

ZIRLÂI 9-NA

MAY 22–28, 2021

THUTHLUNG CHHINCHHIAHNA

CHÂNGVAWN: “Chutichuan, Israela thlahte hian chawlnî chu an thlahte thlenga kumkhuaa thuthlun nân chû chawlnî chu an serh tûr a ni” (Exodus 31:16).

SABBATH CHAWNÛ

MAY 22

Chhiar Tûrte: *Genesis 2:2, 3; Exodus 20:11; 16; 31:12–17; Deuteronomi 5:14; Hebrai 4:1–4.*

ZIRLÂI THLÎR LÂWKNA: Sabbath hi khawia lo intan nge a nih? Sabbath hi Sinai Tlânga thu thlun a nih hmâ khân a lo awm tawh thîn a ni tih finfiahna eng nge awm? Sabbath hi thuthlung chhinchhiahna âwm rêng a nih chhan chu eng nge ni?

NI SARIH nî Sabbath hi chatlak châng awm miah lova lo inher chhuak ziah thîn, Seventh-day Adventist kan ni tih kan hriat reng theihna tûra min puitu tha tak a ni a. Chawlhkâr tluanin hna hrang hrang kan thawk a, kan buai êm êm a; hmun hrang hrangah kan kal kual a, pawisa thawk chhuakin hun kan hmang ral bawk a; chutianga buai rêng rênga kan inhman kâr tluan hnû chuan Sabbath a lo thleng a, kan thurin zawng zawng inngahna nêchuan thlun zawm kan lo ni leh ta thîn a ni. Sabbath hian Seventh-day Adventist kan nihna anga kan tâna thil pawimawh ber berte chu hre reng thei tûrin min pui a, a chhan pawh Pathian chuan Sabbath hi siamin, keimahni pawh min siam vâng a ni.

Sawi tâk angin, Sabbath chu chatlak châng awm miah lovin chawlhkâr tin a rawn inher chhuak ziah thîn a. Kan nun pêng tinrêng mai hi rawn luah khatin, kan nun pum pui hi Siamtu, hê leia min dahtu, “a tîra” lei leh vânte Siamtû tâ a ni tih hre reng tûrin min pui bawk. Pathianin lei leh vân a siam tih thû hi Kristian thurin zawng zawng inngahna laimû chu a ni a; ni sarinh nî Sabbath hi Pathianin min siam a nih tih chhinchhiahna hnial thlâk rual loh leh, phat rual loh chu a ni bawk.

Tùn kâr chhông hian Sinai Tlânga siam thuthlunga Sabbath-in pawimawhna a neih dân kan thlîr ho dâwn a ni.

SUNDAY

MAY 23

A tîrah

Mi tuten emaw, “Sabbath hi chu hmânlâi Juda-te chawlnhî alâwm” tia an sawi hi kan hre tawh thîn âwm e. Mahse, Pathian Leikhabu chuan Juda hnam a pian hmâ daih pawh khân Sabbath chu a lo awm tawh a ni tih chiang takin a sawi a. A ÷obul chu thil siam a nih lâi daihah khân chhui luh a ni.

Genesis 2:2, 3 leh Exodus 20:11 chhiar la. Hêng chângte hian Sabbath ÷obul nia an sawi chu eng nge ni?

Genesis 2:2, 3 hian “ni sarîh nî” chu Sabbath nî angin sawi chiah lo mah se (ni sarîh nî hi Sabbath a ni tia sawi hmasakna ber chu Exodus 16:26, 29 a ni), “ni sarîh nî chuan a châwl ta a” (*Gen. 2:2*) tih ÷awngkam hian ni sarîh nî chu Sabbath a nihzia chiang takin a tilang tho a ni. *Châwl* tih thumal (Hebrai ÷awng chuan, *shabat* tih a ni a) hi thil hming sawina thumal (noun), *Sabbath* (Hebrai ÷awng chuan, *shabbat* tih a ni a) nêh a inzawm tlat a.

“ ‘Sabbath’ tih thumal tak hi chu [Genesis 2:2, 3-ah hian] hman a ni lo va; chutih rual chuan, Genesis leikhabu ziaktu hian Pathianin ni sarîh nî chu Sabbath a nihna anga malsâwmin a tithianghlim tih hi sawi a tum ni ngeiin a lang tung.”—G. F. Waterman, *The Zondervan Pictorial Encyclopedia of the Bible* (Grand Rapids, MI: Zondervan Publishing House, 1975), vol. 5, p. 183. Thil lang chiang ta chu, Genesis 2:2, 3 hian Sabbath hi mihring zawng zawngte tâna malsâwmna nî ni tûrin Pathianin a lo siam tih hi a ni.

Marka 2:27 chhiar la. Hetah hian Isua chuan Sabbath hi “mihring” tâna siam a nih thû a sawi a, a awmzia chu Sabbath hi

Juda-te tân chauh ni bîk lovin, mihring zawng zawng tâna siam tihna a ni.

Eng vângin nge Amah Pathian ngei pawh kha ni sarih nî-ah a chawlh? Chawlh hahdam a mamawh vê em ni? Khatianga a chawlh chhan kha thil dang eng nge awm?

Bible thu hrilh fiahtu thenkhat chuan Pathian hian khatia thil siam hnâ a thawh zawh hnû khân taksa hahchawlhna a mamawh vê tho niin an sawi a; mahse, a chawlh chhan tak zâwk chu mihringte tâna entawn tûr hnutchhiah a duh vâng a ni. Mihringte pawh hi Amah ang bawka ni ruk chhông hna thawk a, a ni sarih nî Sabbath chuan châwl vê tûr an ni a. Pathian thu thiam (theologian) hmingthang tak Karl Barth-a chuan thil siam hnâ a thawh zawh hnû-a Pathian a châwl ta kha “khawngaihna thuthlung’ pêng pakhat niin, chutah chuan mihringte hi ‘Amah nêna châwl ho tûr leh, Pathian chawlhna tâwmpui ve tûrin’ a sâwm a ni a ti.”—*Church Dogmatics*, vol. 3, part 1 (Edinburgh, Scotland: T&T Clark Ltd., 1958), p. 98.

Pathian chuan a hmangaihna Amâ anpuia a siam mihringte kha, siam an nih tûkah Amah nêna châwl hova, innêl taka inkâwm hona neihpuiah a sâwm a. Kha an inpâwl hona leh chawlh hona kha kumkhuaa awm tûr a ni baw. Suala mihringte an tlûk tâk hnû pheih kha chuan an nuna Chhandamtu awmpuina an chan theihna ni ropui ber a lo ni ta baw a ni

Mi tu emawin, ‘eng tiangin nge Sabbath serh hian LALPA nêna in-inlaichinna a tihthat sawt?’ tiin zâwt ta che se la, eng tin nge i chhân ang?

THAWHTANNI

MAY 24

Sinai Tlâng thlen hmâa Sabbath serh thû

“Ani chuan an hnênah, ‘Chu chu alâwm LALPAN, “Naktûk hi chawlh dêr nî, LALPA tâna chawlhni thianghlim a ni e” a

tih chu: chuvângin a âwma âwm in duh leh âwm ulangin, a chhuma chhum in duh leh chhâm rawh u; chumi bâng chu a tûk lam atân in dah dâwn nia’ a ti a” (*Exod. 16:23*).

Exodus 16 chhiar la. Hê bungah hian Israel mîten Sinai Tlâng an thlen hmâ, thlalêra an awm lâia manna pêk thîn an nih dân kan hmû a. Hêngte hi lo chhinchhiah tûr a ni ang:

1. An ni khat tlâ tûr zêl chauh an chhar thîn tûr a ni a, ni ruk nî-ah erawh chuan ni hnih tlâ an chhar thîn tûr a ni thung.
2. Sabbath nî chuan *manna* a rawn tla ngâi lo.
3. Sabbath nî-a an ei tûr chu ni ruk nî-a (Zirtâwpnî) an chhar aṭang khân an dah hrang thîn a. Hetih lâi hian, ni dang chuan ni khat tlâ tûr bâk lo chhar khâwl pawh ni se a chhe vek thîn.

Engtin nge hê thû hian Sinai Tlânga dân pêk an nih hmâ hauh pawh khân Sabbath hi ni thianghlim bîk a nihzia a puan chhuah le? (*Exod. 16:23–28 en la.*)

“Dik tak chuan, ni sarîh nî hi Sabbath a nihna te, LALPAN Sabbath hi Israel mîte hnênah malsâwmna ni bîk a nih thu a hrilh te leh, Pathian thupêk anga Israel mîte ni sarîh nî-a an châwl ziah thîn te khân Sabbath hi khawvêl leh a chhûnga thil awmte siam a nih lâi khân siam a lo ni daih tawh a ni tih a tilang.”—G. F. Waterman, *The Zondervan Pictorial Encyclopedia of the Bible*, vol. 5, p. 184.

Exodus 16 hian han chhiar thuâka kan hmuh nghâl mai loh tûr Sabbath chungchâng sawi a nei nual a. Chûng a thil sawite chu i lo en teh ang:

1. Eng nî hi nge Sabbath atâna inbuatsaih nî chu ni?
2. Chawlhkâr ni âwm zînga eng nî hi nge Sabbath chu?
3. Sabbath hi khawi aṭanga lo kal nge ni?
4. Sabbath hi eng ang nî nge ni tûr a nih le?

5. Sabbath hi chaw nghei nî tûr a ni em?

6. Sabbath hi Pathian laka kan rinawm leh rinawm loh fiahna a ni em?

Sabbath awmzia i lo hriat thiam vê dân leh Exodus 16-a Sabbath chungchâng thû kan hmuh hi a inmil em?

THAWHLEHNI

MAY 25

Thuthlung chhinchhiahna

“Chutichuan, Israela thlahte hian chawlhnî chu an thlahte thlenga kumkhuaa thu thlun nân chu chawlhnî chu an serh tûr a ni. Keimah leh Israela thlahte inkârah hian kumkhuaa thuthlung chhinchhiahna a ni; niruk chhûngin LALPAN lei leh vâh a siam a, a ni sarîh nî chuan a châwl a; a intihahdam ta a ni sî a’ ti bawk ang che” (Exod. 31:16, 17).

Pathian Lehkhabu-ah hian Sabbath hi vawi li ngawt “chhinchhiahna” tia sawi a ni a (*Exod. 31:13, 17; Ezek. 20:12, 20*). “Chhinchhiahna” tih leh “entîrna” tih hi thil thuhmun a ni chiah lo. Entîrna tih chuan thil eng emaw kan hriat chhuah leh kan mitthlâ theih nân min ÷anpui a, a chhan pawh a entîr nêh chuan inanna eng eng emaw a neih vâng a ni (entîr nân, kuttum hi “thiltihtheihna” emaw, “chakna” entîr nân hman ÷hin a ni). Bible-ah chuan Sabbath hi “chhinchhiahna” a ni ang ngeiin, thuchah danglam bîk puan chhuahna atân hman a ni a. A chhinchhiahna ngawtah hi chuan thuthlung nêna inzawmna nei eng thil mah a awm lo thung. Sabbath hi thuthlung chhinchhiahna a nih chhan chu, Pathianin “inthlahte thlenga keimah leh nangmahni inkâra chhinchhiahna a ni sî a” (*Exod. 31:13*) a tih vâng chauh a ni.

Eng vângin nge LALPAN Sabbath hi thuthlung chhinchhiahna atân a hman le? Pathian nêna chhandamna

min pe thei inlaichînna kan neih chhinchhiahna atâna Sabbath hi hman a inhmeh riauna chhan eng nge awm? Thuthlunga pawimawh lâi ber chu thiltihin min chhandam thei lo va, khawngaihnaa chhandam kan ni tih hi a ni a. Hê thû hi hre rengin, chutiang inlaichînna chhinchhiahna atân chuan Sabbath hi hman a inhmeh êm êm chhan eng nge awm? (Gen. 2:3; Heb. 4:1–4 en ang che.)

Khawngaihna thuthlung chhinchhiahna a nih ang ngeiin, Sabbath chungchânga thil ngaihnaawm tak awm chu, kum za eng emaw zât chhûng Juda-te khân Sabbath hi Messia tlanna hnathawh chhinchhiahna anga an lo ngâi tawh thîn a. Sabbath-ah hian Messiaa chhandamna lo thleng tûr lo tem lâwkna chu an hmû a ni. Tlanna chu khawngaihna a tang chauha lo thleng tûr nia kan hriat avâng leh, thuthlung chu khawngaihna thuthlung nia kan ngaih bawk avângin, Sabbath leh Tlanna leh thuthlung te hi thil inzawm kual vek a ni tih a chiang hlê a (*Deut. 5:13–15 ang che*). Chutichuan, mi tam tak ngaih dân ang ni lo takin, Sabbath hi thiltih avânga chhandamna chhinchhiahna ni lovin, Pathianin min khawngaih avânga min chhandamna chhinchhiahna zâwk a ni.

Sabbath-a “châwl” tih awmzia hi eng tiangin nge i lo hriat thiam vê? Engtin nge Sabbath-ah chuan kan chawlh ang? Hemi nî hian “chhinchhiahna” a nihzia tilang tûrin ni danga i tih ngâi loh thil eng nge i tih ang? Mi tu emaw nangmah hretu che khân i awm dânrawn thlîr ta se, Sabbath hi i tân ni danglam bîk a nihzia arawn hmû ang em?

**NILÂNÎ
Tihthianglimna chhinchhiahna**

MAY 26

“Ka chawlh nîte hi in serh ngei ngei tûr a ni; in thlahte thlenga keimah leh nangmahni inkâra chhinchhiahna a ni

sî a; kei hi LALPA, nangmahni tithianghlimtu che u ka ni tih in hriat theih nân” (*Exod. 31:13*).

Exodus 31:12–17 hi Sabbath serh a pawimawhzia sawina niin, biak bûk sak dân tûr leh biak bûk rawngbâwlna kalpui dân tûr (*Exod. 25:1 aţanga Exod. 31:11*) a hrih hnû lawka LALPAN a pêk a ni.

Sabbath hi “chhinchiahna”—mita hmuh theih, Pathian leh a mîte inkâra inlaichînna awmzia *pâwn lama* pho langtu—anga sawina hmasa ber chu hêng chângte hi a ni a. Helâi thû-ah hian thu ngaihnawm tak tak, a awmzia hriat tuma zir tlâk a awm nual mai. Ngaih dân thar pahnih a rawn suih zawmte chu:

1. Sabbath hi *hriatna chhinchiahna* a ni.
2. Sabbath hi *tihthianghlimna chhinchiahna* a ni.

Hriatna chhinchiahna a nihna hi han sawi hmasa phawt ila. Hebrai mîten hriatna tih chuan thil awmzia hriat thiamna, inlaichînna leh rilrû-a a thawh dân te a huam a. “Hria” an tih pawh hian mi tu emaw chanchin kan hriat ang hi a kâwk ber lo va, chu kan mi hriata nê chuan inlaichînna ʒa tak kan nei tihna a ni. Chuvângin, *LALPA hria* tih pawh hian Amah nêna inlaichînna dik nei—a “rawngbâwl” (*1 Chro. 28:9*), Amah “ʒih” (*Isaia 11:2*), Amah “ring” (*Isa. 43:10*), Amaha “rinna nghat” leh Amah “zawng” (*Sâm 9:10*), a “hming lam” (*Jer. 10:25*) tihte a kâwk.

A chûnga Bible châng târ lante hi chhiar vek la. Eng tiang kawngtein nge LALPA “hria” tih awmzia hre thiam tûrin min ʒanpui le?

Sabbath hi tihthianghlimna chhinchiahna pawh a ni bawk a. LALPA chuan a mîte hi “tithianghlimin” (*Deut. 7:6*), hnam dang lakah a “serh hrang” a ni (*Lev. 20:8 nê khâikhin rawh.*)

Tihthianghlimna hnâ hi tlanna hnâ ang bawka Pathianin chhandamna leh tlanna hnâ a thawhna kawng ni vê tho a ni a.

Felna (thiam chantîrna) leh tihthianghlimna hi a pahnihin Pathian hnathawh vê vê a ni: “Kei hi LALPA, a tithianghlimtu che u ka ni” (*Lev. 20:8*). Chuvângin, Sabbath hi Thianghlimtu a nihna anga Pathian hriatna min neihfirtu chhinchhiahna a ni a. “Siamtu a nihna anga Pathian chhinchhiahna ni tûra khawvêl hnêna pêk Sabbath hi Tithianghlimtu a ni tih chhinchhiahna pawh a ni tel nghâl bawk a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 6, p. 350.

Sabbath nî leh tihthianghlimna hna thawh a nih dân hi ngaihtuah la. Hemi kawngah hian Sabbath serhin eng nge pawimawhna a neih? Engtin nge LALPA hian Sabbath kan lo serh vêna hi mi tihthianghlimna hmanrua atân a hman theih le?

NINGÂNĪ

MAY 27

Sabbath hre rengin

“Sabbath hi thianghlim taka serh tûr a ni tih hre eng rawh”
(*Exod. 20:8*).

Sabbath hi mihringte tâna “hriat reng” tûr chhinchhiahna a lo ni tawh thîn a, tûnah pawh a la ni reng bawk. *Hre reng* tih ÷awngkam a hmang hian chhan hrang hrang a nei thei a. A hmasa berin, thil eng emaw *hre reng* tih chuan thil kal tawh thlîr kîr leh, hun liam tawh thlîr lêl leh tih a kâwk. Chuti a nih chuan, Sabbath hian khawvêl leh a chhûnga thil awmte siam a nih lâi kha ngaihtuah lêl tûrin min hrilh a. Khatia ni rûk chhûnga thil siam hna thawh zawh a nih hnû khân, a ni sarhih nî-ah Sabbath hi siam niin, chu nî chu chawlh hahdamna leh Pathian nêna inpâwlina nî atân hman thîn tûr a ni.

A pahnihnaah chuan, tûn kan hun hman mêka Pathian thil tihte hi hre reng tûra hrilh kan ni bawk. Sabbath hi “hre reng” tûr kan ni a ni mai lo va (*Exod. 20:8*); kan “serhin” kan “vawng” thianghlim bawk tûr a ni (*Deut. 5:12*, RSV).

A tâwp berah chuan, Sabbath hre reng tih chuan hma lam hun min thlîrtîr bawk. Thianghlim taka Sabbath hi serh thîn tûr a ni tih hre rengtu chuan, Sabbath LALPA nêna hman dûn tûr hma lam hun nuâm tak, manhlâ tak leh awmze nei tak a nei a. LALPAA a awm reng avângin thuthlung inlaichînnaah a awm reng thîn. Thuthlung chu Pathian leh mihringte inlaichînna a ni tih kan hre thiam a nih chuan, chu inlaichînna tichaktu Sabbath hian dinhmun pawimawh tak a rawn luah lo thei lo va ni.

Pathian mîte chuan lei leh a chhûnga thil awmte hi siam niin, a Siamtu pawh an hre reng bawk a; chುವ်း chuan, Pathianin min chhandam a ni tih pawh hi an hre reng thîn. (*Deuteronomi 5:14*-ah chuan Sabbath hi Aigupa ram atâ Israel fâte chhanchhuah a ni tih chhinchhiahna anga sawi a ni a, chu chu Pathianah chhandamna awm ni tih entûrtu a ni). Lei leh a chhûnga thil awmte siam a nihna leh siam thar leh an nihna hi thil kal kawp tlat a ni a. Khatianga siam an lo nih avâng chauh khân siam thar leh theih an ni rêng bawk. Sabbath hi Pathian chu khawvêl Siamtu leh kan chhandamna Siamtu a ni tih min hriattîrtu chhinchhiahna a ni.

“Thianghlim taka a Sabbath kan serhna hmang hian a mîte kan ni tih kan tilang tûr a ni a. A Thu chuan Sabbath hi thupêk zâwmtûte kan ni tih chhinchhiahna a nih thû a puang . . . Pathian dân zâwmtûte chu vâna ințan Setana leh Pathian indonaa ropuiah Amâ lama țang an ni ang.”—Ellen G. White, *Selected Messages*, book 2, p. 160.

Hê thû LALPA zâwlneiin a sawi hi ngaihtuah la. Eng tiang kawngin nge Sabbath serhna hian thupêk dang pakuate zawmna âiin “thupêk zâwmtûte” kan ni tih a tihlan le?

ZIRTÂWPNI

MAY 28

Zir Belhna: *Thlahtubulte leh Zâwlneite* phêk 289–302-a “Tuipui Sen Ațangin Sinaiah” tih te chhiar ni se.

Thu Sâwm Pêkte hian Pathian leh mihring inkâra inlaichînna awm dân leh, mihring leh mihring inkâra inlaichînna awm dân a hrilh fiah Chiang tâwk hlê a. Hêng thupêk sâwm zîngah hian Sabbath serh tûr a nih tih thû hian hmun lailî ber a chang bawk. Sabbath serh tûr a ni tih thupêk hian Sabbath LALPA chu tu nge ni tih min hrilh a, a thuneihnain a huam chin leh neitu a nihna pawh Chiang takin a tilang bawk.

Hêng thil pahnihte hi lo chhinchhiah ila: 1) Pathian nihna: Yahweh (LALPA) a ni a, Ani chu Siamtu niin (*Exod. 20:11, Exod. 31:17*), dinhmun chungnung bîk a luah a ni; 2) a thuneihnain a huam chin leh neitu a nihna: “lei leh vên bâkah, tuifinriat leh a chhûnga thil awm zawnz zawnz” (*Exod. 20:11, NASB; Exod. 31:17 pawh en bawk rawh*). Hêng thil pahnihahte hian Sabbath serh tûr a ni tih thupêk hian hmâsâng Bible ram vêla chêng hnamten inremna thu an ziaha a sawi lan thîn ang a rawn sawi lang vê a ni tih kan hmû a. Chûng inremna lehkhahahte chuan: 1) an pathian nihna (a tlângpuiin milem pathian a ni thîn) leh; 2) chu an pathian thuneihnain a huam chin leh a ta neih chin te ziah lan a ni thîn.

“Thlarau Thianghlimin a thawh tihthianghlimna hian, Pathian chhinchhiahna neitûte leh chawlhni lem serhtûte danglamna a tilang a ni.

“Fiahna a lo thlen hunah chuan, sakawlh chhinchhiahna chu eng nge ni tih Chiang taka tihlan a ni ang a. Chû chu Sunday serhna hi a ni

“Pathian chuan ni sarh nî hi a Chawlhni (Sabbath) atân a lo ruat tawh a ni [Exod. 31:13, 17, 16 quoted].

“Mi rinawmte leh mi rinawm lote inkârah hian ramrî kham a ni a. An chala Pathian chhinchhiahna neih duh zawnge chuan thupêk palî-na Sabbath hi an serh ngei tûr a ni.”—Ellen G. White, *The SDA Bible Commentary*, vol. 7, pp. 980, 981.

Sawi Ho Túrte:

- ❶ **Leviticus 19:30** chhiar la. Biak bûk leh Sabbath inzawm dân a sawi hi lo chhinchhiah ang che. Sabbath hi chhinchhiahna a nih dân kan sawi tâkte kha ngaihtuah la, eng vângin nge biak bûk leh Sabbath a lo inzawm hi a pawimawh êm êm le?
- ❷ **Hê zawhna hi nangmah kha inzâwt ang che: “Sabbath serh hian LALPA nêna kan lên dunna kawngah min a tichak sawt em? A tichak sawt a nih loh chuan eng nge thlâk danglam ngâi awm?”**

KHÂIKHÂWMNA: Sabbath hi thuthlung chhinchhiahna, tlanna ruahmanin a vâwrtâwp a thlen hun thlenga awm reng tûr a ni a. Khawvêl leh a chhûnga thil awmte siam a nih lâi hunah khân min kîrpui leh bawk. Khawngaihna thuthlung chhinchhiahna a nih ang ngeiin, khawvêl leh a chhûnga thil awmte siam thar leh a nih a, Pathianin thil eng kim a siam thar leh hun tûr chu min thlîrpui bawk a ni.