

CHHANDAMNATE LEH TÂWPNA HUN CHU



CHÂNGVAWN: “Hei hi hmangaihna a ni: Pathian chu keimahni’n kan hmangaih ni lovin, amah zâwkin keini hi min hmangaih a, kan sualte tlanna atân a Fapa a rawn tîr a” (*1 Johana 4:10*, NIV).

SABBATH CHAWHNÛ

APRIL 21

Chhiar tûrte: *Sâm 91:15, 16; Johana 1:1–3; 14:9; Rome 8:38, 39; Efesi 1:4, 5; 3:17; Thupuan 14:6, 7.*

KRISTIAN sâkhua leh sâkhaw dangte inan lohna lian tak pakhat chu—sâkhaw dang zawngte hi chuan anmahni sâkhaw dintû thu zirtîrte an châwi sâng hlawm êm êm mai a; chutih lâiin anmahni tâna thil a lo tih tawhte erawh an sawi tam lo tlângpui. An sâkhaw dintuin an tâna thil a tihsakte chuan anmahni a chhandam theih loh vâng pawh a ni maithei e. Hêng hruaitu ropui tak takten an tih theih tâwk chu, anmahni leh anmahni “inchhandam” tûra mîte zirtîr a ni.

Kristiante erawh chuan Isua thu zirtîrte chauh ni lovin, Isuan kan tâna thil a tih pawh kan châwi sâng a, a chhan chu a thil lo tih tawh khân chhandam kan nih theihna kawng awm chhun a siam vâng a ni. Mihring taksa pûa Krista mihringa a lo channa (*Rome 8:3*), kraws-a a thihna (*Rome 5:8*), a thawhleha (*1 Petera 1:3*) leh vâna rawng a bâwlina (*Hebrai 7:25*)—hêng a thil tih hrang hrangte chauh hian min chhandam a ni. Keimahniah hi chuan min chhandam thei thil eng mah a awm lo. “Mihringa t̄ha leh thianghlim leh zahawm leh ngainatawm tinrêng hi la khâwmin, chûngte chu

Pathian vântirhkohte hnênah mihring thlarau chhandamnaa ẵngkâina nei tûrin hân ta ỉla, chu kan thil rawt chu phatsanna anga ngaiha hnâwl a ni ang.”—Ellen G. White, *Faith and Works*, p. 24.

Hê thu ropui tak hi ni hnuhnunga bumna hlauhawm tak tak lêng vêl kâra awm kan nih avângin kan tân a pawimawh êm êm a ni.

SUNDAY

APRIL 22

Pâ hmangaihna chu

Kraws-a khenbeh a nih hmâ deuh khân Isuan a zirtîrte hnênah, amâ zâra mîten Pathian hnên an thlen theih dân a hrilh a. Chumi ẵm chuan a nia, Filipan, “LALPA, Pa chu keini hi min hmuhtîr ta che, chû chu kan tân a tâwk ang” (*Johana 14:8*, NKJV) tih thû a sawi ni.

Eng tin nge Isuan Filipa a chhân? Johana 14:9. A chhâna chuan Pâ chungchâng eng nge min hrilh? A chhânain Pâ chungchâng thil hriat fuh loh awm a sawi fiah tâkte chu eng nge ni?

Mi ẵnkhath chuan Thuthlung Hlui Pathian hi chu dikna Pathian a ni a, chutih lâiin Thuthlung Thar Pathian erawh hi chu khawngaihna leh lainatna leh ngaihdamnaa khat Pathian a ni vê thung angin an sawi ẵn a. Awmze nei miah lovin an danglamna khâikhin phêt an tum ẵn. Thuthlung Hluia Pathian leh Thuthlung Thara Pathian hi thuhmun a ni a, a nungchang pawh a ngâi reng bawk.

Hê khawvêla Krista lo kal chhan pakhat chu Pa Pathian chungchâng thutak puan chhuah a ni a. Kum za tam tak kal ta chhûng khân, ring lo mîte zîngah chauh pawh ni lovin, Pathian hnam thlante ngei zîngah pawh a nihna leh a nungchang chungchângah ngaihdân dik lo tak tak theh darh a lo ni tawh ẵn a ni. “Pathian mîze dik tak hriat ẵlhelna avângin lei hi a thim mup a. Chu thim chhah tak mai chu tiêng a, khawvêl hi Pathian hnêna hlan lêt leh a nih theihna tûr chuan Setana bumna leh thiltihtheihna hi chhut chhiat

hmasuk phawt a ngâi a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 12. Hêng hi hê leia Isua a lo kal chhan thenkhatte chu a ni.

Pathian chu a inthlâk danglam ngâi lo. Thuthlung Hluia thil thlengte hi eng vânga thleng nge a nih kan hria a nih chuan, Pathian hi Thuthlung Thara khawngaihnaa khat Pathian a ni ang thovin Thuthlung Hlui lamah pawh a ni vê a ni tih kan hria ang. Pathian Lehkha Thu chuan, “Pathian chu hmangaihna a ni” (*1 Johana 4:8*) tiin a puang a, Pathian chu a inthlâk danglam ngâi lo. “Isua Krista chu niminah leh vawinah leh kumkhuain a ngâi reng a ni” (*Hebrai 13:8*, NRSV) tih ang khân.

Krawsa khâikâna awm kha Thuthlung Hlui Pathian a ni tih hi kan hre reng tûr a ni bawk. Hê Pathian hi thinnel, rinawm, lainatna ngah, mi khawngaih thei leh hmangaihnaa khat a ni a (*Exodus 34:6, 7*). Pathian chuan hmangaihna dâi ngâi lo a nei a (*Sâm 143:8*), amah tih tûte chungah chuan a lâwm thîn (*Sâm 147:11*). Pathian chuan mihringte hi hmungîl taka awm tûra a tih mai bâkah, beiseina pawh a pe bawk (*Jeremia 29:11*). A mîte chu a hmangaih êm avângin a zilhhau zui tawh lo vang a, hla saâ-in an chungah a lâwm zâwk ang (*Zefania 3:17*). Hei hi Pa Pathian mîze dik tak chu a ni.

INSIDE STORY
Isua hi Pa Pathian âiawhtu a ni tih thu hi ngun takin ngaihtuah la. Eng vângin nge hei hi, a bîk takin Pathian hlâu deuh hlek thînte tân phei chuan, thutak ropui leh beiseina min petu a nih le?

THAWHTANNÎ
Krista hmangaihna chu

APRIL 23

Sual chuan mihringte hi Pathian hnên atâ min then hrang tawh a. Kan inkârah khi chat zâu tak awmin, chu chu dawh zawm a nih loh chuan mihringte hi chatuana boral tawh mai tûr kan ni. He khi chat hi a thûkin a hlauhawm hlê bawk a. Sual avânga harsatna ching fel tûr leh, Pathian fel leh thianghlim nêna suala tlu tawh mihringte inzawmtûr leh tûr chuan âwihawm loh khawpa thilmak eng emaw tih a tûl. Amah Pathian nêna chatuan mi ni dûn, amah

Pathian ang bawka Pathian nihna nei vê chu mihringah a lo chan a ngâi a, chu a mihrinnaah chuan kan sualte thâwi nân amah leh amah a rawn hlân ta a ni.

Johana 1:1–3, 14 leh Filipi 2:5–8 chhiar la. Hêng chângte hian Isua chu tu nge niin an sawi?

Krista kha chatuan mê a ni a, mi tu emaw, eng thil emaw rin chhana lo awm a ni lo. Pathian a ni a—Pathian angin a lang a ni mai lo va, amah kha Pathian a ni. A nihna laipui tak kha Pathian niin, chatuan mi pawh a ni bawk. Chu a Pathian nihna zia chu la nei zui zêl chungin, dânin a sawi chu mihring tîsa pu chung a zâwm tûr leh dân bawhchhe tawhtûte zawng zawng Âiawh a thi tûrin mihringah a lo chang ta a ni (*Rome 3:23*).

Krista kha mihring dangte âia hamthatna engmah nei bîk chuang lovin mihringah a lo chang a. Pathian dân pawh chatuana Pathian a nihna aţang ni lovin, mihring dangte hnêna Pathian thiltihtheihna awm ve tho chu rinchhanin a zâwm bawk.

Isua chu Pathian famkim leh mihring famkim a ni a. Chumi awmzia chu “amâ thiltihtheihna thû-a thil zawng zawng tungdingtu (*Hebrai 1:3*) tho kha “ran chaw pêkna thlênga nausên mû” (*Luka 2:16*) pawh kha a ni tihna a ni. “Thil zawng zawngte awm hmâ leh amaha thil zawng zawng awm honaa” (*Kolosa 1:17*, NKJV) kha naupang dangte ang thova, “finna leh pumruaa lo ʃhiang lian deuh deuh” (*Luka 2:52*) kha a ni a. Chutiang zêlin, “amâ tel lova thil eng mah siam a awm lo” (*Johana 1:3*, NKJV), khâ tho kha “thinga khâikâna an thah tâka” (*Tirhkohte 5:30*, NKJV) pawh kha a ni bawk.

Hêngte hian Kristan min hmangaihna chu min hrilh a nih a, Kristan min hmangaihna chu Pa-in min hmangaihzia târlanna a nih bawk sî chuan, hlim chhan leh lâwm chhan tûr tam tak kan nei pawh hi thil mak a ni lo rêng a ni.

Rome 8:38, 39 chhiar la. Vâwiin zirlâi atâna Bible châng târ chhuahte hian eng tiangin nge Paula thil min hrilh hi kan rin ngamna chhan tûr min pêk le?

Thlarau Thianghlim hmangaihna chu

Thlarau Thianghlim nihna dik tak hi hriat fuh loh a lo ni fo tawh a. Pathian thu thiamte (theologians) zînga thenkhat chuan Thlarau Thianghlim chu Pa leh Fapa inkâra hmangaihna awm sawina niin an ngâi. Ṭawngkam danga sawi chuan, Thlarau Thianghlim chu Pa leh Fapa inkâra inngainat tawwna awm hi a ni mai e, an tihna a ni. Chutiang chu a lo ni a nih tak tak chuan, Pathiana minung awm zînga mi a ni lo va, anni nêh hian inlaichîna an nei lo tihna a ni ang.

Nimahsela, Pathian Lehkha Thû hi chuan minung a nih ngei-zia Chiang takin a sawi thung. Kristiante chu amah leh Pa leh Fapa-te hmingin baptis an ni ṭhîn a (*Matthaia 28:19*). Thlarau Thianghlim chuan Krista a châwimâwi a (*Johana 16:14*). Mihringte hi an thiam lohzia a hriattîr a (*Johana 16:8*). A lungngâi thei a (*Efesi 4:30*). Thlamuantu (*Johana 14:16*), Ṭanpuitu (NKJV), Thurâwnpetu (RSV) a ni. Mîte a zirtîr ṭhîn a (*Luka 12:12*), a sawipui ṭhîn a (*Rome 8:26*), a tithianghlim bawk ṭhîn (*1 Petera 1:2*). Thlarau Thianghlim chuan mihringte hi thutak zawng zawngah a hruai lût ṭhîn niin Kristan a sawi (*Johana 16:13*). A tâwi zâwnga sawi chuan, Thlarau Thianghlim chu Pa leh Fapa-te ang thova Pathian a ni a, an pathum hian Pathian pakhat ni tlâng an ni.

Thlarau Thianghlimin thil a tih rêng rêngte hian Pathian hmangaihna an puang chhuak ṭheuh a. A thiltih ṭhenkhatte chu eng nge ni le? *Luka 12:12; Johana 16:8–13; Tirhkohte 13:2.*

Thlarau Thianghlim hi Pathian a ni tih tilangtu ropui ber chu mihringa Krista a lo channa kha a ni. Isua kha Thlarau Thianghlim laka piang ni a (*Matthaia 1:20*). Chutiang chu Pathian chauhin a “ti” thei.

Thlarau Thianghlim hian Krista tân thilmak pahnih, inkâwlkalth êm êm mai sîte chu a ti a. A hmasa zâwk chu hmun tina awm ṭhîn,

Krista chu Mari chhûl chhûngah a rawn dah a. Krista chu amâ taksa, mihring taksa ngei nêh khân vânah lâk chhoh niin, chu taksa chhûngah chuan a awm ta a ni. A pahnihna chu, Thlarau Thianghlim chuan a mihrinna zia-in a khûr khung Krista chu vâh a tângin a rawn hrui thlâ a, sawi fiah theih miah loh tûr khawpa mak bawkin, khawvêl hmun hrang hranga awm Kristiante hi a chên chilhtîr a ni.

Chutiang chuan, Thlarau Thianghlim hian Pa leh Fapa nêh, kan tân hnâ an thawk mêk a. “Pathiana minung pathum awmte hian mihringte hi an khawngaih êm êm a, Pa leh Fapa leh Thlarau Thianghlim chu chhandamna ruahman thawk chhuak tûrin an inpe theuh a ni.”—Ellen G. White, *Counsels on Health*, p. 222.

Pa, Fapa leh Thlarau Thianghlim chuan min hmangaih a, Pathian chatuan lalrama kan luh theih nân hnâ an thawk theuh a ni. Chutiang khawpa chhandamna ropui chu eng tin nge kan ngaihthah theih ang?

Pa, Fapa leh Thlarau Thinghlimte-te chuan an zavâiin kan thatna tûrin hna an thawk tlâng a ni tih hriatna a tâng hian eng tin nge thlamuanna kan lo chhar chhuah theih ang?

NILÂINI

APRIL 25

Chhandam nih inhriat chianna

Seventh-day Adventist-te zînga thenkhat hi chuan ‘chhandam an ni lo palh mai ang a’ tiin ngaihtuahna an nei thîn a. Chatuana nunna an chang ngei dâwn a ni tih inhriatna chiang tak an neih loh avângin an thla a muang lo va, an dinhmun tûr dik tak hriat an châk thîn. Chhandam tlâk ni tûrin theih tâwpin an bei a; mahse tling zo tak tak tûr ni chuan an inhre lo. Anmahni nun an han bih chiang a, thlamuanpui tham tûr thil hmuh a nei sî lo a ni.

Isua nungchang leh keimahni nungchang inan lohzia kan han hmuh hian emaw, “nunnaa kalna kawngka chu a zîm a, a kawng pawh a chêp bawk, a hmutûte pawh tlêm tê chauh an ni” (*Matthia 7:14*) tih thû te kan han chhiar châng hian, chhandam kan ni vê lo mai anga tiin kan ngaihtuah rauh rauh thîn rêng a ni lo’ m ni?

Tâwpna hun atâna inpeiha tûr chuan tûnah hian chhandam nih inhriatna chiang tak kan nei ngei tûr a ni a. Nakina thil lo thleng tûrte chu hlâu lova kan lo hmachhawn theih nân, a takin chhandamna kan chang ngei tûr a ni. Kan sawi tawh ang khân, Pathiana minung pathum awmte hi an zavâiin kan chhandamna atân an thawk tlâng a. Chuvâng chuan, chhandam kan ni ngei a ni tih inhriatna nei chungin kan nung thei a, nung tûr pawh kan ni rêng bawk a ni.

A hnuaia chângte hi chhiar la. Hêngte hian chhandamna chungchâng bâkah, Pathian thil min lo tihsak tawhte leh min la tihsak leh a tiamte chungchângah beiseina leh rinngamna eng nge min pêk hlawm le?

Sâm 91:15, 16 _____

Joela 2:31, 32 _____

Johana 10:28 _____

Rome 10:9–13 _____

1 Johana 5:11–13 _____

Thianghlim taka nung tûra koh kan ni mai lo va, chutianga nung tûr chuan thu pêk kan ni zâwk; mahse chumi nun chu chhandamna hlawhchhuahna tûr ni lovin, Kristan min chhandam tawhna rah a ni zâwk a. Thih thlenga rinawm tûr chu ni tho mah ila, hê thilthlâwnpêk hi chhandamna kan chan theihna tûra beisei kan neih chhun a ni tih hriain, hetah hian kan inngat reng tûr a ni. Pathian mîte chu ni hnunnungah hian *rinawm* leh *thu zâwmtûte* anga hriat an ni dâwn a, chu rinawmna leh thuâwihna chu kan tâna Kristan thil a tih tawhte rin nghehnain a hrin a ni ang.

NINGÂNÎ

APRIL 26

Chatuana chanchin thâ chu

Thupuan 14:6, 7 chhiar la. “Chatuana chanchin thâ” chu eng nge ni?

Hetah hian chanchin thâ chu “chatuana awm” nia sawi a ni a. Hei pawh hian Pathian chu inthlâk danglam ngâi loh a nihzia a tilang leh bawk. Danglam ngâi lo Pathian chuan chanchin thâ danglam ngâi lo a nei a. Hê chatuana chanchin thâ hian a lo pawm duh apiangte hnênah chhandam nih inhriat chianna a pe thîn. Chanchin thâ chuan Pathian hmangaihna danglam ngâi lo chu a puang chhuak a, hê thuchah hian khawvêl hnên a thlen ngei a tûl bawk. Mi tin hian an lo hriat ve ngei a tûl a, chû hnâ chu thawk tûr chuan a mîte hi Pathian chuan a ko rêng a ni.

“Khawvêl pian hmâ daih khân amahah chuan min lo thlang tawh a, chu chu amâ hmâah hmangaihnaa thianghlim leh sawisêl kâi lova kan awm theihna tûr a lo ni. Amâ duhzâwng leh lâwmzâwng ang takin Isua Krista zârah chuan amâ fâ atâna siam tûrin min lo ruat lâwk diam tawh bawk” (*Efesi 1:4, 5, NKJV*). **Hê thû hian “chantuana” chanchin thâ chungchâng kimchang zâwk chu eng nge min hrilh le?**

Amahah chuan “khawvêl pian hmâ daih khân” thlan kan lo ni tawh a nih chû! Hei hian “chatuana chanchin thâ” chungchâng a sawi a. Hê khawvêl hi siam a nih hmâ daih khân Pathian chuan amaha chhandamna awm chu kan neih theihna nân ruahmanna a lo siam tawh tihna a ni.

A tawngkam hman thenkhat hi lo chik teh: “thlang,” “ruat lâwk,” “duhzâwng, lâwmzâwng,” “fâ atâna siam.” Hêng châng pahnihtena Pathianin “amaha awm” chatuana nunna chu nei tûra min duhsakzia an târlan dân hi i hmu thiam em? Hêng zawng zawng hi Pathian chuan chatuan atanga a lo ti daih tawh mai hian (*2 Thesalonika 2:13; 2 Timothea 1:9*) mihringte min khawngaihzia a tilang a, kan chhandamna chu keimahni’na kan tih vê theih thil eng emaw leh, kan thil thâ tih emaw vâng ni lovin, hmangaihnaa khat Pathian nungchang atanga lo chhuak thiltih atanga lo thleng a ni zâwk tih min kawhhamuh bawk. Pathiana awm chhandamna chu nei tûrin keimahni pawh kan pian hmâ hauha min lo thlang tawh a nih sî chuan eng tin nge chhandamna chu keimahni’n kan tih vê

theih aṭangin a lo thlen theih rêng rêng ang ni? Chû chhandamna lo pawm leh pawm loh chu keimahni duhthlanna a ni e.

Hê thlanna hi eng tin nge thlante nunah a lo lan chhuah le? Amâ hmâah chuan hmangaihnaa thianghlim leh sawisêl kâi lova awm tûr kan ni a (*Efesi 1:4*, NKJV). Chû tûr atân chuan thlan kan ni rêng bawk a ni

“Chatuana chanchin ṭhâ” hi khawvêl hnênah Isua lo kal leh hmâ ngeia hril darh tûra kohte kan ni a. Eng vângin nge he “chatuana chanchin ṭhâ” hi mi dangte hnêna kan hrilh chhâwn ve hmâin keimahni hian kan hriat a, kan nunah a taka kan chan hmasak phawt a ngaih le?

ZIRTÂWPŊÍ

APRIL 27

Ngaihtuah tûr: Chhandam nih inhriat chianna chu ka nei thei a; mahse neih hmasak ber tûr angah chuan kan ngâi tûr a ni chuang lo. Chhandam nih inhriat chianna dik lo hi a awm ve thei ang em? Awm thei tehrêng mai! Isua pawh khân hemi chungchângah hian vaulâwkna thu a lo sawi a: “‘LALPA, LALPA’ mi titu nazawng chu vân ramah chuan an lût dâwn lo va, ka Pa vâna mî duhzâwng titûte erawh chu an lût thung ang. Chumi nî-ah chuan mi tam takin, ‘LALPA, LALPA, i hmingin thu kan hril a, in hmingin ramhuaite kan hnawt chhuak a, i hmingin thil mak tam takte kan ti lo vem ni?’ an la ti ang. Nimahsela, kei chuan an hnênah, ‘Nangni dân bawhchhe ṭhîntûte u, ka hre ngâi lova che u; ka hnên ata kal bo rawh u’ ka la ti dâwn a ni” (*Matthaia 7:21–23*, NKJV) tiin.

Hêng mîte hian thil tih sual pawî tak tak pahni an nei. A hmasa zâwk chu, LALPÂ hmingin thil ropui tak tak lo ti vê tawh tho mah se, LALPÂ duh dân angin an ti lo va, chumi awmzia chu a dân an zâwm lo tihna a ni. Isuan a hnên ata kal bo tûra a tihte hi “sualna neite” emaw, “thil tihsual neite” emaw, “ṭha famkimlote” emaw an ni lovin, “dân bawhchhetûte” an ni zâwk”—he ṭawngkam hi Grik thumal pakhat, *anomian* tih aṭanga lehlin niin, “dân tel lo,” dân awm lo” ti pawha lehlin theih a ni bawk. An thil tihsual dang chu, anmahni leh an thil ṭha tih an chhuang lutuk hi a ni: *Hê thil*

hi nangmâ hmingin kan ti lo vem ni? Khâ thil kha nangmâ hmingin kan ti lo vem ni? Hêng thilte leh a dangte pawh hi i hming veka ti kan ni asîn! zuk ti pâng pâng a.

Pathian hmâa thiam chang nih an tum avânga anmahni thil tha tih an sawi chhuak zat zat mai hian Krista an hlatzia a tilang chiang hlê a ni lo' m ni? Min chhandamtu tûr thil tha tih awm chhun chu Kristan a lo tih tawh kha a ni a, chû a thiltih chu rinnain keimahni tih nia pawm a ni bawk. Hetah hian chhandam kan nih a chianna chu a awm a—keimahni ah emaw, kan thiltihte-ah emaw ni lovin, Kristan kan tâna a lo tih tawhah zâwk khân a ni a awm ni. Chhandam nih inhriatna chiang tak neih i duh maw? Pathian dân zâwmin Krista felna thiltihteah chauh inngat la; tichuan, i mamawh chhandam nih inhriatna chiang tak chu i nei dân nia.

SAWI HO TÛRTE:

- ❶ Martin Luther-a khân “Keimah ka han inen hian chhandam ka nih theihna tûr chhan rêng ka hmu zo lo” tih thu a sawi a ni âwm e. Hê a tawngkamah hian eng finna thu ropui tak nge awm le? Eng vângin nge he ngaihtuahna hi keini pawh hian kan put ve a pawimawh?
- ❷ Khawvêl siam a nih hmâ daih khân chhandama awm tûrin thlan kan lo ni tawh tih thû hi ngun takin ngaihtuah zui la. Eng vângin nge hei hi mi zawng zawng chhandam an ni vek dân tihna a nih loh? Chhandam ni vê ta lote hi Pathianin a thlan vê loh vâng nge ni ang a, anmahni duhthlanna siam dik loh vâng zâwk ni ang? Hê zawnna hi in class-ah sawi ho ang che u.
- ❸ Indona ropui hi a taka thleng mêk a ni tih hmuh thiamna hian eng tin nge Pa leh Fapa leh Thlarau Thianghlim-ten an hmangaih êm êm khawvêlah meuh pawh sual leh thil tha lo a awm vê thei tho a ni tih hrethiam tûrin min tanpui le?