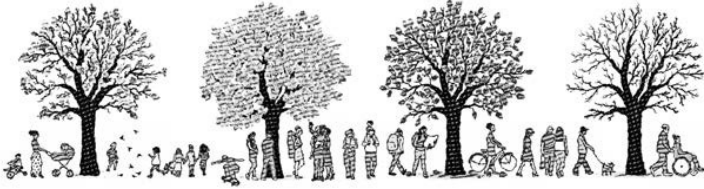


MIHRING NUNA THIL LO THLENGTE



CHÂNGVAWN: “Eng kim tân hian hun ruat a awm a, vân hnuaiia thiltih zawng zawng tân hun remchâng a awm” (*Thuhriltu 3:1*, NKJV).

SABBATH CHAWNÛ

MARCH 30

Chhiar tûrte: *Genesis 1; 8:22; Sâm 90:10; Joba 1:13–19; Tirhkohte 9:1–22; Filipi 1:6; Rome 8:1.*

HLA CHHAM chí hla mâwi ber berte zînga thenkhat hi Lal Solomona puah a ni a: “Eng kim tân hian hun ruat a awm a, vân hnuaiia thiltih zawng zawng tân hun remchâng a awm: pian hun a awm a, thih hun pawh a awm; phun hun a awm a, thil phun phâwi hun pawh a awm; tihhlum hun a awm a, tihdam hun pawh a awm; ðiat hun a awm a, siam leh hun pawh a awm; ðah hun a awm a, nuih hun pawh a awm; sùn hun a awm a, lâw hun pawh a awm. Lung paih darh hun a awm a, lung lâk khâwm hun pawh a awm; pawm hun a awm a, pawm loh hun pawh a awm; zawn hun a awm a, tihbo hun pawh a awm; vawn ðat hun a awm a, paih bo hun pawh a awm; tihthlêr hun a awm a, ðhui hun pawh a awm; ngawih hun a awm a, ðawng hun pawh a awm; hmangaih hun a awm a, huat hun pawh a awm; indo hun a awm a, muan hun pawh a awm bawk a ni” (*Thuh. 3:1–8*, NKJV).

Hê hla thû hian mihring nuna hun hrang hrang lo thleng tûrte a sawifiah ʒa hlê mai. Ni e, kan nun hian hun hrang hrang a tawng chho va, kan lo pian chhuah phat aʒangin thil chi hrang hrang kan paltlang chho malh malh mai a nih hi. A châng chuan hun ʒâ kan tawng a, a châng chuan hun ʒa lote pawh kan tawng tho bawk. A châng chuan kan chung a thil lo thlengte chu kan thunun thei a, kan thunun theih loh ʒum pawh a awm bawk. Tûn kârah hian kan nuna hun leh thil lo thleng ʒhîn, a bîk takin keimahni leh kan chhôngkuaa nghawng neite chu kan thlîr ho dâwn a ni.

SUNDAY

MARCH 31

A Tîrah Chuan

Bible hi Pathianin khawvêl a siam tîr hlaia thil awm dân sawina thu hmanga inʒan a ni a (Hê thû hi Hebrai ʒawngah chuan thumal pakhat chauh a ni), chuwâng chuan “a tîrin. . .” (*Gen. 1:1*) tih thu-in a inʒan rêng bawk a ni. Genesis bung khatnain a sawi tum ber chu “chhiaa ruak ngawt” (*Gen. 1:2*) he lei hi amah Pathian ngeiin thil siam chawlhkâr ni ruk nî-a “A va ʒa êm” (*Gen. 1:31*) tia a sawi khawvêla a siam chhuah thû a ni a. A tâwi zâwna sawi chuan, heta bulʒanna a sawi hi kan khawvêl lo awm ʒanna a ni.

Genesis 1 chhiar la, hê zawhna hi han inzâwt teh: Hê khawvêla thil awmte hi kahpah deuh taka lo thleng emaw, amaha lo thleng vê mai emaw nge ni a, thil eng kim hi mûmal taka siam niin, a hun taka leh a awmna tûr hmun tak ʒheuhah zêl an lo awm zâwk? Eng tiangin nge i chhâna chuan Pathian nungchang a târ lan?

Ellen G. White-i chuan “thil eng kim mûmal taka kalpui hi Vânrâm dân hmasa ber” a nih thu a sawi a (*Signs of the*

Times, June 8, 1908); chutiang chu leiah pawh hian a ni vê tho a ni tih a lang. Sual chuan hê khawvêl hi tihmêlhem tawh mah se, mûmal taka thil la kal reng eng emaw zât a la awm tho va, a hunbi dika la rawn inher chhuak zêl pawh thil tam tak a awm bawk.

Genesis 8:22 chhiar la. Hetah hian mûmal taka thil ruahman a nih dân engtin nge târ lan a nih?

Suala mihringte an tlûk hnû pawh khân sik leh sâ chu a hun bi dik tak zêlah tho lo la inher chhuakin, a hun bi dik tak zêlah bawk a ral leh ðhîn a. Chutiang chuan, “chhûn leh zân ðhen hranga. . . chhinchhiahna te, hun bî te, nî te leh kum te hriatna tûra” vên boruak zâu taka êntu awmte (nî leh thlâ, *Gen. 1:14*) bâkah pawh hian, a hun taka lo thleng ziah ðhîn sik leh sâ pawh a la awm leh bawk a; chûngte chu Pathianin a duan dân ang takin a la thleng zêl a ni. Tûnah hi chuan Chiang lo takin kan la hre riâi ruâi chauh a ni a; mahse, Isaia 66:23 thu hian lei thar leh vên tharah pawh a hun bi dik takah zêl thil a rawn inher chhuak ðhîn dân a ni tih min kawhmmuh a ni.

Sabbath-in engtin emaw taka i nun, a bîk takin in chhûngkaw nun a rawn nghawng ðhin dân kha ngaihtuah la. Sabbath chu ðum khat mai ni lo, a lo thlen ðhin hunah tak zêla a lo thleng hi eng nge a ðhat riâuna awm?

THAWHTANNÎ
Mihring Nuna Hun Lo Thlengte

APRIL 1

Scientist-te chuan ‘circadian rhythms’ tia an vuah mai chungchâng hi an sawi ðhîn a, kan taksaah hian a hun bi dik

chat zêlarawn inher chhuak thil eng eng emaw a awm a (“taksa sana-te” tiin an sawi bawk thîn), chûngte chuan kan taksa pêng hrang hrangte hnathawh a thunun niin an ngâi. Tawngkam dangin sawi ta ila, kan taksa chhûngah hian chhum lo chat lova a hun dik tak zêla thilrawn inher chhuak zat zat thil chi hrang hrang a awm a. Chutiang chuan, kan vêlah leh keimahni chhûng ngeiah pawh hian a hun bi dik tak zêla thilrawn inher chhuak thîn a awm a nih chu.

Hêng Bible châng târ lanahte hian mihring nuna hun chi hang hrang lo thleng thîn eng engte nge sawi lan ni a, chûngte chuan eng tiangin nge chhûngkaw nun nêna inzawmna a neih hlawm?

Thuhriltu 3:2 _____
Genesis 21:8; Rorêltûte 13:24 _____
Sâm 71:5; Thufingte 5:18 _____
Genesis 15:15; Rorêltûte 8:32 _____
Sâm 90:10 _____

Mihring nuna a bulţanna leh a tâwpna, pian leh thih inkârah hian kan zavâiin hun pui chi hrang hrang kan pal tlang vek a; mahse, chûng kan hun tawnte chu a inang vek lêm lo thung. Naupang thenkhat chu a pian atanga rei lo tê hnu-ah an thi leh mai a; thenkhat erawh chu târ-kûn, khûp-bihin an dam thung sî. Naupangte hi an than duan dân pawh a inang vek lo bawk. Thenkhat chu naupang dangte âiin an kal thei hmâ emaw, an tawng thei hmâ emaw bîk a. Thenkhat chuan sikul-ah kalin, lehkha te an zir thei a, hna sâng tak tak an thawk thei; chutih lâiin, thenkhat dang chuan hna dang, sâng vak lo te an thawk vê thung. Thenkhat chuan nupui pasal neiin chhûngkua te an din a, thenkhat dang chu an lêng-ţul a, fa pawh pakhat mah an nei vê lo.

Khawvêlah hian mihring tlûklehdingâwn eng emaw zât kan awm a, chûngte chuan inan tlânna eng emaw tak chu nei tho mah ila (*Tirh. 17:26 en la*), mi tin hian danglam bîkna eng emaw tak kan nei ðeuh a, chuvâng chuan kan nun dânah pawh danglamna eng eng emaw chu awm vê tûr a ni rêng a ni.

Hêng kan danglam ðeuhnate hian mi dangte laka danglam bîkah min siam avângin a pawimawh hlê mai a. A awmzia chu, mi tin hian mi dangte hnênah anni'n an neih vê loh thil pêk chhâwn tûr eng emaw kan nei ðeuh tihna a ni. Entîr nân, ðhalâite leh kum lama upa tawh, “tar’ kan tih maite hian thil eng emaw inpêk tawn tûr an nei ve ve a: “Tlangvâlte ropuina chu an chakna [hi] a ni a, tarte mâwina chu an lu ðuak vâv vau mai hi a ni vê thung” (*Thufingte 20:29, NKJV*). A enga zâwk zâwk pawh hi niin, kan danglamna chu eng pawh lo ni mah se, kan zavâi hian LALPÂ hnênah chauh pawh ni lovin, kan mihringpuite hnênah pawh thil eng emaw pêk tûr kan nei ðeuh a ni.

I nunah khân harsatna eng emaw tak tâwk mêk tho mah la, mi dangte tâna malsâwmna i nih theih nân eng nge tih theih i neih le? Chutiang malsâwmna chu—a bîk takin i chhûngte tân—i nih theihna tûrin i theihtâwp i chhuah dân lo’m ni?

THAWHLEHNÎ
Beisei Loh Deuh Chu

APRIL 2

Joba 1:13–19, 2:7–9 chhiar la. Joba chungah khân eng thil nge thleng? A thil tawn khân eng tiang kawngte-in nge mi tin chungah pawh thleng ve ðhîn tho chu (a thlen dân leh a thlen hun chu a inang kher chuang lo ang a) a târ lan?

Grik mi fing Heraclitus-a chuan khawvêlah hian inthlâk danglamna tih loh hi chu eng thil mah kumhlun a awm lo niin a sawi a. Thil eng kim tluang takin a kal reng emaw kan tih lâi hian, beisei loh tak thilte pawh a lo thleng ve leh thut thîn. Kan hnâ kan chên a ni thei a, chêsualna avângin kan kut emaw, kan kê emaw a bung a ni thei a, natna avângin khumbetin kan nâ emaw, kan thi hial emaw pawh a ni thei a, kan chênna in a kâng ral vek pawh a ni thei bawk.

Kan nuna thil inthlâk thleng lo awm thîn hi a ƣa lo zâwng vek chu a ni bîk chuang lo va. Kan hnathawhna lamah kâi sângin, kan chhûngkaw khawsak pawh a lo ziaawm phah sawt a ni thei a. A nih loh pawhin, kan nupui/pasal la ni tûr kan tawng pawh a ni thei bawk, chutianga thil inthlâk thleng lo awm chu mi tam tak chuan an lâwm êm êm rêng a ni.

Joba chanchina kan hmuh ang hian kan chungah beisei loh deuh thil chi hrang hrang—a chhe lam emaw, a ƣa lam emaw pawh—a lo thleng thîn a. Joba pawh khân khatiang hun duhawm lo tak mai kha a nunah a lo thlen a beisei bîk lo. Amah kha Bible pawhin “mi famkim, mi ngîl tak, Pathian ƣih mî, thil ƣa lo laka insûm thei” (*Joba 1:1*) nia a sawi ve ngat a ni nghê nghê. Mi hausa tak a ni a, nupui neiin fa pawh, hmeichhia pathum leh mipa pasarih lâi a nei tih kan hre bawk (*Joba 1:2, 3*). A lehkhabu hi a chanve pawh kan la chhiar thlen hmâ-in a thil neih hlu tak tak chi hrang paruk ngawt mai chu a chên hman dêr tawh a: a ran rual te, a chhiahhlawh te, a fâ te leh amâ hrisêlna ngei pawh a chên vek a, a nupui ngei pawh a lamah a ƣang peih tawh lo; chu mai ni lovin, a ƣiante pawh chu amah tibeidawngtu mai an chang zo ta a. A khawvêl kha a letling thawk a ni ber a, an chhûngkua pawh a keh chhe zo vek mai a ni.

Joba chungah thil thleng hi a râpthlâk hlê mai! Chutih rual chuan, kan zînga tu hian nge kan beisei miah loh thil ƣa lo la tawng ve ngâi miah lo le? Mihring nun hi tluang takin a kal reng emaw kan tih lâiin, sawi lâwk pawh eng

mah awm lovin, thil eng kim a rawn inthlâk danglam thut a, kan nun chuan—kan chhûngkaw nun pawh a ni tho ang chu—ngâi a awl leh thei tawh ngâi lo hial thîn a ni.

Hetiang hi thil thar pawh a ni lo. Abela khân tualthih mai a inring bîk hauh lo thei a; tin, Josefa pawh khân Aigupa rama sal ni tûra hralh nih a inringin a rinawm loh. Hêng thawnthu pahnihahte hian anmahni ûnate ngei chu anmahni phatsantûte an ni a; tin, an chung a thil thleng khân an in chhûngkhurah nghawng lian tak a nei ve ve bawk. Bible-ah hian an beisei loh deuh thil eng emaw lo thlengin, nasa taka an nun leh an chhûngkaw nun a tihdanglamsakte chanchin a chuang tam mai.

Engtin nge i rinna khân i nun kal tluang lâi rawn tibuai thut thuttu fiahnate pal tlang thei tûrin a lo tanpui tawh che?

NILAINI

APRIL 3

Thil Inthlâk Danglamte

Mihringte hi thil eng eng emaw chîn thana nei thîn kan ni a. Chutiang thilte chu mahni-in tih dân tê kan nei hrang leh theuh bawk. Kan lo upa telh telh a, kan tih thán dân chu thlâk kan harsat tial tial thîn a ni

Ni e, kan inthlâk zung zung thei hlawm lo va. Hmeichhe tam tak chu, “Ka pasal hi a nun dân leh chîn thante thlâksak ka tum nasa lutuk tawh; mahse . . .?” tiin an âng bawrh bawrh thîn a. Pathian chuan keimahni hi kan lo danglam theih nân hnâ a thawk reng a, kan mizia zawng zawng chu a tidanglam vek kher lo a ni mai thei; mahse, kan nungchang chu a thlâk thei Chiang khawp mai. Chu tak chu chhandamna ruahman pawh hi a ni rêng a: amahah chuan mi tharah min siam dân a ni.

Tarsa khaw chhuak Saula chungah khân eng thil lian tham tak nge thleng a, eng tiangin nge chu chu a thlen?
Tirhkohte 8:1, 3; 9:1–22; Galatia 1:15–17.

“Saula chuan Thlarau Thianghlim thiltihtheihna hnuaia a intûk luh hmiah tâk avângin a thil lo tih sual tawhte chu a hmu chhuak uar uar a, Pathian dânin eng nge a phût tih pawh a lo hre ta bawk. Farisai induh ve tâwk tak, a thil tha tihte avâng a thiam chang ngei nia inngâi tlat t̄hîn kha, t̄nah chuan inngâitlâwm tak leh naupang-chhia ang mai niin Pathian hmâah a kûn ta a. A tlin lohzia puangin krawsa thî-a tholeh ta, Chhandamtu thil tha tih chu a tâ a nih ve theih nân a d̄il ta zâwk a ni. Saula khân Pa leh a Fapa nêna inrem taka awm tlân a, anni nêna inpâwl reng mai chu a châk hlê a. Chutianga ngaihdam nih leh pawm nih a thlâkhlelh êm avâng chuan d̄ilna urhsûn tak a thlen ta rêng a ni. . . .

“A sualte sim tawh Farisai t̄awngt̄ainate chu a lo-thlâwnin a liam mai lo. A thinlung leh ngaihtuahnate chu Pathian khawngaihna chuan a tidanglam ta vek a; a rilru chhûngril berte chu Pathian duh dânte nêna lo inrem ta bawk. A tân chuan Krista leh a felna chu khawvêl pum pui âi pawha hlu zâwk a lo ni ta a ni.”—Ellen G. White, *Tirhkohte Thiltih*, pp. 119, 120.

Kan pianthar dân chu Saula pianthar dân anga mak leh danglam a ni vê kher lo a ni thei e; chuti chungin, pianthar dân sawi t̄ur eng emaw chu kan nei vê ngei t̄ur a ni thung. Kan nun tidanglam t̄ura Pathianin keimahnia hnâ a rawn thawh dân te, kan nih dân t̄ur nia kan hriat ang ni t̄ura m̄i a siam dân te sawi t̄ur kan nei em? Chutiang a thlen theihna t̄ur chuan hun pawh kan duh deuh a ni thei a, a châng phei chuan danglam thei ngai lo t̄ur niin kan inngâi hman hial pawh a ni mai thei. Chutiang a nih chuan, ngun taka kan ngaihtuah t̄ur leh kan ta neih t̄ur Bible châng pahnih a awm.

Filipi 1:6 leh Rome 8:1 chhiar la. Hêng Bible châng pahnihahte hian eng thutiam ropui tak nge awm a, eng tiangin nge Kristiante nun nêna a inrem êm êm?

NINGANI

APRIL 4

Mi Dangte Nêna Thil Tih Hona

Bible hi inlaichînna chungchâng sawina lehkhabu a ni a. Pathian chuan mi dangte nêna inlaichînna nei tûrin min siam a. Dik tak chuan, kan zînga mi tîem tê chauh hi mahnia a hranga chêng an ni. Thil pakhat chiang tak awm chu, mi tu mah hi mi dangte tel lo chuan kan lo awm ve ngawt thei lo hrim hrim a. Kan lo pian chhuah hnû-ah pawh kan lo puitlin a, mahnia khawsa thei rual kan nih hmâ loh chu, min enkawl rihtu tûr tu emaw kan mamawh theuh a ni. Mahnia khawsa thei rual kan nih hnû-ah pawh mahni chauha khawsa duh chu kan awm mang chuang lo bawk. Chênpui tûr, kawm hlim tûr mi dang kan mamawh a, chutiang tûr chu a zawn pawh kan zawng tlângpui thîn. Kan ran vulh, entîr nân, ui te pawh hi kan tleipui viau a ni mai thei; mahse, kan nun min thlâk danglamsak thei tûra inbiakna awmze nei leh thûk ber chu kan mihringpuite hnên aţangin a lo thleng thîn. Chuvângin, chhûngkua leh chhûngkaw inlaichînna thâ chu kan nun hona atân a pawimawh hlê hi a lo mak hran lo a ni.

Kan zînga mi tam zâwk daihte hi chu eng tik lâi pawha mi dangte nêna inbia leh, thil ti ho thîn kan nih hlawm avângin, chutianga kan inbiakna, thil kan tih honate chuan kan nun dân kan thlâk leh thlâk loh thû-ah te, kan nuna thil lo thleng thînah te hian nghawng nei theiin, a nei fo rêng bawk a. Kawng hnihin hnâ a thawk thîn: mi dangte thiltihte chuan keimahni nunah nghawng a nei thîn a, chutiang bawkin, keimahni thiltihte pawhin an nunah nghawng a nei ve tho bawk. Kan hria emaw, hre lo emaw (kan hriat loh

châng a tam rêng a), chutianga thil kan tih hona chuan thil thâ emaw, thil tha lo emaw a thlen thei a. Chuti a nih chuan, mi dangte nunah a tha zâwnga danglamna kan thlentîr theihna tûrin, eng tik lâi pawha hna kan thawh reng a pawimawh hlê mai. A bîk takin keimahnni nêna inhnaih zual, kan chhûngkaw member-te lakah pheh chuan theihtâwp kan chhuah leh zual tûr a ni.

Hêng Bible chângte hi chhiar la. Mi dangte nêna thil kan tih honaah eng thil nge ti tûrin min hrilh le? *Rome 15:7; Efesi 4:2, 32; 1 Thesalonika 3:12; Jakoba 5:16.*

Hêng Bible chângten an sawi hi dân mâwl leh, hriatthiam awlsam tak a nihna chin tam tak a awm a. Mi dangte lakah ngil kan neih a, ngaih natawm taka thil kan tî a nih chuan anmahni-ah huhâng tha tak kan lo nei ang a, a tha zâwnga an nun thlâk danglamsaktu pawh kan ni hial thei dân a ni. Isuan mîte nun a tha zâwnga a tih danglamsak thîn ang chiah khân, keini pawhin mi dangte tân thil eng emaw tihsak theih kan nei theuh tih i hria ang u. Thil pakhat kan hriat reng tûr awm chu: kan nun dân leh chêt zia hian a tha zâwng emaw, a chhe zâwngin emaw nghawng a nei ngei ngei a. Chu kan huhâng chu keimahni in chhûngkhurah âia a lan chianna tûr hmun dang a awm lo a ni.

Hêng Isuâ thil sawi pahnihte hi chhiar la: *Luka 11:34* leh *Marka 4:24, 25*. **Mi dangte nêna thil kan tih ho dân pawimawihzia engtin nge an sawi?**

ZIRTÂWPNI

APRIL 5

Ngaihtuah zui atân: Isuâ zirtîrte Isua bula an awm avânga an nuna danglamna lo thleng tâte kha ngaihtuah teh. Lehkha thiam lo, mi mâwl ve mai an ni hlawm a, Juda sâkhaw zirtîrna leh tih dân zâwm nghet bur mai an ni baw. Mahse,

tûnah chuan Galili rama rabbi pakhatin chona a pe mêk a ni. Mi dangte itsikna pawh an nei lian ve thîn hlê a (*Mat. 20:20–24*), an inngeih lo hlawm viau bawk thîn (*Joh. 3:25*). Rinna tlachham tak niin an lang a (*Marka 9:28, 29*), amah kha thlahthlamin (*Mat. 26:56*) an phatsan ta diak mai a nih kha (*Mat. 26:69–74*). Chutih rual chuan, thlarau lamah an thang lian zêl a, Petera pawh kha mîten an hmuhin Isua zuitu a ni ngei tih an hre thei nghâl mai a ni (*Mat. 26:73*). Sanhedrin member-te ngei pawhin Petera leh Johana-te kha lehkhâ thiam lo leh mi mâwl mai a ni tih an hre Chiang hlê a. Mahse, an lo huai ta viâu mai kha mak an ti a, Isua bulah an lo awm tawh thîn a ni tih an hria a ni” (*Tirh. 4:13*, NKJV).

Kan chhûngkaw member-ten min en a, “Isua bulah kan awm tawh” a ni tih an lo hriat mai theihna tûr ang hian han nung ta hlawm ila, kan in chhûngkhura nghawng kan neih len theih dân tûr chu a sawiin a siak lo. Ellen G. White-i thusawi hian in chhûngkhura nghawng kan neih theihzia engtin nge min hrih le? “Chhûngkua chu a ropui lûa lo a ni mai thei; mahse, thu hriat nuam tak tak sawina hmun leh ngilnei taka thil tih thinna hmun, hmangaihna leh hawihhâwmnain a chêngate a phuar khâwmna hmun a ni thei tho a ni.”—*Kristian Chhûngkua*, p. 16.

SAWI HO TÛRTE:

- ❶ **Thuhriltu 3:1–8 chhiar la. Hêng chângte hian eng nge an sawi a, chûng an thil sawite chu nangmâ nun leh in thil tawnah engtin nge a takin i hman theih ang?**
- ❷ **In class-ah khân in nun thlâk danglam vektu thil in lo pal tlang tawhte leh chumi a tanga zirlâi in zir chhuahte chu sawi ho ula, a theih chuan, zirlâi in zir chhuah ngei tûr, mahse in zir chhuah tâk sî lohte pawh sawi ho bawng ang che u. Chûng in thil tawntena in chhûngkua a nghawng dânte pawh sawi chhuak ula. Eng zirlâite nge in zir chhuah hlawm le?**

③Tûna i nun dân kha han inen la, i nunah khân Krista awm lo ni ta se, tûna i nun dân ang ni lo daih khân i nung ang em? Chu chuan Kristâ thiltihtheihnain mê a tihdanglam theihzia eng nge a sawi le?