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Thungetna ah Phawk Ding
+Kawlgam sung buainate a ven baih nading+
+Kha thak tampi pawlpi sungah hong kibehlap nang
+ Ih pawlpi ciat ah Kh akhanlawhna ingah theih nading
+Pasian na' semding a akiptakhia I siate, upate khempeuh ading
+Gam sung, gampua a om nasem, sum zong ipawlpi mi khempeuh ading

Zing Biakplak hun a sim ding

January

1. John 15:7
2. Hebia 4:16
- Sabb.** Mark 11:24
4. Late 50:15
5. Mate 18:19
6. Mate 21:22
7. John 14: 13,14
8. John 16:23,24
9. John 5:14,15
- Sabb.** Pian.18:14
11. Pai.14:14
12. Mark 10:27
13. IThess. 5:24
14. Job 42:2
15. Rom 8:31,32
16. Gam. 23:19
- Sabb.** Isai. 40:28-31
18. Joshua 1:9
19. Piancil 28:15
20. Pai. 23:20
21. Thkna 4:29
22. Jeremiah 33:3
23. Isaiah 40:4,5
- Sabb.** Late 32:8
25. Thkna 31:8
26. Late 25: 12
27. Paunak 3:5,6
28. Efesa 4:32
29. IJohn 1:9
30. Isaiah 1:18
- Sabb. Isaiah 43:25

February

1. Jeremiah 31:34
2. Efesa 1:7
3. IJohn 5:4
4. Rom 8:37
5. IKor. 15:57
6. Isaiah 41:10
- Sabb.** Efesa 6:16
8. Galati 2:20
9. Philippi 2:13
10. Galati 5:16
11. Rom 16:20
12. Rom 12:2
13. IJohn 2:15
- Sabb.** Pai. 15:26
15. Thkna 33:25
16. Late 103:2-5
17. Paunak 3:7,8
18. Isaiah 53:3-5
19. Jeremiah 17:14
20. Jeremiah 30:17
- Sabb.** Jeremiah 33:6
22. Malachi 4:2
23. James 5:14,15
24. IIKor.4:16-18
25. Galati 6:9
26. Philippi 4:13
27. Philippi 2:13
- Sabb.** IIKor. 12:9

March

1. Isaiah 44:8
2. Isaiah 60:1
3. IIKor. 5:18
4. Jeremiah 1:7
5. Saul. 1:8
6. IPeter 2:9
- Sabb.** IPet. 3:15
8. Ezek.36:25,26
9. Mate 10: 34
10. Mate 12:11,12
11. Mate 5:17
12. Amos 8:5
13. Rom 14:14
- Sabb.** Rom 11:26
15. John 5:24
16. Mate 24:35
17. John 1:17
18. IIKor. 5:6-8
19. Late 119:11
20. Kilakna 13:11
- Sabb.** Philipi 1:23
22. Kilakna 14:12
23. Sawltak 10:13
24. Galati 4:9-11
25. Daniel 7:8
26. Rom 5:3
27. Isaiah 8:20
- Sabb.** IThes.3:13
29. IThes. 4:14
30. Daniel 7:7
31. Col.2:14

**VANTUNG LE LEITUNG
KIPUM KHAT:
Philippians le Colossians pulaak Khrih**

Thu masa:

A hamsa mahmah na sepna khat ngaihsun dih in. Bang in hamsa-sak hiam? Lametna khat hang maw ahieh keileh na hun ngah zah tawm lua hiam? Ahieh keileh a nih a maw? Na nasepna tawh kisai na lungsim puakzia hang hiam? Ahieh keileh na seppih mite hang hiam? Ahieh keileh lawhcin nading lampi om vet lohna hang hi ding hiam? Hotkhatna mungtup ngaihsun in: Vantung le leitung pum khat suah nading hi. Tua bang peuh piang thei mah ding hiam? Piang thei mah ding hi. Bangbang ahieh zongin vantungah a kahtohma-in Jesu in a nungzuite tungah a zawh loh ding thu tawh a kibat hangin a thupiak khat in: "Tua ciangin amaute kiangah Jesu pai a, "Vantung le leitungah thuneihna khempueh kei hong kipia khin hi. Tua ahieh manin pai unla, minamte khempueh nungzui na suaksak un; Pa, Tapa le Khasiangtho minin na baptise unla, kong thupiak khempueh a zuih nadingun na hilh un. Khanghun a bei tektek dong a tawntungin note kong ompih taktak ding hi," a ci hi " (*Matt. 28:19, 20*). Paul in Gentile mite kiangah va pai dingin Jesu in a sawl hi. Tua a sawl nasep in mihing muhna panin a piang zo lo ding tawh a kibang hi. " Keimah hong upna hangun mawhnate maisakna le sian thosaksate lakah mun a ngah theih nadingun, amaute mit honsak ding, khuamial pan khuavak ah a heih ding, Satan vangliatna pan Pasion lam a ngasak dingin nang kong sawl ding hi,' hong ci hi."(*Sawl.26:18*). Jesu hong kamciamte mangngilh khak ding hi peuh mah lo hi. A zungnuite tungah Jesu in hih bangin a



pulaakbeh lai hi. “En un, leitung a bei dongin note tawh kong om khawm tawntung ding hi”(Matt. 28:20). Paul tungah Jesu in “Tu-in tho inla, na khe-in ding in. Nang ka nasem ding le kei tawh kisai na muhsa teng le kong lah lai dingte ah teci dinga hong seh dingin na kiangah kong kilak hi (Saw. 26:16). A tomin pulaak ding hi leng, Jesu in mihing muhna-ah a piang thei lo ding a bat hangin Ama tungah kinga-in Amah muang lehang, a hong piak nasep kizo thei ding ahihlam kimu thei hi. Mihing tha tawh kizo ding hi lo a, Ama tha bek mah in nasep hong zawhpih ding hi zaw hi. Nasep zawh nading vangliatna hong pia lo-in nasem dingin hong sawl peuh mah lo hi. Nasem dingin hong sawl ciangin sepzawhna tha hong guan hi. Tua hi-in “mihing in Pasion bek mah muangin Amah tawh tonkhawm lehang, a hong piak nasep hong zawhpih ding ahi hi. Bang hang hiam cihleh Amah in sepzawh loh bang mah a nei kei hi; Amah in na khempeuh a sem zo thei hi. Ama hong sawl khempeuh matut zawh nading sepzawhna tha zong hong guanpah hi. Ama tha tawh hong zawhpih hi. Hong sawl khempeuh sep zawhna tha hong guan hi.”Ellen G. White, *Christ’s Object Lessons*, p. 333. Paul in Colose pawlpi tungah a laikhak in lamdang mahmah hi. Hotkhiat lungdamna thu in khuavannuai khempeuhah kihilh khin hi” (Col. 1:23). Hi mah hi; a kigen khit hangin mi khempeuh in lungdamna thu sang lo uh hi. Jesu in sawltakte tungah a thupiak, a sawl thu limtakin ngaihsun hi lehang (Matt. 28:18–20), sawltak Paul tungah a thupiak ahi zongin, tua bangin thupiakna-ah mi khempeuh in nungzui hong suak ding hi, ci-in Jesu in kamciam a piakna om lo hi. Lungdamna thu in leitung mun khempeuhah kipuak ding a, minamte adingin teci a suak dingin a kihilh ding hi. Tua khit ciangin bei-na hong tung ding hi” Matt. 24:14 Teci in bang tawh kibang ding hiam? Koi bangin tua nasep kizo thei ding hiam? Tu quarter sungin Philippians le Colose pawlpi tungah Paul laikhak tungtawnin i kikum toto ding hi. Hih pawlpi nihte in a thupi kibatna tampi nei uh hi. A diakdiakin amaute in vantung le leitung hong kipumkhapsak Khrih a kilangsak uh hi. Jacob in zankik laitakin amuh kahlei in Khrih ahi hi; tua kahlei tungah vantungmite in leitung panin

vanah a kahto uh hi(*Pian.28:12; le John 1:51* simkak in). Mihing Tapa le Pasion Tapa in mawhna panin hong honkhia hi. Eite adingin mawh thuumna hong neihsak hi. Paul laikhakte i sinna tungtawnin Jesu nasepnate i mu toto ding hi. Khrih in vanglian Pasion ahigna thu thukpi le a hong hotkhiatna-ziate i mu toto ding hi. Khrih in na khempeuh nusia-in leitungah mihingin hong nungta hi. Paul in thongkia-in, thonginn sung pan pawlpi tuamtuamte a laikhak thute in tawntung thuman thute hi-in. Thonginn panin Ama phuh pawlpi (Phillipi) sunga buai-na tawh kisai a laikhakte zong i mu toto lai ding hi. A hawh ngei nai loh pawlpi (Colosse) tungah a laikhakte zong i kikum toto ding hi. Tua bangin Paul in mun tuamtuamah tua bangin pawlpi a phuh kawikawi hi. Roman thonginn sung pan pawlpi phutkhak thu tuamtuamte ven nading laikhakte in man nei mahmah hi. A hun neih sun tomno khat bek ahislam zong a thei hi. A hanciam theihzahn hanciamin pawlpi in vantung tawh kinai semsem ding bek tham lo-in pawlpi khat le khat kinai zaw semsem thei dingin a makaihziat zong kimu thei hi. Tua bangin a kalsuanna-ah Paul in koi bangin leitung beikuanin *Mang. 14* thupuak, “Vantungmi thumte thupuak kizel ding cih thute dongin a hong hilhna kimu thei hi.

Clinton Wahlen, Ph.D., in General Conference; Biblical Research Institute ah associate director ahi hi. Amah in Laisiangthothak, laimal letkhiatna, le Adventist tangthu ah siam mahmah hi. Amah in Germany, New Zealand, Russia, United Kingdom, leh Philippines ah nasem ngeikhin hi. A zii Gina hi-a, a khankhinsa tapa nih, mo khat le tuu nih neita uhhi.

Bawlsiatna thuak *taleh*

Kinusia lo

**SABBATH NITAK**

Tu Kaal Sung Sim Ding: *Eph. 3:1; 2 Kor. 4:7–12; Sawl. 9:16; Philemon 15, 16; Col. 4:9; Phil. 1:1–3; Col. 1:1,2.*

Kamngah : “Topa sungah lungdam tawntung un Khatvei kong genkik in ah lungdam un!” (*Philippians 4:4, ZSV*).

A Adventist pastor khat in thumaan lopi-in kum nih sung thongkia hi. A tuungin lungkham himah taleh, thonginn in Pasion piak nasepna mun ahihlam hong thei hi. A thongkiatpihte in pastor ahihlam a theih ciangin thugen sak uh hi. Amah in thuhilhin, lai hawmte zong pia hi. Thongkiate tuiphum aa, Nekkhamw nekpah hi. Khat vevei ciangin thongsung aa Pasion nasep haksa sa hi. Ahizongin thongkiate a kikhelna a muh ciangin lungdam zel hi.

Paul in thongsung panin Philippi leh Colose laikhak gelh hi. (*Phil. 1:7, Col. 4:3*). A nungciangin Philippi ngiat ah Paul le Silas-te kiman uh hi. (*Sawl. 16:24*). Zankim laitakin amaute in thungenin phatna uh hi. (*Sawl. 16:25*). Amaute in bangci “lungdam tawngtung” ding cih thei uh hi.

Tukaal sungin Paul’ phutkhak thute i sin ding hi. Ama tungah a piang thute sangin a lianzaw ngimna nei hi. Eite in zongh tuabang i tuah ciangin i etteh thei ding hi.

** January 3, Sabbath ading kiginkholhna in tukaal lesson sim in.*

Paul, Jesu Khrih adingin Thongkia Mipa

Philippi le Colosse laikhakte in thongsung laikhakte ahi hi. Banghang hiam cihleh thongsung panin a kigelh ahi hi. (Ephesians le Philemon tawh kibang). Hilhcianna gelh tampite in Paul' thongkiatna mun (AD 60-62) in Rome ci uh hi. (*Sawl.28:16*).

Sim in, Eph 3:1 le Phil 1. Paul in a thongkiatna bangci gen hiam?

Paul in Jesu Khrih nasepna adingin a nuntakna pia hi. Tua sungah thongkia dingin zongh kigingkhoh hi. "Kolbulh thuak Pasion tangmipa," kici hi. (*Eph. 6:20*). Gamthak phu-in pawlpi phut kawikawi aa, Topa nasem ding mi pantah hi. "Kolbulhna lotawh na tampi semzo zaw hi ingh aa, bang hangin hih lai ah om mawk ka hiam?" ci thei hi. Timothy tungah laikhak nihna a gelh laitakin zongh Paul in thongkia hi. Thuciam Thak sungah a tawmpenin bu nga in thongsung laikhakte ahi hi.

Paul' thongkiatna mun lian kipulaak lo hi. Pawlkhatte in Ephesus, ahieh kei leh Kaesarea ci uh hi. Ephesus khua dingin Lai Siangtho siksian om lo hi. Kaesarea khua in Paul' nuntakna lauhuai sak ngeilo cih hi keileh, hih khua dingin upmawh huaizaw hi. Philippi laikhak a gelh laitakin a nuntakna kilauthawng sak cih kician zel hi. (*Phil. 1:20, Phil. 2:17*).

Hih laikhak in Paul thongkiatna mun a thumong khat hong hih hi. Ukpote' thu kipulak hi. Zeisu thu kisitna Jerusalem mahbangin ukpote' teenna khua khat cihna hi. (*Matt. 27:27, John 18:33*). Kaesarea khua-ah zongh thongkia hi. (*Sawl.23:35*). A mun a gen lianloh hangin, "Kumpi inncingte in hotkhatna thu thei," ci hi. (*Phil. 1:13*). Rome ah kumpipa leh thongkiate a cing galkap 14,000 bang om hi. Thu-ummi "Caesar innkuanpihte" in zongh hong hopih hi, ci hi. (*Phil. 4:22*). Tua in Rome ah thongkia cih hong lak hi.

Koi bangin haksat hun ah ahoih pen sem thei ding ihiam?Tua in bang hangin baih den lo hiam?

Kol bulh thuak *Paul*

Macedonia ah a om sungin Paul in tamveipi a thongkiatna gen hi. (2 *Kor.* 6:5, 2 *Kor.* 11:23, 2 *Kor.* 7:5). Philippi ah thongkia masa hi. (*Sawl.* 16:16–24). Tua cianigin Jerusalem ah kia-in, Caesaera ah kipuak hi. “Kolbulh ka thuak hi,” ci-in a genlaina zongh om hi. (Philm. 10,13). Rome ah innsung kikhumcipna a thuak laitakin zongh galkapte in cing uh hi. Kum zalom nih lai-aa Khristian mi Ignatius in galkapte omzia agenna ah, “Gamsa gilote, mibawlsiat a siamte,” ci hi. Michael W. Holmes, ed., *The Apostolic Fathers* (Grand Rapids, MI: Baker Academic, 2007), p. 231.

Sim in, 2 *Kor.* 4:7–12. Koi bangin Paul in a thuak gimnate thuak zo hiam? A nuntakna in bang mitsuan hiam?

Bangzahin hamsa taleh, Paul in a lianzaw khuavak mu hi. Tua in hangsanna pia hi. Satan in a hihtheih tawpin bawlsia taleh, Paul in amah kitaisan lo ding cih thei hi.

Sim in, 2 *Kor.* 6:3–7. Bang khalam nunna in Paul huh hiam?

Khat veivei ciangin i kimlepam, i thaneemnate, i khialhnate a mitsuan ding leh a lungkia dingin hong kize-et thei hi. Tuabang hun ciangin Pasion hong piak a lamdang panpihnate i phawk ding kisam hi. A thupipen khat in Lai Siangtho “Thuman thutak” ahi hi. Banghang hiam cihleh tua panin midangte khialhnate i sin thei aa, a gualzawhziate uh zong i ciing thei hi. Leitung Tanpa hong piak Kha Siangtho in lungsim siangthona hong guan aa, Pasion zialetong hong neisak hi. Khris in siatna a zawh nading leh a pawlpi tungah Ama zialetong a guan theih nadingin Kha Siangtho kipia hi. Ellen G. White, *The Desire of Ages*, p. 671.

Pawlpi mi ihi aa, siate ihi zongin, koi bangin Pasion nasem kisuak thei hiam? (2 *Kor.* 6:4)? Tua in bang a cihna hiam?

Philippi-ah Paul

Timothy tawh a kithuah zawh a sawt lo, nihvei khualzinna ah Kha Siangtho in Asia Minor gam ah paisak lo hi. (*Sawl. 16:6*). A mang sungah “Macedonia panin huhna ngen mi khat mu hi.” (*Sawl. 16:9*). Macedonia tembaw khawlna ah paipah uh aa, Paul, Silas, Timothy, leh Luke tawh Philippi zuan uh hi. “Kote” cih zangh hi. (*Sawl 16:11*).

Paul in a nasepzia limtakin kingaihsun hi. Philippi in Macedonia gam adingin khuapi khat hi. (*Sawl. 16:12*). Philippi in Roman gamhuam sungah “Ius Italicum,” “Khuapi sangpen, lianpen” cih minphatna ngah hi. Hih khua mite in Italy gam mite hamphatna mah ngah uh hi. Siah pia khalo uh hi. Hih khuapi sungah a suak khempeuh Rome gammi hi pah uh hi. Nisuahna gamte le Rome gam a kizom nading *Via Egnatia* leilam kizopna khuapi khat ahi hi. Hotkhatna thu zongh a kim aa khuate ah kizel hi. Amphipolis, Apollonia, Thessalonica, le Berea cihte ahi hi. (*Sawl. 17:1,10*).

Kum zalom khat lai-aa Philippi khuate’ pau in Latin pau ahi hi. *Philippi 4:15* aa Paul’ thuhilhna ah Latin awsuah khat ahi ***Phillippesioi*** cih kimu hi. Tua in Rome tawh a kimeltheihzia lak hi. Greek pau bel vanzuakna leh khuakim khuapam pau ahi hi. Hotkhatna thu zongh Greek pau tawh kizel hi. Luke in Paul le a lawmte gun gei, Lydia le a innkuanpihte a kikhelna mun ah thungen dingin kikhawm uh hi, ci hi. (*Sawl.16:13–15*). Tuanu in sumzong mi khat ahih mahbangan Philippi khua aa Paul’ nasepna ah sumlepai tawh huh mahmah hi. Paul le Silas a thongkiat laitakun thongcingpa leh a innkuante kikhel uh hi.

Philippi khua in bawlsiatna mun ahi phial zongin, Europe gambup ah hotkhatna a kizelh nading phualpi ahihlah Khasiangtho in thei hi. Bangzahin bawlsiatna a om zongin thudang tawh a kiban zolo mite tungah gospel thu tung veve hi.

Sim in, *Sawl. 9:16* Paul thuak thute in bang hiam? Ei phukkhakte hong bangci telsak hiam

Paul leh Colosse

Colosse ah Paul a paina thu kimu lo hi. Tua in a Pasion nasepzia pawl khat hong hilh hi. Epaphras in Colosse khuami hi. (*Col. 4:12*). Hih khua-ah hotkhatna thu puakpa ahi hi. (*Col. 1:7*). Koi bangin Epaphras hong kikhel hiam? A hi thei ding khat in AD 50 pawlin Ephesus kimah Paul va zin hi. “Asia mite khempeuh in Topa Jesu thu za uh hi,” ci hi. (*Sawl 19:10; Sawl 20:31*).

Mangmuhna bu in tua khua kinteng ah hotkhatna thu a kizelhzia ding pulaak hi. (*Mang.1:4*). Colose khua leh a kim ah lungdamna thu a kizelhna in Ephesus khua aa Paul’ thugenna hang hi ding hi. Epaphras in Ephesus khua aa Paul thugen za-in amah tawh nasem khawm hong suak aa, a pianna khua ah hotkhatna thu va puak hi ding hi.

Colosse in Laodicea nisuahna khanglam tai 9 na ah om hi. “Phrygia gam kim aa Jew mite 10000 bang teeng hi,” cih danin Colose ah Jew mite a teeng zah kithei lianlo hi. Arthur G. Patzia, *New International Biblical Commentary: Ephesians, Colossians, Philemon* (Peabody, MA: Hendrickson Publishers Inc., 1990), vol. 10, p. 3. Tanglai sumtange a kitoh khatna panin pasian tuamtuam biakna om cih kithei hi. Dawi biakna leh ngeina khauhte in Khristiante adingin tona lianpi ahi hi. Philemon zongh Colose khua mi ahi hi. Ephaphras tawh gospel a san hun uh kibang kha ding hi.

Sim in, *Philemon 15,16; Col 4:9*. Philemon in Onesimus tawh kizopna hoih a neih nadingin bang thu hangin Paul in hanthawn hi ding hiam? Roman thukham zui-in Philemon kiangah Onesimus a paikik dingin Paul in hanthawn hi. Philemon in sanggam bangin a pom nadingin hanthawn hi. (*Philemon. 16*).

Paul in zongh a mawhsak hangin, hihlai mun aa Paul genna bangci theihitel ding i hiam? (US ah sila a om hun lai-in Ellen G. White in Adventist-te kiangah sila taisimte ciahkik nading thukham a langtanganial hi

Sim in, Philippi 1:1–3; Col 1:1, 2. Philippi le Colosse pawlpi bangci kipulaak hiam? Bang thupitna nei hiam?

Paul in Khristiante pen “mi siangthote” ci hi. Israelte in vunatna tawh Pasion’ misiangtho ahi hi. Khristiante in tuiphumna tawh Pasion misiangtho a hi uh hi. (*Pai. 19:5,6; 1 Pet. 2:9,10*). (Hih in Roman pawlpi in “mi siangtho” a cih tawh kibang hetlo hi.)

Hih laikhakte ah “kamsangte le deacon-te” (*Phil. 1:1*) leh “Khris sungah a citak sanggamte” (*Col. 1:2*) cih kammal om hi. “A citak sanggam,” cihte in pawlpi sungah nasep tuam vilvel nei uh hi. (*Eph. 6:21, Col. 4:7, 1 Pet. 5:12*). Paul in pawlpi mite bek a gen nuam hilo-in pawlpi makaite zongh a gen ahi hi. Zumnasepvai zongh a genna ahi hi. (*1 Tim. 3:1–12; Titus 1:5–9*). Pawlpi masate kipuakzia teci ahi hi.

Timothy leh Epaphras-te pattahna leh khuatual pawlpi makai dingte pattahna in Paul adingin a thupi masa khat hi aa, Pasion nasepna zongh hahkat hi. Hih in pawlsung, pawlpua a nasepzia ahi hi. Adventist pawlpi masate in Thuciam Thak pawlpi paizia na zui uh hi. Kum 1850 kim aa Review and Sabbath Herald laihawm sungah tampi kimu thei hi. James White in, “Thuciam Thak pawlpi paizia in Khrih pawlpi adingin kicing mahmah hi. A kisap ciangin Kha Siangtho humopna kipia hi,” na ci hi. “Gospel Order,” *The Advent Review and Sabbath Herald*, Dec. 6, 1853, p. 173.

Hih pawlpite ah laikhak a gelhma pekin sawltakte in pawlpi makai ding Jerusalem bangah na koih khin uh hi. (*Sawl. 6:1–6, Sawl. 11:30*). Hih in pawlpi khempuehte etteh ding ahi hi.” Ellen G. White, *The Acts of the Apostles*, p. 91.

Paul in a laigelhna ah a huh ding mi khat nei cih i thei hi. Timothy zongh a sawl tangzang khat ahi hi. (*2 Kor 1:1; Philemon 1*). Paul in “Kei” cih sangin “Kote” cih a zat zawkna in hih laikhakte banah a mi makaih zawhna pulaak kammal ahi hi.

Simbeh Ding:

“Pasian in lungsim siangthona leh upna tawh hotkhiat na ngah dingin hong teel hi. Tua hi aa, kip takin ding in. Citak takin Pasian na nasepleh, langpanna leh simmawhna na thuak ding hi. A maan lo pi-in gentheihna na tuah ciangin heh sawm, thukkik sawm kei in. Zeisu Khrih sungah kip in. Tunglam mitsuan teltal in. Midangte pausak lel in, gamta sak lel in. Khrih’ dikna leh kiniamkhiatna na neih ding hilel hi. Ngimna kip, lungsim siangtho, leh thahatna khempeuh tawh nasem inla, Pasian’ khut sungah kinga in. Na nasep na telzo kei ding hi. Nuntakna manphatna pen hotkhiat dingin hong kipia nuntakna bek tawh na teh thei ding hi.

“Khrih sungah a nungta khempeuh in hanciamna leh thasaanna kisamhi. Kuamial vangliatna in nasia lua hi. Hehpihna ngah nadingin Khrih’ singlamteh i mitsuan leh, i guallel kei ding hi. Tanpa kamciam in, “Kong nusia ngeikei ding hi.” ci hi. Ellen G. White, in *The Youth’s Instructor*, Nov. 9, 1899.

KIKUP DING DOTNATE:

1. A maanlo-in hong kibawl ciangin bangcih na hiam? Tua hun ciangin Laisiangtho kamciam bangci ngaihsut na hiam?

2. Pawlpi masa makai Tertullian in, “Bawlsiatna tam semsem, thu-um mi kibelap semsem hi. Khristiante’ sisan in khaici suak hi,” ci hi. – Alexander Roberts and James Donaldson, eds., *Ante-Nicene Fathers* (Peabody, MA: Hendrickson Publishers, Inc., 1999), vol. 3, p. 55.

Tua mahbangin mun pawlkhatte ah bawlsiatna omin pawlpi nasep kikhaktan mahmah hi. Upna hangin bawlsiatna a thuakte bangci huh thei ding i hiam?

3. Tukaal kamngah sungaa Paul thuak gimnate ngaihsun in. “Lungdam tawntung un” cih in bang khiatna nei hiam? Na it khat in hong nusia leh ee? Na nasep taan lecin? Pumpi natna thuak lecin? Koibanginlungdam thei veve ding na hiam? Bang in hong lungdamsak veve ding hiam?

Bang thu hangin *Lungdamko* le *thungen ding*



SABBATH NITAAK

Tu Kaal Sung Sim Ding: *Phil. 1:1–18, 1 Kor. 13:1 8, Jer. 17:9, Col. 1:1–12, 30:21.*

Kamngah : “Note sungah nasep hoih hong pankhiapa in Zeisu Khazih ni dongin kicingtakin hong zom suak ding hici in ka lung muang hi.” (*Philippians 1:6, ZSV*).

Paul in a laikhaknate-ah hopihna kammalte a zatna-ah lungdamkohna kammalte kimu tawntung hi. “ Colosse a, Christ sunga a siangtho le a muanhuai a sanggamte tungah: Eite Pa Pasion tung pana hehpihna le lemna note tungah om ta hen. Lungdamkohna le Thungetna note ading thu ka nget uh ciangin Pasion, eite Topa Jesu Christ’ Pa tungah lungdam ka ko tawntung uh hi (*Col. 1:2, 3*). Eite zong Paul bang mahin Topa tungah lungdamkoh ding tampi i nei hi. Pasion hehpihna lamdang takin i mu tawntung hi; vantungmite in zong tua thu lamdangsa uh hi. Nulepate in tate tungah Pasion hong itna a pulaak, a hilh ding i hi hi. Tu-in tua bangin lungdam ding bangmah i theih khak loh hangin hun khat ciangin Topa tungah lungdam nading thu tampi i mu toto ding hi. Ahi zongin mihing i hihna mah siksanan khialhna, mawhna i bawlkha zelzel hi.

Tukaal sung i thusinna-ah Colosse le Phillipian pawlpi a laikhakna a thupatna-ah Lungdamkohna le thungetna kimu-a, tua thute a kikum toto ding ihi hi. Tua thute in thu upna-ah tha hong guan thei thute hi.

**January 10, Sabbath ading kiginkholhna in tu kaal lesson sim in.*

Sim in, Phil 1:3–8. Bang hangin Paul lungdam hiam? Bang kha muanna pulaak hiam? Tua in bang thupitna nei hiam?

Paul in Philippi pawlpi phut hi. Hih laikhak sungah Khristian kilawmtak na om hi. Tai tampi ah Kolbulh thuak taleh, Pual’ lungtang sungah thu-um mite om hi. Khrih itna tawh amaute it hi. (*Phil. 1:8*). Amaute hangin Topa tungah lungdamko hi. Paul lungdam kohna in eite ading hong thumsak Zeisu hong musak hi. Siampi lianpa’ awm tung aa suang nam 12-te in Israel minamte ai-awh hi. Thu a ngetsak ciangin a lungtang tungah tuate om hi. (*Pai. 28:29*). Siampi Lian Zeisu in vantung biakbuk sung, Pa mai ah a mite min va paipih hi.

Philippi 1:3 sungah a lunglut huai khat in Philippi pawlpi le Paul kizopzia ahi hi. Paul’ thungetna ah amaute a phawklam kipulak hi. Amaute in zongh Paul phawk uh ahihlam zongh pulak hi. Greek kamin kilawmtakna “koinonia” kizangh hi. Paul’ gimthuak bangin (*Phil. 3:10*), Philippi pawlpi in zongh thuakpih cihna hi. A gimthuak puakpih “sunkoinōneō (Grk)” uh aa, nasepna ah zongh sumlepai tawh huh uh hi. (*Phil. 4:14, 15*). Hih kikhuk tuahna in apat pan atawp dong ahi hi. (*Phil. 1:5*). Tua hangin “nuamna tawh” amaute ading thunget sak, lungdamkoh sa ahi hi. (*Phil. 1:4*). Paul in a thongkiat pen hamphatna-in mu hi. “Gospel a hut nading leh a kipsakna hunpha-in” ngaihsun hi. (*Phil. 1:7*). A sawt lo-in gimthuak ding ahihlam leh thongkiate leh a hawhte tungah gospel thu genthei ahihlam pulaak hi. “Hu” cih in “apologia(Grk)”hi aa, a langpangte dona ahi hi. Paul in a nuntakna sangin gospel thupi ngaihsut zaw hi. Nungta-in, a si zongin Pasion a muang mite sungah “nasep hoih” tangtung ding cih muanna nei hi. (*Phil. 1:6*).

Pasion in “na sungah nahoih” hong zawhpih ding cih kamciam koi bangin na teel hiam? (*Phil. 1:6*) Bang a cihnopna hiam? Hih in nihvei Kumkikna dong nasem tawntung ding a hiam?

Paul ii thuum *Ngetna*

Hunkhat lai-in “kei” cih leh “ka kisap, ka deih,” cih tawh kisai thungetna thu a gen pastor khat om hi. Amah in “angsongkhual thungetna” zialetong nei hi. Bang hang hiam cihleh Pasion in nalianpi nei hi cih lungsim nei hi.

Phil 1:9–11 sungaa Paul’ thungetna sim in. Bang mungtup belin nei hiam? Bang ngen pipen hiam? Thungetna tawh kisai bang hong gen hiam? Hih in Greek kammal 43 bek tawh thungetna ahi hi. Ahi zongin laikhak dangte khempeuh huamkim hi: Itna, pilna, thukhentel theihna, thudikna, pukna piansak lohna, leh Jesu Khrih neihna tawh dikngahna cihte ahi hi. Hih in pawlpi genbelin nei hi. Mimal ading a thungetna pawlkhat:

Khat le khat na ki-it semsem un: Ki-it semsem ding banah, itna kimakaih sak ding ngetna hi: “pilna leh thukhentel theihna khempeuh,” ci hi. (*Phil. 1:9*). Hih in khuakpilna bek hilo aa, Pasion tawh kithuahna leh Ama Kammal simna tawh a kingah khalam pilna hi. (*Eph. 1:17, Eph. 4:13, 1 Tim. 2:4*).

Thukhentel theihna: “A hoihpen thute theihtelna,” (lauhuaina hong tunthei thute theihtelna) leh “lungsim siangthona leh kawkbaang lohna,” hi. (*Phil. 1:10*).

Thudikna: “nitang sungah sittelna” cih khatna nei hi. “Khristiante nasep khempeuh in nitang sungaa nasep tawh kibang ding hi.” Ellen G. White, *Reflecting Christ*, p. 71.

Pukna piangsak lohna: Mite’ kisuih khakna hilo ding, uplahna a piangsak thei gamtat, kampaute neilo ding cihna hi.

Khrih tungtawnin Dikna: Romans le Galati laikhak sung leh Phillippi 3 sungah a kicing zawin kimu thei hi.

Bangbang semin, bangzahin itna i nei zongin “itna i nei semsem hiam?” (*Phil. 1:9*) Bang hangin Khristian nuntakna-ah itna in thupi a hiam? (*1 Kor. 13:1–8*.)

Philippi pawlpite in Paul thongkiat a zak uh ciangin lunghimawh uh hi. Khualzin thei nawn lo, thuhilh thei nawnlo hi. Biakinnte ah Jesu thu gen thei nawnlo hi. Pawlpi phut thei nawnlo hi. Philippi pawlpite in sawltakpa' omzia a en ding, a thapia ding leh a kisapteng a huh ding in Epaphroditus sawl uh hi.

Philippians 1:12–18. Paul in a thongkiat koici muh hiam? A lungsim puakzia leh a tuahkhak thute panin bang etteh ding om hiam?

Philippi-te in Paul' kamvaikhah lamdangsa uh hi. Khalam thukhentel theihna in a thongkiatna a hoihin musak hi. Tua in a nasepna khaktan vetlo aa, “gospel nasep tangzai sak zaw hi.” (*Phil. 1:12*). Midangte in Kolbulh khaukhihna bek mu uh aa, amah in thongcingte pen Pasion gammi suakthei ding ci-in mu hi. A thongkiatna in gospel nasep kizel sak thei ding ci-in mu hi. Bangbang piang taleh laulo-in hangsan takin Khris thu a gen hi.

Hih in ngaihsut hak phial taleh, Paul' thongkiatna in phattuumna piangsak takpi hi. Ama kikhihchipna in amaute leh gospel nasep a nawngkai sak ding sa uh hi. Pawlpi sung nangawn ah mihing huaihamna in bangzahn lian ahi hiam! Paul a om mapekin Jeremiah in, “lungsim in khemhatpen hi,” na ci hi. (*Jer. 17:9*).

Ahi zongin a citak nasem pawlkhatte in gospel thu a kizelh nading hanciam uh hi. Amaute in Paul it uh aa, Paul thuakna a muh uh ciangin Khris muangzaw sem uh hi. Topa adingin nasem zaw uh hi. A pai ngamlohna uh ah pai ngam zaw uh hi. Thu a gen ngamlohna uh ah gen ngam ta uh hi. Khris kisang zaw semsem aa, gospel kizel zaw hi.

**Lungkhamna in phattuumna pawlkhat hong pia thei hilo hiam?
Phattuumna omlo tawh a kibang zongin Pasion bangci muang ding
cih hong hilh hilo hiam?**

Gospel gah

Paul in Colosse pawlpi tawh a kizopzia leh Philippi pawlpi tawh a kizop zia kibang lo hi. “Ka mai hong mu ngei nai lote”ci hi.(Col. 2:1). Paul in Philippi pawlpite bangmahin Colosse pawlpite hangin lungdamko hi.

Sim in, Col 1:3–8. Paul in bang thu thumte hangin Topa tungah lungdam ko hi ding hiam?

Upna, lametna, leh itna cihte pulaak hi. (*1 Kor. 13:13, 1 Thess. 1:3, 1 Thess. 5:8*). Colosse pawlpi in hih thute nei hi cilo hi. Amaute hangin Topa tungah lungdam hi. Banghang hiam cihleh James mahbangin amaute lak ah “hoihna leh kicinna” om hi, ci hi. (*James 1:17*). Pasion hong itna i muh ciangin Khrih sungah upna i nei thei hi. (*Eph. 2:4–8*). Vantung lametna i ngah thei hi. Peter in, “a kisia theilo, a mual ngeilo hong kikoih sak hi,” ci hi. (*1 Pet. 1:4*).

Paul in gospel thu in muantakcing hi. Banghang hiam cihleh “Thuman thutak tungah kinga hi,” ci hi. Pasion Kammal a genna ahi hi. (*2 Kor. 6:7, 2 Tim. 2:15*). A um mite tungah “mihing kammal” bang lo-in, nasep zawhna “lianpi” nei hi.(*1 Thess. 2:13*). Pasion deihna zongh kicingsak hi.”(*Isa. 55:11*). Gospel nasepna ah Kha Siangtho in nasem hi. Gospel in amah mahin gah gahkhia hi. Banghang hiam cihleh “nuntakna thu,” ahi hi.(*Phil. 2:16*).

Hih bang hun tomno sungin gospel thu hih zahin a kizelh in a lamdang thu khat hi. “Leitung khempeuh ah” kizel khin ci hi. (*Col.1:6*). “Bawlsa khempeuh” tungah kipuak khin ci hi. (*Col. 1:23*). Rome lampi hoihna in Paul’ laikhakte kizelbaih sak hi. Ahizongin khalam suahkikna pen Pasion’ nasepna ahi hi.(*James 1:18, 1 Pet. 1:23*). Khrih sungah amaute mithak a suak uh hi. (*2 Kor. 5:17*).

Col 1:5. “Vantung ah note ading lametna om hi,” ci hi. Tua lametna bangci tel na hiam?

Thungetna Vanglian

Sim in, Col 1:9–12. Paul thungetna sungah bang kimu hiam?

“Ama deihna theihna tawh na kidim theih nading,” ci-in ngen hi. Pasion deihna theihna pen “pilna leh khalam thutheihna’ ci hi. (*Col. 1:9*). Tua pilna in Pasion muanna, Ama deihna sepnopna ahi hi. (*John 7:17*). Eima theihtawmna tawh hilo hi. (*Pau. 3:5*). Pasion deihna in bang hiding hiam? Thungetna tungtawnin Pasion deihna i theih nading nam 4:

1. Pilna naakpi in Lai Siangtho: “Na kammal in ka pai-na lampi adingin meivak hi (*Late 119:105*).
2. Pasion in Kha Humopna hong pia hi. (*Mang. 12:17, Mang. 19:10*). “Topa Pasion up nading, kikhuangkoh nading, daupai nadingin a kamsangte um ding,” ci hi. (*2 Khang.20:20*).
3. Hong panpihna thupiangte tungtawn, Ama makaihna i ngetna tungtawnin kithei thei hi. (*Col. 4:3*).
4. Kha Siangtho in khatvei hong makaih phot leh, Ama aw kiza thei hi. “Hih in lampi hi, hong cihna aw na za ding hi.” (*Isa. 30:21*).

Colosse pawlpi in “Topa maipha a ngah nading,” thunget sak hi. (*Col. 1:10*). Kuamah in Pasion maipha mu zo lo hi. Pasion hehpihna bek in maipha hong ngah sak hi. Ama deihna tawh kituakin a nungta dingin hong sam hi. (*Eph. 4:1, 1 Thess. 2:12*). Hih laikhak bekbek ah “Lampai” “nungta” cih kammal thum veitak kizangh hi. (*Col. 2:6,3:7, 4:5*). Pasion thukham tawh kituakin nungta, gamta ding cihna ahi hi. (*Pai.18:20*). Kha Siangtho nasepna bek tawh piangthei hi. (*Ezek. 36:27*).

Paul in amaute leh eite adingin ‘a lungkimsak nunna” hong ngetsak hi.

“Nasep hoih tawh a kidim nunna” (*Col. 1:9, 10*). “Pasion theihtelna-ah a khangto nunna” (*Col. 1:10*), le “lungdamko nunna” (*Col. 1:12*) hong ngetsak hi.

“Pasion hong makaihna bangci theih ding?” cih dotna bangci dawng ding na hiam?

Simbeh Ding: “Mi tampite in geelkholhna kician nei lo uh hi. Amaute nunzia in mungtup neilo hi. Thupiangte khentel theilo uh aa, tua in lungkham sak hi. Pasion’ tate nuntakna in biaknapia nunna hi. Nuntak nading pilna i nei kei hi. Mailam ei geltheih hilo hi. “Abraham in a nung ciangin a ngah ding gam ah upna tawh pai hi. Thumang hi. A pai nading theilo pi-in a dinghia hi.” *Hebrews 11:8*.

“Khrih in hih leitungah Ama nunna ading bangmah geel lo hi. Pasion geelna mang hi. Ni khat khit ni khat Pa in a geelna hilh hi. Tua hileh Ama deihna siangtho takin i sem thei ding hi. Ama tungah i ki-apna zui-in lam hong lak ding hi.

“Mi tampi in mailam nopsak nading geel uh aa, tangtung lo hi. Pasion gelsak in. “A misiangthote a makaihpa” muan in. *1 Samuel 2:9*. Pasion in ei khensatna lotawh hong makaih ngei lo hi. Amaute in a kipat pan mukhol thei uh hileh, Amah tawh nasem khawm nuam lo-in omlo ding uh hi.” Ellen G. White, *The Ministry of Healing*, pp. 478, 479.

KIKUP DING DOTNATE:

1. A beisa kaal sungaa na lungdamna thute gualsuk in. Na upmawh sangin tamzaw ding hi.

2. A tunga Ellen G. White laigelh lungngai in. Upna thu ah a muibun kammal khat hi. Tua bang upna koici sin theih ding na hiam?

3. *Col 1:6, 23* siksarin kikum un. “Uplohna, phunphunna, langpanna tawh Israelte in Canaan lut theih nading kum 40 sung khaktan uh hi. Tua bang mawhnate mah in vantung Canaan lut nading hong dal hi. Pasion kamciam a khialhna hang hilo hi. Uploh man, Leitung lungsim neih man, ki-aploh man, Pasion’ mite lak ah kitotna a om man ahi hi.

Khris pawlpi in a nasep ding a sem mah hiam? Leitung khempeuh a kivauhilh khit ciangin Topa hong pai ding hi.” *Last Day Events*, p. 38. Tua bang mawhna sungah koi bangin nungta lai i hiam

Nunna *leh* Sihna



SABBATH NITAK

Tu kaal sung sim ding: *Phil. 1:19–30, 1 Kor. 4:14 16, 2 Kor. 10:3–6, John 17:17–19, Micah 6:8, Sawl. 14:22.*

Kamngah : Bang hang hiam cihleh nungta hi leng, Khrih aa ding hi ,a si hi leng a met zaw ka hi hi” (*Philippians 1:21, ZSV*).

Mi tampi ngaihsutna-ah “sihna in i nuntakpih khat hong suak hi,” ci uh hi. Hih in theih khialhna khat hi. Sihna in nuntakna gal lian pen khat hong suak hi. Mawtaw a kisiacip khat mawtaw khat a pian zawh nawn loh bangmahin sihna in zong nuntakna piangsak thei lo hi. Paul in a genna-ah Khrih in “sihna vangliatna susia dingin sihna hong thuak hi, ci-in limtakin hong hilh hi. Cihnopna-ah mawhna in (dawi) in mihing khempeuh sihna sila hong suaksak hi. Sihna koltangin i om hi (*Heb. 2:14, 15*).

Khrih adingin a nuntakna pia dingin kiging khol hi mah taleh, Paul nuntakna-ah a thupi penpen in a si a, a nungta ahi zongin Khrih pahtawi ding le gospel thu gen ding sim loh thu dang om lo hi. Nuntak hun tom mahmah hi; Pasion hong piak nuntak hun sungin Pasion ukna gam a zai semsem nadingin i nuntak ding kisam pen hi. I hihna khempeuh in “Upna thu-a kipum khatna tha hong pia ding hi,’ cih i phawk ding kisam hi.

Tu kaal thusinna masa lam thute i ngaihsut ciangin “Philippian pawlpi laikhakna a hang/ a thu in a thupi thu mungtup hi, cih i mu thei ding hi.

**January 17, Sabbath ading kiginkholhna in tu kaal lesson sim in.*

“Khrih Vanglian semsem ding”

Sim in, *Philippians 1:19, 20*. Paul in a kithusitna ah bang lamem hiam? Suahtak ding sangin a thupi zaw bang ngaihsun hiam?

Paul in siatna a bawllloh hangin hih thongkiatna in a khat veina hilo ahih manin lamdangsa lo hi. Korinth pawlpi tungah a gim thuaknate gencian hi: “Thong ka kia mun mahmah hi. Sih nading nangawn ka thuakzel hi. 40 ciangin khatvei khiap Jew mite satna ngavei ka thuak hi. Thum vei sik tawh hong kisat hi. Khatvei suang tawh hong kideng hi. Thumvei tembaw siatna ka thuak hi. Tuihual lauhuaina, guta launa, gammipihte launa, Gentile mite launa, khuasung launa, gamlak launa, tuipi tungah launa, sanggam ginalote launa, nasep gimna, ihmut lohna, gilkialna, khuadamna cihte ka thuak hi.” (2 Kor. 11:23–27).

Hih bang gimnate i ngaihsut ciangin Paul lungsim ah bang thu a om ding hiam? Paul in a ngaihsutna hih bangin pulaak hi. “Nadang khem peuh sangin pawlpite ka lunghimawh zaw hi.” (2 Kor. 11:28).

Sim in, *1 Kor 4:14–16; 1 The 2:10, 11; Gal 4:19; le Phil 10*. Paul in a phutsa pawlpite leh a mi ngahsate tawh kizopna koi bang nei hiam?

Bangmah siit a neilo Jesu mahbangin Paul in thu-um mite adingin “na khempeuh a thuak ngam hi.” (2 Kor. 12:15). Ahi zongin mi khatpeuh in Jesu zialetong a kilatsak semsem ciangin muhdahna thuak semsem thei hi. “Zeisu Khrih sungah a nungta khempeuh in bawlsiatna thuak ding hi.” (2 Tim. 3:12). Ahi zongin a citak Khristiante in Pasian minthang sak sem ding uh aa, gospel thumaan lakkhia sem ding uh hi. (Phil. 1:7 enak in). “A thongkiat sung tawnin Paul’ lungduaina leh a maitaina in a hangsanna leh a upna hang ahi hi. Tuat in hanthawtna hipai suak den hi.” Ellen G. White, *The Acts of the Apostles*, p. 464.

Na nuntakzia leh mite na bawlzia ki-en in. A diakin nang hong hoihbawllote tungah na bawlzia. Zeisu ading bang teci lak na hiam

Sihna in Meetna

Eite in i phawk khakloh hangin, a diakin thu-um mi i hihna tawh kidona lianpi sungah i om hi. Kimlepam kidona leh eima sung mahmah ah kidona lianpi om hi. Eite khempeuh i sih mateng hih leitung buaina tawh i kipelh thei kei hi.

Sim in, 2 Kor. 10:3–6. Eite do khalam kidona ah bang siksarin, bang galvan nei ding i hi hiam?

A lauhuaipen galvan in mihing ngaihsutna, sia leh pha ahi hi. Satan in a galvan dingin mi gensiatna, lehhekna, buaisakna, launa, encikna cihte zangh hi. Khristiante in tua bang thute i pelh ding ahi hi. Eite in itna, hehpihna, daihna, thunopna, lungduaina, khuangaihna, leh kikepna cihte i neih zawk ding ahi hi. A lianpen galvan in Khasiangtho lamlahna tawh “Pasian Kammal” i zat ding ahi hi. (*Eph. 6:17*). Banghang hiam cihleh Pasian bek in thumaan hong guan thei hi. Eite in Ama ngimna a tangtun nading Ama vanzatte bek i hi hi.

Sim in, Phil. 1:21, 22. Eite in koi bangin Paul thugen i telthei hiam?

A diakin kidona lianpi tawh kisaite? Bang hang hiam cihleh eite in khalam kidona sungah i om hi. Khris in singlamteh ah zo khin ahih manin Amah tawh i kizop laiteng hong kithat phial zongin i guallel ngei kei ding hi. Paul in hih leitung ah bangbang a piang zongin, thumaan lo ahi phial zongin a nuntakna piakhia hi. Banghang hiam cihleh a sangzaw mun ah a nuntakna leh a mailam thu ding ap khin hi.

Khristian khat i hihna tawh i hamphat nading zongluat ding hilo hi. “Vangliatna in hamphatna hilo aa, hamphatna in vangliatna hizaw hi.” Pasian deihna ah ki-apna in pahtawi huaipen hi. Paul in *Philippi 2* sungah a pulaak bangin Zeisu in Pasian tungah ki-apna ah etteh ding ahi hi.

Tu laitakin bang kidona lianpi phu na hiam? Khris in eite ading hong zawhsak khin cih theihna tawh koi bangin kinepna leh thahatna la na hiam?

Lungmuang hithiat in om

Sim in, *Philippians 1:23, 24*. “Paikhia-in Khrih tawh kipawlna” in “hoih zaw pek hi,” acih ciangin bang a cihna hiam?

Hih thu pen kum tampi sung kitelkhial hi. Tukaal sung i sinna ah Paul in nuntakna leh sihna a kibat lohzia a genna i sin ding hi. Khristiante in Khrih adingin nungta thei uh aa, zongh si thei uh hi. Hih thu in hamphatna hi. Banghang hiam cihleh eite tecipanna in vangnei zaw hi. (*Phil. 1:21*). Muanmawhna a neilo mi khat in a upna hangin si ngam ding hi.

A site a si takpi mah hiam cih i theih kul hi. Amaute in “bangmah” thei nawnlo uh hi. Thawhkik ni dong han sungah tawlnga uh hi. (*Thuhilhsia 9:5; John 5:28, 29*). Zeisu in a sisa Lazarus thu a genna ah, “I lawmpa Lazarus ihmu hi,” ci hi. (*John 11:11*). Mihingte a sih ciangin vantung tungpah hi cih pen Lazarus ngaihsun dih in. Paradise ah Lazarus ni li sung om laitak vangtungmi khat in, “Lazarus aw, dahpeuh mah ingh. Ahizongin Zeisu in leitungah hong samkik hi.” va ci leh, thusia mahmah ding hi. Hih thu i ngaihsut ciangin thumaan hetlo hi. Sihna in mangneilo ihmutna hi hi. Zeisu hong paikik ciangin hong phonghin a nungtalai a misiangthote tawh vantungah hong kilato ding hi. (*1 Thess. 4:16, 17*).

Hih nuntakna panin “paikhia-in Khrih tawh om ning” a cih in Amah tawh gimna leh sihna sungah omkhawm ding cihna ahi hi. (*2 Tim. 4:6*). “Thawhkikna” a ngah theih nading ahi hi. (*Phil. 3:11*). Si paisuak lo ding ahihlam thei hi. Zeisu in hong paipah ding ahihlam thei hi. Amah a itte ading a bawlsa mun ah a la dingin hong pai ding hi. (*John 14:3, 1 Kor. 2:9*). Paul in Khrih adingin si nuam phial taleh, “taksa tawh omlai leh,” Philippi-te adingin hoihzaw ding ci hi. (*Phil. 1:24*). Khrih adingin nuntak hoihzaw maw, sih ding hoihzaw cih dotna dawnkik hamsa hi. Paul in “a haksa thunih kikal” ah om hi. (*Phil. 1:23*).

Sih khit ciangin i phawk ding thu in Khrih kumkikna ahihlam na ngaihsun ngei hiam? Tua in Paul’ ngaihsut thu hong telsak thei hiam?

Kiptakin Kipumkhatna

Zeisu' thungetna in kipumkhatna hi. Pa leh eite kipumkhat ding mukhol hi. "Pa aw, kei tungah na hong piak mite tawh ka omkhawm nuam hi. Nong piak Minthanna mu thei ding uh hi." (*John 17:24*). Pa in a tate a kep nadingin ngen hi. Tua hileh "amaute in kipumkhat thei ding hi." (*John 17:11*). Amah in kipumkhat lohna nunggu thei hi. Thu-up lohna piangsak hi. Amah tawh kipumkhatna leh Pa tawh kipumkhatna bul phuh hi. Tua hileh, "leitung in hong um ding aa, Nangmah in na hong sawl lam hong thei ding hi." (*John 17:21, 23*).

Sim in, Phil 1:27 le John 17:17–19. Jesu le Paul in pawlpi kipum khatna kisam abihlam bang pulaak uh hiam?

Phil 1:27. Greek kamin " gamtatna pha nei un" cih in "politeuomai" hi. "Gammi bangin nungta" cihna hi. Vantung gammi a pulaak hi. Mual tung Thuhilhna in Pasion' tate nunzia ding hong hilh hi: Kha sungah zawngkhaal a kisate, a nunneemte, thumaan a lunggulhte, hehpihna neite, lungsim siangthote, daihna bawlte, biang langkhat a dawhte, galte a itte, hong samsiate thupha a plate, hong mudahte tungah hoihna a bawlte cih bang ahi hi. "Thutang inla, hehpih itna nei-in kiniamkhiat takin na Pasion tawh tonkhawm in," cih ahi hi. (*Micah 6:8*).

Hih bang mite heh hak uh hilo ahi hiam? Khat vevei ciangin a diklua mite tungah lungkimlo thei hi hangh. Amaute' hoihlohna kizong thei zel hi. Eite hoih kisa zaw thei hi hangh. Bang hangin a it huaina, a thudikna, a hehpihna leh a kiniamkhiatnate mu zaw lo i hiam? Ellen G. White in, "Leitung itin hamphatna a ngah mite sangin Pasion le thumaan a it mite hampha zaw hi." *Testimonies for the Church*, vol. 5, p. 277. Kiphatsakna in pawlsung kipumkhat lohna piangsak hi.

"Kiphatsakna le leitung lungsim hangin Khri's lungsim kinei thei lo hi. Kihazatna, kikhenna, kitotnate in pawlpi thaneemsak hi." *Testimonies for the Church*, vol. 5, pp. 240, 241.

Zeisu hong piak kiniamkhiatna le nunneemna in thupi hi! Tua bangin a kalsuan hi lehng, pawlpi in bangzahin kilamdang ding hiam?

Kipumkhatna leh Lau lohna

Phil 1:27–30. Kipumkhatna le gospel mainawt khopna in laulohna piangsak hiam?

Satan khutzat in khenkham ding in, zo ding cih ahi hi. Kipumkhat lohna in siahuai mahmah hi. Jesu in, “Innkuan kilem keileh, dingkip theilo ding hi.” (*Mark 3:25*). Satan in hih thukhun i mangngilh ding deih hi. Kipumkhatna in Lai Siangtho genkholh a cianlai pawlpi nasep tangtung sak ding hi. (*Mang. 12:17*). “Minam khempeuh, paunam khempeuh, mi khempeuh tungah ‘tawntung lungdamna thu’ pulaak ding ahi hi.” (*Mang. 14:6*). Pasion piak hih nasep a kizawh nadingin kipumkhatna kisam mahmah hi. Jesu in a thungetna ah “Pasion Kammal thumaan” in kipumkhat nadingin thupi ahihna gen hi. (*John 17:17, 19*). Eite thupuak in i nasep leh kipumkhatna tawh a kikhen thei ahi kei hi. A kikhen khakleh, i gualzo kei ding hi. A thumin a pankhopleh, lau ding omlo hi. (*Phil. 1:28*). Satan in a guallel sa ahi hi. I upna hangin i si phial zongin “a hoih thu a zui ihih nakleh” bangmah in hong lauhuaisak zolo ding hi. (*1 Pet. 3:13*). Siatna in Pasion thuman khaktan zolo hi.

Hih Lai Siangtho munte’ mungtup a tomin pulaak in: *Matthew 10:38, Sawl. 14:22, Romans 8:17, 2 Timothy 3:12*. A puk leitung ah nuntak hamsa hi. A diakin hoih ding hamsa hi. Job in midik khat hi. Lai Siangtho nangawn in, “paubang lo, thutang, Pasion kihta-in siatna a pelh” ci hi. (*Job 1:1*). Tua hi napi, zan khat thu-in a innkuanpihte tawh siatna thuak hi. Ei mahmah in i thuak, i phutkhak mateng midange thuaknate i telzo kei hi. Eite thuak ding gimna tampi om hi. A tawpna ah Khris ading i thuaknate in hoihazaw veve hi.

Gentheih haksatna sungah Khristian khat hihna tawh bang lametna, bang kinepna na nei hiam?

Simbeh Ding: “Mi kibawlsiatna, dumthukpi sung, kuahawm sung pan amaute kikona a kiza hi. Bawlsiatna tuamtuam ah lau hetlo takin upna a tangkote’ tecipanna Paul in a za hi. “Ka uppa ka thei hi,” ci uh hi. A nuntakna uh tawh kiko uh aa, a tawpna ah a up Pa un honkhia ding hi ci uh hi.” Ellen G. White, *The Acts of the Apostles*, p. 512.

Tuhun aa Khristian upna tuamtuam a om in siahuai mahmah hi. Kha silpiak a ngah sawltakte, kamsangte, Pasian thugente, pastor le laihilhte (Eph. 4:11–13) in pawlpi kipumkhatna kepahuai mahmah hi.

Tu-in kipumkhatna neih kik hun mahmah hi! Hun nunung pawlpi kipumkhat ding Pasian’ ngimnate genkholhnate ah tampi kimu hi. Eite in galvilpa bangin siatna muhkholhna nei-in a kigingkhol dingin hong deih hi. Topa in Zion ah eite a hong paipih ding hi. Mipilte in hih thu theih ding hi. Kipum khatna a om ciangin upna sungah kipumkhatna hong om ding aa, thuman theihtelzia zong hong kikhatin pawlpi in kicinna hong nei ding hi. Tua ciangin Kha Siangtho silpiakte ngimna le mungtup in a tangtung hi ding hi.” R. F. Cottrell, “Introduction,” in Ellen G. White, *Early Writings*, p. 140.

KIKUP DING DOTNATE

1. R.F. Cottrell pulaakna ah, Kha Siangtho in Pasian pawlpi a pumkhat sak nadingin bang kisam ci hiam? Pawlpi kipum khatna in kha silpiak nasepna ah bang thupina nei hiam?
2. Paul leh a sikhinsa Khristian dangte in tu-in vantung ah “Khris tawh omkhawm hi” cih upna neite tungah Laisiangtho hong hilhzia bangci telgen theih ding na hiam?
3. Koi bangin leitunga gimthuaknate na telthei hiam? Kidona lianpi in tua thute na tel nadingin hong huh hiam? Singlamteh tunga Khrih hong lah Pasian itna ngaihsunin, haksat hun nangawn ah koi bangin Amah muang thei ding i hiam?

Kiniamkhiatna *tungtawnin* Kipumkhat



Sabbath Nitak:

Tu kaal sung sim ding: *Phil 2:1–11, Jer. 17:9, Phil. 4:8, 1 Kor. 8:2, Rom. 8:3, Heb. 2:14–18.*

Kamngah: “**Ka lungdamna a kicin nadingin na ngaihsutna uh kituaksak unla, a kibang itna nei-in lungsim kihual le tupna kibangin om un**” (*Philippians 2:2, ZSV*).

Kipum khatna in hatna hi. Ahi zongin a man theihna in a man sepna hipah lo hi. Hanciam mahmah ta lehang i lawhsam theizel hi. Tua in kipum khatna hi lo hi. Paul in Phillipian pawlpi a laikhak bangin “Amaute in sa khat, pum khat, lungsim kikhat ding a deih hi. Hih thu mah Thuciam Thak, a diakdiakin Paul laikhakte in a pulaakpi bel ahi hi. Kipum khat theihlohna a zungpi in kiphatsakna hang ahi hi; dinmun, za kituhna hangin kikhenna hong piang hi.

Vantungmi khat (Lucifer) in Pasion ukna langpanna panin hong kipan hi. Khuavannuai khempeuh hong lawh hi. Hoihna tawh kidim leitungah kikhenna, kilangdo-na hong piang hi (*Isa. 14:12–14*). Tua hi in Eden Huan sung panin zong Pasion ukna lungkimlohna panin langpanna hong kipan a, tuni dongin kikhenna omom lai hi. Pasion piak dinmun tawh lungkim lohna panin langpanna hong piang hi. Pasion piak loh dinmun deihna hong lian semsem hi (*Pian. 3:1–6*).

Tu kaal sungin pawlpi kipum khatna siksian thute i kikum toto ding hi. A diakdiakin Jesu hong kiniamkhiatna i pulaak ding hi.

**January 24, Sabbath ading kiginkholhna in tukaal lesson sim in.*

Phillippi ah Kikhenna

Phi 2:1–3. Bang thute in pawlpi kipumkhat saklo hiam? Paul in bang tawh kidamkik sak thei ci hiam?

Paul in a it mahmah, a phuhsa pawlpi sungah kidemna, kilang neihna a om ciangin bangzahin a lungsim nasa ding hiam? Tua buaina a pulaakna ah a khauh mahmah kammal zangh hi. “Angsung huaihamna” (Greek, eritheia) in *Philippi 1:17* sungah kizangh masa aa, Rome pawlpi sungah Khrih ading a nungtalo mite’ angsung kidemna a pulaak kammal ahi hi.

“Angsung khualna” in ci le sa gamtatna hi. (*Gal. 5:20*) James in, “enna, angsung zonnate in siatna phungpi hi,” ci hi. (*James 3:16*). Greek tawh “zuau khemna”cih kammal Thuciam Thak ah hih mun bek ah kizangh hi. Ahizongin Laisiangtho pualam ah haina, kiphatsakna, kiliatsakna a pulaak kammalin kizangh hi. Paul in Galati pawlpite a thuhilhna-ah hih kammal tawh a kinai mahmah kammal zangh hi. “Kikhem kei ni, kiheh sak kei ni, kihaza kei ni,”ci hi. (*Gal. 5:26*).

Paul’ gualsuk damkik saknate:

1. Khrih sungah kihanthawtna: Khrih ettehin kihanthawn ding ci hi.
2. Itna tawh kihehnem ding: Jesu in vantung itna kilangsak hi. “Khat le khat na it un” ci hi. (*John 15:12*).
3. Khathu ah kipumkhat ding: Kha Siangtho ompihna in pawlpi masate mahbangin hong kinaisak hi. (*Sawl. 2:42; le 2 Kor. 13:14* enkak in).
4. Kilainatna(Kikhualna): Khrih nunzia ah tampi kimu hi. (*Matt. 9:36, Matt. 20:34, Mark 1:41*). Samaritan mihoihpa thugentehna, (*Luke 10:33*) leh tapa taimangpa tangthu ah kimu hi. (*Luke 15:20*).
5. Hehihna: Jesu nunzia leh a nungzuite nunzia sungah kimu hi. (*Luke 6:36*).
6. Lungsim kikhatna, Ki-itna, Kithukhatna, lungsim kikhatna: A bangcidan thu hiam? Banghangin Paul in kipumkhat ding limgen hiam? Paul pulaak bangin “Khrih sungah” lungsim kikhat dingte ihi hi. (*Phil. 2:5*).

Kipumkhatna Zungpi

Philippi 2:2. Kipumkhatna tawh kisai ngaihsun pha in. A thupi mahmah thu khat nam li-in gen hi. Lungsim (mind), ngaihsutna (thought) le phawk theihnate (feeling) kipulaak hi. Biakna makaite in gamtatna a lunglut laitakin, Jesu in lungsim ngaihsutna lunglut zaw hi. Thukham zui tawntung a kici khangno mihaupa ngaihsun in.

A neihsa khempeuh zuakin mi zawngte huhin Amah a zui dingin gen hi. Leitung nate a itna ze-et hi. Lungsim panin hong pusuakte in mi niinsak thei ci hi: “Lung sim hoihlohna, mithahna, guktakna, nulepa mawhna, a manlo teci panna, Pasion gensiatna,” te ahi hi. (*Matt. 15:19*). “Lungsim sunga omte kikampau khia hi.” (*Matt. 12:34*).

Phi 2:3, 4. Paul in pawlpi kipumkhat nadingin bang sem ding ci hiam?

Paul kammal in kiniamkhatna lak hi. Kiniamkhatna, midangte thupi simna, midangte hamphat nading masak zawkna cihte ahi hi. A sep sang in a gen baih zaw hilo hiam? Hih thute in i phawk gige ding thute ahi hi. Mi tawh kihona ah amau gente sangin ei gente kithupi ngaihsut zaw thei hi. Kitel khialhna neucik khat in kitotna piangsak thei hi. Khat leh khat thu kingai lehangh pianglo ding hi. Thu kingaih sakna leh gennop kitelsak sawmna in kizopna leh kimuanna cidam sak hi.

Paul gen kipumkhatna in Khasiangtho hangin a piang kipumkhatna ahi hi. (*Eph. 4:3*). Tua in ‘nopna tawh eite hong khihkhawm hi.’ (*Eph. 4:3*). Pawlpi sungah kitotna a om ciangin Kha Siangtho in veengsak thei hi. Hong kipum khatsak thei hi. “Pasion Tapa upna leh theihna ah kipumkhatna hi.” (*Eph. 4:13*). Hihte in akizom ahi hi. Khrih le Ama thuhilhate pan aa hong luangkha Lai Siangtho theihna leh upna kikhatna in kipumkhatna thahat sak hi.

Midangte i thupisim theih nadingin bang sisak ding ihi hiam? Bangci sin theih ding i hiam? Tua bangin nungta lehangh i kizopna a lamdang ding hiam?

Ei le Ei kikheel *maw*? Pasion kheel sak?

Leitunga company a khanna in computer leh mihing khuak a kigawm man ahi hi. Mipilte in computer sung aa thute mihing lungsim sungah thun sawm hi. Tua bangin kihih thei leh, na tampi manlang takin sem zo ding ci uh hi. Sibup natna, lungkiat natna le khuak thagui natna cihte hong huh ding hi. Kimlepaam lauhuai tampi hong dal ding hi ci uh hi Lungsim in thu tampi ngaihsun zolo hi.

Tua bang piankhat om khin hi. I lungsim in computer tawh kibangin nasia mahmah hi. I gamtat i luhek, i nisim nuntak nadingte tatsat lo-in gel tawngtung hi. Media-te i et ciangin i ngaihsutna ah leitungvai hong om pah hi. Tua in midang' ngaihsutnate hong kithunna a hi hi.

Eite in Zeisu bangin “khalam lungsim” a nei dingte ihi hi. (*Rom. 8:6*). “Kha Siangtho lotawh kuamah in Pasion’ thu thei lo hi. Tua in Paul gen “leitung lungsim” tawh kilehngat hi. (*1 Kor. 2:11, 12*). Kua in eite hong hilh hiam? Bang thute sin i hiam?

Sim in, *Phip 2:5*. Khrih’ lungsim a cih in bang hi ding hiam?

I lungsim kikhel thei aa, i lungtang kikhel thei lo hi. Pasion bek in khel thei hi. Kha Siangtho in “kha namsau,” (*Eph 6:17*) “a nungta, a vanglian” Pasion Kammal, “lungsim leh ngaihsutna a mu paillet, guh leh guhngək a khenkhia thei” (*Heb. 4:12*) te tawh hong kheikhiatsak thei hi. Kha Siangtho bek tawh i nunzia i theician ding hi. Bang hang hiam cihleh i lungsim in khemhatpen hi. (*Jer. 17:9*). Hebrew kamin “khemhat” (aqov) cih in hong tatgawp, hong bawlsia, hong huihek, hong kawisak cihna hi. Eite in “a hoih, a sangthamcing Pasion deihna” i thei nadingin lungsim i “thaksuah” sak kul hi. (*Rom. 12:2*).

Bang hangin hih a nuai aa Paul genthu in thupi hiam? “Atawpna ah, sanggamte aw, a hoih leh a pha thute tawh na lungsim uh na kidim sak un. Tuatē in amaan, a dik, a tang, a siangtho, a deihhuai, leh a pahtakhuai thute ahi hi.”(*Phil. 4:8*)

Khrih Lungsim

Muhammad Ali in 1963 kum August kha, leitungah boxing kitupna ah a zawhma kha 6 lai-in, “Keimah in a lianpen ka hi,” ci-in kipulaak ngei hi. Hi mah hi. Ali in a kimawlte lak ah a lianpen himah hi. Ahi zongin Khrih lungsimpuak a nei nuam mi in Ali etteh lo ding hi.

Jesu in mawhna nei vet lo hi. “Eite phutkhak ze-etna khempeuh tawh,” a kize-et hangin a lungsim nangawn tawh mawhna bawl lo hi. *Heb 4:15*. “Tapa ahiah hangin a thuk thute tawh thumang ding kisin hi.” *Heb 5:8*. Pa’ deihna tungah a ki-apna in a kicinna hi. Ki-aploh hun nei vet lo hi.

Sim in, *Phip 2:5–8*. A vanglianpen leh a hoihpen kammal ngaihsun in. Paul in bang hong hilh hiam? Bang a cihnopna hiam? Bangci nuntakpih ding i hiam?

Jesu in Pasion hi. Pa tawh kikim ahiah hangin mihing nunna hong la-in sila (doulou) dinmun hong la hi. Eite mawhna tangin biakpiakna-in hong kipia hi. Paul in “Eite tangin samsiatna hong thuk,” ci hi. (*Gal. 3:13*). Hong Piangsakpa, Pasion in eite Tanpa dingin singlamteh tungah hong si-in, samsiatna hong thuk hi.

A gennopna bangci theih ding i hiam? Midangte hoih nadingin tuabang kiniamkhatna leh kipiakkhatna koici neih ding i hiam? Jesu in, “Note lakah a lianpen a suaknuamte in sila hi masa ding hi,” ci hi. (*Matt. 23:11,12*). Hih in Paul gennop (*Phi 2:3*) hong telsak hi. Paul in a khauh zawin, “duhhawpna leh khemna tawh” bangmah seploh ding hong gen hi. (*Phil. 2:3*).

***Phil. 2:5-8* sunga Khrih hong sepsakte bangci thukkik ding i hiam? A kilawm thukkikna in bang hi ding hiam? Khukdinna leh biakpiaknate ahi ding hiam? Khrih in eite ading hong sepsakna ah gamtatna behlap sawmna in banghangin khial hiam?**

Thu thukpi Pasion' Mi hihna

Lai Siangtho sungah a kithei mahmah khat in *1 Kor. 8:2* hi. “Mi khat in thu ka thei hi a cihleh, a theih dingzah a thei nailo ahi hi.” Na khempeuh theikhin cih bang omlo hi. I sin ding om toto hi. Pasion a hihna leh Mihingin hong pianna in tawntung thumaan ahihnam bangzahin maan ahi hiam? Paul in Khrih kiniamkhiatna gen tawntung hi. Hih in a tawtungin sin tohtoh ding ahi hi.

Sim in, Rom 8:3; Heb 2:14–18; Heb 4:15 sim in. Koi bangin Jesu hong kiniamkhiatin, mihing hihna hong la ahi hiam?

Koi bangin tawntung Pasion Tapa in Kha Siangtho nasepna tungtawnin Mary sung pan hong piang thei a hiam? (*Luke 1:35*). Ciangtan neilo khat in ciangtan nei mihing sungah hong nungta-in, hong si hi. Hih pen Paul in, “A lamdang Pasion pianzia thuthuk” na ci hi. (*1 Tim. 3:16*).

Philippi 2 in phatna la hi. Paul in Pasion kiniamkhiatna Laisiangtho mundang aa-te sangin a kicing zawin pulaak hi.

1. “Pasion ahihna” (*Phil. 2:6*). “Morphē” cih kammal in Pasion hihna (form) pulaakin, Jesu in Pa tawh a kikumna pulaak hi. (*John 1:1*).
2. “Amah mah a ki-awngsakna” (*Phil. 2:7*). Jesu in Amah le Amah kiniamkhiatin Pasion hihna ki-awngsak hi. Tua ahihmanin mihing lian mahin hong nungta hi. Ze-etna zongh hong thuak hi. A lamdangpi hi.
3. “Hong kiniamkhiat tawm” (*Phil. 2:8*). Khuavannuai ukpi hihna pan mihing sila dinmun hong la hi. Lucifer ngimna tawh kilehbulh hi.
4. “Singlamteh tungah sihna hong thuak” (*Phil. 2:8*). A zumhuai sihna hong teel hi. “Kilemna a om nadingin” (*Zec 6:13*) Pa tawh gelkhawm uh hi. Moses’ dalgullim in limciingkhoh hi. (*Gam. 21:9, John 3:14*). “mawh nei eite in Ama sungah Pasion dikna i ngah thei hi.” (*2 Kor. 5:21*).

Singlamteh tunga Zeisu hong sepsakte enin, Pasion tungah ki-apna leh kiniamkhiatna bangci neih theih ding i hiam?

Simbeh Ding

“Nulehpate’ itna leh nunneemna in khangkhat khit khangkhat a kinei suksuk itna hi. Mongneilo Pasion itna tuipi tawh i tehkak ciangin luitaneu khat bang hilel hi. Mihing kam in gen zolo hi. Laikung in gelhzo lo hi. Hih thu nisimin na lungngai thei hi. Na tel nadingin Laisiangtho sungah kuhkalna tawh na zong thei hi. Pasion hong piak sepzawhna khempeuh na nei thei hi.

Vantung Zuapa’ itna leh khuangaihna na ngah thei hi. Tuate in mongneilo hi. Khangtawn itna na zong thei hi. A Tapa hong pia Pasion itna a zaina, a sauna, a thukna na theikim zo ngeikei ding hi. Kicing takin kithei zo ngeilo ding hi. Laisiangtho simna, Khriis nunzia leh tatkhiatna tangthu lungngaitnate in hong telsak zaw sem ding hi.” Testimonies for the Church, vol. 5, p. 740.

“Moses bangin Khriis’ sanginn ah i kah ciangin bang sin ding i hi hiam? Na khangno lai-aa kipan bang thu tawh na khangkhia hiam? Kiliatsakna maw? Kiphatsakna maw? Hi peuhmah lo hi. Midikna, lungneemna i sin semsem ding hi. Na khempeuh a thei khin kisa kei ni. Pasion hong piak siamnate a hoihpenin i zat ahi hi. Tuate in sihnawn lohna ah i keng dingte ahi hi. Khriis leh Ama hotkhiatna nasep i sin tawntung ding hi.” Ellen G. White, Manuscript 36, 1885.

KIKUP DING DOTNATE

1. Pasion hong itna omtakpi ahihnam bangci theih na hiam? Ama hong itna na theih nading leh na ngah nadingin kikum un.
2. Jesu in “mihing bangin hong nungta hi,” cih thu a khiatna bang hi ding hiam? (*Phil. 2:7*). *Romans 8:3* tawh enkak in. Midangte’ theihna tawh saikak in.
3. Na pawlpi a kipumkhat nadingin bang tonate om hiam? Bangbang buaina a om zongin, kiniamkhiatna, “angsong kuatlohna” (*Phil 2:3*) cihte in lampi hoihpen hilo hiam?

Zan ciangin Khuavak**SABBATH NITAK**

Tu Kaal Sung Sim Ding: *Phil. 2:12–30; Rom. 3:23, 24; Rom. 5:8; 2 Tim. 4:6; 1Kor. 4:17; 2 Tim. 4:21, 13; Luke 7:2.*

Kamngah : “Na khempeuh phun lo kisel loin sem un; Tua hileh akawkbang lo a siangtho khialhna anei lo Pasion tate na suak ding uh hi. Lungsim kawi in lam akhial tulai khang mite sungah note in leitung ah khuavak bangin na tang ding uh hi.” (*Philippians 2:14,15, ZSV*).

Pasion in Hebrew mite tungah “Sawl mang un; bang hang hiam cihleh sawlmanna in “na pilna uh le na theihtelna uh hi ding a, amaute in “Hih minam liante pen a pil le thu theihtel mite ahi uh hi’ hong ci ding uh hi. (*Thkna. 4:6*).

Kum zalom tampi khit ciangin Jesu in “Keimah in leitung khuavak ka hi hi; kei hong zui mi in khuamial sungah a om kei hi. Ahi zongin khuavak sungah a om hi” (*John 8:12*). Hih bangin a genbehna kimu thei hi: “ Note in leitung adingin khuavak na hi uh hi. Mual tunga khuapi kiselcip thei lo hi” (*Matt. 5:14*). Koi bangin khuavak hi thei i hiam? Jesu tawh kizopna bek in khuavak hihna kingah thei hi. Tua khuavak in khuavak taktak hi” (*John 1:9*). *Philippians 2* gen bangin “Pasion in Tapa tungah mi khempeuh tungah min lian pen a pia hi. Khuk khempeuh Ama mai-ah khukding ding hi.

Lei khempeuh in Jesu Khrih in Topa hi, ci-in pulaak ding hi” (*Phil. 2:9–11*). Jesu tungah a ki-ap mi khempeuh tungah vantung khuavak le vangliatna kipia khin hi. Pasion kimakaih sak ding na hiam? ahi keileh nangma tha suangin kalsuan ding na hiam?

***January 31, Sabbath ading kiginkholhna in tu kaal lesson sim in.**

Pasian septe Semkhia Ding

Jesu in kiniamkhatna leh Pasian deihna zuihzia ah etteh ding ahi hi. Paul in Philippi pawlpite tuabangin a nungta-in gen hi. Amaute in hotkhatna thu a ngah khith uh ciangin Topa thumang uh hi, ci hi. (*Sawl. 16:13–15, 32, 33*). A zopsuak nadingun hanthawn lai hi.

Hotkhatna lampi dingin Khriis nunzia leh Singlamteh mitsuanna in Paul gennop bulpi ahi hi.

Sim in, *Phil 2:12,13*. Paul in, “Na ngahsa uh hotkhatna lakkhia un” a cih in bang hi ding hiam? Upna le gamtatna kizopzia bangci pulaak ding na hiam?

Hih sung aa Paul’ thugen in Roman laikhak leh laikhak dangte ah a gente tawh a kibanglo hilo hi. Mundang ah a gen upna tawh dikna ngah cih gospel thu tawh a kithuhual ahi hi. Ahizongin Laisiangtho gennop in bang hiam, a diakin a kitelkhiat thei dingte ngaihsut ding thupi hi.

***Romans 3:23, 24; 5:8; Eph 2:8 10*. Hotkhatna thu bang pulaak uh hiam?**

Hotkhatna in Pasian sepna cih buaina om vetlo hi. Ei thalawh theih hilo hi. Upna nangawn piakkhong ahi hi. Kha Siangtho’ hanthotna tawh a hi hi. Bang zahin i piangthak aa, Pasian in khalam nasep hoihte a sem dingin hong thaksuhsak zongin, i sepna tawh gupna i ngah zo kei hi. Pasian Kha in i sungah nasemin, thumaan hong teelthei sak hi. Ze-etna hong dosakin, nahoih hong teelthei sak hi.

Tua ahih manin eite in, “launa leh lingna tawh” (*Phil 2:12*) Pasian septe a semkhia bek ihi hi. I thaneemna ah Pasian thukhenna lau ding cihna ahi hiam? Hi peuhmah lo hi. Hih in Pasian’ hong ompihna kammal hizaw hi. (*Late 2:11*). Ama thumang ding kismah cih hizaw hi.

Khriis in bang lampi tawh na sungah nasem hiam? Na thaneemna in na sungaa Pasian nasepna bangci langpan a hiam? Bangci hawlkhiat theih ding na hiam?

Khuamial Leitungah Khuavak

Philippi pawlpite tungah, “phun lo, puam lo-in na khempeuh a sep nadingun” hanthawn hi. (*Phi 2:14*). Pawlpi kipumkhatna a susia ding tonate nasia lua hi. Hanciamna lotawh pawlpi kipsuak zolo ding hi. Pawlpi kipum khatna in Khrih tawh kipumkhatna le Ama Kammal zuihna lak hi. Paul in, “leitung ah khuavak bangin tangkhia ding” a cih pen ahi hi. (*Phil. 2:15*).

Khapi a taanloh ciangin khuapi meite leh aksite kimu zaw hi. A taangpha zaw tawh kibang uh hi. A kilehbulhna uh kitel mahmah hi. Khuamial semsem, aksite taangpha semsem hi. Kimlepam ah gamtatpha mial semsem, Pasion mite thumaanna kimu semsem ding hi. Hih in bangzahin thupi ahi hiam! I tecipanate a mialsak thei leitung ngaihsutna, huzapte leh gamtatnate omsak kei ni.

Sim in, Philippi 2:15,16. Pasion tate i hihna tawh a bangci mi ding leh bang a sem ding ci hiam?

“Paubaang lo” cih in “khialhna neilo, kawkbaanglo” cihna hi. Hih kam mal in a diakin Job nunzia a pulaak kammal khat hi. (*Job 1:1,8; 2:3; 11:4; 33:9*). Greek kammal ah “lauhuaina omlo” cihna hi aa, “kihelpih nei lo, siang sitset” cihna hi. Jesus in Ama tecipang mite “vakhu bangin migi ding” ci hi. (*Matt. 10:16*). Paul in zong “thusia peumah pelh ding” ci hi. (*Rom. 16:19*). Tulai media-te in lungsim siangtho nading, khalam kilapsang nading omlo hi. Tuhun in David’ nunzia neih ding hun hita hi. “Ka mai ah siatna peuhmah ka koih kei ding hi.” (*Late 101:3*).

Mi tawh kibat lohna, upna hangin tangkaina cihte i lau ding hilo hi. Eite tupna in “khuavak bangin taang ding” cih ahi hi. (*Phil. 2:15*). “Nuntakna thu letcipna tawh” (*Phil 2:16*) “leitung tawh kipawl nate nial ding” cih ahi hi. (*Rom. 12:2*). Eite deihtelna in “Khris hong pai” ciangin i omzia ding khensat hi. (*Phil 2:16; 1Cor 9:24-27*).

Na nuntakna ah leitungvai na sak bangteng om hiam? Koi bangin tuate pan siangtho thei ding na hiam?

A hingtang biakpiakna

Sim in, Phil 2:17; 2Tim 4:6; Rom 12:1, 2; 1Kor.11:1. Paul in bangthu pulaak hiam?

Paul in Khris nasepna sungah si ding maw, nungta ding cih lamdang takin pulaak hi. (*Phil. 1:20–23*). “Tuibuah biakpiakna” taktak ngaihsun hi. (*Phil. 2:17*). Hih in Pasion tungah taanglai tuibuah biakpiakna (sathau, lenggahzu, tuisiang) siksan hi. (*Pian. 35:14, Pai. 29:40, 2 Sam. 23:15–17*). Tuabang kipiakkhiatna mah ahi “a manpha paknamtui” tawh Mary in Zeisu khe leh lu a nilhna hong phawk sak hi. (*Mark 14:3–9, John 12:3*). Tuibuah biakpiakna in biakpiakna mawkmawk hilo-in, Khris kipiakkhiatna lianpi pulaak hi.

Gospel thu a gen manin a kithat ding ahih hangin lungdam veve hi. Banghang hiamcih a nuntakna in biakpiakna-in “kibua khia” ta ding hi. Tuibuah biakpiakna in kipiakkhiatna tawh luangkawm hi. (*Gam. 15:1–10, Gam. 28:1–15*), Paul in a nuntakna in Philippi thu-um mite’ “kipiakkhiatna, nasepna” a vuicingsak ding, “hingtang biakpiakna” (*Rom 12:1*) neisak zo ding cih ngaihsun hi.

Philippi khua aa kipan Khristian masate in upna gensawt ding lawp uh hi. (*Phil 1:27-29*). Inn khat khit innkhat ah hawmsawn uh hi. (*Sawl. 5:42*). A innte uh Laisiangtho sin nadingin zangh uh hi. (*Sawl.12:12; 1 Kor. 16:19; Col. 4:15; Philemon. 1, 2*). Laisiangtho panin a up uh thute gensawn thei uh hi. (*Sawl. 17:11, Sawl.18:26, 1 Pet. 3:15*). Adventist masate in zong tua bangin sem uh hi. Thupuak kizelh nading Pastor-te tung bek kinga lo uh hi. Pasion nasemte hong pai ciangin a kituiphum thei dingin mite kigingsak uh hi.

Mimal kipiakkhiatna in “hingtang biakpiakna” hi. Eite zongh kineu seh tuan ding i hiam?

Na nuntakna ah “hingtang biakpiakna” cih in bang a ci nuam hiam? Pasion gam ading bangzah kipiakhia na hiam? Na dawnkikna in na hihna bang pulaak hiam?

Ahoih mahmah zia le Tong

Timothy in Philippi laikhakna ah a kihel khat hong suak hi (*Phil. 1:1*). Paul in Timothy manphatna pulaak hi. Pasion thugen khatin pulaak hi. (*2 Tim. 4:5*). Macedonia ah a sawl khat ahi hi. (*1 Thess. 3:2; Sawl. 18:5, Sawl. 19:22*). Korinth khua-ah tamveipi sawl hi. (*1 Kor. 4:17, 1 Kor. 16:10*). Tua ma-in Korinth khua ah Paul le Silas tawh nasem khawm hi. (*1 Thess. 1:1, 2 Thess. 1:1*). Ephesus khua ah zong semkhawm uh hi. (*1 Tim. 1:2, 3; le Sawl. 19:22*). Paul in Timothy tawh “kithutuak ungh” ci hi. (*Phil. 2:20*). Greek kamin (“lungsim kikhat”) ci hi. Khris tungah a ki-apzia, gospel a hanciamzia, leh Philippi pawlpite a lunghimawhziata ah Paul tawh kibang mahmah cihna hi.

Bang hangin Paul in Timothy thu saupi gen hi ding hiam? (*Phil. 2:19–23*)? Timothy thu bang genbeh lai hiam? (*1 Kor. 4:17, 2Tim. 1:5*)

Paul in Timothy nunzia, “a lungkimhuai zialetong” ci hi. (*Phil. 2:22*). Greek kamin hamsatna tawh a kize-et khin mi cihna hi. (*Rom. 5:4*). Ama zialetong leh a nasepzia in lungkim huai ngiat ci hi. (*2 Kor. 2:9, 2 Kor. 9:13*). Paul in tel mahmah hi. Banghang hiam cihleh sawtpi nasem khawm uh hi.

I pianzia taktak hong kisittel ding ahi hi. Ellen G. White in, “Nuntakna in kikhaalna hi. Heh nading om thei hi. A hoihlamin ngaihsutna in Khristian hehpihna hong nei sak hi. Ki lungsim natsakna leh kisimmawhnate nunneemna tawh kithukkik hen la, simmawhnate thudam tawh kithukin, nuainetnate hehpihna tawh kithuk kik hileh, lungtang sungah Khris Kha teeng ding hi.” *Testimonies for the Church*, vol. 5, p. 344. “Hamsatna leh hehnate a thuakzo mite in Khris zialetong a khangto sak uh ahi hi. Leitung mite leh Khristiante a kilamdang sak sitset uh ahi hi. *Testimonies for the Church*, vol. 5, p. 344.

Na thuak zel hamsatnate, buainate, leh hehnate ngaihsun in. Lungduai tak, migi takin na thuak hiam? Tua bangin na kisek zawk nadingin bang sem ding na hiam?

“Tuabangte *pahtawi un*”

Sim in, *Phil 2:25–30*. Koi bangin Paul in Epaphroditus pulaak hiam? Bang a lungsim puak kipulaak hiam?

Hih laikhak sung bek ah Epaphroditus kipulaak hi. Ama thu i tam theih kei hi. A min khatna in Aphrodite upna nei cihna hi. Dawi biakna panin hong kikkel ahi hi. “Nasem nungzui” cih in hotkhatna nasep a lawp, Philippi ah Paul tawh sawtpi nasem khawm cih lak hi. “Nungzui galkap” (*Phil 1:27*) cih in hamsatna thuak, a nuntakna nangawn a pia ngam cihna hi ding hi. (*Phil 2:30*)

Philippi pawlpi in Paul thongkhatna ah a huh dingin “kamtai-in” sawl uh hi. (*Phil. 2:25*). Huhna sumlepai a puak dingin muan khat ahi hi. (*Phil. 4:18*). Hih nate in a thupi mahmah khat ahi hi. Banghang hiam cihleh Rome thongkiate in a kisapnate uh amau mah in lei, innkuanpihte, lawmte in puak cih ahi hi. (*Sawl. 24:23*). Paul in Timothy kiangah, “Nong pai ciangin Troas khua aa ka nusiak ka puantungsilh hong puak in” ci hi. (*2 Tim. 4:21, 13*). Paul in a puanlum kisamh cihna hi. Epaphroditus pen hih laikhak a puakik dingin zongh muan khat ahi hi. (Ellen G. White, *The Acts of the Apostles*, p. 479).

Philippi pawlsung buaina hangin (Lesson 4na en in), a manlang penin Epaphroditus sawlkik ding “kisamh sa” hi. Philippi pawlpi in “Topa min tawh lungdam takin a na sang nadingun” hanthawn hi. (*Phil. 2:29*). A thongkhatvai a lunghimawh loh ding uh deih hi. Epaphroditus in Khristiante omzia ding nei ci-in thupibawl hi. A hauh man, behlephung neih man hilo-in, Zeisu ettehin a kipiak khat man ahi hi. *Phil. 2:6–11, 29, 30; Luke 22:25–27*. Thuciam Thak sungah Greek kammal “tawisang or pahtawi” cih kitam muh lo hi. Galkap za-ukpa’ nasempa “manpha lua” kici hi. (*Luke 7:2*). Pawi bawlna ah pahtawina ngah mite in mipi maipha ngah hi. (*Luke 14:8*). Jesu in a “manpha” innkiu suang kici hi. (*1 Pet. 2:4, 6*). Epaphroditus in hih mite lakah a kichel zawh nadingin a citak mahmah khat hingel ding hi.

Simbeh Ding

“Khrih gei ah a om dingte in Ama itna a limnek pente hi ding hi. Tua in “angsung khaullo, a kipiakhia itna hi. A heh pahpah lo, siatna a ngaihsun lo itna hi.” (*1Cor 13:4, 5*). Topa in tua itna nei hi.

Nungzuite in zongh nei hi. A sih dongun hotkhatna nasep sem uh hi. Paul nuntakna ah hih bang lungsim kimu hi. “Ka nuntakna in Khrih ading hi,”ci-in Khrih kilangsak hi. Ka sih hangin Khrih ka ngah ding hi. Meet zaw hi. Sihna in Ama hehpihna kilangsak aa, Ama kiangah mi kaikhawm hi. “Ka si aa, ka nungta zongin ka sung ah Khrih kilangh ding hi,” ci hi. *Phil 1:21, 20.*”Ellen G. White, *The Desire of Ages*, p. 549.

“Mi khempeuh a kisittel khit ciangin beina hong om ding hi. Sapi ciaptehna hong om ding hi. Leitung deihtalam a zuan mite leh Leitung tawh a kipawl mite in zahkona, simmawhna, thongkiatna, leh thatna thuaklo ding uh hi.

“Mi tampi in thumaan a paisan khit uh ciangin a kiselsimte hong kilangh ding hi. Khrih zawhna nuai ah hosanna ci ding uh hi. A meidawi te, a kimuang zolote in Khrih leh thumaan adingin hangsan ding uh hi. Pawlpi sungah a thaneempente leh a lunghiang mite in David bangin hangsan ding uh hi. Pasion mite in khuamial semsem leh, taang semsem uh hi. Satan in thumaan mite bek do ding hi. Ahi zongin amaute in Jesu min tawh gualzo ding uh hi.”Ellen G. White, *Testimonies for the Church*, vol. 5, pp. 81, 82.

KIKUP DING DOTNATE

1. A tunga “leitung deihtna a zuan mite leh Leitung tawh a kipaw mite thu” ngaihsun in. Bangci kihel khak theih ding i hiam? Hih in mimal tung leh pawlpi tungah kibulh thei hilo hiam?
2. Pasion in, ‘Kei hong pahtawite ka pahtawi ding hi,’ ci hi. (*1 Sam. 2:30*). Bangci lampi tawh Topa pahtawi i hiam? “Pasion min thang sak” cih tawh a kibang diam? (*Mang. 14:7*).
3. Gamtatna in hotkhatna ngah nading ahih lohlam bangci teltheih ding i hiam?

Khrih sungah khamuanna



SABBATH NITAK:

Tu kaal sung sim ding: *Phil. 3:1–16; Rom. 2:25–29; John 9:1–39; Eph. 1:4, 10; 1 Kor. 9:24–27.*

KAMNGAH: “Hih in Khazih mahmah le amah a thokiksak vangliatna ka theih theih nading, ama thuak bang agimna thuakin ama sih banga kasih theih nading leh, misite lak pan thawhkina ka ngah hamtang theih nading ahi hi.” (*Phil 3:10, 11, ZSV*).

Thukham’ sepna kihel lo, upna bek tawh gupna ngah cih muanlah huai bang hi. Tua hangin pawlkhatte adingin hotkhatna ah nasepna behlap nuam uh hi. Paul in hotkhatna ngah nading sepna, vunatna kisamh hi a ci teitei mite khauh takin langpan hi.

Tuabang mite tungah Paul in diktanna in Khrih kiang pan aa hong pai upna tawh i ngah piakkhong hi. Thukham hang hilo hi, ci hi. Vun atna in tuhun adingin buaina ahihloh hangin a thupaipi kibang lai hi.

Hih buaina hangin pawlpi puahphatna (Protestant Reformation) hong kipan khia hi. Khrih’ nungzuite sungah upna leh sepna cih buaina ahi hi.

A tawpna ah, Khrih in eite adingin nakhempueh ahi hi. “Amah in upna hong kihatna le upna hong picingsakpa zong ahi hi.” (*Heb. 12:2*).

A hoihnam thupi i sakzawk leh, Pasian’ itna sungah i khamuang ding hi. Tu mahmahin zongh “hotkhatna” kamciam ah nuam i sa ding hi. “Cilesa sungah khamuanna” i nei kei ding hi. (*Phil 3:3*)

**February 7, Sabbath ading kiginkholhna in tu kaal lesson sim in.*

Topa sungah Lungdamna

Sim in, Phil 3:1–3. Bang thuhoih leh thuhoihlo pulaak hiam? Tuate bangci kizop hiam? Thu-um mite bangci pulaak hiam?

Paul in hoilhthu tawh panin, thuhoih mah tawh a laikhak zo hi. Ahi zongin a nasep mahial nailo hi. A laikhak mungtup in Topa sungah bek ah khamuan ding ahi hi. Ei mimal tungah hilo ding hi. “Eite in Khris Zeisu sungah i lungdam hi. Cilesa sungah hilo hi.” (*Phil. 3:3*). Cilesa tungah khamuanloh ding haksatna a sin ngei i om hiam?

“Kidawm un” (thumvei tak) cih vauhilhna kammal khauh Lai siangtho mun dangah kimu lo hi. Philippi pawlpite in Paul pulaaknop thu thei uh hi. Buaina nam thum a phasak hilo aa, thuhilhsia zuaute a pulaak ahi hi. Israelte lak ah a om a gilo, biakna a awlmawh lote “ui hon” kici thei zel hi. (*Phil. 3:2; le Late 22:16; Isa. 56:10; Matt. 7:6; 2 Pet. 2:21, 22*). Thuhilhsia maanlote “siatna nasep, ahoihlo nasep” kici hi. (*Phil. 3:2*). “Nasem gilote” ci hi. Galati leh mundangte ah amaute in Gentile thu-um mite vunat sak sawm uh hi. Sawltakpite Thukhensatna tawh kilehbulh hi. (*Sawl 15*).

“Topa sungah lungdam un” cih in thuhilhna maanlote leh khalam tonate veng sak hi. (*Phil. 3:1 le Phil. 4:4*). Lungdamna, lungnopna hong pia thei thute khempeuh in kizopna nei hi. (Manglai bangmahin Greek laimal ah zong hih thu nihte in kizopna nei hi.) Pasion in a lungdam dingin hong deih hi. Ama Kammal in nopsak nading, tawntung lungdam nading lamlahnate ahi hi. Tua sungah Pasion hehpihna kihel hi. (*Late 31:7*). Amah muanna (*Late 5:11*); hotkhiatna thupha ngahna (*Late 9:14*); Pasion thukham bangin nuntakna (*Late 119:14*), Sabbath zuihna (*Isa. 58:13, 14*); Ama Kammal upna (*Late 119:162*); le Pasion zialetong tawh tate khansuahna (*Pau. 23:24, 25*) cihte ahi hi.

Nuntakna a hamsa vive ihi hi. Nopsakna hun tawm lua hi. Tu-in i nuam sa-kei zongin bangci lungdam theih ding i hiam? Bang in na lungdamna hong dal hiam?

Paul Hun masa lam thute

Philippi 3 sungah Paul gen mahbangin Zeisu upma leh upkhit nunzia kikkel ding cih pen Khristian khempeuh ngaihsutna ahi hi. Bangbang ahizongin maanin maankei taleh, eite in Khristian lote “mihoih bangin” i gen theizel hi. Leitung muhia tawh bel mihoih tawh kibang uh hi. Ahi zongin Pasion muhna ah Khristiante nangawn mihoih a om kei hi.

Sim in, *Phil 3:4-6*. Paul in a kiphatsakpih ngei a nunzia lui pulaak hi. Bangteng a hiam? Na nuntakna (a beisa leh tuhun) sungah na hoihna na pulaak ding a om hiam?

Paul in upna maanlo a hilh Jew-te leh vun ki-atlo thu-um mite in Khris a muanzia a kilehbulhna pulaak hi. Amah in vunatna sungah khamuanna neilo hi. (*Heb 6:1; 9:14; Rom 2:25-29*). Paul nuntakna a beisa leh a khangui sutnate in a nungzuite adingin lunglut huai phial taleh, hotkhiatna adingin bangmah manh lo hi. A taktakin tuate in hotkhiatna daltan zaw uh hi. Banghang hiam cihleh, tuate in Khris a kisaplum musak lo hi.

Paul in vun ki-at mawkmawk bek hilo-in, Israel ngeina bangin nigiat ni-in a ki-at ngiat ahi hi. Israel khuapi tampi a ngah Benjamin minam hilai hi. Hebrew mawkmawk hilo-in Gamaliel’ sangnaupang khat zongh ahi hi. (*Sawl 22:3; 26:4,5*). Thukham a tel mahmah, a zatzia ding zongh a thei mahmah Pharisees khat zongh ahi hi.

Paul in thukham thupisa mahmah ahih manin pawlpi bawlsia hi. Pawlpi in Jew nunzia a lampialsak sa hi. A lunglut huai khat ah, mihing in “kawbbaang lo,” “diktanna” a cih pen thukham in ngahsak hi, ci-in thei hi. Tua ahih manin Khris lotawh thukham mawhkawkna mai ah dingtang sawm hi.

Rom 7:7-12; Matt 5:21,22,27,28. Paul leh Zeisu in thukham tawh kisai a thupi bang pulaak uh hiam? Bang hangin “Khris sungah upna” in thukham sangin diktanna ngahna hizaw thei ding hiam?(*Phi 3:9*). Zeisu gen bangin thukham bangci zuih theih ding i hiam?

Akisam taktak thute

Zanni aa i sin mahbanging Paul in a kisak theihpih thute in a upna daltan hi. Khris a kisaplam musak lo hi. Paul in a upna a pulaakna ah meetna leh supna kammal zangh hi. Mi khempeuh in “khalam laibupi” i nei hi. Paul’ khalam laibupi in Zeisu’ thuhilhate sangin Jew thuhilhate tawh kitez zaw hi.

A pianthak khith ciangin a khalam laibupi in kilamdang hi. Bang hang hiam cihleh Jew mite’ “gogil” panin “vantung gogil” ah kikhel ta hi. “Vantung panin hong paipa bek in vantung thu gen thei ding hi. A maanin vantung thu gen thei ding hi. Tua tungah Ama limlemel leh a thuneihna kigelh hi. Tualniamna panin a lapsang ding mite leh a tokhom gei ah a omsak ding mite tuah ding lauhuate thei hi. Bangmahin kimanglo thute leh a lauhuai thute ah a thangtatnate uh kawkhia hi. Leitungvai panin vantungvai ah hong kai hi. Tua hileh i hun, i siamnate, leh hunphate i mawkbei sak kei ding hi.” *Review and Herald*, July 1, 1890.

Kum zalom khat hunlai aa Judah biakna sungah Paul in minthang mahmah hi. Damascus lampi ah Zeisu’ vangliatna in a mittawtsak ma, khalam muhna manna a neih ma ahi hi.

John 9 in mittaw mi khat in Zeisu a mahna thu gen hi. Zeisu in Amah pen, “khuamu lote in khua a muh theih nading, khuamu a kisate a mittawt nadingin kong pai hi,” ci hi. (*John 9:39*). Na nuntakna sungah hih thu bangci kibilh theih hiam?

Vanthak leh leithak nuntak tawntungna sangin bang thupi zaw hiam? Leitung manphatnate in mi tampi mittaw sak hi. Leitung nate leh vantung nate ahi Khris tawh kibatna leh hotkhiat nasepnate kidemna om hi. (*Matt 13:22; Luke 4:5,6; John 2:16*).

Leitung in khalam thumaan leh a thupina hong musak lo hi. A thupipen i mitsuan theih nading bang in thupi hiam?

Khrih Neih Upna

Paul' thugen mangngilh theih hilo hi. Damascus lampi ah a tuah thu in lamdang hi. Thukham suang a nunlui in Khrih tungah kinga hi. "Khrih ka ngah theih nading leh Ama sungah ka om theih nading" ci hi. (*Phil. 3:8,9*).

"Khrih sungah om theih nading" cih in a lunglut huai khat hi. *Eph 1:4; 2Kor 5:21; Col 2:9 le Gal 2:20* sim in. Hih thute siksarin Paul in bang a ci nuam hi ding hiam? Khrih sungah nungta cih in tangzai mahmah hi. Ama hilhcian na ah, "A hun a cin ciangin Topa in na khempeuh Khrih sungah kicingsak dingin, vantung le leitung aa om khempeuh Ama sungah pumkhat suahsak ding hi." (*Eph. 1:10*). Pasion' mungtup in hih thu mah ahi hi. "Note in Khrih Jesu sungah na om uh hi. Note adingin Pasion kiang pan hong pai pil na, dikna, thumaanna leh hotkhiatna ahi hi." (*1 Kor. 1:30*). "Khrih sungah nungta" cih in hotkhiatna geelna khempeuh kicinna, khalam pilna pan upna tawh siangthona (diktanna), vantung ading kiginkholhna (siangthona), leh Kumkik ni ciangin minthanna (tatkhiatna) cihte ahi hi. Hotkhiatna in Khrih nasep ahi hi. Khrih neihna tawh eite in i kikap khempeuh i ngah hi.

Sim in, *Phil 3:9*. Paul in bang thu nih kilamdang sak hiam? Bang hangin hih kilamdanna i phawk ding thupi hiam?

Paul in "mihing neihtawm diktanna" in diktanna diktak ahilh lohlam a theih ciangin thukham in nuntakna piathei lo ahihlam hong thei hi. (*Gal. 3:21, 22*). Upna tawh Khrih bek in hong pia thei hi. Upna khatpeuh hang hilo hi. Dawite khempeuh in zongh um uh hi. (*James 2:19*).

Hotkhiatna hong ngahsak "upna" in "Khrih neih upna" bek hi. Ama neih upna in thumang zo sak hi. (Grk. "pistis" in cihtakna zongh kici thei hi.) Khrih sungah i om ciangin i sungah hong nungta hi. (*Gal. 2:20*). Amah i upna tawh Ama sungah i nungta hi

Khat bekbek kisam lai – Khrih *Theih* telna

Sim in, Phil 3:10–16. Paul in bang thubulpite pulaak hiam?

Khrih theihtelna sangin a thupi zaw om lo hi. Tua in hunbei ciangin Pa mai ah hong theih nading ahi hi. (*Matt. 7:21–23; Matt. 10:32, 33*). Amah bangci theih ding i hiam? Ama Kammal simna leh nuntakpihna tawh i thei ding hi. Nungzuite bangin Khrih tawh maitang i kimu thei kei hi. Ahizongin tua bangin a muh uh hangin Topa theihtelna taktak ngah lo uh hi. Eite bangin Kha Siangtho makaihna ngah lo uh hi. (*John 16:13*). Amah i theih semsem ciangin, Amah tawh i kinai zaw semsem hi. “Ama thawhkikna vangliatna” i ngah hi. (*Phi 3:10*). Tua in “Nunna thak” hong ngahsak hi. (*Rom. 6:4*).

Zeisu kiang zuatna lampi dang khat in “Ama thuaksiatna tawh kimeltheihna hi.” (*Phil. 3:10*). Hamsatnate khempeuh in Zeisu hong sepsak thute hong telsak, manpha hong sa sak hi.

A thumna ah, “kungzuan aa mainawtna” hi. (*Phil 3:14*) Tua kung in bang hiam? Thuciam Thak sungah “skopos” ahi hi. Hih kammal in kidemna ah a gualzote ngah thamanh hi. Paul in, “Pasian sapna ngahin Khrih Jesu sunga hamphatna ngah” ci hi. (*Phil. 3:14*). Khrih thokikin vantungah a kah mahbangin Pasian in vantung thamanh – tawntung nunna a ngah dingin hong sam hi.

A taktakin tua thamanh i ngah nai kei hi. “Hih i pumpi” in “Ama minthanna pumpi” ah a kikhel dong, eite in kicinna i ngah kim nai kei ding hi. (*Phil. 3:21*). Ahizongin Amah theihtelna leh ompihna nget tawntungna tawh Zeisu zialetong i nei thei hi. Hih thu mah Paul in gen belin nei hi. Kidemna ah kimlepam hamsaknate kithudon manlo hi. (*I Kor. 9:24–27*). Vantung thamanh in hong ngak gige cih bek i ngaihsut ding ahi hi. Hih gentehna in kician mahmah hi. Tai kidemte in kung bekmah ngaihsunin, pumpi kisekna nei uh hi.

Topa tawh na taikhopna ah na mawhnate enin, na nunghei loh ding leh Khrih kamciamte na mitsuan ding bang hangin thupi hiam?

Simbeh Ding: “Khristian zialetong a nei nuamte in Khris ading na khempeuh piakhia-in, na khempeuh sem ding hi. Topa in tonih na kistem theilo ci hi. Nisimin deihna khempeuh Topa tungah a ap mi hi ding hi. Pasion Kammal simin a nuntakpih mi hi ding hi.

Tua hileh Khristian nunzia nei thei ding hi. Pasion in nisimin amah tawh nasem ding hi. Nitawp ni ciangin a dinpilh ding zialetong nei ding hi. Thu-um mi in mite leh vantung mite mai ah nasem ding hi. Gospel in a puk mite ading bangsem zo cih lak ding hi.”Ellen G. White, *The Acts of the Apostles*, p. 483. “Mopipa pai ding a ngak mite in midangte tungah “Na Topa Pasion en in” ci ding hi.

Leitung ah a nunung bel hehpihna khuavak kipia ding aa, Ama itna kilak ding hi. Pasion’ tate in Ama minthanna a lak dingte ahi hi. A nuntakna uh leh a zialetong uh tawh Pasion hehpihna a lak dingte ahi uh hi. Dikna Khuavak in nasep hoih – thumaan genna leh siangtho gamtatna sungah mainawt ding hi.” *Christ’s Object Lessons*, pp. 415, 416.

KIKUP DING DOTNATE:

1. Topa sungah lungdam un cih thu ngaihsun pha in. Na gimthuakna ah lungdam ding cihna hilo hi. Laisiangtho gennop in Topa sungah lungdam ding cihna hizaw hi. Bang hangin Topa mitsuanin Ama hoihna, vangliatna, itna, hotkhiatna sungah lungdam ding thupi hiam? Nuntak haksatna sungah hih in bang phattuamna lianpi hong pia hiam?
2. A tung aa Ellen G. White pulaak thu in hehpihna in “nahoih sepna” piangsak hi cih phawk in. Khrih hong paikik ding i mitsuanna ah hehpihna nasep banghangin thupi hiam? Gamtatna tawh hotkhiatna ngah i hihloh hangin gamtatna hoih a neilote kihonkhia takpi mah ding hiam?
3. Silesa tungah khamuanglo cih thu ngaihsun in. Bang a ci nuam hiam? Banghangin tua sungah khamuanna neilo ding i hiam? Cilesa in Pasion letsong hilo hiam?

Vantung GamMi Hihna



SABBATH NITAK:

Tu kaal sung sim ding: *Phil. 3:17–4:23, 1 Kor. 15:42–44, John 14:27, Late 119:165, Job 1:21, 1 Tim. 6:7.*

Kamngah: “Bangmah thu ah lunghimawh loin na khempeuh ah lungdam ko kawmsa in thungen unla, na kisapnate uh Pasion tungah pulakin nangen un..” (*Philippians 4:6, ZSV*).

Tu kaal i sin ding in Philippi bu thukhupna ahi hi. Tua thute in a manpha nuntakpih ding thute hi. Sawltak Paul’ nuntakna buppi a makaih thu manphate kimu thei hi. Jesu in sunglam hihna bulphuhin a thuhilhate mahtawh kibang hi. Paul hong gen thute in Khristian nuntakna lungdam theih nading thusimte ahi hi.

I deih bang a piangloh ciangin lungkham ding, lungkiat ding hilo hi. Nuntak haksatnate hong zawhpih ding thuguipi om hi. Tua in Pasion bek in a hong piak theih munkip leh daihna hong ngahsak ding hi. Tuhun leh mailam thute Ama khut sungah om hi. Amah in i kisap khempeuh hong sikh ding hi.

A thupipen in eite hong lungkia sak thei leitung nate tungah i lametna i koih ding hilo hi. Khristian khat i hihna tawh eite in Pasion vantung kumpigam mite i hi hi. Tua gammite in hamphatna tuam vilvel a neih mahbangin vaipuak zongh nei uh hi.

**February 14, Sabbath ading kiginkholhna in tu kaal lesson sim in.*

Etteh ding thu te

Eite khempeuh in i pahtaak, i ciingnop mi pawlkhat om thei hi. Naupangte in a nulehpate uh etteh pha diak uh hi. A gol uh ciangin kithuahna, laisimna pan etteh ding a dang mu thei uh hi. Laisiangtho in hamsatnate bangci gen hiam cih sin uh aa, amau nuntakna tawh tehkak thei uh hi.

Tulai media-te ah etteh hoihlo vive om hi. Nuntakna hong buaisak thei thute, nulepa mawhna thute tawh hong kithangsiyah hi. Philippi-te in internet a neihloh uh hangin tua bang buainate nei veve uh hi.

Paul hunlai-in zongh eite mahbangin leitung kisia ta, gamtatsiatna om ta cih ahi hi. Tuate om tawntung aa, siatna a kinuacip dong om lai ding hi. I buaipih ding thu in tuate bangcih ding cih ahi hi.

Sim in, Phil 3:17–19. Ettehpha leh ettehsia koi bangin kipulaak hiam? Tuate kilamdanna in bang hiam?

Paul in tuabang mite itin, khasiat ahihnam i mangngilh ding hilo hi. Amaute ama galin ngaihsun lo-in, “Khris singlamteh galin” ngaihsun zaw hihlam phawk ding kisamh hi. (*Phil. 3:18*). Paul in a lianzaw Singlamteh nuai ah om ahihnam kiphawk hi. Tua in kidalna kawmte sakhamin Honpa kisapna sungah hong koih hi. (*Eph 2:11-14*)

Paul in Philippi pawlpite kiangah ettehpha ahi ding, ettehsia ahi lo dingin a hanthotna zongh paisan theih hilo hi. Mi khat gamtatsiatna pen nangma gamtatsiatna sangin lianzaw kici thei tuan lo hi. Paul in Roman-te a vauhilhna ah hih tawh kibang kammal na zangh hi. “Kikhenna leh kilangpanna a piangsak mite, thu-upna a langpan mite na pelh un.” (*Rom 16:17*). Rome sungaa mikhemte pen “Topa Zeisu Khris nasemte na cilo hi. Amau gilpi ading bekin nasemte” na ci hi. (*Rome 16:18*).

Zeisu bek in etteh thamcing a hita zongin, kimlepam ah ettehpha mi om thei hi. Tua mahbangin mite tungah bang etteh na pia hiam?

“Topa Sungah Kiptakin Ding”

Sim in, Philippi 3:20, 21. Koi bangin Paul in Khristian nunzia diktak pulaak hiam?

“Leitung nate bek a ngaihsun,” amau gilpi bek thupi a sa (*Phil 3:19*), Singlamteh galte bang i hi kei aa, Khristiante in vantung gammite i hi hi. Eite kumpipa in Zeisu Khris ngiat ahi hi. Paul in “a ginalo Leitung pumpi” (*Phillipians 3:21*) in natna, thakiamna, leh sihna panin Khris’ thawhkik minthanna tawh a kibangin kikhel ding, ci hi.

Hih anuai aa munte in vangliatna dim pumpi bangci pulaak uh hiam?

*Job*19:25-27 _____

*Luke*24:39 _____

1 Kor. 15:42-44 _____

1 Kor. 15:50-54 _____

Col. 3:4 _____

A tawpna ah Jesu tungtawnin “gal nunungpen” sihna kisia ding hi. (*1 Kor. 15:26*). Hih in eite lamet lianpi ahi hi. Khris sungah a hong kipia a nunung bel kamciam ahi hi. Sihna tawh kitawp lo ding aa, pumpi thak “vanglian pumpi” tawh kitawp ding hi. (*Phil 3:21*)

Pasian lotawh “hotkhatna” bangci muh ding cih laibu khat ah, sih ding laulohna in “hotkhatna hi,” ci hi. Tua laibu agelh Luc Ferry in, “Khristian hihna in sihna launa pan suahtakna bek hi lo aa, sihna mahmah zawhna hi. Tua in mimal tungah a piang ding hi aa, muhtheihloh, lawntheihloh hilo hi. Hih a sithei pumpi tungah a sitheilo gualzawhna in luah ding cihna hi,” ci hi. Ferry, *A Brief History of Thought* (New York: HarperCollins, 2011, Kindle edition), p. 90.

Tua hi aa, Paul adingin vantung gammi hihna in thawhkikna leh tu-aa i ngaihsut zawhloh tawntung nunna ahi hi.

Eite in i up tawntung nunna kamciam in mi khempeuh adingin bangzahin thupi hiam? Khris hong piak hamphatnate Leitung hong bangci ngahlosak thei ding hiam?

Vantung Gammi Hihna

Simin, Phil 4:4-7. Koi bangin “vantung nopsakna” nuntakpih thei ding i hiam?

Kipum khatna (*Phil 4:1-3*) khit ciangin Paul in “Topa sungah lungdamna” ah hong paipih hi. (*Phil. 4:4-7*). Na hanciamnate a mawkna a suak sak thute hangin bangzahvei lungkia ngei na hiam? Zeisu in i lungkham loh nadingin hong gen kikkik hi. (*Matt 6:25-34; 10:19*). Peter in i lungkhamna khempeuh Topa tungah suan ding ci hi. “Banghang hiam cihleh, Amah in hong lunghimawh hi,” ci hi. (*1Pet 5:7*) Leitung buainate in Topa hong pai ding nai ta cih lametna hong guan hi. (*Matt. 24:33, Luke 21:28, James 5:8*).

Lungkhamna khempeuh a dam nading zatui hoihipen in upna tawh thungetna hi. (*Phil. 4:6,7*). I thunget bangin kalsuan ding kisam hi. “Lungdamkohna” tawh a nungta dingte ihi hi. “Thuum” cih kammal (Greek “deēsis”) a khatna in a khengval ahieh keileh deihkin cihna hi. (*Gentehna, Luke 1:13, Phil. 1:19, 1 Tim. 5:5, James 5:16*). Eite deih bek nget ding hilo aa, Ama deihna tawh kituakin i nget ding ahi hi. (*1 John 5:14*). Pasian khut sungah na khempeuh om cih i theih ciangin tawldam na leh nopsakna i nei ding hi.

Hih a nuai aa Lai Siangtho munte in vantung nopsakna thu hong theisak hiam?

Late 29:11, Isa. 9:6, Luke 2:14, John 14:27, 1 Kor. 14:33.

Vantung nopsakna in Leitung hong piak theih hi lo hi. Honpa Jesu tungtawnin i ngah tawntung nuntak khamuanna ahi hi. (*Rom. 5:1; Rom. 6:23*). Hih lungmuanna in nuntakna khempeuh sukha-in, theihna khempeuh sangin thukzaw hi.” (*Phil. 4:7*). Ngaihsutna (Greek: “nous”) in ban zolo hi.

Koi bangin mi khat peuh tungah vantung lungnopna gen thei ding na hiam?

Hih thute ngaihsun un

Na telzawhloh lungmuanna in “Khris Zeisu tungtawnin hong kem ding hi.” (*Phil 4:7*). I sungtawng kep ding kisamh hi. *Philippi 4:7* in vantung nopsakna tawh kizopna pen galkap tawh na genteh hi. Greek kamin “phroureō” cih in khuapi cing galkapte a kipulaakna kammal hi. (*2 Kor. 11:32; Sawl 9:24*). Sungtawng nopsak nading a thupi khat in Pasion’ deihna bangin nuntakna hi. “Na thukham a it mite in lungnopna lianpi nei hi.” (*Late 119:165*).

Sim in, Phil 4:8, 9. Bang thu hong kisawl hiam?

Paul in *Philippi 4:8, 9* ah “tuatē banah” cih kammal tawh pan aa, gamtatpha nam 6 gualsuk hi. Paul’ nunzia etteh dingin kisawl hi. Greco-Roman mite teenkhopna *Philippi* laikhak in ngeina kibanglo hanthohna tawh tawp hi. Gamtatpha leh ettepha gen belin nei hi. Greek mite gamtatpha nam 4: ciimna, thudikna, kidek kidamna le hangsanna ahi hi.

1. Thumaanna: A piangtawm thu hilo hi. Greek mite thu guipi 4te ah thumaanna tawh kipan hi. Zeisu in, “a maan takin kong cihin ah,” ci-in zangh hi. (*Sawl. 26:25, Rom. 1:18, 1 Kor. 13:6, 2Kor. 4:2, Eph. 4:15, 1Tim. 3:15, James 1:18, 1 Pet. 1:22, 1 John 2:21*).

2. Mi Thupisuahna: Greek kamin “mimal hoihna” pulaak kammal hi. *1 Tim. 3:8,11; Titus 2:2*. “Siangtho zahtakna” ci-in kigelh hi.

3. Dikna(right): Pasion neih zialetong dik pulaakna hi. (*Phil. 1:7*)

4. Siangthona: Upna tawh i ngah diksakna (ngaihsutna le gamtatpha siantho) hi. (*1 John 3:3* sim in).

5. It huaina: Pasion bawlsa nate hoihna pulaak kammal.

6. Deihhuaina: “Hehpihna, maipha ngahna” a pulaak kammal hi.

Dawi biate’ cihdan ahilo gamtatphate a genna ah, “A hoih leh a phattaak” ci hi. (*Phil. 4:8*). Hih vantung gamtatphate a ngaihsun dingte ihi hi. Muanlahna le theihkhialhnaate hepkhiat nadingin ama tung panin I sinte khempueh a zangh khia dingin hong sawl hi. (*Phil. 4:9*).

Lungkim theih nading Tawhtangte

Sim in, Phil 4:10–13,19. Paul in lungkimna leh nopsakna tawhtang bang pulaak hiam?

Hamsatna khatpeuh i tuah khak ciangin i sansa thuphate ngaihsut kik ding kisamh hi. “Nenniamna i thuak ciangin” (*Phil. 4:12*) “kisapna a om ciangin,” “bangmah a omloh ciangin” upna neih ding kisam hi.

“I daupai ciangin” tua nate mitphiat kalin mangthei ahihnam i phawk ding kisam hi. (*Pau. 23:5*). Job le Paul in i piankhiatin bangmah i keng kei a, i sih ciangin zong bangmah i keng kei hi, ci uh hi. (*Job 1:21; 1Tim. 6:7*). A nuai aa Laisiangtho-te ciamteh in:

Late 23:1 “Topa in tuu bangin hong cingpa hi. Kisap ka nei kei hi.”

Matthew 6:32 “Vantung Zuapa in note kisap khempeuh thei hi.”

1Peter 5:7 “Na lunghimawhna khempeuh Topa tungah suan in.”

Phil 4:19 “Note kisap khempeuh hong sikh ding hi.”

A lamdangpen thu khat in: “Kei hong thahatsak Khريس hangin na khempeuh ka sem zo hi.” (*Phil. 4:13*). Kuamah in “na khempeuh” a bitin semzo lo hi. Pasion huhna, hatna i nget ciangin, Ama deihna tawh kituakin i nget kul hi. Ahizongin Ama deihna tawh kituak lo-in tamveipi i ngen hi. Tua hangin *James 4:2* ah, “Ngenlo na hih manun na ngah kei uh hi,” ci hi.

Pasion deihna tawh a kituakte kimuang tak i nget ding om hi:

1. Na it khat, na lawm khat ading hotkhiatna (*1Tim 2:3,4*)
2. Upna gensawn nading hangsanna (*Mang 22: 17*)
3. Mawhna pulaakin khialhna nusiataa, mawhmai nading (*1John 1:9*)
4. Pasion thupiakte zuh zawh nading (*Heb 13:20,21*)
5. Hong mudahte, hong bawlsiate it zawh nading (*Matt 5:44*)
6. Hamsatna phut nading pilna (*James 1:5*)
7. Pasion Kammal thumaan theih nading (*John 8:32*)

Na thungette na ngahloh ciangin bangci kalsuan na hiam?

Simbeh Ding: “Tatsat lo-in hehpihna a ngah mite in nisim kisapnate ngah ding uh hi. Mailam thu lunghimawhna nei lo-in khalam thahatna tuam vilvel ngah uh hi. Kha mangthang ngah zo uh hi. Pasion tungah nisimin ki-ap uh hi. Topa khutzat mite suak uh hi. Nisimin Pasion nasepna ah khantohna nei uh hi. Innsung ah ahi aa, khualak ah ahizongin Topa tecipang ding uh hi.”

“A ki-ap nasemte in leitung ah Khrih a omlai-in Pa deihna bangin a nuntak bangmahin nisimin vantung hehpihna zong ding uh hi. Tua kizopna tawh Pasion in thahatna leh thupha pia ding hi. Khris a etteh nasem khempeuh in leitung a min nadingin Pasion kamciam vangliatna a ngah dingin kiging ding uh hi.” Ellen G. White, *God’s Amazing Grace*, p.117.

“Pasion in i kitangsapnate thei-in hong pia hi. Topa in a tate ading van manpha koihna nei hi. A kisapna bangbang uh pia thei hi. Banghangin Amah muanglo ding i hiam? A citak mite tungah a manpha kamciam pia hi. Amah in sepzawhloh neilo hi. A hepkiat zawhloh khuamial omlo hi. A khel zolo dingin thaneem lo hi. A daihsak zawhloh launa om lo hi. A makaih zawhloh leh a thutangsak zawhloh buaina bangmah omlo hi.” “Ei leh ei i ki-et ding hilo hi. I kicinglahnate i et leh, i guallel semsem ding hi.” Ellen G. White, *That I May Know Him*, p. 224.

KIKUP DING DOTNATE:

1. Na thungetna hong kidawng pawlkhat ngaihsun in. Tuate in vantung nopsakna leh na theihna hong bangci huh uh hiam? Hong kidawnglote in bangte ahi hiam? Bangci-in kamciam lungnopna ngah thei veve na hiam?
2. Phil 4:8 siksarin, bang thu ngaihsun na hiam? Na upna a thakhauh nading leh Topa tawh na tonkhop nading bang teng ngaihsun na hiam?
3. “I kicinlahnate i ngaihsut semsem leh, guallel semsem ding,” cih thu ngaihsun in. Tua ahih leh, gualzawhna tawhtang in bang hi ding hiam?

Na khempeuh aomma-in a omkhin Khrih



SABBATH NITAK

Tu kaal sung sim ding: *Pian. 1:26, 27; Col. 1:13 19; John 1:1–3; Eph. 1:22; 1 Kor. 12:12–27; 1 Kor. 4:9; Rom. 6:3, 4.*

Kamngah: Tua Tapa in a kimu theilo Pasion lim le mel hi a, a kipiangsak khempeuh lak pan a masa pen ahi hi. Vantung le leitung a om, a kimu thei le akimu theilo, kumpi tokhomte ahi a, uknate ahia, zaliatnate le thuneihnate ahi zongin tua Tapa tungtawnin a kipiangsak ahi hi. Na khempeuh in ama tungtawn le ama aa dingin a kipiangsak ahi hi. Na khempeuh in ama tungtawn le ama aa dingin a kipiangsak ahi hi.” (*Colossians 1:15–17, ZSV*).

Tu kaal thusinna-ah Colosse pulaak thute (Lesson 1 le 2) i kikumkik ding hi. Lesson 2 sungah Thursday, *Colosse 1:9–12* sung thute i kikum khin a, Paul in Colosse pawlpi mite adingin a thungetsakna kimu hi.. *Aneu 12 le 13* ah Paul in a kibang lo thu nih a tehkakna kimu thei hi. Khuamial le khuavak “khuavak ukna gam” (*Col. 1:12*) le “khuamial ukna gam” (*Col. 1:13*) ,ci-in a pulaak thu i mu thei hi. Hotkhiat mi ihih manin i mawhnate zong hong maisak khin hi” (*Col. 1:13, 14*). Ama sungah upna tawh hotkhiatna i ngah hi. Tu kaal sung i thusinna sungah Thuciam Thak in kicing takin a pulaak Jesu thute i kikum suksuk ding hi. A kimu thei lo Pasion lim le meel suun cih ciangin bang a khiatna nei hiam? Tua hi napi-in “A kipiangsak khempeuhte lakah a masa penpen” cih ciangin bang a khiatna hi ding hiam? (*Col. 1:15*)?

**February 21, Sabbath ading kiginkholhna in tu kaal lesson sim in.*

Akimu theilo Pasion' Lim leh Meel

Limlangah i ki-et ciangin ei le ei a kimu ihi hi. Ahi zongin tua limlang i nuai-ah koihsukin ki-en hi leng, mai nihin kimu thei leuleu hi. Lai Siangtho in tua sangin a kitel zaw, a kician zaw thute hong hih hi.

Sim in, Pian. 1:26, 27; Pian. 5:3; 1 Kor. 15:49; 2 Kor. 3:18; le Hebrews 10:1. Lim le meel cih thu tomkimcingin pulaak in. Koi bangin Jesu lim le meel in Pa Pasion lim le meel tawh kilamdang hiam?

Mihingte in Pasion lim le meel suunin hong kipiangsak hi. Pumpi kilamzia, ngaihsutna, kha thu tawh kisai ahi-a, midang tawh kizopna a nei thei ihi hi. Ahi zongin Jesu in a kimu thei lo Pasion hong musak hi. Jesu in “Kei hong mu mi in Pa zong amu hi, a ci hi” (*John 14:9*). Jesu in Pasion pianzia/hihna khempeuh tawh a kidim hi (*Heb. 1:3*).

Sim in, Matthew 11:27 le John 1:1, 2, 14, 18. Bang hangin Jesu in Pa hong laak hi ding hiam?

Jesu in Pa Pasion tawh kizopna a pulaak hi; tua lo lampi dang om thei lo hi ding hiam? “Ka Pa in tu dongin na semsem lai hi; ...” (*John 5:17*). “ Kei le ka Pa in khat ka hi uh hi (*John 10:30*).” Kei loin kuamah in Pa kiang a tung kei ding hi” (*John 14:6*). “Keimah” a kicipa in kuamah dang hi tuan lo-in Jesu mah ahi hi. “Keimah” (*Pai. 3:14*); “Keimah in nuntakna anlum ka hi hi” (*John 6:35*); “ Keimah in leitung khuavak ka hi hi” (*John 8:12*); “Keimah in Tuucing hoihpa ka hi hi” (*John 10:11, 14*); “Keimah in thawhkikna le nuntakna ka hi hi.” (*John 11:25*); “Keimah in Pa tawh pum khat ka hi uh hi.” Kei sungah Pa a om hi (*John 14:11*); “ Abraham ommah in Keimah ka om khin zo hi” (*John 8:58*).

Jesu in Pasion lo a dang khat hi zenzen leh Pa hi lo a dang bang hi nawn ding hiam? Pa in mawhneite ading sihna a thuk dingin Jesu hong sawl hi. Piansak nuntakna in eite adingin hong si thei diam?

Piangsak khempeuhte tungah Ta Upa

Piansak khempeuh lakah a piangmasa penpen cih thu in Thuciam Thak pulaak kammal khat hi-in, “piang masa pen” “ta upa” cihte in Jesu a pulaak kammal hi. (*Luke 2:7, Rom. 8:29, Heb. 1:6, Mang.1:5*), David zong a unau lak vuah a tum pen hi. Unau 8 lakah a tum pen hi mah taleh kumpi dingin sathau nilhna a ngah hi (*1 Sam. 16:10–13*); Pasion kamciam tungtawnin “Amah pen ka ta upa dingin ka bawl ding hi; leitung kumpi lakah a lian penpen kumpi-in kiciamteh hi. (*Late 89:27*). David in Moses thu a genna-ah, “Israel in ka ta upa bel hi” (*Pai.4:22*). Tua hi-in hih thu-ah a suah hun le kum siksanan a pulaak hi lo zaw-in, a thupi-na pulaakna-in a kizang kammal hong suak hi.

Sim in, Col. 1:15–17. Paul in bang thu siksanan Jesu pen “piansak khempeuh lak pan a masa pen hi,” ci-in pulaak hi ding hiam?

Kitel takin Paul in “Jesu in piansak hi, a ci hi het lo hi. Na khempeuh in Ama piansak loh a om kei hi; Ama adingin kipiangsak hi zaw hi (*Col. 1:16*). Pa in Tapa Jesu tungtawnin nate a piangsak hi zaw hi (*Eph. 3:9, John 1:1–3, Mang. 4:11*). A kimu thei hi taleh kimu thei lo nate hi taleh Jesu piangsak loh bangmah a om kei hi. Khuamial ukna neite zong Ama piansak loh bangmah a om kei hi. Vantungmite zong Jesu piansak vive hi (*Eph. 3:10, Eph. 6:12*). A kitelkxialh loh nadingin Paul in “Jesu in na khempeuh a pianma-in a om khinpa hi,” ci-in a pulaak phapha hi” (*Col. 1:17*). Greek tawh kigelhna-ah dinmun sang, dinmun niam cih bangin a pulaak kammal kizang hi. A dang khatah Jesu in na khempeuh a pianma-in om khin ahihlam a pulaakna-ah “Na khempeuh in Jesu hangin a om hi bek hi; Ama sungah na khempeuh kihexhawm hi” (*Col. 1:17*).

Pasion, Piangsakpa in eite adingin sihna hong thuak hi. I gamtatna, sepna in bang behlap thei ding hiam? Banghangin i gamtatna in Pasion hong hotkxiatna behlap thei hi, cih ngaihnutna in Pasion zahko-na-in kiciamteh hiam?

Pumpi,Lutang (Pawlpi)

Sim in, Ephesians 1:22 le Col. 2:10.“Lutang” cih kammal in bang khatna nei hi ding hiam?Paul in Jesu in “Pawlpi lutang hi,”a cih ciangin a khatna in bang hi ding hiam?

Eph. 5:23 pulaakna-ah “lutang” cih kammal in limciinna hi, cih kimu thei hi. Leitung mun tuamtuamah zong a kizang kammal khat hong suak hi. Thuciam Lui le Thuciam Thak sungah zong “lutang” cih kammal tam veipi kimu thei hi.

A nuai aa te in “lutang” bang dinmun pulaak hi, ci-in gen uh hiam?

1. *Pai. 18:25*—Moses in Israel upate a samkhia hi. Tul uk, za khat uk, sawm nga uk, sawm uk cih bangin makai a koihna kimu hi.

2. *Gam. 31:26*—“Mihonpite makai”

3. *Thkna.28:13*—Israelte in Topa thupiak mang uh hileh Topa a lu dingin a bawl ding hi; a mei/a dawn hi lo ding uh hi”

4. *Isaiah 7:8*—“Syria lutang in Damascus hi; Damascus lutang in Rezin hi.”

5. *Hosea 1:11*—“Judah suan le khakte le Israel suan le khakte in makai khat/lutang ding khat a teel uh hi.

6. *Micah 3:9*—“Jacob suan le khakte nang, a lutang le Israel suan le khak a ukte aw”

7. *1 Kor.11:3*—“Pasal lutang in Khrih hi.” Tua hi-in Khrih in pawlpi lutang hi. Lutang ahih bangmahin pawlpi a makaih hi; lamlak hi. Thu-um mite kipumkhatsak hi; khancingsak hi (*Col. 2:19*).

Sim in, 1 Kor. 12:12–27. Hih munah Paul in pawlpi in pumpi tawh genteh hi. Hih limciinna in bang thu a pulaak hiam?

Pumpi nate khat a manphatna i phawkkha kei zel hi. Khut nei lo, mit nei lo, khe nei loin a nungta dingin kingaihsun dih in! Bangzahin gentheih huai mahmah ding hiam?

Hih in pumpi nate khat ciat manphatna hong hilh hi lo hiam? Tua bang mahin pawl sungah zong pawlpi mimal khat ciat in manpha hi.

“A kipatna” (le Piangsakpa)

Sim in, Col. 1:18. Khrih in na khempeuhte lutang le na khempeuh kipatna in bang kizopna nei hiam?

Hebrew laimal “roš” a khiatna in lutang cihna hi. Kipatna “rē’šît” hi. Hih nihte in kizopna nei hi. *Pian. 1:1* sungah “A kipatcilin “resit” Pasion in vantung le leitung a piangsak hi. Jesu in mihing khempeuh le pawlpi lutang hi. Mihingin hong piang bek tham lo-in, Amah mah in Piangsakpa hi. Greek tawh kigelhna-ah “archē” a khiatna in kipatna cihna hi-a, a huam khak thu tangzai mahmah hi. Hih munah “kipatna” cih thu in Jesu in na khempeuhte le pawlpi phungpi (*Col. 1:18*) cihna hi. Jesu in na khempeuhte phungpi hi bek tham lo-in Amah in sihna pan thawhkikna zong ahi hi (*Rom. 6:3, 4*); a thakin a piangsakpa zong ahi hi. Amah in sihna pan a tho masa penpen/gah masa pen cihna a ngah hi. Tomkimcingin Paul in Jesu vangliatna a pulaak thu in Jesu pianzia theihtelna hong pia thei hi.

1. Amah in a kimu thei lo Pasion akicingin hong laktel hi.
2. Ama tungtawnin na khempeuh kipiangsak hi; Ama sung pan na khempeuh hong piangkha ahi hi.
3. Na khempeuh a kipiansakma-in Amah om khin hi. Amah om ahih manin na khempeuh in a kip thei ahi hi; Amah in na khempeuh a huaikhawmpa hong suak hi.
4. Amah in Pawlpi lutang hi. Pawlpi in Khrih pumpi hi.
5. Amah in na khempeuh a piangsakpa hi; a thakin a piangsakkik ding hi.
6. Amah in mawhna le sihna tungah zawhna a ngah hi. Tua ahih manin Amah muangin, Honpa-in a koih mi khempeuh sihna pan a nungta-sak kik ding hi.
7. Jesu in a tawntungin a ompa hi. Ahi zongin tu-in Ama hehpihna tawh Amah hong pai-in mihing khempeuh le pawlpi lutangin hong om hi. Khrih sungah a nuam zaw nunna na ngah nadingin bang kisamlai na hiam? Na sungah Khrih hong teen nadingin bang kisam lai hiam?

Na khempeuh kilemkik sak ding

Sim in, Col. 1:19, 20. Singlamteh tungtawnin bang kilemna kingah thei hiam? Koi bangin tua kilemna sungah na nungta thei diam? Tua thu in bangzahin tangzai hiam?

Paul in Jesu thu kicing takin a pulaakna-ah Greek mite ngaihsutna nam tuamtuam tawh a pulaakna kimu thei hi. Jesu in Pa tawh pum khat a hihna hong hilh hi *Col. 1:12*. “Pasian in leitung it lua ahi manin, a Tapa a um khempeuh mangthang lo-a nuntak tawtungna a neih nadingin a Tapa khat neihsun a pia hi” (*John 3:16*).

Gospel in mawhna a beisiang nading lampi, tawtungin mawhna le sihna tungtawh zawhna thu, na khempeuh in Pasian ukna nuai-ah pum khat hi ding hi, cih hong hilh hi. Pasian in itna tawh kidim hi. Amah in khuavannuai khempeuh honghi ta hi. Hong it mahmah ahih manin Jesu in Singlamteh tungah a nuntakna a hong pia khia hi.

Greek laimal “Kosmos” akhiatna in leitung hi. Hih kammal in vankhuanuai khempeuh a huam khin hi. Paul in hih thu a pulaakna-ah Khrih ukzawhna siksarin hong hilh hi. “Pasian in kote, khuavannuai buppi-a om vansawltakte le mihingte etnop lelin hong kinei hi” (*1 Kor. 4:9*), ci-in a pulaak hi. “Khrih in singlamteh tungah sihna hong thuak ciangin vantung khempeuh in dahna tawh kidim hi.. ..”Kido-na Lianpi” kipatin vantungmite in Satan vaihawmna a tel zo kei uh hi. “Ahi zongin a sawt lo-in hih buai-na a bei ding hi. Tua hi-in hotkhiatna nasep in a sawt loin kizo ding hi ta hi. Pasian zia le tong mantak hong kilang ding hi. Piansak na khempeuh in Pasian itna le hehpihna, thutanna tawh kidim ahihna mu thei ding uh hi.. Khrist mahmah in a hong thuakna hangin mawhnei mite in tawtung nunna sung nungta ding ihi thei hi. Tua hi-in singlamteh tungah Khrih in “Kizozo hi” ci-in mawhna le sihna tungah a zawhna thu a tangko hi.”Ellen G. White, *The Desire of Ages*, pp. 760, 764.

Simbeh Ding: “Jesu in thuhilhsia lian khat hi, cih ciang bek tawh Amah a um mi in mi mawk mawk khat hi lel hi. Tua bang mi in bangmah theihtelna nei lo, Jesu thu hilhnate koi pan hong pai hi, cih theihna nei lo ahi hi. Satan khem mi hi ding hi. Thuman thutak i teel ding kizam hi. Khensatna kizam hi. Amah in mihai ahih keileh Pasion Tapa hi ding hi. Satin vua-in, cilphihin a tawpna-ah a nuntakna na susia hi. “Pa in Pasion hihna tawh kidim hi. Kuamah in Amah a mu thei kei hi. Tapa in Pasion hihna khempeuh a bitin a nei hi. Amah in Pa hihna khempeuh a hong lak hi. Pasion Kammal in a pulaakna-ah “Amah in Pa hihna khempeuh a hong lak hi.” Ellen G. White, *Evangelism*, p. 614.

“Khrih in tawntunga kipan a om khin ahi hi; na khempeuh apianma-in Amah a om hi. Pasion in Pasion Tapa hi. Khrih in hun ciangtan om loin a beisa thute a hilh hi. Tawntung Pa Pasion tawh a kipawl loh hun, kizopna a neih loh hun a om kei hi. . . . “Amah in Pasion tawh kikim hi. Amah in ciangtan hihna peuhmah a nei kei hi. Amah le Amah a nungta hi; kuama tungah kinga lo hi. Amah in tawntungin a om hi.” Ellen G. White, *Evangelism*, p. 615.

KIKUP DING DOTNATE

1. Jesu in tawntungin Pasion ahihna ngaihsunpha in. Hotkhiatna le a nuntakna a hong piakna in bang hong hilh hiam, cih na lungngai ding hi. Bang hangin hih thu in thupi hiam?
2. Jesu, gospel, hotkhiatna thu na ngaihsun in. Piangsakpa, Honpa in singlamteh tungah sihna thuak hi, cih amuh uh ciangin bang a ngaihsun uh diam?
3. Pa le Tapa kikim hi, cih thu a um lo mi khat tungah Pa le Tapa thu bang na pulaak ding hiam? Bang hangin hih thu in thupi hiam? Singlamteh tungah Topa a hong sihna-ah simloh Pa le Tapa kikhen hun om ngei lo hi, cih thu koi bangin na hilh ding hiam? (Ellen G. White *Comments, The SDA Bible Commentary*, vol. 7, p. 924.)

Kilemkikna le Lametna

**SABBATH NITAK**

Tu kaal sung sim ding: *Col. 1:20–29, Eph. 5:27, Eph. 3:17, Rom. 8:18, Eph. 1:7–10, Eph. 3:3–6, Pau. 14:12.*

Kamngah: “Eite in Khazih sungah Pasion dikna I tanh theih nadingin Pasion in mawhna a theilo Khazih eite tangin mawhna asuaksak hi.” (2 Kor. 5:21, ZSV).

Paul in kilemkikna a gen a zomto lai hi. Hih thu *Col. 1:20* sungah gen phadiak hi (Lesson 8, Thursday thu sinna enkik in). Tua bangin a pulaakna-ah khuavannuai khempeuh kilemna thu a pulaak kimu thei hi. Khuavannuai kilemna panin mimal khat le khat kilemna, tua kilemna in Singlamteh tungtawnin a kingah kilemna ahi hi.

Tu kaal sung thusinna-ah mimal kilemna thu i kikum toto ding hi. Khuavannuai khempeuh kilemna in Singlamteh tunga Khrih hong sihna hangin a kingah thei kilemna ahih bangmahin tat khiat mite khat le khat kilemna le Topa tawh kilemna zong Singlamteh tungtawnin kilemna ahi hi. Pasion hong itna, gospel thu in mihing nunzia hong khel a, tua gospel thu i zak khiat ciangin upna hong guanin i nuntakna sungah Khrih a hong lut ciangin Pa vangliatna tawh a kidim nunna i nei thei hi.

Paul in hih bangin pulaakna a nei hi: “Tangtawng pek panin a khang, a khangin kiselsim thu thuk in a hong kilangkha hi” (*Col. 1:26*). Hih thu thuk in bang thu hi ding hiam?? Koi bangin hih “Thuthuk” in Paul hilh gospel tawh kizopna nei hiam?

**February 28, Sabbath ading kigin kholhna in tukaal lesson sim in.*

Siatna Nasepnate Panin Kilemna

Sim in, Col. 1:21, 22. Galte le khualmite tungah Paul in bang thupuak nei hiam? A tawpna-ah bang lametna in Khrih sihna tawh kizopna nei hiam?" (*Eph. 5:27*).

Paul in a pulaak bangun i nunzia in a deihhuai het lo thu hi. Khrih dikna tawh a kigamla vive ihi hi. Khristian thu upna-ah upna tawh kalsuan lohna in mawhna lompi sung nuntakna hi, ci-in kipulaak hi. Bangbang ahi zongin mawhna hong lut akipan Pasion in hong honkhia dingin a hong zongpah hi. A kpat a kipan Pasion in mawhna a bei nadingin nasem tawtung hi. Amah mah hong sihna hangin tawtung sih nading panin a hong honkhia hi. Eden huan a kipan Topa in Adam a sam hi. Piansak na khempeuh lakah "Koi-ah om na hiam? ci-in otna in a thupi penpen hong suak hi (*Pian. 3:9*). Mawhnei mite a hong hot nadingin hong zong tawtung hi.

Hih hotkhiatna in *Pian. 3:15* ah kipulaak masa hi. Hih in Satan tawh kidona khempeuh a beisak hi. Gospel khen thum ih nei hi. Amasa-in ei le ei kihonkhia thei lo ihih manin Jesu in leitungah hong nungta hi; eite mawhna hangin sihna hong thuak hi (*Rom. 5:6–8*.) Nihna-ah upna tawh Ama hong sihna i san ciangin ama hong sihna in eite sih tangin sihna hong suak hi.

Mawhna kisik a, tui kiphumna tawh Ama mai-ah diktang mi hong suaksak hi. Mawhna thukhenna pan a hong suakta-sak hi (*Rom. 5:9–11; Rom. 6:6, 7*.) Thumna-ah, tu-in i nuntakna in Khrih tawh pum khat suakin Ama vangliatna in a hong bawl thakna tawh a nungta ihi hi (*2Kor. 5:17–21, Gal. 2:20*.) Hih khen thumin a tuam vive hi lo-in pum khat hi; a kikhen thei lo hi. I nuntakna-ah Khrih hong hotkhiatna tawh i nuntak ding kism mahmah hi. Jesu sihna in i nuntakna phungpi, i kingakna ahih ding kism hi.

Ei le ei kisittel na zia le tong, na hihna taktak, na sung tawng dongin Singlamteh kism na hihlam na kiphawk hiam?

Upna sungah a kalsuan na hih leh

Sim in, Col. 1:23. Paul in thu upna-ah “Kip a, zungkha” a cih ciangin akhiatna in bang hi ding hiam? (Col 2:5 le Eph. 3:17.)

Paul in Colosse pawlpite thapia-in amaute in upna sungah a kip tawntung uh a deihsakna thu kimu thei hi. Paul in a sawt lo-in a pulaak ding thu a om bangin amaute in upna sungah zungkha-in kiptakin om uh ahihna thu a kipulaakna zong kimu thei hi (Col. 2:5). Bangbang ahi zongin amaute lametna in kip tawntung thei, kip tawntung lo thei ahihna zong kipulaak hi. Ahi zongin amaute in upna thu-ah a kiptawntung ding uh kisam hi. Greek laimalah “tatsat lo-in, a tawntungin” cih khiatna nei hi (Col. 1:23).

Peter in thu-um mite kikhopna inn kongkhak tatsat loin kongkhak va kiu hi. Tua ciangin Rhoda numei no in Peter awging a theithei hi. Kikhawm a a om mipite tungah Peter suahtakna thu a vapulaak hi (Sawl. 12:16). Paul in zong Timothy a hanthohna-ah zong tatsat loin thu upna le thu zuihna-ah cihtakna thu a na pulaak hi. (1 Tim. 4:16)

“Zungkha” cih kammal in Pasion Kammal tungah a kip upna le itna hi (Matt. 7:25, Eph. 2:20, Eph. 3:17). Hih tawh kizomin Greek laimal a khiatna in “kip tawntung” “pang tentan” cih khiatna nei hi. Khristian thu-um mi khat zong “gospel tawh kipawl lametna thu-ah” kinga ahih manin ling ngei lo ding hi” (Col. 1:23). Hih bang kammal mah 1 Kor. 15:58 ah kimu thei hi: Topa nasepna sungah “Kilok zo lo, kiptak” na sepna in a mawkna suak lo ding hi, ci-in na thei ding hi. Mi tampite upna “Khat vei hotkhiatna a ngah mi in a tawntungin hotkhiatna a ngah hi” cih tawh kileh bulhin, Paul in a tuam dang khat hong hilh hi.

Upna tawh na nuntakna-ah bang thute na mu hiam? Tua in bangzahin thupi mahmah hi lo hiam? Cihnopna-ah bang hangin upna lampi i teel ding kisam hi, cih hong hilh hi lo hiam? Tua bangin teel kei lecin bang na tuak ding hiam?

Pasian Tawntung ADing a Ageelna

Sim in, Col. 1:24, 25. Khrih adingin Paul in bang gimna a thuak hiam?

Paul in Rome khua-ah a thongkia-in a omna pan Colose pawlpi laikhak hi. Nidangin a sepna inn khat khit innah va pai-ngei-na bangin hotkhiatna thu gen thei nawn lo hi (*Sawl.20:20*). Tua bangin a gimthuak ding ahihna Khrih in a genkholhsa a tangtung suak hi (*Matt. 24:9, John 16:33*); vangliatna a ngah ding thupha tawh a tehkak ciangin, leitungah a gimthuaknate gentham ka sa vet kei hi,” ci-in a pulaak i mu thei hi (*Rom. 8:18*).

Hih in a tangzai vangliatna a ngah ding a pulaak ahi hi. Paul in Philippi khua om thu zuite a laikhakna sungah gimthuakin a om hangin lungdamna nei thei veve lai ahihna thu a theisak hi. Tua bangin a gimthuakna in amaute hamphat ngah nading ahihnam zong a theisak hi (*Col. 1:24*).

Paul in thongkia-in om mah taleh “kuamah in Pasian Kammal Colbulh thei lo hi” (*2 Tim. 2:9*). Tua bangin Paul in thongkia-in a om sungin Philippians, Ephesians, le Philemon cihte laikhak hi. Thong panin a suahtak khat ciangin Pasian in 1 Timothy le Titus gelh dingin a makaih hi. Tua hi-in a nunung bel a thongkhiatna Rome thonginn sung panin 2 *Timothy* hong gelh ahi hi.

A tomin pulaak lehang Paul in a hun nunung khempeuh Hebrew bu a kipan Thuciam Thak gelhna hun a ngah thei hong suak hi. Pasian tawntung geelnate a banbanin a tangtung toto hong suak hi. Paul in a nasepzia amuhna-ah Pasian geelna, kamsangte nasepna, sawltakte nasepna lakah ama hih theihzahin kiu khat pan nasem ahihnam theihna anei hi. Tua nasep in “Leitung pian mapekin Pasian in a na geelkholhsa hi” cih thu zong a pulaak hi. (*Matt. 13:35, Eph. 1:4*).

Na nunzia ngaihsun in. Pasian geelna sungah kiu khat panin mapang thei na hihnam na kiphawk thei hiam? Bang khensatna na nei thei hiam?

Koi bangin na khensatna in Pasian mai-ah cihtham ta keileh Pasian geelna sungah kihelkha na hihna nak imu thei hiam?

Pasian thuthuk hong kilangh

Sim in, Col.1:26, 27. Paul in tua thu thuk in bang hi, ci-in pulaak hiam?

Mun dang khatah Paul in Pasian thuthuk a pulaakna kimu thei hi. Tua in Pasian tawntung ading geelna hi; tua geelna in “eite minthan nading Leitung pianma-in kigeelkhoh hi,” (1 Kor. 2:7); hih thu in hotkhiatna tungtawnin a hong kilang ahi hi. Peter in hih thuman a pulaakna-ah kamsangte in zong hih thu lamen uh a, a ngak uh hi; vantungmite in zong a lamen uh hi” (1 Pet. 1:10–12). Tua thu in “Leitung pianma-in a kigeelkhoh ahi hi” (1 Pet. 1:20); leitong pianma-in a kigeel hi-a, thusimin a kikoih ahi hi (Rom. 16:25). Ahi zongin Khrih nuntakna, sihna le sihna pan a thawhkikna in tua thuthuk a hong hilh hi (2 Kor. 3:14). Koi bangin a nuai-a thute in Pasian thuthuk pulaak a, hotkhiatna hong hilhna thu koi bangin kipulaak hiam?

1. Eph. 1:7–10 _____

2. Eph. 3:3–6 _____

A tawpkhakna-ah “Vantung le leitong a om na khempeuh in Khrih sungah kigawmkhawmin pumkhat suak ding hi. Tua in na khempeuh kicinna hi ding hi. Hih thumah siksarin Khrih in thungetna nei hi (John 17). Eima adingin a nungta ding ihi nawn kei hi. Eite tangin hong si Jesu adingin a nungta ding ihi hi (2 Kor. 5:15). Gospel tungtawnin Pasian kamciamte a luah khawm thei ihi hi. Bek tham lo-in pumpi khat, pawlpi khatah a hong gawmkhawm hi; hih in Khrih sungah pum khat hihna hi (Col. 1:27) upna tawh i sungah Khrih hong nungta hi (Eph. 3:17; le Gal. 2:20). Hih bangin Khrih tawh kizopna-ah tu-in “vantung nopna sungah a nungta thei uh hi” (Eph. 2:6) vantung nopna a ciam thei uh hi.” (Heb. 6:5).

Khrih in i nuntakna-ah hong om ciangin, Amah in vantung nunna a hong panpan ahi hi. Gospel in thu-um mite sungah na hong sem a, khuavak tate luah ding tawntung gamh luah dinmunah hong omsak hi” (Col. 1:12).

Gospel Vangliatna

Sim in, Col. 1:28, 29. Paul in bang mitsuan hiam? Bang hangin mimal khat ciat” cih thu thum vei pulaakna nei hi ding hiam?

Paul pulaak diak thu in Khrih in singlamteh tungah sihna hong thuaknathu(1Kor.1:23). Eph. 5:27 pulaak bangin Khrih hong sihna mungtup in “Amah mah in pawlpi vangliat nading, pawlpi in paubaanna nei loin minthanna tawh a kidim nading, melhemna, paubaanna a nei lo dingin hong koih ding hi” (Col. 1:28). Tua bangin hong bawl-na-ah thu hilhna le vauhilhna tawh hong hilh hi; tua in Khristian thu upna le thu zuihna hi (2 Thess. 2:15, 1 Tim. 4:11, 1 Tim. 5:7, Titus 1:9); gospel a nialna mite thuak ding thute tua bang vauhilhna le a man lo thu hilhsiate, a zuau thu nial ding hong hilh tawntung hi (Sawl. 20:29–31, Rom. 16:17).

Greek tawh kigelhna-ah “teleios” a khatna in “picinna” paubanna nei loin khangtohna a pulaak kammal hi. Khristian khantohna zui-in Pasion thukham kicing takin a nuntakpih thei ihi ding hi. Thukham hong kalh thute in tangzai-in thukin zai mahmah hi (Late 119:96). Lungsim ngaihsutnate dongin hong sittel hi” (Heb. 4:12).

Ahi zongin i kidop ding thu khat in Paul in hong vauhilhkhohh bangin Col. 1:28, i kalsuan ding kisam hi. Mi khat in lampi man hi, ci-in a ngaihsut lampi in sihna hong tunpih lampi hikha thei hi” (Pau. 14:12).Kha tawh kipawl khantohna in Kha Siangtho makaihna loin a piang thei lo thu hi. Tua bangin a hong makaihna-ah Lai Siangtho mah siksarin a hong makaih ahi hi. Aman lo thuhilhna in Lai Siangtho pan lampialna hi. Zuau khemna kim khat in thuman helhzau veve hi (Isa. 8:20).

Koi bangin “Khrih Jesu sungah kicinna cih thu in bang hi, ci-in na theitel hiam?(Col. 1:28)? Koi bangin singlamteh in Khrih Jesu sunga kicinna thu theitel nadingin hong huh thei hiam?

Simbeh Ding: “Eima tha tawh dikna i ngah zo kei hi. Pasion thukham kalhna i kicingsak zo kei hi. Ahi zongin Khrih in tuate khempeuh a hong cinsak zo hi. Thukham hong kalh khempeuh panin hong suakta sak hi. Ama tungah i kipiak nakleh, Amah i Honpa-in i pom nakleh, i nuntakna in bangbang mawhna tawh kidim zongin Ama dikna a hong tangsak hi. “Tua hi-in kisialh ding bangmah a om kei hi. Kidiksakna, kiliatsak nading peuhmah a om kei hi. Eite kingakna a zungpi in Khrih le Ama dikna bek ahi hi. Ama dikna puan bangin hong silhsakin, Kha Siangtho in i sungah hong teeng ding a, eite tungtawnin dikna hong luangkha ding hi.”Ellen G. White, *Steps to Christ*, pp. 62, 63.

“A hong kipia khuavak in vanglian mahmahin mi tampi a kai khia thei vangliatna hi. Aman lo thute le dawitawh kipawl thute panin a hong kemcing hi. Mihing khat ciat in thuman thutak um a, thuman in bang hi, cih theihtelna a nei kim dingin Topa in hong deih hi.”Ellen G. White, *Evangelism*, p. 363.

KIKUP DING DOTNATE

1. Kam lotngah enkik in. “Eite ama tungtawnin Pasion thumaanna i suah theih nadingin Pasion in mawhna a nei lo amah eite adingin mawhna a a suaksak hi” (2 Kor. 5:21). Bang a cihna hi ding hiam? Khat vei hotkhiat ngahsa a tawntungin kimang hotkhiatna hi, cih thu ngaihsunpha in. Bang hangin hih bang upna in a man lo upna hi, kici thei hiam?
2. Koi bangin upna thu-ah zungkha-in na kip hiam? (Col. 1:23) Na up thu bangci ciang theihna na nei hiam? Bang hangin tua bangin um na hiam? Na up thu na tel zawk nadingin bang kisam na hiam? Banghangin upna-ah zungkha-in dingkip ding thupi hiam?

Khrih sungah kicinna**SABBATH NITAK**

Tu kaal sung sim ding: *Col. 2; Heb. 7:11; Isa. 61:3; 1 Kor. 3:6; Thkna.31:24–26; Rom. 2:28, 29; Rom. 7:7.*

Kamngah: “Tua ahah manin annek tuidawn a kipan, biakna paw, khadet paw le sabbath nite tawh kisai in note tungah kuamah thu kikhensak kei un. Tuat in ahong piang laiding nate liim hi a, ataktakpen Khazih ahi hi..” (*Colosse 2:16, 17, ZSV*).

B anghangin Sabbath tawlna na hiam, ci-in hong kidong ngei hiam? Tu kaal kamlotngah in Sabbath thu a nial tawh kibang hi lo hiam?

Hih Lai Siangtho in Thukham 4 na gen hi lo hiA man lo thute in bang thute hi ding hiam? Amasa-in “mihingte ngaihsutna” “pupa ngei-na” “Leitung thu guite” “Khrih tawh kituak lo thu khempeuh” (*Col. 2:8*), cihte hi. Hihte sungah vun atna le Jew tawh kipawl biakpiakna nam tuamtuanme, siantho-na tawh kisai zuih le cin dinge, nek le dawn tawh kisai thukhunte zong kihel hi (*Col. 2:11, 16; Col. 2:16, 21*). Bek tham loin biakpiakna tawh kisai, vantungmite biakna tawh kipawl thute zong kihel hi (*Col. 2:18*). A tawpkhakna-ah, hih thute khempeuh in “Mihingte thukhun, ngei-na tuamtuanme tungah kinga hi (*Col. 2:22, 23*).

Tu kaal sung i kikap ding thu in bang thu bang hangin tua bang thu upna le thu zuihna om hiam? cih thute hi ding hi.

**March 7, Sabbath ading kiginkholhna in tukaal lesson sim in.*

Pasian Pilna le Theihna

Job in, “Koi-ah pilna kimu ding hiam? ci-in dotna nei hi. Thu theihtelna koi-ah om hiam? (*Job 28:12*) Hih dotna Paul in dawngkik hi: Khrih sungah ci hi. “Ama sungah pilna le thu theihna khempeuh a om hi” (*Col. 2:3 le 1 Kor. 1:30* enkak in). Khrih na neih ciangin na khempeuh a nei na hi hi. “Nuntakna ngimna sunga khamuanna kicing a nei na hi hi” (*Col. 2:2*). Ama tungtawnin Pasian thu thuk, hotkhiatna thu hong kilang hi.

Sim in, Col. 2:1–7. Hih laikhak a gelhin Paul in bang ngimna tawh gelh hi ding hiam?

Greek laimal “paraklēthōsin” a khiatna in “Hangsan” “Thahat/thakhauh” cihna hi (*Col. 2:2*). Paul in Colosse pawlpi mite a man lo thu hilhna a theihtel nadingun huh bek tham loin Khristian ki-itna sungah kipum khat ding deihna nei hi. Hih kammalte in “tatna” (verb) vive kizang hi. “Hangsan,” kipum khat” cihte in tua ngimna a tangtungsak thute hong suak hi. “Khrih sungah hoih takin a om dingin Khrih sungah upna kip nei dingin lametna a nei hi (*Col. 2:5*).

Greek “taxis” a khiatna in “ngei-na zui/ thukhun zui” cihna hi. Hih kammal in Thuciam Thak pulaak siampi Aaron khanggui zui-in siampi sepna thu a pulaakna-ah kimu thei hi (*Luke 1:8, Heb. 7:11*) Melchizedek thu (*Heb. 5:6, 10; Heb. 6:20; Heb. 7:11, 17*) le Paul in zong pawl sung kalsuanzia ding a pulaakna-ah a kimu thei kammal zat khat hi (*1 Kor. 14:40*). Khat vevei ciangin pawlpi kalsuanzia, kipawlna khat peuh nasepzia cihte in Pasian makaihna a om lo tawh a kibat hun om thei zel hi. Ahi zongin tua bang hi loin kilawm kituakin i kikaluan ciangin biakpiakziate zong etlawm a, Pasian lungkimna a ngah biakpiakna zong hong suak thei hi (*Gentehna, 1 Kor. 11*), a diakdiakin upa-te le deaconte omzia ding, pawlpi makaite kitelna-ah zuih ding kilawm thukhunte kimu thei hi (*1 Timothy 3, Titus 1*); Paul in pawlpi kalsuanzia kidawm takin kalsuan ding hong hilh hi.

Khrih sungah zungkha in Khangto

Colosse bu pulaak thu bulpi in Khristian nuntak khuasakzia hong hilhna thute kician mahmah hi. “Khrih Jesu sang khin na hih uh ciangin ama sungah nungta unla, mainawt un”(Col. 2:6). Hotkhiatna thu i san ciangin, thu hilhna honpi khat a um bek tham loin Khrih Jesu mahmah a sang ihi hi. (Eph. 2:20). Thu dangdangte sangin hih thu mah i letkip bel ahi hi.

Mawhna hangin Khrih hong sihna sangin, Ama adingin a nungta ihi hi. A nungta Kammal (Jesu) in Lai Siangtho tawh kikhen tuam thei hi lo hi. A taktakin Lai Siangtho tungtawnin Jesu a thei ihi hi. Ama sungah a nungta ihi hi. *Colossians 2:7* pulaak bangin, Paul in Khristian nuntakzia in singno khat tawh a gentehna kimu thei hi. Tua bangin ama sungah i nuntak ciangin thu upna-ah a kip dinmun a tung ihi ding hi.”

Koi bangin a nuai-a thute thu upna ah khantohna in singkung tawh kigenteh hiam? (Isa. 61:3, Matt. 3:10, Luke 8:11–15, 1 Kor. 3:6.)

Paul in thu-um mi nunzia ding kician takin hong hilhna-ah thu guipi nih kimu thei hi. Khat in “Pasian suansa singkung” (Isa. 61:3) le Khrih sungah Ama thuhilhnaate tungtawnin tatsat loin a khangtoto nunna hi. A dangkhat in nuntakna nei lo singkung, a kibawl tawm singkun (A tuh:artificial plant); a nungta singkung tawh kibang napi, nuntakna nei lo hi. Mihingte ngaihsutna le ngei-na tuamtuan sila i suak khin hi (Col. 2:8). Khrih in hong suaktasak khin hi mah taleh sila hakkol in hong ukcip lai hi (Gal. 5:1; le Sawl. 15:10 enkak in). Tua bang mite in Lai Siangtho thu neihna sangin mihingte ngei-na, mihing ngaihsutna in a ukcip ahi hi (Gal. 1:6–9).

Khrih tawh nungta khawm dingin “mawhna thu-ah si” cih ciangin koi bangin na nuntakpih hiam? Bang hangin hih thu in tatsat loin a kizom to suaksuak ding kizam hiam?

Singlamteh ah KiKilh

Sim in, *Col.2:11–15*. Paul in bang thu tawh kido hiam? A diakdiakin *Col. 2:14* Thukham langpanna-in kizang hiam?

Hih thute i theihtel nadingin Seventh-day Adventist pawlpi pulaak thute i lenkip ding hi: Amasa-in khat tawh kigelh laite singlamteh tungah kikhilcip khin hi; tua thute in mawhsakna thu vive tawh kidim hi. Singlamteh tunga Pilate laigelh mah tawh kibang hi (*Matt. 27:37; John 19:19, 20*). A nihna-ah, Moses gelh biakpiakna thukhunte in (*Thkna. 31:24–26*) Singlamteh tungah kikhilcip khin hi.

Hih thute a kizam nawn lo thukhun hi, cih kimu thei hi. Paul in tua thukhunte lakah “vunatna” zong kihel hi (*Col. 2:11*); lungtang vunatna (*Rom. 2:28, 29; le Thkna. 30:16* enkak in) kitehkak thei-in tungtham vunatna bek hi (*Siam.12:3; le Pai. 12:48* enkak in).

Tua khितте Paul in, hih sunglam kikheelna pen “mawh nopna lungsim tawh kipelh” in tui sungah kiphum suk cih. Hih kituiphumna pen, Khazih’ sihna le thawhkikna eima pumpi mahmah tawh lahna ci hi (*Col. 2:11, 12*). Hih kikheelna pen “Mawhna sisak in, mawhna khempeuh hong maisak” Khazih sungah nungta cihna hi (*Col. 2:13*).

“Zehtante” (*Col. 2:14*) pen leitung vai hinapi, kumpi thukham zahmah hi a, (*Luke 2:1; Sawl. 17:7*), leh biakna’ ngeinate (*Sawl. 16:4*). Paul in a zat Greek kammal pen biakna zeh vive hi a, Jew mite leh Gentile mite kikal ah kidaalna kawmpi khat hong suak hi (*Eph. 2:14, 15*). Paul in mawh maisakna pen sunglam kikheelna hi a, tuiphumna tawh limpua sak khin ahih manin, Lai Siangtho mundang ah zong tua gentehna ahilo, a kizang ngeilo genteh na dang khatpeuh zang tuan nawn hetlo ding hi.

Ephesus laibu sungah tuatawuh akibang gen tehna khat mah om a, Colosse mi ahi, thu hong uppih Gentile mite adingin, vun-aatna a kihel in, amaute un a kamciamsa uh ahi, siangthona’ng zehvai khempeuh zong Paul mah in kiteltak in hilhcian sitset hi (*Sawl. 10:28, 34, 35*).

Thukham sawmteng pen singlamteh tungah a kilh hetlohna pen kitelcian mahmah lel hi. Mawhna pen thukham palsatna hi cizawsop hi (*Rom. 7:7*)

Limciing maw Ataktak?

Sim in, Col. 2:16–19. Paul in Jewish-Christian tatzia le hek thute bang pulaak phadiak hiam?

Lai Siangtho thu thuk kantelte in Paul pulaak thu tawh kisai muhia kibang lo tuamtuam om hi. Paul pulaak thu in Jewish Christian sunga kikhennate, pawl tuamtuamte huzaap in Gentile pawlpi tungah zong huzaap lianpi nei hi, cih a pulaak kimu thei hi (*Col. 2:13*). A piandan a hihleh, Jew mi thu umte in pawlpi mite' zuih ding a kisamlote khawng zuih ding in a sawl hamtang hang ci hi.

Col. 2:16 in tua bang zuihnate a pulaak i mu thei hi. Tua thute in Jew mi Khristian thu zuite lak dongah kizel ahihna kimu thei hi. Ahi zongin hih thute in *Col. 2:18* pulaak thute tawh kithu khat hi, cih kimu thei hi. Jesu in kineihkhemna peuhmah deih lo hi; biakna makaite lakah puatham kiniamkhatna bek kimu hi (*Gentehna, Matt. 6:1, 5, 7, 16*). Qumran laizial panin Jew mite upna-ah vantungmite thu kipulaak kimu thei hi.

Col 2:16 pen kitelkhal mahmah ahih manin, a kim dildel in ngaihsut phat zong kul hi. Hih thu teng zong phawkzel in: Paul in “tua ahih manin” a cih ciangin, ama' thugensa khat a thukhupna hong lahna ahi hi. Alimlim in, pumpi vun-aatna hi nawnlo in, sunglam lunsim kikheelna thupizaw cih (*Col. 2: 11-15*).

“Annek le tuidawn” a cih zongpen, Israel mite in biakpiakna ding in biakinn ah hong paipih uh annek tuidawn acihna ahi hi.

“Pawini, khadet ni le Sabbath nite” (*Col. 2:16*) cihte pen *Hosea 2:11* sungah zong kihelkhin zo hi (*Siam. 23:11, 24, 32 enkaakin*).

Hih munteng hong telciansak ding pen Paul' letkhat dan ahi hi: “hihte pen mailam a hong piang ding nate' lim hilel a; a taktak pen Khazih hi” (*Col. 2:17*) cih. Hih biakpiak hih pawl nite in Khazih sepnate kaww hi (*1Cor. 5:7, 1Cor. 15:23*). Ni sagaih Sabbath pen, mawhna hong lutma Eden huan pekpan in kizangh khinsa biakpiakna khat ahi hi; tua ahih singlamteh ah a kihemkhia lim'ciing nate lakah kihel lo hi.

Seventh-day Sabbath, piansak ni 7 Sabbath thu a gen hi lo hi mah taleh, koi bangin Paul in tua bang thu tawh midangte tungah thukhen lo dingin hong hilh hiam?

Mihingte' Thukhamte

Sim in, Col. 2:20–23. Colosse sunga thute siksantin koi bangin Paul hihl thu na theitel hiam?

Galati pawlpi a laikhakna-ah Paul in Jew mite biakna pawite in “Leitung thu guipi tungah kinga hi” (*Col. 2:8, 20 le Gal. 4:3, 9* tawh enkak in). A dang khatin leitung biakbuk bangin hih thute in leitung tawh kipawl thute hi. Ahi zongin eite gam mi hihna in vantung gam hi. Biakna pawite tawh buai kul lo hi. Bang hang hiam cihleh tuate in limcing hi-in, Khrih hong sih ciangin tua thute kisam nawn lo hi. Hih thute hong kipatna in Pasion kiang pan hi. Hih thupiakte in hotkhatna tawh kisai thu vive hi. Hih thukhunte in singlamteh tungah a bei hi ta hi.

Pasion vanglian khut in biakbuk sung kidalna puante a susia hi (*Matt. 27:51; le Dan. 9:27* enkak in), Khristian (Jewish-Christian zong kihel) te in hih thukhunte nuai-ah om lo uh hi. Tua thukhunte zuihna tawh leitung tawh kipum khat a suak uh hi, tua bang nunlui nusia-in, Khrih sungah hong kipia nunna thak kamciam a ngah thei uh hi. Tua hi-in eite in “vantung thak le leitung thak a lamente ihi hi. Tua munah dikna bek kimu ding hi” (*2 Pet. 3:13*); Phariseete le laitheite in Moses piak thukham behlapin thukham khat khit khat a behlap toto uh hi; tua in vangik a suaksak uh hi (*Mark 7:1–13*), A taktakin tua thute in thu upna-ah vangik a suaksak hi. Pasion deihna tawh a kilehbulh thute hong suak hi. Thukham a zui mite in thukham a zui mite sangin thupi zaw hi, ci-in pahtawi-na ngah ding uh hi, ci-in ngaihsun kha zel hi.

Ahi zongin tua bang hi lo hi. Thukham a zui lo mite in thukham a zui mite sangin a siatzawkna uh om lo hi. Hotkhatna ngah nadingin maipha ngah zaw tuan lo uh hi. Thukham zuihna tawh Pasion maipha ngah dingin a lamem mi in kiphatsakna zia-etna sung a kia suak hi. Khristian pawlpi tangthu-ah Lai Siangtho thu thuk a thei mi zia-etna sung a puk tampi om uh hi. Khrih mahmah in nuntakna tuinak hi; Ama kiang pan tua nunna tui hong luang hi.

Tua thute Paul le Lai Siangtho gelhte in a hong hihl uh thute hi, ci-in i pom hi. Koi bangin hotkhatna thu in Jesu hong sepsak tung bekah kinga hi, ci-in theitel ding i hiam?

Simbeh Ding: “Nungzuite hunlai in mihing in amau’ pilna peuh tawh Lai siangtho upna usia uhhi. Tuni in zong mite in amau’ lunggullhna tungtawn in, mawhzonna lianpipi, mawkpianna, sikha tawh kizopna, ki-aapna, pasian tampi biaknacihte tawh, thumaan’ galpa in, akikhaam lampi tungah khate paipih dingin zol niloh hi. Mi tempi in Lai Siangtho telkhialh bialbualna tawh lungsim buai uh in, upmawh thupeuh tawh, Lai Siangtho pen sathau omlo meivak peuh suaksak uhhi.

Mawhsakna lianpipi tawh, khenkham bialbual in, upmawh thute tawh bawlphatna khawng bawl in, vantung in hong lahsa Lai Siangtho upna nialin suksiat sak hi. Pasian’ Thu in mihing nuntakna a uk zawhna, a laptohna le a humuapna teng buluh hi. Sikha tawh a kizom mite in, mihing lungngulhna in thukhun a sangpen hi ci in mi tampi thu hilh uh a, mihing in amah leh amah omthei ci in um uhhi.”

“Khazih’ nungzui mi in, Colosse thu um mite tungah Paul in a vau na omsa ahi ‘mawh zolna’ mah phukha ngelngel ding uhhi. Sikha umte in a Lai Siangtho khatdan uh zong phukha taleh up ding zong hituanlo hi. Tawntung Lai Siangtho thumaan kipsakna in ama’ aw kician takin kiza ding hi. Khazih mitsuan in lampilui omsa bangin mainawt teta in, Ama’ hong thuhilhna tawh a kituaklo khempeuh hemsiang ding hi. Pasian’ thumaan in ama’ ki-aapna thu hi tawntung ding hi. Lai Siangtho pen ama’ tungah Pasian in a hohpihna hi ci in saang ding hi. Tuaciangin vantung pilna amah’n muta ding hi”—Ellen G. White, *The Acts of the Apostles*, pp. 474, 475.

KIKUP DING DOTNATE

1. Khazih sungah “Pasian’ pianzia khempeuh akim in om” a, Amah in “huihlak a ukte le aana neite khempeuh tungah lungtangpi” a cihteh bang a cihna hiam? (*Col. 2:9, 10*). *John 1:1*, *Hebrews 1:3*, *le 1 Peter 3:22* etbeh in.
2. *Col 2:14–16* pen ni sagih Sabbath nialna in kizang cih zong i zaksa ahi hi. Tukul sinna pan ahilo, Hih sinna pan ahilo, buaina dang tawh thukham lina zuih kullo cihna omlai hiam?
3. Pawi thukham te zong zuih ding mah hi veve aci mite na koicih diam? Khalam le biakna lamah thupha omthei a hihsam hang, tuate zuih ding hanthotna in bang thubuai omsak thei hiam?

Khrih tawh Nungta



SABBATH NITAK

Tu kaal sung sim ding: *Col. 3:1–17, Rom. 1:18, Rom. 6:1–7, Eph. 4:22–24, Thkna. 7:6–8, 1 Sam. 16:23.*

Kamngah: “Tu ate khempeuh banah note pumkhat a hong suaksak ki-itna bukim na silh thuah un.” (*Colosse 3: 14, ZSV*).

Vantung thute lunglut lua kei un,” cih thu kiza mun mahmah hi. Tua bangin vantung thute ultungsak lehang, leitung thute-ah thaneemna tampi hong lut ding hi, ci-in a ngaihsun uh hi. *Col. 3* sunga kipulaak bangin leitung lungsim vomlua lehang, vantung thute i sungah teeng thei lo ding hi. Tua hi-in Paul in nisim nutak khuasakzia ding a hong hilhna-ah vantung thu tawh a suak mite in vantung thute sungah nopsakna ngah uh a, sihna pan a thokik Khrih tawh a nungta khawm mite ahi uh hi (*Col. 3:1*). Paul lamlahna in nisim nuntak khuasakna a neng, a tawngin hong hilhna kimu thei hi.

Zeisu in, “Na galte it unla, note hong samsiate thupha pia un, hong mudahte zong phat bawl un. Tua hileh vantungah om na Pa uh tate na hithei ding uhhi; Amah in mihoihte le misiate tungah, a kibang mahin guah zusak hi” (*Matt. 5:44, 45*). Pasian ading a nungta dingin i nuntakna Amah i piak ding kisam hi. Tua hi-in vantung lungsim puak nei hi lehang, leitung ah zong hamphatna lianpi i ngah thei veve hi. Vantung Pa ii zat theih dingin na kipiak ding bek kisam hi.

Tu kaal sung i sin ding thu in Khrih in na nuntakzia hong bawlpha thei hi. Tu le a tawntung adingin na nunzia hong khel thei hi; Amah kikhelsak in.

***March 14, Sabbath ading kiginkholhna in tukaal lesson sim in.**

Vantung Lungsim Neihna

Sim in, Col. 3:1–4. Bang thu siksantin vantung lungsim puak nei dingin Paul in hong hilh hiam?

Mual dawn panin zanguam zaipi, a gamla mun tampi kimu thei hi lo hiam? Tangtawng pek panin mualte in Pasian tawh kinai zawkna pulaak hi, cih kimu thei hi (*Late 121:1, 2*). Mihingte bawl tam mualte, ziggurats kici mualte in dawibia mite bawltawm mual nam khat hi. Ur khuapi panin a paikhia dingin Abraham in sapna a ngah hi. A kim, a paamah mual lianpipite ziggurat cihte kigalmuh thei hi.

Alamdang hehpihna tawh eite in Khrih tawh i si khawm a, Amah tawh i thokik hi (Hih thu tuiphumna tawh i pulaak hi. *Col. 2:12, 13*), tua hi-in vantung tawh a kinai thei ihi hi. *Col. 3* kipatna lam thute ngaihsun in. Vantung lam thute ngaihsun dingin hong hanthawn hi lo hiam? Vantung a om thute lungngai ngai dingin hong hilh hi lo hiam? Tua thute in Khrih omna-a thute hi-in, Khrih tawh a om thute hi. Amah tawh vangliatna thute ngaihsun dingin hong hilh hi lo hiam? (*Col. 3:1–4*).

Khristian nuntakna sungah i kantel tohtoh ding thu tampi om hi. Mawhna thu-ah a si ngei mi na hi hiam? Na hihleh na nunzia kikhel hamtang ding hi. I lasakte sungah kigelh bangin “Koi bangin nungta na hiam cih nong dot ciangin, Topa in ka sungah hong nungta hi, cih ka thei hi. Tua bangmahin Paul in zong Topa sungah a nungta dingin thu hong pia khin hi. Bang hang hiam cihleh tatsat lo-in Kha Siangtho ompihna i kism denden hi (*2 Kor. 4:16*).

Hih bang dinmun i tung zongin mawhna sung kikia thei veve hi. I nuntak laiteng zia-etna tawh a kipelh thei kuamah a om kei hi. Tua ahiah ciangin nisimin “tunglam thute teel zaw-a i nuntak ding kism hi” (*Col. 3:1*). Tawntung nunna in Topa Pasian sungah Khrih tawh i kiselcip ciang bekin muanhuai bek hi. Tua lo khempeuh in kisiat theihna tawh kidim hi. (*Col. 3:3*); ahi zongin a kimu thei pualam thute kiselcip ding hi.

Na lungtang in koi-a kinga hiam? Tunglam thute a ngaihsun hiam? ahiah keileh nuailam thute bek tawh a lungkim hiam? Nuai lam thuteleitung thu tuamtuan a lungngaingai mi na hihleh koi bangin na kikhel ding hiam?

Leitung Nate-Beina

Tuhun ciangin gamvai tangkona tampi kiza hi. “Gal bei! Tampi suksiatna bei! Nuclear gal bei!” citek uhhi. Ahih hang “leitung vaite bei!” cih peuhmah kiza ngeilo hi. Tua thu ahihleh leitung mite ngaihsutna tawh kituak phalo hi. Tangko nateleh a thapiate khialhna zong hi tuanlohi. Tawntung hun nai mahmah cih amau’ khuamuhna tomlua hizaw hi. Eite mungtup pen sang semsem, a tawntung in sang semsem ding hi.

Simin, Col 3:5, 6 (Rom. 6:1–7 zong). Angkhualna le leitung vai na sisak dingin “a tunglam nate bek” nuntakpih ding cih koibang in zang taktak thei ding nahi hiam? (Col. 3:1)?

Eimah Khazih sungah sikhin phial ihih hang, i kipawlpiph lungsim sung leh pumpi sunga om ze-etna zong – sihsak kul hi. Ahihhang tua tawh akizom thunih bel phawk kul hi.

Amasa, Col 3:1 sungah, Paul in a zat Greek ngeina Khazih sungah thokik cihpen ahi hi. Anihna, Col 3:5 in hong thupiak tua thu’ a sulzui “Tua ahih manin” ahi hi. Leitung’vaite sisak thei mah hang). Khazih tawh thokik ihih manin Ama Kha nundan leh vangliatna ei sungah hong om manin, tua thute khempueh eima lungsim sungpan a pualam ah kilawnkhia ta hi. Tuabang linlian mah in Greek pau tawh hong kihelkha khat pen Col 3:6 sungah “Pasian’ hehna” pen Rom. 1:18 ah zong om hi. Pasian in mihingte pen amua’ gitlohna lampi ah paisak a, “Ama’thu a manglote tungah” (Col. 3:6), Ama’ hehna “hongtung” (Mang. 6:16, 17) tahi. Rom. 1:18 sungah, Paul in “a mawhna le a gitlohna” a cihpen zong Col 3:5 sunga Greek kammal “siangtho lohna” tawh a kibang hi a, a phadiak in “amau’ lunggulhna bangin amau’ pumpi vangkiamsak” (Rom. 1:24) cih tawh kibang hi.

Amau’ pumpi koibang in vangkiamsak uhhiam? Amasa in amau’ “lunggulhna” masak in Piangsakpa nial uhhi. “A numeite un zong pasal tawh lupkhawp ngeina zanglo in a numeipihte mah uh lunggulh in lumkhawm uhhi. A pasalte zong numei tawh lumkhawm lo in pasal mah lunggulh in lumkhawm in zumhuaipi in gamta uhhi”(Rom.1:26, 27).

“Leitung lungsimte sisak un” a cihpen koibang in i zui hiam (Col. 3:5)?

Theihtelna in Thaksuah

Sim in, Col. 3:6–11. Koi bangin Paul in tua thu tatsat loin ngaihsut belin nei hiam?

Col. 3:8 kipatna kammalte in sihna pan nuntakna thu a pulaak kammalte hi, cih kimu hi. “Ahi zongin tu-in” “tu-in” cih kammal in Greek tawh kigelhna-ah “tu-in” cih kammal kipulaak pha diak hi.

Note in Khrih sungah nuntakna nei-in sihna pan a hingkik na hi uh hi. Leitung thu-ah misi bangin (*Col. 3:5*), “tu-in tua bang nunzia na paisan khin uh hi; hehna, thangpaihna, zuau genna, kihhuai kampau-nate na nusia khin uh hi” (*Col. 3:8*).

Hehna le thangpaihna in mawhna hangin Pasion thuhkikna hi. (Hih thu zanni-in i pulaak hi; *Mark 3:5, Mang. 6:16*). Tua bangin hehna le thangpaihna in Pasion kiang pan hong pai dikna kilangsak lo hi” (*James 1:19, 20*). Paul in zong tua bang kampau-nate pelh un,” ci-in hong hanthawn hi. A tawpkhakna-ah khat le khat kikhemna, zuau gennate pelh ding thupi mahmah ahihna zong kimu thei hi *Pai. 19:11, 18* tawh enkak in), “Note in mi lui hihna le gamtatnate nusia khin na hih manun” (*Col. 3:9*)

Paul in “milui” le “mithak” a cihpen bang a cinuam ahi diam? *Romans 6:6* le *Ephesus 4:22–24* simin.

Paul in milui pan mithak kikheelna pen puanlui puansia pan puakpaak athak tawh kheek ci in genteh hi (*Zech. 3: 4*). Tuabang alui le athak kheekna pen Thuciam Lui le Thak zong om a; a pualam ah lai tawh kigelh thukham le Kha tawh lungtang tunga kigelh (*2 Cor. 3: 4-18*) cih.

Hih thu gentehna te in kikheelna leh hong piang thu pen Paul in “mi thak” (*2 Cor. 5:17*) cih. Mit muh theihloh Pasion’ limlehmel (*Col. 1: 15*) ahi “Khazih’ limlehmel theihna sungah hong thaksuah” (*Col. 3:10*) cih. Ama’ Thu tungtawn mahin Khazih hong theisak in “minthanna khat panin minthanna sangzaw ah” (*2 Cor. 3:18*) hong tungto sak hi. Hih thu in minam khempeuh, lei maitang leh mimal kizopna khempeuh sangin asangzaw (*Col. 3: 11*) ah hong koihto in a sangzaw vantung gammite hong suaksak hi.

Nunna Thak ii Zia le Tong Thak

Khazih kiang i zuat ciangin, gamtat hoihlote le siatna tawh a kipawlte peuhmah hepkiat ciangin; Paul in khuamial pan khuavak ah galkah ci in hamphatna in la hi.

Simin, Col 3:12–14. Thu umte pen koibang hi ci a; koibang hoih nate “neilai” ding ci hiam?

Pasian in Ama’ omzia kilangsak ding a teeltuam minam ahi Israel mite mahbang in Zeisu’ sungah thu ummite zong “Pasian’ teeltuam” (*Col. 3:12*) mah ahi uhhi. Ahih hang tua bangin kuamah’n nuntakpih tuanlo uhhi. Zeisu in “A sapmi tam a, a teel mi tawm hi” (*Matt. 22:14; Matt. 24:22, 24, 31*) cihi. Paul in zong teel tuam a cihna ah a cih nopna kibang hi

(*Rom. 8:33, 2 Tim. 2:10*). Israel mah bangin, thu ummite zong Pasian in “it a, zong siangtho” (*Thkna. 7:6–8*) uhhi. Hih hamphatna in vaipuak thupi mahmah khat hong neisak a: “khuamial sungpan in a lamdang Ama’ khuavak sungah hong samkhiapa’ nasep na a lamdangte genkhia ding” (*1 Pet. 2:9*) cihi.

Tua hoihna te Paul in hong gualhsuk na ah! “hehpihna, migitna, kiniamkhiatna, dikna, lungduaina; khat le khat kithuaksiam, mawhna kimaisak in, tua khempeuh banah ‘itna’ (*Col. 3:12–14*) nanei un” cihi. “Khazih in hong maisak mahbang in” khatle khat kimaisak ding hihang (*Col. 3:13*). Ki-itna in “kipawlkhop theih na” hi-a (*Col. 3:14*), Ama’ hong itna in Amah tawh hong henkhawm ahih manin midangte zong hong itsak thei taktak hi (*1 John 4:11, 12*).

. Mihingte in zong eitung ah dikna tawh hong dawngthuk kik ding a, eite’n Pasian kiangpan hehpihna le maisakna i ngah ding hi (*Matt. 5:7; Matt. 6:14*). Anihna le a thupi zaw, Pasian minthangsak a, vantung hehpihna kilangsak ahih manin; midangte zongin Zeisu um in zui dingin thapia hi. “Angsung khual lo nun dan sangin midang nundan a huzaapzo nundan dang zong om nawnlo hi. A itthei le a ithuai Khristian in lungdamnathu vangpiak theihna lian pen ahi hi”—Ellen G. White, *The Ministry of Healing*, p. 470.

Koi bangin midangte tawh na kizopzia in Jesu na kilangsak hiam? A diakdiakin na tungah hong thu dik lote tawh na kizopzia in bang a pulaak hiam?

Nunna Thak tawh Nungta

Paul in pawlpi sungah lungnopna leh ki thutuahna a omtheihna ding *Col 3* nunung lamah gelh hi. Sinna 7 sungah Pasion lungnop na sinkhin hihang. Rome te lungnopna *Pax Romana* bang hilo in *Pax Christi* acih Khazih lungnopna pen, apualam pan hilo, asunglam pan hong paikhia hi a, Khazih ukzawhna sung bek ah omthei hi.

Sim in, Col. 3:16, 17. Khrih in bang hong uk ding kizam hiam? Tua sungah music in bang dinmun nei hiam?

Khrih kammal in i sungah hong teeng ding ahi hi. Tua bangin Khrih kammal hong teen nadingin lungsim takpi tawh Lai Siangtho i sim ciang bekin a piang thei thu ahi hi. Pasion pilna in i sungah a hong teen ciangin tua bang lungnopna a nei thei ihi hi. Greek tawh kigelhna-ah a gennopna kitel tak zo lo hi. Music in khat le khat kihilhna, tha kipiak nadingin a kizam thu khat hong suak hi” (*Col. 3:16*).

Paul in *Eph. 5:19* sungah “Phatna late le kha late” ci-in kigelh hi. Hih late in bang hi ding hiam cih kitel lo hi mah taleh phatna la tawh kisai-in, Thuciam Lui pulaak le Thuciam Thak pulaak thu in kibang lo ahihnam hong hilh hi. “Kha late” cih in Pasion min phatna la khat peuhpeuh zong hi thei hi. Biakinn sunga kisa la khat peuh hi thei hi. Tuni tuhun dongin tua phatna late i sasa lai hi. Music in huzaap lianpi nei hi. David in zong guasem tum a hehna tawh kidim kumpi Saul a lungnuamsak thei hi (*1 Sam. 16:23*). Ahi zoning David a langbawl ciangin Saul hehna khang semsem a, thangpaihna, hehna tawh kidim tawntung hi (*1 Sam. 18:10, 11*). Music hoihte in lungsim nuamsak hi; pumpi tawldamsak thei hi; lunghimawhna veengsak thei hi. Khuah nasepna huh mahmah hi. Lungsim, pumpi tawldam hithiatsak thei hi. Mi tawh kizopna hoih hong nei theisak hi.

Music ii huzaap a thei kha lo kua om ding hiam? A hoih hi taleh a hoih lo lam ahi taleh music in huzaap lianpi a nei hi. A hoih music, a deihhuai musia in Pasion tawh kizopna hoihsak hi.

I sepna khempeuh, i hihna khempeuh in Topa Jesu min suangin sem ding bawl ding hong hilh hi (*Col. 3:17*). Topa min tawh lawhcinna ngah kei lehang, bang in lawhcinna hong pia thei nawn ding hiam?

Simbeh Ding: “Pasian’ Kha in ngaihsutna le lungtang hong uk ciangin, tua mi in ama’ tungah Pasian’ kamciam tangtung cih thei in, ama’ palsat mawhna kisiksak, kimaisak cih atheih ciangin; a kikheel kha in la khat pusuah hi. Pasian’ thukham, ama’ diktanna dingin hong sihlawh Khazih sungah upna teng palsatna panin; kisik kikna hong neithei hi. Upna hangin Pasian tawh kipawlkhintah ihih manin i Topa Zeisu Khazih hangin Pasian tawh a kilemta ihi hi (*Rom. 5:1*).”

Hibang a phukha Khristian khat in, ama’ ading a kisepsak khem peuh lungdamlua in khupzep in omhithiat ding zong hituanlo hi. Kha lam ukna gam sung lut ding khensatna nei mikhat in, ama’ lunggulh nate le a puahphat nailoh pianzia teng tungah, khuamial a uk vangliat nate in galbawl denkeei cih theikhia ding hi. Gamtatna luiteng, khialh nopna lungsim in, gualzo nuamin hong do ding uh a; Khazih’ galzawhna tawh tuate khempeuh maingat in do ding hihang.

Khristian in Pasian hongpiak dinmun battheihna dingin lungkiatna ding omlo hi. Nundan leh khalam picinna pen Khazih hehpihna leh vangliatna sungah mi khempeuh in kamciamna ngahkhin uhi. Zeisu in vangliatna khempeuh leh nuntakna bulpi ahi hi. Vang liatna khempeuh nungta sakin Amah’n nasemsak hi. Kalsuan simin a nungta Ama’ vang liatna kimu thei hi”—Ellen G. White, *The Acts of the Apostles*, pp. 476–478.

KIKUP DING DOTNATE:

1. “Upna tawh dikna kingah” cih thu kamciam na nuntakpih hiam? Koi bangin hih vanglian kamciam in na nunzia hong khel hiam?
2. Vantung lungsim nei cih thu koi bangin na theitel hiam? Leitung vaite sangin thupi zaw hi lo hiam? Hih thu nih koi bangin kilekkim thei ding hiam?
3. Midangte tungah na huzaapzia ngaihsun in. Mimal huzaap kingaihsun kha phial ding hi; ahi zongin pawlpi, mihon in ee? Na pawlpi in khua sung a huzaapna koi bang hiam?
4. *Col. 3:11* sim in. Hih in Khrih sungah kipum khatna bang hong hilh hiam?

Midangte tawh Nungta Khawm



SABBATH NITAK

Tu Kaal Sung Sim Ding: *Col. 3:18–4:6; Eph. 5:22–25, 33; Pau. 22:6, 15; 1 Pet. 2:16; 1 Thess. 5:17.*

Kamngah: “ Mi khatpeuh hong hopihnite mantakin na dawnkik theih nadingun note kampauna khempeuh ah ci bangin a al kamhoih na zang un.” (*Col. 4:6, ZSV*)

Mihingte in nasemin nungta-in i om hi. Ngaihsutna kibang lo tuamtuam i nei hi. Ngaihsutna kibang lo tuamtuam om taleh, kinial kiselna tuamtuam om taleh. Kizopna nai semsem ciangin kikhohlkhopna kip semsem ding hi. Tua bangin a kip kizopna innkuan sungte-ah kimu thei hi.

Tua bang mahin vanlei vanzuakna, sumzon paai zonna-ah innkuan sung kizopna bangin kizopna a om ciangin lawhcinna kingah hi. Mimal khat ciatin nasepna lawhcin nading ngaihsunin tua bangin nasemte in a sep uh ciangin lawhcinna kingah ding ahi hi. Pawlpi sung zong tua bang mah hi. Khat le khat kizopna hoih, a kip kizopna kisam hi.

Tu kaal i sin thute sungah Paul in Khristian thu zui mite khat le khat kizopzia ding hong hilhna kimu thei hi. Bang hang hiam cihleh Khristian innkuan in Lai Siangtho thuman a zuih ciangin Roman innkuan kimakaihzia tawh kilamdang hi. Paul in a dang thuman pha tui guipite zong hong hilhna kimu thei hi. Tua thute in innkuan sung ahi-a, khua sung tual sung khat le khat kizopzia ding hong hilhna kimu thei hi.

**March 21, Sabbath ading kiginkholhna in tukaal lesson simin.*

Zite le Pasalte

Thuciam Thak sungah innkuan sung nuntak khuasakzia ding thu hilhna tampi kimu thei hi (*Eph. 5:21–6:9, Col. 3:18–4:1, Titus 2:1–10, 1 Pet. 2:18–3:7*).

Sim in, Col. 3:18, 19. A kilekkim bang thu na mu hiam? Paul in bang lamlahna thu hong genbeh hiam? *Ephesians 5:22 25, 33*

Mi kim khat in, “zite aw, na pasal thu na mang ding hi,” cih thu siksananin zite thu hilhna nei uh hi (*Col. 3:18*); a tamzawte hih tawh a thugen khawlpah uh hi. Paul in hong hilhna-ah “Topa thu tawh kilawm kituak thu” ci-in hong hilh hi. Thuciam Thak in numei vai tawh kizomin bang hong hilh hiam?

Numei in pasal ukna mang ding mah ci hiam? Amau deihna, pasal ukna nuai-ah koih ding mahin hong hilh hiam? Paul hong hilh a thu guipi in Topa sungah numei in pasalte ukna a mang ding uh hi, cihi. Pasal ukna nuai-ah om taleh numei in ama khensatna tawh a kalsuan hi. Khrih in pawlpi a itna hangin ama nuntakna hong pia hi. Tua bang mahin pasal in a zi a it ding hi (*Eph. 5:25*).

Pasal in a zi adingin a hoih penpen a sem a bawl ding hi. Mimal angsung huaihamna om hi mah taleh, amau deihna nawlkhin phot ding uh a, a zi a ding, a pasal ading masak zaw ding uh hi. Tua in Topa thupiak bangin nungta-a kalsuanna hi (*Eph. 5:33*).

A cidam Khristian kiteenna pen khat le khat kithupisak – thu kikum khawm, thu ngaihsun khawm in khensatna bawlkhawm uhhi. Khatveivei innkuan adingin khensatna haksa hong om ciangin, tate tawh zong kikum huai napi, tate’ maiah nu’ le pa’ kinial vatvat loding uhhi. Tuazah kikum khit nangawn in, thukimna a omtheih naikei zenleh, Pasian’ Thu a kipalsat kei nakleh, zi in gamdai takin pasal khentatna zuizaw leh, Lai Siangtho hong lahsa kilemna lampi a tawn hizaw hi.

Koi bangin nupa kikal, innkuan sung buai theihnate pelh thei ding i hiam? Lai Siangtho hong hilh bangin kalsuan zaw hi lehang, nupa kizopna, innkuan sung nuntak khuasakna in Topa deihna bangin om thei-in nupa nuam, innkuan nuam kisuak thei ding hi lo hiam?

Tate le Nu le Pate

Tate in innkuan sungah masuan lianpi nei uh hi. Tate in nulepate in it uh hi; manphasa hi, cih thei uh hen. Innkuan sung bek hi loin vantunggam gammi ahihna uh zong thei uh hen. Innkuan biakpiakna in a thupi mahmah khat ahihlam thei ciat uh hen. Nisimin innkuan biakpiakna bawl den kism ahihna tate in zong thei uh hen; zingsang nitak manmanin biakpiakna neih ding kism mahmah hi. A neutung panmahin naupangte in inn sung nasepte a huh ding uh kisinsak ding kism hi. Inn puah inn hah, sep theih bangbang a sem dingin sawl kul hi. Tavuan piak kul hi. A thupi bel in naupangte in Paul hihna bangin a nuntak ding uh kism mahmah hi: “Tate aw, thu khempeuhah na nu, na pa hong sawl khempeuh na mang ding uh hi. Tua in Pasion lungkimna a hi hi”(Col. 3:20).

A nuai-a Lai Siangthote sin in. Tate pantahna tawh kisi bang thu guipi hong hihl hiam?

1. *Pau. 22:6, 15* _____
2. *Matt. 19:14* _____
3. *Thkna.6:6,7* _____
4. *Pau. 1:8, 9* _____

Topa Thukham tawh naupangte lampi maan hihlha in innkuan, pawlpi le khua le tui adingin thupha suak thei hi. Zi le pasal kikal kizopna in a kilehkim ding kism hi; bek tham lo-in nu le pate le tate kizopna zong tua bang ding mah ahi hi. “Pate aw, na tate uh heh nadingin bawl kei un. Tua bangin hehna piangsak le uhcin lungkia ding uh hi” (Col. 3:21).

Koi bangin nu le pate in, a diakdiakin pa in tate sekna-ah huzaap nei hiam? A lamdang amuh khiat thu khat in pa in manman in biakinn zuanin a om ciangin, nu sangin pa in tate tungah huzaap nei zaw hi. Pa masuan, tavuan in thu upna le thu zuihna-ah pa in tate etteh thamcing ahi ding kism mahmah hi. Pa huzaap alwmawh loh theihloh hi.

Koi bangin Pasion in pa bangin theihtelna in nuntak khuasakna-ah lawhcinna hong muhsak thei hiam? A diakdiakin lunggimna, lungkiatna a tuah uh ciangin, leitung Pa in gitlohna tawh kidim hi phial taleh, tate in vantung Pa kepna sungah khamuang thei ding hiam?

Nasepna ah Kizopna

Simin, Col 3:22–25 le 4:1. Silate tungah bang thuhilhna kipia hiam? Nasepna ah kizopna dingin bang thukhun hitengah hiam?

Tuhun mi tampi in nasemte sila bangin ngaihsun uh hi. Kim khat in Lai Siangtho hong hilh sila le to kizopna in khat le khat kizopna kisia sak hi, ci-in ngaihsun uh hi. Ahi zongin Thuciam Lui pulaak sila le to kikal kizopzia ding le Thuciam Thak Khristian pawlpi sung omzia dingte ngaihsun lehang, tua bangin sila le to kikal kinenniamna cihte om lo ding hi. Mihingin Pasion lim le meel suunin hong kipiangsak ahi hi.

Pasion pilna, Ama theihnate in suahtakna hong guan hi. Moses thukham in tua bangin sila khat a tawntungin sila dingin a phal kei hi; sila in zong suahtakna a ngah ding hong hilh hi (*Thkna. 15:12*); a tam penpen kum 6 bek a topa nasem ding a, a kum 7na ciangin suahtakna pia ding hi. Lai Siangtho pulaak sila le to in tuhun suahtakna tawh kilehbulh hi. Gospel thu hong kitangko ciangin sila le to kizopna kibeisak lo deuh khatin om hi.” Clinton Wahlen, “Culture, Hermeneutics, and Scripture: Discerning What Is Universal,” in Frank M. Hasel, ed., *Biblical Hermeneutics: An Adventist Approach* (Silver Spring, MD: Biblical Research Institute/Review and Herald Academic, 2020), p. 166.

A taktakin pawl sungah Roman hunlai bang loin thu upna sungah thu um mite in Topa ukna nuai-ah sila ihihna kimu thei hi. Tote in silate limtakin kemin khoi uh hi; thuman thutak tawh kizopna nei ding uh hi. “Vantungah na Topa uh ukna nuai-ah om na hihlam uh na kiphawk ding uh hi” (*Col. 4:1*). Tua bek tham loin Paul in Philemon a thu hilhna-ah sila ngei Onesimus limtakin kemin sila bangin bawl nawn lo a sanggam khat bangin kizopna nei dingin a hilhna kimu thei hi (*Philem. 16*). A taktakin Thuciam Lui le Thuciam Thak pulaakna-ah thu-um mite sila (silate) ci-in kiciamteh hi (*Late 34:22, Luke 17:10, 1 Pet. 2:16*). Sila le to in leitung ngei-na bang khatin kizang hi mah taleh, Lai Siangtho hunlai-in zong tua bangmah hi mahta leh Lai Siangtho thuneihna kuamah in a nial zo kei ding hi.

Nasepna, khat le khat kizopnate-ah Lai Siangtho in koi bangin hong makaih ding hiam? Bang Lai Siangtho thuguipte na zui ding hiam?

Khat le Khat Thu Ki Ngetsak

Sim in, Col. 4:2–4. Thungetna tawh kisai bang thu bulpite kimu thei hiam? Paul in bang ngetna nei hiam?

Hamsatna khat peuh, damlohna, sum hamsatna, hamsatna khat peuhpeuh a thuak mi khat tungah hehpihna nei-dingin hong hanthohna kimu thei hi. “Nang ading Topa tungah thungetna ka nei hi,” cih bek in zong gim thuak mi khat adingin thuakzawhna a ngahna a suak thei hi. Hih in vantung tawh kizopna lampi khat hi.

“Tua bangin khat le khat ading thungetnate, Topa in dawng loin a om kei hi. Upna tawh ngetnate a guaksuak kei hi. Topa in i ngetloh thute zong hong piakna na mu ding hi.” Ellen G. White, *The Great Controversy*, p. 525. Paul thungetna sunga kammal kimkhat ngaihsun in: “Tatsat loin” (ahih keileh lungkia lo), “deihna takpi” “pilvangin,” le “lungdamna tawh” cihte in upna tawh thungetna kilangsak hi (*Col. 4:2*). “Tatsat loin thungen dingin hong sawl hi” (*Eph. 6:18*); “Tawlnga loin thungen ding” (*1 Thess. 5:17*), ci hi. A lamdang bel in “Koi bangin thungen ding cih i theithei kei hi. A kilawm kituakin thungen thei lo ihih manin Kha Siangtho in eite aitangin thuumna hong neihsak hi. I pulaak theih loh thute zong Kha Siangtho in Pa kiang hong puaksak hi” (*Rom. 8:26*).

Col. 4:3 sim kik in. Bang in kammal hong honsak hiam? Na upna a hawmsawn thei dingin Pasion in lampi hong honsak hi lo hiam?

A thupi bel in Paul in a kilawm kituakin kampau-na, thungetnate-ah Kha Siangtho in hong huh hi. Hotkhiatna thu a tangko-na-ah kitel tak a tangko theih nading kampau siamna a ngah nadingin thungen hi (*Col. 4:4*). Pasion deihna bangin “thuman thutak ka pulaak ding hiam, ci-in hotkhiatna thu mun khempeuhah a puak kawikawi hi. Caesar kumpi huang sung a kipan Roman kumpite kiang dongah gospel thu a va puak thei hi. “Khukdinin thungetna kisasawntung lo thei hi. Khukdin tektekta kei leng zong thungetna pen tatsat loin kinei thei hi. Honpa tawh kiho-na ahih bangmahin khat guak na om hun ahi-a, na lampai kawm, nasep buai laitak ahi-a, hun khempeuh in thunget hun hi. Na lungtang na domsang ding hi. Topa tungah huhna, na lampi ading khuavak, tha le ngal, thuman theihtelna na ngen thei hi. Hudiksuk diktohna khempeuh thungetna hisak in.” Ellen G. White, *The Ministry of Healing*, pp. 510, 511.

Pilna sungah Kalsuanna

Khristian ihihna tawh bang thu in thupi penpen ding hiam? I mawhna hangin Jesu Khrih in sihna hong thuak hi. Ama sungah upna tawh eite in tawntung nunna i ngah thei hi. Hih in Lai Siangtho thuman hi. Hih thuman i nuntakpih ciangin a m anphatna hong kilang ding ahi hi.

Sim in, Col. 4:5, 6. Paul in pilna tawh nungta a cih ciangin bang a pulaak hi ding hiam? Bang hang hi ding hiam?

Thu-um Khristian tampi in khat veivei ciangin thuman zuihna panin lampialin i om hi. Paul pulaak bangin, (*Isaiah 52:5* siksasin hong hilh thu in), Israel in thu -um lo mite adingin phukna a suak hi, ci hi: “Note hangin Gentile mite lakah Pasian mindai hi.” (*Rom. 2:24*). Koi bangin midangte tungah i gamtatzia ding a diakdiakin upna kibatpih lohte lakah gamta ding kilawm hiam?

Hih in thupi mahmah hi lo hiam? (*Titus 2:5, 2 Pet. 2:2*). Khristian innkuan in, zuau genna sangin thungen khawm hi ding hi; khat le khat tungah hehpihna a nei mite hi ding hi. Tua bangin kizopna in muibun mahmah hi.

Col 4:6 sungah Paul in kampau kidop siam ding kisam ihihna hong hilh hi: “Note kampau in hehpihna tawh kampau-na hi sak un” ci hi. “A hun tawh kituak pausiamna.in” ‘Bilah a khum kampau-na in manpha mahmah hi. “Khat le khat kihozia hoih na neih ding uh kilawm kituak hi. Kha Siangtho ompihna bek in tua bangin a kilawm kituak kampau theihna hong guan ding hi. Thuman thutak pulaakna a deihhuai thu genna, i teci hihna miten hong muh ciangin lungkimna lungnopna a ngah thei uh hi (*Col. 4:4*).

Nangma kammal, na tatna hekna le mi'maiah na kalsuanzia lungngai kik in. Nangma upna tawh kisai bang thupiak napuak thei a, Khristian khat hihna in bang khatna neithe hiam?

Simbeh Ding: “Innkuan sung lungnopna a om dimdian theih na cihte pen mimalkim in nisimin a neih tawntung ding vaipuak khat ahihna pen mimalkim in theihkim ding kisam hi. Khatleh khat kilangdo lo ding uhhi. Khatlehkhat tha kipia in, ki pumkhat dimdian a, dikna lungnem na, thuakzawhna tawh lungduai takin awnem awkhum tawh pau ding uh a, buaina peuh mah pelh in, bangkua nubel nasepna khempeuh huh in dawn ding uhhi.”

“Innkuan sung mi khempeuh in kipawl in sepkhawp ding na khempeuh telcian ding uhhi. Tate khempeuh kunguk tungsiah peuh mah in, nuntak haksatna khempeuh tungah vaipuak neikik ding cih thei ding kul hi”—Ellen G. White, *The Adventist Home*, pp. 179, 180.

“Khuavak sung i om nopleh, innkuan sung leh lungtang sungah Khazih lutsak un. Innkuan peuhmah pen a kigen bang in omsak ding hi. Innkuan in leitung ah vantung neuzaw hiding a, itna ngah theihna dingin kisawlngawhna mun hizawlo in, ki pattahna mun hizaw ding hi. Innkuan nopsak theihna’ng peuhmah pen; hibang itna, veiina le khat-le-khat tungah kidikna tungah kinga hi. Eileh ei kimangngilh zawsop in, mi hong panpihna khempeuh lungdam koh theihna ding lampi zon ding hizaw hi.” Hibang ngaihdante pen innkuan sungpan in kipan hi a, innkuan pualam dongah kizeel in mite nundan nopna piathe i lai hi. Hih bange awlmawhlohna in nuntakna sungah dahna kahnate piangsak thei hi”—Ellen G. White, *Testimonies for the Church*, vol. 3, pp. 539, 540.

KIKUP DING DOTNATE

1. Nupa tampite adingin bang thu bulpi siksarin kizopna na nei uh hiam? Tangvallai, nungaklaite adingin bang thu manpha, bang lamlahna na nei hiam? Nupa kilem lote adingin bang thu puak na nei hiam?
2. Itna tawh a kimakaih innkuan sung pan a khangkhia naupangte in nu le pa thu upna a nial tate kimu thei hi. Bang thu gen kei zaw lecin hoih zaw ding hiam?
3. “Pilna tawh kalsuan” “Pilna sungah nuntakna” cih thu ngaihsunpha kik in. Pilna tawh nuntakna, le hai gamtat cih thu panin bang thu na mu thei hiam?

Pasian Deihna bangin *Kalsuan*



SABBATH NITAK

Tu kaalsung sim ding: *Col. 4:7–18; Eph. 6:21; Sawl. 15:36–40; 2 Tim. 4:10, 11; 2 Pet. 3:10–14; Isa. 60:1–3.*

Kamngah: “Na khempeuh ah lungdam na ko un; banghang hiam cihleh hih in Khazih Zeisu sungah note aa dinga Pasian hong deihsak ahi hi.” (*1 Thess. 5:18, ZSV*).

Kolosse laibu a nunung lam ah Paul le a nasep pihte kizopna hong pulaak hi. Sawltak sung ah Barnabas tawh a kikhawlh masak na, tuakhit ciangin Silas tawh a khualzinna thum vei pulaak hi. Tu kaal sung i thu sinna-ah Paul nasepzia, koi bangin hotkhatna thu a na tangko hiam, cih thute i kikum ding hi. A phak theih lohna khua tuamtuamte Colosse, Laodicea, le Hierapolis cih khuate-ah bangci bangin hotkhatna thu pulaak hia, cihte a kipan Paul na sepzia panin tuni tuhun adingin zong a manpha nasepzia ding i mu thei ding hi.

Paul in a khualzinnate-ah mimal kimuh khopna nei-in hotkhatna thu a na pulaak hi. Thongkia-in a om ciangin laikhak tuamtuam gelhin pawlpite a khak kawikawi hi. Thu-um mite kipawlin nasep khopna in muibunin lawhcing hi, cih kimu thei hi. Jewish le Gentile Christians; numei le pasal, Tychichus, Aristarchus, Justus, Epaphras, Luke, le Nympha cihte tawh nasem khawm hi. Laodicea a laikhak tu-in a kimuh nawn loh hangin, pawlpi tuamtuamte tungah a laikhakte in tuni tuhun dongin pawlpi hong makaih thute hi, ci-in i thei hi. Paul in ahih theihzahin pawlpi tha a pia hi.

*March 28, Sabbath ading kiginkholhna in tukaal lesson sim in.

Pawlpua Nasepna

Paul kiangpan in lungdamthu kizelhsakna thu tampi za hihang. Ama' khualzinna pen tai 13,400 kiim pha hi. Lamdang lua mahmah hi. Khe bekbek mahtawh pai a, thongkiat hun zong nei hi.

Paul in sumbawlna phualpi Corinth le Ephesus cihbang khuapite ah sawtpi takmah omkha a, tuakhuapi tepan gamsung khuapite ah thupuak kizeel hi. Ama' phuhsa pawlpite ah zong hong paikikzel in, thu umthakte thapia in hanthawn hi. Maitang kimu in a hawh theihloh ciangin, laikhak hi. Amah'n thu ummite phawk in don ahihna hibang dan tawh theitheih uhi.

Simin, *Col 4:7-9; Ephesus 6:21*. Tychicus thu koici pulaak a, ama' omna mun Colosse ah Onesimus a sawlna thu, Paul in bang hang ci hiam?

Mun khatkhat te ah kam tawh kizopna sangin lai tawh kizopna a hoih zawk hun om thei hi. Tua gel in Colosse ah bang thuthang hong puak uh cih lung luthuai veve hi. Paul ngaihsutna panin hih thu in Colosse pawlpi khamuan nading a suak thei hi; amaute thapiakna a suak hi (*Col. 4:7-9*), Paul in thongkia-in a omna thu kicingin a pulaak thute zong i mu thei hi.

Tychicus cih min a khatna in “daupai” “Mapai” cihna hi. Sawlna-ah khamuanna a guan thu hong suak hi. A citak “Pasian nasem khat” le “naseppih” ci-in kipulaak hi. Tychicus in Asia gam panin mi nihte lakah khat hi; Paul in amah tawh khualzin khawm dingin a teel khat nasem khat hong suak hi (*Sawl. 20:4*); Jerusalem a cimawh te donghu dingin sumpi donna ah a tonkhawm uh ahi hi. Paul' thong-kiat anihveina in a tonpihpa zong hi a, nasep a thahatna dingin Ephesus ah kisawl kik hi (*2 Tim. 4:12*). Titus omna *Crete* ah a kipuak zong Paul in ngaihsun hi (*Titus 3:12*). Amah tawh hong kikhawl pen Rome ah Paul in a kikheel sakpa (*sinna 1*) Onesimus hi a, “*citakpa*” zong kici hi. Colosse thu zuite omzia a vakan ding le tha pia dingin Colosae khua-ah zong vapai dingin Paul in a ngaihsun hi. Paul in Colosae pawlpi a vei-na, thu-um mite a lunghimawhna kilang hi. Amah mah pai-in a vaphak theih loh hangin amaute tha a pia nuam tawntung den hi. Amaute in thu upna nusia loin thu upna-ah a kip zaw semsem dingin khat le khat tha kipia ding a lunggulh hi. Koi bangin Paul thu hilh in mimal nuntakna mihing ihihna thu a pulaak thu in ama nasepna manpha ahihna pulaak hiam?

Pawlpî Kizopna

Internet le mihing kizopna tuamtuam simzawhloh om bialbualna hih leitung ah Paul' phutkhak haksat nate pen ngaihsut haksa mah hi. Tua haksatna pen, khuatual pawlpîte in, amau kipawlîna pen khuatual cianglel sangin lianzaw mahmah ahihna a theih sakna ding ahi hi.

Sim in, Col. 4:10, 11. Pawlpî nasem, sawltakte mun khat pan mun khatah pai-in tua bangin a nasepnate vuah (Col. 4:7-9), Paul in koi bangin amaute thaguan hiam?

Paul tuahkhak hamsatnate, a laikhakte sungah zong tampi kimu thei hi. A laikhak gelhnate-ah pawlpîte hopihna kam masate in bang pulaak hiam? Tua bangin a hopihna kammalte in khat le khat kizopna a sak thei thute hong suak hi. Mark in Barnabas' sanggampa hi, ci-in ciamtehna kimu thei hi. Colosse pawlpîte kiangah vahawhin a pai ding Paul in a hanthawn hi.

Aristarchus in Paul tawh thongkia khawm mi khat hi, ci-in kipulaak hi. Amaute in Pasion galvan tawh kidim Khrih galkapte ahi uh hi ” (Eph. 6:10, 11), Satan ukna do-in a ukcip mite suahtak nadingin galdo muanhuai galkapte a suak uh hi; Pasion ukna Gam nasemte ahi uh hi. (2 Tim. 2:1-4). Jesu/Justus (Jewle Roman min hi-in Greek min tawh kizawitawn min hi, cih kimu thei hi. Paul min zong Saul hi, ci-in kiciamteh hi. Amaute in gospel nasemte a suak uh hi.

Aristarchus, Mark, le Justus cihte in Jew mi thu-um mi hi, ci-in a pulaak hi Tua khit ciangin Gentiles mi Epaphras, Luke, le Demas (Col. 4:12-14) cihte zong a pulaakna kimu thei hi. Paul in “tua bekmah”ci-in a pulaakna-ah, Paul in lungkiat theih nading buai-na tampi hi. Bangbang hi taleh hih bang hun sungin John Mark le Barnabas Paul nusia hi. Paul in a khualzin masak sungin hih bang lungkiat theih nading buai-na tampi a nawktan hi (Sawl. 13:13), tua in ama citakna a pulaak hong suak hi. (Sawl.15:36-40). A sawt nai lo hun khat lai-in Adventist Pawlpî sungah kikhelna lianpi khat hong tung hi. Hih thu buai-in pawlpî kipumkhatna susia ding tawh kibang phialin om hi. Pawlpî ciat in buai-na a tuakkha lo ki om lo ding hi.

Koi bangin na pawlpî in kipumkhatna a susia thei thute a kantan thei hiam? Na pawl sungah bang thu in kipum khatna a susia hiam?Tua buai-nate koi bangin veng thei ding hiam

Gen baanglohna leh Kicinna

Ngiimna-kip nei nundan leh ngiimna nei pawlpi tawh kisai laibu zong kigelh khinzo hi. Ngiimna-kip taktak i neizo kei zongin nasep khat zawh theihna dingin ngiimna bulphuh khatmah neihhuai veve hi. Paul le a naseppihte' nunna leh nasepna in hih thute bulphuh hi (*Phil. 3:13, 14*). A thupiangte in amau mah pulaak khia a – lungdamnathu in Rome gam sungah manlang takin kizeel hi (*Col. 1:23*).

Sim in, Col. 4:12, 13. Bang mungtup kipulaak hiam? Koi bangin tua mungtup in tangtung hiam?

A kipulaaksa om bangin Epaphras in Colosse dongin hih khua tawh kinai Laodicea le Hierapolis dongin gospel thu kizel thei hi. Paul hopihna kammalte le hih pawlpi tuamtuamte tungah hanthohna, thungetna kammalte kimu thei hi. Epaphras ii thunget in mungtup kician khat nei hi, cih kimu hi. Tua in Colosse pawlpite in “Topa deihna bangin kicinna dinmun tungin, pau baang loin a om ding uh ahi hi” (*Col. 4:12*).

“**Kiptak ding**” cih kammal in kiling ngei lo” cihna hi. Thu upna le gospel thuman thutak sungah kiptakin i din ciangin tua bangin a piang thei lo ding thu khat a piang thei hong suak hi (*Col. 1:23*). Hih kammal mah Paul in “khuamial ukna neite hong khemmnate tawh kisai-in a pulaaknate-ah kimu thei hi (*Eph. 6:11*) “Pasian galvan khempeuh tawh i kidim ciangin khuamial ukna neite hong do-na kido zo ding hi (*Eph. 6:10–18; le 2 Tim. 2:19*).

Paubaang lo: Paubaang lo cih kammal in gamtat zia le tong hoih a pulaak kammal hi. Hih kammal in meihal biak nadingin a kigo ganhingte dinmun a pulaak kammal hi (*Matt. 5:44, 48; Phil. 3:12–15*).

Kicing: Hih kammal in vanglian mahmah hi. A mong tung khin, Hih kammal in Pasian kamciam om bangin mihing tawh a piang thei lo khempeuh Pasian vangliatna hangin a piang thei thu hi, cih hong hihhi. (*Rom. 4:21*), Topa in tua bangin Paul thaguan den hi. Tua hangin Pa\ ul tungtawnin gospel thu kizel kawikawi thei hi (*2 Tim. 4:17*).

Pasian' Deihna Khempeuh: “Khempeuh” cihpen a huampi ahi hi. Paul in Colosse mite in “minthang Ama' vangliatna” tungtawn in “Pasian' deihna bangin nungta in Amah lungkimsak” (*Col. 1:9, 10*) ding cihhi.

Leitungah inuntak hangin Leitungmi ihi kei

Sim in, Col. 4:14, 15 le 2 Timothy 4:10, 11. Koi bangin Demas nunzia tawh kilamdang hiam? Banghang hi ding hiam?

Sawltak John hong hilh bangin, “Leitung it kei un. Leitung le a sung a om nate na it kei ding uh hi. Leitung a it mi sungah Pasion itna a teeng thei kei hi (1 John 2:15). Luke in Jesu a itna le Ama ukna Gam a lunggulh hangin a nungta sung khempeuh Paul tawh nasem khawmin a om hi. Ahi zongin a langkhatah Demas in a hong tung ding Gam sanginleitung nate it zaw ahih manin kisiatna sung a tung hi.

A nuai-a Lai Siangtho munte sim in. Kumkikna a lamet mite adingin bang lamlahna hong kipia hiam?

1. Mark 13:32–37 _____
2. Titus 2:11–14 _____
3. 2 Pet. 3:10–14 _____
4. Mang. 3:17–21 _____

Jesu le sawltakte in “pilvingin vilin ngak dingin” hong hanthawn tawntung uh hi. Topa hong pai ding kiging den dingin hong hilhna uh zong kimu thei hi. Tua hileh Ama hong pai ciangin dipkua patau cihte om loin lungdam takin Amah i dawn thei ding hi. Ahi zongin a dah huai thu khat in Nungzuite bangin Jesu hong thupiak phawkkha loin i nungta ihi kha hiam? Ama hong thupiak in “Pilving unla, vilin ngakin om un”(Mark 14:38); mi tampi in kiginkhol lo uh hi.

Tua bangin kigin kholh ding kizam sa lo uh hi. Vilin ngakin kiging kholin a om mi inleitung le Pasion na a sem khawm thei kei hi. Bang hang hiam cihleh mi khat in to nihna a sem zo kei hi. Laodicea tunah laikhakna-ah, Jesu in kician kitel takin tatzia, kalsuanzia ding hong hilhna kimu thei hi. Amasa penin i mawhna kisik ding hong hilh hi. Nihna-ah, Jesu tungah i lungsim kongkhak hon ding kizam hi. Amah hong lutin i sungah hong teeng ding hi. A thumna-ah tua bangin Khrih tawh a nungta mi in kham citak bangin upna sungah kiptakin a dingkip mi hi ding hi. “Kham” bangin a deihuai upna le itna nei uh a, zia-etna, gimna tungah zawhna a ngah thei uh hi.

Na mawhna na kisik ding a om lai hiam? Bang lamlahna hong pia hiam?

Laodicea aa ding *Thupuak*

Sim in Col.4:16–18; le Col. 2:1–3. Jesu in Laodicea tungah aa ding thupuak nei hiam? Paul hunlai Laodicean pawlpi tungah thupuak bangin tuni tuhun ading bang thupuak kimu thei hiam?

Khang tawntungin Pasion mite nunzia i ngaihsut ciangin pawl sung buai-na tuamtuamte in kibang toto hi. Kamsangte in Israel mite a vauhilhna-ah a zekai luatma-in leitung nopsakna zui-in nungta loin mawhna kisik ding thupuak kimu hi lo hiam? Isaiah in dahna tawh a pulaak thu in “koi bangin a citak khuapi in numei kizuak bangin nungta hiam? (*Isa. 1:21*) Mawhmai-na le siantho ngah dingin Pasion kiang zuan uh hi (*Isa. 1:16–20*). Tuiphum John (*Matt. 3:2, 8–10*) le Jesu (*Matt. 4:17, Matt. 21-27 12:33–37*) in Israelte tungah mawh kisik dingin a hilh uh hi. Mah kisikna tawh kilawm kituak gah a nei dingin zong lametna a nei uh hi. Thukhen/ sittelna hun ciangin sawltakte thupuak in (*Sawl. 2:38; Sawl. 3:19; Sawl.17:30; 2 Kor. 7:9, 10*).

A nuai-a munteng en kak in. Isa. 60:1–3 le Mang. 18:1–4, le Isa. 62:1–5 le Mang. 19:7, 8. Bang thu kibang na mu hiam?

Pasion in vantung le leitung pum khat a suaksak ding hi. Ahi zongin “Kido-na Lianpi”

1. Kalvaryah Satan in gual lelin aom hi. Vantungmite itna ngah nawn lo hi (*John 12:31*).

2. Khrih nasepna vantung biakbun sunga thukhenna tungtawnin Pasion mite in na hoih a sem ding le Ama deihna bang a sem dingun hong deihna kimu thei hi.” (*Heb. 13:21*) Tua khit ciangin vantung tawh kilawm kituak mite a suak thei uh hi.

3. Kum tul sung thukhenna le kum tul khit a nunung bel thukhenna-ah i telloh thu khempeuh kitel ding hi. Mawhna in a tawntungin a beisiang ta ding hi. Mawhna, mawhna kisil mi khempeuh tawntung mei kuang sungah kihaltumna a thuak ding uh hi. Tua ciangin leitung in a thakin kibawalpha ding hi (*Mang. 21:8*).

4. Mawhna bei ciangin vantung le leitung pum khat a hi ding hi (*Mang.21:3*).

Pasion tungah a citak thei mi hi lo na hiam? A hong piak thuman thutak sungah nungta ding hi lo na hiam? Cihnopna-ah na deihtelnate in tua thuman kilangsak hi lo hiam?

Simbeh Ding: “Khazih tungah lungsim a pum-aap kha a dingin Khazih in kulhpi hongsuak a, hih leitung in tua kulhpi langdo ahiah manin, Khazih in zong tua kulhpi sungah gal pansan hong la in, Ama’ ukzawhna aana lo a dang aana peuhmah omsaklo ding hi. Vantung mite’n a kepcin kha khat peuhmah pen Satan in bangmah lawh theilo ngiat hi. Ahiah hang Khazih in hong uktheih dingin i kipiak keileh gilopa mah in hong ukcip veve ding hi. Leitung ah a sangpen aana neih ding a kituh vangliatna nih lakpan khat teitei’ khutnuai ah i omuh kul ding hi. Khuavak gam tawh kipawl ding mangngilh lelpeuh leng, vantung tawh kizom kei peuhheng, Satan in i lungsim sung hong lutpah in, amah hong ki phual pah ding hi. Gitlohna pan ki galdal theihna khat bek om a, tua pen Khazih in eima upna tungtawn in lungsim sungah hong teenna ahi hi. Pasion tawh kiptak in i kizopkei nak leh, angkhualna, eima’ lunggulhna bang zuihna tawh mawhzolna nasia mahmah te cikmah in daalzolo ding hihang. Satan tawh tonkhawp lohna dingin nundan tampi nutsiat kul ding a; Pasion tawh kizom lopi, hun simin Amah tungah ki-aap lopi in, hong kizogawp lel ding hi. Khazih tawh a mimal in kitheihnelna leh mimal kizopna a om keileh, a tawpna ah galpa hehpihna nuai mah a kitung hita hi” —Ellen G. White, *The Desire of Ages*, p. 324.

KIKUP DING DOTNATE

1. Hitengah Ellen G White kammal enin. Kidona lianpi sungah langnih bek om a; Khazih teel keileng, Satan’ lam hipah hihang (*Luka 11:23*). Tua ngaihdan lungsim buai mah lecin, na buailuat lohna dingin Pasion in nang tungah vaipuak hong nei hi tuanlo hi. Nangma lunggulhna peuhmah Khazih tungah pum-aap ding bangzah in thupi hong ci hiam?
2. *Mangmuhna 14:14–16* simin. Pentecost guah masa in lungdamnathu khaici mawnsak in posak in khangto sak a; guah nunung in leitung anlak nunung a dingin kiging sakkhin hi. *Mang. 14:12* in hih lam-etna tawh koibang in kizom hiam?
3. Thu ummite pawlpi tawh ihi a, mimal ihi zongin, eima kimkot leitung ngeina te in koibang in hong huzaap thei hiam? Pasion’ mite buaina hong pia den leitung’ huzaap hoihlo te khempeuh pan, eileh ei koibang in kidaalzo thei ding ihi hiam?