



Châng thlan: *Sâm 119:9–11.*

Zirlâte tân:

Hriat tân: Enkawltu rintlâkten an neih nungchang chu eng nge ni tih an hria ang.

Vei tân: Pathian lam hnaihtîr theitu tân thil chin ðan chher chhuah hlutzia an hrethiam ang.

Tih tân: Nî tina an thil tih ðhinte chu thlarau lama an thil chin ðhante nên inremin an kaltîr ang.

THUPI TËHEN:

I. Hriat tân: Danglamna thlentu chin ðhante chu

- A. “Pathian zawn hmasak phawt” tih hi eng nge ni a awmzia?
- B. Hma lam thlîr thiamna neih hian eng tiangin nge enkawltu chu a awmze neia a hun hmang thei tânin a puih?
- C. Eng vângin nge taksa leh rilru hrisêl hi thlarau lama enkawltu ða tak nihna tân atân a pawimawh viau?
- D. Eng tin nge mahni inthununna neih hian thil dang kan enkawlna kawngah pawh mi a puih le?

II. Vei tân: Thlarau lam nun châwmin

- A. Pathian awmpuina thûk zâwk kan chan theih nân keimahni mi mal ngaihdân engte hi nge siam rem ngâi awm?
- B. Chin ðan ða neih theihna tûra Pathian Thlarau thiltihtheihna chu eng tin nge ringtûte hian a takin kan lo chan theih ang?

III. Tih tûr: Danglam hlenna siamin

- A. Eng tin nge ringtûte hian danglam hlenna chu kan lo neih theih ang?
- B. Eng tin nge Kristiante hian a ƣa zâwna an khawtlâng nghawng thei tûr thil chîn ƣan chu an lo neih theih ang?
- C. Eng tiangin nge chîn ƣan ƣa neih theih nân leh Farisai-te rilru ang kha kan put vê loh nân inngaihtlâwmna a pawimawh viau?

KHÂIKHÂWMNA: Kan thil chîn ƣante hi wavi eng emaw zât kan tihnawn chhên hnua lo insiam a ni ƣhîn a. Infiammi, entîr nân, intlânsiaka tel ƣhînte pawh hian an inel tak tak hun a an tih dân tûr chu a hmâ-in an lo ti chhin fo ƣhîn. Chuvâng chuan a nia, infiamna chi hrang hrangah hian inbuatsaih lâwkna hun ƣa tak neih a pawimawh êm êm rêng ni. Mi tam tak chuan, “I thuhiril ang khân awm rawh,” “I thil sawite kha nangma’n zâwm rawh,” tia an sawi pawh hi kan hre ƣhîn ngei ang. Hê thurâwn hi ringtûten kan lâk thutak a pawimawh khawp mai.

INZIRTÎR DÂN TÛR

RAHBI 1-NA—Chawk phûr rawh

Bible châng thlûr bing tûr: *Sam 119:9–11.*

Thlarau ƣhanna atâna thu pawimawh: *Enkawltu ƣa nihna chu Kristâ hnêna nun hlanna tilangtu thil tih leh chîn ƣhante nêna a kal kawp tlat a ni.*

ZIRTÎRTÛTE PUÂL: Wavi khat chu high sikul pakhat sport lam buaipuitu (coach) chuan hmeichhe pakhat, fit nga leh inchi ruk zeta sâng zuang kâng thei nia insawi hi a kâwm a. Amaherawhchu, a insawi angin a lo zuang sâng thei awkawng lo mai. Intihsiakna wavi hnih a hmachhawn hnû chuan tel vê tawh loh mai a duh ta a, a chhan pawh mi nâwlpuite zuan phâk nia an ngaih, fit thum leh inchi ruk leka sâng pawh chu a zuan khûm thei tlat lo a ni—chû chu a zuan khûm theih nia a sawi âi khân fit hnihin a hniam zâwk leh ta ngâh a.

Nimahsela, a tum a tihruh lui leh ta zâwk a, zuan sân dân chu a bul aţangin a zir  a leh ta a. Vawi eng emaw z t a zuang nawn a zuang nawn a. A rahbi tin mai chu a lo thiam n l ta h l  baw  a, am  pianpui v  r ng ni  wm hrimin a lo bel ta. Tichuan, chumi kumah ng i chuan high sikul sport neih tawha zuang s ng ber record a siam ta a, an state pum puiah pawh pathumna a ni pha ta hial mai!

A kum leha pawh district pum pui huap intihsiaknaah tel v  lehin, fit ng  leh inchi thum zeta s ng a zuang leh a, chu chu an district record niin, state pum puiah pahnihna a ni baw . P wl 12 a pass rual rualin college lian leh  a ber berten an college-a l t t rin an rawn s wm ngh l a. Ngawrh taka a tih chhin a tih chhin av ngin a duhtus m chu a lo thleng ta a ni. Mi tam tak chuan Pathian t na thil ropui tak takte tih kan ch k  hin a; mahse tih nawn fona aţanga thlarau lam thil ch n  hante lo neit te chu an hlawhtling  hin.

A sawi hawwna: In class-ah kh n infiammi an awm leh awm loh inz wt ula, eng infiamnaahte nge an tel  hin a, a hlawhtling p wl an ni em tih inz wt baw  rawh u. Hlawhtlinna/chakna chang thei t ra thil tih  han neih ng i awmte chu eng nge ni tih z wt baw  ang che. Tichuan, t nah eng hn  nge an thawh a, eng nge an eizawwna ni hlawm tih z wt leh baw  la. Ch ng an hnathawhna hrang hrangahte chuan hlawhtlinna an chan theihna t rin eng ch n  han nge an neih hlawm le? Thlarau lama hlen chhuah an tum chu eng nge ni hlawm? Ch ng an thil hlen chhuah tumte chu a taka chant r thei t rin eng ch n  hante nge an neih ng i awm le?

RAHBI 2-NA—Zawng chhuak rawh

ZIRT RT TE PU L: Thu hrilhfiahna (dictionary) tam z wk chuan ch n  han (habit) chu thil eng emaw tih dân p ngng ia tih nawn chh nna leh, nungchang n n an sawi zawm deuh vek a. Chutiang chu a ni lo z wngna chher a nih chuan, ngawl veina (addiction)

tiin kan sawi thung thîn. Chîn thàn tha leh tih dân phung dik chher chu thlarau lama thàn zêlna atân thil tûl tak a ni a. Tûn kâra kan zir tûr hian enkawltu thâte nungchanga bet tlat chîn thàn eng emaw zât min hriattîr dâwn a ni.

ZIR ZÂUNA

I. Pathian dah hmasak berna (*Exodus 20:3; Jeremia 29:13; Matthaia 6:33; 22:37, 38; Tirhkohte 17:28; Efesi 5:15–17; Kolosa 3:23; Luka 12:35–48; Hebrai 10:25; 11:10*).

Pathian dah pawimawh berna, hmasak berna hian amah kan rinzia a tilang a. Chutianga amah kan rinzia chu tawngtâina nun kan neih hian a tilang vê leh bawk. Zîng tawngtâi leh Pathian pâwlina hun neih-te hian ringtu tam takte thlarau nun a tichak thar thîn a. Hetianga a tih thîn avâng hian nilêngin an nunah Pathian an dah pawimawh hmasak ber phah a, Pathian chu an ngaih pawimawh ber a ni tih an lantîr a ni. Hetianga kan tî a nih phawt chuan thil dang zawng zawng pawh min pêk belh chhah leh zêl tûr thû Bible chuan a sawi bawk a (*Mat. 6:33*). Ani chu sawrkâr thuneitûte âi pawha chungnung zâwk (*Kol. 1:16*) a ni a; kan chhûngkhatte leh kan nunna ngei âi pawh hian kan dah pawimawh zâwk tûr a ni (*Luka 14:26*).

Hetianga bawk hian, sâwma pakhat kan pêk hian kan sum leh pâite âiin Pathian kan dah chungnung zâwk a ni tih kan tilang a. Pathiana rinna nghahna chuan enkawltu nihna zepui ber a chher a ni. Pathiana rinna nghahna bâkah, Kristian enkawltûte chu hma lam thlîr thiam tak an bawk a. Kawng danga sawi chuan, Kristian sâkhua hi khawvêla sâkhaw hrang hrang awm zîngah hian mihringte hnêna beiseina pe tam ber, hma lam hun thui tak min thlîrtîr theitu a ni. Pathian Lehkhabu kan han chhiar a, entîrna hmangin duhthusâm te, suangtuahna te, thutiam te, beiseina te, leh thil tih theihte tam tak kan chhar thar a. Bible bu pum puiah hian Kristâ lo kal lehna thutiam hian thil dang zawng zawng chu a khûm zo vek a ni. Chû thutiam chu wawi khat mai ni lo, wawi tam tak sawi nawn a ni bawk.

Ringtute chu phurna thar a pe bawk thin. Chumi avang chuan thiltum neiin, awmze nei takin thil kan ti thei a, keimahni ngei pawh hian tangkaina nei vea inhriatna kan lo nei thin. Heng malsawmnate hi Pathian chhungkaw zinga mi kan nihna anga kan rinna rah chhuah a ni a. Chutianga Pathian chhungle kan nih avang chuan kan Hotupa lo kir leh hun chu kan nghak mek a, a zirtinate tha taka zawm chungin amah chu kan lo thli a ni. Pathian thutiam ropui tak takte hi ngaihtuah ila, eng vangin nge Krista chu pawimawh berah kan dah loh theih tehlu ang?

Ngaihtuah teh: Pathian chu zawn hmasak berah nei ta ila, eng thilte nge lo thlenga kan beisei le?

II. Hun hman thiam (*Joba 8:9; Jakoba 4:14; Sam 39:4, 5; 90:10, 12; Efesi 5:15, 16*).

Mihringte hian hun kan pawt ding thei lo va, hun liam tawh pawh kan kokir thei hek lo. Vawiina hun kan khawh ral tawhte hi kan nei let leh thei lo bawk. Chuvangin hun hi kan thil neihah chuan a hlu ber a ni a. Tangkai takin eng tin nge kan hman theih ang le?

He zawnna pawimawh tak hi chhang turin Pathian dan-a thupak palina, hun nena inlaichinna nei awm chhun hi i han zir Chiang teh ang. Thupak palina hian hnathawh leh chawlh chungchhang a sawi a. Ni ruk chhang hna thawk a, ni khat chu chawlh hahdam nana hmang turin thu min pe a. Israel mite kha, hmanlai hnam dangte nen chawlhkar khata ni sarhi awmte hman dan chungchhang an danglam bik hle. Isua thil tih than pakhat chu chawlni, Sabbath-a Pathian chibai buk tura biak ina kal a ni a. Chutiang bawk chuan Paula pawh han Sabbath ni-in Pathian chibai a buk thin (*Tirhkohte 17:1, 2*).

Juda-te calendar chuan thupak palinain a sawi ang hian hnathawh leh thlarau/taksa hahchawlna hun tur hi inbuk tawk taka then hrangin, kut hman hun leh chaw nghei hun tur te, thlai

chi thlâk hun leh rah seng hun tûr te a lo ruat lâwk sa thlap a ni. Chhôngkuaa hun hlimawm tak, entîr nân, Kana khuaa inneihna ruai an buatsaih ang te kha (*Johana 2*), hman ho hun tûr te a awm a, chutiang hun chu Isua pawh khân châwimâwiin a tel vê thîn. Hnathawh, chhôngkua, chawlh hahdam leh Pathian chibai bûkna te hi thupêk palîna thupuite chu a ni. Thil pakhat, Chiang taka a sawi lan loh awm chhun chu, hun âwl hman dân tûr leh, intihhlimna hun hman dân tûr hi a ni a.

Tûnlâi khawvêl, khâwl thil ða leh changkâng tak tak lo awm tâte hian hnathawh a ti-awlsam avângin hunâwl pawh kan lo nei thei ta hlê a, chutiang kan hun-âwlte chu intihhlim nâna hmangin thil ða lo leh tûl lo tak tak kan lo tihphah ta bawk. Nimahsela, thupêk palîna hi chuan ða taka kan hunâwl kan hman theih nân inkaihhruaina dân thianghlim tak a lo zam a ni.

Ngaihtuah teh: Thupêk palîna-in chawlhkâr ni sarihte kan hman dân tûr chungchâng a sawi chu eng nge ni? Eng tiangin nge Pathian Lehkhabu hian kan intihhlimnate Pathian thû nêna inrem a nih ngei a ngaihzia a sawi le?

III. Chîn ðan hrisêl leh ðhâte (*3 Johana 1–3; Thupuan 21:1–5; 1 Korin 9:24–27*).

Inbûk tâwk taka hnathawh, insawizawi leh chawlh hahdamna hun (Sabbath) hman hi sual awm hmaa lo duan tawh a ni a (*Gen. 2:3–15*). Zu in chungchâng (*Thufingte 20:1, 23:29–35*), mipathmeichhiatna hman khawloh chungchâng (*Leviticus 18; 1 Kor. 6:18–20*), natna chi hrang hrang chungchâng (*entîr nân, Leviticus 14*) thurâwn te leh, thurâwn dang dangte hian nunphung hrisêl neih a pawimawhzia an târlang a. Chutiang chu enkawltu nihna chuan a phût tlat bawk.

Paula chuan infiam mîte insûm theihna chu a ngaihsânzia sawiin, intlânsiaka tel ðhîn thil tih chu thlarau lam dân sawifiahna atân pawh a hmang hial a ni (*1 Kor. 9:24–27, 2 Tim. 4:7*;

Heb. 12:1–3). Pathianin hmânlai Israel mîte hnêna a lo tiam tawh kha tûnlai huna Israel mîte (Kristiante) tân pawh hian a la pawimawh reng tho: “LALPA in Pathian âw hi ngun taka in ngaithlâk a, a mithmuha thil thâ chu in tih a, a thupêkte in ngaihsak a, a thuruatte pawh in pawm bawk chuan, Aigupta mîte chungah hrî ka lêtîr ang kha nangmahni chungah chuan pakhat mah ka lentîr vê lo vang. Kei hi LALPA, nangmahni tidamtu che u ka ni sî a” (*Exod. 15:26*, NKJV).

Ngaihtuah teh: A chungah Bible châng kan târlante leh zir zauna thûte hian eng tin nge rilru leh taksa inzawm dân an sawi le? Eng tin nge ei leh in chungchâng leh mipat-hmeichhiatna hman chungchângah dânte leh Sabbath thupêk-te hian natna lakah min vên a, hrisêl taka awm thei tûrin mi a puih bawk le?

RAHBI 3-NA—A taka nunpui tûr

ZIRTÎRTÛTE PUÂL: Sâp ÷awnga “zirtîr” tih an sawina “disciple” tih leh “inthununna” tih an sawina “discipline” tih hi a lam dân a inzûl êm êm mai a. Eng tin nge Krista khân thunun loh fa ni âwm taka zirtîrte an awm khân a tih kha? Thil Chiang êm êm chu, Kristian dik takte chuan enkawltu nihna pêng tin—thlarau, taksa, rilrû, sum leh pâi lam leh thil dang dangte hmangin thununna an tâwk thîn dân a ni.

Galatia 5 leh *2 Petera 2*-a Kristiante tih tûr leh chin ÷hana an neih tûr thil an sawite hi chhiar la. Tûn kêr zirlai hian ringtu tinte nuna awm tûr thil chi hrang hrangte hriat theihna tûr remchâng min siamsak a ni.

Ngaihtuah zui tûr/a taka nunpui tûr zawhnate:

- ① Eng tin nge ringtûte hian enkawltûte tâna neih tûl êm êm chin ÷hante chu an lo neih theih ang?
- ② Eng tin nge taksa lama inthununna hian thlarau lama hlawhtlinna chu nei thei tûrin hnâ a thawh?

- ③ Eng tin nge zirtîrte hian tih tûr tam tak an neihte hi daihzâi takin an thawh theih ang?
- ④ Eng tiangin nge inbûk tâwk taka hun hman hian Kristiante chu enkawltu ʈa tak ni thei tûrin a ʈanpui?
- ⑤ Eng tin nge Pathian Lehkhabu chhiar leh ʈawngʈai hian ringtûte chu Krista leh a lo kal lehna ngaihtuah bera neih theih tûrin a ʈanpui?
- ⑥ Bible ni lo, thil dang Kristianten thlarau lam thilte ngaihtuah theihna atâna hman theih an nei em?

RAHBI 4-NA —Boruak siam rawhe

ZIRTÎRTÛTE PUÂL: Chîn ʈan thar ʈa tak hi awlsam tak a chher ngawt theih a ni lo. Vânduaihlâk takin chîn ʈa lo hi chher a awlsam hlê zâwk leh ta nghâl a. Amaherawhchu, engkim chung a Pathianin thu a neih vekna hian ringtûte chu tû mâ khin rual lohin a vêngnim thung. Paula chuan, “Min tichaktu Krista zârah chuan engkim ka ti thei a ni” tiin a lo sawi rêng a ni (*Filipi. 4:13*, NKJV).

Tih tûr:

Tûn kêra kan thil zirahte hian eng nge i dinhmun lo ni ve tih inenfiâh la. A eng lâiahte hian nge i tih ʈat a, a eng lâiahte hian nge i ʈan lehzual deuh ngâi awm bawk le? I chakna lâiahte chuan i chak chhunzawm zêl theih nân eng thilte nge i tih ang? I ngaihtuahna chu ziak chhuak la, a hnû-ah i en lêt leh ʈîn dâwn nia.