

## ZAHNGAIHNA NGAINAT



**CHÂNGVAWN:** “Mi dik tân chuan thimah chuan êng a lo chhuak thîn a; ani chu mi khawngaih thei tak, lainatnaa khat, fel tak a ni. Mi thâ chuan zahngai taka chên a pûktûr thîn a, ani chuan amâ chungchâng remhre takin a rêl ang” (*Sâm 112:4, 5, NKJV*).

**SABBATH CHAWHNÛ**

SEPTEMBER 14

**Chhiar Tûr:** *Isaia 52:7; 58:1–10; Matthaia 6:25–33; Jakoba 1:5–8; 2:15, 16; 1 Johana 3:16–18.*

**B**IBLE hi Pathianin retheite leh hnehchhiah tuârte a ngaihsakna leh, an tâna thawhsak tûrin A mîte chu a koh thûin a khat tih kan hre tawh a. Chutiang tak chu a ni tho chungin, hmun thenkhat lai laiah emaw leh a thêna zâr chauh chu hlen chhuah niin, Kristâ lo kal hunah leh a zuitu thil ropui tak thlen hunah chauh a thleng famkimna kan hmu thei ang.

Chû hun thlen hmâ loh chuan, Diabola leh a tirkhohte thlarau suâl chêtna avângin thil thâ lo hi kawng hrang hrangin a hluâr zual zêl ang. Hê thil thâ lo hi hêng ang, retheihna te, tharum thawhna te, hnehchhiahna te, sala inmanna te, inchwawrluihna te, hmasialna leh duhâwmna hmang hian a inlâr nasa zual a. Chutiang khawvêlah chuan, tlêmin lo khirh deuh pawh ni se, kan khawtlâng te, kan kohhran te leh kan chhûngkuate chu chûng thil thâ lo do tûr chuan a lo ding chhuak tûr a ni.

Pathian hmangaihna leh thupêkte chhân lêt nân, Isuâ rawngbâwlna leh inhlanna ênga nungin, Thlarau Thianghlim chênchilhna tihchak leh kaihhruainain, keini hian lainatna te, remhriatna leh huaisenna nêh “dik taka ti a, zahngaihna ngainain Pathian nêh thuhnuairawlh taka lêt dun” (*Mika 6:8*, NIV) dân kawng kan zawng tûr a ni.

SUNDAY

SEPTEMBER 15

## Lalram Thil Ngaih Pawimawhte

Isuâ zirtîrnahte leh Thuthlung Thar ziaktûten Chiang taka an târlan angin, Pathian lalrama chên thlangtûte chuan hê khawvêl thil ngaih pawimawhte ang lo, thil ngaihhlut thar chu an nunpui zâwk tûr a ni.

### **Matthaia 6:25–33 chhiar la. Hêng chângahnte hian eng thlamuânna thû nge min pêk a, engtin nge chûng chuan kan nunah nghawng a neih tûr?**

Isuan “Eitûr âiin nunna a thupui zâwk a, silhfên âiin taksa a thupui zâwk,” (*Matthaia 6:25*, NIV) tiin a zirtîr a. Hêng thilte hi an pawimawh a ni; mahse, Pathian lalram êngah kan thlîr tûr a ni, a awmzia chu ‘kan nunna hi a taka nunpuinain kan ngaipawimawh ang’ tihna a ni. Mi dangte châwisân leh ngaihsak tûra Bible min kohna kan pawmin, Isuâ hniakhnung zui tumte tân chuan hei hi ngaih pawimawh tûr a ni ngâl a. Chû chuan mahni inngaihtuah nêp zâwk a, mi dangte ngaipawimawh zâwk tûrin min ko a ni.

Kan thil ngaih pawimawh zâwngte hian kan chunga thuneitûte leh hnehchhiah tuârte nêna kan inlaichîn dân a thlâk danglam thei hlê a. Bible-in Kristiante chu a theih chen chenah an sorkar zah leh thuâwih tûra a zirtîr (*entîrna, Rome 13:1–7*) laiin, eng emaw châng chuan Petera âu hlâ: “Mihringte thû âiin Pathian thû kan zâwm zâwk tûr a nî!” (*Tirhkohte 5:29*, NIV) tih kan dinpui a ngaih chângte a awm thei. Hêng thil pahnih kêr hi Isuan,

“Kaisara thilte chu Kaisara hnênah pê ula, Pathian thilte chu Pathian hnênah pe rawh u,” (*Matthaia 22:21*, NIV) tiin sâkhaw hruaitûte zawhna a chhâng fel a nih kha.

Thuneitûte chu sorkar emaw, thil dang emaw pawh ni se, tharum hmangin thil an ching fel thîn a. Isuâ nuna kan hmuh tâk angin, ‘rinawm taka nung’ tih hi thil thâ lo awmte pâwng en liam mai a ni lo tih a lang a. Entîr nân, America rama bâwih chungchângah, Ellen G. White-in heti hian a ziaik: “Mihringte dân siamte chu Pathian thû leh dân nêna a inkalh a nih chuan, a nghawng chu eng pawh ni dâwn se, a hnuhnung zâwk chu kan zâwm tûr a ni. Kan ram dânin bâwi chu a pû hnêna kîr min ngiat mah se, kan zâwm tûr a ni lo; hê dân bawhchhiat nghawng chu kan tuâr mai tûr a ni. Bâwih hi tû bungruâ mah a ni bîk lo. Amah neitu dik tak chu Pathian a ni a, mihringin Pathian kutchhuak mahnî thû thûa ti tûr leh mahnî tâ anga ngaih theihna a nei lo.”—*Testimonies for the Church*, (1<sup>st</sup> Edition, 2017), vol. 1, p. 225.

**Thuneitûte thuâwih leh thuneitûte hnehchhiah tuârte thlavâng hauhsaka dân kâr ramrî hi khawi china kham tûr nge ni dâwn le?**

**THAWHTANNÎ**  
**Khawngaihna Kulcho**

SEPTEMBER 16

Kn zînga tam tak chuan hrehawm tuâr mêkte nuna danglamna thlentîr tûra thil eng emaw han tihsak chu kan duh hlawm ngêi ang; mahse, ‘khawvêla buaina zozâi hian’ kan tumna thâ tak pawh hlen chhuak hleitheî lo vin min dâl leh mai thîn. Natna tuâr mêkte nuna danglamna eng emaw tak thlen tûra tûn âia nasa zâwka tihsak pawh kan zînga tam tak chuan an duh ngêi ang. Tlachhamte chhawmdâwl tûra thil thâ eng emaw tihsak tûrin rilru put hmang chi hrang a awm nual.

**Khawngaihna:** Kan hmuh tâk angin, ãanpui tûra chêt chhuah nâna rahbi hmasa ber chu an tawrhna hriatpui leh lainatna thinlung

put a ni. Mîte tawrhna hriatpuina lamah hian kan ðhan len zêl a ngai a. Tûnlai hian mîten ‘khwngaihna kulcho’ tih an sawi ðhîn a, a awmzia chu keini hian lungngaihna leh vânduaina hi kan tawng zing a, tam tak chuan ngâiah kan neiin, tuârpui leh sum lama han ðanpui pawh kan ning titih deuh hial mai tihna a ni. “compassion fatigue,” Isua kha chu khatiang thilte khân a chîm hneh hlê chungin a lainat thei reng mai. Khatiang kha kan ni vê tûr a ni.

**Zirna:** ðhenkhatte dinhmun chu dik lo taka tihna leh retheihna niin, a buaihlâk a, engtin nge chinfelpui tûra hmâ kan lâkpui ang tih hriat nân an thû leh hlâ ngaihlâk sakte a pawimawh a. Eng emaw châng chuan tûten emaw ðanpui an tumna lamah chhياتna nasa zâwk an thlensak hlauh mai ðhîn a. Chû chu tih loh chhuanlam ðhâ chu a ni lo nân, chinchâng hria leh mi thiam zâwkte hman ðangkai dân kan zawng tûr a ni ang.

**Ṭawngtaina:** Harsatna kan hmuhin, kan ngaihtuah hmasak ber chu ‘a taka’ hmalâkpui a ni ðhîn. Bible chuan ðawngtaisalak hi a taka chêtna a ni tih min hrilh a. Kan ðawngtaisalakna hmangin rethei leh hnehchhiah tuârte leh an chungâ thuneitûte (*1 Tim. 2:1, 2*) nunah danglamna kan thlen thei a; chutiangin ðanpui zui zêl dân tûrah pawh Pathian kaihhruaina kan dîl thei baw (*Thufingte 2:7, 8*).

**Beiseinate:** Tawrhna tiziâawm tûra thawh dân pawimawh dang leh chu, khawtlâng, inrêlbâwlina leh mimal dinhmuna beisei mûmal neih a ni. Kan beiseina chu kawng danga an neih mai theih lo tûr chî duhthlan tûr leh remchânna siamsak te a ni. Eng emaw châng chuan, hêng remchânate hian min tibeidawng zâwk hlauh thei a; mahse, chûng thutlûkna an siam chu kan zahsak tûr a ni. Hrehawm tuârte tâna thawhsak kan tumna rêng rêngah, “Miin kan chungâ ti tûr kan duh tûr ang chu mî chungâ tih zêl” (*Matthaia 7:12, NIV*) a ni tûr a ni.

**Jakoba 1:5–8 chhiar la. Kristian chêtnaah ðawngtaina hian eng pawimawhna tak nge a neih tûr? Eng nge Jakoba 2:15,**

## **16 hian mi dangte tâna kan ʔawngʔisakna chhân nâna kan tih vê tûr a sawi?**

**THAWHLEHNÍ**

SEPTEMBER 17

### **Thilphalna**

“Pathianin hlim taka petu a hmangaih” (2 Korin 9:7, NIV) a, phal taka pêk chu Kristian nuna thil pawimawh tak a ni. Kan pêk dânah leh sum chungchânga kan thil ngaih pawimawh chungchângah, Bible hi chona insiamtîr kan phal tûr a ni a, thilphalna chu sum khawhral satliah mai ang chî a ni lo.

Thilphalna hi nuna rilru zâu dân ber leh ‘LALPA ʔihtûte’ nihna pawimawh tak a ni tih *Sâm 112* hian a sawi: “Mi khawngaiha pûktîr ʔhin mi chu ʔatin a vûr ʔhin a; ani chu fel takin a khawsa ang” (*Sâm 112:5*, NIV).

**Tlachhamte chung a thilphal chungchâng eng nge hêng chângte hian an sawi?** *Leviticus 25:35–37; Sâm 119:36; 2 Korin 8:12–15; 1 Johana 3:16–18; 1 Timothea 6:17–19.*

Paulan Thuthlung Thara a lehkathawna a târlan nawn fo ʔhin chu Pathian thilphalzia a ni a; chû chu kan tâna Isuâ inhlannaah khân Chiang taka târlan niin, chû chu Kristiante beiseina hnâr a ni. A thihna chu keini tân pawh mi dangte chung a thilphal tûra min chawkpûrtu a ni: “Rinnaa keini min thawhpuina chu thil ʔa tin rêng thûk zâwka in hriatthiamna a lo nih theih nân ka dîl a, Kristâ avângin kan sem che u a ni” (*Filemona 1:6*, NIV).

Thilphalna hi nunna chung a kan rilru puthmang niin, lian, huaisen leh huâm zau tak a ni. Keimahni mimal nunah leh, khawtlâng leh hnamzia pawhin mahni thupuia nei a, mahni tâna inhâivûr tûrin min nawr ʔhin a. Kawng engkim maiah hian *mahni, mahni, mahni* a ni zêl mai a nih hî!

Kan rinna hi a tak a nih phawt chuan, mahni thihsan a, mi dangte tâna tam zâwka nunna a thlen ngêi ang. Kan rinna zârah,

Pathianin mîte a hmuh dân angin kan thlîr vê thei a, an ʈatna leh dinhmun châute pawh hmu vên, kan theih dân ang anga tlachhamte ʈanpui vê tûrin min nawr ʈhîn.

Thilphal hi nungphung ʈhâ a ni a, sum tuâktûte leh khawntûten an lâwm riâu ʈhîn a. Chutiang thilphalna chu teh theih leh a taka nunpuina a ni. Donation pêk deuh lawih ngawt chu thilphal nun entîrna a ni chuâng lo (*Marka 12:41–44*). Thilphal nun chu thawhlawm khawn âia lian leh hlu zâwk a ni. Thil kan tihna apianga thilphalna rilru put chu a ngaihhlutawmin, neih zêl chî a ni. Mi tam zâwk hi thilphal nghâl mai kan ni lo, khawngaihna hnathawh phûr tak leh tum fel tak neia kan chêt-pui ngai a ni. Kan sualna hian min pawt a, hmasial rêng rêng kan ni ʈhîn chungin, thilphal kan zir tûr a ni.

### **Sum pêk bâkah, engtiang kawng dangtein nge kan thilphalna rilrû chu kan lantîr ang?**

**NILÂINI**  
**Remna Siamin**

*SEPTEMBER 18*

***Matthaia 5:9* chhiar la. Kan chênna khawvêl angh hian engtin nge heta Isuâ sawi ang hi kan tih ʈhîn? Eng ang taka hlawhtling nge kan nih? *Marka 13:7*.**

Tharum hmanga inbeihna hi tawrhna thlentu bulpui a ni. Indona avângin kan tuâr nghâl a, hrehawm taka nungin, ram hausakna lah chu râltuam lei nâna hmangin, chûng ngawt chu an ngaihtuah a. Chutiang âi chuan mihring mamawh phuhrûksak nân te, indonaa dam khawchhuak ram tâna pasalthâte chhawmdâwl nânte hman ni zâwk se ʈha tûr. Chûng buaina chauh chu ni lo vin, chhûngkuaah leh khawtlângah buaina neuh neuh lo chhuakin, nun hrehawm takin mî a siam a. Chutiang a nih avâng chuan rêldikna ngawt hi chuan remna siam ngai lo vin a awmtîr thei lo.

Isuâ chanchin ̄tha laimû chu: Pthian chu khawngaih thei tak, remna duha ropui taka che ̄thîn, suala khat mihringte chu anmahni Siamtu nêna inremtîrtu a ni (2 Korin 5:18–21). Chuta inremna kan neih chu, mi dangte nêna kan inremna tûra ‘entawn tûr’ leh *palai* tûra ruat chu kan ni bawk.

### **Isaia 52:7 chhiar la. Engtin nge hê châng hi i nunpui ̄thin?**

Kan chênna khawvêl tharum thawhna hmunah hian, remna chanchin ̄thâ hi rem lêntîr tûra thawk tûra min tiphûrtu, entawn tûr leh thahrui min petu a ni. “Pathian nêna inrema awm tawhte thinlung chu vân muanna leh remna changtu a ni a, malsâwmna a dawn chu a kalna apiangah a theh darh zêl ̄thîn. Khawvêla inghirngthonaten an khawih buaisak thinlung nguite chungah, chhûngrila muanna chu daifîm angin a lo tla ̄thîn a ni.”—Ellen G. White, *Malsâwmna Tlâng*, (2<sup>nd</sup> Edition, 2011), p. 33.

Tlâng chungah thusawiah Isuan, “Remna siamtûte chu an eng a thâwl e, ‘Pathian fâte’ tih an la ni dâwn sî a” (*Matthaia* 5:9, NIV) tiin a sawi. Hei hi tlêma sawi thui leh deuhin, tuâlthat lo tûra thupêk a nemnghet chauh ni lo vin, kan thinrim tûr a ni lo emaw, huâtna thinlung kan pu tûr a ni lo ti angin a sawi zâu va (*Matthaia* 5:21–26), kan hmêlmâte kan hmangaihîn, min tiduhdahtûte chu kan ̄tawngt̄aisak zâwk tûr a ni (*Matthaia* 5:43–48), a awmzia tak chu an ̄thatna tûr zawnsakin phûr takin hmâ kan la tûr a ni. Khawvêl buaina chhuahna hmuna mîten remna siam tûra bân an phar chungchâng thu ngaihnawm tak tak a tam mai a, chutiang chuan inremna leh tihdamna an thlen a, hêng indona vânga tawrhna leh dik lo taka tihna tam tak chu thâwi dam a ni ̄thîn.

**Engtiang kawngtein nge in tuâlchhûng kohhran kha in theihna ang tâwk tâwka remna siamtûah in lo ̄tan vê tâwk?**

**Aw Neilote Tâna Aw Chhuahtu**

Solomonan “Ngawih hun tûr te, ƣawng chhuah hun tûr te a awm,” tiin a ziak a (*Thuhriltu 3:7*, NIV). A sawi dik fû mai, chû thil inchawih tâwk thiamtir erawh kan tân a awlsam lêm lo thung. Chutih laiin, hnehchhiah tuârte tân ƣawng chhuah a ngaih châng leh, aw nei lote tâna aw chhuahtu nih a tûl châng te, ƣatna hmanga thil ƣa lo hneh dân kawng zawn hunah te, kohhran kan nihna ang hian kan ngâwi ral lutuk deuh ƣhîn em?

Kristianten Isuâ kut leh kêa ƣan thû an sawi fo ƣhîn a, chû chu mi dangte tâna Isuan ti tûra min duhte hlen tûra a taka chêt chhuah a ni. Mahse, Bible-in a lo sawi lâwk dân ang chuan, Pathianin a hmei a pête a kohna hmasa ber chu A âwa ƣan a, a tâna thu sawi a ni a, Pathianin humhim a duhte thlavâng hauhsak tûra ƣawng chhuah pawh a ni bawh (*Sâm 146:6–10*).

***Isaia 58:1–10* chhiar la. Hê thuchah hian a hun leh hmun a zirin, engtin nge kan tûnlai dinhmun angzia zêla thuchah min hrilh vê? Engti ang takin nge Isaia hun leh tûnlai hun hi a danglam tâk?**

Rêldikna thlen tûra zâwlnei koh an nihna hi lârna kawng a ni ngai lo. Pathian tirh an nihna avângin Pathianin dikna thlen a duhna chu man thiamin, rethei leh hnehchhiah tuârte lainat chungin, an khawtlâng tâna thil ƣa ber tûr chu an zawnsak a. Hêng zâwlneite hian hlauhawm leh dodâlna kârah pawh aw nei lote tâna aw chhuahtûah an ƣang ƣhîn (*1 Petera 3:17*).

Chanchin ƣhâ kan man thiam dân leh khawvêl hnêna Isua târlang tûra koh kan nihna behchhanin, Seventh-day Adventist-ten khawvêla thil ƣa lo lo thleng do lêt tûrin thil ƣhâ tih theih an ngah mai.

Hêng ang: “Seventh-day Adventist-ten retheihna tihziâawm te, hleilenna an dodâlna ang chîte hi Kristian an nihnaa



mawhphurhna pawimawh tak a ni. Bible hian Pathianin retheite a ngaihsak thû leh, mahni inenkawl thei lote chu A hnungzuitûten an ngaihsak tûr a ni tihte a târlang a. Mihring zawng zawngte hi Pathian anna putu vek an ni a, Pathian malsâwmna dawngtu an ni theuh bawk (*Luka 6:20*). Retheite tâna thawhna hmangin Isua tih dân leh zirtîrna chu kan zui a (*Matthaia 25:35, 36*). Thlarau lam thila pâwla insiam kan nih angin Seventh-day Adventisten retheite tâna dikna kan châwisâng a, ‘mahni tâna ãawng chhuak thei lote’ tân kan sawipui bâkah (*Thufingte 31:8, NIV*) ‘retheite dikna chanvo lâksak’ tûte chu kan do a (*Isaia 10:2, NIV*). “Pachhiaten rêldikna an chan theih nân” (*Sâm 140:12, NIV*) Pathian kan thawhpui thîn.” *Seventh-day Adventist Official Statement on Global Poverty*, June 24, 2010.

#### ZIRTÂWPNÎ

SEPTEMBER 20

**ZIR ZÂUNA:** Chhiar tûr: Ellen G. White lehkhabu, *Tihdam Rawngbâwlna*-a “Nuntawng Hriatna Sâng Zâwk,” pp. 490–504.

“Lei leh vanah zawng teh rêng u, kan laka lainatna leh ãanpuina mamawhtute hnena zahngaihna thiltiha thutak tarlan ang hi khawiah mah in hmu lo vang. Hei hi “Isuaa thutak awm” chu a ni. Krista hming chhâltuten dan ãa hi nun chhuahpui sela chuan apostolte huna chanchin ãa thiltihtheihna ang bawk kha kan chênna hunah hian hmuhin a awm ve ang.”—Ellen G. White, *Malsâwmna Tlâng*, (2<sup>nd</sup> Edition, 2011) p. 132.

“Pathian hmangaih berna leh mahni hmasial lo va inhmangaih tawna hi kan Pa vâna mi thilpêk ãa ber kan dawn theih chu a ni. Hê hmangaihna hi phâwklêkna thil mai a ni lo va, vâna lam dân a ni a, thiltihtheihna nghet tlat chu a ni. Isuan ro a rêlna thinlungah chauh hmuh a ni. . . . Hê hmangaihna, thlarauva awm reng hian nun a timâm a, a bul vêl zawng zawngah siamthata

boruak chu a rawn awmtîr a ni.”—Ellen G. White, *Tirhkohte Thiltih*, (2<sup>nd</sup> Edition, 2014), p. 495.

### ZAWHNA SAWI HO TÛR:

- ❶ **Tûnkâr zirlaia kan hmuh tâk angin, chanchin thâ hi Isuan kan tâna min tihsak anga mi dangte tâna che tûra min chophûrtu a ni. Pathianin thil min tihsak leh min hmangaihzia chanchin lâwmawm i hlutna leh hriatthiam dân a belhchhahsak che?**
- ❷ **Aw nei lote tâna âw chhuah a, remna siam kawnga inhman leh, chutianga chêtna zârah vântlâng leh sorkar lamah min hîp a. Adventist kohhran erawh chuan sorkar leh sâkhuana kal hrantîr hi kan kalpui dân a ni. Engtin nge hei hi a tâwk chauha kalpui dân tûr ni ang?**
- ❸ **Tûn kâr zirlaia kan sawi ho hmalâkna eng chî kha nge nangmâ nunah leh khawtlângah kalpui i duh ang? Engtin nge hmâ i lâk theih ang?**
- ❹ **In khawtlâng leh khawvêl zâu zâwkah pawh, eng thil tha lo leh hnehchhiahna ang chî nge ãawngtaina thupuiah i hlân chhuah ang?**

**KHÂIKHÂWMNA:** Isuâ hnungzuitu nihna zârah kawng tam takah kan nun dân a lo danglam dâwn a, chutah chuan Pathianin rethei leh hnehchhiah tuârte châwikân a duhna lo thawhpui pawh a ni tel ang. Hna awlsam leh lârpui chî vak chu a ni lo va, hei hian kan thil ngaih pawimawhte thlâkin, kan chhevêla hrehawm tuârte chhâwk tûrin phûr takin min chêtîr ang.