

ZIRLÂI 1

JUNE 26–JULY 2, 2021

## ENG TIK LÂI PAWHA BUAI RENG MAI NUN



**CHÂNGVAWN:** “Ka nunna hian LALPA biak in hung chhông kawtlâite chu a ngâi êm êm a; a ni, a chauh phah hial a; ka thilung leh ka tîsâ hi Pathian nung hnênah chuan a âu chhuak a” (*Sâm 84:2*).

SABBATH CHAWHNÛ

JUNE 26

**Chhiar Tûrte:** *Genesis 2:1–3; 4:1–17; Exodus 20:11; 2 Samuela 7:12; Jeremia 45:1–5; Marka 6:30–32.*

**C**HEK chek chek chek. Sana chu zâwi muang tak, muangchâng ni miah sî lo hian a vir kual zêl a. Sabbath inţan nân dârkar hnih chiah a awm ta. Mary chuan a chênna in zîm tak chu a han thlîr kual a. A fate inkhualtelemna thilte chu chhuat lâiah a la thal rem rum mai a; choka lam lah a hnawk êm êm bawk sî. An fanu naupang ber Sarah-i chu khawsikin khumah a mu bâm mai a. A tûk Sabbath inkhâwmah chuan biak in kawta mîte chibai lo bûktu tûra ruat a la ni zui bawk sî a; chuvâng chuan, tum dang âiin minute 30 vêl tala hmâa in an chhuahsan a tûl dâwn tihna a nih chu. A rilru hah leh buai lutuk chuan, *Naktûk chu hahdam takin awm thei ila ka va'n ti êm aw a ti ngawih ngawih mai a ni.*

Hetih lâi hian Mary pasal, Josh-a lah chu vêng dangah Chawlhni vuakvêta an thil ei tûrte a leina man pe tûrin a lo la intlar ve mêk bawk a. Hemi tlâi hian a thil lei ang lei tum ve mi dang an lo tam nasa mai a, a hmanhmawh ang paw'n a

leina man pawh a pe lawk thei lo. A pe zo dâwr aṅga a lo chhuak, in lam pana a rawn haw chu traffic jam-ah a la tâng leh reng zui a. A mangang chuan, *Chawlh ka va han mamawh tak êm, hetiang rêng rêng chuan ka tlin tawh ngang lo. Hetiang lo deuha nun hi ka va han châk tak êm âw a ti wawng wawng mai a ni.*

Kan nun hi buai rêng rêngin kan hman a. Kan hmanhmawh êm êm vek a, hnâah kan tûl êm êm reng a, doctor hnêna inentîr nân te, Facebook leh Whatsapp vêl khawih nân te, bazaar-a kal nân te leh thil dang dang tih nân te kan inhmanhlel tâng hle bawk. Hêng zînga tam tak hi chuan kan nunkhua a tinuamin dam a timanhla kan ti pawh a ni maithei e. Chutih rual erawh chuan, châwl hahdam hman lo lêk leh mihring nuna thil pawimawh zâwk manghilh ṭhak khawpa kan buai ral ralh a hlauhawm hle thung a ni.

Hetiang kan nun buai leh hmanhmawh tak kârah hian engtin nge chawlhna kan hmuh theih ang le?

SUNDAY

JUNE 27

### **Châu leh rimmtawng**

**Genesis 2:1–3 chhiar la. Enga ti nge Pathian hian tu mah hah an la awm hmâ hauh khân chawlh hahdamna nî tûr hi a lo siam daih tawh le?**

Mihringten keimahni tânghma hâia inhman chauh hnâp kan la chin hmâ daih khân Pathian chuan kan hriat rengna rawn kâithotu tûr nun dân phung, chhinchiahna pakhat a lo dîn tawh a. Chumi nî chu kan hna thawh lâi kan chawlhsan hun tûr leh hlim taka kan nun kan hmanna hun tûr niin, Pathianin min pêk phûl hring nuam tak tak te, boruak thiàng tak te, nungchang chi hrang hrang mâwi leh mak tak tak te, tui thiànglim tak te hlutzia hriaa, kan mihring puite nêna hun nuam tak kan hman ho hun tûr a nih bâkah, thilpêk ṭha tinrêng min petu chu Siamtu Pathian a ni tih kan hriat thar lehna nî tûr pawh a ni bawk.

Hemi nî hlim taka hmang tûra sâwm kan nihna hi Eden Huan aṅanga kan nu leh pa hmasa berte hnawhchhuah a nih hnu pawh khân a la nung chhunzawm zêl tho a. He sâwmna thu hi Pathian chuan hun hrang hrangah rawn thar thawh leh zêlin, a tîr aṅang rêng khân Sabbath nî-a chawlhna chu hun nêh hian a lo phiar zawm tlat bawk. Chuvâng chuan, ni sarih nî a lo inher chhuah apiang hian khawvêl leh a chhûnga thil awmte hi Pathian siam a ni tih hriaa châwl hahdam tûra sâwmna thu hi kan dawng thar zêl dâwn a ni.

Khâwl thil chi hrang hrang lo chhuak tate avâng hian kan hun leh thâ nasa takin kan tidaihzâi thei ta a, kum zahnih vêl liam taa mîte âi kha chuan kan taksa pawh a hah har tawh zâwk hlê niin kan lo ngâi a ni maithei e. Mahse, a nihna takah chuan, tûn lâi hunah hian chawlh hahdamna hun kan nei tlêm hlawm hlê zâwk niin a lang tlat. Hna kan thawh loh lâi pawh hian thil dang eng eng emaw tiin kan inhmanhlel a. Thil tam tak kan ti tho chung hian tih tûr dang kan la hre ṭeuh a. Indaih lo rêng rêngin kan awm hlawm a nih ber hi maw.

Zir Chiangtute sawi dân chuan, kan muhîl tlêm telh telh hlawm tângpui bawk a, mi ṭhenkhat phei chuan mut chhuak lova hna an thawh chhunzawm zêl theih nân caffeine awmna thingpui leh coffee te an in nasa hlê ṭhîn a ni âwm e. Cell phone ṭha zâwk te, computer changchâng zâwk te, internet chak zâwk te kan nei tawh chung hian kan duh ang thawh zawh theihna hun tam zâwk chu kan la nei thei chuang lo niin a lang.

**Engtin nge hêng Bible chângte hian chawlh hahdamna hun ka neih a ṭulzia min lo hrilh le? *Marka 6:31; Sâm 4:8, Exodus 23:12; Deuteronomi 5:14 leh Matthaia 11:28.***

Min Siamtu Pathian chuan kan taksa hian chawlh a mamawh dâwn a ni tih a lo hre sa vek a. Chuvâng chuan taksa hawlh hahdamna hun kan neih theihna tûrin zân leh Sabbath nî hi

min lo siamsak ta a ni. Isua chu kan nun LALPA a ni tih kan pawm a nih chuan chawlh hahdamna hun min siamsak hi tih tak zeta kan hman t̄angk̄ai a t̄ul v̄e d̄awn a. A thuhrimin, Sabbath serh t̄ura min hrilhna hi thur̄awn ni mai lovin, thup̄ek a ni z̄awk!

**I nun kha eng tiang taka buai phîl-in nge i lo hman ve thin le? Pathianin nei t̄ura min duhsak êm êm taksa leh thlarau lama chawlh hahdamna hi a taka chang thei t̄urin eng nge i tih ang?**

THAWHTANNI

JUNE 28

**Petrol ral raih khawpa tlân**

Taksa hman rim lutuk av̄anga z̄an muthilh theih loh leh chauh ngawih ngawih hi mi tam takin a taka harsatna an tawh m̄ek a ni a. Chu âi pawha la buaithl̄ak z̄awk chu, mi tu emaw-in petrol tank kang rak khawpa a motor a khalh ang deuh hian, kan nun a ruak ngawih ngawih nia hriatna kan nei t̄hin hi a ni. Chutianga kan rilru hahnate chu muthilh theih lohna n̄ena a kal dun tawh phei chuan kan bei a dawng ngawih ngawih tawh mai t̄hin a ni lo'm ni?

Jeremia secretary, Baruka pawh khân hetiang hi a lo tâwk ve tawh ngei niin a lang. Babulon sipaiten Jerusalem khawpui an rawn tihchhiat hm̄a, khami hun buaibut tak chh̄ung khân a rilru a hahin a buai ve thei hl̄e a ni âwm e.

**Jeremia 45:1–5 chhiar la. Hêng th̄ute hian engtin nge Baruka rilru hahzia min hrilh le?**

Pathian khian mi mal takin i hn̄enah thuchah rawn puang chhuak ta se engtin nge i lo dawnsawn ang? Baruka chuan Pathian lal̄thutphah h̄unna pindan ātang ngeiin thuchah a dawng a (*Jeremia 45:2*). A dawn kum pawh “Juda lal

Jehoiakima lal kum 4-na” niin, chu chu B.C. 605/604 a nih thu hrilh kan ni bawk. Jeremia 45:2 thu hian mi rilru hah tak takte awm dân dik tak chu a pho lang Chiang hlê a ni.

Hetih hun lâi vêla thil awm dân Bible-a inziakte kan chhiar aṭanga lang Chiang tak chu, Baruka lungngaihna leh a rilru dân hi a ril hlê tih hi a ni. Chutianga beidawna leh rilru hnualna neih chhan tûr ṭha chu a nei ṭeuh mai a. Thil ṭha lo tak tak a lo thleng zut zut mai a, a dang lo la thleng leh zêl tûr pawh a awm bawk sî avângin rilru hah loh rual a ni lo vang.

### **Engtin nge Baruka rilru hahna leh natnate chu Pathianin a rawn chhân? Jeremia 45:4, 5 chhiar teh.**

Baruka rilru natna Pathianin a rawn chhân dân hian, Pathian beidawna leh rilru natna chu Baruka rilru natna âiin a thûk zâwk hlê a ni tih min hrilh a. Ani chuan Jerusalem khawpui a din a, mahse chu khawpui ngei chu tûnah hian a ṭhiat leh dâwn a ni; Israel hnam chu a grêp huan atân a siam a (*Isaia 5:1-7*), mahse chu grêp kûng ngei chu tûnah hian a pawt phawng lehin, salah a tântîr dâwn. Hei hi a mîte tâna a thil tih duh a ni miah lo va; mahse, a laka an hel miao avângin a tih ngei a ṭûl thung sî a ni.

Nimahsela, Baruka tân hian a kaw tâwpah êng a lo lang tho thung a. Israel hnam chu tihchhiat niin, sâla man vek ni tho mah se, ama nunna erawh Pathianin a zuahsak dâwn a ni.

**Pathianin Baruka hnêna thu a sawite kha chhiar nawn leh la. Khâng thute aṭang khân keimahni tân pawha ṭangkâi vê tho tûr eng thuchah nge lâk chhuah tûr awm? A awmzia chu, kan dinhmun tawn mêk chu eng anga harsa pawh lo ni se, Pathian chu kan tân a awm reng a ni tih hi engtin nge kan hriat theih ang?**

**Thuthlung Hluuin chawlhna awmzia a sawifiah dân**

Kan zavâi hian chawlhna mamawh ðeuh kan ni tih a Chiang a, chumi a nih avâng chuan “chawlhna” tih thu hi Bible pum puiah hian hmuh tûr pawh a tam hlê rêng a. Hna thawk tûra Pathianin a siam chu ni tho mah ila, chu kan hna thawh chu chawlh hahdamsan rih châng kan nei thîn tûr a ni.

Entîr nân, Hebrai ðawnga ziak Thuthlung Hlui lehkhabu-ahte hian “châwl” tih sawina thumal hrang hrang hman a ni a. A ni siam thar diai, ni sarih nî-a Pathian a *chawlh* thu sawina Genesis 2:2, 3-ah hian thiltih sawina thumal (verb), *Shabbat* tih hman a ni a, chu thumal awmzia chu “hna thawh chawlhsan, châwl, chawlh la” tihna niin, heta ðang “Sabbath” tih thumal pawh hi a lo piang a ni. Hê thumal tho hi Exodus 5:5-ah pawh thil eng emaw lo awmtîrtu sawina anga hman niin mi tute emaw an hna thawh lâi “chawlhsantîr” tia lehlin a ni a. Farawa thinrim pawhin Mosia kha Israel fâte an hna thawh lâi “chawlhsantîrtu-ah” a puh a nih kha.

Ni sarih nî Sabbath-a Pathianin a hna thawh lâi a chawlhsan tâk thu thupêk pali-naa kan hmuh hi Hebrai Bible-ah chuan thiltih sawina thumal (verb), *nuakh* hmanga tihlan a ni a (*Exodus 20:11, Deut. 5:14*). Hê thumal hi Joba 3:13-ah chuan “châwl” tia lehlin niin, Nambar 10:36-ah erawh chuan thuthlunna bâwm chungchâng sawi nân, “inngat” tia lehlin a ni ve thung. 2 Lalte 2:15-ah pawh Elisa chung a Elija thlarau a “fûk”/“chawlh” thu kan hmu bawk.

Hebrai ðawnga “châwl” tih sawina thumal dang pakhat chu *shaqat* niin, a awmzia “châwl, mi tu emaw ðanpui, ngâwi” tihna a ni. He thumal hi Josua 11:23-ah chuan Josuan Kanan ram pum pui a lâk hnu-a ram a lo râlmuan tâk thu sawi nân hman a ni a. Hê thumal hi Josua lehkhabu-ah leh Rorêltûte bû-ah chuan “râlmuang” tih sawina atân hman a ni tlângpui.

Thiltih sawina thumal dang, *raga*<sup>4</sup> tih pawh hi châwl tih sawina atân hman a ni vê fo bawk. Deuteronomi bu-ah chuan Pathianin Israel mîte vaukhânin, a thu an âwih lo a nih chuan an saltâna ramah chawlh hahdamna rêng an hmuh loh tûr thu a hrilh a (*Deut. 28:65*). Hê thumal vêk hi Jeremia 50:34-ah chuan thil dang emaw thlentîrtu anga hman niin, Babulon-a chêng Pathian mîten chawlhna an hmuh theih loh tûr thu kan hmu.

**Deuteronomi 31:16 leh 2 Samuela 7:12 chhiar la. Hêng châng pahnihte hian eng ang chawlhna chungchâng nge an sawi?**

Hêng Bible châng pahnihte hian thiltih sawina thumal, *shakab* atanga chher chhuah ÷awngkam pakhat, “mû, muhîl” tih an hmang a. Davida nêna thu an thlun dunah khân Pathian chuan Israel-te lal thar lo la pian tûr thu sawiin, “I nî a kina, i pute hnênah i mut hunah chuan, i hnû-a i thlah, i rîla rah tûr chu ka tungding ang a, a ram chu ka tinghet ang” tiin a tiam a nih kha (*2 Sam. 7:12*).

Hebrai ÷awnga “châwl” tih sawina thumal hrang hrangte (hetah hi chuan kan sawi vek sêng lo va) hian Bible-in “châwl” tih a sawi hi thumal pahnih khat lek hmanga a awmzia sawi fiah zawh rual a nih lohzia an tilang Chiang hlê âwm e. A mi mal ang leh a huho te-in kan châwl ÷hîn a. Sabbath nî-ah chauh chawlh tûr lah a ni hek lo. Chawlh hahdamna chuan kan taksa, rilru leh nun hona kawngah rah ÷ha a chhuah ÷hîn a ni.

**Thihna hi kan hmêlma niin, eng tik nî-ah emaw chuan tihboral a la ni ngei dâwn a. Kan chhûngkhat laina leh ÷hian ÷ha thi tate kha sûnin ngâi hlê mah ila, an châwl rih a ni tih hriatna hian eng tiangin nge thlamuanna min pêk le?**

**Thuthlung Tharin chawlhna awmzia a sawifah dân**

Thuthlung Thar bu hrang hranga “châwl” tih sawina Grik tawng thumal kan hmuh fo pakhat chu *anapauô* a ni a, “châwl, inthlahdul, tiharh thar” tihna a ni. Hê thumal hi chawlh chungchânga Isua thu sawi hmingthang ber, “Nangni thawk rim leh phurrit phur zawng zawngte u, ka hnênah lo kal ula, keima’n ka chawlhthîr ang che u” (*Mat. 11:28*) tihah pawh hian hman a ni a. Heta chawlhna a sawi hian taksa hahchawlhna pawh a kâwk thei (*Mat. 26:45*). Paula pawhin Korin khuua ringtute thlahna thu a sawiah khân a rilru tiharhtu a thianta an lo thlen avânga a lâwmthu a sawi vê baw kha (*1 Kor. 16:18*).

“Châwl” tih sawina thumal dang pakhat chu *hçsychazô* a ni a. Hei hi chuan thlâna Isua zalh a nih chhônga zirtîrte Sabbath nî-a an lo chawlh rih thu kha a sawi (*Luka 23:56*). Chutih rual chuan, phîlî ruai lova awm tih sawina atân pawh hman a ni baw kha (*1 Thes. 4:11*); mi thu sawi lo hnial lova *ngawih chuh* tihna pawh a ni thei baw kha (*Tirh. 11:18*).

Hebrai Lehkathawn ziaktu-in ni sarih nî-a Pathian a chawlh thû a sawi hian (*Hebrai 4:4*) Grik tawnga “chawlhthîr, chawlh hawhdamna pe” tih sawina thumal, *katapauô* a hmang a, hetiang baw kha hian Grik tawnga Thuthlung Hlui bute an lehlin, Septuagint-ah pawh hman a ni baw kha. Thil mak angreng tak chu, Thuthlung Thara hê thumal lo lanna tam ber chu Hebrai 4-ah hian a ni.

**Marka 6:30–32 chhiar la. Engati nge a zirtîrte a hnênah lo kal a, Isuan châwl rih tûra a hrilh le? Hetih lâi rawngbâwlna hun remchâng tha tak an hmuh lâi a ni baw kha sî a? He zawhna i chhân hmâ hian a chhân dân tûr i thiam theih nân a hma lam thu i chhiar phawt dâwn nia.**



“Nangmahniho ngawtin . . . a hrangin lo kal ula, châwl rih rawh u” (*Marka 6:31*) tih hi sâwmna thu ni lovin, a zawma zawm tûr thupêk ang zâwnga sawi chhuah a ni zâwk tih kan lo hre thiam em aw? Isuan a zirtîrte a ngaihsakin, an taksa leh rilru hrisêlna tûr pawh a ngaihtuahpui hlê mai. Pahnih tê tê-a inkawpa chanchin tha va hril tûra a tirhna hmun atanga lo lêt leh hlim hlawt an ni a (*Marka 6:7*). A phûr pawh an rawn phûr hâu viau a (*Marka 6:30*). A thirlung pawh lâwmnin a khat ngei ang. An hlawhtlinna leh hlawhchhamnate chu Isua hnêna sawi an duh a; mahse, Isua chuan châwl hahdam phawt rih tûrin a lo hрил zâwk a ni. Chutianga a tih chhan chu heti hian Markan a sawi a: “Mi tam tak an insûl zut zut reng a, châw ei hun takngial pawh an nei lo a nih hi” (*Marka 6:31*) tiin. Pathian hna thawk tih avânga phûr leh lutuk leh, buai êm êm reng mai hi zirtîrte tân pawh invênna tûr kawng pawimawh tak mai a ni ve tho a. Isua chuan kan taksa leh rilru hrisêlna kan vawn him zêl theih nân chawlh hahdamna hun kan insiam thiam a ùl thu min hрил a ni

**In pastor emaw, kohhran emaw, a nih loh pawhin LALPA hnâ an thawhna lama rimtawng maithei i hriatte kha eng tiangin nge i ònpui ang a, an phurrit i chhâwksak theih ang? Chawlhna an lo hmuh theih nân engtin nge an hnathawh chu i ngaihsânzia i tihlan ang?**

NINGÂNI

JULY 1

**Mi bo leh vâkvâi**

**Genesis 4:1–12 chhiar la. Eng vângin nge Kaina kha leiah hian “mi bo leh vâkvâi” (*Genesis 4:12*) a lo nih tâk mai le?**

Bible hian Pathianin Kaina leh a thil hlan a “lawm” loh lâia Abela leh a thil hlan erawh a lâwm bik chhan chiang takin a sawi lêm lo va (*Genesis 4:4, 5*). Mahse, eng vânga lawm hlawh

lo nge a nih tih chu kan hre tho. “Kaina chu phunchhiar tak leh, inthâwina leh inthâwina thil hlante ngâinêp tak chungin Pathian hmâah a lo kal a. A thil hlan chuan a thil سوال tihte avânga inçhîrna a neih leh neih loh pawh a tilang lo. Tûn lâia mi tam takin an ngaih dân ang chiah hian, Pathian ruahman ang diak diaka kal a, chhandamna atâna tiam tawh Chhandamtu tlanna siam rin ve tawp mai chu tlâwm thlâkah a ngâi tlat mai a. Chu âi chuan mahni kawng zawh mai thlangin, ama thil ða tihte a rawn thawh chhuahpui ta zâwk a ni.”—Ellen G. White, *Zâwneite leh Lalte*, p. 52.

Pathianin Kaina chu leiah hian “mi bo leh vâkvâi” a nih tawh tûr thu a sawi hian, chutianga awmîrtu chu amah Pathian a ni tihna a ni chuang lo; a thil سوال tihte leh a thuâwih lohna *avânga* chutianga awm ta chu a ni zâwk. Pathian-ah chawlhna a hmu lo va, Pathian-ah lo chuan khawiah mah chawlhna dik tak a hmu thei lo a ni tih pawh a hre chhuak ta bawh a ni.

“Lâwm” (*Genesis 4:4*) tia lehlin Hebrai thumal hi “hnâia taka en, ngun taka ngaihtuah” ti pawha lehlin theih a ni a. Pathianin ngun tak leh hnâi taka a en chu thil hlana kha ni ber lovin, thil hlan hlântu ngaihtuahna zâwk a ni ðhîn. Pathianin Kaina thlâi thar hlante a lo pawm lo hi amâ thû a duh vâng leh, rilru mumal lo a put vâng a ni lo va. Khatia a lo pawm lo khân thil hlan rawn kengtu nungchang, ngaihtuahna leh rilru puthmang ngun taka ngaihtuahin a lo bûk a ni tih a tilang Chiang hlê. Rorêl lâwkna kalpui a nih dân entîrna ða tak pawh a ni nghâl âwm e.

### **Genesis 4:13–17 chhiar la, tichuan Pathian rorêlna Kaina’n a lo dawnsawn dân sawi ang che.**

Pathian tlân bosan kan tum chiah hian mi bo leh vâkvâi kan lo ni a. Pathian khawngaihna chan châkna rilru kan put chu khawvêl thilte leh mihring inlaichîn tawnnate, a nih loh leh buai rêng rênga nun hmannoten hnawh khah kan tum ta ðhîn a

ni lo'm ni? Kaina khân lalram leh khawpui a din a. Hêng thilte hi hlawhtlinna ropui tak niin, tumruhna leh thawhrimna nên lo chuan tih theih pawh a ni lo. Mahse, Pathian tel lohna lalram leh khawpui sual tak kan din a nih chuan kan thawhrimna zawng zawngte chu eng mah lo mai a ni thung dâwn a ni.

**Kan thil sual tihin nghawng a neih thil hrehawm tak takte chu tuar tho mah ila, kraws zâra ngaihdamna kan chan chu engtin nge pawm dân kan lo thiam theih ang?**

**ZIRTÂWPNI**

*JULY 2*

**Zir Belhna:** “Juda sâkhaw dân zirtîrtute chuan eng tik lâi pawha hna thawka buai reng hi sâkhuanain a tum tak niin ngâi a. Sâkhaw mi an nihna chu pâwn lam lang theia a thiltihte hmanga lantîr an tum thîn. Chutichuan, Pathian lak ata an thlarau tihrangin, mahni intodelh leh intum zovah an inngâi ta thîn a. Hêng thil hlauhawm tak takte hian min la châm chilh ve reng mai. Hna kan thawh tam telh telh a, Pathian tâna hna kan thawhna kawngah hlawhtlinna kan lo chan hian, mihringte ruahmanna leh tihphungah rinna nghah mai a awl thîn hlê a. Ṭawngtâi te kan lo thlahthlam hret hret a, rinna kan nei tlêm tial tial bawk thîn. Zirtîrte ang chiah khân, Pathiana inngat reng tûr kan nihna hi kan theihngihl palh ang a, kan thiltihte chuan min chhandam thei emaw kan ti vê mai ang tih a hlauhawm khawp mai. Eng tik lâi mai pawh hian Isua chu kan thlîr reng a tûl a, hna thawktu tak zâwk chu keimahni ni lovin, amâ thiltihtheihna a ni tih kan hriat reng a pawimawh. Boralte chhandam an lo nih vê theihna tûr hian thahnemngâi taka thawk tûr kan nih tho rualin, fianrial hun te, ṭawngtâi hun te leh Pathian thu chhiarna hun te kan insiam thîn tûr a ni a. Nasa taka ṭawngtâina nêna hlen chhuah leh, Krista thil ṭha tihin a tihthianghlim tawh hnâ chauh hi a tâwpkhâwkah chuan ṭha leh lawm tlâk nia pawm a ni ang.”—Ellen G. White, *Chatuan Nghahfâk*, p. 403.

## Sawi Ho Túrte:

- ① A tha ber leh chungnung ber nih tumna te, eng tik lâi pawha mi dangte tanpui tûra inpeih reng nih tumna (taksain emaw, rilrû emaw talin) te leh, kan nihna dik tak emaw, Pathianin min nihtîr emaw ni hran sí lova mîte duhthusâm ang diak diaka nun tumna te hian rilru leh taksa leh thlarau nun a tichau vek thei a. Engtin nge in kohhran kha mi rimtawng, chau leh chawlh hahdam mamawh ngawih ngawihte tân hmun nuam tak a lo nih theih ang?
- ② Pathian tâna thil tha ti ni tho sí hian kan lo buai lutuk thei em? Marka 6:30–32-a kan hmuh Isua leh a zirtírte chanchin hi ngaihtuah la, tichuan, heta aţanga zirlâi in zir chhuahte chu in Sabbath Sikul class-ah sawi ho ang che u.
- ③ Kum 1899 khân mi pakhat chu car-in dârkâr khata mêl 39.24-a chakin a tlân a, chu chu khatih hun lâia tlân chak ber record a ni. Mahse, tân lâi car-te hi chu khami âia tlân chak zâwk fê an ni vek tawh hlawm a. Kan cell phone khâwl (processor) speed te pawh hi hmân kum lawka computer tha ber berte speed âi pawh khân a chak daih tawh zâwk. Khualzin phurtu thlawhnate pawh hi hmân âi kha chuan a chak zâwkin a âia chak lehzual an la siam chhuak zêl a. Kan thil tih eng kim mai hi hmâna mîte tih âi kha chuan a chak zâwk vek a ni kan tí thei ang. Mahse, eng nge? Kan la hmahmawh hlawm êm êm reng tho a, kan duh khawp chawlh hahdamna nun lah kan la nei thei chuang dêr bawk sí lo. Hei hian mihring nihphung dik tak leh, Pathianin a thupêk sâwm zîngah pawh a telh hial chawlh hahdam a ngaih pawimawhzia engtin nge min hrilh le?

⊕Eden Huanah khân suala mihringte an tlûk hmâ hauhin Sabbath nî-a chawlhna hi siam a lo ni tawh tih thu hi ngun takin ngaihtuah la. Thurin lama a pawimawhna chu thu hran ni se, suala mihringte an tlûk hmâ, khawvêl ̣ha famkimah pawh khân chawlhna chu mamawh a nih tho dân engtin nge min hrilh le?