



¡HEN 1-NA: ¡HLIR LAWKNA

KAN nuna kan pang a dam chhông chuan thil inthlâk danglam keng eng emaw kan tawng ngei ngei dâwn a. A tîr aţang rêngin Pathian thil siam  a famkimah hian hun b i leh hun pui chi hrang hrang lo inher chhuah n n ruahmanna a awm sa tlat ni (*Gen. 1:14, 2:3*). Eden Huanah kh n chawlhk ra ni paruk awmte chuan a ni sarih n  Sabbath-ah a v wrt w p thlengin, chutiang chu suala mihringte an tl k t k hnu-ah pawh kh n a la ni chhunzawm z l tho a; tin, lei tharah pawh chhunzawm leh z l a ni ang (*Isa. 66:23*). Suala tl k hnu-ah pawh kawng hrang hranga thil inthl k thleng lo awm ang z lin an nun hi a kal chho z l tho a (*Thuh. 3:1–8*). Pathian chuan thil inthl k thleng awm miah lohna nun chu a holamin a ninawm  m  m d wn a ni tih a hria a, chuv ng chuan, a thil siamte nunah hian thil inthl k thleng chi hrang hrang awm se tiin ruahmanna a lo siam a ni.

Chutianga thil inthl k thleng lo awmte chu kan beisei loh leh rin loh deuhte a ni thei a— a  a lam emaw, a chhe lam emaw pawh a ni thei ve ve bawk. Chh ng thilte chuan kan lo dawnsawn d n azirin keimahni aţang hian hlimna leh lungngaihna a chhuaht r  h n a. T n k r zirl i hian mihring nuna thil lo thleng hrang hrangte'n mimal tin, a b kin chh ngkaw nuna mi a khawih d n min hmuht r d wn a ni.

Joba thil tawnte kh n kan nunah hian thil mak leh beisei loh tak tak a thleng thut thut thei a ni tih a tilang a. Josefa nun

pawh kha chutiang deuh bawk chu a ni. Hêng mi pahnihte chhûngkaw nun hi a lungchhiatthlâk thei ang bera khawih danglam chu ni tho mah se, an chanchin tâwp dân kan en chuan Pathian tlanna leh din thar lehna chanchin an târ lang ve ve a. Hêng ang thawnthute hian Pathian kaihhruaina hnuaiah beiseina thar min pe-in, harsatna chi hrang hrang kan tawh kârah pawh rinawm taka awm tlat thei tûrin chakna min pe thîn.

Kan inlaichînnate leh kan inlaichînnate'n thil eng emaw tih hona a hrin chhuahte hian kan nunah pawimawhna a nei vek a. Nu leh pate'n an fate nuna huhâng an neih nasat theihzia te hi han ngaihtuah teh. Kan nun kan hman dân hi a tha zâwngin emaw, a chhe zâwng emaw pawhin kan nu leh pate inlaichînnain a nghawng chhuah a ni fo thîn. Kan naupan lâia kan chhûngkaw nun chu duhtusâm a tling pha chiah lo pawh a ni mai thei e; mahse, chhûngkaw inngeih tlâng leh inhmangaih tawn tak kan ni a nih chuan hun kal tawha thil duhawm lo thlengte kha chu kan theihngihl leh vek thei tho va. Tlâi khaw hnu-a Isua kan tawng ve chauh a nih pawhin "thil siam thar" kan ni ve leh hnahnawh thei tho a ni (2 Kor. 5:17, ESV).

Heta tâng hian, mi dangte nêna thil kan tih ho dân, kan inchhawngchhah tawn dân hian a tha zâwngin emaw, a chhe zâwng emaw pawhin kan nunah nghawng a nei thei a ni tih kan hre thei a. Chumi kan hriatna chuan ngaihtuah Chiang mang lova thil eng emaw kan ti mai thîn leh kan sawi mai thînte hi min titîm se a tha khawp mai. Kan hriat miah lohin an nunah danglamna kan thlen thîn si a.

THEN 2-NA: ZIR ZÂUNA

Tehkhin Thû

Naupang tê tê-te nêna han chên ho hi chuan inbiak tawna kawngah harsatna eng eng emaw a awm ve duh khawp mai. Kei leh ka nupui pawh hian kan fanu pathumte enkawl seilen

kawngah hetiang chona hi kan lo hmachhawn ve tawh a. A la naupan zual lâi, hun inkâr dan hlat dân pawh an la hriatthiam ve hma khân zawhna mâwlmang angreng tak tak hi min zâwt thîn a. “Ka piancham (birthday) lo thlen leh nân ni eng zât nge la awm?” tih angreng, “Eng tikah nge park-ah kan lèn leh dâwn?” tih angreng zawhte hi eng tin nge in chhân ve thîn hlawn le? Kei chuan, “Kâr lehah kan kal leh dâwn nia” tiin ka’n chhâng liam mai a; mahse, “Kâr leh chu eng tikah nge a lo thlen ang?” tiin min zâwt leh zêl tho si. Nakinah chuan, “Sabbath” hi thil kan hriat chian lohte ching feltu a ni tih kan hre chhuak ta a.

Chawlhkâr tina Sabbath lo inher chhuak thîn hi keini chhôngkua chuan hliawmawm kan ti êm êm a, Zirtâwpni tlâia nî a tlâk a, Sabbath dârkâr an lo inñan chiah hian batî-te chhîn inkhâwmna tâwi kan nei thîn a, a tûk Sabbath nî chuan biak inah inkhâwmin zirlâite kan zir a, sermon-te kan ngâithla bawk a, tlâi lamah kan chhôngkaw thiante nêh chawhluï kan kîl ho nghâl bawk thîn. Chûng chuan kan fate tân hun chhiar dân thiam kawngah nasa takin a pui a, a hmâa zawhna an zawh thîn kan sawi tâkte pawh kha an hriatthiam theih tûrin chhânna kan pêk theih phah ta a ni (entîr nân, “Sabbath wawi thum kan hmannaah i pî kan va tlawh dâwn” ti te’n). Tin, hetiang Sabbath kan hman ãangkai thiamna hi Bible (Thuthlung Thar) ziahna Grik ãawngah a lo zep reng a ni tih kan hriat khân kan lâwm hle bawk.

Mi tam takin kan hriat loh chu, Thuthlung Thar lehkhabutên Sabbath an sawina Grik thumal, *sabbaton* tih hi ni sarìh ni Sabbath sawina chauh a ni bîk lo va, chawlhkâr pum pui sawina pawh a ni thei tho bawk tih hi a ni (*Mat. 28:1, Luka 18:12*). Dik tak pheï chuan, Thuthlung Thar lehkhabu-ahte hian “chawhkâr” sawina atân *sabbaton* tih ni lo chu thumal dang a awm lo hrim hrim a. Chuvâng chuan, kan chhôngkuain “chawlkâr” sawi nâna “Sabbath” tih kan lo hmang ve mai kha a lo Bible hle a ni tih kan hre chhuak a, kan phûr hle nghe

nghe. Pathianin chawlhkâr tina lo inher chhuak tûra Sabbath a lo siam hi kan fate sana hmasa ber a ni a. Sabbath chu chawlhkâr khata ni lo inher chhuak dangte âia danglam bîk, kan nuna chawlhna awm dân tehna thlarau lam sana a ni.

Bible lehlin pakhat (A. E. Knoch's *Concordant Version*) leh, Kristian pâwl tlêm azâwngte chuan *sabbaton* tih hi chawlhkâr sawina ni lo niin an ngâi a. Hetianga lehlin leh ngaih hi a chhumbung riaubin kan hria a ni mai thei e, chutih rual chuan, “Sunday” hi “Sabbath” tihna anga sawina remchângah mi'n an hman phah ve tlat mai. Hetiang anga kan ngâi a nih chuan, Matthaia 28:1 thu, “ni sarikh ni hmasa ber” tih pawh hi “*Sabbath eng emaw zât zînga pakhat*” tihnaah ngaih theih a lo ni dâwn a. Chutiang chuan, chawlhkâra ni hmasa ber Sunday pawh hi chawlhni (sabbath) tia koh a ngâi ve tlat ang. A chheh vèl thu kan thlîr a nih chauhin a sawi tum hi “Sabbath” nge ni a, “chawlhkâr pum pui” zâwk tih a chiang dâwn a. Thil lâwmawm tak chu, Saptawng Bible lehlin zawng zawng deuh thâw hian Matthaia 28:1-a *sabbaton* tih hi “chawlhkâr”/ni sarikh” ti zêlin an sawi a ni.

Grik ãawng grammar thiam deuhthe chuan Matthaia 28:1 thu hi *mian* (hmasa ber) *sabbaton* tih a ni tih an hria ang a. Mahse, *mian* tih hi a nû sawina (feminine gender) a nih lâiin, *sabbaton* tih erawh chu a nu leh a pa awm chuang lo sawina (neuter gender) a ni ve thung si; chuvâng chuan “hmasa ber” tih ãawngkam hian *sabbaton* hi ni lovin, *hemera* (nî) tih zâwk hi a sawifah (modify) a ni. Hetiang deuh hi kan ãawngkam hman dânah pawh a awm ve a. Sapho chuan, “I'll see you on the fourth” tiin an sawi mai thîn a, “nî” tih chu sawi lan ni lo mah se, “Ni lî nî-ah kan rawn hmu ang che” tihna a ni tih kan hrethiam mai. Chuvâng chuan, “chawlhkâr/ni sarikh ni hmasa ber” tih hi “sabbath eng emaw zât zînga ni hmasa ber” tih âi chuan lehlin dik leh mâm nalh zâwk a ni.

Luhchilhna

Sabbath lo inher chhuah ðhin dân hian chanchin ða leh Pathian nungchang a târ lang kawp a. Sabbath hi chawlhkâr tluana kan hnathawhte chawlhsan hun angin kan ngâi tlângpui a, chuvâng chuan Sabbath nî hi chawlh hahdamna nî angh kan kan ngâi hlawm rêng a nih hi. Sabbath thupêk hi chutianga duan chu a nihna chin pawh a awm rêng bawk (*Exod. 20:9, 10*). Amaherawhchu, Eden huana an serh dân aţanga kan thlîr chuan, a lêt zâwngin a inher ve thung tlat. Pathian kha chawlhkâr tluanin hna a thawk a, a ni sarih nî Sabbath chuan a châwl ta tih hi chu a dik reng; mahse, mihringte hi ni ruk nî-a siam ve chauh an ni si (*Gen. 1:27, 31*). A bulthûm takah chuan, Evi leh Adama-te khân siam an nih hnu lawkah Sabbath an serh zui ta nghâl mai a ni tih a lang. Ni khat pumhlûm an hman hmasak ber chu Sabbath kha niin, chumi nî chuan a châwl nilêng ta a. Mahse, an tân kha chuan Sabbath hi chawlhkâr tluana an hnathawh hahthlâk tak takte chawlhsanna nî a la ni ve hran rih lo. A chawlh hahdam zet hma kha chuan hna an la thawk lo va, chuvâng chuan chawlh hahdam-hnathawh lo inher chhuak ðhin hi Sabbath lo inher chhuak entîrna a ni. Pathian chuan thil siam chawlhkâr chhûng khân hna a thawk a, tichuan, mihringte chu a (Pathian) hnathawhah a châwl ta a . . . chumi hnu chuan, anmahni hna tûr an thawk ve ta a ni (*Gen. 2:15*).

Chutiang chiah chiah chuan Krista nun, thihna leh thawhlehna hmangin Pathian chuan chhandamna hna a hlen chhuak tawh a; Kristan chhandamna hna a thawhte chu chawimawi nân keimahni “thiltihte” lak aţangin kan châwl ve ta a ni (*Heb. 4:9–11*). Chu chhandam chawlhna chu a taka kan lo chan ve chiah hian, keimahni hmangaihna thiltihte leh khawngaihna nêna thuâwihna chu kan lo nei zui ve nghâl ðhin a. Hetianga chhandamna ruahman leh chawlhkâr tina lo inher chhuak ðhin Sabbath a suih zawm dân aţang pawh hian Siamtu fîng tak a ni tih a lang Chiang hle a ni.

Ngaihtuah Lêtna

Tûn kêr zirlâi hian thupui zau tak tak pahnih, “Rin loh deuha thil lo thleng chu” tih leh “Inkhawihtawwnate” tihte a rawn khawrh chhuak a. I class-ah khân he zawhna hi ðheh ang che: Josefa-te chhûngkuaa an inbiak lûm lam dân, an inkhawih tawn dân a engte khân nge a unaupate thiltih kha an tih âwm rêng a nihzia tilang? Israel hnam thlahtu bulte zînga ðhenkhat khân an fate zîngah chuam bîk, duat bîk an nei ðhîn a, chu chuan an chhûngkuaah rah ðha lo tak a chhuah ðhîn. “Israel-a chuan Josefa chu . . . a fate [dang] zawng zawng âi chuan a hmangaih zâwk a” (*Gen. 37:3*). Hetah hian, “a fate [dang] zawng zawng âi chuan” tih hi tel ve kher lo se ðha tûr a ni a. A nih loh paw’n, a fate dang hian an pa-in Josefa kha a duat bîk a ni tih hre lo ni tal se. Mahse, an hre ve bawk si a: “An pa chuan ani chu a ûte zawng zawng âiin a hmangaih zâwk tih a ûte chuan an lo hre ta a; tichuan, ani chu an haw ta hle a” (*Gen. 37:4*). Jaboba ngei pawh hi a nu chuam niin, a unaupa Esaua kha a pa’n a chuam ve thung a (*Gen. 25:28*), khatiàng rilru kha a rawn chhawm ve pawh a nih ngei a rinawm.

Hetiàng a nih avâng hian an in chhûngkhurah rilru natna, inîtsîk tawwna leh inthiam lohna, inkiltawihna a lo thleng a, hei tak hi fate zîng duat bîk neih chîngte tân zilhhauna a ni. Jakoba hian Josefa a duat bîk hlur mai kha a fa dangte’n an thîk a ni tih hriain, bân-san vat se chuan, khatiàng thil lungchhiatthlâk tak kha an chhûngkuaah a thleng lêk lo tûr a ni a. Pathian erawh chu mi tin Pa, “tu mah duhsak bîk” nei lo a ni (*Rome 2:11*, ESV). Jakoba-te chhûngkua kha kawng tam takah entawn tlâk loh, chhûngkaw buai tak ni tho mah se, he kan Vân Pa hian an chhûngkua aţang ngei khân thawnthu mak leh ropui tak a siam a. Chuvâng chuan, keini leh kan chhûngkaw tân pawh hian beisei tûr a awm ve phah ta a ni.

THEM 3-NA: NUNA BEL TÜR

Tûna thil a kal dân ang hian nakin zêlah pawh a kal reng dân emaw tih a awl thîn khawp mai. Joba leh Josefa-te pawh kha chhiat an tawh tûk khân tûk dang ang thovin dam takin an rawn tho chhuak leh a. Mahse, mitkhap kâr chhûng lekin thil a inthlâk danglam vek mai a nih kha. Khatiang kha kan chungah pawh a thleng ve thei vek tho. Kan lo inbuatsaih sa a nih erawh chuan kan chungah thil ̣a lo lo thlengte pawh a lâk dân kan thiam ang a, thlarau lama min tipuitling sawttu a ni hlahu thei; chutih rual chuan, mi vaw tliak hnâwpin, thlarau lama min tihniam rawihtu a ni thei tho bawk.

I class member-te hnênah khân thil inthlâk danglam lo thleng ngei ngei tûrte chu Pathian duh dân kan lo dawn sawn theih nân eng nge tih theih kan neih tih zâwt la. Hêngte hi tûn kâr zirlâi nêna inzawmna neite a ni:

- ❶ **Thil lo thlengte chu pawm thiam mai tum rawh. Thil eng emaw kan hriat ̣an leh dân pângngâia lo thleng thînte hi chu ngaihtuah hran lêm lovin ngâiah kan nei thei mai zêl a. Joba kha kumkhua atâna a nun thlâk danglam vektu tûr thil a lo thlen khân a ̣awngtâi nghâl a. Josefa pawh kha a ̣awngtâi ve nghâl tho ngei ang. Kan nuna thil inthlâk danglam lo thlengte hi Pathian hnêna ̣awngtâi chîn ̣hana kan neih chuan a lâk dân kan lo thiam thîn a ni.**
- ❷ **Sabbath-in siam thar lehna a thlen hi hla taka awm a ni ngâi lo. ̣awngtâina hi chu mi dang tihbuai theih miah lova neih mai theih a ni (tân in chhûngah pawh i ̣awngtâi thei) ang chiahin, Sabbath pawh hi tu ma'n an lâksak thei lo che. Sabbath hi hunin a hung tlat hnuaiyah him takin a awm a. I bul vêlah buaina leh harsatna hrang hrang lo thleng mah se, Sabbath tin hian Isua nêna chawlh dunna hun ̣a tak i nei thei tho; chumi awmzia chu, tûnah khân Isua nêna Sabbath hman dun chu tiḥhana i**

lo nei tawh a nih chuan harsat hunah pawh i nei thei reng tho ang tihna a ni.

INSIDE STORY

MISONARI LÂWMNA ZIAHNA BÛ

LELISA ALBERTSEN hi Alaska biala Palmer lam chhuak niin, sam-siamtu nih hna hlâwk tak chu bânsanin, Marshall Islands lama zirtîrtu hnâ thawk tûrin a inpê a. Thla thum emaw chauh a la thawk hman tihin vânduainain a tlâk buâk a. Ebeye Seventh-day Adventist School-a an infiamna lamah a khûpkâwi a pelh a, United States lama thlawhnaa phurh hâwn leh a ngai a ni.

America lama thla lî a inenkawl hnûah pawh a la dam that vak rih loh avângin, zirlaite hnêna chumi kum lâ lâa kîr leh a tiam pawh chu a hlen thei dâwn lo tih a inhre ta a ni.

Chû chauh ni lo vin, hun rei tak a lo kawp tawh a bialpa nêan an han inthen leh zêl bawk a!

Beidawng leh rilru hrehawm tak chungin, Elisa-i chuan khawvêl rimâwi te, lehkhabu te, leh movies aţanga ni 40 chhûng inthiar fihlîm a, Bible leh Adventist Kohhran hmuchhuaktute zînga mi Ellen G. White-i thuziak chauh chhiar zâwk tûrin thutlûkna a siam a. Chuta chin chu nun hlimna kawng a lo zawh ţan ta a ni.



“Pathian hnên aţanga thilthlâwnpêk ka dawn 1,000 chhiar chhuah ka duh a,” tiin a sawi.

A nî tin nuna hlim leh lâwmna a dawn a ziah chhuah chu thil ho tê têin bul a ţan a. Elisa-i chuan tui thianghlim te, tukverha ni-êng zung lo lût raih te

chu a ziaik ta zêl a. Chutianga a ziah zawm zêl lai chuan, tirhkoh Paula thusawi: “Lâwm fo ula,” (*1 Thesalonika 5:16*) tih kha a hre chhuak a.

A ui chaw-pêkna thlêng bâwmtu fanghmîr a han hmuhte chuan, “Ka ning. Fanghmîr hi ka ngaithei lo!” tiin a ngaihtuah a. Chutah a hlim leh lâwmna ziah kha hre chhuak lehin, fanghmîr thawk rim leh buai mam mam chu en lehin, an tawrhchhelzia, thawh hona neih thatzia, anmahni âia lian leh rit zâwk daih tûr an put hrâm hrâm dânte chu a ngaihtuah ta zâwk a.

A thil chhinchhiahna bû-ah chuan, “Fanghmîrte avângin Pathian chungah ka lâwm e. Pathian zârah kan tih theih ruâl loh tûr angte pawh kan hlen thei a ni sî a,” tiin a ziaik a.

Elisa-i chuan thil duhawm lo anga lang dangte aţang pawhin hlim leh lâwmna a chhar ta zêl a. Tûten emaw an sawisêl chângte hian, “Khâng sawisêlna thûte avâng khân LALPA i chungah ka lâwm e. Chûng chuan kawng dik min kawhmuhin, Nangmah hnaih lehzual tûrin hmasâwnna kawng min hawnsak sî a,” tiin a ziaik a.

A khûpkâwi pelh chungah pawh lâwmthu Pathian hnênah a sawi a, chumi hliam a tawrh zârah chuan rilrû leh taksa lamah pawh Pathianin chakna a pê tih a inhria a ni.

Elisa-i chu tûnah kum 21 mê niin, Ebeye lamah lêl leh tawhin Class II a enkawl mêk a. Chû thliârkar a fan kualna lamah hritlângin a tlâk buak chungin, a hlim leh lâwmna bû-ah a ziaik zêl tho va. A âw a chhân phui tlat lai pawhin: “LALPA chu fak rawh u, hetiang zârah hian ka enkawl naupangte âw ka ngaithla tha thei zâwk a ni,” tiin a sawi.

Kum 2018 kuartar hnihna Thirteenth Sabbath Thawhlawm thenkhat kha Ebeye Seventh-day Adventist School hian a dawng a, chumi hmang chuan class-room tlabal tawhte chei thât a ni. Mission thawhlawm phal taka in thawh thin avângin lâwmthû kan sawi e.