

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

I thil neih eng emaw langsâr taka i dah, mahse i hmuh zawh miah sî loh ṭum a awm tawh em? En tîr nân i bike chabi i tibo va. In in chhông hmun hrang hrang i zawng kual vek tawh a; mahse i hmu bawk sî lo. Nakin deuha chuan i jacket ip tê-ah i ak a ni tih i hre chhuak ta a.

Pathian thil hriat reng theihna min pê a. Chu thilpêk chu nei ta lo ila kan buai ngawt ang le. Tûna kan thil hmuh leh tawn mêk chauh hi hria ni ta ila, engtin nge kan awm ang? Kan buai hlê ang tih a Chiang. Tûn kâr zirlâiah hian Sabbath chungchâng bawk kha kan sawi chhunzawm leh dâwn a; mahse, thlîrna tlâng dang aṭangin kan thlîr vê thung tawh ang. Thupêk palî-naah hian “hre reng rawh” tih ṭawngkam a awm ni tih kha hre reng ila. Thupêk dangahte hi chuan hê ṭawngkam hi a awm vê lo. Hre reng tih chuan a hmâ pawhin i lo hre tawh ṭhîn a ni tih a tilang a. Sabbath thupêk hi Pathianin thil a siam thû khawvêl zawng zawng hnêna hriattîrtu kumhlun a ni. Khawi hmuna pawh awm mah ila, kan hria emaw hre lo emaw pawh ni se, Sabbath chu mi zawng zawng chungah lo thlengin ni sarîh nî tin hian a malsâwmna chu min chantîr ṭhîn.

Sabbath hian Kristan min siam a, min tlan a, min chhanchhuak a, min siam thar leh a, kan tân a lo la kal leh dâwn a ni tih min hriat nawntîr ṭhîn a. Tûn kâra kan zirlâi hian a tîra Pathian ruahman dânah kha chuan Sabbath hi malsâwmna, lâwmna, chibai bûkna leh rawngbâwlina nî tûr a nih thu min hrilh a. Sabbath nîa a huhova Pathian chibai bûk a, a thara Pathian kan zawn hian ani chuan amâ anpuiah min siam thar leh ṭhîn a ni.

## ṬHEN 2-NA: ZIR ZĀUNA

Kum 2008 khân thuziak ngaihnawm tak mai, “Neurotheology: Are We Hardwired for God?” tih chu chhuah a ni a. Hê thuziakah hian behavioral genetics-a PhD degree nei, Dean Hamer-a thuziah chu ziah chhâwn vê a ni. A ziaktu chu René J. Muller-a niin, heti hian a ziak a: “Kum 2004 khân Hamer-a chuan lehkhabu pakhat, *The God Gene: How Faith Is Hardwired Into Our Genes* tih a ziak a, chu lehkhabu chanchin tlângpui chu *Time* chanchin bu-ah pawh thâi lan a ni vê a ni. Hamer-a hian chiang takin a lehkhabu chu natural science hmanruate hmanga a zir chhuah a ziahna a ni tih a sawi a: ‘Genetics leh thlarau lam thilte suih zawmtu scientist-tena an tih hmasak ber tûr chu thlarau lam thilte hi hrilh fiah theih leh a tam lam pawh sawi theih a ni tih lantîr a ni’ tiin.” “Hamer-a lehkhabu hi sâkhaw inngahna laipui pakhat, Pathian a awmzia târ lanna ni lovin, thlarau lam thilte hi a tak taka thleng, hrilh fiah theih leh teh theih a ni tih târ lanna a ni zâwk. . . A ngaih dân chuan sâkhua hian leilung dânah zung a kaih nget tlat a ni.”— “Neurotheology: Are We Hardwired for God?” *Psychiatric Times*, May 1, 2008, <http://psychiatrictimes.com/view/neurotheology-are-we-hardwired-god>.

*Genesis 1:26*-ah chuan mihringte siam a nih dân kan hmû a: “Chutichuan, Pathianin, ‘Kan anpuiin, keimahni ang takin mihring siam ila’ a ti a.” Heti hian châng 27-ah a sawi chhunzawm leh bawk: “Chutichuan, Pathianin ama anpuiin mihring a siam ta a, Pathian anpui ngeiin a ni a siam ni; mipaah leh hmeichhiaah a siam a ni” tiin.

Pathian anpuiin mihringte hi siam an ni tih awmzia hi eng nge ni? Taksa ruangâma inan mai âi hian a thûk zâwk a ni tih a chiang nghâl mai a. Pathian anpui han tih hian kan taksa, rilru leh thlarau lamah a vâiin Pathian kan *ang* tihna a ni. Chhia leh ṭha hriatna kan nei a, thil chhût thiamna kan

nei a, rilru so leh no châng kan nei a, thil dik leh ʈa, awm dân mâwi kan hre thiam bawk. Mahse, hêng zawng zawng âi pawha la Chiang zâwk chu kan nihna lairil tak, DNA-ah hian a inziak a, chutah chuan chibai bûk ʈhîn mi kan ni. Sabbath hian kan thilung chu Siamtu nê a thlun zawm a. Chuvângin Sabbath hi dân zawm tûr satliah mai emaw, Israel hnam chauhin an serh tûr emaw a ni lo. Siamtu'n a ngaihsak êm êm kan vêla thl awmte ngaihsak tûr a ni tih min hrilh nawntu a ni.

### **Sabbath leh Kan Chhevêla Thil Awmte**

Pathianin Eden Huana Evi leh Adama-te a dah khân “enkawl leh vêng” tûrin a ti a nih kha (*Gen. 2:15*). Adam hian ramsa tinrengte leh sava tinrengte chu an hming a lo phuhsak vek bawk (*Gen. 2:19, 20*). Kan nû leh pa hmasa berte kha an chênna huanah khân leilunga thil awmte nê an inhne hnâi hlê a, an chhev vêla awmte kha vênghim tlat tûrin Pathianin a hrilh bawk. Sabbath hi chawlhkâr tina Pathian nê leh an chhev vêla thil awmte nêna an inlaichîn dân hriattîr nawn zêltu tûr a ni a. Siamtu chibai bûk han tih hian a thil siamte duât taka enkawl pawh a huâm tel. Tûn lâi hian thil siamna hmun lian tak takte chuan meikhû leh tui bawlhhlawh tam tak tichhuakin, kan khawvêl hi an tichhe chak hlê mai a.

“Hetiang a tûr hlauhawm tak tak an tichhuah ʈhîn hian Pure Earth sawi dân chuan, khawvêl pumah mihring maktaduai 200 vêl a ngawng mêk a ni. . . . Green Schools Alliance sawi dânin America mîte khuan kum tin foam cup tlûklehdingâwn 30, motor ke (tire) maktaduai 220 leh diaper tlûklehdingâwn 1.8 an siam chhuak ziah a. . . . China rama thil siamna hmun lian tak tak awmtên boruak an tihbawlhhlawh khian United States-a khaw awm dân khu a zuk tidanglam vek thei bawk. Ni nga chhûng lekin China

rama boruak bawlhhlawh tak takte chu United States chung zâwnah tleh thlâ-in, ruah leh vûr sûrtîrtu chhûmte chu a hliah ta tlat tîn a. [World Health Organization] sawi dânin kum khata nausên, thla kim lova an pian avânga thi tâte hi boruak chhia an hîp avâng a ni a. Chu chu khawvêl puma thihna thlentu lian zual pariat zînga pakhat a tling phâk hial a ni.”—Alina Bradford, “Pollution Facts and Types of Pollution,” Live Science, February 28, 2018, <http://livescience.com/22728-pollution-facts.html>. Hetiang a nih vâng hian Sabbath hi Pathian thil siamte duât taka enkawl tûr a ni tih min hrilhtu pawimawh tak a va ni êm!

### **Sabbath leh Chhanchhuahna**

Ram Tiama lût tawh mai tûr chhuan tharte hnêna Sabbath serh tûr a nih thû a hrilh thar leh tûm khân heti hian a sawi: “Sabbath serh rawh u” tia bulţanin, “nangni pawh Aigupta ramah khân bâwih i lo ni tawh a, chuta tâ chu LALPA i Pathianin kut chak tak leh bân phara a hruai chhuah che u in ni tih hre reng ang che u” (*Deut. 5:12, 15, NKJV*) tiin a sawi zui a. Chutiang chu a nih avângin Sabbath hi chhanchhuahna chhinchhiahna a ni. Israel mîte kha kum za eng emaw zât chhûng chu Aigupa ramah bâwihin a lo awm tawh a. Chuta tâ chu mak tak maiin Pathianin a chhanchhuak a. Anmahni theihnaa lo chhuak ni lovin, Pathianin a “kut chak tak” hmangin a chhan chhuak a. Sabbath hi eng din hmun aţang pawhin Pathianin min chhanchhuah theihzia min hriat nawntîrtu a ni.

Khawvêl siam a nih lâi khân Pathian chuan thû a sawi a, kan khawvêl hi a lo awm ta mai a. Pathian Thû hi thil engkim tithei, thil siam thei leh nun tidanglam thei a ni. Sabbath hi Pathian tân chuan eng thil mah tih theih loh a awm lo tih chawlh kâr tina min hriat thartîr zêltu a ni a. Khawvêl hi a Thû-a siam a nih avângin kan thinlung pawh

a siam thar leh thei. Thim atâ êng a siam theih avângin kan rilru thim tak pawh hi a tiêng thei a. Thû a sawi a, thei chi hrang hrangte chuan rah hmin leh tuihnâi tak an chhuah a, chutiangin kan nunah pawh Thlarau rah a chhuahtîr thei. Adama hnârah khân nunna a thâwk luh avângin kan nunah pawh nunna thar a thaw lût thei bawk.

*Rome 6:1–7* chuan baptisma kan chan a, kan nun hluia kan thih san hian Kristan nun thar minrawn pêk ve nghâl thû a sawi a. Eden Huana Pathianin a siam nunna leh Pathianin kan thinlung a siam thara lo lang nunna thar hi thil inzawm tlat a ni a. A tîrah khân Pathianin nunna a siam a, tichuan nun hi a siam thar leh bawk a. Sabbath hi thil siam leh Pathian thil siam thar chhinchhiahna a ni.

### **Sabbath hi Rilru Tihthar Lehna leh Malsâwmna Chhinchhiahna A Ni**

Pathian chuan Sabbath hi mi zawng zawng tân a siam a. Pathian Lehkhabu-in a sawi dân chuan Sabbath-in malsâwmna a rawn thlen hi kan zavâia tân a ni (*Exod. 23:12*). Sabbath-in malsâwmna a kente hi Juda-te tân chauh a ni bîk lo va. Thuthlung Hlui lehkhabuten an sawi dân chuan mi tin tân a ni zâwk. Sabbath hi Pathian chibai bûkna nî ringawt ni lovin, mi dangte tâna malsâwmna kan nihna nî tûr pawh a ni bawk a. Isua pawh khân ni dang zawng âiin Sabbath-ah damlo a tidam hnem zâwk a nih kha. Ani ngaih dân chuan Sabbath hi a khawngaih tihdamna kuta mi dangte khawihna nî tûr a ni.

Jerusalem khawpuia Berâm Kawngkhâr an tih chhûng chiaha awm Bethesda Dîl kianga awm dam lo pakhat chanchin kha ngaihtuah teh. Bethesda tih awmzia chu “khawngaihna in” tihna a ni a. Isua chu Sabbath nî-a Pathian chibai bûk tûrin a kal a, chutia a kal lâi chuan he dîl kianga lo mû, kum 38 zet na tawh chu a hmû a. Hemi tuma thil

thleng hi Ellen G. White-i pawhin lo sawiin, Isua hi “amah chauhin, rilru ding tak leh tawngtâi chungin a kal a, chutia a kal lâi chuan he mi khawngaihthlâk tak mai hi a hmu ta a ni.”—*Chatuan Nghahfâk*, p. 212.

Hemi nî hi Sabbath a ni a, Isua hian a tidam a nih chuan Farisai-hoten an rawn chhuahchhâl nghâl dâwn a ni tih pawh a hre reng. Juda puithiamte khân Sabbath nî-a tih thiàng chin thil chi hrang hrang 39 an sawi a. Hêng an thil phût awmze nei lo leh inkhuahkhirhna dân chuàngtlâi tak takte hi phurrit tawrh hrehawm tak a ni hlawm.”—*Chatuan Nghahfâk*, p. 214.

“A thû leh a khawngaih thiltihte hmangin . . . mipuite awp beh nâna an hman thurochhiah hlui tak takte leh mihringte siam thupêkte chu a bawhchhe hmiah hmiah mai a, chumi pah chuan Pathian hmangaihna chu a famkimin a puang chhuak nghâl zêl thîn.—*Chatuan Nghahfâk*, p. 215.

He pa dinhmun chhiatzia hi a hmuhin, “Tihdam i duh em?” (*Joh. 5:6*) tiin a zâwt ta tawp mai a. He pa hi mahni intidam thei a ni lo. Chhandamtu thupêk, “Tho la, i âwngphah lâi la, kê-in kal tawh rawh” (*Joh 5:8*) tih chu rinnain a zâwm nghâl a. A taksaa hriatna thazâm leh timûr zawng zawngah chuan nunna thar a lo luang a, mak tak maiin a lo dam ta a ni. Rinnain Kristâ thusawi chu a pawm hmiah mai a, a sawi ang tak chuan a ti nghâl bawk. Hê Sabbath nî-a tihdam hnâ a thawh hi, Sabbath danga a lo tih tawhte ang bawk khân thlarau lam thutak nêna inzawm tlat a ni a. Rinnaa Pathian Thû kan pawm a, chumi ang taka thil kan ti zui nghâl a nih bawk chuan kan lo dam thîn a ni. Hê Sabbath nî-a damlo tihdamin tihlan a tum ber chu Isua hi kan Siamtu leh kan Tlantu a ni tih hi a ni a. Min Siamtu chuan min siam thar leh thei a, min tidam thei bawk. Kan awmna hmunah min rawn zawng hmû a, kan mamawhte a

hria a, a khawngaihna min tlan a, kan beidawna chu beiseinaah a chantîr thîn a ni.

### THEN 3-NA: NUNA BEL TÛR

Pathian chuan Israel mîte kha zâwnei Isaia hmangin Sabbath an serh dânah siam tharna thlentîr tûrin a lo tur tawh a. Heti hian a ti: “Sabbath bawhchhe lo tûr leh, ka ni thianghlimah hian nangmâ duh zâwng ti lo tûra i kephah i hawi kîrtîr a, Sabbath serh chu nuâm i tih a, LALPÂ ni thianghlim chu zahawm i tih a, nangmâ kawng i zawh lo va, nangmâ nuâm tihzâwng i zawn loh a, nangmâ duh zâwng i sawi loh a, Amah chu i châwimâwi a nih chuan LALPÂ chungah i lâwm ang a, leilung hmun sângachte chuan ka chuântîr ang che” (NKJV). Bible hun lâi chuan, thil eng emaw chungah *ke nght* tih chu neitu nihna entîrna a ni a. Sabbath hi keimahni tâ ni lovin, Pathian tâ a ni. Amâ tâ a ni a, Sabbath nî-ah hian amah chibai bûk a, mi dangte tâna malsâwmna nia lâwm tak leh nuâm ti taka awm tûrin min sâwm a ni.

- Engtin nge Sabbath hi i tân awmze nei lehzual a lo nih theih ang?
- I Sabbath serh dânah khân thlâk danglam ngâi awm a awm em?
- Sabbath nî-a Pathian chibai bûk hi eng tiang taka pawimawh nge nia i hriat han sawi teh.
- Sabbath nî-a mi dangte tâna malsâwmna i nih theih dân tûr kawng thum tal sawi rawh.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_