



ZIRLÂI 1-NA

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THEN 1-NA: ZIRLÂI TLÂNGPUI THLÎRNA

Mihring nunah hian thil mak tak tak, a ðhente phei chu kan hlauh zâwng tak tûrte pawh a lo thleng ðhîn. *Genesis* bung 1-na leh bung 2-naa thil siam chanchin kan chhiar pawh hian, lei leh vâna thil awmte hi Pathianin lo awm tûra a tih vânga lo awm mai a ni tih kan hmû a. Chutah Amâ kut hmangin mihring taksa ruangâm tûr chu a han din leh a, amâ anpui ngeiin mipa leh hmeichhia a siam ta a ni. Thil siam chanchin kan han ngaihtuah hian a mak kan ti a, a ngaihna kan hre lovin kan hawihai dêr mai ðhîn. *Sâm* ziaktu'n, "I vâ, i kutchhuak te, thlâ leh arsî i ruat-hote khi ka ngaihtuah châng chuan, mihring hi eng nge maw a nih a, i hriat reng ðhin ni? Mihring fapa pawh hi eng nge maw a nih a i rawn tlawh fo mai le?" (*Sâm* 8:3, 4) tia a lo sawi kha kan ðawmpui lo thei lo a ni.

Tûn kêr zirlâiah hian Siamtu chungchâng makzia kan thlîr ho ang a, a thil siamte ropuizia pawh hmuh thiam kan tum bawk ang. Chutih rual chuan, amah Pathian nêh leh a thil siam dangte nêna kan inlaichînna chhe tâin nghawng a neihte avângin kan ðap thung dâwn a. Chuvâng chuan, tûn kêr zirlâi hian Pathian thil siamte enkawltu rinawm tak ni tûrin chona min pê a, he khawvêl chhe tawh takah hian hmangaihna, lainatna leh enkawltu nihna lan chhuahtîrtu ni tûrin min sâwm bawk a ni.

Zirtîrtu Tih Tûr: Tûn kêr zirlâi i zirtîr pah hian Pathian thil siamte ropuizia hriatna leh a khawvêl siam enkawltu ni tûra koh kan nihna hriatna hian kan ngaihtuahna leh kan thiltihte-ah nghawng a neih dân hmuhchhuah tum ang che u.

THE 2-NA: ZIR ZĀUNA

Tehkhin Thû: Scientist hmingthang tak, Sir Isaac Newton-a khân thian pakhat, Pathian awm ring lo mi hi a nei a ni âwm a. Chu a thianpa chuan Pathian awm a rin vê loh avângin lei leh vân leh a chhûnga thil awm awm zawng zawngte hi anmahnia lo awm ve tawp ni maiin a ngâi a. Ni khat chu Newton-a inah a va lêng a, Newton-a chuan nî leh a hêltu arsî (planet)-te lem hi a lo entîr a— nî leh planet-te leh thlâ-te chu anmahni awmna tûr hmun dik tak theuhah an awm thap mai sî. Planet-te leh len zâwng leh anmahni hêl kualtu thlâ-te len zâwng chu a inchawih tâwk êm êm hlawm mai a; anmahni kawng theuhah chuan insu buai lo tâwk chiah zêla chakin an kal kual reng bawk a. Chu thil a han hmu chu mak a ti vê ngang ni tûr a ni, “Hei chu a va mak êm êm ve, thil ni theia mâwi pawh a ni lo. Tu siam nge ni rêng rêng?” a ti chhuak phawng mai a. Newton-a lah chuan, “Tû ma siam a ni lo. Anmahniin an lo awm vê tawp mai a nih hi,” tiin a lo chhâng sam vê êt mai bawk sî.

Pathian Lehkha Thû: Albert Einstein-a khân lei leh vân leh a chhûnga thil awmte hi a thlîrin mak a ti lutuk a, “Hetiang thilte hmua mak ti lo chu mitthi emaw, mitdel emaw a ni ngei ang,” tiin a sawi tawp mai a ni âwm e. Thil siamte makzia leh ropuizia kan hmuh hian anmani Siamtu fîng tak leh themthiam tak a awm ngei a ni tih kan ring nghâl thîn. “Pathianin a thil siam tinrêng chu a en a, ngâi teh, thâ a ti êm êm a,” (*Gen. 1:31*) tih a ni rêng bawk kha.

Mihringte pawh hi Pathian thil siam tha famkimte zînga mi vê tho kan ni a. Heti hian Pathian chuan a lo sawi a nih nghê nghê kha: “Kan anpuiin, keimahni ang takin mihring siam ila,” (*Gen. 1:26*) tiin.

Sawi Ho Tûr: Pathian anpuia siam tih hi eng nge ni a awmzia le?

“Siamtu kut aṅga Adama a lo chhuah chiah khân, *a taksa, a rilru leh a thlarau nihphungah* amah Siamtu ang nihna a kâi sâ a ni.”—Ellen G. White, *Education*, p. 15.

Mihringte nihphungah hian Pathian anpui nihna a awm a ni tih chu *Genesis 1:28*-ah pawh hian a lang a: “Pathianin anmahni mal a sâwm a: Pathian vêkin an hnênah, ‘Chi tam tak thlaha lo pungin, leilung hi luah khat ula, in thû thûin awmîr rawh u; tuifinriata sangha chungah te, chunglêng sava chungah te, thil nung leia bawkvâka kal zawng zawng chungah te thu nei baw rawh u,’ a ti a.” Pathian chuan thil a siam thei a, chutianga thil siam theihna chu mihringte hnênah hian a then azâr a pe chhâwng vê a ni.

Sawi Ho Tûr: Eng tiangin nge nangmah leh in kohhran kha in awmna vêla mîte nuna Pathian anpui nihna din thar leh tûrin Pathianin a hman vê che u?

Sawi Ho Tûr: Pathian meuhin ‘thâ a tih êm êm’ chu eng tiang taka thâ nge ni ang le? Entîrna eng eng nge pêk theih i neih le?

Chutianga ‘thâ a tih êm êm’ pakhat chu han sawi lang ila: “Adama kha, siam a nih lâi khân tûnlâi mîte âia a lêt sawm hniha thil ti thei zâwka siam lo ni ta lo se chuan, mihringte hi kan mang vek tawh ngei ang, a chhan pawh Pathianin leilung dân tûr a duan kalh hian thil kan ti nasa êm mai!”—Ellen G. White, *Testimonies for the Church*, vol. 3, pp. 138, 139

Heta Ellen G. White-i’ n ‘thil tih theihna’ a tih hi eng chiah nge ni tih chu kan hre lo va. Mahse, scientist thenkhat chuan thil nungte timûrah hian chakna thâ pe chhuaktu a awm niin an sawi vê tlat mai. Chu chu *mitochondria* tiin an sawi a. I taksaah khân *mitochondria* a awm tam poh leh, chakna thâ i ngah dâwn tihna a ni. Zirbingna pakhat chuan infiam mîte hian infiam vê ngâi lote âi in hêng *mitochondria* tam tak hi chu a lêt hnih âia tam mahin (200%) an nei tam zâwk tih a târ lang a. Hêng infiam mîte taksa chakna thâ awm zât an han teh hian infiam vê ngâi lêm lote âi chuan chakna thâ za zêlah 25¹ an nei tam zâwk tiha a ni.

¹University of Southern Denmark Faculty of Health Sciences, “New Research on the Muscles of Elite Athletes: When Quality Is Better Than Quantity,” *ScienceDaily*, November 2, 2016, <http://www.sciencedaily.com/releases/2016/11/161102132208.htm>.

Adama khân tûnlâi mîte âi hian a lêt 20 vêlin (zaa 2,000) thiltihtheihna a nei tam zâwk a. *Mitochondria* kan neih tam poh leh thiltihtheihna nasa zâwk kan nei dâwn a nih sî chuan, Adama khân tûnlâi mîte âi hian a lêt 20 vêlin *mitochondria* a nei tam zâwk dâwn tihna a ni ang. Tûnah khân Adama nêna awm dún angin han inchan teh. Amah aṭang khân chakna thahrui a rawn chik chhuak pur pur ta emaw i ti hial mai thei a ni.

Evi leh Adama te kha thiltihtheihna nasa tak pêk an ni mai lo, “amah siamtu kut aṭanga Adama lo chhuah chiah khân piangphungah pawh sâng ṭha zeih zawih, inphut mâwi tâwk tak a ni a. Tûnlâi mi vântlângte âi hian a lêtin a sâng zâwk bawk a ni.”—Ellen G. White, *Spiritual Gifts*, vol. 3, p. 34.

Pathian meuh pawhin a thil siamte hi ‘ṭhâ a ti êm êm a,’ chuvâng chuan a ṭha êm êm a ni tih a chiang.

Sawi Ho Tûr: Tûnah hian Adama bula awm angin han inchan chhin teh ang u. Keini âia a lêt 20 vêla thil ti thei zâwk, chak zâwk a ni dâwn a. Khawiah emaw kê-a kal ho tûr ni ta ila, kalpui a hahthlâk ve ngawt lo’ng mâw

Sawi Ho Tûr: Pathian kutchhuak ‘ṭha êm êm’ leh mihring, amâ anpuia siamte hi *evolution theory*-in a sawi dân ang, mihringte hi hun+thil+tihpalthilthû-a lo awm an ni tih nêh hian han khâikhin teh u.

Sawi Ho Tûr: Eng tiangin nge *evolution theory*-in a sawi dân hian mihring nihna kan thlîr dânah nghawng a neih le?

Tûna kan dinhmun ang hniam tawh takah hi chuan kan thil thlîr dân hrim hrim hi her dik a ṭul tawh a. Chutiang thlarau lam ‘tarmit’ chuan kan za vâi hian suala tlu tawh, mi ṭhenkhat chu keimahni duh dân anga lang lo leh thil ti lo ni mah se, mihringte zawng zawng hi Pathian anpuia siam vek kan ni (*Gen. 1:26, 27*) tih hmu thei tûrin min pui dâwn a. Mîte hi hmangaihna leh zahna mita kan hmuh a pawimawh khawp mai a—tûnah hian

chutiang chu kan ti thei lo a ni mai thei e; mahse, kan nuna Pathianin hnâ a thawh hunah chuan kan thei ngei thung ang.

“A mîte hniam taka an inhmuh hian LALPA chu a lungâwi lo hlê thîn a. A rokhâwm tûra a thlante chu amahin an man a chhiar ang hû tâwk vêla hlua inngâi tûrin a duh a ni. Pathian chuan a duh a, duh lo ni se anmahni tlan chhuahna tûrin a neih hlu ber a Fapa a rawn tîr hauh lo vang.— Ellen G. White, *Chatuan Nghahfâk*, p. 650.

Sawi Ho Tûr: Eng vângin nge mihringte hi hlu tak vek kan nih le? Pathian siam leh tlan kan ni tih rilrua hre chungin, chapona tih leh mahni inngaihhlutna tih hi a danglamna sawi rawh u. Eng tiangin nge mi tin hian hlutna kan nei theuh a ni tih hriatna hian in kohhran rawngbâwlina kawngah khân nghawng a neih le?

Pathian Lehkha Thû: “Pathianin, ‘Kan anpuiin, keimahni ang takin mihring siam îla, anni chu . . . lei chung zawng zawngah te, rannung leia bawkvâka kal zawng zawng chungah te thû i neihtîr ang u,’ a ti a (*Gen. 1:26*). “Pathianin anmahni mal a sâwm a: Pathian vêkin an hnênah, ‘. . . in thû thûin awmtîr rawh u; tuifinriata sangha chungah te, chunglêng sava chungah te, thil nung leia bawkvâka kal zawng zawng chungah te thû nei bawk rawh u,’ a ti a (*Gen. 1:28*). “LALPA Pathian chuan mihring chu a hruai a, Eden Huanah chuan a enkawl leh a vêng tûrin a dah ta a,” (*Gen. 2:15*).

Pathian thil siamte leh lei chung thuneitu nihna emaw, rorêltu nihna emaw hi Pathian anpuia siam nihnain a ken tel pakhat a ni vê rêng a. Leilung leh a chhûnga thil awm zawng zawng hi Pathian tâ vek niin (*Sâm 24:1*), an chung rorêltu pawh amah a ni a, keini hi chûng a thil neihte enkawltute chu kan ni. Thil mak deuh mai chu, Rorêltu-in mihringte hi amah rorêlpuitu atâna min siam tlat hi a ni.

Mihringte hi kan mihringpuite nêna inzawmna nei vek kan ni a ni ngawt lo; thil siam zawng zawng hi kan inzawm kual vek zâwk a. Amah Pathian ngei pawh hi a thil siamte nêan inzawm a ni (*Tirh. 17:24–26* en la.) Bible-in mihringte leh ransate inanna a sawite hi

ngun takin ngaihtuah la, eng nge a sawi tum tak ni ang tih hriat tum ang che. Mihringte leh ransate (thil nung zawng zawng tihna a ni) hi:

- Lei aṭanga Pathianin a siamte a ni [khawmuala chêng chi ransâte (*Gen. 1:24, 25; Gen. 2:19*); mihringte (*Gen. 2:7*); savâte (*Gen. 2:19*)].²
- Nunna thâw an nei ṭheuh (*Gen. 2:7; Gen. 7:15*).
- Pathian malsâwmna an dawng ṭheuh a [tuia chêng chite leh thla nei savâte; mihringte (*Gen. 1:21, 22, 28*)]. Pathian thu anga lo nung vek an ni bawk [thil nung zawng zawng (*Gen. 1:31*)].
- A tîrah chuan châw âtân thlâi hnah leh rah, theirah ring tûra tih vek an ni [mihringte (*Gen. 1:29*); khawmuala chêng chi ransate; thla nei savâte (*Gen. 1:30*)].
- Thil nung dangte tihlum thei an ni [mihringte (*Gen. 4:8*); ransate (*Gen. 37:33; 2 Lalte 2:23, 24; Dan. 6:24*); mihring vulh rante (*Exod. 21:28–32*)], leia bawkvâka kal chî-te (*Nam. 21:6*).
- Pathian thuthlungah an zavâiin an tel vek (*Gen. 9:12*).
- Sabbath chawlhna chhawrtute an ni [mihringte; mihring vulh rante (*Exod. 20:10*)].

²Bible-ah hian tuia chêng chi thil nungte hi lei aṭanga siam an nih thu sawina hmu lêm lo mah ilar, khawmuala chêng chi ransate a siam nî-a siam ve tho an ni tih erawh kan hre thung: “Tichuan Pathianin Tuipua sa lian pui puite chu a siam a, thil nung che thei tinrêng, tuiin a chhuah ṭheuhin a siam bawk a, sava thla nei tinrêng pawh anmahni chi awm dân tûr ang ṭheuhin a siam bawk; Pathianin chu chu a en a, ṭhâ a ti hlê a” (*Gen. 1:21*). Tuia chêng chi thil nungte hi eng mah lo aṭanga siam emaw, lei vaivut hmanga siam emaw chu an ni hrim hrim a. Tuia chêng chi ransate leh savâte hi, thil nung dangte ang bawkin an thih hnu hian leia an kîr leh vek avângin (eng mah lo aṭanga siam chu ni thei tho mah se) an zavâi hian lei aṭanga siam an ni ang tih a rin theih a ni.

- A fa piang hmasa ber chu mipa/a pa a nih chuan LALPA tâna serh hran zêl tûr a ni [mihringte; mihring vulh rante (*Exod. 13:12, Num. 3:13*)].
- Rah tam tak chhuaha lo inthlah pung zêl tûra hrilh an ni [tuia chêng chî-te; thla nei savâte (*Gen. 1:22*); mihringte (*Gen. 1:28*)].³

Eng tiangin nge i Pathian thu lâk dân?⁴

‘Lei chung zawng zawnga’ thil awmte enkawltu kan nihna hian eng chin nge a huam? Eng tiangin nge kan chheh vêla thil siam awm zawng zawng duat taka enkawltu kan nihna leh kan ‘ûnaupa vêngtu’ kan nihna (*Gen. 4:9*) hian kan nun dân leh rawngbâwlinaah nghawng a neih le?

THEN 3-NA: NUNA BEL TÛR

Sabbath School class-in a tum chu thut hova Bible thû leh Pathian thu eng eng emaw sawi ho a ni ngawt lo tih hriat reng tûr a ni a. Tûn kêr zirlâiah hian sual chuan Pathianin nei tûra min duhsak êm êm, amah nêna kan inlaichînna chu a lo tichhe tawh a ni tih kan hmû a. Chuti chung pawh chuan, thil siamte enkawl hna hi kan kovah a la tla reng tho a, kan mihringpuite vêngtu tûr pawh kan la ni reng bawk. Chu chu rilru-a hre chungin hêng zawhnate hi chhâng ang che:

❶ Leilunga thil awmte zîngah hian eng engte nge ‘tha êm êm’ la awm tih hre tûrin thlîr kual la, a mâwizia hmuh thiam tum bawk ang che. Tûn kêrah ngei hian khaw pâwnah lêng khawhawng ula. Thil ‘tha’ eng engte nge hmuh tûr la awm tih hre tûrin hawi kual rawh u. In va kalnaa lungtum mâwi deuh te, thingnah mâwi deuh te

³Jo Ann M. Davidson, “Who Cares?” *Adventist Review*, June 25, 2009, pp. 51–54.

⁴Jo Ann M. Davidson, “And It Was Good,” *Adventist Review*, August 21, 2008, p. 11.

chu in inah hâwn ula. In chhuar remchâng lâiah dahin Pathian thil siamte mâwizia hriat chhuah lehtërtu che uah in hmang dâwn nia.

② In kohhranin emaw, nangmahin emaw mi harsa in ÷anpui leh hunah he zawnha hi inzâwt ang che: “He thil kan tihsak hian kan thilphalna bâwihah a siam hlauh zâwk ang em aw?” tiin. Tawngkam dangin han sawi ila, in mi ÷anpuiate tâna hmasâwn vena tûr, hma lam hun êng an neih ve theihna tûr ang zâwngin in ÷anpui em? Enkawltu nihna thilnung pu ve tûrin in siam em? In chhânna chu hêngte hi rilru-a hre chungin in sawi ho dâwn nia: Entîr nân, mi tute emaw chu chawlhkâr tin Nilaini apiangin an ei tûr châw in sem ziah a, chûng mîte chu a kâr lehah, a thla lehah pawh kum 10 chhûng chu an lo kal ziah em? An lo la kal chhunzawm zêl a nih chuan, chûng mîte chu an nun leh an chheh vêla thil awmte chung a thuneitu ni thei tûrin kan lo ÷anpui miah lo tihna a ni ang.

Note: _____

