

## CHHÛNGKAW INPUMKHATNA CHÂBÎ-TE



**CHÂNGVAWN:** “An zâa pumkhat an nihna tûrin; ka Pa, nang keimaha i awm a, kei nangmaha ka awm ang bawk hian, anni pawh keimahnia an awmna tûrin; nangin kei mi tîr tih khawvêlin an âwih theihna tûrin” (*Johana 17:21, NKJV*).

**SABBATH CHAWNÛ**

*MAY 11*

**Chhiar tûrte:** *Genesis 33:12–14; Ruthi 1:16–18; Johana 17:21–26; Galatia 3:28; Efesi 2:11–22; 5:21–6:9.*

**C**HHÛNGKAW nun hian mi hrang hrangte tâna hun hrang hrang a awmzia a tilang. Nuû leh pâte tân chuan fâte han neih hi thil inthlâk danglam lian tak leh daih rei tak tûr pakhat a ni âwm e. An fâte tân pawh tûn hmâa la awm ngâi lo an lo piang chhuak ve hlawl mai chu thil inthlâk danglam lian tak a ni vê tho mai. Naupangte chuan mihring nuna hun pui lian deuh deuh tawn tûr awmte chu a tahtawl tê-in an rawn pal tlang chho vê zêl a, nupui te neiin fâte an nei a, in hrang changin chhûngkaw thar an din vê thîn.

Nû leh pâ kan ni emaw, fâte kan ni emaw, thil thuhmun buan tlân theuh kan nei a, chu chu suala tlu tawh kan nih avânga kan chhawm chhoh zêl nihphung sual hi a ni. Chu chuan kan chhûngkaw inpumkhatna pawh a tichhe vek thei lehngâl.

Krawsa thi ta Isua Krista taksaah chuan mihringte hi kan zavâin Pathian leh kan mihringpuite nên pawh kan inrem tawh a (*Efesi 2:13–16; Kolosa 1:21–23*). Mahse, nî tin hian Kristâ khawngaihna chu kan chan thar zêl a pawimawh sî, chu chu rinnaa zawngtu zawng zawngte tâna chhûngkaw inpumkhatna thlen thei awm chhun a ni a. Chu chu kan nunah ni tin a takin kan chang ngei tûr a ni bawh. Vâneithlâk takin, Krista khawngaihna azârah chan theih ngei a ni bawh.

**SUNDAY**

*MAY 12*

### **Krisa Chu A Laipui Ber A Ni**

**Kristaa awm tawhte inkâra inpumkhatna thar lo awm ta sawi fiah nâna Paulan tehkhin thû a hman chu eng nge ni? Eng tin nge Krista chuan pâwl “pahnih” ni thîn kha pâwl “pakhatah” a siam tâk le? *Efesi 2:11–22; Galatia 3:28.***

Kristâ kraws chuan min then hrangtu bang zawng zawng chu a thiat vek tawh. Jerusalem tempul-ah khân Pathian chibai bûk tûrin mi chi hrang hrang an kal khâwm thîn a. Mahse, Juda-te leh Gentail-te kha an thû ho thiang lo va, hmeichhia leh mipa pawh a thut ho theih loh bawh, an inkârah dâidanna bang a awm thîn. Juda-te leh Gentail-te chu pumkhat a nih tawh thu sawi nân Paula hian hnam hrang hrangte inkârah te, mi chi hrang hrang inkârah te, khawsak dinhmun inthlau tak takte inkârah te leh hmeichhia leh mipa inkârah te pawh indâidanna eng mah a awm tawh loh bawh thu sawi nân pawha hman ve nghâl theih tawngkam a hman a. “Mi pahnihte chu amahah chuan pumkhata siamin mihring thar a din a, tichuan remna a siam ta a” (*Efesi 2:15, NEB*) tih thû hi nûpâte chu inneihna hmanga “tîsa pumkhat”

an nih tâkzia hriattîrtu ̣ha tak a ni a. Krista rinna avângin chhûngkaw inrem lo tawhte pawh an inrem leh thei bawk.

**Kristaa inpumkhat kan nih thû sawina Bible châng han thur chhuah mai hi chu a harsa hran lo va; mahse, a tak taka inpumkhat erawh hi chu a awlsam lo hlê thung. Inpumkhatna tak tak kan lo chan theih nâna Kristan kan nuna danglamna a rawn thleng chu engte nge ni? Entîrna atân, Rome 6:4–7; 2 Korin 5:17; Efesi 4:24–32 hi chhiar la.**

“I rilru suangtuahnain bial lian tak ziak la, chumi rîn bial tâng ạang chuan a lâi tak pan zâwngin rîn ngîl tam tak ziak leh ang che. Chûng rîn ngîlte chuan rîn bial lâi tak an rawn hnaih poh leh anmahni pawh an inhnaih telh tleh ang. Chutiang chu Kristian nun pawh hi a ni a. Krista chu kan hnaih poh leh keimahni pawh kan inhnaih zual deuh deuh mai dâwn a ni.”—Ellen G. White, *Kristian Chhûngkua*, p. 169.

“Anmahnin an hria emaw, hre lo emaw pawh ni se, Remna Palâi Krista chu pa leh fapa inkârah te, nupui leh pasal inkârah te a ding a. Amah kal tlang lo leh ama thu lo leh amah kan zui lo chung chuan mi dangte nênzawmna ̣ha kan nei thei lo rêng rêng a ni.”—Dietrich Bonhoeffer, *The Cost of Discipleship* (New York: The MacMillan Publishing Co., 1979), p. 108.

**In chhûngkua emaw, in kohhran emaw kha a laipui ber Krista nênzang tiang taka inhnaih nge in nih hlawm le? In inlaichînna chu a nih dân tûr ang tak a nih theih nân eng thilte nge hnuh hniam ngâi awm? \_\_\_\_\_**

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**A Hmangaihna Azâra Pumkhat Lo Niin**

**“In lo inhmangaih tawn ðheuh theih nân leh mi dangte pawh in hmangaih ve theihna tûrin LALPA chuan in hmangaihna chu puntîr sela, luan liamtîr bawkw rawh se”** (*1 Thesalonika 3:12*, NIV).

**Isua kha amah leh a Pa chu pumkhat a ni ang chiaha amah zuitûte pawh pumkhat an lo nih vê theih nân a tawngtâi a** (*Johana 17:22*, NIV). **Heta Isua thusawi hi— a bîk takin inpumkhatna nei thei tûra hmangaihna pawimawhia a târlan hi—rilrua hre reng chungin han khâikhâwm teh.**

Hêmi ðuma Isua a ðawngtâi hian a rilrua awm lian êm êm chu amah zuitute an lo inpumkhat theih dân tûr a ni. Chutiang inpumkhatna chu chang thei tûr chuan a taka agape hmangaihna chan phawt a ðul a. “Agape” tih chu Pathian hmangaihna sawina niin, heta Isua ðawngtâinaah leh, Thuthlung Thar hmun dang tam takah pawh hman a ni. Chutiang hmangaihna chu Pathian nihphung vê rêng a ni a (*1 Joh. 4:8*), Isua zuitûte hriat hran theihna tûr pawimawh tak a ni bawkw (*Joh. 13:35*). Mahse, suala tlu tawh mihring thinglung hian Pathian hmangaihna chu a lo nei ngawt thei sî lo va. Mahse, a Thlarau Thianghlim chu keimahnia a awmin chu hmangaihna chu kan nunah a lo lang chhuak dâwn thung a ni (*Rome 5:5; 8:9, 11*).

*“Keima’n ka hmangaih che u ang bawkw hian nangni pawh inhmangaih tawn ðheuh rawh u”* (*Joh. 15:12*, NIV). He thu ziaktu tirhkoh Johana pawh hi a hmâ chuan hmangaihna ngah tak a ni ngâi bîk lo va, mi chapo, thuneihna duh, mi sawisêl peih leh thinchhe ang reng tak a ni ve ðhin (*Marka 3:17; Luka 9:54, 55; Chatuan Nghahfâk,*

p. 295 en la). Mahse a lo upat deuh hnu khân hêng mîze duh awm lo takte hi a nei chung pawhin Isua chuan a hmangaih reng tho a ni tih a hre chhuak a. Isua hmangaihna chuan zâwi zâwia tidanglam chho zêlin, mi dangte pawh a hmangaih ve theihtîr ta a ni. “Ama’n min lo hmangaih hmasâ a, chuvâng chuan keini paw’n kan hmangaih ve a ni” (1 Joh. 4:19, NKJV) tia ziakin, “Chuti kauva Pathianin min lo hmangaih a nih sî chuan, keini pawh hi inhmangaih tlâng theuh tûr kan ni” a ti baw (1 Joh. 4:11, NKJV).

**1 Korin 13:4–8 chhiar la. “Hmangaihna” tih thumal a lo lanna apiangah hian nangmâ hming dah zêl ang che. Eng tiang taka inhmeh nge a nih le? Hêng mîze duhawm tak takte hi Thlarau Thianghlimin i nuna a rawn dah theih nân Isua dîl la. Hetiang nun duhawm hi i lo neih theih nân eng thilahte nge Thlarau Thianghlim tanpuinaa inthlâk danglam i ngaih sawi ang che.**

**THAWHLEHNÎ**

*MAY 14*

**Mahni Hmasialna: Chhûngkua Tichetu**

**“Chapona leh mahni hmasialna te hi dah bo ni se chuan, minit nga chhûng lekin kan harsatna tawhte zînga a tam zâwk daihte hi chu a kiang ngei ang”**—Ellen G. White, *Thuziak Hmasâte*, p. 119.

Mihringte hi sualin kan nihphung a tichhe zo tawh a. Chutianga chhe tawh kan nihzia a lan chianna ber chu mahni hmâ kan sial êm êm hlawm hi a ni âwm e. Mahni hmasial sâ rânin kan lo piang chhuak hrim hrim niin a lang; naupang tê tê-te pawh hian anmahni hmâ an sial rân hlawm mai a, “Keimah, keimah, keimah. . .” hi an tia, eng kim hi pumbilh vek an duh zêl. Kan lo puitling chho va, he ze tha lo tak

mai hi in chhôngkhurahte a rawn lang chhuak nasa tial tial ta thîn a ni.

He kan mîze tha lo tak mai min thlâksak tûr hian Isua chu a lo kal a (*Efesi 4:24*). A Thu hian ama zârah hê nungchang, mîze tha lo tak mai thuhnuaia awm tûr kan nih lohzia min hrilh a ni. A nun pum pui hian mahni hmasialna tel miah lova nun awmzia chu Chiang takin a pho lang a; Amâ nun chu kan entawn nasat poh leh, keimahni tân chauha nun duhna rilru kan put hi kan hneh leh zual thei ang (*1 Joh. 2:6*).

**Hêng Bible chângte hi chhiar la. Engtin nge mahni hmasialna tel lo nun chungchâng an sawi hlawm le?**

*Filipi 2:3–5* \_\_\_\_\_

*1 Johana 3:16–18* \_\_\_\_\_

A chungá Ellen G. White-i thuziah kan târ lan tâk ang khian kan chapona leh hmasialna rilrû hi dah bo ni se chuan, kan harsatna tawh tam tak hi chu rei lo te chhôngin sut kian nghâl duak a ni ang a, thil tha lo leh pawî eng mah a thleng hman lo bawk ang. Chhôngkaw member zawng zawngte hian, a bîk takin nû leh pâten, hê sual hi Kraws (lei leh vân pum puia mahni hmasial lo ber) bulah an thing thla ngei ngei tûr a ni a (*Thuf. 16:6*), chutiang ti thei tûr chuan Kraws-ah kîr lehin, a hmâah chuan rinna, mittui leh mahni inhlanna nèn thingthî-a an tawngtâi fo pawh a tûl ang.

**I nuna mahni hmasialna rawng kâi eng pawh kha i hneh theih nân eng zâta tam nge Kraws-ah hun i hman thin le? Hê Bible châng hian (*Matthaia 7:16*) engtin nge hun i hman tam leh hman tam loh dân a hrilh che? \_\_\_\_\_**

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**Paula hian inlaichînna ʒa tak awm theih nân inngaihtlâwmna leh rawngin bâwlsak tawn pawimawhia engtin nge a sawi? Efesi 5:21. Hetiang rilru puthmang neih hi kohhran inpumkhatna atân pawh a ʒul vê tho niin i hria em? Eng vângin nge in chhûngkhurah pawh a paiwmawh bawh le? Efesi 5:22–6:9.**

“Intu lût” (*Efesi 5:21*) tih awmzia chu mahni duh thu rênga mi dangte thu hnuaiia kûn tûra mahni va indah tihna a ni. He dân danglam tak mai hi Krista chîn chhuah a ni nghe nghe a (*Mat. 20:26–28; Joh. 13:4, 5; Filipi 2:5–8*), ama Thlarauva khatte chuan hetiang rilru hi hi an pu ve vek bawh thîn (*Efesi 5:18*). Mi dangte laka an intukluh theih chhan chu Krista an zah êm vâng a ni a (*Efesi 5:21, NIV*). Mi dangte tâna mahni inpêkna hi anni nêna inlaichînna ʒa kan neih theihna tûra Kristiante zirtîrna niin, Krista-ah chuan mi zawng zawng hi pumkhat vek kan nihzia a taka tilangtu pawimawh tak a ni.

*Chhûngkaw dân.* Kristiante chu mi dangte thu hnuaiiah an intu lût ʒhîn a ni tih a lanna pawimawh ber chu in chhûngkhurah a ni a. Hê dân hi in chhûngkhura hman a nih tak tak chuan kohhranah pawh danglamna hmuhnawm tak a lo thleng ngei ang.

Efesi 5:22–6:9-hian Paula chuan inlaichînna chi hrang hrang pathum sawiin, chutianga inlaichînna neite chu mi inang lo leh dinhmun pawh inthlâu tak takte an ni hlawm a. Hêng mîte a rawn sawi chhuah chhan chu an khawtlâng kalphung kha a ʒa tia sawi mâwi a tum vâng ni lovin, ringtûte chu mi dangte laka an intulût a nih chuan, an nunah

Kristan hnâ a rawn thawk ðhîn a ni tih sawi lan a tum zâwk a ni.

**Engati nge Paula hian inlaichîna thû a sawi rêng rêngin khawtlângin chak lo zâwk, hnuaihning zâwk nia a ngaih—nupuite, naupangte leh bâwihte hi a sawi hmasak zêl le? A hnuaiia Bible châng târlante hi chhiar la, Paulan an intukluh dân tûr a sawi ðheuhte chu i ziak dâwn nia.**

<i>Efesi 5:22</i>	<i>Efesi 6:1</i>	<i>Efesi 6:5</i>

Chak zâwk leh thiltitheî zâwk nia ngaih—pasalte, nû leh pâ te, pûte—hi chu a hnuing zâwka sawi an ni zêl a. A chhan pawh anni hi chuan vântlâng ngaihah dinhmun ðha zâwk an chan tawh sâ vâng a ni. Hetiang thû a sawi mai hian kum zabi pakhatna lâi vêla mî ringtûte kha a tihrlhhai deuh ngeiin a rinawm. Mahse, a thurâwn hian Kraws bûlah a rawn hruai a, inlaichînnaa inpumkhatna dik tak a lo lan chhuah theih nân kawng a hawnsak sî a ni.

NINGÂNI

MAY 16

### **Kan Tiam Hmangaihna Chu Nunpuin**

A tâwpkhâwkah chuan chhûngkaw inpumkhatna leh inlungual tlâna chu chhûngkaw member tinte inpêk thûk leh thûk loh dânah a inngat lo thei lo va. A hmasa berin, nupui leh pasalte chuan an kawppuite an ngaihsak vê vê phawt tûr a ni. Mahse, vânduaitlhâk takin Bible-ah hian mahni thutiam tawh tihhlawhtling leh ta sî lo mi tam tak chanchin kan hmû a, an kawppuite laka an bat an tih loh avânga inrintawna chhe ta pawh sawi tûr a awm ðeuh bawk.



Chutih rual chuan, mi pângngâI ve mai ni si, Pathian tanpuina avânga an thianté leh an chhûngkhatte tâna inpe zo êm êm, an thutiam tawhte pawh hlen zat zat thînte chanchin pawh eng emaw zât kan hmu tho a ni.

**Hêng chhûngkuate chanchin hi chhiar la, an chhûngkaw member-puite laka an inpêkna chu engtia thûk nge ni hlawm le? Engtin nge an inpêkna chu tihchak leh zual theih a nih ang?**

**Fâte tâna nû leh pête inpêkna** (*Genesis 33:12–14, Exodus 2:1–10*). \_\_\_\_\_

**Unau pianpuite tâna inpêkna** (*Genesis 37:17–28*). \_\_\_\_\_

**Chhûngkaw tâna inpêkna** (*Ruthi 1:16–18; 2:11, 12, 20; 3:9–13; 4:10, 13*). \_\_\_\_\_

**Nupui/pasalte tâna inpêkna** (*Hosea 1:2, 3, 6, 8; 3:1–3*). \_\_\_\_\_

Mi dangte tâna kan inpêk dâwn chuan (chu inpêkna chu inneihnaah a ni emaw, fa neih thu-ah a ni emaw, enkawl tûr fâ lâk chungchângah pawh ni se), duhthlanna dang kan siam theihna tûrin keimahni hi kan inpêk phawt a ngâi a, kan nuna a pêng pawimawh tak chu kan thlauh thlâk phal a ngâi bawk. Dânte chuan nungchang tha lote chu a khuahkhirh a ni mai thei e; mahse, inneihna leh chhûngkaw inlaichînna hi chuan a nih dân tûr ang tak a phurh chhuah theih nân hmangaihna a mamawh a ni.

**Kan tâna a inpêkna nasatzia Isuan a sawi hi** (*Hebrai 13:5*) engtin ngei lo ngaih vê? Chutiang taka i tâna a inpêk avâng chuan nangpawh atân i inpe nasa leh zual

**sauh em? Eng tiangin nge i kawppui, i fâte leh i ringtupuite tâna i inpêkna kawngah nghawng a neih le?**

**ZIRTÂWPNI**

*MAY 17*

**Ngaihtuah zui atân:** Ellen G. White-i lehkhabu, *Kristian Chhûngkua* phêk 167–170-a, “Hmun Thianghlim,” chhiar ni se.

*Inpumkhatna—hna hmasa bera neih tûr chu.* “Kristiante hna hmasa ber chu chhûngkua inpumkhatna thlentîr a ni. .

“Chhûngkaw member tinte chu in chhûngkhura an tih tûr t̄heuhte inpumkhatna rilru nêna an tih nasat poh leh nu leh pate mai ni lovin, an fâte pawhin p̄awn lama mite hneh theihna an nei nasa lehzual sawt d̄awn a ni.”—Ellen G. White, *Kristian Chhûngkua*, p. 35.

*Chhûngkaw inpumkhat theihna tûr thurûk chu.* “Chhûngkua leh kohhrana in̄thenhranna leh inrem lohna lo awm t̄hin chhan hi Krista ātanga kalpêna a awm t̄hin v̄ang a ni. Kristâ lam kan hnaih zawh poh leh keimahni inkârah pawh inhnaih lehzualna a lo thleng t̄hin. Kohhran leh chhûngkuaa inpumkhatna dik tak neih theihna tûr thurûk chu t̄awngkam thiamna te, mi kilkâwi thiamna te, harsatnate hneh a nih theihna tûra mihring taka beih vakna te a ni lo. Chutiang chu tih a ngaihna chin chu awm tho mah se, Krista nêna inpumkhatna hi a pawimawh ber chu a ni zâwk.”—Phêk 169.

**SAWI HO TÛRTE:**

**❶ In khawtlâng nun dâna chhûngkaw inpumkhatna tichhe thei thil awmte kha sawi ho ula. Chutiang thilte lak ātanga chhûngkaw humhim theih dân tûr chu eng nge ni?**

- ② In kohhranah khân chhûngkaw inrem lo an awm em?  
An awm a nih chuan, in class khân chhûngkaw member tinte tanpui tûrin tih theih eng nge in neih?
- ③ Mi dangte thuhnuaia kûn tûra intukluh tih chungchâng hi sawi ho ula. Hê thû hi Kristiante zîngah eng tianga hriatthiam tûr nge ni ang? Engtiang kawngtein nge hman sual a lo nih tawh thîn le?
- ④ Chhûngkaw inpumkhatna thlen thei eng thilte hi nge kohhran inpumkhatna tûr atân pawh hman vê theih awm?