

## CHHÛNGKUATE TÂNA THUFING



**CHÂNGVAWN:** “I thinlung zawng zawngin LALPA ring la, nangmâ hriatnaah inngat suh; I kawng zawng zawngah amah hre reng la, i kawngte chu a kawhmuh zêl ang che” (*Thufingte* 3:5, 6, NKJV).

**SABBATH CHAWNÛ**

APRIL 27

**Chhiar tûrte:** *Thufingte* 5:3–14; 13:22; 14:26; 17:22; 23:13; 31:10–31; *Matthaia* 19:5; *I Korin* 7:3, 4.

**K**AN lo pian chhuah hnua kan inlaichîn zui tâk dân chu Keng pawh lo ni se, kan zavâi hian kan nû leh pâte avânga khawvêl êng rawn hmu ve thei kan ni theuh a. Kawng leh lamah mi thenkhat chuan, û leh naute emaw, chhûngkhat dangte emaw chu nei ve tho mah se, anmahni pual chhûngkua an din ve lêm lo.

A enga pawh chu ni se, *Thufingte* bû-ah hian inzirtîrna thu tha tak tak te, hla chham mî te, zawhna te, leh thufing tak takte a awm a. Chhûngkaw inlaichînna chungchâng bîk sawina thu tam tak a awm a, chutiang ni lêm lo thufing dangte pawh hi inchhûng khura hman tângkâi theih a ni tho bawk. Dik tak phei chuan, *Thufingte* bû hi chhûngkaw lemchan thawnthu, nû leh pâten an fâte hnêna Pathian tîh nun an hlan chhâwn chhoh zêl dân târ lanna a ni a. Nû leh pâten a fa ram danga lehkha zir emaw, in dang thar emaw,

a nih loh leh hnathawka awm bo hnêna fuihna lehkha an thawn ang deuh hian, Thufingte bû pawh hi pa-in a fapa hnêna thu a chah anga ziah a ni a: “Ka fapa, i pa zirtîrna che chu ngâithlâ la, i nû thu hrilh che chu hawisan hek suh” (*Thufingte 1:8*, NKJV) tiin.

*Deuteronomi* bû hian nû leh pête chu an tû leh fâte hnêna an sâkhaw thurinte hrilh chhâwng vê zêl tûrin a hrilh a. Chû tho chu *Thufingte* bu pawh hian a sawi. Pa thusawiah hian kan vân Pa-in min hmangaihzia kan hmu thei a ni.

SUNDAY

APRIL 28

## Hmeichhe Thâ Chu Hmangaih Rawh

**Thufingte 5:3–14 chhiar la. Nupui/pasal neih hmâa mipat-hmeichhiatna lo hman emaw, nupui/pasal neih hnû pawh ni se, mahni kawppui ni lo ngaihzâwng dang lo neihin nghawng tha lo a neihte chu eng nge ni?**

Pathian ñih mî chuan a hmangaihna thûk ber leh thianghlîmna chu (nupui/pasal la nei lo a nih chuan) a kawppui tûr tân a lo vawng tha rih ang a, nupui/pasal nei tawh a nih pawhin a kawppui tân chauh a vawng him tlat bawh ang. Thufingte bû-ah hian mipate zawm atâna sawi niin a inziak a; mahse, hemi ang hi hmeichhe tâna zawm tûr angin Hla Thlan Khâwm-ah pawh kan hmu ve leh tho a ni (*4:12–15* en la). Dik lo taka hmangaihna inpêk châkna chu thawk na viau mah se, a nghawng tûr râphtlâk takte nêh khâikhin tawn tûr a ni a. Mahni kawppui ni lote nêna mipat-hmeichhiatna hmanna chuan hmangaihna dik tak a tichhe vek ñîn. A lo thlâwna sum leh pây, taksa chakna leh rilru khawh ralna mai a ni bawh. A pawimawh ber chu, kan duhthlanna kan siamte hi Pathian hnênah a chhânna kan la pêk a ngâi dâwn a ni tih kan hre tûr a ni.

Mihringte hnêna Pathian thilthlâwnpêk ropui tak pakhat, mipat-hmeichhiatna hi nûpa kârah chiah hman tûr a ni (*Mat. 19:5; 1 Korin 7:3, 4; Heb. 13:4*). Thufingte bû-ah hian nupaa insiam tawhten an inhmangaih tawna aţanga nawmna leh lungâwina an neih entîrtu atân tuibêl tih te, tuichhunchhuah tih te, tuihnâ tih te hman a ni a. Chutih laiin, a tu emaw zâwk zâwk an rinawm lova thil lo thleng chu kawthlêra tuihâwk luang darh nên a tehkhin ve thung. “I tleirâwl lâi nupui” (*Thufingte 5:18*) tih ţawngkam hian nûpâ chu an lo upat hnû-ah pawh an la inhmangaih tawn chhonzawm zêl tho tûr a ni tih a entîr a. Pasal chu a nupui zûnin a phuor nghet reng tûr a ni (*Thufingte 5:19*).

Mihringte hi suala tlu tawh kan ni a, chuvâng chuan, kan tîsa châkna hian Pathianin mipat-hmeichhiatna hman dân tûr nia a lo duan ang ni lova hmannaah mi a hruai thîn. Amaherawchu, Pathian hian thil chhût thiamna leh duh thlan theihna zalên min pê a. Hêng thlêmnate hi kan hmet mit chhonzawm reng a nih loh chuan, hneh a harsa telh telh mai dâwn a. Mipat-hmeichhiatna hman dân tûr nia Pathianin a lo duan chu zawm kan tum nghet tlat a nih chuan, nupa kâr ni lova mipat-hmeichhiatna hman duhna lakah kan him ang. Pathian ruahman dân chu rinawm taka zawm mai hi a him ber bâkah, lâwmman tam tak a keng tel bawka a ni.

**Mi tu emaw, an nupa nun a chhiat phah vekna tûr thlêmnâ tâwk i hria em, chu mi hnênah chuan eng thurâwn nge i pêk ang?**

**THAWHTANNÍ**  
**Pâ-te Hnêna Sâwmna**

*APRIL 29*

**Thufingte bû-in pête nungchâng, fâte tâna pawha nghawng thui tak nei thei tûr nia a sawite chu engte nge ni?**

*Thufingte 13:22; 27:23, 24* \_\_\_\_\_

*Thufingte 14:26* \_\_\_\_\_

*Thufingte 15:1, 18; 16:32* \_\_\_\_\_

*Thufingte 15:27* \_\_\_\_\_

*Thufingte 29:17* \_\_\_\_\_

Pâte nungchang hian an fâte nunah leh an fâte hnênah thil an hrilh chhâwnah te nghawng thui tak a nei a. Naupangte hian an pâte chu anmahni tanpui tûr te, hmangaih taka enkawl tûr te, kâihruai tûr te leh entawn tlâk ni tûr te-in an beisei a. *Thufingte* bû hian an nupui fanaute mamawh phuhrûksak thei leh chhûngkua enkawl tha thei pâte chu a fak hlê mai. Mi tam tak chu an duhâm êm avângin anmahni chhûngkua ngei pawh an tichhe zo vek thîn a (*Thufingte 15:27*, NIV); chuvângin pâte chuan an hnâ âiin an nupui fanaute an ngâi pawimawh hmasa zâwk tûr a ni. Pathian tih mî pâte chuan an dawhthei a, an rilru so but leh no tak te pawh an thunun thei bawk. An fâte chu an chung a inngat an ni tih hriain zah takin an en a. Thununna pawh lek vê tho mah se, an thuneihna erawh hmang sual lo tûrin an fimkhur thîn. A pawimawh ber chu, nupui fanaute tâna inpe pâte chuan an fâte chu kawng dika an hruai theih nân Pathian hnung zui an duh a, a hmangaihna leh a Thu-in a sawite chuan anmahni thunun tlat se an duh bawk.

Pa-in a fâte tâna a tih theih pawimawh ber chu an nû hmangaihsak a ni. An nû, a nupui ni bawk chu a hmangaih a, a lakah a rinawm bawk a nih chuan a fâte-ah nghawng thâ a nei ang a, an lo puitlin chhoh thlengin an chhawr tangkâi dâwn a ni.

Thufingte bû-ah hian Pathian laka rinawmna, nupuite/pasalte leh fâte tâna inpumpêkna leh mi mal nun leh a huho nun pawha rinawmna, nghehna hi thupui pawimawh tak a ni a. Kawng hrang hranga hlawhtlinna leh hlawhtlin lohna pawh hi mi mal thinlung awm dânah a inngat thui hlê.

Sual hípna—mipat-hmeichhhiatna a ni emaw, thatchhiatna a ni emaw, sum leh pài ùmna a ni emaw, thuneih châkna a ni emaw—hi a tam hlê mai; mahse, pasal fíng leh pa fíng chuan duhthlanna dik siam reng thei tûrin Pathian ãanpuina a dîl ãhîn a ni.

**Engtin nge i thiltihte khân—thil ãhâ i ti emaw, thil ãha lo i ti emaw pawh ni se—mi dangte-ah, a bîk takin naupangte nunah nghawng a neih le? Eng tiang kawngte-in nge i lo fîmkhur lehzual deuh theih ang?**

**THAWHLEHNÎ**  
**Hmangaihna Nêna Zilh**

*APRIL 30*

**Engtin nge Thufingte bû hian naupangte thunun leh zilh a pawimawhzia a sawi?**

*Thufingte 10:17; 23:13, 14; 29:1; 29:15.*

A châng chuan nû leh pête hian an fâte chu khawtlâng duh loh zâwng nungchang hriattîrna atân te, an thu an âwih loh avânga hremna atân te, an thinrim hríkthlâk nân te pawh an thunun ãhîn a. Mahse, an chhûngkaw member-te zînga la naupang tê deuhthe thununna kawnga Pathian duh dân chu eng nge ni? Thufingte bû hian thununna chu hma lam hun thlîr chung a hman tûr niin a sawi (*Thufingte 19:18*). Pathian tih mî nû leh pête chuan naupangte pawhin nihphung sual an nei vê tho tih an hria a. Chumi lak ațanga zalên tûr chuan thil pakhat chiahin a pui thei: chu chu Kristâ thiltihtheihna a ni (Ellen G. White, *Education*, p. 29 en la). Chuvângin, Kristian nû leh pâten an tih tûr leh, an fâte an thununa an rilrua awm tûr chu, naupangte Pathian hnêna hruai thlen a ni.

*Dimdâwih taka enkawlin.* Krista avângin thununna chu inhremna emaw, thuneihna tihlanna emaw ni lovin,

insiamthatna anga hmuh a ni thîn a. Pathian ruahman dân chuan mahni fâte hmangaihtu nû leh pête chuan, سوالنا chakzia hriain an fâte chu Kristâ hnênah an hruai tûr a ni. Mahni fâte ngaihsaktu nû leh pête chuan an fâte chu khawngaih tak leh nghet tak chung sîn, an naupan têt lâi aţangin an kâihruai ang a. Huan enkawltûten an thlâi kûi ţiah thar chu dimdâwih taka an enkawl ang deuh hian, naupangte chu mahni inthunun thei tûr leh, Pathian chu ring a, chhandamna atân leh an than zêlna atân te, puitlin kawng zawhna atân tea Pathian ruahmanna an hriatthiam hmâ chu an pui rih tûr a ni.

### **Thufingte 13:24; 23:13, 14-ah hian nû leh pête tân thuchah engte nge awm?**

Bible-ah hian naupang thununna kawnga “tiang” (Hebrai tawng chuan, *shebet* an ti a) hman a tûl thu sawina hi châng tlêm tê chauh a awm a. Kristiante kutchhuak fa enkawl dân inziahna lehkhabu hrang hrangahte hian nû leh pâten tiang an hman dân tûr chu kan vân Berâmpû-in a berâmte hruai nâna a tiang a hman ang hi (*Sâm 23:4*) a ni tûr niin an sawi hlawm. Bible hmun dangah pawh naupangte zirtîr kawnga dawh theih a ngaihzia te, entawn tlâka nû leh pête an awm a tûlzia te, nêlawm taka awm a pawimawhzia te, leh inbiak lûm lâm tam a ngaihzia te kan hmu baw (Deut. 11:18, 19). Thununna chuan kan duh ang siam thatna a thlen ngei theih nân, naupangten anmahni kan hmangaih a ni tih an hriat vê a pawimawh êm êm a ni (*Thufingte 13:24*).

**Inthununna chuan a tum a thelh a, naupangten mahni thu duh leh سوال nia min hriat phah a nih chuan engtin nge thil kan siam that leh theih ang?**

**Inchung Chhîp-kila Awm A Ƨha Zâwk Em?**

**Engtin nge Thufingte bû ziaktu hian an inçhông khur nuam lo a tihzia chu fiamthu hmangin a sawifiah le? *Thufingte 21:9, 19; 27:15, 16.* Hê a fiamthu thawh phênah hian eng thil nge awm?**

Thufingte zînga eng emaw zât hian kan laichîn hnâi takte chung a thil kan tih dân leh khawsak dân a sawi a. A sawi tum chu a fiah theih nân thu zângkhâi leh fiamthu rawng kâi deuhte pawh a hmang Ƨhîn. “Mi lungngâi hnêna hla sak chu” an lungngaihna belhchhahna mai tûr a nih thu sawiin (*Thufingte 25:20*), “zîng taka tho va, ring taka a Ƨhian malsâwmtu” pawh mi mâwl tak a nih thu a sawi bawk a (*Thufingte 27:14*). Hêng thûte chhiartu tûte emaw âncheh ve tak takte chuan mipate chungchâng “thufing” ziah ve mai an châk rum rum mai thei a ni. Hêng thûte hian hmeichhiate chauh a bitum a; mahse, an inçhông khur nawm loh chhan leh an nûpa inhauh fo chhan chu an pasalte thiam loh pawh a nih vê tho avângin, buaina a tipunlun mai mai a ni an ti ngei ang.

*Thinlung hlim hian min Ƨanpui.* Chhôngkaw khawsak honaah hian fiamthu han thawh châng te pawh a awm vê thîn tûr a ni a. Boruak zângkhâi deuh tak hnuai a kan awm hian rilru a thawveng a, kan lungngaihna leh manganna pawh a kiam deuh hawk thei. “Thinlung hlim hi damdâwi Ƨha tak a ni a, thinlung lungchhia erawh chuan ruh a tiro thîn thung” (*Thufingte 17:22*). Thufingte bû hian chutiang damdâwi Ƨhenkhat chu min pê a, nungchang ngeiawm leh mi tithinrim thei Ƨhenkhat hi chu nuih san mai mai tûrin min chah a ni. Kan nuih liam mai theih chuan nungchang ngeiawm tak leh kan thin tirim êm êmtu chungchâng pawh sawi thei dinhmunah kan ding zâwk ang. Chutih rualin,

fiamthûte chu ngun taka ngaihtuahna sên ngâi thilte ngaihzam mai emaw, nuih liam mai emaw pahna hmanrua atân kan hmanng tûr a ni chuang lo.

Khawsik sâng vak lo pawh hi natna ril tak kan vei lo lan chhuahna a ni vê thîn a. Hetiang deuh hian, inhauhna, phunchiarna leh thil sawisêl reng mai tumna te pawh hi chhûngkaw member-te zînga tu emaw thinrim inhnawh tawng lo lan chhuahna kawng khat a ni vê thei. Chutianga kan thinrim tûn reng a nih a, sawi chhuahna hun leh remchâng kan nei baw k sî loh a nih chuan, phunchiar leh thil sawisêlah kan tlâk ta mai thîn a ni. Kan thinrim chhan ber chu sawi fel ni ta se, kan thinrim hrîkthlâknate pawh chu kan bânzan zui vê mai ang. Chhûngkuaah chuan, harsatna kan neihte chu thup tum lovin LALPA kan hmangaihna leh kan chhûngkaw member dangte kan hmangaihna kan hre reng ang a, kan mamawhte leh kan rilrua kan veite pawh kan inhrilh tawn vek baw k thîn tûr a ni. Kan thinrim chhan ber chu hriat tum thîn ila, a chin fel dân kawng i zawng thuai thîn ang u.

**Engati nge in chhûng khurah hian fiamthu thawha han nuih ho dar dar châng neih vête hi a pawimawh êm êm? Engtin nge fiamthu thawh chu a tha zâwng emaw, a tha lo zâwng emaw pawha hman theih a nih le? I chhânna chu in class-ah i sawi chhuak dân nia.**

NINGÂNI  
Nupui Thâ

MAY 2

**Thufingte bû hi nupui fel fakna thu-a khâr a ni a. Chutianga nupui fel leh fak tlâkte nungchang leh mîzia chu engte nge ni? *Thufingte 31:10–31.* \_\_\_\_\_**

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Hê a hmeichhe sawi hi mi bîk tak mai a ni a, a chungchâng thu sawina atâna a ƣawngkam hmante pawh hi a duhawm hlawm hlê. Hêng châng tinte hi Hebrai hawrawp (alphabet)-a hawrawp hrang hrang hrang 22 awmte nên bul ƣan zêl a ni a. Hetianga fak hi a phû vê rêng nîin, a nihna takah chuan a mizia leh nungchang ƣatzia sawi fiah nân hawrawp 22 chauh hi chu a tlêm hlê zâwk a ni.

Thufingte bû-in nupui/pasal atâna hmeichhe/mipa ƣa tak neih a pawimawh thû uar taka sawi ang hi Juda sâkhaw zirtîrtûte pawhin an lo sawi vê tho mai: “Mipa inçhông khur chu a nupui a ni” tiin. “Hmeichhe nungchang zahawm tak pû chu a pasal lallukhum a ni a, nupui zahpuiawm tak erawh chu pasal ruh tihmawihtu mai a ni vê thung (*Thufingte 12:4*, NIV). Thufingte bû tâwp lamah hian chutiang nupui fel leh ƣhâ-ina thiam thil chi hrang hrang a neihte chu târ lan a ni a: thawmhnâw a ƣhùi thiam a, sum leh pâi thawh chhuah dân a hria a, huan thlâi enkawl a thiam a, inçhông khur a enkawl fel a, sum enkawl pawh a thiam hlê bawk. A pasal leh a fâte pawh a enkawl ƣhâ a. Anni pawhin an fakín an hmangaih êm êm a ni.

Hêng a talent neih angte hi a zavâi chuan hmeichhia zawng zawngten nei vê ƣeuh tûra beisei chî a ni lo vang a, pasalte pawhin an nupuite fel leh fel loh tehfung atân an hmang tûr a nih hek lo. Hêng a theihnate leh a nihna hrang hrangte hmang hian hmeichhiate tân leh, mipate tân pawh thil pawimawh ber leh ƣûl ber chu a sawi a ni zâwk. Chôngte chu: rintlâk nihna te, khawngaihna nghah te, rinawmna te, ngilneihna te, leh taihmâkna te a ni. Chutiang nun neih theihna thurûk chu “LALPA ƣih” a nih thu Thufingte 31:30-ah hian kan hmu bawk.

Thufingte 31:10-a hian “khawsak ƣhâ” tih thumal hian a kawh chu “chakna,” “thiltihtheihna,” leh “hausakna” a ni a. Sâm 62:10-ah chuan “hausaknte” tia lehlin a ni. Josua sipai *huaisente* sawina atân pawh hman a ni bawk a (*Josua*

1:14). Boaza chuan Ruthi kha “hmeichhe fel tak” a ni tih a hrih (*Ruthi 3:11*). Thufingte 31:10-ah hian “hausakna” tih thû chu awmze hran neia hman kê kâwi hlek a ni a. Hausakna dik tak chu nungchang thatnaah te, rintlâk nihnaah te leh, LALPA ðihnaah te a awm. Hêngte hi lunghlu ða ber berte âi pawhin a hlu zâwk a ni.

**I nuna danglamna thlentu hmeichhe fel leh khawsak thâte chu tute nge? Pathian ðih hmeichhiate mîzia leh nungchang, an tih theih zâwng tûr nia i hriat chu engte nge ni?**

**ZIRTÂWPNI**

*MAY 3*

**Ngaihtuah zui atân:** *Kan thinlungte vân lamah dahin.* “Kristiante chuan eng tik lâi pawhin an thinlung an vêng ða reng tûr a ni a. Pathian nêna inpâwlna neih hun te insiamin, a thu zir te pawh an ngaina bawk tûr a ni. Mi tam tak hi chuan Pathian nêna inpâwlna hun neih te, Bible chhiar nâna hun hman te leh, ðawngtâi te hi an in-ui deuh tlat mai a, hun khawhralna angah an ngâi emaw ni teh lêk ni. Hêng thilte hi Pathianin hmu ula a tih dân ang taka in hmuh ka duh hlê mai; chutianga in hmu a nih ngat chuan vân ram chu ngaih pawimawh berah i nei ngei ang. Chutianga vân ram lama in thinlungte in dah a nih chuan, chakna thar in lo nei ang a, in tih tûrte pawh ða zâwkin i hlen chhuak thei bawk ang. Kan thlarau nunte hi a chak lo êm êm hlawm a. Thlarau lamah hian kan nih tûr ang kan ni phâk lo nasa hlawm hlê a ni. [Efesi 4:13.]”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 3, p. 1157.

**SAWI HO TÛRTE:**

❶ **Kristiante zînga tam tak hi chuan thlêmna laka “an thinlungte vênhim” a nih theihna tûrin an ðiante phungbawmah an sâwm ðhîn a. Eng tiang kawngin nge**

chu chuan tawngtâi tam tûr te, Bible chhiar uâr tûr te leh Thlarau Thianglim thiltihtheihnaa inngat leh zual tûr te-in min puih le? A châng chuan thil sual ti tûra thlêmna kan tawnte hi a hautak thei khawp mai, keimahni mai chuan hneh rual loh khawpa chakte a ni tîn. Chutiang kan tawn châng chuan eng vângin nge hetiang lama mi thiamte râwn mai tîn hi thil t̄a tak a nih vê tho le?

④ In class-ah Nilaini zirlâia zawhna hnuhnung zâwk in chhâna kha sawi chhuak leh ula. In chhânain a kawh tel theihte pawh sawi ho bawh ang che u. Fiamthu thawh leh a zângkhâi zâwka thil lâk thiamna te hi Pathianin thilthlâwnpêk ropui tak tak min pêk dangte ang thoin eng tiangin nge hman suala mi dangte tâna rilru natna tûr thlentû a nih theih tho le?

⑤ Thufingte 31-a kan hmuh hmeichhe khawsak t̄a mîzia leh nungchang hi tûn lâi mîte ngaihsân hmeichhiate mîzia leh nungchang nêk khâikhin la. Engtin nge tûnlâi mîte ngaihdân dik lo tak hi kan t̄awmpui vê lohna tûrin kan invên theih ang?

⑥ In hnamin chhûngkaw nun dân tûr nia in ngaih eng engte kha nge Bible-in chhûngkaw nun dân tûr nia a sawi nêna inkalh awm le? A leh lamah chuan, in hnam ngaihdân leh Bible zirtîrnate hi inang a awm nual em? A awm a nih chuan, engte nge ni a, in chhûngkaw tihchakna atân engtin nge hman theih a nih le?