangtho

tungtawn in leitung enthei lehuu bangteng hong kikhel tammaw?

Laisiangtho laikungpute in Laisiangtho kammalte manphat zia tel mahmah uhhi. Hih laisiangthobu zah in laibu dante in bangmah hong gen theilo hi. Tua kammalte in lai maitang tungah tuang thei mah hiven, nang lungtang sungah koi kepcin thei ding nahiam?

Late 119:11 sungah David in koibang in hong hanthawn a, na koici zuh hiam? (*Heb. 4:12*).

Hebrew 4: 12 sungah Laisiangtho in amah mah akikipsakna om hi. Langnih-hiam namsau in vanglian in hiam ahiahhang, Laisiangtho in mihing' hih zawhlohte mihing' kha sungah hihzo hi. Laisiangtho in amah a nungta kici hi. Tang kum tulnih lai in kigelh ahiah manin uphuai lophial thei ding hi taleh, Zeisu in "*Keima hong gen thute pen nuntakna a hong pia thei khathu ahi hi*" (*John 6: 63*) cihi.

Na lungsim kitam in na nunna puk dektak ahiahleh, Pasian in na nunna hopih sak in; na khempeuh hong kheelsak thei hi. Laisiangtholui in zong Pasian' Thu pen teitang in thadah lo, a hunbei cih zong omlo hi (*Isa. 55: 11*). Pasian' Thu in ama' nunna huzaap cih a thei David in zong "*Hihpen ka thuakna ah keima' kihehnepna hi a, na thuciamna tung ah nuntakna hong pia hi*" (*Late 119: 50*).

Gilkialluatna, tha bei dongin antanna khawng zong nanei kha ding hi. Tuabang khith ciangin na ankam zong a limbeek hiam? Khalam pan enleng laisiangtho pen kha' an ahi hi. Na kha hawm in a gilkial ciangin, anungta Thu hong in. Jeremiah 15:16; 1 Peter 2: 2; leh Mate 4: 4 simin.

Pasian' Thu in lungsim a dingin lim a, sim leng zong, kamciamna tetawh hong kidim sak in hong kipsak hi.

Laisiangtho Thute in Pasian hong piak ngiat ahi hi. Eite leh Amah a zongte a ding in hong puaksuk ahi hi. Thungetna tawh lungsim kongkhak Hongsa in sim peuh leng tua Thute mawksuah hetlo hi.

Laisiangtho in a gen bang haksatna sungah kitomtom na hiam? Nang a ding in akigen thute zuihna pan banghang in khawl hetlo ding nahi hiam?

THURSDAY

April 23

Lungtang Dinmun

Pasian' kammal hong thuhilhna bang saantheihna pen (Job 22: 22) Laisiang tho lam zuan i pai laitak lungtang dinmun tungah kinga hi. 1Cor. 2: 14 in koibang in gencian hiam?

.....

Khalam thu theihna neihna cihpen khalam khuamuhna tel thuthiehna ahi hi. Kha' lungsim kihongte in Laisiangtho a simnopna tha uhleh; Khalam mah lungsim kikhakbit te Laisiangtho simnopna tha hong kibang hetlo ding hi. Laisiangtho khawng haivai a saluate in Laisiangtho laimai tunga thumaan zong hetlo ding hi.

Tua hi a, Laisiangtho tungah i lungsim puak leh i simnopna tha in; Pasian tawh kikhawlhna a khantohna dingin thupi hi. Paul in 1 Thess. 2:13 sungah koibang in gentel hiam?

.....

Pasian' Thu i up ciangin eisung ah na hongsem hi. Laisiangthobu nahon ciangin, tua laimaite ah Pasian in

nang tungah hong gennop khat om hi cih na upleh, Amah'n hong hopih takpi ding a nangma nunna sungah na hong sem ding hi. Cihte hang tuate in nangma' upna leh lam-etna tungah kinga uhhi. Lungdamthu khat panin, na upna a neu a, ankamtang (*Luka 17: 6*) ciahbek a phakphial hang, Pasian in khangsak thei veve hi (*Maku 9: 24*).

Laisiangtho' deihna lianpi khat in, eite leh Pasian kikhawlhna dinmun hong tha hatsak theihna ding in eite hong kihopihna ahi hi. Khasiangtho a ding na lungsim kong hong in, kiniamkhiatna tawh Thu zuan lecin, nisim mahin kuama theihloh kalin kikheelna neizel in khantohna mah hiding hi. Ahihhang awlmawh mello khawngin mawhna peuh kemkem in kikheelnuam keileng Laisiangtho simna in, ei a dingin hoihna tawmcik bek mah hong piangsak thei ding hi.

Khasiangtho in Zeisu Christ kiang naih dingin hong hanthawn den hi. A kinaizaw dingin i kalsuan nuam hiam? Tua cihleng "*hotkhiatna ngah theihna ding pilna*" (2 Tim. 3: 15) nei ding hang a, muh ngeiloh nate zong mu ding hihang.

Laisiangtho lam ka zuat laitak in ka lungtang leh lungsim dinmun in koibang hiamm? Laisiangtho mungtupe khawng keima ngaihdan peuh tawh zuun leltak ka hiam? Pasian in keimah hong thuhilhnop teng naupang bangin lungsim kihong in ka zuan hiam? Tua dawna bangzah in thupi hiam?

FRIDAY

April 24

Ngaihsutbeh Ding:

A beisa nai 24 sunga na pausa teng ngaihsun kik lecin na koici sittel tammaw? Itna, gitna, hoihna, nuamna, laptohna, patauhna, tawlina, lung hihmawhna, hehna,

gensiat na leh huatna peuh ahi diam? Laisiangtho in “*lungsim sungah a omteng kampan ki pulaak hi*” (*Mate 12: 34*) cihi. Lungsim sungah a ginalo omneunau teng kammal in hong paikhia uhhi.

Patauhna, tawlana, lungsim gikna lungsim kikheelna kisikna tawh kampaukhia ngeisa vive hihang. Mi khatpeuh it khaleng zong, itna in kammal in hong luangkha daudau pah hi. Tuamahbang in, Pasion in hong lungsim sunga ombang hong veiina bang in Thu hong paikhia hi. Pasion’ lungtang panin hong luangkha tua kammalte in eima lai siangthobu sunga om hithiat cih lamdang veve hi maw. Khang tawntung in Pasion’ kam mal’ vangliatna in uphuailo liangzah dong in muhsa ahi hi.

“Laisiangtho pen lungsim lamlahna khatmah hi a, akhang akhang in leitung nun dan tawh a kizawitawn den a kikheel ngeilo, a nungta Pasion’ kammal, tua kammal in eima’ nuntakna, gamtatna, kampauna leh ngaihsutna teng hong puahphatsak ahi hi. Hih ciangciang sangin a niamzaw liangin Pasion’ kammal khawng i koihkhak lehlah anial hipeuh hi. Tua thunialna zongpen khangno hunlai pan kipan mahin, up mellohna leh cihtak lohna hangmah hilel hi”—Ellen G. White, *Education*, p. 260.

Kikupding Dotnate:

1. Na upna a ding in a kituak aki zawitawn thute bangteng omthei hiam? Nang upmawh zah sangin a tamzaw hoh diam?

2. Na Laisiangtho simna leh thungetna pen, Pasion tawh na kikhawlhna a ding tawphah koibang in hisakthei ding nahiam? Laisiangtho simna leh thungetna tegel omlo sa in Pasion tawh koibang na kikhawl thei diam?

T-4

3. Khatpeuh in Pasion tawh a kikhawlhna thuksemsak nuam leh, koipanin kipan simsak thei ding nahiam?

4. Topa’ kampan hong paikhia thute koibang in nuntakpih thei ding na hiam? (*Thkna 8: 3*)? Nangma nunna sungah bang tawh kibang nasa hiam?

5. A nuaia munteng in Pasion’ thu koibang in hong hilh hiam? *Heb. 11:3; Late. 33:6; Mate 11:4, 5; 1 Thess. 4:16; Eph. 6:17; James 1:21.*

Lesson 5*April 25–May 1*

Laisiangtho Simding Dan

SABBATH NITAKLAM**Tukalsung Simding:** *John 15:1–8; Maku 1:35; 1 Khang. 16:11; Late 119:105; Isa. 50:4; Isa 55:1–13.***Kamngah:** **“Keima’ kampan a paikhia Ka Thu in, a hawmpi in Kei kiangah hong tung kiklo ding a; Keima’ ngiimnasa bangin, tangtung sakin, amah kasawlina thu tangtung ding hi”** (*Isaiah 55:11, NKJV*).

Na laisiangthobu na ngahcillai ngaihsun kikin. Na neulai a Christian meltheih khatpeuh; na khangham ciang a na leitawm peuh hikha ding hi. Laisiangthobu naneihna bangtan a sawta, bu zangzah keek nanei zongin; tua laibu na manphat sakna lungngai zaw in. Manpha nasak pen mah leh Pasion’ kammalte khawng neikha cihzah in naki ngaihsun hiam? Tua laibu simden ning naci hiam?

Hihthu nangaihsun ngei hiam: Koipan in kipan sim ding? Pasion tawh kinaih theihna dingin koibang in sim ding maw?

Martin Luther in zong, *“Kum tamveipi sung mah kumkhat in nihveita kasim hiven. Laisiangthobu pen, singkung golpi khat hi henla; a kammal khempeuh pen a hiang te vive hi zenleh: tuate sungah a omte thei nuam in a vekpi in teep mang khin zo ding hi ing”* cih.

Nisim Laisiangtho simna ah thupi takin simcha nahi a, na laisiangthobu zong laibu’tau tungah omcip hileh, Pasion tawh Laisiangtho simkhawpna tawh khangto zaw sem thei ding hihang. Tu kalsung tengin Pasion’ Thu hoihtak in simtheihna ding lampi zong ding hihang.

SUNDAY*April 26***Hun**

Nidang in nathawh ngeihun sangin a palvang zawdeuh in nanai alarm koih in na Laisiangtho na simngei hiam? Lupna tungpan nai na etphei kawm in diangkha vat in, tu ni kahun kipatna’ng minute 15 bek neilai ing ngei. Nawhtat kul in cei! Naci ngei hiam? Thunget tom, nangma lungnop theihna ding Laisiangtho tomno khat simpak cihbang in Nikhat a ding Nikhat sung a ding khawng lungkim huai sazolo khawng in na omkha ngei hiam?

“Laisiangtho nawhsim mahmah cih khawng hamphatna bangmah hong tun zolo hi. Laisiangtho buppi simzo phial taleh, athukna ah a kiseel khinkhian deihna te muzolo ding uhh”—Ellen G. White, *Steps to Christ*, p. 90.

Meiphelh mawtaw tuimuk panin tui hong luankhia bangin; Laisiangtho simna pan in thupha hong luangkha zuahzuah hi a – simnawh mahmah lengzong a thupha tampi tai suah pahpah hihang. Pasion in Amah i theih semsem na dingin (*eileh eimah zong hong ki theitel sak*) hong piak ahi hi. Genzawhloh Pasion’ hoihna leh khang tawntung in mihingte tawh a kikhawlhna te i muh ciangun, Amah i itna hong khangsak hi. A kikhawlhna uh ciamtehna teng eima khutsung ah omgige khinzo ahih manin eite’n zong hunla in, Amah i theihna dingin Ama’ Thu sim ni (*Sawl 17: 11*).

Anuai a ngaihdaan teng ngaihsun sinin:

Na Lungtang sungah Pasion na deihna ding Thungen in: Jeremiah 29: 13 leh Late 37: 4 sunga kamciam teng suutpha pha in. Nidang sangin hong phongbaih zaw ding a hihkeileh hun awng hong piakna dingin cial in.

Na hun Pasion pumpiak in. Manlah mahteh, na nasep ding tampi ommah ahih hang, Pasion tawh hunzat in manphalua hi. Mun simtham ah pai inla Late 46:10 simin. Phatna La “*Na khempeuh paai a*” cihpen sa or alamal simin. Na nundan sungah Pasion na aap zawhloh teng zong aap lel in.

Pasion tawh kikhawlh ding hi nakisak melloh laitak in zong Amah tawh hun zang in. Tuabang hihtheihna dingin (anek tuidawn) lungdeih teelna leh gamtatna tawh Pasion tawh kikhawlhna ahi hi. Zongsatna thak peuhmah pen a om theihna dingin ni 21 sawt kici a; Kha Siangtho lo peuhmah tawh zawhkik ding baihetlo dingcih thei in.

John 15:1-8 simkik in. Zeisu in Ama sungah omna koibang hong hilh a, nangma upna a dingin banghang in thupi thei ding hiam?

MONDAY

April 27

Mun Khat

Zeisu in nakhempeuh sungah etteh pipen hi a, mimal vai ah zong ki lamdang tuanlo hi. Zeisu in Pasion tawh a hunzatna Maku 1: 35 in bang gen hiam?

Hihmun pen taangkhat linlian bek ahih hang Zeisu etteh theihna ding ahi hi. Ni suah mapek in, nisim nasep

buaina tepan in Amah kihemkhia in gamdaihna munah pai in A Pa tawh kimu uhhi. Zeisu in Ama' kimkot a leitung mite thawhma in, Galilee bualtui gei mualpang ah tu in, thungen in a Pa tawh kiho dingin na mitkha in mu in.

Hihmun pen Zeisu in thunget hun alakna mun hi a, Amah'n zong a deihipen hun mah zong ahi hi. Hih hun in ama' thuakna sung khempeuh ah kipkhosak hi. Nikhat hun kipatna dingin Zeisu in hibang kisam ahihle, ei e leh kisam sem lo ding maw?

Pasion in “*Kamai hong zong in*” hong ci a, “*Topa aw, na Mai ka hong zong ding hi*” (Late 27: 8) ci in dawngthuk ding hihang.

Ama' mai i zon ding 1 Khang. 16:11 in bang gen hiam?

Pasion tawh kimu dingin zingsang simin paina ding mun nanei hiam? Tawlet gei a tokhom khatpeuh, a pualam gamdaihna munkhat, aihke”h anbuk sung sabuai khat peuh ah Pasion' Thu kisin dingin Zeisu' khe phungah na tut theihna ding mun khatpeuh e. Zeisu' khephung in tutna'ng mun hoihipen ahi hi (Luka 10: 39-42).

Tuabang in ciangtan na munkhat peuhah, Pasion tawh nisim in hunzang zel lecin, tualai mun zongsang in nazuan zel ding hi. Thu phamawh khatpeuh a om manin Nikhat peuh pelhkha in Pasion tawh nakimuh theihloh hang, lungkia pah nai ke'n. Tua bangin Pasion tawh hunzang khawmlo in, ni tampi kha tampi beisak ke'n. Pasion tawh nisim kikhawlhna pen, nisim in khantat phatzel hi a, deihteelna ahi hi.

Abeisa kaal sungin thungetna leh Laisiangtho simna in hun bangzah nazang khin hiam? Na kikheel dingin bangteng nangma lungdeih teelna hiding hiam?

TUESDAY

April 28

Laisiangtho Thuthuk Kisinna

Laisiangtho hilhcian siam a omloh hang, koibang in Laisiangtho thuthuk kisin thei ding nahi hiam?

Thungen in: Laisiangtho kisinna peuhmah thungetna tawh kipan in thungetna tawh tawp na pen a thupitna genzawhloh hi. EGWhite in, Laisiangtho sim ding ciangin eibek kihilo hi. Kha Siangtho lamlahna ngen leng, hong nawngkai sakthei khempeuh nialna hi a; galpa taaikhia cih. “*Laisiangtho peuhmah thungetna lotawh sim ding hilo hi. Tuata a thu pitna teng pen Kha Siangtho bekin hong theitel sak thei a, a telhak thumaan telzawhna dingin hanciamna pan hong dalzolo hi*”—*The Great Controversy*, pp. 599, 600.

Sim in Gelh: Laisiangtho simsuk maimaina leh hoihtak in kisinna pen kibang theilo a, **gelh** ngiatna in kilamdang sak hi. Gelhna in ngaihsutna hong khiapsak in, Pasion kammal hong phawksak, zonphatna, letkhiatna, zatkhiatna leh kamciam piaknate hong piangsak hi. Tua in eima’ lungsim sungah ngaihsutna tuamtuamte pen, i khuak sungpan in laikung ah leh i lungtang sungah, tua panin, tua ni sun niloh genthei ding in hong ciamteh sak hi. A thupi ciapteh dingteng zong hong gelhsuksak hi (*Late 119: 15, 16*). Na gelh siam kei phial leh zong, a gingkhia in sim im ngai inla, Pasion tungah thungetna kawm in.

Hawmsawn in: Na theihkhak peuhpeuh mikhat gensawn in. Na ngaihsutna hong kipsak in, midang zong thahatsak ding hi. Laisiangtho laibu a topmen khat Jonah, Maku, 1 John, Phillipians cihte khat peuh tengkhia inla nasep

kipan in. Taangkhat tung nahih ding dan, a khawk in leh lian buppi in (tangkhath khith tangkhath hihdan):

1. **Na simsuk kawmin Kha siangtho in na lungsim hong makaih in na lungtang a nipsakna ding thungen in.**
2. **Laisiangtho taang khat or khawkkhat tengkhia in.**
3. **Tua natenkhiat pen nangma simphat dingin laidal tungkhat ah gelh in.**
4. **Thungetna tawh tua mun simpha kik in a deihna bulpi zongkhia in.**
5. **A deihna bulpi in nang bang hong hilh cih gelhsuk leuleu in.**
6. **Hih deihna bulpi in nang leh Pasion kikhawlhna koibang in huzaap cih thungetna tawh zong in.**
7. **Tuni kua hawmsawn thei ding cih ngaihsun in.**

“Pasion’ mite in hehpihna sungah a khantoh laisiah, Ama’ Thu a kitelcian zaw in tellai ding uhhi. Tua thumaan sungah khuamuhna thak nei ding uhhi. Khang tawntung in pawlpi’ tangthu sungah zong tuamah bang hi a, a tawp dongin paisuak lai ding hi “—Ellen G. White, *Counsels to Writers and Editors*, pp. 38, 39.

A tunga thupiak omte in, nangma a dingin koibang dan in thumaan hithei naci hiam? Late 119:105 simlai in.

WEDNESDAY

April 29

Thupha Azahnih

Laisiangtho simzia nam tampi om a, atung a bangin tangkhat khith tangkhat, chapter khat simna, thulu khat tawh simna, kammal khat sinna leh a bubup sinna cihbang in om hi. Laisiangtho zon-olna (*concordance*) leh Laisiangtho dictionary tawh kisin thei hang a, Khang tawntung Kitukalhna tangthu (*conflict of the ages*) tawh zong simbeh thei lai hi. Khua pualam singlak ah pai in, mi’ Laisiangtho

sim zong kingai thei a, lawmkhat gualkhat leh nih peuh-tawh kihonsim theilai hi.

Tuabang danin lawmleh-gual tawh thuthak khawng bawlin kikhawlhna kikemcing thei a, Laisiangtho simdan tuamtuam te tungtawn in Pasion hong thupiak sate thaksuah kikkik thei ding hihang. Kisin ding tampi omlai hi.

Na Laisiangtho simhun a nungta sakden ding khatpen, na muhsa khat peuhpeuh midang hawmsawn zel in. Eima kisinsa khat hilhciankik ciangin, tomgenna, gawmkhawp kikupna hangin eima' ngaihsutna zong hong kipsak thei hi. Hih in eima theihna hong kep cing sak hi. Thupha a zahnih cihpen midangte tawh kikum in hawpsawna pan hi a, kha lam kiholimna in a langnih mahin tha hong hatsak ding hi.

Midangte tungah hawmsawn in hilhcianna panin eima' lungsim sungah hilhcianna thukpen kingah thei hi. Nisim in na kisinden thute pen nang a dingbek hilo, midang a dingin zong Pasion' thupuak ahislam natheita ding hi.

Isaiah 50:4 simin. Pasion tawh kikhawlhna in midangte tawh na kikhawlhna zong huzaap thei cih hihmun in koibang in hong gen hiam?

.....

Eima' mimal Laisiangtho simna in eimah mah tha hongpiak banah, tuani in kimuh pih khat peuh zong thapia theilai hi. Thupha a zahnih hong piangsak hi.

I khalam nunna limlim in khawlllo tainna ahi hi. Tai kidemna ah hong kemcing ding Topa tung thungen inla, mungtup kung mitsuan gige in (*Phil. 3:14*). Tawlkhat

sung peuh thadahin na vakvai hangin lungkia pah ke'nla, na kikhawlhna uh kepcin na'ng kikheel theih teng, a diak in Laisiangtho simhun leh thunget hun, kheel lel in. Eite in tuni in Pasion i theihloh tawntung nunna hipah hi (John 17: 3). Amah leh Ama' Thu sungah nisim ki-aapna in nundan kikheelna ahi hi.

Tukal kamngah sim inla a khatna ngaihsun in. Tu laitak bangsim nahiam? Kua hawmsan thei ding nahiam?

THURSDAY

April 30

Khum Mahmah!

Nang duhpen bang a khum hiam. Cidamna tawh a kituak beek hiam? A khum na'ngin khuaizu peuh nazang hiam? Cidamna na'ng ahoih **Manuka** khuaizu peuh zong na zangkha ding hi. Khuaizubu khawng nanekngei khakleh, khum dekdak in leii tungteng ah tuisuak pah cih natheihsa hiding hi.

Late 119:103, 104 sungah, Laisiangtho in amah mah khuaizubu tawh kigenteh ngeu hi: "*Nangma' Thute khum mahmah a, khuaizu sangin khumzaw hi. Na thuhilhna te hangin thu theihtelna kangah hi*" cih.

"Na thuhilhnate tungtawn in thu theihtelna kangah hi" cihpen bang acihna hiam? (Late 119:104). Laisiangtho simna ah hihthu banghang in thupi hiam?

.....

Himah, Pasion' kammal in kha a dingin leitung in hong piaktheih te sangin khum zaw hi. A khum dangte bang hilo in, Pasion' Thu in kha cidamna leh nundan tatdan kikheelna ahi hi. Pasion tawh naki gamlaat ciangin, khukdin in, laisiangthobu hong inla, dang a cimsakthei tua tui nungta dawn in.

Isaiah 55:1–13 sungah, kamsangpa in a tunga thute zaisak hi. Chapter bup in sim inla a nuaia dotna teng dawng in:

- **Ama' Thu a “ne” dingin hongpaite; Topa in bang pia hiam?**
- **Hihteng ah bang hihding in hong sam hiam?**
- **Ama' hong tona bang hiam?**
- **Ama' kamciam bang hiam?**

.....

A nungta a vanglian Pasion' Thu in lungtante, lungsimte leh khate bunsuk in Christ sungah hong khangto sak hi. Tuabang ahih theihna dingin, eimah mah in hun la in hahkat kuhkal takin Thu sung sawk in, kiniamkhiatna, thuhilhna khempeuh zuihnopna leh ki-aapna tawh zon tentan zong kul kismah hi.

“A kimuhthei hunlai in Topa zong” ding koibang dan hiding hiam (Isa. 55:6)?

FRIDAY

May 1

Ngaihsutbeh Ding:

Laisiangtho simna a deihna bulpi in Pasion thei in Amah tawh kikhawlhna sung ah khangto ding; tua in tawntung nunna hi a, eite'n i itpa omkhawm thei ding hi (John 5: 39; John 17: 3).

Kikhawlhna cih peuhmah langnih om hi. Mangmuhna 3: 20 sungah, Zeisu in tua kikhawlhna zongin hong pai a, ei piangsak mite in Piangsakpa' thu kisin kul cih thei ding hihang. Suangmanpha a to suangtote mahbang in eite'n zong Laisiangtho zongden ding hihang. Laisiangtho thu leh tangthute tamveipi simkhin ihih hang a sangh kaihhop ding omlai veve hi.

“Mihing' pilna bangzah in khangto hitaleh, a lianzaw khuavak zong in Laisiang- tho sim kul nawn peuhmah kei ci in ngaihsun kei uh hen. Mihing i hihna tawh, eite in gen kholnate a kisin sangnaupangte ihi uhh?”—Ellen G. White, Counsels to Writers and Editors, p. 41.

Laisiangtho khawng eima ngaihdaan tawh kituak in puah mawkmawkw lo ding hihang. *“Laisiangtho koibang in zong ding hiam? Upna thukhun khatkhitkhat bawltawm in, Laisiangtho zong eima' ngaihdan tawh kituaksak pongmawkw ding hiam? Eima' ngaih-dan muhdan tawh Laisiangtho en in, Laisiangtho thumaan khawng eima' tehna tawh sittel mawkmawkw ding hiam? Laisiangtho a sim ahilh mi tampi takmah in, amau' hilh thute manphatna zong ngaihsun kha ngeilo uhh. Laisiangtho kammal khawng amau' ngaihdan tawh a letkhia mawkmawkw tammahmah h?” —Ellen G. White, Counsels to Writers and Editors, p. 36.*

Kikupding Dotnate:

1. Bang lunggulh in Laisiangtho va zuanzel nahiam? Kikheel ding khatpeuh na nei hiam? Ki niamkhiatna tawh Thu sungah ki aapna banghang in thupi hiam?

2. Laisiangtho hong paikhiat theihna dingin, hepkiat ding a kismah nangma ngaihdan khatpeuh a omkha diam? Tuata a dingin tumahmah in thunget koici kipat ding nahiam?

3. Pasion tawh a puatham kikhawlhna ah pianpih ngeina in tukna'ng koibang in hithei ding hiam? Cihnopna in, a thak lunggulhna leh puahphat nopna lungsim in angkhualna tawh a sep leh, mikhat lampial saktei ding hiam?

Lesson 6*May 2–8*

Thungetna Galhangte

SABBATH NITAKLAM

Tukalsung Simding: *Dan. 2:20–23; Dan. 6:10, 11; Sawl. 20:36; Pian. 5:22–24; Pai. 33:15–23; Pai. 32:31, 32.*

Kamngah: “**Topa ka it hi. Banghanghiam cihleh, Amah in ka aw hong za in ka thumnate hong ngai hi. Amah ka sap sialin ka sapna aw hong ngai hi**” (*Late 116: 1, 2*).

Na lawm hoihpeh ahi a, nazi/pasal tawh tam kiho khollo dingin kingaihsun in. A sawtlo in na kikhawlhna uh kitatsat ding a, buaina peuh omthei ding hi. Pasion tawh kikhawlhna ah zong thungetna in mun thupi khat panin mapang hi. Ki-aapna ngeina khat hi a, mimalsim hong thahatsak dingin i kisap khat zong ahi hi. Thu ngenlopi khawngin sawtveipi khawng i omkhak leh Topa kiangpan gammang ding hihang.

Laisiangtho sungah, thungetdan tuamtuam tawh thungen mimal tapi om hi. Tua te in Pasion tawh kikhawlhna uh ahih manun, Pasion leh amau’ kikhawlhna, amaute’ thunget na, tua amaute’ thungetna in zong midangte nundan kikheelna piangsak dingin huzaap nei cih nung leh-et leng kimu hi. Eima’ thungetna in zong eimah bek hilo, midangte zong huzaap thei hi.

Laisiangtho simna mahbang in, hih thungetna thulu zong lian in thupi a, kaalnih sungbek in muhzawh zah sangin zaizaw tham hi. Tukul sungteng in, Laisiangtho

sunga thungen mite leh thungetna pen Pasion tawh kikhawlhna ah thubulpi ahihna kisin ding hihang. Amau’ hong limlahna panin thu kisin ni.

SUNDAY*May 3***A Citak Daniel**

Daniel zong Laisiangtho sungah galhang khat ahi hi. Ama’ tangthu masa Daniel 1 sungah, “*Daniel in kumpi inn sunga an leh lenggahzu tawh a pumpi a thaanghuai sakloh na dingin a lungsim a khensat hi*” (*Daniel 1: 8*). Daniel leh a lawm thumte tungah zong “*Pasion in, lai theihshiamna leh pilna apia hi. Daniel pen mangmuhna leh mangkhiat siam na apia hi*” (*Daniel 1: 17*).

Laisiangtho in Daniel pen pil hi (*Dan. 1: 20; 2: 14, 21, 23, 48*) ci a, Pasion Kha Siangtho in ama’ sungah om (*Dan. 4: 9, 18; Dan. 5: 14; Dan. 6: 3*) a, vantung in amah it mahmah hi (*Dan. 9: 23, Dan. 10: 11*). Hitengpen, Pasion tawh kizopna khauh anei mipa khat a kipulaakna ahi hi.

Daniel 2 sunga, Kumpipa Nebuchadnezzar in, Babylon mipil khempeuh sihdan a piak ciangin, Daniel in tua ipcip mang a dingin Pasion’ hehpihna zong hi (*Dan. 2: 18*). Pasion in kumpipa ‘ mang Daniel kiangah a pulaak phet leh, amah’n thakhat in thungen pah hi.

Daniel 2:20–23 simin. Banghang in Daniel thungen a, hih thungetna pan bang pilna peuh kingah thei hiam?

.....

Hunte bei in kumpite kahto in pukkek uh a, Daniel ahihleh kumpite tungah ngaih- sutna piapa in kip paisuak a, “*a lungsim pil mahmah ahih manin; kumpipa in zong gam*

buppi tungah koih dingin ngaihsun hi” (Daniel 6: 3). “*Daniel thuman citak in, mawhna leh khialhna khat peuhpeuh ama’ sungah ki mulo hi*” (Daniel 6: 4). A naseppih te in hazatna tawh thaang siah zel hinapi (Daniel 6: 5-9), Daniel in ama’ thungetna mahtawh lauhetlo in om hithiat lel hi.

Daniel 6:10, 11 simin.Hiteng ah Daniel’ thu bang gen hiam?

.....

Haksatna a thuak ciangin Daniel thungen hi. Lauhuaina in ama’ nuntakna lauh-thawn hinapi, amah ahih leh (Jerusalem lamnga in tawlet hongin nikhat thumvei thungen den in) om hithiat hi. Ama’ thungetna sungah thatang kipiakna in khukdin a, lungdamna leh hehpihna zonna bulphuh hi.

Hibang thute i et ciangin, thunget theihlohna dingin nangma’ kamzonna maimai te in bangzah khebai bang hithei naci hiam?

MONDAY

May 4

Thunget laitak Pumpi Omdan

Thusia khatpeuh na tuahkhak ciangin, lawm ngaihpen khat samin kikuppih thei hihang. Thuhoih omleh zong, hawpsawn ding mikhat zong hihang. Pasion zong tua mah bangin kihih thei hi. “*Thungetna in Pasion pen lawmkhat bangin lungsim hong in pulaak na ahi hi*”—Ellen G. White, *Steps to Christ*, p. 93.

Thungetna pen Pasion tawh hong kizomsak banah dawimangpa kiangah eima kua aa’ cing pulaak hi. Khukdin in thu i nget ciangin, tuni in Pasion teel zaw ihihna khuamial ukte kiangah tangkona ahi hi. Tua bekthamlo i thunget ciangin Pasion in vanmite sawl khia in eima

kimleh pam ah munlasak in, galte khutsung panin hong kemit hi (Late 91).

Taksa mahmah tawh **khukdinna** inkiniamkhiatna lahna hi. Tokhom tungah tut laitak, lupna tungah lup laitak in zong thu kingen thei veve hi. Pasion’ maiah i kuun ciang un, i lungsim ki-aap zawdeuh a; i taksa mahmah in Pasion lianpen a, eite pen Ama’ piانسak sate hilel cih phawkna ahi hi.

Anuaia Laisiangtho munteng sim inla mimal thungetna ah a khukdinte’ nuntakna lungngai kik in:
Dan. 6:10; Luka 22:41; Sawl. 7:60; 9:40; 20:36.

.....

Dingtangsa in thungen zong laisiangtho hun in omveve hi (2 *Khang. 20: 5, 6, 13; 1 Sam. 1: 26; Job 30: 20; Luka 18: 11*). **Tutsa** in thungen zong Laisiangtho in ciamteh veve hi (2 *Sam. 7: 18; 2 Kumpi. 4: 38*).

Pawlkhath leuleu in **bawkkhupsa** in a maitang leingat uh hi. Hihbang in thungen tamlua khollo a hihhang; vanglianpen pa’ maiah ki-aap thungetna hipa diak hi (1 *Kumpi 1: 47; Maku 14: 15*).

Na thunget ciangin koibang in na om zel hiam? Laisiangtho in omdan hibang cih hong kal selo ahihhang; omdan pen thupi veve a, zahtak piakna, sunglam ngaihdan leh Pasion tungah ki-aap nopna lungsim lahkhiatna ahi hi.

Pawlkhathte khukdin theilo uhhi. Ahihhang a thupi penpen in lungsim ahi hi. Khuk din thei gige napi banghang khukdin lo sese, Pasion tawh na hunzat bangzah hong

huzaap hiam namuh theihna dingin mailam ah khukdin kisin loding maw?

Laisiangtho in “thungen niloh ding” (1 Thess. 5:17), **thungen un** (Col. 4:2) **leh thungen tawntung un** (Rom. 12:12). **Tuni, na ding a, na tu a, na lum a, na lampai zongin na ngaihsutna teng Pasion kiangah hei inla, Amah lawmhoih in nei in. Tu mahmah in kipan in.**

TUESDAY

May 5

Enoch Ton in Kiho

Piencil 5:22–24 simin. Enoch’ tangthu bang hong telcian sak hiam?

.....

Laisiangtho in Enoch nundan tam gen hetlo ahihhang, kum 300 sung Pasion tawh tonkhawm in Pasion in van ah lato cih. Mi khat in Pasion tungah aki-aapna in, ama’ nundan mah hipah cihna thuhohi mahmah ahi hi.

Ciapteh ding thu khat panin, Enoch in **“lungduai in thungen tawntung”** (Rom. 12: 12) ding a, lungkialo in upna hangin Pasion tawh kinai takin khangto ding hi. Ama’ nuntak hunlai in leitung in gitlohna sungah khangto mahmah hinapi, Enoch ahih leh, Pasion’na sepna bek tawh manlah liang a, tua zong Amah sungah omkei leh hitheilo ding hi.

“Thatang nasepna kawmkal ah, Enoch in Pasion tawh kikhawlhna ah kipkho mah mah hi. A nasep liansem hansem leh, a thungetna sungah kipkho semsem hi. Mi lakah tawmveino sung hong om in, nasepna tawh mite limlah thuhilh in, ama’ aituam in hunla leuleu in Pasion bek in a piaktheih vantung pilna pen anduh tuiduh bangin zong hi. Pasion tawh
T-5

kikhawl in, Enoch in Pasion’ limmel suun semsem hi”—Ellen G. White, *Patriarchs and Prophets*, pp. 86, 87.

Leitung tawh kikhengkha in yathih yahan te bangin tuam om ding zong Pasion in deih tuanlo hi. Enoch bangin, vanzuak vanlei lel in kimlehpam te kisapna zong donthei lel ihihhang, tua zong Pasion tawh kikhawlhna, Ama’ sungah omna tawh a lamdang Ama’ nundan hong neisak thei bek hi.

Banghun bangmun peuhah thungen thei hihang. Hih leitung ah Pasion hong zak theihlohna mun omlo hi (*Late 139: 7-12*); Koikoi ah om taleng lungsim sungah i khanate za hi (*Kahla 3: 55-57*). Tua hi a, lungsim sungah thungetna a om mahbang in a gingkhia in thungetna zong a om ding mah ahi hi.

Gamdai takin thunget ciangin, i lungsim buai in ngaihsutna zong kizom diudeu theilo ahih manin, mungstup khat neih ding pen a haksatna ciangkhat om hi. A gingkhia ahi a, aw ngeina tawh ahi zongin, Pasion om takpi a, thungetna khempeuh za in Amah tawh ki tuamhona kineithei cih pawk tawntung ding hihang.

Na tuni hunte nazat ding ciangin, koitengah leh koibang in Zeisu tawh kiho in thungen ding na hiam?

WEDNESDAY

May 6

Moses, Pasion Teelkhiat Makaipa

Enoch in Pasion tawh kinaikhawlh mahmah citateu zongin, Pasion leh Moses’ kikhawlhna kitam muhzaw a, a kihona uh bang kitam ciapteh mahmah zawsop hi. Hih a kiniamkhiat mahmah makaipa Moses khualzinna zuisuk zuito leng, Pasion’ teeltuampa a hih mahbang in a gualzawhna thusim pen, a hunhun in Pasion tawh kihosimna tawh a kikhawlh tawntungna kimu thei hi.

Paikhiatna 33:15–23 simin. Moses leh Topa koibang in kiho a bangteng kiho uh hiam?

.....

Pasian tawh kihokha in Ama' aw kitel takin za ding bangin kingaihsun in. Israel mite in Pasian tawh tuabang in kiho ding lampi zonglo zaw in, Moses tungtawn in kiho zawk ding thuum zawsop uhhi (*Pai. 20: 18-21*). A tua ding mahin lah Pasian in Moses pen tua mualtung mahah sawlpang sung meikuang lakpan in hopih in kisakhoh sak khinzo hi. Moses' mimal thungetna tampi a kisimkhak teihang, a tamzaw peuhmah pen; ama' makaih ahi a mipite a dingin makaihna leh mawhna a ding lailut sakna tawh Pasian' maiah ding kinken ahihna zong muh gige ahi hi.

Thupiang nih hangin, Moses in innkuante a dingin lailutsak hi. Ama' lailut sak lai in innkuante un koibang dinmun ah tunguh a, tuabang in leidawhsak kei zenleh bangthu a piangthei tam maw?

· **Aaron : Paikhiatna 32:1–14, 31–34**
Thuhilhkikna 9:20
 · **Miriam : Gamlakvakna 12:13**

.....

Miriam tawh a thupiang uh ah a lamdang mahmah thu in; Moses mahmah pen Miriam' simmawhna leh hazatna a thuakngiatpa ahi hi. Amah a nungram ah ding hithiat lel henla, Pasian in Miriam leh Aaron tungah amau tawh akituak in gaamsak lelleh hithei lel hi. Ahihhang Moses in manlang takin a mawhna maisak zaw in Miriam' cidamna ding in lailutsak hi. Moses' gamtatna sungah, Pasian in mawhneite a dingin mawhmai na'ng hehpihna lianpi hong neihna hong kilangsak hi.

Mate 5:44 leh Colossians 3:13 simin. Hitak ah hong sawl thute na koici hih thei ding hiam? Na hihna in banghang in thupi ding hia?

THURSDAY

May 7

Moses in Minam khat Lailutsak

Paikhiat. 32:31, 32 simin. Moses leh thungetna koibang in hong hilh hiam?

.....

Moses in hangsan takin Pasian' mite a dingin lailutsak zelzel hi. Mipite a dangtak uh ciangun Moses in (*Pai. 15: 25; 17: 2-6*), mipite a gilkiat ciangun (*Gam. 11: 21, 22*) lunggulhluatna aneih uh ciangun (*Gam. 11: 11-15*) Pasian kiang lutsak hi.

Pasian tawh thuciamna bawlkhin phetlian in, Israel in kham-bawngno lim hong bawl takuh ciangun, Moses in thu-nung khat pulakkik in, “*Note' tungah Topa' hehna leh a lungkim hetlohna note susia dingin a kithawina hangin kalua hi. Ahihhang in tuahun in zong Topa in kathu hong ngai h'*” (*Thkna. 9: 19*).

Thukante in Kamciam Gampan hong kilehkik ciangin, Moses in thu-nung khat mah pulaak kikin “*Topa in note susia ding ci ahih manin, sun sawmli leh zan sawmlii sung Topa' maiah bawkkhup in ka om h'*” (*Thkna. 9: 25*) aci hi.

Levi mite pen biakinn sungah nasem dingin aki koihtuam ciangin, Moses mahin tua thu-nung mah pulaak kik in “*Amasa a mahbang in, mualtungah sun sawmli leh zan sawmlii sung ka om a, Topa in tua hun in zong kathu hong ngai a, Topa in note hong susia nawnlo h'*” (*Thkna. 10: 10*) cih. Pasian in Moses' thuumna za hi.

Moses' nundan panin thungetna tawh Pasion kiplat ding dan i kisinkha uhhi.

1. Moses in itna thuk tawh Pasion it in, Ama' omzia lim pulaak hi. Pasion ngiatin Moses kiangah a kipulakna Pai. 34: 6 “*Topa, Topa, hehpihna nei in adik Pasion; lung- duai in itna kip leh thutak tawh a dim*” cih.

2. Moses in Kamciam Gam lamah Pasion tawh tonsuk tontohna sungah hangsan citak hi. Eimah mahbang in, haksatna a phuut ciangin, ama' nundan makaihna sungah Pasion' vangliatna, ompihna muang ngiat hi (*Pai. 33:13*).

3. Moses in Pasion Ama' thuciamna phawkkik sak a (*Pai. 32: 13*), Ama' mite tungah Ama' kamciamte pulaak phakik (*Thkna. 7: 8*) a, a beisa a Pasion makaihna te phawkkik sakzel hi (*Thkna. 8: 2*).

4. Moses in ama' thungetna Pasion' dawnna yes ahi a, no ahi zongin saang hi. Pasion tawh kinaikhawlh mahmahna in, lungdeih teng liibang hong cingsak pahpah lo a (*Thkna. 3: 23-29*), thungen tawntung ding cizaw hi (*Luka 18: 1-8*).

Tu mahmah in nangma' lailut thunget sakna kua in kisampha hiam? Tu mahmah in thunget sakding bangin hong daal hiam?

FRIDAY

May 8

Ngaihsutbeh Ding:

Eite in Pasion itlua mahmah ihih manin thungen ding bek ihi a, eima nunna sung ah nakhempeuh kipaipih zawhloh hang: i lungnopna te in eima vangikte, lungkhamna leh nisim kisapna khempeuh tungah kigualzo thei hi.

“*Nipak in nilam a naingat denpen a pianpih ahiah mahbang in, eite in zong lam-et hetloh haksatna sungah Pasion kianglam naih in omden ding hihang. Na deihnate, na lung nopnate, na dahmate, na lunghihmawhna te leh nalaunate Pasion kiang paipih in. Pasion a dingin vangiklo; zong gimbeeklo hi. Na lutang tungah samzang zong a simkhipa in a tate deihna zong simkhipzo lel hi.*”

Eima dahna i pulaakte in hong itna Ama' lungtang lawng hi. Nang hong patausak na khat peuhmah Ama' kiangah tun in. Leitung zong domto a, vannuai bup ukpipa a dingin, Ama' puak ding a lianlua omlo hi. Eite' daihna dingin kul akisam peuhmah Ama' phawk zawhloh omlo hi. Ama' simtheihloh dingin amialua eima' phutkhak thute lakah omlo hi. Ei patauhna te zong Ama' daihsak zawhloh omlo hi.

A neupen atate tungah bang gimna lauuhaina peuhma tung theilo, bang lungkham na in amau khalau saklo hi. Lungdam awte, lungsimtak tawh mukphun thungetna te zong vantung i Pa in a zakloh omlo hi. Donpah selo in a koihdak zong omlo hi. Pasion leh kha khat sim in a kikhawlhna uh pen; Leitung ah Ama' kepcin ding kha dang omlo bang, A it a Tapa a piak ding kha dang omlo bangliang in kician takin kikhawlhpih hi”—Ellen G. White, Steps to Christ, pp. 99, 100.

Kikupding Dotnate:

1.Thungetna pen hoih naci maw vangik lel naci hiam? Nangma muhna koibang in hawmsawn ding nahiam?

2.Atunga thute sungah khatna nei mahmah thupuakte om hi. Koipen in nang' ngaihsutna hong thawn pen hiam?

3.Tukal sungteng ikisin mithum (Daniel, Enoch, leh Moses) cihteng lakpan kua thunget nundan in nang a tawh kinaipen nasa hiam?

Lesson 7

May 9–15

Thungetzia Taktak

SABBATH NITAKLAM

Tukalsung Simding: *1 Kumpi. 19:1–18; Mate 6:5–8; Luka 11:2–4. Mate 6:5–15; Dan. 9:4–19; Rom. 8:26, 27.*

Kamngah: “Mite aw, Amah muang tawntung unla, na lungkhamna tenguh Ama’ tungah gen un. Pasion in, eite’ bukna ahi hi” (*Late 62:8*).

Nangma thunget nundan koibang hiam? Bangzah vei thungen, bangzah deihna nei in ngen? Bangciang lam-en maw? Nisim in thungen maw? Phatmawh hunciang bekin ngen maw? Na thungetna te in ngetna bekmah maw, Pasion zong na phat kawm hiam?

Nikhat nasepna nakuankhiat ma, an nanekma in zingsang thungetna peuh nanei hiam? Anai anai in thungen pawl sungah kihel in thungen tawntung pawl nahi hiam? Na nunna sungah na khempeuh hong laihsak thei Pasion ompihna nan gah ngei hiam?

Thungetna in lengguipi Zeisu leh lenghian eimah kizopna ahi hi. “Eite nungta in a dawng nuamte in a Nungta Guipi panin atui dawn tawntung ding hi a; Guipi tawh kikhen nakleh thahatna neilo hi”—Ellen G. White, *Early Writings*, p. 73.

Tua in Ama’ sungah omna thupha ahi hi. Pasion in eite hong za in; a hunlap in Ama’ lampi tawn in hong dawngzel a – eima’ lam-etna bang lianlian hi selo hi.

Tukalsung in, Laisiangtho sungah thungen mimalte leh amau’ thunget dan in eima nisim nunna hong thapia thungetna ahihna kisin ding hihang.

SUNDAY

May 10

Elijah—Haksathun in Thungen

Citakpa **Elijah** in **Ahab** hun gitlohna sungah omkha a “Ahab in ama’ maiah om kumpite khempeuh sangin; Israel Pasion Topa hehsakna ding tam hihzaw hi” (*1 Kumpi 16: 33*). Ama’ nunsung mahin a ciapteh taak khat in **Carmel** mualtung ah kimaitang buah na khat hong piang hi (*1 Kumpi. 18*). Tua thupiang a sangpenna ah Ahab leh ama’ gam in Pasion in thungetna dawng takpi cih mitmuh uhhi. Israel tangthu sungah mangngilh theih loh leh lam-et lohpi in kikheel vatna thupiang a hi hi.

1 Kumpi 19:1–18 sim inla, Elijah’ thungetna leh Pasion in amah tawh a holimna teng enpha diak in. Elijah’ lungkiatna bulpi bang hiam? Pasion’ dawnthuk na in Carmel mualtunga tawh koibang kilamdang hiam?

.....

Nikhat sungteng, Elijah’ thungetna khempeuh Pasion in dawngkim ahih manin, kamsangpa lungsim, ngaihsutna leh taksa mahmah kilaamsang hi. Tgawua ni in Elijah in gual zawhna lianpi khat ngah hinapi; tawmveino sungmah in, gentheihna, sih ding launa in Pasion sungah a upna a zogawp sak kha hi.

Hih tangthu sungah a kitelcian mahmah thukhat in, Elijah in lungkia dikdek in, a lungsim tha a beidikdek laitak in, Pasion in lungnem takin hong tuaksuk in an leh tui hong vaihawm sak a (*1 Kumpi 19: 5, 6*), sun 40 leh zan 40 a sawt hi (*1 Kumpi. 19: 8*). A tawpna ah Pasion in

zong Amah a kipulaak ciangin, nidang aa tawh hong kibang nawn hetlo hi.

Khatveivei ciangin Pasian in munkim pan in tangtak, vangliantak leh nialtheihloh zah in hong dawng thei hi. Tua in zong upna hong thakhauhsak in, eima' nunna sungah Pasian hong naihna zong hong theisak hi. Khatveivei ciangin lah ze-etna i thuak ciangin, kiliing hetlo in Pasian sungah upna neih ding khawng haksa peuh kisathei hi.

Pasian' ngaihsutna leh a lampite in, eite a sangin sangzaw cihzong, phawk khalo in eima' lam-etna bangin hong dawn ding khawng lam-en khathei hihang (*Isa. 55: 8, 9*). Pasian bawlsa nate ei telzawhloh tampi a om mahbang in, Pasian' lampi te zong i tel zawhloh pen zong a lamdanglua zong hikhollo hi.

Pasian, eima a dingin ahoih a dik i Pa, in eima kisap mahmah nate thei hi. Tuat khempueh tungtawn in Amah muang in Amah koibang in mitsuan thei ding nahiam? Tu mahmah in Amah hopih in.

MONDAY

May 11

Thungetnate Hong Kidawnglobang Ahihciang

Nakhat a ding sawtveipi a kum kailiang in thu nanget khin in zong Pasian in hong dawnglo bang hithei hi. Laisiangtho in “ngen un hong kipia ding hi” (*Mate 7:7*) “Ama' deihna tawh kituak in i ngetleh” (*1 John 5:14*) cihhi. Hih kamciam na koici tel hiam?

.....
Hannah in thu khat tangtawh in thungetna ah, etteh huai nu ahi hi (*1Sam. 1: 10-17*). Acil lamin Pasian in ama' thungetna dawnglo bangkeek hiphot napi, ngen tenton

ahih manin, Pasian in a hunlap in Ama' deihna tawh kituak in dawng hi. Khatveivei ciang in i ngak khakna in Pasian tawh kikhawlhna thuksak in, Amah hong muang sakzaw hi.

Late 62:8 sungah “*Mite aw, Amah muang tawntung unla, na lungkhamna tenguh Ama' tungah gen un. Pasian in eite' bukna ahi hi*” cihhi. Muang. Eima' thungetna hong dawnpah loh ciangin Amah'n a hoihpen thei hi cih i muang beek hiam? Ama' hun cin ciang leh Ama' lampi tawnin hong dawng ding cih i muang hiam?

Khatveivei ciang, i thungetnate pen, eima' deihdan leh a manlang theitheih leh eima' lam-etna bangin hong kidawng mello hi. Hihthu tawh kisai Laisiangtho in koibang in ngaihsut hong pia hiam?

1. Nangma' deihna hilo; Pasian' deihna zong zaw in (*Mate 6: 10; 1 John 5: 14, 15*).

2. Na ngiimna tupnate ngaihsun in. (*Pau. 16: 2; James 4: 3*).

3. Zongsat mawhna nanei hiam ki sittel in. (*Late 66; 18; 1 Pet. 3: 12; Pau. 15: 29*).

4. Pasian leh Ama' Thu sungah om in (*John 15: 7*).

5. Na thunget ciangin upna nei in (*Heb. 11: 6; James 1:6; Maku 11: 24; Mate 21: 22*).

6. Na lungsim kiniamkhiat maw kiphasak ngaihsun in (*James 4: 6; 1 Peter 5: 6*).

7. Thuak haat in (*1 Thess. 5: 17, 18*).

8. Mi' mawhna maisak in (*Maku 11: 25, 26*).

9. Pasion in nakhempeuh mukhin a, eima' a ding ahoihpen thei hi (*Rom. 8: 28; Eph. 3: 20; Jer. 29: 11-13*). Khatveivei ciangin Ama' hong dawnna pen Paul a dawnna bangin "**Ka hehpihna in nang a dingin kicing hi**" (2 Cor. 12: 9) peuh hithei hi.

Dawnlohsa in hong nutsiat thungetna tepen eima' dawnthukna in eimah'n Pasion i muhdan tawh kizui hi. Pasion in gamlapi a om in hong donmello cih muhdan i neihleh, Amah tawh kikhawlhna thanem ding hi. Tuabang hun ciangin Ama' hong donna leh hong itna, Laisiangtho sungah zong inla, Pasion na muhkhialhna teng, hong siangtho kik dingin thungen in.

TUESDAY

May 12

Zeisu in Thungetzia Hong Hilh

Zeisu' hunlai in, thungetna pen sau in, siamna tawh aki phuaktawm kammal hoih nonote khawng lotngahsa in sim duatduat laang mahmah hi. Zeisu in tuabang thungetnate ahoihna bangmah genlo hi (*Mate 6: 5-8*). Tuabangte pen biakna um mahmah kineihna lahna paw hilel hi cih.

Nungzuite in zong Zeisu' thunget mu uh a, Ama' thungetna in Ama' nunna ahilh zong thei uhhi (*Luka 5:16; 6:12; 9:18; 22:41; 24:30; Maku 1:35; Maku 6:46*). Zeisu a et kawmun, amau' biakna makaipite tawh kibatlohna mu uh a; amau' ngaihsutzah sangin thunget ding tamzaw tham cihzong mukhia uhhi. Tua ciangin nungzuite hongpai uh in Zeisu kiangah, "**Topa aw, thunget zia hong hilh in**" (*Luka 11: 1*) ci uhhi.

Zeisu in Ama' nungzuite leh eimah zong nisim i kampauna te mahtawh thunget theihna dingin limhoih honglak hi. Thungetna peuhmah lungsim tawngpan hi

hamtang ding cih. *Luka 11: 2-4* leh *Mate 6: 5-15* sim inla, a nuaia Zeisu' hong hilhnate phawk in:

1. Vantunga om kote' Pa: Mi khempeuh' Pa tawh mimal kikhawlhna kipsakna.

2. Na min siangtho taken: Pasion' sianthona in eite' zahtakna piangsak cih kipsak.

3. Na gam hong piang taken: Pasion hong kumkik ding leh Kha Siangtho hong teen ding lungguhna.

4. Vantungah adeihna akicin bangin leitung ah kicing ding: eima' nunna sungah Pasion'deihna hong kicingsak ding ki-aapna, Eima' deihna peuh ngetziau lel sang in Amah'n a hoihpen thei cih upna.

5. Tuni khamkhop ding an hong pia in: Nuntak khopna ding kulkisam bang ngetna, taksa a ding anlehtui, kha a ding Zeisu leh a nungta Ama' Thu.

6. Mite' mawhna ka maisak bangun, ko' mawhna zong hong maisak in: Kisik na, mawhmai na'ng zong, Pasion in hong maisak bangin hong sukhate zong maisak ding thei ding.

7. Ze-etna sung hong thuaksak ke'n, gilopa kiangpan hong honkhia in: Leitung gitlohnate khempeuh pan kepcin ding ngetna (*Late 91*).

8. Ukzawhna, vangliatna, minthanna neitawntung ta in: Amen: Eimah, i neihsate leh na khempeuh Pasion aa hi a, Amah bek phat taakcing cih theihna (*1 Khang. 29: 11*).

Thu tawmbek ngetna khawl zaw in, zingsang simin na lawm it khat tawh na kiho bangin Pasion tawh kiho lo ding na hiam? Hih ding theihsa gige, bang in hong daal hiam? Zeisu hong sapna bangin tu mahmah in thungen in.

WEDNESDAY

May 13

Phatna, Pulakna, Thuumna, Lungdamkohna

Thunget zia Zeisu' hong hilhna bangin, thu paizia teng tawh Pasion' kiangah mimal, innkuan, pawlpi in kizuan thei a, tua holimna pen lawm khat tawh holim bangin Pasion tawh kihona ahi hi. Zeisu in thunget zia ding hong hilh khin hinapi i thungetna te sungah ngetna vive tawh kidim zel hi.

Daniel 9:4–19 sunga Daniel' thungetna sim inla a tuampianna teng zongin.

.....

Na thungetna sungah a nuaia teng na hel hamtang ding ngaihsun in:

1. Phatna: Phatna cihpen Pasion omzia leh Ama' omzia pulak pahtawina ahi hi. Pasion phatna lahoih Late 100 simin. Pasion' min tuamtuam teleh Ama' omzia lungngai in. Na Tankhiapa, Honpa, Huhpa, Damsakpa, Tuucing Hoihpa, Alpha leh Omega leh Suangpi a hih manin phatna pia in.

2. Mawh pulakna leh Maisakna: Pasion tawh kiho in Ama' sungah i om ciangin, Amah tawh hong khenkhia thei nakhat peuhmah in hong kaikhia zo nawnlo tahi. Amah tawh ki naisemsem leng, eima ginatlohna leh kilawmllohna mupha semsem hihang. Tua mahin ei' mawhna teng hong

hepkhiat sakding hong ngensak in Amah hong suun nuamsak hi. Ei' mawhna hong maisak ding i lam-et leh, midangte zong maisak sawm ding hihang.

“Khatlehkhat tungah namawhna uh kipulaak in, thu naki ngetsak ta un. Mihoihte thungetna in vangnei a, na lianpi semzo hi” (James 5: 16).

3. Thuumna: Na innkuan, lawmlehguah, cidamna, sumlehpai, nasep leh sangkahna ah bang haksatna maingat nahiam? Koisantak lian ah Pasion' makaihna khut lunggulh pen nahiam? Nang' huhna kua'n kisam a, koici huhthei ding na hiam? Hibang mite a dingin thungen inla, Pasion' deihna a picin ding ngen in.

4. Lungdamkohna: Philipi 4: 6 sim inla, na nunsunga na thupha saan teng simkik in. Na thupha lianpitem na simcha zelzel ding ahih hang, thupha nengneng na saansa te eleh? Eite in Pasion' hehpihna a saangden hinapi hi taleng, pulaakna mel zong kineilo, lungdamna zong kiko mello lel hi.

Pasion phatna napiak nading, mawh napulak ding nan get ding leh lungdam nakoh ding bangteng omhiam? Tu mahmah in hihlo ding maw?

THURSDAY

May 14

Thungetvai Dotna Dangte

Pasion theihkhitsa khawng bang ngetnget kul?

Pasion in nakhempeuh thei hi ven nget kul lailai maw leh? EGWhite in hong hilhciaanna ah *“Eima' dinmun khawng Pasion kiangah pulak kul samlo a, eimah'n Amah i saan theihna ding bek ahi hi. Thunget na in Pasion hong paipih suklo zaw in, eimah Ama' kiang hong paipihto zaw hi”*—*Steps to Christ*, p. 93.

Pasian in eima deihna leh kisapna thei a, i lungsim' geelna khempeuh simkhin zo hi. Hinapi, thunget pen eima a dingin hoih hi. Nisim nasep buai nianuana lakpan tawm veino khawlpak in, Pasian lianbel a, nakhempeuh Ama' khe-nuai ah koih cih phawk ding in hong deihsak hi. Tuabang in hong hihsak ding Pasian cial peuhleng Amah'n lampi hong honsak thei hi. Eima' thunget ding zia nangawn i theihloh ciangin Kha Siangtho in hong lailutsak lailai hi (*Rom. 8: 26, 27*).

I Hoihkim teknakeh Banghang thungen sese? Eileh eimah kicingel sakna pen kiphatsakna hi) (*sinna 3 enkik* a, a thahat thungetna nundan hong daalthei thu lianpen hi. Pasian i kisapzia theitel hipeuhmah leng, Ama' kiangah naipai mahmah ding hihang. A picing vanmite in zong bia uh ahiehleh; ei mawhnei mite lellel, kisam saklohna ding bang om? *Mate 5: 6* leh *Isa. 44: 3* in hih thumaan koici gen hiam?

Thungetna sungah upna in bang mapang hiam? Hebrews 11:6 sim inla, athu teng ngaihsun in: "Thungetna' lawmhoih in upna hi a, kisin khawm ding hihang. Thunget na sungah vantung' pilna om hi; tua pilna a neimi in, ama' nunsung nasep gualzawhna dingin telcian kul hi. Christ in "Nakhat peuhpeuh nanget uh ciangun ngah ding cih lam-en un. Tua hileh nanget peuhpeuh uh nan gah ding uhh?" (*Maku 11: 24*).

I nget ding teng zong Pasian' deihna tawh kituak in ngen ding a; Ama' hong kam-ciamsa teng ngen ding hang a, i ngah peuhmah zong Ama' deihna bangin zangkik ding hi. Ahun zong lem linlian, kamciam zonglah hong piaksa ... thupha saanna ding in a puatham teci peuh zongzong lo ding hi"—Ellen G. White, *Education*, pp. 257, 258.

Kuatawh thungen ding? A tamzaw mimal thunget kul a (Pasian leh nang) thu-ngetna leh Laisiangtho simna pen Pasian tawh kizopna sisan ahi hi. Pasian tawh nakiho kawmin nangma lungsim na sittelna dingin hun latuam in (*Mate 6: 6*). Innkuan tawh ahi a, pawlneu tawh ahi zongin thungen in (*Sawl. 12: 12*). Nihlethum kikaihkhopna munah Pasian hong om hi (*Mate 18: 20*). A tawpna ah pawlpi kipawlina tawh thungen ding hi hang (*James 5: 13-16*). Hih thungetzia a namthum mahin thupi hi.

Koibang in ngai ding? Thungetna pen Pasian tawh kihona sangin sangzaw hi: Eimah hong zuun dingin phalna pia in i nunna sungah pausak ding hihang. A tunga bang in hihtheihna dingin Laisiangtho sim ding leh thungetna leh Laisiangtho simna gawm khawm ding hi. Laisiangtho simzawlo in, na lungsim awngsak in nangma ngaihdan peuh tawh hih mawmawk kei in.

Atung a thute lakpan koipen in nang hong topen hiam?

FRIDAY

May 15

Ngaihsutbeh ding:

"Eimah kikhual selo in Zeisu' thu tam gen zawlel leng, Ama' hong ompihna zong tamsemsem lai ding hi"—Ellen G. White, *Steps to Christ*, p. 102.

"Upna omlo in, lunghianna leh launate tungpan ngaihsutna la in, khua mulo pipi in nakhempeuh na siansuah nopleh, na lungsim buaina khangin thuk zawsem ding hi. Eima dinmun mahtawh kiniamkhiat in muanna tawh Pasian kianglam zuan lecin; eima' lungdeih teng a theikhin sitset, Ama' piansak sate mugige in, Thu tawh nakhempeuh a uk Topa kiangah, upna tawh i vanaih ciangin, eima kahna awte Amah'n hong zaksak ahieh manin, Ama' khuavak in eima' lungsim sungah hong taang hi"—*Steps to Christ*, pp. 96, 97.

“Phatna kha tungah eima’ kha tuangto in vantung naihthei hi. Vantung ah zong Pasion pen la leh tunging tetawh kibia a, eite’n zong i lungdamna i pulaak uh ciangin vanmite biakpiakna sungah akihel bang kihipah hi. Zahtak lungnopna leh lungdamkohna la aw tetawh Piangsakpa’ mai ah hongpai un” (Isaiah 51:3) —Steps to Christ. p. 104.

Kikupding Dotnate:

1. Atunga ngaihdante lakpan koipen in nang hong khoihkha pen hiam? Koipen in nang hong topen naci hiam?

2. Laisiangtho sunga midangte thunget nundan panin bang pilna ngah Nakisa hiam? (Ezra 10:1; 2 Kumpite 13:4; Jon. 4:2, 3; Hab. 3:1; 2 Kumpi 19:14–19; Jer. 32:16–25, Neh. 1:4–11, 1 Kumpite 8:22–54).

3. Thungetna sungah antanna in koimun panin maa hongpang hiam?

4. Tukul sinna hangin, nangma’ thungetna puahphatna dingin thuthak bangpeuh nanei hiam?

Lesson 8

May 16–22

Upna Nei

SABBATH NITAKLAM

Tukalsung Simding: Maku 8:11, 12; Mate 15:21–28; Luka 7:1–10; Eph. 2:8; Hebrews 11; Rev. 14:12.

Kamngah: “Upna nei icih ciangin i muhtheih nailoh i lam-ette ngah takpi ding ci in muanna lungsim neihna ahi hi” (Hebrews 11:1).

Mikhat in “Upna icih WiFi tawh kibang hi. Ki mutheilo hinapi, na kisapna bangin hong kizomsak thei hi” cih. Himah hi: Upna omlopi in Pasion tawh kikhawlhna zong om theilo hi.

Tuni in nang’ upna koibang hiam? Pasion na upna a liing ngei hiam? Pasion tawh kikhawlhna sungah koibang in mainawt ding cih natheihlohna munah tona khatpeuh na tuakkha ding hi. Tua a hihkeileh na upna pen, amom nocik panin a san zeezaa melpua in hong palhkhia a, innsung khempeuh a namtui sak mahmah lingpaak bang ahi hiam?

“Upna nei i cih ciangin i muhtheih nailoh i lam-ette ngah takpi ding ci in muanna lungsim neihna ahi hi” (Heb. 11: 1). Eima’ thu tawh a kikalsuan thei mawkmawk hilo a, “Pasion in note tungah upna hong piak zah tawh kizui in” (Rom. 12: 3) cih. Upna pen Pasion hong piakkhong hi (Eph. 2: 8, 9) a, tua upna mahmah pen Pasion in eima’ sungah hong piaksa ombang hibek hi.

Tukalsung upna thulu tawh zonkhiat ding tengpen: lunghianna leh uplahna koicih ding; Upna khauh in bang hi a, “Zeisu’ upna” in bang hiam cihte ahi hi.

SUNDAY

May 17

Limkhat Hongpia in!

“*Tuipi San kikhengkham, manna hong kiatsuk, Zeisu in mittaw mipa a damask cihte muleng um petmah ning*” cih khawng za ngeiphial in nangmah’n zong ciphial thei ding hiteh.

A langkhat ah, tanglai mite sangin tulai mite in upna i neihting banghang in baih zaw ding hiam? Israel mite in laisiangthobu zong neilo, eite bangin tangthu saupibu zong neilo uhhi. Pasion’ makaihna leh hoihna teng nung leh-et kik dingin Moses in hanthawn pha mahmah bek hi (*Thkna. 4: 7-10; 8: 2, 3*). Israel mite tawh kibanglo in eite in kum 6000 petmah a sau laisiangtho tangthu neikhin hihang (*John 20:30, 31*).

Khangsim in lim a deih uh mahbang in ei’ khang in zong kideih lel hi. Mate 24 sim lecin, eima kimkot teng mahah tua limte tangtung pha mahmah pahlel hi.

Zeisu’ hunlai amite in lim tampi mukhin napi un Zeisu in Pasion Tapa ahihna lim mah deihlai veve uhhi. Zeisu in koi dawn hiam? (*Maku 8:11, 12*).

.....

Pharisee mite hihbang in eite’n Zeisu sittel in i nial hiam? Up dingin hong piaksa khempeuh uplohna tawh Zeisu peuh i “*khuisa sakkha hiam*” (*Maku 8: 12*)?

“*Jew mite a ding hih limte kisam khollo hi. Apuatham thupieng te in amau phat tuamna piazolo hi. Amaute un*

ngaihsutna pilna Khanna hizawlo in, khalam tha guatna hi zaw hi”—Ellen G. White, *The Desire of Ages*, p. 406. Tua mahbang in eite in thumaan tawh khalam khantohna, Pasion tawh ahunhun in kikhawlhna taktak i kisam thei ding hiam? Eite in Laisiangtho tungtawn in eima khutsungah pilna tampi neikhin ihih manin lim khawng peuh kisam nawnlo lel ihi hiam?

Tua hi a, eima uplahna hangin Zeisu “**khuisa liangin**” i omsak sangin: Zeisu mah in Thomas kiangah “*Kei hong mulo napi in hong umte a dingin lungdamhuai mahmah zaw ding hi*” (*John 20: 29; Heb. 11: 1*). Pasion in mittaw liangin upna hong kallo a – up theihna ding thu tampi zong hong piakhinzo zaw hi. Tua thu tampite kawmkal mahah uplah theihna’ng mun tampi mah na om veve lai hi. A thubulpi in lunghianna a piangsak theite hilo, upna a khauhsak theite bulphuh ding hizaw hi.

Pasion sungah na upna teng Second 60 sung bekbek gen ding hong kici leh koibang teng na genkhia tammaw? Nangma dawna in Pasion leh nangma’ kikhawlhna bangteng pulaak hiam?

MONDAY

May 18

Zeisu in Eima’ Upna Mu hi

Maku 4:40 sunga Ama’ nungzuite upna leh Mate 15:21–28 sunga numeinu’ upna Zeisu in koibang in tehkak hiam?

.....

Zeisu’ nung zuih manpeuh in upna thahat cihtheihna zong omtuanlo hi. Zeisu um inga ci mi pawlkhat mahmah zong Zeisu in amau’ lungsim tawng sittel lailai hi (*John 2: 23-25*).

Luka 7:1-10 simin. Hiteng pan upna thu bang kisinkha hiam?

.....

Maku 9 sungah, a tapa' sungpan in, dawi a hawlkhatsak dingin Zeisu cial dingin hongpai pa kiangah upna kicing neih leh neihloh a sittel theipa kiangah "*Topa aw, ka um hi; ka upna akicinna dingin hong huh in*" (Maku 9:24) cih. Hih a kihona malkim tengah, Zeisu in mihing' upna entel a, a kicinlahna mun ah tua upna a thahat sakna dingin lim tawh panpih hi.

Tua mahbang in Kha Siangtho in eite' upna hong khanglo sak hinapi, kha' galpa in ahiehleh, eima nunna sungah Pasion' kihelna lunghiang, phawkkhalo cihbang hong hih sak nuam hi.

"Lungsim in a zongsat mahmah uplahna in hong khimzo mahmah hi. Amaute'n a vawh uh khaici in amau' khai mah aatkik ding uh a, amau mahun tua uplahna khaikung abul abal khempueh longkhia khin ding uhhi. Hih gunei khaikungte a kibawhkhiat khit ciangin, amau' kampau gamtatna ding a thapia omnawnlo ahieh manun, hong khangto thei nawlo ding uhhi. Kha in upna leh itna khaikung tepen lungtang sungah posak in, kumpi tokhom luahsak ding hi" — Ellen G. White, *Faith and Works*, p. 17.

Pasion, Ama' omzia leh Ama' Thu tungah lunghianna i neih ciangin, tuate bang cih ding ihi hiam? Pasion in Abraham, Moses leh Job tetawh a kiholim mahbang in; eite tawh zong holim thei dingin, Ama' limmel suunin hong bawl ahieh manin, mihing tung tang thu om peuhmah paisan hetlo hi. Pasion in ciangtan omlo Ama' zaina limmel sungah semkhawm ding in hong deih a,

telcian kim zokei phial leng zong, sangthei in ki-aap ding in hong sam hi.

Nangmah upna hong guan ding tawh akibang thute ngaihsun in. Tua laitak mahin, bang hun, bangthu hangin tua thute khawthei a, a kipkho upna koibang in khanglo saktthei ding nahi hiam?

TUESDAY

May 19

Upna i cih Feeling Hilo

Zeisu in ankamtang ciah upna nei le uhcin mualte nangawn na khiinzo ding uhhi (*Mate 17: 20*) cih. Ankamtang namuh ngei nakleh, a neudan thei niteh. Tuazah a neu upna in kikheelna lianpi bawlthei hi. Tua hi a, upna thupi mahmah a, a nasepna ah mihing' khengval in vanglian thahat hi. Ankamtang in singkungpi mah a suahteh mah bangin (*Mate 13: 31, 32*), eima' upna zong khawlcip lo in khangto ding hi.

Eite in, Pasion tawh kikhawl theihna dingin, a masa in, eima' upna tehna khat peuhmah neih kul hamtang hi (*Rom. 12: 3*).

Ephet 2: 8 in hotkhiatna thu ah upna in bang maapang ci hiam? Khatpeuh in banghang in "Pasion in upna hongpia nailo ahieh manin ke'n nei nai ke'ng" ci theilo ding hiam?

.....

Upna cihpen neihlehlamh van hilo cih tel masa ni; Kha Siangtho khanglawh sakna tawh mihing' dawnthuk kikna hibek hi. Hong kalsuan masa Pasion hi a, eima' phalna tungtawn in, Ama' kianglamah hong kaai hi (*Jer. 31: 3*). Zeisu' sihna hangin, Pasion in hong piak hehpihna tawh, eite hotkhiat ihi uhhi. Pasion' hehpihna upna hangin

eite hotkhiat ihi uhhi. Hih mahmah in zong Pasion tawh kikhawlhna thu bulpi mah ahi hi.

Upna icih feeling hilo cihmah ciamteh pha ni. *“Upna cihpen eimahmah in nuntak pih in gamtang sak ding cih mi tampi in phawkkhalo uh a, upna tungtawn in hong piang feeling bekma ngakin omngeungau uhhi. Feeling zong upna hi tuanlo hi. Upna cihpen sepkiat ding hi a, lungnopna leh thupha tepen Pasion hong piak ding ahi hi” —Early Writings, p. 72.*

Mi pawlkhat in Pasion tawh kinai kisalo uh ahih manun, Christian ahihna uhtawh ahi zongin upna nei ding cih phawkkhalo uhhi. Upna icih in, hunhoih sungbek hilo khuamial huihpi lak, nangma nunna in bangciang tungding cihzong natheih melloh laitak in zong, Pasion upna muanna ahi hi.

Pasion tawh i kikhawlhna leh biakna vaite peuhmah feeling in uksak ngeilo ding hihang. I ngeina bangin Pasion tawh kigamla i kisak ciangin, i upna gamtang sak ding hang a, Maku 9: 24 sunga Pa bangin Pasion sam ding hihang.

Anuai a Laisiangtho munte sim inla, Pasion tawh nakikhawlhna hong thahatsak ding upnataw gamtatna ahihnam pulak in: *Heb. 12:1, 2; 2 Khang. 15:7; Rom. 3:23–26; Luka 7:50. Pasion tungah thungetna in aging in simin.*

WEDNESDAY

May 20

Upna ah Etteh dingte

Tuni in Hebrew 11 upna chapter simin hun tawmno zangin. Agingkhia in simmasa inla khawl hetke’n. Anihveina simkiklai inla, tuakhit ciang, anuai adotnate nangma ngaihdan tawh dawng in gelh in:

1. Taang 1 na simkik in. Na muh nailohte tuni in bangteng na lam-en hiam? (Tu leh tu a kisappah leh sunmangsau khentel siam in).

2. Nangma mimal teci panna leh nangma kikheelna sungah upna in koibang in maapang hiam?

3. Taang 3 na a, Pasion leh a Piansakna simin. Pasion om takpi ahihna lampi tapi taktawh uptheihna dingin banghang in baihpen thei hiam?

4. Taang 6 sim inla, a thupuak teng nangma kammal tawh gelhsuk in.

5. Taang 7-40 in, laisiangtho’ mi tampi takte’ nundan teng pulak hi.

Upna in hih mite Pasion tawh akikhawlhna a thahatsak thubulpi banghang in hithei hiam?

.....
Pasion thei in, Amah tawh a nungta kikhawlhna neihna in upna hong kal hi. Upna killiing khat koibang in thapia in upna thahatsak thei ding nahiam? Anuai ah ngaihsut piak na tawm om hi:

1. Ankamtang bang upna neucik in vangliatna nei a, Pasion tawh nakikhawlhna hong khangto sakthei hi (*Mate 17:20*). Pasion tawh na kikhawlnop nakleh Pasion in na upna khangto sak ding hi.

2. Upna in Pasion hong hopihna A Thu zakna panin hongpiang hi (*Rom. 10:17*). Nisim Laisiangtho simin thungetna tawh ki-aap in.

3. Na upna khangsak dingin Pasion kiangah ngen in (*Luka 17: 5*). Dawivei tapa iipa in Zeisu kiangah hong

pai in khitui luangsa in “Topa aw, ka um hi, ka uplahna hong huh in” (Maku 9: 24) acih mahbang in eima uplahna kithei in upna hong khangsak dingin Pasion kingen thei hi.

4. Upna leh uplahna omkhawm thei hi (Maku 9: 24). Nangmah’n dotna naneih ma’n peuhin Pasion kiangan paikhia mawk ke’n. Eima hotkhatna zong launa leh liinna tawh sepkhiat ding thupi hi (Phil. 2: 12-16). Mi kiangan upna na leitawi sangin nungakpil ngate bangin (Mate 25: 8) nangma’ upna neipah in.

5. Kha Siangtho dawngthuk inla, Nangma nunna a ding a tamzaw ngen in.

6. Na upna gamtaang sak in. Upna icih feeling hilo a, up ding khensatna cih phawkzel in. Khuamial namuh theihlohna ah Pasion om cih phawkin (2Cor. 5:7).

7. Pasion’cihtakna a dingin lungdamko in thungen in. “Na Cihtakna Lian hi” cih la a lamal ngaihsun in.

THURSDAY

May 21

Zeisu’ Upna

Hih leitum in tawplam manawh in vanmi thumte thupuak in Pasion’ thukham len kip in Zeisu’ upna a nei mite acih hun hong tungta hi.

Mangmuhna 14:12 simin. “Zeisu’ upna” in bang acihna hiam?

.....

Seventh-day Adventist pawlpi in upna tawh diktanna a teldan kisin lecin, 1890 kiimtung in Zeisu’ upna leh vanmi thumte thupuak in pawlpi kipkhosak cih namu ding hi. Tua hun ciangdong in pawlpi in thukham mah bulphuh in pibawl uhhi.

Tuabang ding hilo a, lungdamthu bulphuh ding hizaw hi. Tuathu EGWhite in a tomgenna ah: “*Pasion’ thukham bel kitangko khinzo hitaleh, Zeisu’ upna zong a kikim in thupi cihleh thukham leh lungdamthu in tonkhawm cihthu - Seventh-day Adventist pawlpi in tangko nailo hi*” —*Selected Messages*, book 3, p. 172.

Hebrew 11 in Pasion teeltuam, upna thahat mite pulaak khinzo hitaleh, kuamah peuhmah in Zeisu’ upna bang upna nei peuhmah nailo uhhi.

Mate 26:36-42 simin. Hih hun thupi sungahkoibangin ki pulaak hiam?

.....

Zeisu’ upna kanei hi icih ciangin, thupiak zuihna tawh Pa tungah Zeisu’ upna peuhmah khengval sak ding bek hilo; Zeisu tawh nisim kikhawlhna zong ahi hi. Eima’ ni sim nunna a ding thubul hisak lo in Pasion tawh kikhawlhna om theilo cih theihtelna a hi hi.

Zeisu’ upna nei cih ciangin, Zeisu eima sungah omsak in, Zeisu mahin upna thu bulpi ahih manin, Ama’ upna zong eima lungtang sungah omsakna ahi hi. Khatveivei ei’ upna zong thanem theikha ding hi taleh, Zeisu in kilawm (Mang. 5: 9) ahih manin, Ama’ upna zong kineithe ta bek thamlo, hehpihna silpiak bangin eima’ deihang in kizangthei ta hi.

Zeisu’ upna bangzah nadeih hiam? Nang hong piakna dingin kiniamkhiat takin ngen inla, Heb. 11: 6 sunga ombang in nangma mimal a ding thungetna ah, “Topa aw, upna omlopi in nang hong kilungdam sakzolo hi. Nangmah omtakpi cih umin nakiang zuan kongpai

hi. Lungsim takpi tawh kong zon ciangin, thaman tawh hong thukkik ta in” ci in.

FRIDAY

May 22

Ngaihsutbeh Ding:

Eite in upna hangin diksakna Pasion tawh kilemna kingah hi (Rom. 5: 1). Upna hang mah in siangtho sakna (Zeisu tawh kibat theihna vang) kingah hi (Sawl. 26: 18). Eima’ nunna sungah Zeisu lutsak ciangin, upna hangmah in Pasion’ tata i suak uhhi (1 John 1: 12). Pasion’ Tapa sungah upna tawh i nungta uhhi (Gal. 2: 20).

“Eite in amawkna taktak ihihlam theitel in, honkhiapa hoihna bekma a muang kuamah a huzaap zolo kha sangin, a hehpihuai zaw kha dang omlo hi. Thungetna, Ama’ Thu simna, upna tawh Ama’ sungah omna, mihing’ thanemna in a nungta Christ sungah a nuntak leh; amaute a khahsuah ngeilo ding khut tawh Christ in zong lenkip ding hi” —Ellen G. White, *The Ministry of Healing*, p. 182.

“Amaute’ upna pen, deihtak thungetna leh antanna, lungsim kiniamkhiatna in tha hat sakthei ding hi. Angsung hawmsak ding a, Kha leh Pasion’ vang tawh kidimsak ding hi. Deihtak in hahkatna upna tawh Pasion ki-aap in – Pasion bekma muan ngeungauna leh Ama’na sepna sungah siit neilo in ki pum-aapna bekin – vantung huihlak a om ukna aana neite, hi leitung khuamial a uk a tuamtuamte leh a sangna a om kha gilote dona ah kipkho thei bek ding hi” —Ellen G. White, *The Desire of Ages*, p. 431.

Kikupding Dotnate:

1. Galte langkhat ah Kha Siangtho tawh pangkhawm ding a cihna ah, bang a thupi thu nga hong pulaakkhia hiam?

2. Tua galphual ah upna in koimun panin maapang hiam?

3. Hih thute nangma nunna sung ngeiah koibang in hong tung namu hiam?

4. Hebrew 10:23 simin. Eima’ upna letkip ding banghang in thupi nasa hiam?

5. Nangmah thanem nakisak ciangin Zeisu tungah na ki pum-aap ding hunlem cih bangzah vei bang na ngaihsun kha ngei hiam?

Lesson 9*May 23–29*

Mawhna, Lungdamthu *leh* Thukham

SABBATH NITAKLAM

Tukalsung Simding: *Thkte. 14; Maku 9:42–48; Rom. 3:20; Mate 5:17, 18; Rom 3:28; Mate 7:24–29.*

Kamngah: “Nangma thuhilhna te ka mangngilh ngeikei ding hi. Banghang hiam cihleh tuate tawh nong nungta sak hi. Keipen Nangma aa’ kahi hi. Nangma thuhilhnaate zuihding hanciam kahih manin Kei hong hon in” (Late 119: 93, 94).

Pasian leh eite kikhawlhna hong daalthei gal lianpen in lunghianna hi. Mawhna in Pasian tawh hong khenkhia bek thamlo (Isa. 59: 2), hong khem, hong liamsak, hong nawmvalh in hong beisiangsak thei hi. Mawhna leh ang galphual ki maingat den a, a lian pen a lauhuaipen leh tawntung hun hong sukha penpen zong ahi hi.

Mawhna cihpen nunna’ khenkhat hi ci in lungsim sungah a koihlo zong om uhhi. Mi hihna tawh nopsakna lamah paiziau uhhi. Lawmlehgual tawh nuamsalua in mawhna peuh i neuseh kha hiam? Mawhna’ thulu geiteng sikdikdek napi in, mawhna pen ahibang in pulaak khia leng, mikhat peuh sukhhak ding peuh lau ihihleh; a tawpna ah gualnopna bekmaah a teelte in, Pasian tawh a cidam kikhawlhna panin lampialkhia thei ding uhhi.

Mikim in mawhbawl hang a, i ngaihndan, lungsimpuak, tatelehek, paulehham te in eimah, midang

leh Pasian nangawn sukhasak hihang. Mawhna in Pasian tawh kikhawlh na hong suksiatsak tei hang, Pasian in ahihleh Ama’ Thukham theihna tawh Amah hong kilangh in eima’ nunna sungah khuavak hong taansuk sak hi.

Tukal sungteng in, Pasian in AThukham hong piakna hangthu leh mikhat peuh in thukham a palsat in amawh ciangin, a kua peuhmah in Pasian tawh kizopna hong puah phat sakthei ding cih kisin ding hihang.

SUNDAY*May 24***Lunghei Neihna leh Ze-etna**

Thukhente 14 leh 16: 1, 4, 16, 17 cihte sungah Samson aki ze-etna simin. Pasian in, thu tangtawh khat tawh a sapkhiat hinapi, Samson in Pasian’na semkawm in ze-etna sungah zong kipia hi. Ama’ nunna thupiang tengin bangthu hong hilh hiam?

.....

Kidona lianpi omtakpi a, ei zong va kihellui hihang. Tua vannuai galphual in van-tung panin hong kipankhia in eima’ nunna sung ciatah hong om hi.

Zeisu hongpai madeuh in , ei leh Pasian kikal akinai kikhawlhna panin hong kikhenkhia saktthei ding galhiam khempeuh Satan in kaikhawm ding hi. A khial khollo thu khatpeuh khawng tawh lungheinei in, nahun leh na thatang beisak khin nahih manin, Pasian a ding bangpen tawmkha bek omlai ta hi. Tua thu in nasep khatpeuh, kizopna midea, sumbawlina, kimawlina leh an mahmah zong hithei ding hi.

Eimah mah kisittel sitset leng, hih atung a thute kilawmlo liang zahin uangzatna hangin, midangte leh Pasian a ding hun kipiazo nawnlo thei hi. Galpa in eima’

thanemna leh Pasion tawh hun zatkhawpna panin lunghei hong neisakthei nate theitel mahmah hi. I nasepna sungah lutsukmaa in Pasion zon masak ding phawkden ding hihang (*Mate 6: 33*).

Zeisu in eima' dinmun hong telsitset ahihhang; awlmawh lohna bel hua mahmah hi (*Mang. 3: 14-22*). Amah Pasion hinapi, mihing zong hi a, eimah bangin tawl hi (*John 4: 6*). Eite mahbang in nuntak haksatna a masuat ciangin, Amahbek kihemkhia vingveng in, A Pa kiangah thungen hi (*Luka 5: 16; 6: 12; Maku 1: 35; Mate 14: 23*). Ze-etna a va dokikna ah galhiam hoihpen in, huntuum la in A Pa tawh kihona ahi hi. Tua lampi in ei aa dingin zong kician pen hi.

Samson in thahat akisak manin puk hizaw hi. Ze-etna zawhna dingin ama' tha bek muangkha hi. Nisim mahin kha' galpa ahi mawhna in, Pasion leh eite kizopna thanem sak in hong suksiatsak nuam den hi. Eima' thanemna leh ngaihsutna tungah kingak theihna dingin, i ngaihsutna peuh hong kheelsak zel hi. Ciapteh ding thu khat: I upna in hong dingkipsak ding a, tua upna in Pasion' Thu zakna tungtawn in kingah hi.

Tu in bang a dingin na kipeek hiam? Pasion' Thu in tumahmah in koibang in hong huhthei hiam?

MONDAY

May 25

Pasion tawh Kikhawlhna ah Belhmun

Pasion leh eite' kikhawlhna tawh kisai Laisiangtho sungah thupuak tampi om a, tua banah Christ sungah khantoh theihna'ng pan hong daalthei zong tampi takmah om hi.

Paul leh Zeisu kiangpan hih thupuakte lungngai ni:

1. “Lungkip takin ka omzo hi ci in a kingaihsun mite, a pukkhak lohna dingun kikem uhhen” (*1 Cor. 10:12*). Samson bangin, eilehei kimuanna in hong kaituk ding hi.

2. “Mi kineihkhemte in, mite' pahtawi theihna dingin mipi' maiah pengkul a muut bang in hih kei un” (*Mate 6:2*). Nangma' hoihna thu mite kiangah gengen nawn ke'n! Zeisu bangin kiniamkhiat in.

3. “Mawhpih nopna lungsim tawh numei khat a enmi peuhmah in a lungsim ah tua numei tawh a mawhzo hi. Na mit taklam in na mawhna ding hong piansak leh, khelkhia inla paai in” (*Mate 5:28, 29*). Pasion tawh kikhawlhna hong daalsakthei na lungsim sunga iplahna peuhmah hemkhia in.

4. “Nang tungah thu hong kikhena lohna'ng in midang thukhen kei in. Miangte tungah thu nakhen uh bangin no tungah hong kikhena ding hi” (*Mate 7:1, 2*). Mi tung thukhenna ah kuhkal luakei in. Pasion in thukhenpa hi a, Amah'n khensak in (*1 Cor. 4:5*).

5. “Ke'n kongcih in, nagalte it un; hong samsia te thupha pia un. hong mudahte tungah thuhoih bawl un, hong bawlsiate a ding thu ngetsak un” (*Matt. 5:44*). Galte muhdah khawl in. Nang hong bawlsiate tungah muhkhihna naneih leh, tua in Pasion tawh nakikhawlhna hong daal kinken hi. Galte a ding thungen lecin, Pasion bek hilo mite tawh kikhawlhna zong hong kikheel ding hi.

6. “A sanggampa tungah ahehmi in thukhenna thuakha thei ding hi” (*Mate 5:22*). Na kimkot a mite

khawng hawkgawpgawp ke'n. Nang' hehna mite bek thamlo Pasion nangawn sukhathei hiteh.

I khut, khe leh mit in hong mawhsak khakleh hih ding thu Zeisu in hong piakhin hi. Zeisu in bangci hiam? Maku 9:42-48.

.....

Mawhna sung hong tun, nak hut sattan in, na mit khelkhia lecin bel khengval liang niteh. Hong cihtaktak mah ahi hi. Ahitei ta zongin Zeisu in mawhna amuhdan leh eima nunna hong huzaapdan hi. Nang nakoici muh hiam?

TUESDAY

May 26

Thukham

Christian hilo khat kiangah mawhna koibangin hilhcian ding nahi hiam? Laisiangtho in e mawhna koici hilhcian? Rom. 3:20 leh 1 John 3:4 simin.

.....

Mawhna in Pasion' thukham palsatna hi a (*1 John 3:4*), tua mawhna in pianpih ngeina ahi hi (*Late 51: 5; Jer. 17: 9*). Mawhna in bang hipeuhmah cih thukham in hong musak hi. Thukham i cihin i kimlehpam bangci hiam ci in kiteltak in muhtheihna dingin mit limlang bulh tawh akibang hi. Eima' nundan leh gamtatna tungah a kitelcian mahmah a kipkho muhdan hong piangsak a, Pasion' omzia leh a thupi Ama' thute kilang sak hi.

Thukham Sawm tengpen (*Pai. 20:3-17*) Pasion in Ama' khutmee ngiat tawh kui in a gelh ahi hi. Zeisu in T-7

tuat a thupitna a pulaakna ah: "*Topa na Pasion pen, na lungsim khempeuh, nakha khempeuh, nangaihsutna khempeuh leh na thahatna khempeuh tawh it in.*" Hih in thukham masapen ahi hi. A nihna zong tua mahbang hi a 'Nangma' pumpi na ki itzah in na vengte it in. Tua sangin a lianzaw thukham om nawno hi" (*Maku 12: 30, 31*). "Hih in thukham nihte tung panin thukham dang khempeuh leh kamsangte thuhilhna khempeuh hong mengkhia hi" (*Mate 22: 40*) cih.

Sinai mual a Israel a ding Pasion' kammalte in tuni ei a ding (*Heb. 1: 1, 2*) zong hi a, thukham in Pasion tawh kikhawlhna hi cih. Pasion in Amah lei eimah, mi leh mi iki khawlhna kepcinna dingin thukham hong pia hi. Hinapi Satan in Pasion thukham hoihna teng melh in vangik in musak hi. Kalhna hizawlo in itna leh suahtakna thukham hizaw hi. Laisiangtho sungah "*Pasion i it ciangin a thukhamte a zui ihi hi. Ama' thukhamna te in a zuih haksa lua zong hilo hi*" (*1 John 5: 3*) cih.

1.Ciaptehna 1 pan 5 dong zang inla, thu nungta (thukham) in nang a dingin bang zah manpha hiam?

2.Pasion' thukham ka lungngaih ciangin, hong gakcip maw hong thapia? Hong gakcip a hihkhak leh katelphatna ding koicih ding kahiam?

3. Pasion' thukham icih in keima nunna, ka innkuan leh kapawipi nunna thu laigil in ahi, Amah leh midangte itna hi peuhmah leh bang aci intam maw? Kei leh ka nunna sungah kikhawlhna limlim bang a kikheel tammaw?

WEDNESDAY

May 27

Thukham leh Lungdamthu

Zeisu mahmah in Amah leh thukham kikhawlhna pen vangneitak leh kiciantak in hong hilhcian khinzo hi.

Mate 5:17, 18 sungah, Zeisu in thukham koici gen hiam?

.....

Tua mahbang in nulehpa te in zong tate a ding manpha a sakte uh pen daikai uhhi. Thukham icih zong Pasion' omzia hi a Amah'n manpha sa hi. Eite in thukham tungtawn in Pasion tawh kikhawlhna sungah khangto ding ihih manun; Amah tawh ahi a, milehmi ihi zongin i kikhawlhna a kemcing dingin thukham hong pia ahi hi. Thukham palsatna hangin mawhna' sulzuite a thuakhalo eite lakah kua om peuhmah ding hiam?

Zeisu i itna pen thukham' thulaigil hi. Zeisu in "Kei nong it uhleh, Ka thukham na zui ding uhhi" (John 14: 15) hong cih. Zeisu it taktak peuhleing, Ama' thukham zuinuam lelpeuh hihang. Ama' thukham kiteltak in i muhtheih ciangin, Zeisu itloh hong phamawh ta hi. Tua sang a thupi zawsem khat in, singlamteh mitsuan gige in; Christ in eite a dingin aiawh hong sihsakna thu i mit tawh muh gige tawntungna in Pasion tungah itna neihtheih na'ng lampi hoihpen ahi hi.

Tua ahih manin lungdamthu leh thukham tonkhawm ngitngget hi. Tuhang mahin thukham leh eima' zuihna bangzah in thupi taleh, Pasion' maiah hong kidinsakna munah thukham mahin eite hong mawhsak veve hi. Thukham in hong maisak ngeilo, hong diksak ngeilo in hong lemtuah ngeilo hi.

Tua sangsik in, mawhmaina, diksakna leh teptuahna te ikisap lam hoh hong musak zawsop hi. Tua

hi a, thukham theihcian na'ng thu tawphahpi in langdamthu, eite' aiawh in Christ hong sihsakna pen thukham zuihna tawh hi zawlo in, upna hangbek tawh eima aa hihsakna ahi hi.

Anuai a munteng simin: Rom. 3:28; Rom. 4:13-16; Gal. 2:16; Gal. 3:13; Philippian 3:9. Thu ummite a dingin, thukham zuihna pen kalhna hilo in upna hizaw cih bangthu tawh hong hilh hiam?

THURSDAY

May 28

Thei in Sem Knowing and Doing

Mualtung thuhilhna sungah, Zeisu in kikhawlhna thu - Amah tawh leh milehmi kikhawlhna thu tampi gen hi. A thukhupna ah lungsim hong khoih mahmah thukhat gen hi: "Kei kiangah, Topa, Topa hong ci mi khempeuh vantung gamsung ah lutlo ding uhhi. Vantung ah ka Pa' deihna bangin a gamta teng bek lut thei ding uhhi" (Mate 7: 21) cih.

Zeisu in, mi pawlkhat in Ama' thu thei napi in Amah thei taktak lopi in a sammi om ding hi cih. Thu theihna zon ding a thupit mahbang in, Laisiangtho in zong, Pasion' mite in, Pasion a theihlohna uh tawh a nialkhakna uh omthei hi cih (Hosea 4: 1, 6, 10). A hun a bei ngeilo Laisiangtho thumaan pen nengniam pampaih ding hilo hi. Ahihhang tua theihna in eite kheel in ki-aapna leh Pasion tawh hong tonkhawp sakttheih keileh, tua in bangmah kimanna neilo hi.

"Nangbek amaan Pasion nahihna thuleh, Nangmah in na hong sawl Zeisu Christ hong theihna pen amaute a dingin tawntung nunna ahi hi" (John 17: 3). Vantung luttheih na dingin a kism masa penin, Ama' deihna bang hihna hi a, Amah theician lopi in lah Ama' deihna kihih thei tuanlo hi. Tua in a khatna letna ding a kilawmpen mah hiding hi.

Na tate in nang hong it hong cih a, na sawlna a manleh; amau' tatelehek tengin amau' hong itna leh hong zahtakna a thukna hong lak hi. Tua mahbang in eite'n Pasion i it ciangin, Ama' deihna bang i semnuam a; tua sangin hihding a hoihzaw dang omlo cih i thei hi. Amah i dawnthuk kikna in Ama' thu manna pen, eima' itna panin hong luangkha Amah tawh kikhawlhna omzia diktak ahi hi.

Zeisu in mualtung thuhilhna pen, a thungai mipite' lungsim a khoihkha mahmah tona khat tawh thukhup hi. Bang aitam? Mate 7: 24-29 simin.

.....

Zeisu' thupuakte i zak taktak ciangin zong kito sakzolo in zong kikheel zo tuanlo hihang. Hitaleh, amasa in, i bilte beek kihong henla, i lungsim beek in sangthei photphot leh; tua ciangin, Pasion tawh kinaikhawlh theihdan ding pen lungsim sungah husan simin hong omthei ding hi. Tua ciangin i nunna in tua Suangpi tung leh Pasion' hong ngiimsak na tungah hong kinga theipan ding hi.

Kinaikhawlh theihna pen thusimlua zong hikhollo hi. Tua thupen Pasion' Thu sungah laimaite tawh hong pulaak khin a, mikhempeuh hong piaksa ahi hi. A cingtaak Christ' dikna pen upna tawh sang in, tua dikna tawh nuntakpih theihna pen mimal deih teelna tungah kinga hi.

FRIDAY

May 29

Ngaihsutbeh ding:

Thukham' thulu in kitukalh gawp in a kitelkialh zong lamdang sakluat ding hilo hi. Satan in Pasion a langdona bulpi pen a thukham mah hipah hi.

Zeisu' hunlai a mi pawlkhat in, thukham hemkhia dingin Zeisu hongpai cih a um zong om uh hitaleh, tuabang bel hithei samlo hi. Tua thukham a picinsak theihna dingin Zeisu un tua thukham leh Pasion hoihna khuavak pia dingin hongpai (Mate 5: 17, 18) a, Pasion omzia taktak hong lak hi.

“Pasion' kammal siangthote pen zahtakna bek tawh mihing' lungsim sungah teng thei a, vantung' deihna zong picing saktei bek hi. David maan hun sung leh Solomon' hun masalam sungteng in Israel mite thahatna tawh a kidimsak thei pen Pasion' thukham mah hi a; Elijah leh Josiah hun sunga kipuahphatna teng zong tua thu nungta upna mah tawh hizel hi. Hih thumaan thutak mahpen Israel mite gamphi hi a, Jeremiah in zong tua thu tawh kizui in kipuahphat ding nakpi takin hanthawn h?”—Ellen G. White, Prophets and Kings, pp. 465, 466.

Kikupding Dotnate:

1.Mipi ngeina in mawhna koici muh hiam? I pawlpi in e koici dawnkik hiam?

2.Mawhna in Pasion leh mihing, milehmi kikhawlhna hong suksiatna cikin namuh masakpen ahi hiam?

3.Pasion' thukham zuihna haksa nasa ngei hiam? Bangthu tengpeuh in a thu kipsak hiam?

4.Pasion i theihna a thanem ciangin Amah tawh kikhawlhna koibang in hong sukhhaksak thei hiam?
(Pau. 24: 3, 13, 14).

Lesson 10*May 30–June 5*

Kisik Kikna leh Maisakna

SABBATH NITAKLAM**Tukalsung Simding:** *Isa. 61:10; Hosea 6; Sawl. 3:18, 19; Pai. 34:1–10; Rom. 6:23; Mate 22:1–14.***Kamngah: “Pasian kiangah i mawhna teng vapulak lehang, Amah citak in thu maan ahih manin, i mawhnate hong maisak in, i hoihlohnate khem p e u h hong siangsak ding hi” (1 John 1:9).**

Israel mite in meiikhuam nuai ah giahphual saat in om uh a, Kamciam Gam zong amau a dingin gamla mahmah bang ahi hi. Ni tampi laipek panin Moses in tua meii in a khuhcip mualtung khuamial sungah va kahto khin hi. Tua mualdawn pek khawngah gilkiial dangtak leh meikuang peuh tawh sikhin zo phial ding hi ci uhhi. Tua mihon tangpi in tuamun ah om nuamsa nawnlo in bawngnawi leh khuaisu a luanna gamah lotta dingin kiging ngeingai uhhi.

A sawtnailo khatin tuampipi in Pasian'thu ka mang ding uhhi ci in thuciamna kip khat a bawl uhpem manggilh in, amau' muhtheih lim khat bawl nuam uhhi. Amau a ding in lim khat a bawlsak dingin Aaron giahbuk kiimah hong kikaikhawm ngeingai uhhi. Ama' nunna a ding launa tawh Aaron in thukimpiph hi. A dahhuai hih thupiang teng Pai. 32-34 sungah om hi.

Hih thupiang pen, tukal sinna thubulpi; mawh kisikna leh mawhmaina hilhcianna Laisiangtho sungah

tangthutom khat bek hipan hi. Nisim sinnate nasim suksuk kawmin tukal kamngah mahmah na lungsim sungah omsak den in. Mawhnei hinapi hang in, sing lamteh leh hotkhiatna ngiimna tungah lungdam un; tualai ah mawhna pulak te a dingin mawhmaina om tawntung hi

SUNDAY*May 31***Nawhtat Nuntakzia**

Manlah mahmah kaal khat hi. Hi nu in Sabbath hong tunma in a sepding tampi om cih thei gige napi, a thupi na khat pen, thu-kin khat in a nawmvalh tawh kibang in, tua nun'n nitumlam phawk kha nawnlo hi. A innkuan un nitak anlim a nopnek mahmah khit uh ciangun biakpiakna bawl uhhi.

Sabbath zing hong thawhbaih leh, tuibuuk sung naniin luamai ahih manin hong nawtsiang pah hi. Tapano in zong zunteh ahih manin a delhphah pen puan dangte tawh puansawp setsungah denna pah leuleu hi. Innkuan a ding zing-an ding hong bawl ciangin, sunsiah a ding akhum omlo cih hong phawkleuleu ahih manin; manlang takin nahtang- khomun pawlkhat hong em saisai hi. A lawmpa' Sabbath puan kizuut nailo hong muh tak ciangin, zuutsak in, puan dangdangte zong khepsaisai in, niin bung zong hongpaai hi.

Tua ciangin, *Tuni ka it mahmah Sabbath ni hiven! Kei lah innsung na kizam teng peuh na semsem keei pongmawk vengin, Sabbath ni in Pasian tawh kinaihna dingpan ka lungsim a vaakthak sak kahi tave cita hi.*

Khua hong ngaihsun in, ama' gamtatna teng thutang suaksak a: **sep dingteng vive mah hi e** cih. A hitakpi mah maw? A gamtatna teng pen Martha tawh kibang in: **“an-vaakna ding tawh lungkham lua” (Luka 10: 40)** kisa ta hi. Zeisu' kammal khat a lungsim sungah

hong lutvat hi. “Nang na lung hihmawhna tam hi. Na kisap taktak khat bek om a, **Mary** in tua a kisas na pen a semsem ahah manin, tua a nasep ama’ kiangpan kilaakkhiat saklo ding hi?” (Luka 10: 41, 42) aci hi. Thu hoih ahi hi. Itna thuk tawh Zeisu’ khephung ah tut ding, Sabbath nibek hilo, nisim in tut ding ahi hi. Tuani zingsang in tua nu in nahih khalo ta hi.

Amah’n Pasion it hinapi’n, kikhawlhna a khauhtheihna dingin Sabbath hun a piak pen mangngilh kha hi. Anbuk sungah a tutkawm in a mitte panin khituute gamdai takin hong luangsuk gelhgelh hi.

Hih thugentehna deihna bulpi in, Sabbath ni in sep ding sepluh ding cihte hizawlo a; Pasion tawh kikhawlhna hong thanemsak, hong kitatsak theite phawkkhak ding kitheih sakna hizaw hi. I lungtang in mawhna tawh nasa in kigamla i sak ciangin Amah sam leng Zeisu in anaino in omgige hi (Luka 53: 2). Sisan a baang Ama’ khut sungah, puantualpaak om hi. Eima’ kisikna khituute Amah’n mu a, eima’ puanniinte hong suahkhiat sak hi. Lam tawntung in Ama’ puantualpaak tawh hong tuamcip hi. Ama’ siangthona in eima’ mawhna teng avekpi in picing takin hong sitcip sak hi. Eima’ puante zong Ama’ sisan sungah sawpthei ta hihang (Mang. 7: 14).

Isaiah 64:6; Zechariah 3:4; leh Isaiah 61:10 in eite a ding Christ’ dikna a thupitna koici pulak hiam? Hihteng ah hong kamciamna tungah banghang in kiptakin pom tawntung ding ihi hiam?

MONDAY

June 1

Kha Siangtho in hong Phawkkik sak

Amah leh azi kikal kigamlaatna teng a ngaihsut ciangin, amah khial bel kisa hi. Amah ngongtat luakha khin in a paukhiatsa pawlkhat bang kisikkik zawzen hi.

Ngaihsun phapha in “Ama thuak ding mah hilel e, tawmbeek e!” cih.

Tua bang ngaihdante na zongsang lel hiam? Thuumkhit ciangin zong eima’ ngaih dan leh paulamte pen olnu takin kikheel ziauthei hi. “**Dahmah si’ng**” cihziau ding pen haksa mahmah hitaleh, hihkhialh a om ciangin, kikhawlhna puahphakik in thahatsak kikna dingin a kisas mahmah thu ahi hi.

Pasion tawh zong tuamah bang ahi hi. I bawlkhak mawhna te pen Kha Siangtho in hong phawkkik sak zel hi. Tua phawkkik sakna hangin lungsimte hong khoihkha hinapi, eileh eimah iki diksak laitak mahin, tua aw neuciauciau pen ki awlmawhlo kha thei hi. Kha Siangtho’ maapanna khatpen “**leitung mite’ mawhna lah**” (John 16: 7, 8) hi. Pasion hong silpiak uphuai keiliang e (Luka 11: 13). Pasion tawh tonkhawpna ah hong piangkha ki gamlaatna te, puahphat theihna dingin phawktheihna in thupi mahmah hi.

Hosea 6 simin. Pasion in kisik ding hong cihcih laitak in Amah mah koibang in hong kipulaak ci hiam?

Eite, **Lengguipi** tungah hong kipehkik sak Kha Siangtho maapanna lungngai kik in (John 15: 4).

“Eima gamtat siatna hangin, a deihhuailo sulzuite a dingin kidah zel hinapi; tua in kisik kikna hilo hi. Mawhna hangin dah taktakna pen Kha Siangtho’ nasepna ahi hi. Honpa a khasiasak lungsim’ gitnatlohna teng Kha Siangtho in hong lahkhia in, kisikna tawh singlamteh phung hong tun hi. Mawhna malsim in Zeisu liamsuah hi. Amah a gimsak eite mawhna hangin kidah mahmah hi. Tua dahna in mawhna

nutsiatna lamah hong makaih hi —Ellen G. White, *The Desire of Ages*, p. 300.

Pasian leh eimah kikal ah teeltuam zongsat mawhna a om peuhmah leh kikhawlh na khangto theilo hi. Ki picing thei ngeilo hi taleh – lungsim sungah Kha Siangtho hong lut ciangin mawhna kisik teitei kul hi (*Ephes 4: 30*).

Kisik kik dingin sapna leh taaina na zak nunung pen bangun hiam? Na koici dawnthuk hiam? Hun tawmno la inla, tukal sungin Ama' kammal sunga Ama' aw za dingin nabil dawh inla, Pasian in damtak in hong hopihna zathei dingin thu ngen in.

TUESDAY

June 2

Kisikna Taktak

Leitung paizia in suahtakna, angkhualna leh kiliatsakna cihte vive tawh hong buai sak mahmah hi. Tuate pen Pasian' hongsapna sila dinmun leh kiniamkhiatna cihte tawh kilehbulh kilkel hi (*Mate 5: 5*).

Laisiangtho in Tuiphum John' kammal ana ciapteh masakna zong tua mahbang ahi hi. John in "*vantung gam hong naizo ahih manin na mawhnate uh kisikkik un*" (*Mate 3: 1, 2*) cihhi. Zeisu in zong, "*A hunhoih hong tungta a, Pasian uk ding hun hong kipan ta hi. Na mawhna uh kisik unla, hih lungdamthu umun*" (*Maku 1: 14, 15; Luka 24: 46, 47*) cihhi. Zeisu leh John in amau' thungai mite kiangah vantung gam naizo ahih manin mawh na kisik ding samkhawm uhhi. Hih thupuak in tuni eite tawh a kipawl thei ding hiam?

Sawl. 3:18, 19 simin. Khalam khantohna dingin banghang in mawh kisikna phamawh sese hiding hiam? Thathak guat ding hun acih banghiam?

Pasian dikna leh hoihna in kisikkikna lamah hong makaih hi (*Rom. 2: 4*). Mawh kisikna cialnih om hi (1) eima mawhna a ding nasak taktakna (2) mawhna nutsiat ding khensatna taktak. Laisiangtho sungah ahihleh kisikna leh maisakna kizompah hi. Aman takpi in kisik leh; Pasian in maisak hi (*1 John. 1: 9; Mang. 3: 19*).

"Mi pawlkhat te ngaihsut bangin, i Topa in a kamciamna a hong tungsak hak hi zenzenlo hi. Note khatbeek in siatna na thuakkhak dinguh deiho in na vekpi un nakiksik dinguh adeih ahih manin; hong pai nailohna pen note hong khualna hizaw hi" (*2 Peter 3: 9*). Nihveina hong paina dingin eima' kha ciat kigin kawmin, Pasian in Amah tawh kilem ding hun hong piakna ahi hi.

Eite i kisiktheihna dingin, Zeisu in thuakin, si in thokik a, hong hehpihna in eima nunna sungah na lamdang hong bawlthei lua hi. Leitung in eima' om bangbang lemlel mah e, a cihbang hilo in Pasian in kisik kikna leh upna tawh Ama' kiang zuat ding deihi hi (*Sawl. 20: 21*). Ama' teci i pantheihna dingin, Amah mahin Ama' melhoihna suun dingin zuunsak dingin Ama' khut sungah ki-aap ding hihang (*John 15: 2, 8*). Tua cihleng kisik kikna sungah khangto in gah gahthei ding hihang (*Mate 3: 8*).

"Kipuahphatna omlo kisikna in, kisikna citak hilo hi. Christ' dikna in mawh a pulaaklo leh a nusialote' a ding puantungsilh hilo hi. Tuapen nundan thukhun khat hi a, gamtatna puahpha in tattlehhek kemcing hi" —Ellen G. White, *The Desire of Ages*, pp. 555, 556.

Kisikna in nuntakna hong tun (Sawl. 11:18) a, Pasian tawh kikhawlhna ah khantohna'ng thu khat ahi

hi. Ki pum-aapna, kisikna leh Pasian kizuunsakna cihteng pan, nang a ding koipen in hong topha pen hiam?

WEDNESDAY

June 3

A Kicing Hehpihna

Eima' mawhna vangikpua in, singlamteh phungah Kha Siangtho kimakaih sak ciangin, "*Topa dikin hehpihna tawh kidim a, hehhak in a lianmahmah itnakip tawh akidim hi*" (Late 103: 8) cih thei in; Pasian' hong maisakna ngen in. Hih mun mahmah pen Pasian Ama' teeltuam mite in a khasiat sakkhit uh ciangin, Amah ngiatin a paukhiat (Pai. 34: 6) ahi hi.

Paikhiatna 34:1-10 simin. Bang thumaan thupi om hiam?

.....

Topa in hehpihna tawh kidim, hehhak, a hehpihna in a zaihuamna in, eimah leh Pasian kikhawlhna a hoihsak kik dingin, singlamteh tungah Zeisu hong sihna thu mah ahi hi. Mawhna phawk in i pulak ciang in Aw Topa hiah om ing "Kei mawhnei hong hehpih in" (Luka 18: 13) icih ciangin; eima' sapmaa nangawn in a Kha Siangtho tawh eima a ding a semsem khinsa i Topa in eima' vangik hong muhsak in hong hepkiatsak hi.

Calvary ah eima' vangik teng hong laptoh sakkhin a, Amah kiang i kuat ciangin Zeisu in hong nai om mahmah hi. Tuucing hoihpa in hong zong niloh a, kongkhak ah dingin hong kiu hi (Mang. 3: 20). Pasian gal-et lelpeuh dingin singlamteh kiangpan gamla om sedah ni maw. Zeisu' kiangah tai vingveng in eima' vangik teng leh Ama' dikna kheek ni (Zech. 3: 4).

Anuai a munteng damtak in simin. Nang a ding Pasian hehpihna a pulaak teng nangma' kammal tawh gelhsuk in:

"Mawhna' thaman in sihna hi a, ahi zong in Topa Zeisu tawh kipawl manin Pasian hong piakkhong pen tawtung nunna ahi hi" (Rom. 6:23).

"Khialhna a tamna mun ah Pasian hong hehpihna lianzaw zel hi. Mawhna thahatna in hong sihsak mahbang in, i Topa Zeisu Christ hangin Pasian' hehpihna thahat zawlai a, mihoih in hong sangin nuntak tawtungna sung hong tun hi" (Rom. 5:20, 21).

"Eite mawhna nei i hih laitak in, eite a dingin Christ hong si ahih manin Pasian in eite hong itmahmahna thu hong lak khin hi" (Rom. 5:8).

THURSDAY

June 4

A Manphapen Puanpi

Puansilh nikten hoih cihte peuhmah in leitung dinmun hong lak hi. Mi pawlkhat in "*Keimah kua kahih pulaak na'ng in puansilh ing*" ci uhhi. Ahihhang vantungah ahih leh eima kikhawlhna teng mualmang lel ding hi (Mate 6: 19-21). Eima' mimal ciaptehna pen Zeisu' puantualpi picing sungah kituuncip ding hi.

Mate 22:1-14 sunga Zeisu hong gen thu gentehna hilhcianna simin namu hiam?

.....

Puan silhlo mipa pen Zeisu in "*lawm aw*" ci a, a langkhat lampan dawnkikna a om mello hang kikhawl ngei cih hi limlim hi. Tua mipa in tua puantual thei gige napi

silh nuamlo hizaw hi. Zeisu' omzia in picing in melhemlo hi. Topa in “*puan hoih mahmah siangin a paak mahmahte ama' silh dingin kipia*” (*Mang. 19: 8*) a; “*paubaanna, tonna cih bang a omlo*” (*Eph. 5: 27*).

Tua puanpak pen “*aituam Honpa in Zeisu i saanna tawh upna tungtawn in hong kipia Christ' dikna, paubaanglo Ama' omzia ahi hi*” —Ellen G. White, *Christ's Object Lessons*, p. 310.

Adam leh Eve in a mawhmaa un puanpak neeldikdek silh uh a; a mawhkhith uh ciangun, guaktang ahihlahm uh phawk uhhi (*Pian. 3: 7*). Tua ciangin amau' khuitawm thei the puan pen Pasion in lakkhiat sak in, gan'vun puan tawh laihsak hi. Amau' puansilh theihna dingin kipiakkhiatna khat omkha hi. Tu mahbang in, Zeisu hong kipiakkhiatna pen eite'n Ama' dikna puantual tawh kisang hi.

“Tanguak in zum uh a, vantung puanpak munah, amau' khuitawm theiteh puan hong silh tamai uhhi. Mihing in amau' mawhbaanglo dinmun pen bangmah tawh bawl dam zo nawnlo uhhi. Christ leh vanmite tawh Tuuno mopawi ah a tukhawm ding mite in theiteh puan peuh, leitung puansilhte peuhmah silh theilo ding uhhi. Christ hong tuamna puan bekma in Pasion' maiah hong tunzo bek ding hi. Hih puantuam, Ama' dikna ngiat pen, a kisik kha te khempeuh tungah Christ mahin silhsak hi”—Ellen G. White, *Christ's Object Lessons*, p. 311.

Lengik: Zeisu' dikna puantuam tawh nisim in tuamsak ding hihang. Bang a cihnopna taktak hi a, koici hih ihi hiam?

FRIDAY

June 5

Ngaihsutbeh ding:

Eima' khalam dinmun lahkhiatna dingin laisiangtho in lokhawhna tawh gentehna pia hi. Hosea 10:12 sunga pen tukal a dingin gentehna thulu khat hi photphot hi:

**“Khaituh bangin thumaan tuh in;
A piang thuphate zong aat un.
Lothak leitangte kalkham un;
Topa nong zon ding uh hun hita hi:
Amah hongpai in dikna guah hong zusak ding
hi”**

Eite'n, leisakna mun kalkham in, khaici tuh in, aat in Pasion kianglam i zuan uhhi. Eima' lungsim leitang pen Kha Siangtho guah hong zukna dingin kisasak ding hihang. Pasion in leitang puahphat nopna lungsim hong guanthei a, Pasion tawh kikhawlhna hang bek ahi hi (*Phil. 2: 12, 13*). Amah' lamah lu hei ding hanga, Amah baan in pom ding hi hang. A zomteng Amah'n hong semlel ding hi.

Pasion pom bikbek in omna lim khat pen: “*Na mit un Topa hihna Baalpeor ah mu khin hi. Na Pasion un note lakpan in Peor ah Baal a zui mi khempeuh susia hi. Ahihang in Topa na Pasion uh a lenkip te khempeuh tuni in na hinglai uhhi*” (*Thkna. 4: 3, 4*).

Kikupding Dotnate:

1. “Ze-etna hong thuaksak ke'n, gilopa kiangpan hong honkhia in” (*Mate 6:13*). Zeisu in hibang lianin thungen dingin nungzuite hilh hiven, eite'n eleh, nisim thu ngetna ah hibang in i ngen beek hiam? Ze-etna leh

mawhna pan hong kepna dingin thu nan gen tawntung beek hiam?

2. Christian ahilo khatpeuh, thu umlo khatpeuh kiangah Christ in hong piak khong dikna puantual' thu koibang in na hilhcian thei ding hiam?

3. Mawh kisikte Pasion' maisakna leh siansuahna thupuak ahi Christ' dikna puantualpi leh biakbuk koibang in na kizomsak thei hiam? Hih thupiak a hoihna leh a picinna bangzah na telcian hiam?

Lesson 11

June 6-12

Haksatnate

SABBATH NITAKLAM

Tukalsung Simding: *Maku 4:35-41; Maku 5:21-34; Rom. 5:3-5; Job 19:23-27; Job 23:8-12; Luka 24:13-27; Rom. 8:18, 28.*

Kamngah: “**Haksatna i thuak laitak nangawn in i lungdam veve hi. Haksatna in thuak zawh hatna piangsak a, thuakzawh hatna in Pasion' pahtakna hong ngahsak a, Ama' hong pahtakna in lam-etna lianpi hong neisak ahihna thu i thei hi. Pasion in eitungah hong piak a Kha Siangtho tawh eite sungah Ama' itna hong guang ahih manin, hih lam-etna in eite hong lungkiasak ngeilo hi**” (*Rom. 5:3-5*).

Nitak khat, ni mualtung ah a tuan laitak in, nungakno khat innlam zuan hong ciah leh, huih hong nung gawp hi. A lampi saupian lai ahih manin hong nawhpai pianta hi. A biang tungah guah malkhat hong taaksuk a, hong kizom datdat ahih manin, upmawh lohkal in hong kawt pianta hi. Hong taai vanvan in inn konghon leh innsung lut hong thuahpah leh; a pa in zong innmai tawlet panin hong delhphei pah hi. Mainul dialpi khat tawh a tanu tuam kawmkawm in, “*guah nong thuaklam hong mupan tazen ing. Khuaphia vanging lakpi ah dakto venvan in nuihmai keei hilo namau*” ci in dong hi.

“*Aw himah ei. Dinkhawl in vanlam dakto mah ing. Pasion in maan hong zaihzaih hiven!*” ci in dawng hi.

Nuntakna huihpi hong nungin, Pasion tawh kizopna sungah haksatna peuh hong om ciangin koibang in ki dawngthuk hiam? Eima' nungzang ah guah hong kibuak ziahziah tak ciangin, lu kuunlel peuh in i omkha hiam? Pasion kianglam dakto zaw in Amah i muangzaw hiam?

Tukal sungin, nuntakna sungah tona hong om ciangin i dawnthukna teng en ding hihang. Nuntak haksatna hangin a thupipen kikhawlhna teng thanem sakzaw ding hilo in; tahatsak zaw ding cih tukal sung kisin ding hihang.

SUNDAY

June 7

Nuntakna Huihpite

Zeisu in Galilee bual' gei panin mihonpi te tungah sunthapai in thuhilh hi. Tua Zeisu' kammal tengin mihing te lungsim sungah tawmvei sung ahi a, a tawntung ahizong in omkha thei ding hi.

Nitaklam ciangin, Zeisu in khualzin khia dingin nungzuite sam hi. "*Tui kantan in galkhat lamah paini*" (Maku 4: 35) aci hi. Huihpi hong nung ding cih Zeisu in thei gige napi zinpih veve hi. A nungzuite a nuntak sungah pilna thupi pawlkhat hilhnuam hi. A thupiang theikhin phial niteh.

Maku 4:35–41 sungah hih huihpi' thu simpha kik in. Upna tawh kipawl bang sinna ki neithe naci hiam?

.....

Hihthu teng lungngai in:

1. Zeisu in gunkuang sunga lukham khat kham in ihmu hihtual hi. Nga-man gun kuang te in lukham khat nei hamtang uh a, gunkuang hawlpa tutphah zong hi ahiah

manin a nunglam a hawlpa mun ah om hi. Gunkuang nunga ompa in gunkuang paina ding mun ah hawl hi. Hitengah Zeisu in gunkuang "hawlpa" ommun ah om hinapi, Amah ihmu hih tuak hi.

2. Nungzuite khempueh gunkuang tawh kisai mithal hikhin lo uhhi. Peter, James leh John tebang pen ngaman siammahmah uhhi. Galilee bualtui khawngpen khut tung lumleh bangin a lumleh uh hi a, huihpi khawng pial siamlua lel uhhi.

3. Lungdamthu sungah Zeisu' ihmutna hiteng bekah om hi. Nungzuite nuntak sunga huihpi suksia pen khat hi a, amaute'n sih ding a lau mahmah laitak in Zeisu ahiehleh na ihmu hithiat lelngel hi.

4. Nungzuite in amau' haksat hun ciangin "*Hong donlo na hiam*" ci uhhi. Amau tungah Zeisu' itna leh khoina dong ta uhhi. Eite'n zong haksatna i thuak ciangin tua mah bangin dawngthuk thei zel hihang.

Lam-et bei dinmun i tun ciangin eileh ei peuh ki honkhia nuam pongmawk thei hi. Natlehsat supna a om ciangin, Pasion hong itna leh hong donna peuh ki dongpha nuam pong hi. Mihing lampan eima' muhdan leh ngaihdan bangin Amah'n hong panpih dingin ki um pongmawk hi. Nungzuite mahbang in nuntakna huihpi lakmah ah Pasion in lim lianpen hong hihsak thei hi. Pasion citak den hi. A puatham in Ama' tatna muhtheih loh hang khatna neilo in omkhong lo hi. Eima' huihpi lakah Amah hong om a, bangmah ihih theih nawnloh ciangin Amah'n huihpi daisak hi.

Nangma nuntakna huihpi na phutkhak ciangin na koici dawnthuk zel hiam? Hih hunte in Pasion tawh

kikhawlhna koici huzaap thei hiam? 2 Corinth. 5:7 sunga teng cik in na nuntakpih hiam?

MONDAY
Damta in

June 8

Galilee bualtui gei a mihonpi mitkha muh in. Zingsang tuung panin Zeisu hong tunkik ding a ngakuh hi a; Zeisu gunkuang sungpan hong paikhiat phetleh, kiim uum luungluung uh in, Capernaum khua a paina dongah zui ngeingai uhhi. Biakinn ukpa Jairus hong tungvat in a tanu damask dingin Zeisu hong thuum hi.

Mihon lakah numei khatpen, kum tampi cidamlo sa ahi hi. A sumneih sungteng zong siavuan tetung ah beimang khinzo hinapi “*noptuam zawlo in gim semsem zaw hi*” (Maku 5: 26). Hih Galilee mi lianpa’ thu tuanu in zakhin zo a, lam-etna nei ahih manin, zingsang tuung panin thasaan in innpan paikhia in mipi lakah hong kihel hamtang hi. Mihonpi in huu-bing zo liangzah dingin kiphukeei ahih manin letmat khatkhat ta in Zeisu’ kiang vanaih theibek hi. Tua bang a phutphut leh Zeisu a vamu theita hi. Amah ki thahatsak in “*A puanmong nangawn valawngkha leng dam ning*” (Maku 5: 28) cihhi.

Maku 5:21–34. Bangthu piang a, bang thusinna om hiam?

.....

Hih thupiang in, damlo leh pampaih mite leh mihonpi laka mangthangte Zeisu’ hong kepna leh hong khasiatna hong lak hi. Tuani in mi tampi in Zeisu’ gei ah hong kikai khawm ngeingai uh hinapi; mikhat bek in ama’ kisapphat mahmah thuphate sangdingin Zeisu’ kiang hong tungthei hi. Tuanu’ lawnna in amah damsak hizawlo a, ama’ upna in amah damask hizaw hi (Maku 5: 34).

“*Honpa in upna tawh lawnna leh gin neilopi a mihonpi’ lawnna khentel thei hi*”—Ellen G. White, *The Desire of Ages*, p. 344. Zeisu’ puan in bangmah vantuam nei tuanlo hi. Numeinu in upna tawh baan in valawn ding a teelna in amah damask hi.

Tua a thanem numei in, haksat thuakna sungah innsung ah omlel peuhlo in; a cidamna dingin lam-etna lianpi tawh Zeisu tawh kikhawlhna hangin damsakna lam-en in hong pai hi. Zeisu galmuh leltawh kicing zolo ahih manin; anaina mahah hong zuan hi.

Zeisu in tuni in hong sam hi, “*vangik pua in gim mite aw, Keikiangah hongpai un. Tawldam kong pia ding hi. Keima’ hakkol kisin un. Keimah in kiniamkhiat in Ka lungnem hi. Kei kiangah hong kisin un. Na kha un tawldamna ngah ding hi*” (Mate 11: 28, 29).

Hih numei in Rom. 5: 3-5 sunga ngaihndan te akisapna koibang in kilangsak hiam? Nangma nunna sungah koibang in a kimu tam maw?

TUESDAY
Job

June 9

Laisiangtho sunga haksatnate lungngaih ciangin Job tangthu mah lungsim ah hong suakkhia masapen pah hi. A neihsa teng khempeuh a sup baanah (Job. 1: 14-17), a tate khempeuh zong si (Job 1: 18, 19) a, a cidamna zong sumh lai hi (Job 2: 7). A zi in na Pasion samsia phot in si sukin ci lailai hi (Job 2: 9).

Tuakhit ciangin a lawm thum hongpai uh in Job hong tutpih uhhi. Ama’ thuakna teng a muh uh ciangun lung-am liang uh ahih manun, ni sagih sung pau hetlo in om uhhi (Job. 2: 13). Tuakhit ciangin hong paikhia mah

uh a, mihing' ngaihdan tawh Job tungah kamsiatna hong tung ci in genkhia uh ahiah manun, Job' thuakna nuamtuam sak zolo uhhi. A lawm thum teng un, Job in mawhna seelsim nei hiding a, a kisik kik kul ding hi ci uhhi (*Job 8, 11, 15*). "*Migilote, Pasion a ngaihsun lote, a thutawpna uh tuabang ahi uhhi?*" (*Job 18: 21*).

Job in koici dawnkik hiam? Job 19:23–27 leh Job 23:8–12 simin.

.....

Kamsiatna bangpeuh in amah kiim-uum taleh, ama' telloh thute awlmawh selo in Job in citak veve lai hi. Kip ngiungeu hi. Pasion mawhsaklo, samsialo hi. Pasion mawh sak dingin a ki ze-et ciangin, amah in "*Kanu sungpan in guaktang in kasuak a, guaktang mahin ka ciahkik ding hi. Topa in hongpia a, Topa mahin hong lakik hi. Topa' min kiphat taheh*" (*Job 1: 21*) cih.

Eite zong tua galphual lakmah ah nungta ihi uhhi. Satan in natna, thuaksiatna, supna leh haksatna tuamtuam tetawh hong gimsak denin, itna Pasion' limmel teng hong suksiat sak den hi. Hibang hun ciangin eite' dawnthuk theih na'ng namnih omhi: Pasion mawhpaih in nial ding maw; i thaneihzah tawh Amah pom cinten zaw ding maw cih ahi hi. I kimkot tengah gal hanmahmah hitaleh, tawntung hun tawh ngaihsut ciangin; tu a gimna teng pen tawmveino sung haksatna hibek hi (*2 Cor. 4: 16: 18*).

Tu in eite' mitmuh nate sangin a thupizaw tampi takmah omlai a, khuamial pen hun sungin thu ummi khat a ding tona lianpen in Pasion mah muang tentan ding cih ahi hi. Pasion in Ama' hong itna maan taktak pen lam

tampi tawh hong lak khin hi. Tu tektek in hamphat lawhpah kei leng zong Pasion' hong itna tua thumaan pom bikbek ding hi hang.

Tu laitak in haksatna sungah omkha nahihleh Pasion kiang ah tai vingveng in. Na laisiangthobu leh ciaptehna laibu keng inla, khua pualam gamlak ah pai in Pasion tawh kimu in. Rom. 5: 3-5 teisuk inla, a thupuak kibanglo teng lungngai in. Pasion hong itnaleh kepcinna in na nunna sungah a muanhuai pen belhmun hi cih um in.

WEDNESDAY

June 10

Emmaus paina Lampi

Tua nungzui nihte a dingin nipikal tawmno sungteng a lung hihmawh pen hun uh ahi hi. Amau' phutkhak thuteng leh aki holimna teng lungngai phapha in om uhhi. Gual zo in Jerusalem hong lutna, biakinpi siansuahna cihte, inndeit tungnung ah Paisan pawit Gethsemane ah Zeisu' thungetna, a zumhuai mahmah Judas in a lehhekna; thu kisitna, a ki simmawhna, saatgawpna, liammaa kidim Zeisu singlamteh tungah khaina leh nitaklam ciangin Zeisu' laitahna hangin vanpi hong mialna. Biakinpi deina puandal kikeek ging beeba. Misiangthote' han kihong. Singlamteh tungpan in Zeisu' siluang damtak in akilak sukna leh Sabbath hong tunma in hankhuk sungah koihna. Nungzuite' buai ngeingaina, a lungkiatna leh amau' lungsim sungvuah dotna tuamtuam te.

Zeisu' nungzuite lungkia, thanem in lungkham uhhi. Amau' nunna sungvuah haksatna lianpen mah ahi hi. Hibang teng pen khang tawntung in a lianpen thupiang khat ahiahna amaute'n mukhalo uhhi. Amau tegel Emmaus lamzuan hong pai laitak in Zeisu hong kilang in amaute tawh tonkhawm hi.

Luka 24:13–27 sunga kiholimna teng sim inla, a kibanglo muhdan namnih lungngai in: Nungzui nih leh Zeisu.

.....

Amaugel' mi thong kihon takciangin, tua nungzui nihin Jerusalem ah tai vingveng in lampi tungah thupiang teng hong pulakkhia uhhi (*Luka 24: 33, 34*). Tua laitak mahin amaute lakah Zeisu hong kilang ahih manin amaute patau mahmah uhhi. Zeisu' dotna ngaihsun lecin: "*Banghang in lungmang? Banghang in lungka?*" (*Luka 24: 38*).

Himah pen tuni eite a ding Zeisu' thupuak higige hi. Eima' kimkot mahah Zeisu in eimah tawh tongige ahihlam kimangngilh kha den hi. Amah phawklo tawntung hihang. Tua thupiang teng sangin a lianzaw na tampi omcih mangngilh den hihang. Zeisu in eima' nunna ama' khut tawh lenkip gige cih mangngilh in, lungmang pahpah hang a, lunghiang denkeei hihang. Eima' tungah thupiang tepen Zeisu sang in theizaw thei pong mawk hihang (*Luka 24: 18*).

Haksatna leh tona peuhmah Christian te dawnthukna ding Laisiangtho in ngaihsutna hong piaksa om hi. Hihmun teng hunla in kisin in: Rom. 8:28; Phil. 4:4–13; James 1:2–4, 12; 2 Cor. 12:9, 10. 2 Corinthians 1:4 na lungsim sungah koih inla, a tunga thuteng nakisin kawmin, nangmah bangin haksatna thuak khat kiangah thu thum hawmsawn in.

**THURSDAY
Zeisu Mu**

June 11

Na lungkiat mahmah ciangin Zeisu na munuam ngei hiam? Hih sunmang sungah nangmah kiguang dih in.

"Lungkia thanem in ka maitang khutpeek tawh hum in khua kangaihsun a, hih lei- tungah Zeisu hong omleh, Ama' kiangah zuan in, a khephung ah bokin, ka thuaksiatna teng ko nuam buang ing. Kei hong taisan lo ding a, hong hehpih in, ke'n zong Amah it in Ama'na kasem ding hi. Tua laitak in kong hong kihong a puanhoih a silh linlian a zahtak huai khat hong luttum hi. Kei hong hehpih tuak mahmah a: "Zeisu munuam maw? Amah hiteng ah om hiven. Na neihsa khempeuh la inla kei hong zui in."

"Genzawhloh lungdamna tawh hihthu kazak ciangin, tawmno taleh keima neihsun teng kaikhawm in, tua lamlahpa' nung kazuipah hi. Amah in, keen bangin a kitung zen zan kahlei khat kiang hong tun hi. Kahlei kahtoh kakipat lianleh, luvai in ka tuk khak ding dah ahih manin, a tunglam bek ento dingin hong sawl hi. Tua keen lampi a kahto mi tampite zong a dawn tungzolo in akia atuk tampi om uhhi."

"A nunung pen kahlei cial tung in kongpi mai ah kading uhhi. Hiteng ah lamlahpa in ka vanpuak khempeuh nusia ta ding in thu hongpia hi. Kei zong lungdam takin ka khia suk a, amah'n kongpi hong hon in a sungah lutding in hong sam hi. A sawtlo in Zeisu' maiah ka ding ta hi. Tua melhoihna pen haihtheihna ding peuhmah hilo hi. Hehpihna leh vangliatna hong taangkhiatna tua maitang pen kuamah dang peuhmah hitheilo hi. Ama' mittangte keitung ah hong tukciang in, kei nunna sunga thupiang teng khempeuh a theipa a hihlam ka theipah hi."

"Ama' hong et-telna pan kiseel kasawm hangin, Ama' et-telna mitte thuakzawh ding hilo hi. Amah' nuihmai tawh kei hong naihzawsop in ka lu tungah akhut nga in. 'lau ke'n' hong cih. Ama' awkhum in, ka lungtang sungah khatvei zong a omngeilo nuamna tawh kidim sak hi. Pauthei nawnlo liang in ka nuam a, genzawhloh in lungdamna tawh Ama' khephungah baw in ka bia hi."

“Thanem takin bawkkhup in ka om laitak in, hoihna leh minthanna in kamai ah hong kantan a, bitna leh daihna vangam a tung ka nahi hi. Tua khit ciangin katha hong dimkik ahih manin ka thoto hi. Zeisu’ itna mitte in kei hong engige lai a, Ama’ nuihmai in kakha sungah kidim hi. Hong ompihna in siangtho zahtakna leh gen zawhloh itna tawh hong kidim sak hi.”

“Hih mangin lam-etna leh upna hong guan hi. Pasion muanna in khuamial kakha a dingin khuavak hong taan hi.”—Ellen G. White, *Early Writings*, pp. 79–81.

Nuntak haksatna sungah, Zeisu leh Ama’ honglah Pasion hong itna mitsuan gige ding hihang.

Rom. 8:18, 28 sung ombang in nangma a ding bang lam-etna tumahmah in naneithei ding hiam?

FRIDAY

June 12

Ngaihnutbeh ding:

Nuntakna’ haksatna te in hong to laitak pen Pasion belh ding a kisampen hun ahi hi. Tu quarter sung sinna thulu khempeuh teng zong, Pasion tawh kikhawlhna khauh neih na ahi hi. Cidamna, sum haksatna, innkuan kisiatna, tanaute sihna leh a dang nangma lungnopna hong susia khat peuhpeuh a om ciangin: anuai a dotna teng ngaihsun inla, i sinsa sinna teng lungngai kik in.

Kikupding Dotnate:

1. Haksatna peuh na phukhakte in Pasion namuhna bangzah kikheelsak zo hiam? Pasion’ omzia maantaktak koibang in mutel thei ding nahiam?

2. Na galte sangin na thahatzawh na dingin na thunget nunung banghun hiam?

Guta (Satan) in gu ding, that ding leh susia dingin hongpai a; Pasion in nuntakna hongpia cih phawk in (John 10:10).

3. Na lungsim a kiniamhiat hiam? Haksatna kawmkal mahah Pasion lianpen a, nangma’ nunna hong makaih gige cih namuang hiam? Na muan kei khakleh, Pasion hoihna leh itna pen nanmah mimal a ding cih nakoici theih thei ding hiam?

4. Nisim in Pasion’Thu sungah zung nakha hiam? Tonate na kantan zawhna dingin; na itna masa kuangkik sak ding Pasion kiangah ngen in.

5. Pasion in Ama’ kamciam tungah citak in hong nusia ngeilo cih muangin; Huhpa leh Ngaihnutna piapa ci in Ama’ kiang na zuat nunung bang hun hiam? (Heb. 13:5)?

6. Na upna a thanem leh, thungen in “Topa aw hong um ing, ka uplahna hong huh in!” (Maku 9:24) ci in. Hong thanemsak theite sangin hong thahatsak thei dingte lakah omzaw hi.

Lesson 12

June 13–19

Amah Hawmsawn in

SABBATH NITAKLAM

Tukalsung Simding: *Mate 28:18–20; 2 Pet. 3:18; 1 Pet. 3:8–15; Hosea 7; Zechariah 10.*

Kamngah: “**A lunggimte ka thahatsak theihna dingin Topa Pasion in ka gen ding thu hong hilkhin hi. Ama’ hong hilhna te a ngai dingin zingsang sim in lawpna hong guan hi**” (*Isaiah 50: 4*).

Sabbath zingsang khat Pastor G. buailua mahmah hi. Zing thobaih, Sabbath lesson leh sermon a ding kiging keei hi. Nitaklam in zong thu tangkona khat makaih lailai hi. Mawtaw tawh manphei in kongpi pan taikhia zangzang in, hat liang hi.

Khuapi sung mawtaw phuul mahmah ahiah manin, tua Sabbath zingsang in biakinn a tuntheihna ding mi tampi in buaisak ahiah manin zekai thei phial ding hi. *Hiteng koi lam teng pai zuaizuai ding aitam maw* cihi. Tua laitak in koilam pan cih theihkhak loh mawtaw khat a mai ah hong tumvat hi. Brake tuansuk vat in patau leh heh in khutum bang hong zial liangin, mawtaw hawlpa tawngphei pah hi.

Tuabang in, Pastor G biakinn tungthei ta hi. Lesson hilh ding hong din ciangin, a muhngesa maitang khat tungah a mi thong tu mahmah hi: a beisa minute 20 lai khawng a hehin a totgawp mawtaw hawlpa ahi hi.

Tua khit pawlpimi khatin, mi kipulakna ah tua mawtaw hawlpa pen Adventist ahi lo tua pawlpi a tanaute kiang honghawh pak cihi. Pastor G. in, meltheih leh mikhual tung ah tatelehek peuhmah; Pasion tawh kizopna tungtawn in hong lungsuk itna tui sungah kawtsak ding cih hong phawksaan hi.

Thu um nangma tatelehekna in midangte huzaapzo cih theikha ngeilo ding hiteh.

SUNDAY

June 14

Hong Leetkhia

Mate 28:18–20 sunga a Lian Thupiakna simin. Zeisu’ thupuakna sungah “*khempeuh acih leh tawntung*” (Greekpau in *pas hikhawm*) cih tegel a kibatlohna gelhsuk dih in.

Zeisu in leitung ah puakloh phamawh Ama’ thupuak hongpia hi: “***Pai unla nung zui suaksak un***” cihi. SDA pawlpi’ vaipuakpi pen eima’ nungzui zong ding a, tuate in zong amau’ nungzui ding mah a zongte hileuleu ding hi. Tuabang in tawntung thumaan leh vanmi thumte thupuak tawh Zeisu’ hong paikik na’ng leitung kiging dingin tangko ding hihang (*Mang. 14: 6-12*).

Christ sungah nuntakna thak a ngahsa peuhmah teci pang dingin hong kiasm hi. Mite in teci panpen amau’ hihtheihloh dan in ngaihsun uh a, zong pang nuamlo uhhi. Lampi kiukhat khawngah nangmah Laisiangtho hilhcian dingin kingaihsun in; “*Kei hilo, Ke’n hihtheilo, Keimawh keilehkei omthei bek. Teci pan lel khawng kei’n nopsak nam hi lo*” ci in lupei keei dingin kituat in.

Citateu zongin. Teci panna taktak pen, nangma nunsung a Pasion hong hihsak te mitmuh ngiat, phutkhak ngiatte; Ama' sunga na khantohtoh kawmin midangte zong na hawmsawn theih ding thute ahi hi. Pasion hoih mahmah a, Ama' hong hihsaksa te zong leitung mite zak dingin thuthang hoihpen ahi hi. Gamdai in ki omtheilo ding hi. Amah'n nang hong tankhia khin hiven; Ama' aa nahih manin naming in hong samta hi. Koikoi ah om mikhat peuh a dingin hisang thuhoih zaw bang omthei lai ding hiam?

Pawlpi masalai a nungzuite pen mipil misaim zong ahih kholloh uh hang, amau' kiangpan in pilna tampi sinthei ding hihang.

Sawl. 1:8 leh Sawl. 4:13 simin. Pawlpi masate a dingin tecipanna in bang ahi hiam? Peter leh John te thugenna a za mite tungah bang huzaap om hiam?

.....

Peter leh John te in a tangkona vuah, "*Ka muhsa uhleh kazaksa thute genlo in ka omthei kei ding uhhi*" (Sawl. 4:20) ci uhhi. "*Amaute Zeisu tawh kikhawl khin*" (Sawl. 4:13) ahih manun hawmsawn lo in omtheilo uhhi. Kha Siangtho in zong hangsanna leh amau kammal sungah gualzawhna vanglian pia hi.

Na teci panna ding mi kiangah, hangsanna leh gensiam theihna pilna Pasion makaihna ngen in. 1 John 4:7-11 sim inla, tuabang dan itna te ngen in.

MONDAY

June 15

Sawlingawh hilo Vangliatna tawh

Nasepna'ng, damask na'ng, hehnep na'ng leh thuhilh na'ng nisim in hanthawn den cih naphawk kha

ngei hiam? Zeisu in "*mihonte a muh ciangin, a cing neilo tuuhon bangin gimna ngahin lungkham in omuh ahih manun hehpihuaia asa hi*" (Mate 9: 36). Zeisu hong itna leh hong veiina in Amah seploh phamawh sak hi. Tua tawh akibang in, Pasion hong itna in zong khate Pasion leh a thumaan lamah paipih dingin sawl hi (2 Cor. 5: 14).

Mihonpi lakah mikhualte' maitang namuh ciangin, Zeisu a theibeek uh tam ci in na lung hihmawhpih ngeikha hiam? Huhna kisam mikhual khat tungah eima sung ngiat ah hong om Pasion hong itna lobuang a dang omtheilo cih na ngaihsun kha ngei hiam? Pasion hong itna in khate Ama' kiangmah ah makaih dingin hong sawl hi.

Jeremiah in zong "*Ama' thu in ka lungsim sungah mei bangin kuang a; kaguh katang sungah kikhum cip ahih manin, kaki ipipna in kagimlua a, genlo in ka omthei kei hi*" (Jer. 20: 9).

Midangte tungah, Pasion i hawmsawn ciangin, Pasion leh Ama' thumaan a sang dingin sawlingawh loding hihang. Tuabang ngongtatna in Pasion' omzia tawh kitukalh hi. Pasion in Adam leh Eve zong sialehpha theihna singkung geipan hawlkhia tuanlo hi (Pian. 2: 16, 17).

Tuicin lai in zong mite honkhia ngawh tuanlo hi (Pian. 7: 1). Israel te zong Amah tawh thuciamna sungah kipkho dingin sawlingawh lo hi (Thkna. 4: 29-31). Tua sangin amau' kisapnate huh (Mate 4: 23-25) in, Ama'nung zui dingin sam hi. Zeisu in Ama' nung leh Ama' thumaan zui dingin kuamah sawlingawh ngeilo hi (Mate 23: 37).

Teci pangin vanaih ciangin Zeisu' vanaihdan etteh ding hihang. EGWhite in zong "*Mihing in Amah sangsak ngawh ding cihbang pen Christ' nasepna hilo hi. Satan in bel*

ama' kha tawh mihing' lungsim sawngawh thei mah hi. Eite' nasepna thupi a salote, ei' ngaihdan hong langdo te, suksiat ding leh natsak ding bek ngimna aneite in; Satan' lungsim nei ahihna lahna ding thudang om tuannaunlo hi?—The Desire of Ages, p. 487.

Eite pen Pasion' nasepna sungah tuilawngpi hiding hihang. Thumaan ahua keei leitung ah nungta ihih sam hang; tuate in itna tawh nasepnate, thumaan hawmsawn nate pan hong daalzolo ding hi. Teci panna a kipatcil lamin, adiak in eima' mitmuhte teci pan na pen muibun pen hi cihzong phawkhuai hi (*Mang. 12:11*).

2 Peter 3:18 simin. Koibang danin hehpihna leh theihna sungah khangto thein ahi hiam? Hipen na kimkot a mite tawh kikhawlhna sungah koibang in piangthei hiam?

TUESDAY

June 16

Zeisu Hawmsawn na'ng Ngaihdante

I mimalsim a ding dotna khat pen: Laito pan maw, store sai lai-aat tawh, nisim in na muhmuh zel mikhat tawh ahi zongin Zeisu na hawmsawn ngei hiam? Thu um mimal simin hih nasep sungah kihel dingin Pasion in hong sam den hi. Ama' hong kamciamna in “*A lunggim mite ka thahatsak theihna dingin, Topa Pasion in ka gen ding thu hong hilh khin hi?*” (*Isa. 50: 4*). Christian in ama' upna leh lametna te (*1 Pet. 3: 15*) hong dong te tungah dawngsiam dingin kisaden ding hi.

1 Peter 3:8–15 simin. Hihmun in Pasion' Thu bangci gen hiam?

.....

T-9

Midang tungah Zeisu hawpsawn theihna dingin phawkhuai ngaihdan pawlkhat:

1. Mikhat peuhpeuh theihawm inla lawmbawl pah in. Nangma' itna, hoihna leh donna diktak te in Pasion' lamah amaute kaai uhhi. (*Pawlbawlna tawh Pasion'na sepna*).
2. Tua mi' lungsim sungah Kha Siangtho nasepna dingin thungen in. Amaute tawh hoihtak holim theih hun ngahna ding zong thungen in.
3. Nangma' upna na pulak theihna ding lampi olno khat zonglel inla amaute thunget sak in. Hangsan tak leh lungnem takin na vanaih theihna'ng Pasion kiangah ngen in.
4. Tua na lawmthak leh pawlpi lamte kimuh theihna'ng vaihawm inla, na pawlpi ki uapna ciamkha sak masa in. Kikhawlhna leh Laisiangtho sinkhawpna tawh kalsuanpih in.
5. Na lawmthak kisapna tangtawh in thungetsak inla, Laisiangtho pan hamphatna, hehnepna, ngsihsut piakna leh makaihna te hilhcian in. Laisiangtho kamciam khatpeuh hawmsawn masa aihke'h dotna dawngsak lecin, ama' lungsim hong kihong khathei ding. Amau zong thungetsak in.
6. Tua nalawm in kalkhat suanbeh nuam khathei ding hi (Laisiangtho kisinna, kitui phumna cihbang). Hiteng ah kalsuan nawhlua ke'nla, uaikaai lua ke'n. Thungen in.
7. Eima gamtatna in kua ihih pulak ding hi. Mite tungah ihihdan te in a aw ging hi. Eima' omzia te pen Ama' omzia tawh kibang peuhleh (siangthona) mikhempeuh ama' kianglam zuatpihthei ding hihang.

WEDNESDAY

June 17

A Lampial Tano khat

Innkuan sungpan in khalam ah hoihtak in aki makaih tano khat – khalam thahat innkuan pan hong khangto napi – Topa tawh kikhawlhna pan lampial ding teelzaw cih bang tampi omkhin zo hi.

Ephraim in, Pasion’ teeltuam minam hinapi, Topa’ kiangpan lampial hi. Hosea 4:17 leh Hosea 7 in Ephraim’ mawhna bangteng gen hiam?

.....

Tua banah, Ephraim in Topa tawh kikhawlhna panin lampial ahah manin, a pi Rachel kap ci in gentehna khat om hi (*Jer. 31: 15*). Topa in ama’ kahtapna teng a dawn kikna zong Jer. 31: 16, 17 ah “*Kap nawnkei unla, na khitui uh nul un; Topa in kong cih in ah, na nasep thaman uh nangah uhhi. Amaute galte gampanin hong ciahkik ding uhhi. Na mailam a ding uh in lam-etna a om hi. Na tate uh zong na gam mah uhah hong ciahkik ding h?’* cih.

A lampial a tano a ding akah sangin, lam-etna nei dingin Rachel kisawl zaw hi. Hihmun in bangteng hong hihbeh nacilai hiam? Jer. 31: 18, 19 simin.

.....

Hih tangthu te tungtawn in (Ephraim leh Gomer mahbang in) Pasion in hong khah suah ngeilo ahah manin lam-etna om den cih i thei uhhi. A lampial mite Pasion in a hun hunin taiden hinapi, Pasion’ hehpihna in tawp ngeilo a, Ama’ thupuak zong hiteng mahah kizomto suaklai hi (*Jer. 31: 20*).

Tanau te khawngin Pasion tawh kikhawlhna nusia uh ahah manin, lungsim natna, lungmanna, lungkiatna, kam hoihlo paukhakna cihbang omthei khaphial ding hi. Ahah hang Pasion in lampial a tano mangngilh ngei vetlo cih hong theisak hi. Tuabang mite a ding Pasion’ ngimna pen tawmveino sung a ding hilo; lungsim takpi tawh a geelsak ahi hi. Pasion in tuabang mite ngai ngeungau cih. Ama’ hong hehpihna lian ahah manin Ama’ kianglam zuan ding in deih hi.

Ephraim’ lampialna hangin, Rachel tamlawhna teng Pasion’ dawnthukna cih theihna in; nangmah zong Pasion kiangpan in lampial nahihna koibang in hong theisak naci hiam? Hihthu in nangmah hong to maw, hong thapia zaw hiam?

THURSDAY

June 18

Amaute Ciahpihkik

Pasion tawh kikhawlhna sungah thanem in hoi hun, cihtakloh hun, lum lelbek in om hun cihbang kineithei hi. Pasion kiang hong beel kiksakthei bang om hiam?

Zechariah 10 sungah Pasion in Amite Ama’ kiang a ciahpih kikna om hi. Hih chapter sim inla, a deihna bulpi damtak in ngaihsun in.

.....

Pasion tawh kikhawlhna panin a pialkhia itlehngaih khat tawh kikhawlh na’ng pen nuntak sunga tona lianpi khat ahi hi. Tuabang hikeileh thudang khat hiding cih zong na ngaihsun ngei kha ding hi. Leitung amuhdan uh a tuamdang khat ahah manin amau tawh koici kikhawlh ding cih ngaihsun theipah ding hi.

Tua banah amau khensat khialhna a neih zel namuh ciangin patauh sak mahmah zel ding hiteh. Tuabang ngaihdan tepen na it leh ngaihte tawh kikhawlhna ah muibun thei ahih manin, Honpa tawh nakikhawlhna pan hong leetkhia kammalte bekma pauhuai hi.

Nangma nundan, tatelehek, kammal leh na thungetna tetawh na teci panna te in; Pasion' kiangpan a lampialkhia na innkuanpihte' nundan leh a mailam uh kheelsak zothei hi. Luka 22: 31, 32 leh John 21: 15-17 sim lecin, Zeisu' thungetna in Peter leh amailam kheelzo hi. Amau tungah na lungsim natna te, na hamsiatnate leh na mawhsakna teng nusia in. Tuabang lungsim teng Pasion bekin hong piak theih Ama' hong itna tawh na laih zawhna ding thungen in.

Pasion in, Ama' omzia tawh hong tuamcip manin, nangzong ithuai in angkhuallo thei ding hiteh. "*Mihing' lungsim a tuamzo a dang bang huzaapna peuhmah in, angkhual lo nundan zahin vangnei ngeilo hi. Lungdamthu a dingin a hoihpen teci panna in, itna tawh a kidim a ithuai Christian a hi hi*"—EGWhite, *The Ministry of Healing*, p. 470.

Christ lam a kaww kinken nundan tawh teci panna tungtawn in; Christ a nial mite in, Pasion kiangpan bekin hong paiithe nate muhlawh thei uhhi. Eite' muhzawhloh daihna hong khahsuahlo itna leh a piantheih hetloh ding hun nangawn in upna leh lam-etna muh lawh ding uhhi. Pasion in eileh eima' it mite hong itna pen vul in kikheel cih omngeilo hi. Nisim in i saan tua itna pen eima' kiim a mite tungah piasawn thei ding hihang.

Eph 3:17-19 in bang hih ding hong hanthawn hiam?

FRIDAY

June 19

Further Thought:

"*Koibang peuh in ki pulak taleh, angkhual hetlo in a sanggampa a itkei ngal leh, Pasion tungah zong itna siangtho neilo ding hi. Midang itsawmna ciang lelbek tawh tua bang lungsim kineithe ngeilo ding hi. A kisampha penin lungsim sungah Christ' itna neih ding ahi hi. Eima' pumpi Christ sungah phum ciangin, itna hong phulkhia ziahziah ding hi*" —Ellen G. White, *Christ's Object Lessons*, p. 384.

"*Christ kiangah kha tampi tutna dingin thumaan takleh citak takin nasepna pen, khalam leh ki-aapna lamah a khangto pente ahi hi*"—Ellen G. White, *Evangelism*, p. 356.

"*Gitlohna nanzawhna ding thahatna pen nasia takin hahkat in nasepna bek tawh ahi hi*" —Ellen G. White, *The Acts of the Apostles*, p. 105.

"*Ama' nopsakna – Christ hong kipiakna tawh a tatkhiat khate muhna ah nopsak na sungah luttheihna dingin; tatkhiatna dingin Ama' nasepna sungah kihel in sem ding hihang*" —Ellen G. White, *The Desire of Ages*, p. 142.

"*Christ tawh nasepna sungah kihel ding anial mite in, Ama' minthanna sungah kihel theihna ding a nialmi ahi uhhi*" —Ellen G. White, *Education*, p. 264.

Kikupding Dotnate:

1.Teci panna a muibutna dingin, banghang it itna in a bulpi hithei hiam?

2.Kha hotkhiatna pen, lawp takin Pasion tawh kikhawlhna a hihlam cik in na theikha hiam?

3. Midang tungah Pasion hawpsawn na dingin bulphuh ding pilna cihbang a om hiam? A omleh bang ahi diam?

4. Thu umlo khat Laisiangtho nahilh ding ciangin koipan na kipan hiam? Zeisu a theih theihna dingin bang upna thugui na bulphuh masa pen hiam?

5. Tedim labu 113 na “Gupkhiat” cih phatna la sa in a lamal ngai in. Nangma tangko dan lungngai kik in.

Lesson 13

June 20-26

Tawntung Hunsungah

SABBATH NITAKLAM

Tukalsung Simding: *Late 80; 1 Thess. 4:17; Mang. 21:9-27; Isa. 25:8; Mang. 7:17; Mang. 21:4; John 6:44.*

Kamngah: “Ka lawm-itte aw, eite’ pianzia ding taktak a telin hong kilat nailoh hang, tu in Pasion’ tate ihi uhhi. Ahizong in Christ hong kilat ciangin, A m a ’ pianzia ahibang teekteek in muding ihih manin Amah i batna ding thu teltak in i thei hi” (1 John 3:2).

Nangma’ mailam bangin len hiam? Na maiah bang om hiam? Launa, patauhna, dipkuatna leh lamdang sakna peuh hikha ding hi. Zeisu citak in Ama’ kammalte citak cih thei in (*Mang. 3: 14*). Buaigawpna hun zong hong tung mahtaleh (*Mate 24: 21, 22*) Amah in hong nusia loding hong pampaih loding cih hong kamciam hi (*Heb. 13: 5*). Ama’ cih bangbang Amah’n hih ding a – hihkhin den a, hihlailai ding hi (*Heb. 10: 23*). A tawp dong a kipkho mi in hotkhiat hi ding hi (*Mate 24: 13*).

I leitung nunna ni bangzah peuh omlai phial taleh, Zeisu mitsuan gige in, Amah bekmah en tentan ding hihang. A lunggulh huai ding vive tawh a kidim hih leitung ah hih thu in baihetlo ding himah leh; David bang in, “*Topa in ngenthaang panin kakhente hong suutkhia ding ahih manin Topa’ lam ka en tawntung hi*” (*Late 25:15*).

Tukal sungin vantung’ thaman teng kisin ding hihang (*Mate 5:12; Mang. 22:12*) a; vantung in koibang hi a,

eimah hong bawlpaw tawh omkhawpna in koibang hi ding cih genzawhlohna, a sih dongin hong itpa, mawhna sungpan hong tankhiapa, a sawtlo in a hong paikik dingpa' thu kisin ding hihang. Tua ni mateng upna tawh letkip ding bekmah ahi hi.

SUNDAY

June 21

Tuni I Nunna

I kimkot leitung enleng, patau in thuum uh a, Zeisu in hong gensa limte zong mit muhmah in hong tungtung giaigiai ta hi. Gal leh gal thuthang, minam khat leh namkhat ki do, kial tung, natna tung, zinliing leh bawlsiatna te (*Mate 24: 6-11*) eima' kimkot mahah hong omta a, a hunzui in nasia semsem hi. Hun haksa sungah nungta ihih manun Pasion tawh kikhawlh hun hita hi.

“Na khempeuh a beina ding hun hong naita hi. Nomau' pumpti ki uktaum thei in, pilvang unla, hoihtak in thungen in omta un” (1 Peter 4: 7). Tuni tuhun pen Pasion tawh na mimal kikhawlhna thakhauhsak hun ahi hi. Nunnani bangzah omlai cihcih sangin, bang tanvei peuh na nungta zongin mimal nunna tom hi.

“Tuni ahi a, zingciang ahi zongin, tuakhua tuakhua ah vapai in, kumkhat bang va om in, sumbawl in ameeet tampi vangah ni aci mite aw, ka thugen hong ngai dihun: Zing ciangin na nuntakna uh bangci ding cih nangawn na theikei uhhi. Meilum tawlkhat kaai in a mangthang pak tawh akibang lel nahi uhhi” (James 4:13, 14).

Hih vauna bel maan taktak ei maw! Hih kammal a simcha nangmah mahin tuni nitumma in nungta nawnlod ding cih zong nathei tuankei hi. Hipen a puksa hih leitung ah nundan khat ahi hi. Pasion tawh na kikhawlhna kipkho sak inla, Amah leh Ama' hotkhiat na kisa ihihna phawk ding thupi mahmah hi.

Late 80 a hoih mahmah Pasion kiangah thuumna khat hong hilh hi. A taang 1-3, 14-17, 18, 19 cihteng ngaihsun phadiak inla; “kote” a cihna munteng ah “kei” ci in simin. Hih late a kigel hun, mun leh a thute koih phot inla, nangmah tawh koi bang in kipawlthei na kisa hiam?

I nunna sungah khanlawhna kisampha hihang. Ei a ding Pasion hong hihsak teng mangngilh in eileh ei kicing kisak theih ding baih mahmah hi. A citak thu ummite in, haksatna sungah zong: *“Hotkhiat kahih theihna'ng un kote tungah na maitang hong tang sak in” (Late 80: 19)* ci in thungen ding hihang. Zeisu' hong hihsak teng nasaan ciangin, na mawhna maizo cih natheih a, nangma' upna hangin, Ama' dikna tawh nang hong tuam ciangin; Hotkhiat na hihlam theita in.

Ama' dikna hangbek tawh hotkhiat ihihna tawh kisai in; Pasion in Ama' maitang hong “taangsak” cihin bang a cihnopna hiam?

MONDAY

June 22

Atawpna ah, Maitang Kimu

Eite pen Pasion kiang naih dingin hong bawl ahi hi (*Pian. 2: 7*). Pasion in mihing hong bawlsa ahih nungsang, a kitatsa Pasion tawh ikikhawlhna hong puahphatsak kik ding hi (*John 3: 16*). Eima' lungsim sungah tawntung hun hongpia khin himah taleh, mite in Pasion nasepna a kipatna pan a tawp dong kuamah'n tehzolo hi (*Thsia. 3: 11*).

Eite in zong i kimmot ah a laang kidona lianpi sungah a kihel bek hilo – eima' sungmah ah om gige hi a

– Pasion tawh i kikhawlh theihna'ng dinmun tunkik theihna dingin hong kipiaksak a manteng nangawn zong i lungngai kha ngeikei hi.

Leitung vai haksatna galte tawh buai ngeingai in ki om denkeei a “*vantung gammi ihi a, vantung panmah in hong paisuk ding Topa Zeisu Christ eite' honpa lawptak in a ngak ihi hi. Amah in nakhempeuh Ama' khutnuai ah koihna in a zat vangliatna tawh a ginalo Leitung pumpi pen, Ama' aa mahbang in Ama' pumpi tawh hong kheelsak ding hi*” (Phil. 3: 20, 21).

Hih Leitung in huntawpna lam manawh ta a, nisuahna lampin in meilum kang no khat hong kidawk ding thei khin hihang. Tua meii hong naisemsem a, tua meii tungah “*Mihing' Tapa tawh akibang khat tu in, khamlukhu khu in, a khut ah phiaukawi hiam khat a tawi kamu hi*” (Mang. 14: 14). Vanmite tul tampi tawh hong tonkhawm suk ding hi) (Mate 25: 31. Hong tuaksuk ciangin Ama' kikona aw, Pasion' pengkul muutna kiza ding a, tua ciangin, Christ sung a ihmu misiangtho te han kihong in hong tho masa ding uhhi (1 Thess. 4: 16). Tuat in amaute a sam Pa' aw thei ding uhhi (John 5: 28).

A zom bang apiangtam? 1 Thess. 4:17 simin. Phil. 2: 10, 11 sungah a bangthu pen in vannuai bup thawn ding ci hiam?

.....

Hihthu bel uphuai hetlo liang hiven. Nikhat ni ciangin Amah eima' mitting tawh mu in, Ama' zong za in, Amah Topa hi ci in kiko ding hihang. Tuni in Ama' thu i kisin a, thungen in midang tungah zong i tangko pa; lungsim sungah i lunggulh mahmah pa – tua Pa tawh

maitang kimu ding hihang. Pasion citak a, Ama' kamciamna kip ahah manin, hih thute tangtung taktak ding hi (Mang. 22: 6).

Tua hun ciangin, pengkul hong kimuut ciangin, mihing mitting khempeuh in Zeisu mu ding uh a; ngak taak kisa mahmah lel ding hi. Lungkialo in thunget nilohna, Amah i masak tawntung na, Ama' a dingin hangsan takin paukhiatna te leh i thuak haksat na te khempeuh in, Ama' maitang muhtheih na'ng kilawmna vive ahi ding uhhi (Mang. 22: 4).

TUESDAY

June 23

Monu

Patmos tuikulh tungah hawlkhiat a thuak nungzuipa John in, mihing leh Pasion a tawntung hun in a kigawm kik thupen Mangmuhna sungah mu hi.

Mangmuhna 21:9–11 simin. A kibang bang gentehna hongpia a, bang hang in tua gentehna kizang hiding hiam?

.....

Monu cihpeuhmah pen mopawi ni in hoimamah ahih manin kimu nuamciat hi. Mopawi nipen monu leh mopa a kibangin nundan thak a kipatna uh hi a; tua mahbang in Topa' hong paisuk kikni ciangin Pasion leh eimah kikhawlhna zong tuabang hiding hi.

Zeisu in eima' omna'ng munkhat hong bawlsak laitak hi a (John 14: 1-3), ahoih na genzawhloh hi. “*Midikte' thaman peuhmah pen mihing' kammal in gensenglo hi. Amu kha tebek in thei ding uhhi. Ciangtan om mihing lel lungsim in Pasion Paradise ngaihsun zolo uhht*”—Ellen G. White, *The Great Controversy*, p. 675.

Vantung thak leh leitung thak zong koibang hi cih theizolo ihihhang, John kiang ah Pasian in mang tawh lakkhin a, tua hangin a sawtlo in a kibawl ding tua “**mopawi**” i lam-en hi. Tua ahiah manin “*vantung a om thute ngaihsut in nei unla, leitung a om thute ngaihsut in nei kei un*” (Col. 3: 2) ci in hong sam hi. Pasian in hih thupiang ding kuhkal takin geel khinzo a, tua “**mopawi**” in eite hong kilatsak nuamlo hi (Mate 22: 1-14; Mate 25: 1-13).

Hih thupiang te a ending mipi pen vanuai bup mah hi a, eimah mah zong hih tang thu’ thu laigil ihi uhhi. Tua “**monu**” nihveina Zeisu hongpai ciangin hong kengsuk ding khuapi sungah lut ding hihang. Pasian’ mite (*mi siangthote*) pen **monu** kici hi (Mang. 19: 7) a, amaute in “*khuapi siangtho, Jerusalem thak, vantung Pasian kiangpan hong paisuk, a pasal a ding in akithawi linlian momu bang*” (Mang. 21: 2) cih.

Hih Khuapi Siangtho leh Pasian’ mite pen “**monu**” ci in ki pulaak khawm ahiah manin hitegel kikal ah kizopna kipkho khat omtuak hi. Laisiangtho in kitel takin pulaak a, “*tua Khuapi Siangtho, Jerusalem thak, tua kumpigam’ khuapi leh Monu Tuuno’ zi cih*” —Ellen G. White, *The Great Controversy*, p. 426.

Mangmuhna 21:9–27 simin. Tu laitak in banghang in hihthute ngaihsut haksa mahmah hiam? Hiteng ah hong kipia kamciamte peuhmah eima lungsim sungah koibang in kemcing thei ding ihi hiam?

WEDNESDAY
Tuuno Nung Zui

JUNE 24

Tawntung hunsung ah bang lam-en pen nahiam ci in hong kidong ngei hiam? Nau pang khat dong leng, “*Sahang tuang ding, Sa-ngawngsau ngawngah tolhsuk ding, Aksi te tungah leng kawikawi ding*” peuh ciding uhhi.

Kum sawm valdeuh khangthak te dong leng, “*innlai bawl kul nawnlo ding, liam na baaina om hetlo in lawmte tawh vantung ah zinkawikawi ding*” peuh ci ding uhhi.

Khanghamte dong leuleu leng, “*natna satna, thuaksiatna, sihna om nawnlo, itleh ngaihte tawh kimuhkik ding*” peuh hong ci ding uhhi.

Hih dawnna khempeuh hoih in dik a, vanthak leh leithak ah lam-et ding na tampi takmah om lai hi. Tawntung hun in i lungsim sungah kuang a, hih leinun tawh kibang nawnlo a, eimah teekmah in a khengval nate tampitak mah theihbeh lai ding hihang.

Tawntung hun sungah bang thupha dang peuh ki lam-en theilai ding hiam? Isaiah 25:8; Mang. 7:17; leh Mang. 21:4.

Vantung thupha a lianpen in, Zeisu mitmuh ding, a puk hih leitung a ding Amah’n hong hihsak na khempeuh a dingin mimal in lungdamko ding hihang. Singlamteh tungah Ama’ thuakna ngiat tawh, tawntung sihna panin hong tatna hangin lungsim takpi tawh phat in bia nuam ding hihang. “*A kigo Tuuno in vangliatna leh hauhna, pilna leh thahat na pahtawina, minthanna leh phatna a ngah dingin kilawm hi*” (Mang. 5: 12).

Tuiphum John in Zeisu pen “**Pasian’ Tuuno**” (John 1: 35-37) cih. Nungzuite in a nung naizuih mahmah uh a, Mang. 14: 4 in, eite’n zong tuabang in hih ding cih. “*Hihite in Tuuno’ paina peuhpeuh a zuite a hi uhhi*” (Mang. 14: 4) cih. Vantung ah Ama’ nung i zuihnop leh leitung ah Amah zuipah ding hihang.

Zeisu, Tuuno in, eite hong cing Tuucingpa hi a, midang tawh kibanglo in hong makaih hi. Haksatna sungah kitomtom laitakin Zeisu in lungmuanna hong guan a, vantung dongin hong makaih paisuak ding hi. Mang. 7: 17 sungah “*Tokhom laizang a om Tuuno, amaute a kempa hiding a, nuntakna tui omna ah amaute paipih ding hi*” cih.

Ama’ mite, Ama’ tuute, eite in vantung dongin Zeisu zui in, Ama’ omna ah om den nuam ding hihang. Pasion’ mite omzia a kitelcianna khat pen “*amau’ taltang tungah Ama’ min kigelh ding hi*” (Mang. 22: 4). Amah bekmah ngaihsun tawntung ding cihna ahi

https://www.youtube.com/watch?v=Nejb7N6mm_w
pan in “Tuuno Zui in” a cih SDA phatna la ngai inla, a la kammalte tuni nangma thungetna hisak in.

THURSDAY
“Hongpai un!”

June 25

Tuni in zong hong sam hi: “**Hongpai un.**”

Anuai a munteng sim inla, Ama’ kiangah pai ding sapna teng lungngai in: *Mate 11:28–30; Isa. 55:1–3; John 6:44.*

.....

Kha Siangtho in Zeisu kiangah bang hong kaai nuam hi. Zeisu in zong Ama’ hong paikik ni dong Ama’ sungmah ah nisimin beel dingin hong sam hi. Ama’ hong sapna pen lungsim niamkhiat in ki-aapna tawh na dawnthuk ciangin; nangma’ kilawmna bangmah omhetlo hinapi, ni nunung ni ciangin nangmah hong phongkik ding cih theihna tawh na lungnuam mahmah ding hi. Zeisu in “*Kei kiangah hong pai peuhmah ka hawlkhia kei ding hi*” (John 6: 37) cih.

Zeisu’ hotkhiatna sungah kikhawlkhawm thei dingin Kha Siangtho tawh pang khawm in midang te sam ding hihang. “*Kha Siangtho leh mothak in Zeisu kiangah ‘hongpai in’ aci uhhi. Hihthu a zami khempeuh in zong Zeisu aw hong pai in ci uhhi. A dangtak mi khempeuh hong pai uh henla, a deih khempeuh un nuntaknatui a khong in hong la ta uhhen*” (Mang. 22:17).

Sapna pen a khong hi a, hehpihna tawh hong kipia hi. Eima’ nuntakna sungah Amah sangin lungsim, ngaihsutna, kha leh thahatna khempeuh tawh Amah i it ciangin (*Thkna. 6: 5*) tu a leinun leh mailam nun in a tawntung in hong kikheel hiau ding hi,

Laisiangtho kammal nunungpen sungah Zeisu’ hongsapna ah hih kamciam mah om hi. “*Kei kahong paibaih taktak ding hi*” “*Amen Topa Zeisu aw hong paita in*” (Mang. 22: 20).

Bangzah hong paibaih tam? Mihing’ muhna pan ahihleh, sihna sung mitsi suk in i honkik lianleh Christ hong paisuk mupah ding hihang. I leinun bangzah in beibaih cih ngaihsun lecin, tuapen Zeisu hong paibaih ding dan hipah lel hi. Thawhkik ni ciangin mi’ lungsim sungah a ngaihsut masak pen ding in “*Kalaisai Topa, Hong paibaih mah ciat*” cih ding ahi hi.

Tu in a hihleh, limlang sungah et bang mialmual in kician mello ahihhang, tuani ciangin Amah tawh maitang kimu ding hihang. Na ngak cimlua khol kei in. Pasion hong itna leh hoihna sungah upna leh muanna tawh hih na lunggulhna nungta sakden in. Topa Zeisu aw, hong paita in!**Nangma a dingin a sipa leh a sawtlo in hong paikik dingpa tungah naki pum-aapna upna a kipkho tawntung theihna dingin tu mahmah in thungen in.**

FRIDAY

March 27

Ngaihsutbeh ding:

“Pasian’ Thu tawh kivaak in Christ’ biakna i saankei peuhmah leh, Pasian’ khuapi sunga lut dingte lakah ei’ min na omlo ding hi. Leitung an bek ne in, leitung’ nate theihna leh duhna sungbek ah hong kikhantoh sakleh, vantung zumhpi ah kilawmna kineilo ding a; vantung khempeuh ki ukna sungah a siangthona zong nuam kisalo ding hi.

“Vanmite’ aw leh amau’ gawsem tunging te in hong lungnuamsak zolo ding hi. Vantung’ pilna pen eima lungsim a dingin thu lamdangpi khat hiding hi. Vantung mite lakah kihel theihna dingin, Christ’ dikna gilkiak dangtak ding hang a; Ama’ hehpihna in eimah zuunsak puahpha sak ding hihang.”

“Tua ciangin tua minam in vantung’ thukham lobuang adang thukham neilo ding uhhi. Lungdamna vive hiding a, innkuan kigawmkhawm kik, phatna leh lungdamna puan paak silh ding uhhi. Tuat khempeuh tungsiah ah zingsang aksi te in zong lasa khawm uh in, Pasian’ tate in lungdamna tawh kiko ding uh a, tua ciangin Pasian leh Christ in zong “Mawhna omnawnlo ding hi, sihna zong omnawnlo ding hi” ci in hong tangko khawm ta ding uhhi.”

*“A hoih vantung te kiholimna sungah a lutnuam ciat hihang. Pasian a nuntakna lai siah hih thu bekmah tawh kiho hileng; leitung haksatna te in hong neulua lelpeuh ding hi. Na lungsim in Pasian lunggulh sakden in.”—Ellen G. White, *The Faith I Live By*, p. 363.*

Kikupding Dotnate:

1. *Early Writings*, pp. 14–20 sunga, vantung’ thu EGWhite mangmuhna a thu ngai or simin. A thupi penpen bangthu om naci hiam?

2. Zeisu tawh maitang kimuh dong in, Pasian tawh i kikhawlhna a kipkho sak pen bangthu cih tu quarter sinna sungpan koi hoihsa pen nahiam?

3. Na nunsung in kua in vantung thu a zak ding kisas nasa hiam? Tuathu hawmsawn dingin kamciam in. Nangmah’n naneih lohpi lam-etna khat peuh khawng midang tungah hawmsawn theilo ding cih phawk in.

ZING BIAKPIAKNA
April, 2026

1. Wednesday	Isaiah	11:1
2. Thursday	Matthew	7:28
3. Friday	Judges	6:12
4. Sabbath	Luke	2:7
5. Sunday	Jeremiah	29:11
6. Monday	Luke	6:13
7. Tuesday	John	4:14
8. Wednesday	Matthew	3:17
9. Thursday	Colossians	1:9
10. Friday	1Corinthians	15:21, 22
11. Sabbath	Luke	23:26
12. Sunday	Romans	5:19
13. Monday	Hebrews	12:14
14. Tuesday	2 Corinthians	12:10
15. Wednesday	Revelation	1:18
16. Thursday	Galatians	6:2
17. Friday	Isaiah	45:5
18. Sabbath	Romans	5:8
19. Sunday	John	14:30
20. Monday	Psalms	145:16
21. Tuesday	John	10:11
22. Wednesday	John	17:26
23. Thursday	John	10:4
24. Friday	John	1:49
25. Sabbath	Colossians	1:15
26. Sunday	1Peter	5:7
27. Monday	Isaiah	53:7
28. Tuesday	James	1:5
29. Wednesday	John	12:32
30. Thursday	Luke	10:34

ZING BIAKPIAKNA
May, 2026

1. Friday	Isaiah	59:19
2. Sabbath	Romans	5:11
3. Sunday	Psalms	121:4
4. Monday	Colossians	2:9, 10
5. Tuesday	Isaiah	53:5
6. Wednesday	Luke	22:32
7. Thursday	1John	3:16
8. Friday	Psalms	128:1
9. Sabbath	Mark	1:3
10. Sunday	Revelation	22:16
11. Monday	Matthew	9:35
12. Tuesday	Deuteronomy	31:6
13. Wednesday	Genesis	32:26
14. Thursday	Luke	14:23
15. Friday	1John	5:13
16. Sabbath	Luke	2:46
17. Sunday	Jeremiah	18:3
18. Monday	Deuteronomy	32:4
19. Tuesday	Isaiah	26:4
20. Wednesday	Psalms	111:9
21. Thursday	John	1:29
22. Friday	Mark	11:24
23. Sabbath	Romans	5:6
24. Sunday	Jeremiah	17:10
25. Monday	Psalms	91:2
26. Tuesday	Psalms	107:8
27. Wednesday	Corinthians	8:6
28. Thursday	Matthew	29:20
29. Friday	Matthew	13:45
30. Sabbath	Matthew	6:20
31. Sunday	1Peter	5:2

ZING BIAKPIAKNA
June, 2026

1.	Monday	Luke	7:16
2.	Tuesday	2Corinthians	8:9
3.	Wednesday	Revelation	2:4
4.	Thursday	Isaiah	55:7
5.	Friday	Habakkuk	3:3
6.	Sabbath	Hebrews	2:10
7.	Sunday	John	1:46
8.	Monday	Matthew	9:12
9.	Tuesday	Romans	8:32
10.	Wednesday	Psalm	36:8
11.	Thursday	John	8:12
12.	Friday	Daniel	3:25
13.	Sabbath	John	3:2
14.	Sunday	Luke	9:23
15.	Monday	Psalm	32:7
16.	Tuesday	Revelation	5:12
17.	Wednesday	Luke	24:27
18.	Thursday	1John	5:20
19.	Friday	John	1:9
20.	Sabbath	Matthew	8:27
21.	Sunday	1Corinthians	10:4
22.	Monday	Isaiah	30:21
23.	Tuesday	Psalm	27:1
24.	Wednesday	Ephesians	5:27
25.	Thursday	Luke	4:15
26.	Friday	Jeremiah	17:14
27.	Sabbath	Revelation	1:17
28.	Sunday	Hebrews	2:3
29.	Monday	Mark	15:13, 14
30.	Tuesday	Exodus	31:13