

ZIRLÂI 4-NA

JANUARY 19–25, 2019

**BERÂMNO CHU CHHINCHHIAHNATE PHELH
TLÂK A NI**



CHÂNGVAWN: “**Ṭap suh. Ngâi teh, Juda hnam Sakeibaknei, Davida Bulpui khân lehkhabu zial chu hawng tûr leh, a chhinchhiahna pasarihte pawh phelh tûrin a hneh ta**” (*Thupuan 5:5, NKJV*).

SABBATH CHAWHNU

January 19

Chhiar tûrte: *Thup. 4, Ezek. 1:5–14, Thup. 5, Efesi 1:20–23, Heb. 10:12, Tirh. 2:32–36.*

KÂR hmasa khân he leia a mîte hnêna Kristan thuchah a pêkte kan en ho a nih kha. Tûnah chuan Johana inlârna hmuh chu lei aṭangin vânah a insawn chho ta dâwrh a, a thil hmuh pawh nakîna thil lo la thleng tûrte a ni hlawm bawk (*Thup. 4:1*).

Bung 4 leh 5-a inlârna hi vânrâma lalṭhutphah hûnna pindana thil thleng chanchin a ni a. Bung 4 leh 5-a thil lo langte hian Pathianin khawvêl kal dân a thunun vekzia bâkah, chhandamna ruahman pawh a târ lang a ni. Amaherawhchu, nakîna thil lo la thleng tûrte chu puan a nih hmâ-hian leia thil thlengte chungâ Kristan thu a neihnaah leh mihringte a tlanna kawnga vâna puithiam lalber a nihna anga rawng a bâwlâna pawimawhzia hmuhtîr phawt kan ni

a. Chutiang chuan, bung 4 leh 5-te hian bung dang lo awm leh zêl tûra kan hmuh nakîna thil lo tlang tûrte Pathianin a thlîr dân chu min kawhhmuh a ni.

Kohhran pasarihte hnêna thuchahte kha chu a ÷awngkam hman a tluang angreng hlawm hle a, a awmzia pawh a chiang nghâl tlângpui bawk. Tûnah erawh chuan entîrna leh chhinchhiahna chi hrang hrang a hmang tam ta hle a, a awmzia hrilhfiah pawh a awlâi lo viau nghe nghe. Hêng ÷awngkamte hi Thuthlung Hluia kan hmuh Pathian mîte chanchin aţanga lâk chhâwn a ni hlawm a. Chuvângin, Thupuan bûin a sawite hi dik taka hrilhfiah tûr chuan Thuthlung Hluia chhinchhiahna ÷awngkam hrang hrang hmante hriatthiam phawt a ÷ul rêng a ni.

SUNDAY

January 20

Vân lalthutphah hûnna pindanah

Thupuan 4:1-ah hian Johana chu Isuan vâna chho a, leia Krista a kîr leh hmâ zawnga thil lo la thlang tûrte chu en tûra a sâwm thu kan hmu a.

Thupuan 4:1–8, Ezekiela 1:26–28, leh Thupuan 5:11–14-te hian vâna lalthutphah an hûnna pindan chanchin an sawi a. Hêng chângte hian vân lalthutphah dahna pindan chanchin eng tin nge an sawi hlawm le?

Tirkoh Johana hian kawngkhâr inhawng aţangin biak in leh Pathian lalthutphah a hmu a. He lalthutphah hian Pathianin ro a rêl a, thil siamte chungah thu a nei bawk a ni tih a entîr a, chutih lâiin, lalthutphah vêla chhimbâl zâm hian Pathian chu a thutiam-ah a rinawm tlat a ni tih a entîr ve thung (*Gen. 9:13–16; Isa. 54:9, 10*).

Amaherawhchu, dân lo anga he lei awptu leh Pathian hmêlma ni bawk Setana chuan Pathian thuneiha a rawn

hnial ve tlat mai a. Chuvângin, Pathian leh Setana inkâra indona thleng mêkah hian an thu inchuh ber chu tu nge rorêltu dik tak ni zâwk tih a ni. Johanan a hmuh vân lal̄thutphah dahna pindana vân rorêl khâwlte thukhâwnin an tum ber chu lei leh vân pum pui chungah hian Pathian chu rorêltu dik tak a ni tih nemngheh a ni (*Thup. 4:1–8, Thup. 5:11–14*).

Thupuan 4:8–11 leh Thupuan 5:9–14 chhiar la. Hêng chângtena an sawi chibai bûkna dik tak chu eng nge ni? Bung 4-ah hian eng vângin nge Lalpa Pathian chu chibai bûk phû/tlâk nia sawi a nih a, tin, Thupuan 5:9–14-ah hian eng vângin nge Berâm No chu chibai bûk phû/tlâk nia a sawi bawk le?

Thupuan 4 hian vân biak bûka lal̄thutphah hûnna pindan chanchin leh chumi hmuna chibai bûkna an kalpui thîn dân tlângpui min hrilh a. Bung 4-a chibai bûkna hian Pathian chu siamtu a nih avânga fak a nih thu a sawi a, chutih lâiin, bung 5-a mi erawh hi chuan Berâm No talh tawhin tlanna a siam chu a lâwm ve thung a ni.

Hêng bung pahnihte hian chibai bûkna dik tak chuan khawvêl leh a chhûnga thil awmte siam an nihna leh tlan an nihnaa Pathian thiltihte chu sawi chhuak lehin a lâwm a ni tih lantîr a. Ni ruk chhûnga khawvêl leh a chhûnga thil awmte siamtu Pathian chuan khawvêl hi a tîra a dinhmun pângngâi angah khân a dah lêt leh thei a, chu mai pawh chu ni lovin a mîte tâna chantuan inah chantîrin, a thutiam dang zawng zawngte pawh a tihlawhtling vek thei bawk.

Chanchin thain a zirtîr hi ngaihtuah la: keimahni leh kan khawvêl chauh pawh ni lo, lei leh vân pum pui pawh siamtu chu kan tâna talh ni tawh Berâmno hi a ni (*Thup.*

5:12). He zirtîrna hian natna leh buainaa khat khawvêlah hian eng beiseina ropui tak nge a pêk le?

THAWHTANNI

January 21

Lalthutphah hûnna pindana thukhâwmte chu

Thupuan 4:4-a an chanchin a sawi dân aţang hian hêng upa sawm hnih leh palî-te hi vântirhkoh an ni lo tih a hriat theih a. Bible-ah hian ‘upate’ tih hi mihringte sawina atân hman a ni deuh zêl. Pathian bula ding reng thîn vântirhkohte ang lo takin hêng upate hi chu lalthutphahah an  u b k a. Puan v r an sin pawh hi Pathian mi rinawmte inthuanma a ni baw k (*Thup. 3:4, 5*). An l -a an khum hnehna lallukhum (Grik  awng, *stephanos* tih aţanga lo kal a ni a, *Thup. 4:4*) pawh hi hnehna changtu mi thianghlimte t n liau liauva dah  at a ni a (*Jakoba 1:12*). Hêng thil hrang hrangte hian upa 24-te hi chawimawia awm tawh mi thianghlimte an ni tih an k wk.

Tin, 24 hi ent r nei number a ni a: 12 leh 12 inbelhkh wm niin, Bible-ah hian 12 chu Pathian m te chhinchhiahna anga hman a ni. Upa 24-te hian Thuthlung Hlui leh Thar hunl ia Pathian mi lo awm tawh zawng zawngte  i kha an awh a. Tin, number 24 hian chh ngkaw puipa, lei tempula rawngb wl hna inthawh chh wk t ra an thlan chhuah puithiam 24-te kha a ent r baw k (*1 Chron. 24:1–19*).

Hemi hm  hian upa 24-te hi sawi lan a la ni ng i miah lo va, a chhan pawh anni hi chu v n lalthutphah h nna pindana mi thar an nih v ng a nih a rinawm. Isua a thiha thl n aţanga lo thote kha an ni pawh a ni mai thei e (*Mat. 27:51–53*).

Kha m te kha an ni a nih chuan, hêng upa 24-te hi khatia Isua n na v na an han chhoh hnu kh n chhandamna ruahman tihhlawhtlinna kawnga Pathian thil tih dân dikzia hriatpuitu

ni tûrin mihringte âiawhah an lo ƣang ta tihna a ni ang. Thupuan 5:9-ah chuan upa 24-te hi thil nung palî-te nê (châng 8) Berâmno talh hnu lo tho leha hmâah chuan an bawkkhawp tih kan hmu a. An zavâi hian hla thar sa-in: “Talhin i awm tawh a, chi tina mi te, ƣawng tina mi te, mi tina mi te, hnam tina mi te hi Pathian tân i thisenin min tlan tawh a, kan Pathian tân lalahte leh puithiamahnte min siam ta si a; chuvâng chuan leiah hian ro kan la rêl ang” (*Thup. 5:8–10, NKJV*) tiin Berâmno chu an fak a ni

Thupuan 4:6–8 pawh hian thilnung palî-te a sawi lang ve leh a. Heta an pianghmang a sawi hi Ezekiel 1:5–14 leh Ezekiel 10:20–22-a thil nung palî-te pianhmang bâkah, Isaiah 6:2, 3-a serafîm-te pianhmang nê khâikhin ang che.

Hêng thil nung palî-te hian Pathian palâi leh a lalƣhutphah vêngtute nia Pathian rawngbâwlsaktute an entîr a (*Sâm 99:1*). An thlâ palî-te zînga pahnih inzâr pharh saa awm hian hian Pathian thupêk puang darh nghâl zêl tûra an inrinzia a tilang a; tin, an mit awmna hian an finzia a tilang bawk. Upa 24-te leh vântirhkoh tam takte nêna lalƣhutphah awmna vêla an awm ho reng ƣîn (*Thup. 5:11*) hian he lalƣhutphah hûnna pindanah hian lei leh vîn âiawh an awm ve ve a ni tih a tilang.

THAWHLEHNI

January 22

Chhinchhiaha awm lehkhabu chu

Thupuan 5:1–4 chhiar la, chumi zawhah Isaia 29:11, 12 chhiar ve leh ang che. Isaia sawi dân êngah hian chhinchhiaha awm lehkhabu tih chu eng nge ni a awmzia ni a, eng ti nge Johana hi a ƣah mai le?

He lâi thu hi Grik ɣawnga a inziah dânah chuan lehkhabu hi Pa ding lama awm lalɣhutphah chungah a thal reng mai niin a lang. Rawn lâ a, a chhinchhiahnate phelha kêu hawng tlâk a lo nghâk reng a ni (*Thup. 5:2, NKJV*).

Ellen G. White-i sawi dân chuan he lehkhabu chhinchhiahna awmah hian “Pathianin mihringte a lo enkawl tawh dân chanchin, hnam leh kohhran chanchin te a chuang a. Pathian thil sawi te, a thuneihna te, a thupêk te, a dân te, a thurâwn zawng zawng te leh hnam tin lalte chanchin pawh a chuang vek bawk. Entîr nei ɣawngkam hmangin hnam tin, ɣawng tin leh mi tin—leilung pian tîrh aɣanga khawvêl tâwp thlenga lo awm tawh zawng zawngte thiltih a chuang vek a ni.”—Ellen G. White, *Manuscript Releases*, vol. 9, p. 7.

A tâwi zâwnga sawi chuan, he lehkhabu-ah hian sual chin felna atâna leh suala tlu tawh mihringte chhandamna atâna Pathian thurûk ril tak mai chu a awm a. Chu thurûk a famkima hriat a nih hun tûr chu Krisa lo kal leh hunah a thleng ang (*Thup. 10:7 en rawh*).

Thupuan 5:5–7 chhiar la. Eng vângin nge Krista hi lei leh vân pum puia mîte zîngah lehkhabu zial lâa a chhinchhiahna phelth thei awm chhun a nih?

Lalɣhutphah dahna pindan chhûnga buaina awm hi Setana helna nêna a inzawm a. He lei, Pathianin a siam ngei mai hi, luahlântu Setana thu hnuaia awm a ni tlat mai si a. Johana lungngaihna mittui hian Adama chin Pathian faten sual sal lak ata chhandamna chan an châkzia a tilang. He lehkhabu chhûngah hian sual chin felna tûra Pathian ruahmanna chu a inziak a. Chu ruahmanna chu amah Pathian tak hi chuan teh zawh sên rual loh thiltihtheihna a neih miao avângin a hre thei ngei tih a Chiang hle. Amaherawhchu, suala tlu tawh mihringte tlanna hian thil eng emaw harsa tak a phût ve tlat mai a, chu a thil phût chu Isua niin, ani

chuan ‘a hneh’ tawh avângin lehkhabu pawh a hawng thei ta. Chutichuan, lei chung a lalber nihna lo changin vâ biak bûkah khian min sawipuitu a lo ni ta bawk a ni.

Eng tin nge Isua chu kan Kristian nunah hian a hmasa ber leh pawimawh berah kan dah reng theih ang?

NILAINI

January 23

Berâmno chu lehkhabu keu tlâk a ni

Thupuan 5:8–14 hi Efesi 1:20–23 leh Hebrai 10:12-te nêh chhiar la. Hêng châng hrang hrangte hian he khawvêl, amah ngau ngau chuan eng mah tham beiseina leh thlamuanna min pe thei miah lova kan chên lâi ngei pawh hian beiseina leh thlamuanna ropui tak min pe thei tûr eng thu nge an sawi le?

Berâmno Isua chuan lalthutphah lam rawn panin lehkhabu chu a la ta a. He a thiltih hian thuneihna leh lalna zawng zawng chu ama ta a ni tih a lantîr (*Mat. 28:18, Efesi 1:20–22*). Hetih hunah tak hian lei leh vâ pum puiin Krista chu lei chung a thuneitu leh rorêltu dik tak a nihzia an pawm ang a. Adama avânga lo hloh tawh kha Krista hmangin neih lêt leh a ni ta. Kristan lehkhabu zial a lâk chiah khân mihring zawng zawngte kalna tûr, chatuana an chan tûr chu a kutah a awm a ni tih a lantîr a.

Chutah, thil nung palî-te leh upa 24-te chu a hmâah an rawn bawkkhup a, “Talhin i awm tawh a, chuvâng chuan lehkhabu hi lâa a chhinchhiahnate phelh tlâk i ni e” (*Thupuan 5:9*) tiin chibai an bûk ta a ni. Hetianga ti hian vântirhkohte leh tlan sa mihring âiawhte chuan mihringte tâna Krista inhlanna chu an rawn nemnghet a. A thisenin suala tlu tawh mihringte tâna tlanna man chu a pe tawh a, chu mai ni lovin, tlanna beiseina leh kan suangtuah phâk

loh khawpa hma lam hun duhawm chu pêk min tiam bawk a ni.

Thil nung palî-te leh upa 24-te chuan lalṭhutphah hual vêla awm, chhiar sên loh khawpa tam vântirhkohte chu an rawn zawm ve ta a, anni nêh hian talha awm tawh Berâmno, suala tlu tawh mihringte tâna ṭawngṭâisak târa chatuana nung leh taa (*Heb. 7:25*) chu an fak tlâng ta a ni. Lalṭhutphah hûnna pindana awm zawng zawngte chuan ring takin, “Berâmno talh tawha hi thiltihtheihna te, hausakna te, finna te, chakna te, chawimawina te, ropuina te leh malsâwmna te dawng tlâk a ni” (*Thup. 5:12, NKJV*) an ti rual dual dual a.

Hetih hunah tak hian lei leh vâna thil siam awm zawng zawngte chuan Pa leh a Fapa Krista hnênah lal an nihna anga chawimawina an hlân a: “Lalṭhutphaha ṭhûa leh Berâmno hnênah chuan malsâwmna te, chawimawina te, ropuina te, rorêlna te chatuanin awm rawh se” an ti rual dual dual a (*Thup. 5:13*). An fakna hla sak chu “Amen” tiin thil nung palî-te chuan an lo chhâwn a, tin, upa 24-te pawhin bawkkhupin chibai an lo bûk ve bawk a. Chutiang chuan, vâh lalṭhutphah dahna pindana Berâmno chibai bûkna program ropui tak chu khâr a ni ta ni.

Physic zir mîte (scientist-te) chuan kan chênna universe hi eng tikah emaw chuan a la kâng ral vek ang a, amahin a la thlêr darh vek dâwn niin an hria. Pathian Thu-a kan hma lam hun tûr kan hmuh dân nêh hi chuan a inpersan hle mai! Eng tin nge min lo nghâk rengtu kan hma lam hun hlimawm tak chu tûnah pawh kan lo chen ṭan nghâl mai theih ang le?

NINGANI

January 24

Pentikos pawimawhna chu

Tirhkohte 2:1–4-a kan hmuh Pentikos nî-a Thlarau Thianghlim lo thleng khân chhandamna ruahman chanchina

thil thleng pawimawh ber pakhat chu a rawn nemnghet a: Krista chu Kalvari-a a thih hnu khan Puithiam Lalber leh Lal a nihna anga rawngbâwl tûrin vîn biak bûkah a lût ta a ni (*Tirh. 1:4–8; Tirh. 2:33*). Puithiam Lalber a nihna anga Pa dinglama rawng a han bâwlna hmangin (*Thup. 5:6, 7*) Krista chuan chhandamna ruahman chu a nih dân tûr ang takin a hlen chhuak thei a. Vîn biak bûka min sawipuitu a nih avângin min chhandam nân hna a thawk bawk. Amah avângin ringtute hian zalên takin Pathian an pawh thei a, an sualte ngaihdamna pawh an chang thei a ni.

Tirhkohte 2:32–36 leh Johana 7:39 chhiar la. Isua chu kan Puithiam leh Lalber angin vâna a ding a ni tih i hriat hian eng ang beiseina leh huaisenna nge i neih phah le?

Vîn biak bûka Krista chawisân a nihna chu zirtîrte chung a Thlarau Thianghlim lo thlengin a rawn zui ve nghâl a. Thupuan 5:6 hian “lei chung zawng zawnga tirh chhuah” Thlarau pasarihte a sawi lang a. Zirlâi hmasa lama kan hmuh tâk ang khân, Thlarau pasarihte tih hi khawvêla Thlarau Thianghlim hnathawhin a hâwl kimzia, a huam zauhzia sawina a ni a. Lalthutphaha Krista a thut chiah khân Thlarau chu kohhran hnênah rawn tirh thlâk ve nghâl a ni. Hetianga Thlarau Thianghlim rawn tirh thlâk a ni hi vîn biak bûka kan tân Puithiam Lalber a nihna anga Krista thiltih hmasa berte zînga mi a ni nghe nghe. Thlarau Thianghlim leih buak a ni khân Isua chu Pa hmâah a han inlan tawh a, mihringte tâna a inhlanna chu Pathianin a pawm tawh a ni tih tichiangtu a ni.

“Vâna Krista lâk chhoh a ni kha amah zuituten malsâwmna an dawng ngei dawn a ni tih chhinchhiahna a ni nghâl a. . . . Krista chu vîn kawngkâ-te a kal pelh hnu

khân vântirhkohte chawimawina nêl lal̄thutphahah thuttîr a ni ta a ni. He inkhâwm khûn tak mai hi zawh fel a nih ve leh Thlarau Thianghlim chu zirtîrte chungah nasa takin a rawn thleng ta a, Krista pawh chatuan ata chatuan thlenga Pa nêna ropuina an neih dun kha hlan lêt a ni ve leh ta bawk.

“Pentikos nî-a Thlarau Thianghlim lo thleng kha Tlantu hna ropui taka chawimawina chu hlen chhuah a ni tih Vânin a rawn puanna a ni a. A lo tiam tawh ang ngeiin amah zuitute hnênah Thlarau Thianghlim chu vâng aţangin a rawn tîr thla tawh a, chu chu puithiam leh lal a nihna anga lei leh vâv chungah thuneihna zawng zawng kawltu a ni tih leh, a mîte chungah rorêl tûra hriak thih tawh a ni tih chhinchhiahna a ni nghâl bawk a ni.”—Ellen G. White, *Tirhkohte Thiltih*, pp. 38, 39.

Hebrai 4:15 leh 8:1-te hi chhiar la. Isua chuan Puithiam leh Lal a nih avângin lei leh vâna thuneihna zawng zawng a kawltawh a ni tih i hriat hian eng ang beiseina leh huaisenna nge i lo neih thar ve le? He thudik hriaa i rinna hian eng tiangin nge i nuna harsatna i tawhte leh i hma lam hun chiang lote chu hmachhawn thei tûrin a puith che?

ZIRTÂWPNI

January 25

Zir belhna: Ellen G. White-i lehkhabu, *Chatuan Nghahfâk*, phêk 810–816-a, ‘Ka Pa leh In Pa Hnênah’ tih leh; *Tirhkohte Thiltih*, phêk 47–56-a, ‘Thlarau Thilpêk Chu’ tihte kha chhiar ni se.

Thupuan 4 leh 5 hi khawvêl tâwp dâwn hnaih lama chêng Pathian mîte tân chuan a pawimawh êm êm a ni. Pentikos nî-a Thlarau Thianghlim lo thleng khân khawvêl zawng zawng chanchin ţa hril hna chu ţan a ni tih a rawn tilang a. Chanchin ţa thuchah laimu chu Isua niin, ani chu Pa dinglamah Puithiam leh Lal anga chawimawiin a han

awm tawh a ni. He thu hi Kristian hmasate thurin laimu (*Heb. 8:1*), an thuhiril inngahna lungphûm a ni a (*Tirh. 2:32, 33; Tirh. 5:30, 31*).

Tihduhdahna leh an nuna harsatna an tawh châng a anmahni tiphûr thartu, rinna leh huaisenna pe thîntu pawh a ni bawk (*Tirh. 7:55, 56; Rome 8:34*). Chuvâng chuan, an thuhiril pawh mi tam takin an lo âwih ta thîn rêng a nih kha. Khata tâng khân Pathian lalram chu puan chhuahin a lo awm ta a, Thlarau Thianghlim hnathawh azârah puan chhuah a la ni chhunzawm bawk a ni.

Kristaa awm chhandamna chanchin t̄ha chauh hian mihringte thinlung thleng theiin a siam thar thei a, tin, hei hi Pathian chu hlau a, a hnêna chawimawina hlân a, amah chu chibai bûk tûra kohna chatuana chanchin t̄ha (*Thup. 14:7*) chhang thei tûra mîte hruai theitu awm chhun pawh a ni bawk tih hi kan theihngihl ngâi tûr a ni lo. Kan beisei tûr awm chhun chu kan Chhandamtu hnênah a awm a; ani chu vân biak bûka kan Puithiam leh kan Lal a ni. Ani chu a mîte hnênah a awm a, khawvêl tâwp thleng pawhin an hnênah a awm zêl ang (*Mat. 28:20*). Thil lo la thleng tûrte pawh ama kutah a awm si a.

Chuvângin, kan rilrua chanchin t̄ha laimu kan dah reng a nih chuan suala tlu tawh leh hrehawm tur mêk mihringte hnênah hlawhtling takin thuchah hnahnung hi kan hril thei dâwn a ni tih hi kan theihngihl ngâi tûr a ni lo. Ka thuhiril hrang hrangte zîngah hian Kraws leh Krawsin Pathian chungchâng min zirtîr âia pawimawh zâwk thil dang eng mah a awm lo va ni.

SAWI HO TÛRTE:

❶ Eng tikah nî-ah emaw chuan vânah khian Lalpa chu a t̄hatna te, a thiltihtheihna te, leh a bîk takin a ngilneihna te avângin kan la fak ang a, chibai kan la bûk dâwn bawk a ni. Chumi ni ropui tak lo thleng tûr

atân chuan tânah hian eng tin nge kan lo inbuatsaih sa theih ang? Chumi awmzia chu, tânah hian eng tin nge Pathian chu a thiltihte leh a la tih leh zêl tûrte avâng hian thinlung takin chibai kan bûk anga kan fak theih ang?

② Thupuan 4:11 leh 5:9 chhiar la. Hêngahte hian Pa leh Fa-te hnathawh eng nge kan hmu a, chûng an hnathawh ve vete chuan chhandamna ruahmanah chauh pawh ni lovin, Pathian chu chibai bûk tlâk an nihnaah pawh eng nge pawimawhna an neih sawi ula. Eng tiangin nge Sabbath leh Sabbath-in min zirtîrte hi kan Pathian chungchânga hêng thu ropui tak tak pahnihte sawifiahna a nih sawi bawh rawh u.