

ZIRLAI 4-NA

OCTOBER 20-26, 2018

“AN ZĀA PUMKHAT AN NIH NĀN”

CHĀNGVAWN: “A duhzâwng thurûk kan hnêna min hriattîrin; hun bi kim khawsak hunah a lâwmzâwng engkim-vâna thil awm te, lei chungá thil awm te pawh—Kristaa fâwk khâwm tûr chu amahin tih a tum ang kha; amah ngeiah chuan a ni,” (*Efesi 1:9, 10, NIV*).

SABBATH CHAWNÛ

OCTOBER 20

Chhiar tûrte: *Matthaia 20:25-28; Galatia 4:7; Efesi 1:3-14; 2:11-22; 4:1-6, 11; 5:15-6:9.*

ƐFESI khua kha Asia Minor-a sumdâwnna hmun leh hûhâng nei tak a ni a. Hê khuaa kohhranah chuan Juda mî te leh Jentail nun kawng hrang hrang zawhtûte an awm a. Chutianga mi inang lo tak takte an nih avâng chuan, Kristâ taksa pêng hrang hrang inpumkhatna nei lo chu ni se, an chênna khawvêlah khân buaina a chhuak duh viau ang. Chutianga a nih avâng chuan *Efesi* Lehkathawna Paula thil engto tak pawh Krista zuitu an nihnaa an inpumkhatna chu a ni.

Paulan inpumkhatna ngaih dân chu kawng hnih a ni a: Kohhrana inpumkhatna, Judate leh Jentailte taksa pakhat—Kristaa khawsak hona; khawvêl pum huapa inpumkhatna, he lei leh vâna thil zawng zawngte chu Kristaa inpumkhatnaah a infâwkkhâwmna chu a ni.

Inpumkhatna hnâr chu Krista a ni a. Paulan ‘Krista-ah’ emaw ‘Krista nêñ’ emaw tih hi a lehkathawn hmun hrang hrangah a hmang a, chû chu Isua Kristâ nun, thihna leh thawhleha zârah Pathianin kan tân leh khawvêl zâu tân a thawk zo tawh tih entîr nân a ni. Chhandamna ruâhmana Pathian thiltum chu Kristâ zâra thil zawng zawngte inpumkhattîr leh a ni. Chû inpumkhatna chu khawvêl tâwp hunah chiaa a fâmkima târlan a la ni ang.

SUNDAY

OCTOBER 21

Kristaa Malsâwmnate

***Efesi 1:3-14* chhiar la. Heta Paula sawi dânin, Krista-ah chuan eng nge pêk kan lo nih?**

Isua zuitûte hian Pathian fakna chhan tûr tam tak an nei. Pathian chuan a fanû-fapâte ni tûr leh, khawvêla Amâ âiawhtûte ni tûrin min lo thlang tawh a. Kristaa Pathian nêna kan inlaichînna thar pawh chu kawng hrang hrangin Paulan a sawi bawk a. Chutianga ngaihruâtna zînga pakhat chu fâa inlâk thû hê zirlaiin a sawi inpumkhatna thupui chu a ni. Hê chhûngkaw lam sawina hi Pathianin Israel fâte thû a thlunpuina ang chî sawina pawh a ni a. Paula lehkathawn thu ÷bul lamah, Isua chu Messia-a pawmtu

Jentailte pawh Pathian fâte, Israelte hnêna thutiâm siam (*Rome 8:17; Galatia 4:7*) tawh rochungtûte an lo ni ta.

Krista nêna inlaichinna hlâwkna, Kristaa awm nihna chu Kristian inpumkhatna zawng zawng thupui a ni. Hê châng hian mî zawng zawng Kristaa fâwkkhâwm chu Pathian lâwmzâwng a ni tih min hrilh baw. Pathian chhûngzîngah chuan, Pathian fâte kan ni vek a, thuhmun renga hmangaih leh châwm kan ni.

Hê châng ruât lâwk (*Efesi 1:5, 11*) tih thû an chhiarin, mi ðenkhat chu an buâi deuh ðîn a. Pathian thutiâm chuan chhandam ni tûrin min lo thlang tawh tih hi, ‘mi ðenkhat chu bo tûra thlan sâ an ni maw’ tiin an ngai a. Mahse, chû chu Bible zirtîrna a ni lo. Mî tinte chhandam an nih theihna tûrin, khawvêl lungphûm phûm a nih hmâ khân Pathianin chhandamna ruâhman a lo siam tawh zâwk a ni. “Pathianin khawvêl a hmangaih êm avângin A Fapa mal neih chhun a pê a, Amah chu tû pawh a ring apiang an boral loh a, chatuan nunna an neih zâwk nân,” (*Johana 3:16; 1 Timothea 2:6; 2 Petera 3:9 en tel la*). Tûten nge A chhandamna ruâhman chu pawm dâwn tih chu Pathianin a hre lâwk a; mahse, chû chu mî duhthlanna siam dân tû ruât lâwk tihna chu a ni sî lo. Kan tâna Kristan thil min lo tihsak tawh avângin mî zawng zawng tân chhandamna chu hlui ðeuh an ni. Zawhna awm ta chu: ‘*Engtin nge hê thil min hlui hi kan chhân lêt?*’ tih a ni. Pathianin chhandam duh bîk leh duh loh bîk a nei lo.

“Vân rorêlnaah chuan, bawhchhetu mihringte tân an thuâwih lohnaa an boral lohna tûr kawng ruâhman a ni a; mahse, anmahni âiawhtu leh zakhamna chu Krista a ni tih rinnaa pawmna zârah, Pathian mi thlan lo niin, Amâ lâwmzâwng ang zêlin Amâ hnêna Isua Kristâ fâte ni tûra ruât lâwk an ni. Mî zawng zawngte chhandam an nih hi Pathian duhdân a ni; chutiang atâna kawng hawnsak nân Pathianin mihring tlan nân a Fapa mal neih chhun chu a pe ta rêng a. Boralte chu Isua Kristâ zâra Pathian fâte nih an duh loh tlat vânga boral an ni ang.”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1114.

THAWHTANNÍ

OCTOBER 23

Dâidanna Bang Þhiatin

Mihringte min dâidangtu lâr deuhthe chu chî leh hnam bâkah sâkhuana hi a ni. Ram ðenkhatatah chuan nihna târlangtu lehkha pawimawh (identity card) inpêk a ni ðîn a; chutah chuan eng hnam leh sâkhaw betu nge tihte târlan niin, chû chuan nî tin khawsaknaa hamþatna emaw, khapna emawte pawh a keng tel ðîn. Indo emaw, intihbuai emawte a lo chhuahin, chutianga nihna azir chuan tihduhdah tuâr theih tepawh a ni fo ðîn.

Efesi 2:11-22-ah, Paulan Kristian tâna kawng ðha zâwk a târlang a. Engtin nge Kristaa kan inpumkhatnain kan danglamnaah nghawng a neih ðhin? Kraws-a Kristâ thihna khân eng chu nge a ðhiât?

Paulan Efesi mîte chu Kristaa Pathian khawngaihna dawng an nih hmâa an nun dân hre reng tûrin a sâwm a. Chî leh hnamzia leh sâkhaw inan lohna chuan mi chi hrang hrangte kârah inngaihtheih lohna leh buaina a tichhuak a. Mahse, chanchin lâwmawm chu, Krista-ah chuan kan zâin inthuruâl tlâng, LALPA leh Chhandamtu thuhmun nei kan ni ta. Kan vaiin Pathian mîte kan ni a. “Tûnah erawh chuan Krista Isua-ah, nangni hmâna hla taka awmte kha Kristâ thisen chuan tihhnaihin in lo awm ta,” (*Efesi 2:13*).

Hmânlai Jerusalem tempulah khân Judate bîk chauh kal phalna chin, dâidanna bang a awm thîn a. Bangah chuan hnam dang rêng rêng luh khapna thû târ a ni a, luh vê chu thihna a ni mai. Hemi chungchângah hian a nia, Paula pawh kha ramthim rawngbâwlina aţanga a lo kîr leh khân bawhchhia niâwma hêk a nih ni. Judate chauh luh thianna hmuna Efesi mî Trofima (*Tirhkohte 21:29*) kha hruai lûta puhin, Paula chu an man a. Hê lehkhathawnah hian, Paula chuan Krista chu “kan inremna a ni sî a; ani chuan pâwl hnihte chu pumkhatah a siam a, an kâr pindanna bang chu a tichim a,” (*Efesi 2:14*) tiin a sawi.

Krista-ah chuan ringtûte chu Abrahamata thlahte, thinlung lam serh tante an ni a. Tîsa lam serh tan Pathianin Abrahamata hnêna a pêk khân thlarau lam serh tan, ringtûten Kristaa an dawn chu a entîr a ni (*Deut. 10:16 en la*). “Krista serhtannaah chuan tîsa taksa hlîp vekin amah vêkah chuan kuta serhtan ni lova serh tan in nih kha,” (*Kolosa 2:11*).

***Efesi 2:11-22* chhiar leh la. Engtiang kawngtein nge heta Paulan a ziah hi kan tuâlchhûng kohhranah ataka kan hmuh? Eng chonate nge la awm zui?**

THAWHLEHNÎ

OCTOBER 24

Taksa Pakhata Inpumkhatna

Efesi mîte hnêna a thâwkkhum thu sawiah Paula kha ataka ti mî a ni. Chî leh hnama inang lo, Juda leh Jentailte zînga inpumkhatna awm kha thu puârpawlwêng mai emaw, ngaih dân mai emaw a ni lo va, “kohna in nihna phûa (ataka) awm tûrin” (*Efesi 4:1*) a ngiat a ni.

***Efesi 4:1-3* sawi dânin, Kristiante chu Kristaa koh an nihna phûa eng tianga awm tûr nge an nih?**

Hêng **khawihna** leh thil thâten Kristian nuna ataka an rahchhuah hian ‘remna phuarnaah chuan Thlarau inpumkhatna chu vawng’ (*Efesi 4:3*) tûrin a tanpui a. Hêng nihna zawng zawngte hi hmangaihnaa zungkâi vek a ni (*I Korin 13:1-7*). Ataka hmangaihna phûr taka chêtpuina hian ringtu ûnate zîngah inlaichînna a chhawm nungin, Kristiante zîngah leh a bâkah pawh, remna leh inpumkhatna a awmtîr thîn. Kohhran chhûnga

chantîr leh zirtîr tûra tih vek an ni. Rawngbâwlna hnâ hi mi hamthâ tlêm tê, pastorte leh tirhkohte hnênah chauh pêk a ni lo va, Kristâ hming putû zawng zawngte hnêna pêk a ni. Hruaitu nihna thlarau thilpêkte hi kohhran tihpuitlin nân bîka pêk a ni a. Kohhran hruaitûte chu inpumkhatna châwm a, sawimâwi leh fuih tûra mamawh an ni.

Paulan thilpêkte zînga hruaitu nihna a sawi hian bote zawng chhuak tûra Pathian mîte thuâm an nihna tûr pawh min hrilh tel a. Kohhran chhûnga mi thenkhat chu, Kristâ tâna rawngbâwl leh chêtna nei tûr leh Kristâ taksa tipuitling tûra “rinna leh Pathian Fapa hriatna kawngah chuan thu khat vua a, puitling a, Krista famkimna lenzia tluka kan zaa kan lo awm thleng a” (*Efesi 4:13*) mi dangte tanpui tûra mawhphurhna nei an ni. Rawngbâwlna kan bawhzui kawngah hruaina kawnga Isuâ tih dân kha kan entawn tûr a ni. Ani kha chu ‘rawngbâwlsaka awm tûr ni lo, mi dangte rawngbâwlsak tûr zâwk’ (*Matthaia 20:25-28*) a ni ang khân kan ti vê tûr a ni.

Mi dang rinchhan loh leh mi dang va ngaihsak loh hi mihring rilrû rêng a ni a. Khawthlang mîte rilrû pheî chu a ni nasa lehzual. Paula erawh chuan Kristian tû mah hi khawvêla mahnâ awm ni lo vin, vânlam pana kan zinnaah, infuih phûr tlâng tûra thlarau lam hruaitu nei rinnaa inpâwl hote kan ni tih min hriat nawntîr thung a ni.

Eng thlarau thilpêkte nge i neih a, chû chu in tuâlchhûng kohhran inpumkhat nân engtin nge i hman mêk?

NINGÂNÎ

OCTOBER 26

Kristaa Mihringte Inlaichînna

Kristian sâkhua hi inlaichînna sâkhua a ni: Pathian nêna kan inlaichînna leh keini kan inlaichîn tawnnate hi. Pathian nêna inlaichînna thûk tak neiin, mi dangte nêna kan inlaichînnaa nghawng nei sî lo a awm thei lo. Kristianna hi awmzenei lo vin a nunpui theih loh. Paulan Efesi mîte hnêna a lekhathawna inpumkhatna thû a sawite hi mi dangte nêna kan inlaichînnaah pawh ataka hman theih tho a ni.

***Efesi 5:15-21* chhiar la. Châng 21-ah hian eng nge Paulan min hrilh? Inpumkhatna leh intukluhna kêr inlaichîn dân chu eng nge ni?**

Intulût tawn tûra Paula fuihna hi ‘thlarauva khata awm’ (*châng 18*) nêna inzawm a. Thlarauva khat nih lanna pakhat chu intulût tawn nihna hi a ni. A awmzia chu, inngaihtlâwmna rilru pu chung a mi dangte ngaihsakna neih a ni. Hei hi mihring rilru put phung rêng chu a ni lo va, kan thilnunga Thlarau lo chêngin a rahchhuah a ni. Kristaa min phuâr khâwmtu Thlarau thilpêk a ni bawk. Hetiang

zâwngha thlîrna aţangin, intukluhna chu chhûnglam t̄atna, Krista leh kan tâna a inhlanna kah zahna ataka lantîrna a ni.

Efesi 5:22-6:9 chhiar la. **Krista ringtûte in chhûng leh hna thawhna hmuna inphahhnuai tawna chuan kan inkûngkaih tlânnaah nghawng eng nge a neih ang?**

Eng emaw chenah, mahnî in chhûnga inpumkhatna hian kohhrana inpumkhatna a hril hlê. Paulan nupui leh pasal kâra awm tûr inpumkhatna, hmangaihna leh inzahthiamna sawi nân Kristan kohhran a hmangaihna, mahni-inpêk hmangaihna chu a târlang a. Chutiang chuan Kristâ tih dân anga in chhûng leh kohhran member-te zînga inzahthiamna chu neih a ngai. Chutiang bawkin nû leh pête leh fanâte kârah te, hnathawktu leh a ruâitu kârah te pawh a ni tho. Hetiang ang chi inremna, muâna boruak hi kan in chhûngah leh kohhranah lêng rawh se.

I chênpuite leh thawhpuite chungah chêt dân tûr t̄a zâwk manthiam nân waviin zirlai aţang hian eng zirtîrna thupuite nge i lâk chhuah theih ang?

ZIRTÂWPNI

OCTOBER 26

Ngaihtuah tûr: “Krisan hnam emaw, dinhmun emaw, sâkhaw thurin emaw vânga inthliârna hi a pawm vê lo. Lehkhaziaktûte leh Farisai hote kha chuan vânlam thilpêk zawng zawngte hi an tuâlchhûng leh hnam tâna pumbil vek a, khawvêla Pathian chhûngte dang chu chhawk vek an duh t̄hîn a. Mahse, Krista chu dâidanna bang tichim tûrin a lo kal a. A zahngaihna leh hmangaihna thilthlâwnpêk chu boruâk, êng leh lei tithianghlimtu ruah sûr anga pumbil bîk theih a ni sî lo.

“Kristâ nun khân sâkhua a din a, chutah chuan chi inthliârna, Juda leh Jentail sâkhua, zalên leh khuahkhirhte pawh an vâiin inûnaunaa inzawmin, Pathian hmâa intluk tlâng vek an ni. Tih dân phung eng mahin A chêt vêlna a dâl lo. T̄henawmte leh mikhualte, t̄hiante leh hmêlmâte a thlei hrang ngai lo. A thinlungin a vei zâwngha chu nunna tûte in châka tuihâlte an ni.”—Ellen G. White, *Testimonies for the Church*, vol. 9, p. 190, 191.

Sawi ho tûrte:

● **Efesi 4-ah Pathian thil ruâhman chu Chiang leh fiah taka târlan a ni a, chuvângin A fâte zawng zawng chuan thutak chu an chelh thei ang. Hetah hian A kohhran inpumkhata awm a, a member-ten khawvêl hnêna sâkhaw nuntawng hrisêl an lantîrna tûr hmanruâ chu Chiang taka puân chhuah a ni.**—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1117. **Efesi 4-ah hian kohhran inpumkhatna kâwk eng thil nge i hmuh? Chû inpumkhatna chu a awm ngêi theih nân eng nge kan tih theih ang?**

❷ Inpumkhatna chungchânga pawimawh tak pakhat chu inngaihtlâwmna leh intukluhna a ni. Hêng thilte tel lo chuan, engtin nge kohhranah inpumkhatna a awm theih ang ni? Kan chapo va, kan ngaihdân leh thlîr dân kan tạn tlat a, mi dangte thû leh hlâ kan ngaithlâk duh loh chuan inpumkhat ngaihna a awm lo. Engtin nge hê inngaihtlâwmna leh intukluh dân hi kan zir theih ang?

❸ Kawng engkima inthuruâl thap ni lo chung pawhin, engtin nge kan inpumkhat tho theih ang?

KHÂIKHÂWMNA: *Efesi* lehkhathawnah hian Paulan ‘Kristaa awm’

Kristian nih chungchângah thurâwn tam tak a pê a. Isuaa chhandamna chuan atakin kan nun a siamthâ a. Kan mihring inlaichînna zawng zawng, kohhran chhûnga inûnauna chenin, Kristâ thiltihtheihnain kan nunah a siamthâ a. Hê siamthatna hi inpumkhatna neihna atân a pawimawh êm êm a ni.