

## ISUA LEH THUPUAN BÛ



**CHÂNGVAWN:** “Hnehna chang apiang chu ka lalthutthlêngah ka kianga an ðut ve ka phalsak ang, kei pawhin hnehna ka chang a, ka Pâ lalthutthlêngah ka ðu ta ang hian” (*Thupuan 3:21, NIV*).

**SABBATH CHAWHNÛ**

**APRIL 14**

**Chhiar tûrte:** *1 Korin 10:1–11; Efesi 1:20; Thupuan 11:19; 1:10–18; Thupuan 12:1–17; 19:11–15.*

**T**HUTHLUNG Thar bûte hi han chhiar thuak ringawt pawh hian, thu pawimawh tak pakhat lo lang nghâl mai a awm a, chu chu: Thuthlung Thar hi Thuthlung Hlui nêen a inzawm tlat tih hi a ni. Chanchin ða bûte leh lekhathawnte hian Thuthlung Hlui hunlâia thil thlengte kha an sawi chhuak ðin a, chu mai pawh chu ni lovin, Thuthlung Hlui bûa thu eng eng emaw hi an sawi chhâwng fo bawk. Isua pawhin amah leh a rawngbâwlina, a hnathawh chungchâng a sawina lamah “Pathian Lehkha Thû” chu a lo thlen famkim ngei a tûl thu a sawi ðin a ni (*Matthia 26:54, 56; Marka 14:49; Johana 13:18; 17:12 en la*).

Thupuan bû pawh hi chutiang deuh tho chu a ni vê a. Dik taka sawi phei chuan, Thuthlung Hlui bûte, a bîk takin Daniela bû tel lo hi chuan Thupuan bû hian awmzia a nei thei lo hrim hrim zâwk a. Hei vâng hian a nia, hêng bû pahnihte hi kan zir kawp zêl ðin rêng ni.

Thupuan bûa Thuthlung Hlui thu chuangte hian—he bûa mi vêk thu dangte nêna kan hmer kawp a nih chuan—Isua an puang chhuak a. Chuvângin Thupuan bû hi Isua chanchin sawina bû niin, amah chu tu nge ni a, a mîte tân eng nge a lo tih tawh tih leh, tâwpna hunah kan tân eng nge a tih leh dâwn tihte min hrilh a ni. Kan hriat reng tûr chu, ni hnuhnunga thil thlengte kan ngaihvenna hian Isua chu a dah lailî-in ngaih pawimawh berah a nei ngei tûr a ni a, chu tak chu Thupuan bû-in a tum ber pawh a ni bawk. Tûn kêr zirlâi hian Thupuan bû-a Isua chu min thlîrpui dâwn a ni.

SUNDAY

APRIL 15

### Thupuan bû pianhmang

*Daniela* bû leh *Thupuan*-ten inanna an neih tam takte zînga pakhat chu hlâwm lian deuh deuh pahniha then theih an ni vê vê hi a ni a, chûngte chu: Thil thleng tawh chanchin leh hun hnuhnunga thil lo thleng tûr chanchin a ni. Hêng thil pahnihte hi hêng bû pahnihahte hian inzawm chiatin an awm vê vê a. Thil thleng tawh chanchin an sawite hi ni hnuhnunga khawvêl pum huap khawpa lian thil la thleng tûr lo entîr lâwktu, a hmahruai an ni e, ti pawhin kan sawi thei ang. Chumi awmzia chu, Thuthlung Hlui hunlâia thil thleng chanchinte kan zir avâng hian keimahni hunah leh kan hnu zêla thil lo thleng leh tûrte hriatthiamna thûk tak kan nei thei tihna a ni. Chutiang chu *Daniela* bû leh *Thupuan* zirna aţang chauha neih theih a ni tihna erawh chu a ni chuang lo tih hria ila.

**1 Korin 10:1–11 chhiar la. Hêng chângachte hian a chungka kan thil sawi chungchângte hi eng tin nge kan hmuh le?**

Kêr hmasa lama kan hmuh tâk ang khân, *Daniela* bû-a thil thleng thenkhat (*Daniela* 3:6, 15, 27; leh 6:6–9, 21, 22) hi chu tual chhûng thil deuh niin, *Thupuan* bû-in hun hnuhnunga thil thleng tûr a sawite lo entîr lâwktu an ni hlawm a. Hêng thawnthûte hi ngun taka kan zir a nih chuan, tâwpna huna Pathian mîten an hmachawn

tûr thil ðhenkhatte chu chipchiar tak ni lêm lovin, lo hriathiamna, lo thlîr thiamna kan nei thei ang. Chuta pawimawh ber zâwk chu, kan thil tawn mêk chu eng pawh lo ni se, chhanchhuahin kan la awm ngei dâwn a ni tih hriat chianna min pe hi a ni a. *Thupuanin* a zirtîr dang leh pakhat chu mi rinawmten hnehna an la chan ngêi tûr thû hi a ni.

Thupuan bû-ah hian bung 1–11 hi thil thleng tawh chanchin sawina a ni deuh ber a; bung 13–22 erawh hi chu tâwpna hun chanchin sawina a ni vê thung.

**Thupuan 12:1–17 chhiar la. Hemi bung hi chanchin kal tawh sawina nge ni a, tâwpna huna thil thleng tûr chanchin sawina zâwk le? Eng vâng chumi chu nî nge a nih sawi baw k la.**

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Kan hmuh angin, hemi bung bîk hi chu a pahnihin a ni kawp a. Eng vâng maw? A chhan chu hun kal tawha indona chungchâng—vân ata Setana paih thlâk a nih thû (*Thupuan 12:7–9*) te, Setanan nausên Isua tihhlum tuma a beih thû (*Thupuan 12:4*) te, leh kohhran chanchin kal tawh hrang hranga Kristianten tihduhdahna an tawrh ðhin thû (*Thupuan 12:14–16*) te a sawi bâkah; tâwpna huna Pathian mi thianghlim la bâng awmte Setanan a beih tûr thû (*Thupuan 12:17*) pawh a sawi tel baw vâng a ni.

**“Chanchin kal tawh zirna aţanga kan zir chhuah zînga pakhat chu chanchin kal tawh zirna aţang hian engmah tak tak zir chhuah kan nei lo tih hi a ni” tiin mi ðhenkhat chuan an sawi fiamthû ðhin a. Mihringte hian keimahni hun zêlah kan hmâa mîte lo tihsual tawh ang tho kha kan tisual vê leh zêl an tihna a ni deuh ber. Kan inzir fin theihna tûrin thil thleng tawh chanchin tam tak hmuh tûr kan nei baw k a, an thil lo tihsual tawh ang kha kan tihsual vê lohna tûrin eng tin nge kan invên theih ang?**\_\_\_\_\_

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**Isua sawi lan a nih dânte**

**Isua hming hrang hrangte leh, ama chanchin, a thil lo tih tawh, tih mêk, leh la tih tûrte inziahna hêng Bible chângte hi chhiar la. Hêng thûte hian Isua chungchâng eng nge min hrilh hlawm le?**

*Thupuan 1:5* \_\_\_\_\_

*Thupuan 1:18* \_\_\_\_\_

*Thupuan 5:8* \_\_\_\_\_

*Thupuan 19:11–15* \_\_\_\_\_

*Thupuan 21:6* \_\_\_\_\_

Hêngte hi *Thupuan* bûa Isuâ hnathawh leh thil tih hrang hrangte târ lanna châng tam tak zînga a ðhen a zâr chauh a ni a. “Dâwidim tel lo in ni ang bawkin, chhang hlâwm thar in lo nih theih nân dâwidim hlui chu thian fâi rawh u. Kan Kalhlên Kûtna tûr pawh an talh tawh sî a, Krista ngei chu” (*1 Korin 5:7*). Amah ngei hian “Ka lo thî a; nimahsela ngâi teh, kumkhua atân ka nung leh ta a ni” (*Thupuan 1:18*) tih a sawi a. Hê a ðawngkam hman hian Chiang takin a thihna leh thihna atâ a thawhleleh tâkna a kâwk a ni. “Hetiang hian ziak a ni: ‘Krista chuan hrehawm a tuar ang a, ni thum nî-in mitthi zîng ata a tholeh ang” (*Luka 24:46*). Thupuan 19:11–15-ah pawh a lo kal hun a tih tûr târlangin, leiah hian thiltihtheihna leh ropuina nêh, rorêl tûrin a lo kîr leh dâwn a ni. “Mihring Fapa hi a vântirhkohte nêh, a Pâ ropuinaa inthumin a lo kal dâwn sî a; chumi hunah chuan mi tin an thil tih ang zêlin a rûl ðeuh vang” (*Matthaia 16:27*).

**Eng ti nge nî tin hian Isua nun, a thihna, a thawhlelehna leh a lo kal lehna-te hi kan nunin a ngaihtuah ber leh thil dik leh dik lo thlan kawnga kan inngahna ber a lo nih theih ang? \_\_\_\_\_**

**Thupuanin biak bûk rawngbâwlna a sawi dân**

*Daniela* leh *Thupuan* bûte hi hlâwm lian deuh deuh pahnihah then theih a nih thû kan sawi tawh a. Thupuan bû bîk hian thupui pawimawh tak dang, Hebrai-hote biak bûk rawngbâwlna chungchâng pawh a sawi tel bawk. He biak bûk rawngbâwlna chungchâng hi chu a khawi emaw zâwk zâwka inkhûr khung bîk lovin, *Thupuan* bu pum puiah hian a inzam chhuak vek zâwk a ni.

Lei biak bûk rawngbâwlna kha biak bûk tual zâwla awm, hâlral thil an hlanna maichâmah khân tan niin, chumi chu ran an talhna hmun a ni bawk. Kraws entîrtu ran chu talh a nih hnû chuan biak bûka a pindan hmasa zâwkah puithiam chu a lût thîn a, chu chuan a thawhle hnuâ vân biak bûka Isua a lût ta kha a kâwk a. Hei hi khâwnvâr dahna zînga Isua a kal kual khân a entîr a ni (*Thupuan 1:13*).

**Thupuan 4:1, 2 chhiar la. “Kawngkhâr inhawng” tih hian eng nge a entîr? Hê thil hi khawi hmuna thleng nge ni? *Tirhkohte 2:33; 5:31; Efesi 1:20; Hebrai 10:12, 13; Sâm 110:1; Thupuan 12:5*-te pawh hi chhiar ang che.**

Krista chu vâna a chhoh hnû lawk khân vân biak bûka Hmun Thianghlim berah luhtîr niin, chumi avâng chuan kawngkhâr a hawng ta phawt a. Thupuan bûa Krista a lo lanna hmasa berah hian lei biak bûk pindan hmasa zâwka awm khâwnvâr dahna zîngah ding nia târ lan a ni (*Thupuan 1:10–18*).

**Thupuan 11:19 chhiar la. Vân biak bûk kâwngkhâr hawn a nih a, Johanan lei biak bûk pindan chhûngril zâwka awm thuthlunna bâwm lo lang a hmu thei kha eng nge a pawimawhna awm le (*Leviticus 16:12–14*)?** \_\_\_\_\_

Vân biak bûka awm thuthlunna bâwm a lo lan thu a sawi hian hnial rual lohin chumi hmun chu Hmun Thianghlim Ber, vân biak bûka a pindan chhûngril zâwk a ni tih a kâwk a. *Thupuan* bû-ah hian pindan pahnihtea Isua rawngbâwlna chauh pawh ni lovin, leiah leh vâna thil thlengte hi a inzawm tlat a; chû chu a pawimawhin a thlamuan thlâk hlê bawk tih pawh kan hmu thei. *Thupuan* bû-in a sawi fiahna thleng tawhte leh, lo la thleng leh tûrte hi râpthlâk hlê hlawm mah se, “LALPÂ ni lo thleng tûr atâna inbuatsaihnaah chuan kan din khawchhuah theihna tûrin, vân mi zawng zawngte khian hnâ an thawk a ni” tih thu hi kan hre reng tûr a ni a. Lei leh vân hi hnâi taka inzawm a ni sî a.”—Ellen G. White, *My Life Today*, p. 307.

**NĪLĀNĪ**

**APRIL 18**

### **Thupuan Bûa Krista: Then 1-na**

Thupuan bûa engkim mai, a nihphung leh a chhûnga thu awmte hian thiltum pakhat an nei a, chu chu: Isua Krista chanchin puan chhuah a ni. Chuvâng chuan a thu hawn nân pawh, “Isua Krista Thu Puan Chhuah” (Grik ṭawngin, *Apocalypsis Iesou Christou*) tih a ni rêng a. He ṭawngkâm hi a tlângpui thû-in 1) “Isuâ hnên aṭanga thu puan chhuah” tihna emaw, 2) “Isua Krista chungchânga thu puan chhuah” tihna emaw anga ngaih a ni deuh ber (*Thupuan 1:2*). “Thu puan chhuah” a nihna tak hian Thupuan bû hi hriatthiam harsa tak nia ngâitûte hi a nêk ve hrim hrim a. Hê bû hi a chhiartûten a awmzia an hriatthiam miah loh tûr lo ni ta ang se, eng vângin nge LALPAN Bible-a tel ve tûrin a lo tih sî ni ang le?

**Thupuan 1:1–8 chhiar la. Hêng Bible chângte hian Isua chungchâng eng nge min hrilh?**

*Thupuan* bû-ah hian a bul ṭanna atân Krista chu “leia lalte chung a rorêltu” (*Thupuan 1:5*, NIV) ni anga sawi a ni a; tin, a tâwp lamah pawh “Lalte Lal” anga sawi a ni leh bawk

(Thupuan 19:16). Heti lâia thu lâwmawm deuh mai awm chu, leia buaina nasa tak chhuak kârah hian hmangaihnaa khat kan LALPA leh Chhandamtu'n engkim chungah thû a nei tih Chiang taka kan hre thei hi a ni.

Thupuan 1:15-ah hian Krista chu Tlantu a nih thû Chiang takin min hrilh a. “Min hmangaih a, a thisenin kan sualte lak ata min tlan chhuak a” tih thu hian kraws-a kan sualte tlan nâna a thihna kha a sawi. Ani chuan thiam min chantîr a ni mai lo va, min tithianghlim bawk a ni (1 Korin 6:11). Hêng ang thû-ah te hian chhandam kan ni tih inhriat chianna chu kan chhar thei a, a chhan pawh Isua chu kan sualte tlêng fâitu a ni tih min kawhhmuh tlat a lâwm. Chutiang chu keimahni ngawt chuan kan ti thei dêr sî lo.

### **Thupuan 1:7 chhiar la. Hê thû hian Isua chungchâng eng nge min hrilh?**

Kristian thurina/rinnaa a laimû ber chu “chhûmte nêna” Isua Krista a lo kîr leh tûr thutiam hi a ni. Isua chu a lo kal leh dâwn a, amah ngei chu a tak taka lo kalin, khawvêla mi zawng zawng hian a hmu vek ang. Chû thil thleng chuan he khawvêla tawrhna, buaina leh chhياتna zawng zawngte hi a la titâwp vek ang a, chatuan thutiamte chu a takin a rawn thlentîr tawh dâwn a ni.

### **Thupuan 1:8 hian Isuâ chungchâng eng nge min hrilh? Hê Bible chângah hian fiahna kan hmachhawn mêk lâia thlamuanna min pe thei beiseina eng nge kan chhar chhuah theih le?**

NINGÂNÎ

APRIL 19

### **Thupuan Bûa Krista: Then 2-na**

**Thupuan 1:10–18 chhiar la. Hêng Bible chângah te hian eng tin nge Isuan amâ chungchâng thû a sawi le?**

Hêng chângahthe hian Isua chu lo langin, vên biak bûka pindan hmasa zâwka ding anga sawi a ni. Hetiang zâwnga a lo lang hi Johana phei chuan ropui a ti lutuk a, a ke bulah chuan thî ang dêrin a tlû a nih kha. Mahse Isua chu mîte thlamuan thîntu a nih avângin hlâu lo tûr leh, amah chu Apha leh Omega, Hmasabera leh Hnuhngbera a nih thû a hrilh ta a—a thil sawi hian chatuan ata Pathian a ni tih a kâwk. Chumi hnû chuan a thihna leh thawhleha thû bâkah, a thawhlehnain beiseina a siam thû a sawi ta a. “Thihna leh Mitthi Khaw” chabîte chu a neih thû a sawi baw. Tawngkam danga sawi chuan, Martha-in a unaupa a sùn lâia a hrilh kha Johana pawh hi a hrilh vê leh a ni kan ti thei ang. Chumi tuma a thil sawi chu heti hian Johanan a lo ziak a: “Keimah hi thawhleha leh nunna chu ka ni. Tû pawh kei mi ring chu lo thî pawh ni se, a nung leh ang. Tû pawh keimaha nung leh mi ring chu a thi ngâi rêng rêng lo vang. Hê thû hi i ring em?” (*Johana 11:25, 26, NKJV*).

Martha-i hnênah leh Johana hnêna thû a sawite hman hian Isua chuan thawhleha beiseina chu min kawhhmuh a, chu chu Kristian thurinin a vâwrtâwp a thlenna tûr a ni. Hê beiseina hi nei ta lo ila, eng beiseina dang nge kan neih tawh ang?

### **Thupuan 22:7, 12, 13 chhiar la. Hêng Bible chângte hian Isuâ chungchâng eng nge an sawi?**

“Krista Isua hi Alpha leh Omega niin, Thuthlung Hlui *Genesis* bû leh Thuthlung Thar *Thupuan* bû a ni. Hêng thuthlung pahnihte hi Krista-ah an intâwk a. Setana thlêmnate hnehna leh Adama hlawhchhamna leh tlûkna zahpuiawm tak tlan chhuahna hnâ-te hlen chhuaktu Adama pahnihna thuâwihna chuan Adama leh Pathian chu an lo inremtîr leh ta a ni.”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1092. Isua chu a bul leh a tâwp a ni a. A tîrah min siam phawt a, tichuan, a tâwpah pawh min siam thar leh dâwn a ni.

A bul lam ațanga a tâwp thleng mai hian chanchin kal tawh mai pawh ni lovin, tâwpna huna thil thlengte pawh min zirtîr a,



chuvângin *Thupuan* bû hi *Apocalypsis Iesou Christou*, Isua Krista thu puan chhuah a la ni reng. Tâwpna hun thil thlengte chungchângah hian thil dang dang pawh han zir ðîn mah ila, Isua Krista hi a laipui ber a ni zêl tûr a ni.

### **Isua chu kan nî tin nuna pawimawh bera kan dah theihna tûr kawngte chu eng nge ni?**

**ZIRTÂWPNÍ**

**APRIL 20**

**Ngaihtuah tûr:** “*Thupuan* bû-ah hian Pathian thil thûkte chu pho lan a ni a. Thâwk khum thu inziahna lehkha phêkte hming atâna ‘*Thupuan*’ tih hming putfîr a ni hian [hriatthiam theih loh tûra] châr hnan tlat bû tia mi ðenkhatten an sawi ðin hi a ðiat a ni. *Thupuan* tih awmzia chu thil eng emaw puan chhuah tihna a ni a. Amah LALPA ngeiin he bûa thil mak inthup awmte hi a chhiahhlawh hnênah a lo puang chhuak vek tawh a, chû mai pawh chu ni lovin, mi zawng zawng zir theih tûra kêu-hawn hi a ruahman dân a ni bawk. Hê bûa thutak awmte hi Johana hun lâia mîte hnêna hrilh a lo ni tawh ang khân, he lei hun hnunng lama chêngte hnênah pawh hrilh a ni leh bawk a. He hrilhlawknaa lang ðenkhat hi chu hun kal tawha thlengte a ni a, ðenkhat hi chu tûna thleng mêkte niin, ðenkhat hi chuan thim thiltihtheihnate leh vân Lal Fapa indona ropui tak a tâwp dâwn hnaih lama thil thleng tûrte chu min thlîrtîr a, ðenkhat dang leh hian lei thara chêng tlan sâte hnehnate leh lâwmnate chu a puang chhuak thung a ni.”— Ellen G. White, *Tirhkohte Thiltih*, p. 524.

Tûn kâra Bible châng kan thur chhuahte hian, a bu bul lama mî a ni emaw, a tâwp lama mî emaw pawh ni se, *Thupuan* bû hi Isua chugnchâng a nihzia an tilang a. Thuthlung Hlui bûa chanchin kal tawhte sawina thu hrang hrangte nêl lam hian *Thupuan* bû hian kan LALPA Isua chungchâng tho min hrilh a ni. *Thupuan* 3:14; 5:5, 6; 7:14; 19:11–16-te pawh hi ama chungchâng puan chhuahna thû vek a ni leh bawk. Hêng châng hrang hrangte hi kan zawm khâwm a nih chuan, Isua chanchin

fiah takin kan hmu thei ang a, amah zuitua inchoh keiniho tâna a hlutzia pawh kan lo hre lehzuah thei dâwn a ni.

**SAWI HO TÛRTE:**

- ❶ **Thuthlung Thar bu hrang hrangten Thuthlung Hlui thû an sawi chhâwng hlawm deuh vek mai hi kan tân eng nge a ãngkâina awm le? Kan rinnaa Pathian Lehkha Thû-in hmun laili a chanzia leh, Pathian Thu hi kan lâk thutak hlê a ngaihza min hrilh em? Kan mi mal nunah leh kohhran nuna Pathian Lehkha Thû-in thuneihna a chan nêp tial tialna tûra beihna rêng rêng lakah hian engtin nge kan lo invên theih ang?**
- ❷ ***Thupuan* bû hi han chhiar chhuak thuak la, Isuâ chungchâng bik sawina châng eng zât nge i hmuh theih chhinchhiah ang che. Chûng chângte chu in class-ah i chhiar chhuak dâwn nia. Chûng chângte chuan kan LALPA mîzia, hnathawh, thiltihtheihna leh nungchang chungchâng eng nge a hrilh che sawi la. Chûngte a ãng chuan thlamuanna eng nge i chhar chhuah sawi bawh rawh.**
- ❸ **Thihna khawvêlah hian engtin nge mitthi thawhleina thutiamah hian beiseina leh thlamuanna chhar chhuah dân kan hriat theih ang?**