



Châng thlan: *Efesi 5:1, 2.*

Zirlâite tân:

Hriat tûr: Mi dangte laka a khawsak dân chu kohhran inpumkhat leh inpumkhat loh tilangtu langsâr ber a ni tih an hria ang.

Vei tûr: Mi dangte nêna an inlaichinna dân leh chumiin a nghawng chu eng nge ni tih en chian a pawimawhzia a hrethiam ang.

Tih tûr: Chanchin ƣa thu hretu an nih theih nân an nunah leh an nun kal tlanga hna thawk tûrin Pathian an sâwm ang.

THUPI THEN

I. Hriat tûr: Hmuh theih inpumkhatna

- A Enga ti nge thurina inpumkhatna chauh hi chu khawvêl hnêna inpumkhatna târ lanna atân a tâwk loh?
- B Kan nun dân leh mi dangte nêna kan inlaichinna kan kalpui dânte hian eng tin nge Isua laka kan rinawm leh rinawm loh dân a lantîr?
- C Hmuh theih inpumkhatna hian eng tin nge Pathian thiltihtheihna chu Chiang takin a lantîr?

II. Vei tûr: Chhût ngun a ngâi

- A Mi tu emaw thiltihte hian eng tin nge a ƣa zâwng leh a chhe zâwngin i thlarau zin kawngah nghawng a neih?
- B Kristaa i nihna i lan chhuahpui mêk dân kha a ƣat tâwk leh ƣat tâwk loh dân eng tin nge i chhût ang?
- C Inremlehna hian enga ti nge a inremate mai bâkah, anmahni lo hmute rilru pawh a hneh ƣin?

III. Tih tûr: Mi dangte laka kan rilru puthmangte

- A Khawvêl hnêna thuhretu tha tak i nih theihna tûrin i nuna a eng lâiahte khân nge Pathian siamtharlehna i mamawh?
- B Mi dangte nêna in inlaichînnaah khân inremlehna rawngbâwlna i mamawh em?

KHÂIKHÂWMNA: Hmuh theih inpumkhatna chu Kristan min chhandamna atâna hna a thawh kan rin zia kan puan chhuahna hmanga nihna thar kan neih aţangin a lo piang chhuak thîn a. Mi dangte nêna kan nun ho leh thil kan tih ho dân hian kan inpumkhat tak tak a ni tih a târ lan bâkah, Pathian nungchang leh a thiltihtheihna ropuizia a tilang bawk a ni.

INZIRTÎR DÂN TÛR

RAHBI 1—Chawk phûr rawh

Bible châng thlûr bing tûr: *Efesi 2:13–16.*

Thlarau thanna atâna thu pawimawh: *Kristiante hian tholeh Kristaa an nihna chu an nun chhuahpui avângin Pathian hmangaihna leh thiltihtheihna an lanţir thei.*

ZIRTÎRTÛTE TÂN BÎK: A bulţan nân i class member-te hnênah miten an nun an lo thlîr dân chu a pawimawh a ni tih hre tûrin fuih la. Kan thusawi leh thiltihte hian Pathian an hmuh dân leh amah nêna kan inzawmna an hmuh dânah nghawng a nei a ni tih uar takin i sawi bawk dân nia.

A sawi hawn nân: Julie-i chu a nausên lâiin mi tuten emaw fa atân an la (adopt) a. Amah latute chuan hmangaih leh duat takin an enkawl sei lian a. Chutiang taka enkawl a nih avâng chuan hmeichhe ngilnei tak, Kristian tha takah arawn chhuak chhuakin, amah enkawl sei liantute pawh a hmangaih êm êm bawk. Mahse, a lo puitlin hnu chuan ama nu dik tak leh a thisen zawmpuite chanchin hriat chhuah ngei duhna a nei ta tlat mai a. Tichuan, ama nu hria âwnte hnênah chuan a chanchin a dîl kual ta a. Nakînah chuan a thil duh tak chu a hmu ta nghe nghe a ni. Ama nu leh a thisen zawmpuite

nêna an inhmuh hma chuan a thlalâk leh amah chu an thisen zawmpui ngei a ni tih zia kana lehkha a va thawn phawt a.

Nimahsela, hmâichhana an inhmuh nî tûra ruat a lo thlen chuan a thlalâk leh lehkha tih angreng vêl kha chuan eng mah awmzia a nei tawh lo. A nu chuan amah a hmuh rual rualin ama fanu ngei a ni tih chiang takin a hre nghâl mai a. A unau tharte pawh chuan a nu nêna inang lutuk an hmuh chuan mak an ti a, an lâwm êm êm mai a ni. Amah hringtu nu hmêl leh a hmêl chu a inang hle a ni mai lo va, an nungchang leh an thil tui tih zâwng te pawh a lo inang vek mai leh nghâl a. Chutianga amah hringtunu a chhûn êm êm mai chu nufa an nihzia tilang chiang bertu a ni rêng bawk a ni.

Chutiang bawk chuan Thuthlung Thar lehkhabu zia ktute pawh hian Kristiante inpumkhatna leh inhmangaih tawna hi Krista nêna an inzawmzia tilangtu âwihawm ber niin an sawi hlawm a. Kan hmêl lan dân leh kan thil tih duh dânte hi thil dang zawng âia amah nêna kan inzawm dân tilangtu a ni.

Sawi ho tûrte: Eng nge âwihawm ber nia i hria—thiltih nge, zia ka dah? Eng vângin nge chu chu âwihawm i tih êm êm bîk? Mi chu a thusawi leh thiltih aţangin eng tin nge a nihna âwm i lo hriat theih? Chutianga ngaihdân i lo siam chu a dik vek em?

RAHBI 2—Zawng chhuak rawh

ZIRTÎRTÛTE TÂN BÎK: **Rahbi 2-naah hian Pathian thiltihtheihna târ langtu lalram zia/nungchang chungchâng kan zir dâwn a. Chutah pawh chuan kan thiltihte leh Kristaa kan nihna inzawm dân kan sawi uar deuh bîk ang. Zirlâi i zirtîr pah khân hmuh theih inpumkhatna chu keimahni thawh chhuah ni lovin, Krista hna thawh zâwk a nih thu uar takin sawi a. Keini hi chu Kristaa nihna thar kan neih nun chhuahpui tûra koh ve mai kan ni zâwk a ni.**

ZIR ZÂUNA

I. Nihna thar (*Efesi 2:13–16*)

Zirlâi hmasa lamah pawh kan sawi tawh ang khân kohhran inpumkhatna chu thil siam thara min chhuahtu, Krista nêna min inremtîr lehtu leh amaha nihna thar min petu Krista thihna leh thawhlehnâa innghat a ni a. Chuvângin hmuh theih inpumkhatna târ lang tûra ringtute koh an nihna hi thil tih theih miah loh ti tûra inphûtna a ni lo. Chuti ahnehin, “Krista hnêna kan nun kan hlan ve leha a thlâwna kan neih nihna thar nun chhuahpui tûra kohna a ni zâwk.”—Gregory A. Boyd, “Living in, and Looking Like, Christ,” in *Servant God: The Cosmic Conflict Over God’s Trustworthiness*, edited by Dorothee Cole (Loma Linda, Calif.: Loma Linda University Press, 2013), p. 410. Kristaa kan nihna thar chu kan nun chhuahpui a nih chauhin chanchin ṭha leh Pathian thiltihtheihna ropui tak chu kan târ lang a ni ang.

II. Pathian nêna inremlehna (*2 Korin 5:17–21*)

Bible-in a sawi inremlehna hi chuan tûn hmaa lo inhmêlmâk ṭhînte emaw, lo intithiam lo ṭhînte emaw inremtîrlehna a kâwk a. Pathian leh mihring inkâra inhmêlmâkna leh inmihhranna lo awm tâk chhan hi chu mihringte thiam loh liau liau a ni; chuti chung chuan Isua khân kan inhmêlmâkna zung tak chu kar phawngin Pathian nêna min inremtîr leh ta a ni. Ani chuan kan Âiawh a nih ang ngeiin dânin a phût sual hremna chu a chungah a tlâktîr a. Chuvâng chuan Pathian hi hmalatu leh kan inrem leh theihna tûr laimu chu a ni tih kan hre ngei tûr a ni. Pathian chuan Krista kal tlangin mihring zawng zawng hi amah nêna min inremtîr leh tawh avâng leh, nunna thar min pêk tawh avângin kan nihna thar chu nun chhuahpui tûra koh kan nih thu Paula chuan a sawi a. Kan nî tin nun dânah hian inremna hna thawk chhunzawm ve zêl tûra beisei kan ni bawk.

Paula chuan Korin khuua ringtute kha inremna thuchah hril darh tûrin a beisei a, inremlehna rah chu Kristian zin kawng an zawhna lama an mi tawnte hnênah an lan chhuahtîr

zêl dâwn a ni. Pathian nêna inrem tawh an nihna chu an nuna an lan chhuahtîr si lo a nih chuan Pathianin a pêk tawh inremlehna chu an pawm lo emaw tih mai a awl tûr thu Paulan a sawi a. Chuvâng tak chuan Pathian nêna inrema awm tûrin a sâwm ta rêng a ni (*2 Korin 5:20*)

Ngun takin ngaihtuah teh: Inremlehna tih leh thiamchantîrna tih hi eng nge a danglamna? Paulan Korin khuua mite Pathian hnêna an inpêkna chungchâng leh Pathianin inremlehna a pêk chungchânga zawhna a zâwt hi a dik em?

III. Lalram thil ngaihhlut zâwngte (*Efesi 4:25–5:2 leh Rome 14:1–6.*)

Pathian lalram khua leh tuite kan nihna anga kan nun dâwn chuan inremlehna mai ni lo deuh thil dang kan tih ngâi pawh a awm. Kan bul vêla khawvêl mite nun dân ang lo taka nun dân thara kan nun a ngâi tawh dâwn a, a chhan pawh Pathian lalram leh khawvêl thil ngaihhlut zâwngte chu a inan loh êm vâng a ni. Kan lal kan thlâk ta a ni mai lo va, kan nun dân pum pui pawh kan thlâk tel bawk.

Kristiante chu an nuna hmangaihna, khawngaihna leh lainatna lantîr tûra koh an ni. Lalrama kan nihna thar chu kan nun chhuahpui theih nân kan nun dân hluite kan hnâwl a ngâi niin Paula chuan a sawi a, mihring thar, thutak felna leh thianghlimnaa Pathian anga siam chuan inthuum tûrin min râwn a ni (*Efesi 4:24*). He nun thar hi kan rilru leh thil ngaih pawimawh zâwngte thlâka rilru thar putnain a zui a ngâi bawk.

“Kohhran hi khawtlâng nun dân tha zâwk târ lanna hmanrua ni tûra koh a ni a. . . . Nihlawhna Thu-in a sawi ang tak kha a taka kalpui a nihna hmun a ni tûr a ni bawk. Kohhranah chuan nihna dinhmun âiin rawngbâwlina a pawimawh zâwk a, inngaihtlâwmnain chapona a nêk chhuak a, tisa châkna ni lovin hmangaihna zâwk târ lan a ni a, thawhhohnain inelna a luahlân bawk.”—Lowell C. Cooper, “Doing Justice, Loving Mercy—

in the End Time,” in *Do Justice: Our Call to Faithful Living*, edited by Nathan Brown and Joanna Darby (Warburton, Victoria: Signs Publishing Company, 2014), p. 86.

Hetianga kan nihna thar hi kan nun chhuahpui a nih ngat chuan miin chanchin ða an rawn ngaihven sawt dâwn a. Kohhranah inlungual tlâna leh inpumkhatna lo thlengin Pathianin kan nun a thlâk danglam ta a ni tih miten an lo hre thei dâwn a ni.

Ngun takin ngaihtuah teh: Eng vângin nge Pathian lalram khua leh tuite kan nihna anga kan nihna hi rilru tihtharnain a zui ngei a pawimawh le? Eng tianga ðhain nge in kohhran khân Pathian lalram thil ngaihhlut zâwnge lantîrna kawngah hna a thawh ve?

RAHBI 3—A taka nunpui tûr

ZIRTÏRTÛTE TÂN BÏK: I class member-te kha anmahni nun leh kohhran pum pui nunin Kristaa an nihna chu dik takin a lan chhuahtîr nge lan chhuahtîr lo tih ngaihtuah lêt tûrin hrilh ang che. An nuna Pathian thiltihtheihna a lan chhuah dân pawh târ lang bawk se.

Sawi ho tûrte:

- ❶ Inremlehna thuchah leh inremlehna rawngbâwlna hi eng nge a danglamna?
- ❷ Zir chianna tam tak hian kohhran thiltihte leh kalphung hi an awmna khawtlâng kalphung nêl tlem tê chauhin a danglam niin an sawi a. Hetiang taka danglamna tlem tham a ni hi eng vâng nge nia i hriat sawi rawh.
- ❸ Eng tiang kawngtein nge Pathian nêna inrem leh tawh i nih tih chu i lantîr theih ang? Tûn kêr chhûng hian tute hnênah nge Pathian lalram nun chu lantîr tûrin Pathianin a koh che? I thusawi leh thiltihte hmangin mi dangte hnênah eng nge i lantîr mêk?

④ Tûn kê zirlâia lalram nun dân leh zia kan sawi tâkte zînga eng hi nge i nuna lan chhuahtîr harsa i tih ber? Paulan Krista hmangaihna chuan min tîr lui a ni tih thu a sawi hian eng tin nge i rilru puthmang leh tih duh zâwng a thlâk danglam?

RAHBI 4—Boruak siam rawh

ZIRTÏRTÛTE TÂN BÏK: A hnuaiia tih tûr chhawp chhuahte hian i class member-te kha an nuna eng lâi ber emaw kha thlûr binga neih a, chu lâiah chuan khawvêl hnêna an nihna an lan chhuahtîr that tâwk lohzia hre chhuak tûrin a pui dân a ni.

Tih tûrte:

① Paulan Efesi 4-a mihring hlui zia a sawite zînga i nihna ni ve pakhat, i nuna lo lêl leh tum mêk chu eng nge ni? Chu chu Paulan a thlâkna tûr nia a sawi chu eng nge ni? I chaklohna thlâktu tûr nun phung thar chungchâng sawina Bible châng hrang hrangte zawng chhuak la, tichuan lehkha phêkah ziak chhuak ang che. Chûngte chu tûn kê chhûng hian i ngaihtuah thîn dân nia. Kê tâwpah Pathianin i chaklohna chungchâng leh ti tûra a hrih che chu ziak chhuak leh ang che.

② Paulan Kristiante tawng dân tûr nia a sawite chu eng nge ni? A bul tạn nân 1 Thessalonika 5:11 te, Hebrai 3:13 leh 2 Korin 13:11 te hi en rawh. Hêng zînga i duh ber pakhat hi thlang chhuak la, tichuan, i inhhûngkhurah, i hnathawhna hmunah leh i thiantê bula i hman theih dân tûr i ngaihtuah dân nia.

⑤ Pâwlah insiamin in kohhran member tute emaw, a nih loh pawhin in vênga tute emaw tâna rawngbâwl dân ngaihtuah ang che u.