

ZIRLÂI 10-NA

MAY 29—JUNE 4, 2021

## THUTHLUNG THARCHU

**CHÂWNGVAWN:** “Ngâi teh, nî-te chu a lo thleng dâwn tih hi LALPA thu chhuak a ni; chûng nî-ahte chuan Israel chhûngte leh Juda chhûngte hnênah thuthlung thar ka siam ang” (*Jeremia 31:31*).

SABBATH CHAWHNÛ

MAY 29

**Chhiar Tûrte:** *Isaia 56:6, 7; Jeremia 31:31–34; Hosea 2:18–20; Matthaia 5:17–28; 27:51; Hebrai 8:7, 8; 10:4.*

**ZIRLÂI THLÎR LÂWKNA:** Thuthlung hluiah leh thuthlung tharahte hian eng thil inangte nge awm? Dânin thuthlunga pawimawhna a neih chu eng nge ni? Thuthlung hi tûte tâna siam nge? Hebrai Lehkathawn ziaktu’n “thuthlung tha zâwk” (*Heb. 8:6*) a tih hi eng nge ni? Thuthlung leh vân biak bûk hian eng inzawmna nge a neih?

**L**HANCHINBÛ-a lemziak (cartoon) pakhatâh chuan sumdâwng Lian taka an hotupa hi sumdâwng hotu ni vê tho dangte hmâa a ding lâi tihlan a ni a. Chu pa chuan insûkna sahbawn dip dahna bâwm hi kengin, a hmâa dingte chu a hmuhtîr a. Chu bâwm pang leh chung vêla hawrawp lian taka inziak, *Thar* tih thumal chu chhuang deuh tak hian a han kâwk a, chu thumal chuan a sahbawn dip ken chu a thar a ni tih a tilang. Mahse, heti hian a sawi ta a, “Bâwm leh a chung vêla ‘Thar’ tih inziak hi thil thar awm chhun chu a ni” tiin. A awmzia chu, thil thar awm chhun, thil an tihdanglam awm chhun chu sahbawm dip dahna bâwm pang leh chung vêla *Thar* tih thumal a chhu tel vê chauh kha a ni tihna a ni a. Thil dang zawng chu a ngâi vek kha a la ni.

Hetiang deuh hi thuthlung thar pawh a ni e kan ti thei ang. Thuthlung inngahna, kan tâna beiseina a siam leh chuta kan tih vê tûr awmte chu thuthlung hluî, thuthlung hmasaa mî ang vek kha a la ni tho va. Thuthlung hi chu Pathian khawngaihna leh

zahngaihna thuthlung a ni reng zâwk a, mihringte tlin lohna leh chak lohna en khûmtu hmangaihnaa innghat a ni.

SUNDAY

MAY 30

**Ngâi teh, nî-te chu a lo thleng dâwn e. . .**

**Jeremia 31:31–34 chhiar la, tichuan hêng zawhnate hi chhâng ang che:**

- 1. Thuthlung siamtu tak hi tu nge ni?**
- 2. Heta dân a sawi hi tu dân siam nge ni a? Eng dân nge?**
- 3. Chhâng eng zâtna hian nge Pathianin a mîte nêna inlaichîna tha tak neih a duh thû sawi?**
- 4. A mîte tâna Pathian thil tih engin nge thuthlung inlaichîna nghahchhan siam?**

Thil Chiang tak chu: Hê *thuthlung thar* hi Sinai Tlânga Israel fâte nêna a lo siam tawh *thuthlung hlui/hmasa* nêna khân a danglamna a tam lo hlê tih hi a ni. Dik taka sawi phei chuan, Sinai Tlânga siam thuthlung kha thlâk a ngaih chhan chu a hlui tawh hrim hrim vâng emaw, a thîn tawh êm vâng emaw ni lovin, bawhchhiat a nih vâng zâwk a ni (*Jer. 31:32 en la*).

A chungazawhnate chhâna tûr Jeremia 31:31–34-a a awm vek hian “thuthlung hlui a thil tam tak kha thuthlung tharah pawh hian a la awm zui vê zêl a ni tih a tilang. Chuvângin, “thuthlung thar” hi “thar thawh leh thuthlung” ti pawhin a sawi theih ang a. A hmasa zâwk tihfamkimna emaw, hlen chhuahna emaw a ni.

**Jeremia 31:34 tâwp lam, LALPAN a mîte bawhchhiatna leh an سوالنا a ngaihdam tûr thû a sawina lâi hi en teh. LALPA hian kan thinlungah a dân chu ziaikin, keimahni chhûngah dah tûr thu sawi tho mah se, kan thinlunga ziaik dante kan bawhchhiat avânga kan سوالنا leh bawhchhiatna chu a ngaihdam tûr thû uâr takin a sawi a. Thinlunga dân dah tih leh سوالنا ngâidam tih hi a inkalh em? A inkalh loh a nih chuan, eng**

**vâng a inkalh lo nge a nih? Kan thinlunga dân thiltih ziaak a ni** (*Rome 2:15*) **tih awmzia hi eng nge ni** (*Mat. 5:17–28*).

Vawiin zirlâi inngahna Bible chângte hi chhiar la, engtin nge Thu Sâwm Pêkte (a bîk takin Sabbath) hi thuthlung tharah chuan eng mah hlutna nei tawh lo nia sawitûte chhân nân i hman theih ang? Hêng Bible chângachte hian chutiang lam hawi sawina thû chu a awm rêng em? Engtin nge hêng thûte hi Pathian dân la nun rengzia finfiahna atân kan hman theih ang?

**THAWHTANNI**

*MAY 31*

**Thinlungin hnâ a thawk**

Chhim lam lalram, Juda a tlûkchhiat dâwn hnaih, a ram mipuite pawh Babulon rama sal ni tûra hruai thlâk an nih lâi vêl khân, Pathian chuan a chhiahhlawh Jeremia hmangin “thuthlung thar” a rawn puang a. Hei hi Bible-a hê ngaih dân sawi chhuah a nihna hmasa ber a ni. Amaherawhchu, hmâr lama awm hnam sâwm, Israel lalram tia sawi mai thinte tihborala an awm dâwn lâi vêl khân (hei hi Jeremia rawngbâwl hma kum 150 vêl a ni ang) thuthlung dang chungchâng sawi lan a lo ni tawh a, a sawitu pawh Hosea a ni (*Hos. 2:8–20*).

**Hosea 2:18–20 chhiar la. Heta LALPAN a mîte hnêna thû a sawi leh Jeremia 31:31–34-a a sawi hi khâikhin ang che. Kan mitthla theih tûr eng tehkhin thû nge an hman vê vê a, chu chuan thuthlung nihna leh a bulthûm eng nge a sawi?**

Pathianin a mîte thû a thlunpui leh ruahmanna siamsakte chu an helna leh rin lohnaten a tibahlah fo mai a. Chutiang a thlen châng chuan a chhiahhlawhte tîrin, a mi rinawmte nêna a lo siam thuthlung kha a la tâwp lo a ni tih a puang thîn. A mîte chu eng ang pawhin lo rinawm lo tawh thîn pawh ni se, an zîngah kalsualna, helna leh thuâwih lohna a punlun hlê pawh a ni mai

thei, chuti chungin LALPA chuan an sualte siam a, a thu zâwm a, a thutiamte chan duhtu zawng zawngte nên chuan thuthlunga inlaichinna neih a duh a ni tih a la puang chhunzawm zêl tho a ni.

**A hnuaia Bible châng târ lante hi chhiar la. Thuthlung thar chungchâng chu sawi lang chiah lo mah se, thuthlung thar nihphung tilangtu eng thil thilte nge awm tho sî le?**

*Ezek. 11:19* \_\_\_\_\_

*Ezek. 18:31* \_\_\_\_\_

*Ezek. 36:26* \_\_\_\_\_

LALPA chuan “amah chu LALPA a ni tih an hriat theih nân thinlung” a pe dâwn a (*Jer. 24:7*). “An tîsâ atâ thinlung sak chu a la bo vang a, a âiah thinlung nêw a pê ang” (*Ezek. 11:19*). “Thinlung thar” a pê ang a, an chhûngah “thlarau thar” a dah bawk dâwn a ni (*Ezek. 36:26*). “In chhûngah ka thlarau ka dah ang” tiin a sawi bawk a (*Ezek. 36:27*). Hê Pathian hnathawh hi thuthlung thar inngah chhan chu a ni.

**Mi tu emaw i hnênah lo kalin, “Thinlung thar ka duh a, ka thinlunga dân ziah ka duh a, LALPA ka hriat theihna tûr thinlung ka duh bawk—mahse, chu thinlung chu neih dân ka hre bawk sî lo” tih thû sawi ta se la, chu mi hnênah chuan nge nge i sawi ang?**

THAWHLEHNÎ

JUNE 1

Thuthlung Hlui leh Thar

“Ram dang mîte pawh, chawlhni bawhchhe lova serh thîn leh, ka thuthlung pawm tlat apiang, LALPÂ rawng bâwl tûr leh, LALPÂ hmîng ngaina tûr leh, a chhiahhlawhahte awm tûra LALPA zawng apiangte chu; anni ngei chu ka tlâng thianghlîmah chuan ka hruai ang a, ka tawngtâina inah ka tihlim ang; hâlrâla an thil hlante leh an inthâwinate chu

**ka mâichâmah chuan lâwmin a awm ang; ka in chu mi tinrêng tân ɣawngtâina in an ti dâwn sî a”** (*Isa. 56:6, 7*).

Jeremia chuan thuthlung thar chu “Israel chhûngte” nêna siam a nih tûr thû a sawi a (*Jer. 31:33*). Chuti a nih chuan tîsâa Abraham thlah, thisen leh pian leh mûrna lamah pawh Juda-te chauhin thuthlung thutiamte chu an chang thei dâwn tihna a ni em?

Ni lo ve. Dik tak phei chuan, chutiang chu Thuthlung Hlui hun lâi pawh khân a ni ngâi chuang bîk lo. Hebrai hnam pum pui hnênah khân thuthlung thutiamte chu pêk a ni ngêi mai tak a. Chutih rualin, anmahni ni lo mi dang zawng chhawk zâwnga pêk erawh a ni lo. Chuti ahnehin, hê thutiamte hi chang tûrin mi zawng zawng—Juda pawh, Gentail pawh—sâwm vêk an ni a. Mahse, chûng mîte chuan thuthlunga luh an remti vê tûr a ni thung. Chutiang chu tûn lâi hunah pawh a la ni reng tho a ni.

**A chûnga Bible châng kan târ lan khi chhiar nawn leh la. LALPA rawngbâwl duhtena an tih ngei ngei tûr thil awmte chu eng nge ni? An laka Pathianin a phût leh keini tûn lâi hunah mîte laka a phût hi a danglam nge a thuhmun reng? I chhâna chu han sawi fiah deuh teh.**

Thuthlung thar hi thuthlung “ɣha zâwk” tia sawi chu ni tho mah se (Nilaini zirlâi en ang che), a nihna takah chuan thuthlung hlui, thuthlung hmasa nên khân a danglamna a awm lêm lo. A thlungtu Pathian pawh khawngaihnaa chhandamna rawn thlentu (*Exod. 34:6; Rome 3:24*); a khawngaihna thutiamte rinnaa chan tumtu mihringte rawn zawngtu (*Jer. 31:34; Heb. 8:12*); Juda an ni emaw, Gentail an ni emaw, rinnaa Amah zuitu apiangte thinlunga a dân ziaktu Pathian (*Jer. 31:33; Heb. 8:10*) tho kha a ni.

Thuthlung Thar lehkhâbûte hian khawngaihnaa thlan an nihna lo chhângtu Juda-te khân Isua Krista leh a chanchin ɣhâ chu an dawn thû an sawi hlawm a. Hêng mîte hi hun eng emaw ti chhûng

chu kohhran ban, “khawngaiha thlan, paih thlâk bâk” (*Rome 11:5*) niin, mi dang zawngte erawh chu an “chawlawl” zo ta a ni (*Rome 11:7*). Hetih lâi hian, a hmâa ring vê lo Gentail-te pawh khân chanchin ða chu lo pawmin, Pathian mi dik takte zîngah chhiar tel an lo ni vê ta bawk a, eng hnam pawh niin eng chî pawh ni se, ringtu tia sawi an lo ni ta vek a ni (*Rome 11:13–24*). Chutichuan, “Krista laka tla hrang ðhîn, Israel-ho khua leh tui nêna inmihran, tiamna thuthlung laka mikhuala awm reng ðhînte” (*Efesi 2:12*, RSV) chu, Krista thisen lamah hnuh hnaih an lo ni ta a. A chhan pawh Krista chuan ringtu *zawng zawng* tân, hnam leh chî pawh sawi lovin “thuthlung thar” (*Heb. 9:15*) a tak ram chantîr tuma a beih vâng a ni.

**NILÂINÎ**

*JUNE 2*

**“Thuthlung ða zâwk”** (*Heb. 8:6*)

Nimin zirlâiah khân a bul takah chuan thuthlung hlui leh thar te hi thuhmun reng a ni tih kan sawi tawh a. A pawimawh ber chu keimahnia hlutna eng emaw a awm vâng ni lovin, a khawngaihna avâng chauha kan sualte ngâidamtu tûr Pathian kan rin avânga chhandamna chang thei kan ni. Hê ngaihdamna kan chan avâng hian Amah nên inlaichînna kan lo nei ta a, Amah chu ringa a thuâwih tûrin kan lo intulût ta a ni.

Nimahsela, Hebrai Lehkhathawn chuan hê thuthlung thar hi “thuthlung ða zâwk” tiin a sawi tho bawk sî a. Hemi awmzia hi eng tiangin nge kan lo hriat thiam vê? Eng tiangin nge thuthlung thar hi a hmasa âi khân a ðat zâwk le?

**A khawi lâiah hian nge thuthlung hlui kha a “sawisêl kâi” a nih le?** (*Heb. 8:7, 8*).

Thuthlung hlui kha sawisêl a kâina chhan chu a thuthlunga hrim hrim kha a ða lo ni lovin, a lo dawngtu tûr mîten rinnaa an dawnsawn loh vâng a ni (*Heb. 4:2*). Thuthlung hlui âia a thar a

chungnun zâwkna pawh Isua-ah a awm a—ran hmanga inthâwina hmang chauha puan chhuah ni tawh lovin (thuthlung hluiah kha chuan hetiang hian tih a ni ðîn a)—tûnah chuan a taka Amâ rawn thihna leh puithiam lalber a nihna anga a rawngbâwlinaah a lo lang ta a ni.

Ṭawngkam dangin sawi ta ila, thuthlung hluiin a pêk theih chhandamna kha thuthlung tharin a pêk theih chhandamna nêh hian thuhmun reng a ni kan ti thei ang. Amaherawhchu, thuthlung tharah hian thuthlungtu Pathian inpuanna ropui zâwk leh famkim zâwk chu kan hmû; suala tlu tawh mihringte a hmangaihzia pawh chiang lehzuala puan chhuah a ni bawk.

Thuthlung ṭha zâwk a nih chhan chu Thuthlung Hlui lehkhâbûten chhinchhiaha leh entîrna hmanga an lo sawi ṭhin zawng zawng kha Isua-ah a lo thlen famkim tâk vek vâng a ni a. Sual eng mah khawih lova a nun a hman tluanna, a thihna leh puithiam lalber nia rawng a bâwlina hi biak bûk rawngbâwlnain a entîr kha a ni (*Heb. 9:8–14*).

Tûnah chuan chhinchhiaha, hlimthlâ leh entîrnate âiah, Amah Isua kan lo nei ta a, Ani chu kan sualte tlan nâna a thisen chhuahtîrtu Berâmno talh tawh ni mai lovin (*Heb. 9:12*), kan âiawhin vân biak bûkah khian kan tân Puithiam Lalberah a han ṭang ta bawk a (*Heb. 7:25*). Min pêk a tum chhandamna chu a thuhmun reng ni tho mah se, thuthlung thara puan chhuah Amâ chanchin leh amaha awm chhandamna chanchin sawina famkim zâwk hian thuthlung hlui âia chungnung zâwkah a siam a ni.

**Hebrai 8:5 leh Hebrai 10:1 chhiar la. A ziaktu hian thuthlung hluia biak bûk rawngbâwlina sawi fiah nân eng thumal nge a hman? Chû a thumal hman chuan engtin nge thuthlung thar hi a hlui âia chungnung zâwk a ni tih hre thiam thei tûrin min ṭanpui?**

**Hei hi ngaihtuah teh: Eng vângin nge Krista nun, a thihna leh kan âiawha puithiam lalber nia rawng a han bâwlina**

## **hian, lei biak bûka ran hmanga an inthâwinate âi khân Pathian chanchin hriat thiamna thûk zâwk min pêk le?**

NINGÂNI

JUNE 3

### **Thuthlung Thar Puithiam**

Hebrai Lehkathawn hian vên biak bûka Isua kan Puithiam Lalber a han nihna hi a sawi uâr hlê mai a. Dik tak pheï chuan, Thuthlung Thar lehkhâbûte zînga thuthlung thar chanchin sawi fiahna Chiang ber chu Puithiam Lalber nia Krista sawina Hebrai Lehkathawnah hian kan hmû a ni. Hei hi thil intawng fuh palh satliah vê mai a ni lo va. Vên biak bûka Kristâ rawngbâwlna hi thuthlung thar thutiamte nêh nghet takin a inzawm a ni.

Thuthlung Hlui hun lâia biak bûk rawngbâwlna kha thuthlung hluiin thutak a pâite inzirtîrna hmanrua a ni a. Hâlrâl thilhlante leh, indîlsakna kha a rawngbâwlna pui ber a ni bawk. Ran an talh a, tichuan a thisen chu puithiamten Pathian hnênah an hlân a. Mahse, hêng zawng zawng hi Isua-ah chauh hmuh theih chhandamna chhinchiahna vek a ni a. Anmahni ngawtah hi chuan chhandamna a awm lo.

**Hebrai 10:4 chhiar la. Eng vângin nge hêng rante thihnaah hian chhandamna chu hmuh theih a nih loh? Eng vângin nge rante thihna hi chhandamna thlentu atân a tâwk zawh loh?**

Hêng hâlrâl thil hlan zawng zawng leh puthiamte inthâwinate hian Krista-ah a famkimna an hmû a. Isua chu thuthlung thar thisen inngahna hâlrâl thil hlanah a lo chang ta a ni. Kristâ thisen chuan thuthlung thar hi a rawn nemngheh a; chu chuan Sinai Tlânga siam thuthlung leh hâlrâl thil thlante kha thil “hloi” leh hlutna nei tawh lovah a siam ta. Hâlrâl thil hlan tak tak chu tùm khatah leh a tâwp hlenna ni tûrin siam a ni ta a ni (*Heb. 9:26*). Krista chu a thih tawh avângin inthâwina atân ran eng mah talh a tûl tawh lo va. Lei biak bûk rawngbâwlnate khân an thawh tûr an hlen chhuak vek tawh a ni.



**Isua a thiha lei biak bûk puan zâr a lo thlêr tâk thû inziahna Matthiaia 27:51 chhiar la. Hemi tuma thil thleng hian eng tiangin nge lei biak bûk kha luahlan a nih chhan hre thiam tûrin min puilh le?**

Hêng ran hmanga inthâwinate nêna inzawm tlat chu puithiam rawngbâwlna kha niin, Levia-hote khân mipuite âiawhin lei biak bûkah hâlral thil hlan an hlân a, Pathian hnênah an inthâwi bawk thîn a nih kha. Mahse, hâlral thil hlan hmanga inthâwina a lo tâwp chiah khân, puithiamte rawngbâwlna pawh a awm zui zêl a tûl tâk loh avângin a lo tâwp zui vê ta nghâl a. Thil eng kim kha tûna vân biak bûka Amâ thisen ngei hlântu Isua-ah a lo famkim ta a ni (*Heb. 8:1–5 en la*). Hebrai Lehkathawn hian vâna Krista Puithiam Lalber a nih thû leh, Amâ thisen ngei kenga hmun thianghlina min dîlpui tûra a luh thû hi a sawi uâr khawp mai a (*Heb. 9:12*). Hei hi thuthlung thara beiseina leh thutiam kan neih inngahna a ni.

**Tûnah hian Isua chuan in tân vân biak bûkah a thisen A hlân mêk a nih tih i hriat avâng khân, engtin nge i awm? Chumi chuan chhandamna chungchângah eng tianga nasain nge inrintâwkna a pêk che?**

**ZIRTÂWPNI**

*JUNE 4*

**Zir Belhna:** “Khatia a zirtîrte nêna chhang an ei a, uain a in khân anmahni Tlantu a ni tih a tiamkamna a ni a. An hnênah thuthlung thar a pê a, chu thuthlung thar avâng chuan Amah pawmtûte chu Pathian fâte an lo ni a, Krista ro luahpuitûte an lo ni ta bawk. Hê thuthlung avâng vêk hian he lei nun chhûng leh, nun lo awm tûra vânin malsâwmna tin a pêk chu an tâ a ni. Hê thuthlung hi Krista thisena nemnggeh tûr a ni a. Sakramen semna chu zirtîrte hmâa mihring chhûngkaw pum pui tlu tawha mi tin tâna inhlanna famkim lo awm tûr târ lanna a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 743.

“Hê remna thuthlunga a pawimawh lâi ber chu inchoa a sualte hawisantu mi sual hnêna ngaihdamna leh, khawngaihna nasa taka lantîr hi a ni a. Thlarau Thianghlim chuan chanchin tâ hi kan Pathianin min khawngaihna avânga min chhandamna hi a ni tih a sawi. LALPA chuan an sual simtûte chu an fel lohnahte zah a ngâi dâwn tih sawiin, an sualnate leh an khawlohnate pawh a hriat reng dâwn tawh loh thû a sawi bawk (*Heb. 8:12*).

Chuti a nih chuan Pathian hian mi sualte chung a khawngaihna lantîr a duh avângin, dikna a hlamchhiah ta mai tihna a ni em? Ni lo vê; Pathian chuan a dân hi hrem loha a bawhchhetu chhuahtîrna hmanga tihzahawm loh a phal lo. Thuthlung thar hnuaiyah chuan nung tûrn thuâwihna famkim neih a ngâi zâwk a. Mi sualin a sualte puanga a sim bawk chuan ngaihdamna a chang ang. A tâna Kristâ inhlanna avângin ngaihdamna chu a tân dah a ni a. Krista chuan an sualte sim a, Amah rin chhantûte tân dânin a phût thilte chu a lo tlingtla vek tawh a ni.”—Ellen G. White, *God’s Amazing Grace*, p. 138.

### Sawi Ho Tûrte:

- ❶ Thinlunga ziaik dân neih hi lungphêka ziaik dân chauh neih âia a that zâwkna eng nge awm? Lungphêka ziaik dân hi nge theihngihl awl zâwka thinlunga ziaik dân?
- ❷ Suala mihringte a tlûk a tang rêng khân chhandamna chu Isua zârah chauh chan theih a ni a. Chutih rualin, chu thutak puan chhuah a nih dân erawh chu hun hran hranah a danglam vê zêl thung. Chutiang deuh chuan thuthlungte pawh hi a ni vê tho em?
- ❸ Vawiin zirlâia Ellen G. White-i thuziak kan târ chhuah hnukung zâwk kha en leh la, thuthlung inlaichînna a lo awm theih nân “thuâwihna famkim” a awm a ngâi a tih hi eng nge ni a awmzia ni ang? “Thuâwihna famkim” neitu awm chhun chu tu nge ni? Eng tiangin nge chu a thuâwihna chuan kan laka dânin a phût thilte a tlingtlâk tâk le?

**ΚΗΑΙΚΗΑΩΜΝΑ:** Thuthlung thar hi Tlanna ruahman puan chhuahna ropui zâwk, famkim zâwk leh tha zâwk a ni. Chumi changtûte chuan rinnain kan chang a, chumi rinna chu kan thinlunga ziak dân zawmnah hmuh theihin a lo lang chhuak dân a ni.