



**Bible Châng Thlûr Bing Tûr:** *Exodus 31:16.*

**ṬHEN 1-NA: ZIRLÂI TLÂNGPUI THLÎRNA**

Sabbath chu hun khawhralna satliah mai a ni lo; Pathian nêna inlaichînna awmze nei leh ṭha tak kan siam thar leh theihna hun a ni zâwk a. Kan nuna Pathian tih lo thil dang zawngte kan dah ṭhat rihna nî niin, amah nêna kan inlaichînna kan tingheh leh zualna nî tûr a ni bawk.

**ṬHEN 2-NA: ZIR ZÂUNA**

Sabbath awmzia dik tak hi a ṭobul kan ngaihtuah a nih chauhin kan hre thiam thei ang. Genesis 2:3-a kan hmuh “châwl” tih thumal hi Hebrai ṭawng, *shabath* (châwl, lâwm, hnathawh lâi chawlhsan, tâwpsan, tifamkim, Sabbath vawng, serh) tih aṭanga lo kal a ni a. Thil ngaihnawm deuh mai chu, he thumal leh chawlkhâr tina *shabbat* (sabbath) serhna inzawm tlat hi a ni. Leviticus 25:2 chhiar la. He lehkhabu Francis Brown-a te ziah, *The Brown-Driver-Briggs Hebrew and English Lexicon* (pp. 991, 992) tih hi i neih chuan chhiar bawk ang che.

**A tîrah**

A tîrah kha chuan thil sual ti lo tûra inkhapna dân hi Evi leh Adama te hnênah pêk a la ṭûl lo va, a chhan pawh sual a la

awm rih miao loh vâng a ni. Kawng lehlamah chuan, “Pathian dân kan tih hi mihring siam a nih hma pawh khân a lo awm daih tawh tho a, awm lo ni se Adama khân thil sual a ti thei nâng.”—Ellen G. White, *Signs of the Times*, March 14, 1878.

Chutih rual chuan, Adama siamtu a Pa-in Sabbath a serh chhan kha chu serh tûra thupêk a awm vâng a ni lo thung a. Eden thlîrna tlâng atang chuan, fapa khân amah siamtu a Pa tih dân a zui ve mai zâwk a ni. Chutiang chu a nih avângin, Juda hnam pian hma kum za eng emaw ti ral ta khân Sabbath hi a tlukpui awm lo ni danglam bik lo ni daih tawhin, Krista chu lei leh vâng siamtu leh an chung a lalber a nihzia a rawn nemnghet a ni (*Mat. 12:8, Marka 2:28, Joh. 8:58 chhiar rawh*).

Chuvângin, *Shabbath* (Sabbath) hian thurin lam ngawt ni lovin, lei leh vâng pum puia pawimawhna a neihzia a tilang ta a. Yahwehan a thil siamte a hmuh dân a tilang a ni. Heti hian sawi ta ila, hemi nî-ah hian Yahweha chuan a chhinchhiahna a chhu kâi a, chu chhinchhuahna a chhut kâi chu lei leh vâng siamtu a nihna thuthlung danglam ngâi lo a ni. Chutiang chu a nih avângin, ni sarhih nî-a Yahweha a *chawlh* khân, lei leh vâng pum puia awmte tihhmuh a tum tih a lang.

“Sabbath hi chakna thar kan lo neih leh theihna tûra chawlh hahdamna a ni a. Ni ruk chhông hna thawk a, ni khat chawlh hahdam a ni. . . . Lei leh vâng pum pui kal dân tûr rêl feltu chuan heti hian a sawi a: ni khatna, ni nhihna, ni thumna, ni lina, ni ngana, ni rukna; ni sarhih ni chu chawlh hahdam tûr tiin”—Charles E. Bradford, *Sabbath Roots: The African Connection*, p. 58.

“Thupêk palî-na Sabbath hi Eden huanah khân din a ni.”—Ellen G. White, *Spiritual Gifts*, vol. 3, p. 295.

### **Sinai Tlâng thlen hmâa Sabbath**

“Ram thar rawngbâwlna lam buaipuitute chuan African mite zînga Hebrai mite ngaihtuahna hmun a chan thûkzia an hria a. . . . Kum zabi sawm nhihna tûr lama African kohhran hruaitu pakhat, W.W. Oliphant-a chuan ‘Ethiopa ramah chuan Ninrod-

a hun lâi, B.C. 2140 vêl (Gen. 10:8, 9 chhiar la) aţang tawh khân Sabbath hi an lo serh tawh a, chuti a nih chuan Mosia pian hma kum 700 vêl daih tawh aţang khân a ni tihna a nih chu. . . . African mite (Ethiopia mite) chuan Kush mi Nimrod-a hun lâi aţang daih tawh khân Sabbath an lo serh tawh a ni.”—Charles E. Bradford, *Sabbath Roots: The African Connection*, p. 26.

### **Thuthlung chhinchhiahna**

“Sabbath hi ‘in thlahte thlenga keimah leh nangmahni inkâra [thuthlung] chhinchhiahna a ni si a’ (Exodus 31:13; Ezekiel 20:12). . . . Rilru dik tak nêna Sabbath serhtu chuan Pathian nêna inlaichînna him leh nghet a neihzia a tilang a ni.

“Chhinchhiahna a nih ang ngeiin Sabbath hian ringtu thinlungah a hmasa berin LALPA chu a thuthlung LALPA a ni tih hriatna a neihtîr phawt a. Tin, LALPA chuan a mite a ‘tithianghlim’ a ni a ti tih a hrih bawk (Leviticus 20:8; 21:8; 22:32; Ezekiel 37:28). . . .

“Sabbath hian chhinchhiahna a nih angin thil dang pawhin hna a thawk a. Mi dangte laka ringtute danglamna tilangtu niin, sakhaw dang betute emaw, Sabbath serh ve lotute emaw hnênah Pathian leh Sabbath serhtute inkâra inlaichînna danglam bîk tak a awmzia a tilang.”—Gerhard F. Hasel and Michael G. Hasel, *The Promise: God’s Everlasting Covenant*, pp. 86–88. (*Exodus 32 leh Deut. 5:15.*)

### **Tihthianghlimna chhinchhiahna**

Thil siam hriat rengna Sabbath hi Pathian hmun thianghlim, huna inphûm nghet tlat a ni. Heti hian ţawngkam dangin han sawi ila: “Yahweha chuan a ţha thei ang bera thil a siam zawh hnu khân a thil siamte chu ţha a tih êm êm thu a puang a. Chutichuan, themthiam tak a nih ang ngeiin ruhrêl aţang chuan thil special tak, Sabbath, nî azawnga ni ropui bîk chu a siam chhuak ta a. He nî hi ama thinlung ngei aţanga lo chhuak thilthlâwnpêk hlu bîk a ni.

“Pathian chuan Sabbath hi siamin mihringte hnênah a pe ta a ni lo va. Chutiang ni lovin, Evi leh Adama te kha a siam phawt a, tichuan an hnênah hian Sabbath chu a pe ta a ni zâwk.”—Charles E. Bradford, *Sabbath Roots: The African Connection*, p. 51. (*Ezek. 20:12, 20 en ang che.*)

### **Sabbath hre rengin**

“Israel-te khân zâwlneite thlamuanna atân chauh an thenawma awm ve hnam dangte kha an hre Chiang a. . . . Tualzâwlah mei chhêmin chu chu an âi ho va, tichuan upate chuan thil siam chanchin sawiin, ni hran hrana Pathianin thil a siamte kha an sawi lang a, thil zawng zawngin a tinzâwn Sabbath phei chu an sawi tui thei bîk hle thîn. Thil eng kim siamtu Pathian laka an hel a nih chauhin Sabbath hi an theihngihl thei ang.

“Hei vâng hian a nia Sabbath thupêk pawh hi ‘hre reng rawh’ tih tawngkam nêna bulṭan a nih rêng ni. Sabbath chuan thil siam a nih lâia thil thlengte kha min ngaihtuah lêtṭîr thîn (Ex. 20:8–10).

“Yahweh-a chuan vawiinah hian Sabbath hre reng tûra thu min pe a nih si chuan, serh tûra thu a lo pêk hmasak ber hun pawh a awm ngei ang. Dik takin sawi ila, hei ngei hi ni ruk chhûng ni tin a pêk a, ni sarh ni-ah erawh a pêk loh thîn manna an dawn thîn dân atang pawh khân a Chiang hle. Khatih lâi hunah pawh khân serh tûr a ni tih thupêk chu a tharin hrilh tawh hran lo mah se, anmahni khân serh tûr a ni tih chu Sinai tlânga pêk an nih hma pawh khân an hre êm êm tawh tho a. . . . Dik takin, ‘hre reng rawh’ tih tawngkam belh kher a ni hian a hma pawh khân pêk a lo ni tawh a, a hran a hrâia sawi thar ziah a ngâi lêm lo a ni tih a tilang.”—Charles E. Bradford, *Sabbath Roots: The African Connection*, pp. 79, 80.

“‘Hre reng rawh’ tih tawngkam telh a nih chhan chu “Sabbath LALPA tâna keimahni awm a, a hnênah ‘aw’ tih kan sawi theihna tûrin a ni. Keimahni thil tih rinchan lo va, Pathianin kan tâna thil a tih zâwk chu rin chhan tûr kan ni. Keimahni duhzâwng

ringawt buaipui lovin, mi dangte mammawh phuhrûksak dân kawng pawh kan zawng tel ve thîn tûr a ni a . . . . Mahni intheihnghilhin, Mari'n an mikhual Krista a lo buaipui ang khân mi dangte tanpui duhna rilru kan put ve a ngâi bawk.”—Samuele Bacchiocchi, *Divine Rest for Human Restlessness: A*

*Theological Study of the Good News of the Sabbath for Today* (Berrien Springs, MI: Published by Author, 1988), p. 99.

### THÊN 3-NA: NUNA BEL TÛR

**Ngaihtuah zui atân:** Pathian dân chuan Sabbath hi thianghlim taka serh tûr a ni tih leh, hemi ni hi chuan hna kan thawk tûr a ni lo tih min hrilh a. Hebrai mite chuan he thupêk hi an la thutak hle thîn nghe nghe. Farisaite leh dân zirtîrtu dangte phei chuan thil rit eng emaw phur/châwi ringawt pawh hna thawk angah an ngâi a ni. Rit phur tihin a huam chin pawh chipchiar takin an sawi nghe nghe a. Theipui hnah ro rih zâwng nêna inang tawh rêng rêng chu chaw pawh ni se rit a ni vek a, hrawka lem tâwk âia tam bawngnhute in chu rit phur a ni a, hliama hnawih tâwk âia tam khawizu ken chu rit phur a ni bawk, chutiang zêl chuan.

❶ **Khatiang taka chipchiara dân tesep an siam tam avâng khân an vêngten Sabbath nia tih tûr leh tih loh tûr an tih leh tih loh thu-ah an inhnial nasa thei hle âwm e. Keini pawh hi anni ang bawk khân Sabbath ni-a tih tûr leh tih loh tûr tih leh tih loh thu-ah hian kan fet lutuk ve tho lo maw? Dân tesep uar leh lutuk nih hi eng nge a hlauhawmna awm? Bible nêna inrem thlap ni hran lo kohhranin tehfung a siamte hi chu kan paih vek tûr tihna a ni em? Han sawi fiah teh.**

❷ **Eng zirtîrna pawh ni se, pâwn lam lang theia zawm chi chauh thilte sawi mâwina sakhua a piantîr chuan zirtîrna dik lo a ni tia sawi thîn a ni a. Eng tiang chiahin nge thlarau mi-na—Krista nêna mi an inlaichînna—hi sakhaw**

serh leh sâng zawmna nên ngaih pawlh a awl êm êm le? Chutianga lo ngaih pawlh chu eng nge a hlauhawmna awm? Chumi thangah chuan Seventh-day Adventist Kohhran hi a awh ve a hlauhawm em?

③ Hmân lâi chuan Juda-te khân an Sabbath serh dân avângin mi thatchhia nih an hlawh thîn a. I Sabbath serh dân kha han en la, miten dân zâwm angin nge Pathian hmangaihtu ang zâwkin an hmuh che i rin? Dân zâwm tih leh Pathian hmangaih tih hi eng nge ni a danglamna awm? I Sabbath serh dân te kha Sabbath nia thil tih theih leh tih theih loh chungchângah ringawt em ni a inkhûr khung? Nge ni a, i Chhandamtu nêna in inlaichînna tihchaktu an ni zâwk? Han sawi ho teh u.

④ Thuthlung thar chu Pathian leh nangma inkâra inremna niin, chu in-inremna chu inlaichînna tha tak in neihnaa inngat a ni bawk. Sabbath hi Pathian nêna hun tha tak in hman dun theihna nê tûr a ni a. Chuti a nih chuan, Sabbath serh hi Pathian nêna thuthlung inlaichînna neihna tûra thil pawimawh tak a ni. Eng tin nge Sabbath thianghlimna leh hlimawmna chu mi mal leh a huho nunah hian kan châwi nun thar leh theih ang?

⑤ Sakhaw mi tak takte hian chawlhkâr khata ni khat tal hi chu Pathian hnêna hlan an châk vek âwm e. Mi thenkhat chuan ni tin hi Pathian tân an hlân vek niin an sawi bawk. Amaherawhchu, eng ni-ah pawh ni mai lovin, amah châwimâwina nê tûra ama'n a lo ruat sa nê ngeia kan châwimâwi hi a duh a ni tih kan hriat theihna tûr eng nge awm le?

⑥ Kan tûn lâi khawvêlah hi chuan kan hun leh kan sum leh pâi te hi keimahni hlimna leh nuam tih zâwng tih nân kan hmang nasa hlawm êm êm mai a, chutianga kan tih chuan kan rilru pawh a thawveng huai thîn niin kan ngâi bawk. Eng tiangin nge Sabbath nia kan neih tûr chawlhna

hi mahni hlimna leh nuam tih zâwng tihna nêh hian a danglam a ni tih kan hriat theih ang?

- ⑦ Pathian hi chuan taksa hah avânga chawlh hahdam kan mamawh ang hian a mamawh ve lêm lo mai thei a. Mahse, Genesis hi chuan ni sarîh nê-a Pathian a chawlh thu min hrilh si. Eng vângin nge Pathian hian a hna thawh lâi chawlhsâna “chawlh” a lâk ve le?
- ⑧ Bible-ah hian (entêr nân, *Exod. 31:13*) Sabbath chu Israel-te chhinchhiahna a nih thu hrilh kan ni a—Pathian hnêna kan inpêkzia tilangtu a ni kan ti thei bawk âwm e. Sabbath hi siam a nih chhan kalh zâwng chiaha serh theih a ni ang em? Eng tin nge Sabbath kan serh dân hi Pathian duhthusâm ang tak a ni tih chiang takin kan hriat theih ang?
- ⑨ Eng tiangin nge Sabbath hian pathian dangte emaw, miten chibai an bûk thil dangte emaw laka Pathian danglam bîkzia min hrilh le?
- ⑩ Sabbath hi tehfunnga hmangin, i sakhaw thurin kha serh leh sâng thilte-a innghat nge ni a, Isua nêna in inlaichînnaa innghat a ni zâwk tih en chhin teh. Sabbath nia Isua thil tihte khân eng tiangin nge a Pa nêna an inlaichînna thûkzia a tihlan? Sabbath i serh dânah khân eng engte nge thlâk danglam ngâi awm?