

AIGUPTA RAMAH ISRAELA



CHÂNGVAWN: “Tichuan Israel-ho chuan Aigupta rama Gosen ramah chuan awm hmun an khuâr ta a; chutah chuan an intimuk a, chi tam tak an thlah a, nasa takin an pung ta a,” (*Genesis 47:27*, NKJV).

SABBATH CHAWNÛ

June 18

Chhiar Tûr: *Genesis 46; 47; 48; 49:29–50:21; Tirkhohte 3:25, 26; Rome 10:12, 13; Filipi 2:10.*

GENESIS hian Jakoba leh Josefa-te hun tâwp lam chanchin min hrilh a. A bu tâwp lamah Jakobana (Israelan) Aigupta rama chêng tûrin (*Genesis 47*) Kanaan ram a chhuahsan (*Genesis 46*) thu kan hmû a, chutah chuan a thi dâwn a ni (*Genesis 49:29–50:21*). Mahse, chutianga chuan Aigupta ramah inbêngbel hman viau tawh tho mah se, Ram Tiama lêt leh beiseina erawh an nei lian hlê hlawm a ni (*Genesis 50:22–26*).

Jakobana Aigupta ram a thlen vêleh an lal Faraoa chu mal a sâwm nghâl a (*Genesis 47:7–10*). Hetianga ti hian Abrahamana hnêna Pathian thutiam, hnam hrang hrangte tâna malsâwmna an nih tûr thû kha a takin a rawn hlen chhuak a. Hemi hnû hian, a thih dâwn hnaihah Josefâ fapate pahnih pawh mal a sâwm vê leh bawh a (*Genesis 48*). Ama fapâte pawh malsâwmn (*Genesis 49:1–28*), Israel hnam sâwm leh hnam hnihte thlahtu

an nihna anga an chung a thil lo la thleng tûr chu a hrih lâwk theuh baw a ni (*Genesis 49:1–27*).

Amaherawhchu, Israel fâte kha Aigupta ramah chêngin, chutah chuan mikhual mai an ni a, Ram Tiam lama an kîr leh theih hun tûr chu nghâkhlel takin an thlîr reng tîn. *Genesis* bû hi Aigupta rama Israel fate an la awm rih thû-in tâwp tho mah se, Josefa thu sawi hnuhnung thenkhat hian a rilrû-ah hmun dang daih a awm a ni tih a tilang a: “Ka thi dâwn ta e; nimahsela, Pathianin a rawn kan ngêi ngêi ang che u a, hê ram atâ hi rawn hruai chhuak che uin, Abraham a te, Isaaka te leh Jakoba te hnêna chhechhama pêk a lo tiam tawh ramah chuan a hruai chho ang che u,” (*Genesis 50:24, NKJV*) tiin.

SUNDAY

June 19

Josefa Hnênah Jakoba A Kal

***Genesis 46* chhiar la. Jakob a Kanaan ram a chhuahsan hian eng nge pawimawhna a neih le?**

Jakob a Kanaan rama a in leh lo a chhuahsan lâi hian beiseinain a khat a ni ber a. Ei leh in lamah harsatna a tâwk dâwn tawh lo a ni tih a hriat chian bâkah, a fapa Josefa chu a lo la dam reng a ni tih a hre chhuak khân, Ram Tiam chhuahsan pawh a hreh lohtîr a ni.

Jakob a Kanaan ram a chhuahsan hian a pu Abraham a chênna khua a lo chhuahsan tawh dân kha min hriat chhuahtîr leh a. Mahse, Abraham a kha chu Pathianin pêk a tiam ram lam pana chhuak a ni thung tih hria ila. Jakob a Abraham a Pathian hnên atâ a dawn thutiam tho kha a dawng vê a, chu chu “hnam ropui taka” (*Genesis 46:3; Genesis 12:2*) siam a nih tûr thû a ni. Hemi tuma Pathianin a kohna pawh hi Abraham a hnêna thû a lo thlun tawh ang tho kha a ni a; Abraham a hnênah leh Jakoba hnênah “hlâu suh” tih tawngkam hmang vê vêin (*Genesis 46:3;*

Genesis 15:1), chu chuan hma lam hun ropui tak an neih thu a hriattîr vê vê bawk a ni.

Aigupta rama chhuk thla Israel fâte hming zawng zawng, a fanute hming (*Genesis 46:7*) nên lama ziah lan vek a ni hian, Abrahaman fa pakhat pawh a la neih hmâa Pathianin a thlahte chu chhiar sên loh khawpa tam an la nih tûr thu a lo tiam kha min hriat chhuahtîr a. Nambâr “sawm sarîh” (hetah hian Jakoba leh Josefa bâkah, Josefa fapate pahnih pawh an tel vê a) hian famkimna entîrin, “Israel mi zawng zawng” chu Aigupta ramah an chhuk thla vek tihna a ni. Nambâr 70 hian *Genesis 10*-a kan hmuh Nova thlah hnam sawmsarihte kha min hriat chhuahtîr leh bawk a. Hei hian khawvêl hnam zawng zawngte hma lam hun chu Aigupta rama Jakoba a zuk chhuknaah hian a innghat a ni tih min hriattîr a ni.

Hê thû hi kum tam tak a liam hnû, krawsa Isua a thih a, famkim zâwka chhandamna ruahman puan chhuah a nih tâkah khân Chiang lehzualin a dikzia a rawn lang chhuak ta a. A chhan pawh chhandamna hi Abrahamana thlahte tân chauh ni bik lo vin, mi zawng zawng tân a nih vâng a ni.

Ṭawngkam dangin sawi ta ila, hê chhûngkua, Abrahamam thlahte chanchin hi eng ang pawha ngaihnaawm niin, anni chanchinah hian thlarau lam thutak eng eng emaw chhar chhuah theih pawh ni tho mah se, Pathian Thu-a ziah tel a nih chhan chu, chhandamna chanchina a pêng pakhat an nih vâng chauh a ni a. Suala tlu tawh hê khawvêla chêngte hi a tam thei ang ber tlan chhuah an nih leh theihna tûra Pathian ruahmannaah an tel vê a ni.

“Juda mîte leh Grik mîte inkârah danglamna eng mah a awm lo va, LALPA thumun chu an zavâia chungah awmin, ani chuan a hming lamtu apiangte chungah nasa takin ṭhat a chhuah ṭhîn sî a. ‘Tû pawh LALPÂ hming lam apiangte chu chhandamin an awm ang’ tih ang khân” (*Rome 10:12, 13, NKJV*). **Heta Paula thil sawi eng hian nge chanchin**

thâ chu mi zawng zawng huâm vek a nihzia tilang? Chu âi pawha la pawimawh zâwk chu, kohhran kan nihna anga chanchin ða theh darh kawngah hian eng nge ni tih tûr kan neih le?

THAWHTANNI

June 20

Aigupa Ramah Jakoba A Inbêngbel

Thil ngaihnawm deuh mai chu, Jakoba hnêna a fa ûten an nâu Josefa a la dam thû an hrilh chung pawha LALPAN “zân inlârna” a rawn hmuhtîr (*Genesis 46:2*) leh Kanaan ram chhuahsan tûra a hrilh tho mai hi a ni. Pathian thupêk angin Jakoba chuan Ram Tiam chhuahsanin, Aigupta ram lam chu a pan ta a—mahse, nakînah chuan hê ram hi khawvêl ram zawng zawng zînga Pathian mîten kal an hrehna ber a lo ni ta hlauh thung sî a ni (*Deut. 17:16*).

Genesis 47 chhiar la. Hê thû-ah hian eng thlarau lam thutak leh zirfîrna thupuite nge kan hmuh theih?

“Josefan Faraoa hmâa inlan tûr leh, nakina an chênna ram tûr atâna phalna a hnên atâ dîl tûrin a ûnate zînga pangâ chu a hruai a. A Prime Minister chung a lâwm avângin lal chuan office-a hna chelh tûrin a duh a; mahse Josefa, Jehova betu dik tak chuan, a ûnate chu milem biate zînga thlêmna chu an pelh theih nân lalin thû a zawh huna tlang taka an hnathawh chu hrilh tûrin thû a râwn a. Jakoba fâte chuan a thurâwn chu zuiin, an duh huna an hâwn leh mai theih nân, chû ramah chuan châm hrih mai tûra lo kal leh, awm hlen tûr an nih lo tih an hrilh a. Lal chuan Gosen rama, “Ram ða ber” chu an awm nân a pê a.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 224.

Faraoan hêng a mikhualte hi kutdawh ni tûr emaw, châwm hlâwm ni tûrin emaw a duh lo. An ramah tlângnêl leh inthlahrung bîk hauh lo va an awm theih nân “an hna thawh ðhin” a zâwt a

(*Genesis 47:3*). An thil thiam ve zâwnge chu lo hman ãngkâi a, a ran vulhte enkawltu lû berah dah hial pawh a tum a ni (*Genesis 47:6*).

Chutichuan, Jakoba hi ram dang mi, Aigupta mîte âia hnuaihning zâwk ni bawk chu Aigupa ram lû ber Faraoa hmâah a ding a, mal a sâwm ta a (*Genesis 47:7*). Mi khual tlâwm ve tê mai ni mah se, *Aigupta ram lal ropui tak Faraoa malsâwmtu* a ni. Chutiang a thlen theih chhan chu eng nge?

He lâi thua “hmâah . . . dintîr” (Hebrai ãawngin, ‘*amad lifney*) tih ãawngkam hi (*Genesis 47:7*) dân tlângpuiah chuan puithiamte rawngbâwlina kaihhnawih thilah hman ãhin a ni a (*Lev. 14:11*). Hmâsâng Aigupta mîte sâkhuaah khân Faraoa-te chu puithiam lalber niin, Faraoa hmâa Jakoba dintîr a ni hian, Aigupta ram puithiam lalber leh amah Faraoa ngei âi pawhin a dinhmun a chungnung zâwk a ni tih a tilang.

Eng dinhmuna ding pawh ni mah ila, mi dangte chungka kan chêt dânah hian “chi thlan, lal puithiamho, hnam thianghlim, Pathian mi bîk” (*1 Petera 2:9*) kan ni tih engtin nge kan lantîr ang? Kan rinna hian eng tianga awm tûrin nge min phût le?

THAWHLEHNÎ

June 21

Jakoban Josefa Fapâte Mal A Sâwm

Jakoban a thih nî a hnaih ta hlê mai. Hetih lâi hian Bethela a han kîr leh ãuma (*Genesis 35:1–15*) Pathianin Abrahamana hnêna a lo pêk tawh (*Genesis 17:8*) Kanaan ram chu “kumkhaw ro atâna” (*Genesis 48:4*) pêk a tiam thû kha a hre reng a. Chutiang chuan, Ram Tiama kîr leh beiseina hian a thih nî a hnaih tawh a nih tih hre mah se a thlamuân hlê a ni. Tichuan, Josefâ pafa pahnih, Aigupta rama piangte lam chu a hawi a, mal a sâwm a; mal a sâwm dân erawh Kanaan rama an awm hun tûr thlîr rân chungin a ni thung.

Genesis 48 chhiar la. Engati nge Jakob an a tupa dangte malsâwm sí lo vin, Josefâ fapâte pahnih chauh mal a sâwm bîk?

Josefâ fapâte pahnih, Manassea leh Efraima-te chiah hi Jakob an a tute zînga mal a sâwm an ni a. Hetianga mal a sâwm avâng hian a tute ni tawh lo vin, a fapâte an lo ni ta tihna a ni (*Genesis 48:5*). Jakoba malsâwm dânah hian a upa zâwk Manassea âiin a naupang zâwk Efraiman chan thâ a chang zâwk dân niin a lang a. Mahse, Jakob an mal a sâwm ber zâwk chu Josefa fapâte ni lo vin, amah Josefa zâwk hi a ni (*Genesis 48:15*).

Heti lâia kan hmuh hi an laka Pathian lo rinawm tawh thîn dân leh, nakîna an la chan tûr malsâwmna a tiamte chungchâng sawina a ni. Jakob an Abrahamah leh Isaka te châwmtu leh vêngtu an Pathian chanchin sawiin, (*Genesis 48:15*), chu Pathian chu sual zawng zawng laka amah tlantu pawh a ni bawh a (*Genesis 48:16*). Jakob an a rilrû-ah “Bethel Pathian” (*Genesis 31:13*), zâna a inbuanpui (*Genesis 32:29*) leh “Israela” tia a hming thlâksaktu (*Genesis 32:26–29*) kha a rilrû-ah a awm a ni.

Hêng a thil tawn zawng zawng, Pathianin thil thâ lo thil thâa a chantîrnate hi sawiin Pathian chuan amah leh a fapa Josefa-te a lo enkawl tawh dân khân a tupâte chu tûnah chauh pawh ni lo vin, Kanaan rama a thlahte an kîr leh hunah pawh a ngaihsak a beisei tih a tilang a. Chû chu a beisei tlat a ni tih a lan chian êm êmna chu puan in zârna atâna ram a lei (*Genesis 33:19*), Josefa ruhrote an phûmna tûr hmun (*Josua. 24:32*) leh Israel hnam sâwm leh pahnihte hnêna an ram chan theuh tûr sem a nihna tûr hmun (*Josua 24:1*) Sekem a sawi lang hian a tichiang (*Genesis 48:22*). Hêng thil zawng zawngte hi thleng tho mah se, hê chhûngkaw hman hian “leia hnam zawng zawng hi malsâwm an awm ang” (*Gen 12:3, NKJV*) titu Pathian thutiamte kha a vawng tlat thîn a ni.

***Tirhkohte 3:25, 26* chhiar la. Engtin nge *Genesis 12:3* Pathian thutiam hi a lo thlen famkim? Engtin nge keini pawh hian chu malsâwmna chu kan lo dawn vê?**

NILAINÎ

June 22

Jakoban A Fapate Mal A Sâwm

***Genesis 49:1–28* chhiar la. Jakoban a fapâte mal a sâwm hian thlarau lamah eng nge pawimawhna a neih?**

Hê malsâwmna hian Israel hnamten hma lam hun êng tak an neih thû a sawi a; chumi piah lamah chhandamna thlen tûra Messia a lo lan a beiseizia pawh a tilang baw. Hê a thil beisei hi a thu hawnaa “ni hnunungahte” (*Genesis 49:1*) tih tawngkam a hmang hian a tilang a, hê tawngkam hi lal Messia lo la kal tûr thu sawina atâna hman a ni thîn (*Isaia 2:2; Dan. 10:14*).

Tichuan, hêng a fapâte leh an thlah theuhte chung a thil lo la thleng tûrte chu a sawi chhonzawm ta a. Mahse, hetiang a hma lam hun a lo sawisak avâng hian Pathian chuan an thil tawn tâkte kha an tawn tûr rênga a lo ruat lâwk sa ni lo vin, an nun dân leh an tû leh fâte nun dânin a rawn nghawng chhuah tûrte a sawina a ni zâwk. Entîr nân, mi tu emawin pawisawi lo tu emaw a that a, chutiang chu a ti dawn a ni tih Pathian chuan lo hre sa a; mahse, that tûrin a ti tihna erawh a ni hauh sî lo. Chutiang deuh chu a ni.

***Genesis 49:8–12* chhiar la. Hetah hian eng hrih lâwkna nge a sawi a, chu hrih lâwkna chu eng vânga pawimawh viâu nge a nih?**

Mihringten duhthlan theihna zalên tak nei tho mah ila, Pathianin thil lo la thleng tûrte chu a hre sa vek thung; chuvâng chuan Juda thlah aţang hian Messia lo piang tûrin ruahmanna a

lo siam sa vek a ni. Sakeibakneiin a entîr (*Genesis 49:9*) Juda (*Genesis 49:8–12*) tih hian lalna leh châwimâwina a kâwk a. A awmzia chu, Juda hnam aţang hian Lal Davida a lo piang dâwn a; a hnêna *shalom*, “remna” thlentîrtu tûr Silova pawh a lo chhuak bawk ang (*Isaia 9:6, 7*)—tichuan, “hnam tinin a thu an âwih” tawh dâwn a ni (*Genesis 49:10*)

He lâi thû hi hmâsâng ata tawh Juda-te chuan Messia lo la lan tûr thu lo puan lâwkna niin an ngâi a, keini Kristiante pawhin Isua lo la pian tûr thu sawinaah kan ngâi bawk. “Hnam tinin amâ thû an âwih ang” (*Genesis 49:1*) tih thû hi Thuthlung Thar lama thutiam kan hmuh, “Isuâ hmingin mi tin. . . an ʘingʘhit nân” (*Isaia 9:6, 7*) tih lo sawi lâwkna pawh a ni maithei e.

Ellen G. White-in heti hian a ziaak a: “Sakeibaknei, ramngaw lal chuan he hnam chhinchhiahna nih chu a inhmeh a, chumi hnam aţangin Davida a lo chhuak a; Davida Fapa Silova, ‘Sakeibaknei Juda hnama mi’ hmâah chuan a tâwpah thil tihtheihna zawng zawng chu an la kûn ang a, hnam zawng zawngin châwimâwina an hlân ang.”—*Thlahtubulte leh Zâwlneite*, p. 228.

Eng vângin nge tûnah hian hnam zawng zawngten an tih hmâ pawhin Isua chu zahna kan lo lantîr ngâi a tûl le?

NINGÂNI

June 23

Ram Tiam Luah Beiseina

***Genesis 49:29–50:21* chhiar la. *Genesis* bu thu tângkawmnaah hian eng ang beiseina thu ropui tak takte nge kan hmuh le?**

Genesis bu thu tângkawmna hi beiseinaa khat thil thleng pathumin a siam a ni a.

A hmasa ber chu, Ram Tiam Israel fâte an kîr leh beiseina a ni. *Genesis* bu ziaaktu Mosian Jakoba thihna leh Josefa thihna, phûm an nihnate hi Ram Tiam lam hawitîrtu thil thleng pawimawh

tak niin a sawi a. “Hnam sâwm leh hnam hnihte” mal a sâwm a, an chung a thil lo la thleng tûrte a puan zawh veleh (*Genesis 49:28*) a thihna chungchâng ngaihtuahin a fapâte chu a nupui Sari a phûmna hmun Kanaan rama Makpela pûkah (*Genesis 49:29–31*) chuan amah pawh phûm tûrin a chah a. Hê thu, Kanaan rama Jakoba ruang phûm a nih thu sawina hian kum tam tak ral leh hnû-a Israel fâten Aigupa ram an chhuahsan hun tûr chu min lo thlîr lâwktîr a ni.

A pahnihna chu, Pathianin thil ða lo pawh thil ðhâa a la chantîr beiseina a ni. Jakoba a thiha phûm a nih hnûin Josefa ûnanute chu an hma lam hun ngaihtuahin an hlâuthâwng hlê mai a. A chhan pawh an chungah Josefan phubâ a lâk an hlâu a ni. Tichuan, Josefa hnênah kalin a hmâah an bawkkhup a, a chhiahhlawh nih an inpeih thu hrilhin (*Genesis 50:18*) Josefan a mumanga a hmuh ang deuh chiah khân an awm ta a ni. Mahse, Josefan lo thlamuânin eng mah hlah chhan tûr an neih loh thû a hrilh ta a (*Genesis 50:1*); a chhan pawh a chung a thil sual tih an tum kha Pathianin mi tam tak chhanhimna tûrin thil ðhaa chantîr a lo rilrûk reng vâng a ni (*Genesis 50:19–21; Genesis 45:5, 7–9*). A awmzia chu, mihringten thil kan tisual pheng phung ðhin a; nimahsela, Pathian rorêl dân chu a dingchang zêl dâwn tihna a ni.

A pathumna chu, suala tlu tawh mihringte hi Pathianin a chhandam dâwn a ni tih beiseina a ni. *Genesis 50* châng tâwp berah hian, Josefa thih thû kan hmû a; mahse, hei hian a thih thu chauh ni lo thil dang sawi tel a nei a. Thil mak deuh mai chu, Josefan a ruhte phûm tûra thu a pe miah lo hi a ni a. Chutiang thû chu a sawi miah loh lâiin, “Pathianin a rawn kan ngei ngei ang che u, ka ruhte hi heta tâ hi in zâwn chho tûr a ni” (*Genesis 50:25*) erawh a sawi thung. A sawi ang takin kum eng emaw zât hnû-ah a ruhte chu Mosian a chhawm chho ta a ni (*Exod. 13:19 chhiar la*). Chutiang chuan, Ram Tiam luah beiseina hi chhandamna, din thar lehna, lei thar leh vên thara awm tûr Jerusalem Thar beiseina lo entîrtu a ni a—chu chu kan zavâia

kan beisei tân, Silova thihnain a tihchian êm êm beiseina ropui ber chu a ni.

***Thupuan 21:1–4* chhiar la. Eng tiangin nge hêng Bible chângte hian beiseina ropui êm êm kan neih chu a lo sawi? Hê thutiam hi nei ta lo ila, kan buaina zawng zawngte tâwpna atân hian thihna chauh lo eng nge beisei theih kan neih ang?**

ZIRTÂWPNI

June 24

Zir Belhna: Chhiar tûr: Ellen G. White lehkhabu, *Thlahtubulte leh Zâwlneite*-a “Josefa leh A Ûnate,” pp. 214-224.

“Josefâ nun hian Kristâ nun a entîr a. Josefa chu a ûten îtsîkna avângin salah an hralh a, anmahni âia a ropui zâwkna tûr chu dan theih an beisei a. Aiguptaa phurh liam a nih tak hnû chuan a mumang avânga buaina nei ta lova inngaiin, a thlen famkimna tûr chu nuai bo ta vekin an inhria a. Mahse Pathianin a ni kawng chu palzutin dâl an tumna takah chuan thil ðha a rawn thlentîr ta zâwk a.

“Josefa chu Aiguptaa a tân laiin a pa chhûngkua chhandamtu a ni a; hei hian a ûnate thiam loh channa chu a tinêp chuang lo. Chutiangin a hmêlmâten Krista an khenbehna chuan Amah chu mihring Tlantu, hnam tlûte Chhandamtu leh khawvêl pumpui Rorêltuah a siam a; Pathian kutin Amâ ropuina tûr leh mihring ðhatna tûr atân thil lo thleng chu a thunun ta lo emaw tih tûrin, Amah thattute bawhchhiatna chu nun chhiat thlâk tak a ni.

“Josefa chu amâ ûnauten milem be tûte hnêna an hralh angin, Krista chu A hmêlma sual berte hnênah Amâ zirtîrte zînga pakhatin a hralh a. Josefa chu a rinawmna avângin dik lo taka puh leh, tân ina khung a ni a, Krista chu A felna leh mahni inphatna nun chu sual zilhtu a nih avângin, endawng leh duh lohina a awm a; dik lohna rêng rêng nei lo chu, hretuderte thû avângin thiam loh chantîrin a awm a. Hnehchhiahna leh rêldik lohna hnuai Josefâ dawhtheihna leh inngaihtlâwmna te, a ûnau

mi pangngai lote chung a thilphalna leh, ngaihdam a inpeih rengnate chuan, Kristan mi sual hovin an tihduhdah leh a chhiatna tûr an zawn laia phunnâwi lo va a tuâr hrâm dân leh, Amah tihlumtute chauh pawh ni lo, mi tin A hnêna sual puang leh ngaihdam dîltute a ngaihdamna chu a entîr a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 232.

Sawi Ho Tûr:

- ① **Jakoba a thih khân Josefa ûnate chuan an lakah Josefan phubâ a lâk mai an ring a. Hei hian an thilnungah inthiam loh rûkna an la nei reng tih a tilang em? Josefan a lo chhân dân khân thil sual titute tân ngaihdamna a awm thu engtin nge min hrilh?**
- ② **Josefâ nun leh Isuâ nun hi a inanna dangte sawi tûr eng nge awm?**
- ③ **Pathian chuan thil thleng tûrte hi a lo hre lâwk sa vek mah se, duhthlan theihna zalên kan nei tho a ni tih thû hi ngun takin ngaihtuah leh la. Hêng ngaih dân pahnihte hi engtin nge kan sawi rem theih ang?**

2022 Bible Study Guide for the Third Quarter

Tûn kuartar zirlai, “Chhuântuinaah Krista Nên,” tih Gavin Anthony ziah hian, Kristian kan nihna anga Kristâ hnêna inpê, tawrhna paltlang kan nih chhan min zirpui dâwn a ni. Krista kha hrrehawm tuâr ngai lo a ni lo. Kan natna te, tawrhna leh châna te hi Pathianin min kalsan ta tihna a ni lo. Hêng hun harsâte hmang hian Pathianin awmzia min neihtîrin, Amah kan rinchhan theih nân A hmang ƣangkai ƣhîn tih kan zirlai hian a târlang dâwn a. “LALPÂ hnêna felna inthâwina kan hlan theihna tûrin, kan Pâ vâna mi kan hnaih a, A ruâhmanna hnuai kan intukluh theih nân, kan chung a tawrhna lo thlente hi a tûl ƣhîn. . . . Kan nungchangte siam ƣat a nih a, mahni chung a hnehna kan chan bâkah, Kriata leh vân Thlarau nên inrema kan awm theih nân, LALPAN A fâte chu (tawrhna) hmun ngai hruai lehin, rilru inngaihlâwmna famkim an neih thlengin A sâwr fûna a tizuâl deuh deuh ƣhîn a ni. Pathian mîte tihthianglimna hi tawrhna tel lo va tih puitlin theih a ni lo.”—Ellen G. White, *My Life Today*, p. 92.

Zirlai 1—Berâmpu Fiahna

Zirlai Thupui ƣhen:

Sunday: **Zinkawng Atâna Kaihhruaina: Berâmpû Chu** (*Sâm 23:1*)

Thawhƣannî: **Zinna Hmunte** (*Sâm 23:3*, NRSV)

Thawhlehnî: **Beisei Loh Kuâlna 1: Ruâm Chhûng** (*Sâm 23:4*, NKJV)

Nilâinî: **Beisei Loh Kuâlna 2: Dawhkân Huâl Vêl** (*Sâm 23:5*)

Ningânî: **Zinkawng Tâna Thutiâm Chiâng** (*Sâm 23:6*, NKJV)

CHÂNGVAWN—“Ka nunna hi mi siam ƣat ƣhîn a, Amâ hming avângin felna kawngahte mi hruai ƣhîn.” *Sâm 23:3*.

Sabbath Thu Rohlû: Dik lo taka tih, phatsan leh Sâm 23- a sawi anga thihna hlim kawr ruâm lama hruai nih chângte kan tawng fo ƣhîn a. Mahse, felnaa min chher puitling tûra nuntawng hrehawm hmanga min siam ƣat leh min hman Pathianin min tiâmsak a ni.

Zirlai 2—Fiahna Lo Thleng

Zirlai Thupui Then:

Sunday: **Beisei Loh Thilte** (*1 Petera 4:12*, NIV)

Thawhṭannî: **Setana Min Beihnate** (*1 Petera 5:8*, NKJV)

Thawhlehnî: **Sual Fiahnate** (*Rome 1:8*, NKJV)

Nilâinî: **Chhuântuinaa Tihthianghlimna** (*Jeremia. 9:7*, NKJV)

Ningânî: **Puitlinna Tûra Fiahnate** (*2 Korin 12:7*, NKJV)

CHÂNGVAWN—“Duh takte u, in zînga fiahna nasa tak lo awm, nangmahni fiahna tûra in chung a lo thleng hi, thilmak in chung a lo thleng angin mak ti suh u. Kristâ tuârnahte tuârputute in nihzia ang zêlin lâwm zâwk rawh u; chutichuan a ropuina a lo lan hunah chuan nangni pawh hlim takin in lâwm thei ang.” *1 Petera 4:12, 13.*

Sabbath Thu Rohlû: Nungchang danglamna, ṭhanna, puitlinna kan neih hteih nân, Pathianin harsatna kan tawhte A phal ṭhîn a. Eng emaw châng chuan, hetiang atâna fiahna kan paltlangte hi enchhinna hmuna chhuân tuina ang hiâlte in kan ngai ṭhîn a, mahse keini tak hi chu chunglam enfiahna râwng tak tuârtu chu kan ni lo. Kan nuna Pathian thawh dânte kan pawm thiam chuan, eng tianga chhâng lêt tûr nge kan nih kan manthiam ṭhîn a ni.