

ZIRLAI 4

JULY 20–26, 2019

**SÂM LEH THUFINGTE-A ZAHNGAIHNA LEH  
RÊLDIKNA**



**CHÂNGVAWN:** “Retheite leh pa nei lote chu humhim ula; hrehawm tuârte leh pachhiate chungah chuan dik takin rêl rawh u. Rethelite leh pachhiate chu chhanchhuak ula; mi suaksual kut atâ chhanhim rawh u,” (*Sâm* 82:3, 4, NKJV).

**SABBATH CHAWHNÛ**

*JULY 20*

**Chhiar Tûr:** *Sâm* 9:7–9, 13–20; 82; 101; 146; *Thufingte* 10:4; 13:23, 25; 30:7–9.

**S**ÂM leh *Thufingte* hian chibaibûkna leh sâkhaw biakna hunah chauh ni lo, nî tin nuntawng danghte pawh Pathian hriatna nun neih chungchâng an sawi a. *Thufingte* hian inkûngkaihna leh chhûngkua, sumdâwnna aţanga sorkar inawpna thlenga a taka finna kalpui dân tûr a târlan laiin, *Sâm* erawh hi chuan rilrû leh thlarau lam dinhmun, ţahna aţanga hlim taka Pathian fakna boruak chi hrang hrangte hlâin a târlang thung a ni. Kan nunkawng pêng tin rêngah hian kan rinnain danglamna a siam tûr a ni tih kan hmu nghâl thei a, a chhan chu Pathianin kan nun kawng tin rêng min ngaihsak êm vâng a ni.

Chutih laiin, kan mihring dinhmun tihrehawmtu hleihneihna ang chî kan khawvêl tlu tawh nuna lo lang thîn hi en khûm mai thei a ni lo. Dik tak chuan, LALPAN a ngaimawh leh a laka min chhanchhuah dân kawng a zawn fo chu dik loh taka intihna hi a ni tih a lang nawn fo va. Ani chu beisei bote tâna beisei tûr awm chhun a ni.

Hê thupui chungchângah hian hêng bu hnihten an sawi chin chauh kan sawi zui thei rih dâwn a, chutih laiin hê zirlai a tang hian kan tanpuina mamawhtu, kan chhevêla mi rethei, hnehchhiah tuâr leh ngaihsak hlawh lote rawngbâwlsak tûrin phûr takin kan chêtchhuah phah pawh a ni mai thei e.

SUNDAY

JULY 21

### **Sâm: Hnehchhiah Tuârte Tâna Beiseina Hlâte**

Kan hriat tâk ang khân, buai leh harsatna tuârte hi Pathianin A hmûin a hre vek a. Pathian rinchhantûte pawh mangang takin an âu thîn tih Sâm-ah kan hmû a, mahse, chinfelsak an ni kher lo. Hêng hlâtea lo lang hleihneihna leh hnehchhiahna an âuchhuahpuite hi Pathian chakna, rêldikna leh thâtna âiin a dingchang ta zâwk emaw tih mai tûrte a ni thîn.

Chuti chungin, hêng hlâte hi la zâi mêkte hlâ a ni tlat mai. An nunna leh an rinnate chu a la chuai mai lo. Beiseina a la awm cheu va, a tâi luât hmâ, thil tha lo a dinchan hmâ, anmahni dodâltu thil tha lovin a tihchhiat hmâ ngêia Pathian lo chêt erawh a ngai thung. Chutiang chuan, Sâm ziaktûten an rinna nemnghehna leh nuna harsatna leh vânduaina lo thlengte kêr chu an dawh zawm thîn a ni. **Sâm 9:7–9, 13–20 chhiar la. Sâm phuahtu Davidâ sualna dinhmun kha i suângtuah thiam em? Pathian thâtnaa rinna a ngah leh tâna a nuntawng boruak vêl kha i man thiam em? Engtin nge fiahna khirh khân tak leh Pathiana rinna kêr buai vêl hi i chinfel ang?**

*Sâm* pum puiah hian, hê boruak in thial kêra chhânna ni fo chu, beiseina leh Pathian thâtna thutiam leh dik taka rorêlna a

ni. Tûnah chuan thil ʈa lo leh hleih neihnate hi dingchang rih angin a lang a; mahse, Pathianin thil ʈa lo titûte leh mi fel lote chungah ro a la rêl dâwn a. Chûng titûte chu hremin, an tihnat leh hnehchhiahte chu tungdingin a la dinthar leh ang.

C. S. Lewis-a chuan *Reflections on the Psalms* tih bûah, *Sâm* bûa Pathian rorêlna neih duh thû lo lang fo hi mak a ti vê deuh a. Tûnlai Bible chhiartu tam tak chuan rorêlna thû ngaihtuahin an hlâu ʈhîn a, a thu ʈobul lama Judate thlîr dân ngaihtuahin, heti hian a ziaak ta a ni: “mî sâng tam tak, an thil neih zawng zawng chhuhsaka awmte leh a fawng vuantu lama inngaite chu a tâwpah chuan an chungchâng hriat a la ni ang. Ni e, chûng mîte chuan rorêlna chu an hlâu vê lo. Anni chuan an chungchâng chu chhân theih loh—benga hriat theih chauh a ni tih an hria a. Rorêl tûra Pathian a lo kal hunah erawh chuan a theih dâwn a ni.”—C. S. Lewis, *Reflections on the Psalms* (New York: Harcourt, Brace and Company, 1958), p. 11.

*Sâm*-ah hian, tûna tawrhna leh beidawnna kârah pawh hnehchhiahtuârte tâna beiseina awm chu kan hmu thei a ni.

## **Rorêlna hi thil hlahuh tûr ni lo vin, thil duhawm lam ang kan thlîr zâwk theihna chhan tûr chu engte nge ni?**

THAWHTANNĪ

JULY 22

**“Pathian, Thil Eng Emaw Han Ti Teh!”**

### ***Sâm* 82 chhiar la. Hetah hian kan tân eng thuchah nge awm?**

Pathianin an khawtlâng nun leh khawsak dân tûrte a pe chungin, Israelte chuan a ruâhmansak ang zui loh châng an nei fo mai. A chhehvêl hnamte tih dân an la thuai zêl a, an khawsak anga khawsa vêin, hleih neih leh inhnchhiahte an chîng a. Hruaitu leh rorêltûte pawh mahnî tân ngawt an nung a, an duhsaknate pawh thamna hmanga lei theih a ni fo. Mipui vântlâng leh mi retheite chuan an thlavâng hauhsaktu tûr rorêlna an neih loh avângin chhawr nawmnah an ni fo ʈhîn a ni.

*Sâm 82* hi chutiang dinhmun chhânna chu a ni a. Pathian chu Rorêltu Chungnung a nihna târlangin, mipuite chung a hruaitûte leh rorêltûte chung a rorêltu a ni tih a sawi. Hê *Sâm* hian vântlâng chung a rorêltûte chu “A hnuai a rorêltu atâna ruât” an ni tih uâr takin a sawi bawk—Ellen G. White, *Zâwlneite leh Lalte*, p. 198. Chûng mîte chuan Pathian âiawhin, a hnêna intulût chung a an dinhmun luahin, hnâ an thawk a ni. *Sâm* phuahtû thlîr dân chuan, Pathian rêldikna entawnin leia rorêlna pawh hi kalpui a, anmahni chungah pawh rêl a la nih vê dân tûr ang takin dikna emaw, dik lohna emaw pawh hi finfiah tûr a ni.

Hê *Sâm* hi, an hnam zînga hluâr êm êm hleihneihna rawn titâwp tûra Pathian chu lo tho chhuak a (*Sâm 82:8*), lo che chhuak tûra kohna bîk hmangin a ti tâwp a. *Sâm* hla dangte ang bawkin, hei pawh hian aw nei lo leh hnehchhiah tuâr, an khawtlâng inrêlbâwl dân dik loh vânga chhawr nawmnahte tân âw a chhuahsak a ni.

*Sâm 82* hian Rorêltu Chungnung leh, lei leh vân leh hnam zawng zawngte chung a Rorêltu Lalber a nihna denchhenin Pathian hnênah ngenna a thlen a. Chutiang rorêltu sâng lehchûang awm lo hnênah chuan dîlna a thlen a. Rethei leh hnehchhiah tuârte âuthâwm khawvêl rorêltûten an nghaihthlâksak duh loh fo laiin, phat ruâl lohin tanpui ngâi âuthâwm chu a awm reng sî a ni.

Eng emaw châng chuan keini ngêi pawh hi hleihneihna tlâkbuakah kan lo tâng vê tawh mai thei a, a châng chuan chutianga hlemhlê taka chêah pawh kan tâng thei bawk. Hnehchhiah tuâr emaw, hnehchhiahtu emaw pawh ni ilang, *Sâm 82*-na thû-ah hian finna leh vârna kan chhar thei a ni. Pathianin rorêltu fel lote hi a vei hlê tho va, anni chu A fâte anga sawiin, nunkawng t̄ha zâwk chu thlang vê tûrn a duh a ni (*Sâm 82:6*). Tichuan, mahni intihdanglam an phal dâwn a nih phawt chuan, hnehchhiahtûte tân meuh pawh beiseina a awm a ni.

***Sâm 101* chhiar la. Hei hi hruaitûte puala ziah chu a ni nâin, eng dinhmuna ding pawh ni ilang, eng thurâwn pawimawh tak nge kan lâk chhuah theih ang?**

*Sâm 101* hi hruaitûte pual a ni a. Israelte chungarô a rêl tantirh lama Davidâ puah ni tûra ngaih a ni. Lal a lo nih tantirh lai vêla a thutiamte tlêma her danglam pawh a ni mai thei e. Saula rorêlna hnuaia râl do mî a nih lai leh chumi hnûa râlhlân a nih lai khân, lalin a kawng zawh lo tûr lam a zawh vângar hnam leh a chhûngkaw chungar chhiatna thlen theih dân, amâ hriat ngêiin a puah a. Ani kha chuan hruaitu tha zâwk nih a tum ruh tih a chiâng hlê a ni.

Kan zînga mi tlêm tê chauh hi ram leh hnam hruaitute kan ni thîn a; mahse, mi dangte fuihphûr leh hneh tûrin hun thâ leh remchânna chu kan nei theuh a ni. Hei hi kan hnathawh hmang te, khawtlâng, kohhran leh chhûngkuua kan inhmanna hmangtein a ni thîn. Hruaitu nihna chungchângah Ellen G. White-in hetiang hian a sawi: “Davidâ thutiam, *Sâm 101*-naa chuâng hi, chhûngkaw hûhâng vênhim kawnga mawhphurhna nei zawng zawngte thutiam a ni vê tûr a ni.”—*Counsels to Parents, Teachers, and Students*, p. 119.

Remchânna kan neih ang zêlin, kan chungar hruaitu nihna dinhmun chelhtûte pawhin hêng thupuite hi an nunpui theihna tûra an hnêna thurâwn pe tûrin kan inbuatsaih lâwk tûr a ni. Keini zawng pawh hian, mi dangte tân malsâwmna kan nih theih nâna sâwtpui tûrin, hruaitu kan nihna leh hûhâng kan neih theihna hmunahte chuan, Davidâ hruaitu nihna thupuite kha a takin kan hmang vê tûr a ni.

Pathian chu A zahngaihna leh dikna târlangin Davidan a fak phawt mai a (*Sâm 101: 1*), chû lungphûm chungar dingin, Davidan hruaitu a nihna kawng tin rêngah châwisân zêl a tum thîn a. Chû chu a nun leh thiltihnaah pawh zirin, a takin a hmang zui a. Hetianga ti tûr hian, thil sual, hlemhlêtna, leh rinawm lohna kawng

zawh tûra thlêmnate do lét a ngai a. Hêng thil zawng zawngte hi thuneihna leh hruaitu nihna dinhmun chelhtu zawng zawngte tâna thang hlauhawm tak a ni.

Thil dik ti tûra thurâwn petu thâ a pawimawhzia hriain, Davidan thurâwn petu thâ leh rintlâk zawng a, hotu atâna mi rinawm ruât tûrin a intiam a. A thawhpuite leh a tâna thawktûte zîngah pawh, ani chu hruaitu dik leh zahngai thei a ni tia hriat a ni tûr a ni.

**Thurâwn petu leh hotû nihna dinhmun kan chelh lo a nih pawhin, a mamawhtûte chung a dikna leh zahngaihna nei tûra mi dangte kan hneh theih nân, engtin nge kan nun hi kan lo tikhah theih ang?**

NILÂINÎ

JULY 24

LALPA Lênpuiin

*Sâm* bu tâwp lam kan lo hnaih tâkah hian, Pathian fakna boruâk chu a sâng chho tiâl tiâl a. A bu tâwp lam bung ngâ hi chuan “LALPA chu fak rawh u” tiin thû min pe zâwk hial a. *Sâm 146*-na phei hi chuan Pathianin mi rethei leh hnehchhiah tuârte a ngaihsakna hi thupuia neiin, chû chu fak chhan tûr niin a târlang a ni.

***Sâm 146* chhiar la. Hetah hian kan tân eng thuchah nge awm? Eng thil bîk tak chu nge Pathianin *Sâm 146:5–9*-ah hian min hrilh?**

Pathian chu hê khawvêl Siamtu a nih a chiang (*Sâm 146:6*) angin, hê *Sâm* hian Pathian chu hê khawvêla rorêltu, mamawh petu, chhuah zalêntu, tidamtu, ãanpuitu leh humhimtu a nihna a hnâ thawk zui zêl a nihna a târlang a—hetiang zâwnga ãanpuina hi mîte mamawh tak chu a ni rêng a ni. Chutiang chu kan nunah te, khawtlângah leh kan khawvêla titu leh tih dân tûr kawng zawng rengtu Pathian a ni tih hriat hi a phûrpuiawm hlê a ni.

Eng emaw chângte chuan, Pathian sawi a nih avânga tlachhamte ngaihsak duhna rilrûte kan pu vê thîn. Mahse, *Sâm 146* hi chuan chû chu Pathianin a ti reng zâwk niin a sawi a, Amah chu thawhpui tûrin min sâwm a. Retheihna te, hnehchhiahna te leh natna te kan do hian, Pathian kan thawhpuiin, A ruâhmanna kan hlenpui a ni. *Sâm 146*-in min chawhphûrna anga Pathian thawhpuitu nih âia hamthamna ropui dang a awm chuâng dâwn em ni?

Kan tân ngêi pawh hlâwkna têt tûr a awm a. Kristianten Pathian an zawn leh Amah nêna inlaichîna thûk zâwk neih dân an zawn thû kan sawi fo. Chutihlain, *Sâm 146:7-9* leh Bible hmun tam takah pawh, Pathian hmuh theih dân chu A thil tiha thawhpui a ni tih min kawhhamuh a. Amah ngêiin rethei te, damlo te leh hnehchhiah tuâr te châwikâng tûra a thawk a nih sî chuan, *Sâm 146*-in a sawi angin, keini hian Amah chu kan thawhpui vê tûr a ni.

“Krista kha khawvêla lo kalin, rethei leh natna tuârte zîngah a lêng vêl thîn a. Anni kha a rilru ngaihtuahna luah nasa bertûte an ni. Tûnlai pawh hian, A fâte hmangin rethei leh tlachhamte tlawh chhuakin, an lungngaihna chhâwkin, an tawrhate a thâwidamsak thîn.

“An tawrhna tawrhpuin leh tlâkchham phuhrûksakna tel lo vin, Pathian zahngaihna leh hmangaihna hriatthiamtîr dân kawng a awm lo va, kan Pâ vâna mî khawngaih leh lainatna hriat dân kawng a awm hek lo. Retheih leh tlâkchham nasat ber berna hmuna chanchin tha thlen âia lainatna nasa zâwk lantîr theih dân a awm chuang lo.”—Ellen White, *Testimonies for the Church*, vol. 7, p. 226.

**Mi dangte rawngbâwlsakna zâra Pathian hnaih sauh chungchânga nangmâ nuntawng chu eng nge lo ni ve? \_\_\_\_\_**

---

**Thufingte: Tlachhamte Chunga Zahngaihna**

Finna thu lâkkhâwmna a nih angin, *Thufingte* bûah hian thupui leh nuntawng pêng hrang hrang a chuâng a. Chûng târlan zîngah chuan retheihna chungchâng te, hausakna te, lungâwina te, rêldikna te leh fel lo taka tihbate pawh a tel a—chûng chu thlîrna kil hrang hrang aţanga thlîr a ni bawk. Nun hi thluâng leh ngîl tak a ni vek lêm lo va, chuvâng chuan *Thufingte* hian Pathian mi rinawmte zîngah meuh pawh, kan nun leh khawsak dâna min hneh thei thilte laka fimkhur tûrin min ti a ni.

**Chhiar leh khâikhin tûr: *Thufingte* 10:4; 13:23, 25; 14:31; 15:15, 16; 19:15, 17; leh 30:7–9. Hausakna, retheihna leh tlachhamte tanpui chungchângah hêng chângte hian eng nge an sawi?**

*Thufingte* hian mi rethei leh tihnat awlsam bîkte Pathianin a vei leh engtopui thinzia a sawi uâr hlê a. Eng emaw chângte chuan, an dinhmun a zir loh vâng te, thutlûkna siam thiam loh leh awpbeh nih vângtein mîte hi dinhmun duhawm loh takah an ding thîn a. A chhan chu eng pawh lo ni se, anmahni Siamtu (*Thufingte* 22:2) leh Humhimitu (*Thufingte* 22:22, 23) chu LALPA tho a ni tih a târlang a. Hêng mîte tihsualte chu hnehchhiah emaw, remchâng lâk nân emawa hman tûr a ni lo.

*Thufingte* hian finna leh Pathian thuâwih bâka nun ţa zâwk a hlui loh lain, hausakna hi Pathian malsâwmna rah chu a ni fo lêm lo. Pathian chung a rinawmna hi pawimawh zâwk anga ngaih niin, khawvêl sumpâi lama hausakna âi chuan neih a manhlâ zâwk: “Fel lo taka deh chhuah tam tak âi chuan, fel taka deh chhuah tlêm tê a ţa zâwk” (*Thufingte* 16:8, NIV).

*Thufingte*-a thil ngaih pawimawh dang leh chu rinawmna leh sumdâwmna, ram inawpna, leh rorêlna kenkawh kawnga dik taka tih hi a ni (*Thufingte* 14:5, 25; 16:11–13; 17:15; 20:23; 21:28;



28:14–16). *Thufingte* hian mi mal nun chauh a engto a ni lo va, mî zawng zawngte thatpui tûr leh vênhim ngaite humhim tûr zâwnga khawtlâng nun kalpui pawh a tel a. Pathian tanpuina zârah milian leh rorêltûten tha taka rorêlin (*Thufingte* 8:15, 16), a mamawhtute chung a khawngaihna leh lainatna lantirtu an ni tûr a ni tih pawh min hrilh nawn leh a ni.

**Mi tinte tân dinhmun châu taka din hrehawm tih chu a awl hlê a. Engtin nge chû lungngaihna chu a tha lam zâwnga kan chêtpui theih ang?**

**ZIRTÂWPŊÍ**

JULY 26

**ZIR ZĀUNA:** Chhiar tûr: Ellen G. White lehkhabu, *Thlahtubulte leh Zâwlneite*, (2<sup>nd</sup> Edition, 2014) “Davidâ Hun Hnuhnung,” pp. 789–800.

“Davida hlâ (Sâm) te hian a huap zau hlê a, sual vânga lungngaihna leh mahni inthiam lohna thûk tak aţanga Pathian pawhna ropui ber leh rinna sâng ber chu a huap a ni. A chanchin ziakna buin a târlang a—sualna chuan zahna leh lungngaihna chauh a thlen a; mahse, Pathian hmangaihna leh zahngaihna chuan thûkna thûk ber a thleng phâk a, rinna chuan mi sual sim leh chu Pathian fâte roluah pui tûrin a khai chhuak ang. Pathian thuin a fûn thutiamte zîngah Pathian rinawmna, dikna leh zahngaihna thuthlung chu hriatfîrna chak leh ropui ber a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 798.

*Thufingte* bûa finna chungchâng hetiangin a sawi: “Hêng thupuite hi sâkhua leh pâwla insiam dangte pawhin vântlâng huâpa an thatpui tûr thil a ni. Hêng zirtîrna zârah hian thil neihte leh nunna a him thîn a. Pathian dân, a thûa min pêk hi mihringte thinlungah a bo thâwthâng tawh chungin, rinngamna leh thawh ho theihna bul a ni tih chu a la chhui zui theih zêl sí a ni.”—Ellen G. White, *Education*, p. 137.

ZAWHNA SAWI HO TÛR:

- ❶ Engtiang kawngtein nge hruaitu emaw, mi dangte hnehtheihna nei emaw dinhmunna dîng angah i inngaih theih ang? Engtin nge nangmâ nun tawngah dikna thlentuah i ðan theih ang?
- ❷ I khawsak vêna hnam zia leh vântlâng nun inkhâi chhâwn dân kha ngaihtuah la. Engtin nge tlachhamte ðhatpui theih dân tûr zâwnga hnâ i thawhpui theih ang?
- ❸ Khawtl nun chak ðha taka siam tûrin, engati nge dikna leh fel taka tihna hi a pawimawh viâu?
- ❹ *Thufingte* bûin khawsak nâna finna a châwisân viau laiin, Pathian nihna chungchâng engte nge min hrilh bawk?

**KHÂIKHÂWMNA:** *Sâm* leh *Thufingte* hian, kan nî tin nun leh harsatna hnuaia rinawm taka nung tûra chona kan hmachhawn theih te min hrilh a. A bu hnih hian Pathianin khawtlâng a thlîr dân, rethei leh hnehchhiah tuârte a engtopuizia hriatthiamna min neihtûr a. *Sâm*-in a âuchhuahpui leh *Thufingte* bûa finnate hian, hlamchhiah leh chhawr nawmnah tuârte hi Pathianin hriain, anmahni humhim tûrin a lo la che chhuak dâwn tih min hriattûr a. Pathian chu chutiang a nih sî chuan, keini pawh Amah ang kan ni vê tûr a ni.