

# NAUPANG SUNDAY SCHOOL TEACHING AIDS (PICTURE BOOK)



Zia a chung ah Naupangte Picture Book hi Synod Sunday School Committee chun Naupang Sunday School Teaching Aids ding in a guanggal ah, a dawite'n Office ah chawk thei zing ding in kawi a hia, bu khat ah ₹ 500/- a hi.

To,

---



---

*If undelivered please return to* - TPC Office,  
P.O. Box - 107  
D. Phailian,  
Churachandpur - 795128  
Manipur, India



ENTIA LA LAL CHU

- Thupiak thak chu
- Jesu Khrista thîna umzia
- Khrista tawh kaithaw ah um



**Editor** : Rev. Kamkhotinthang Neihzial,  
Executive Secretary

**Joint Editors** : Rev. C. Lalremruata, Consultant  
: Rev. Luttinlel  
: Rev. Khaisonhang Vaiphei  
: Upa Thualkholian  
: Upa Nengsuanhang  
: Pi Neikhovak, General Secretary, CKNP  
: Tv. Lianmuanhang, General Secretary, CKKP

**Business Manager** : Tual Upa Langlalthamuan  
TPC Office D. Phailian  
P.O. Box 107 Churachandpur-795128  
Phone No. +91 9958160325  
Email - [ehinnavak@gmail.com](mailto:ehinnavak@gmail.com)

Kum khat lak man : Rs. 150.00

A man penuam leh a la thak nuamte'n Business Manager kiang ah hiatsak di.

### A SUNG AH THU UMTE

|                                          |    |
|------------------------------------------|----|
| 1. Editorial                             | 01 |
| 2. Kochuam Huang                         | 03 |
| 3. Nang in kei lei hepi em?              | 05 |
| 4. Entia la Lal chu                      | 13 |
| 5. Jesu'n Leng hîna a taklang hi         | 17 |
| 6. Thupiak thak chu                      | 21 |
| 7. Jesu Khrista thîna umzia              | 24 |
| 8. Jesu thîna le Pathian lopina          | 29 |
| 9. Jesu thawkitna ziaak ah i vangphatnau | 32 |
| 10. Khrista tawh kaithaw ah um           | 36 |

### SYNOD PUIPATE

Moderator : Rev. S Lama Vaiphei  
Secretaries : Rev. Summinlian Vaiphei (Sr.)  
: Rev. Lalpiaklian (Jr.)  
Finance Officer : Upa Tinliankham  
Statistician : Rev. Andrew LR Khiangte  
Executive Secretary : Rev. Kamkhotinthang Neihzial  
Consultant : Rev. C. Lalremruata

Hinna Vâk ah thu kisua zosia hi Editor ngaidan a hi suak puai



## Pauchapna Thupi:

1. Kochuam Upa leh Tual Upa te'n Kochuam mite Taksa leh Thagau ah kiningting tak mai ah a puihuai zêl theina ding un pauchap hitiu.
2. Khristian Khanglai Pawl leh Kochuam Numei Pawl (Central, Bial, Branch) te nasepna a lawting zêl theina ding in pauchap hitiu.
3. Missionary mun chuam chuam ah umte â ding in leh Semtu chawm Kochuamte leh mimal â ding in pauchap hitiu.
4. Gamsung buaina ziaak ah panlatu pawl chuam chuam ah puitute a ding in pauchap hitiu.

## KUA ZAWK LA TÊL DIAM?

*Chutia, a hung kikhawp phat ua chun, Pilat in a kiang un,  
“Aleh, Jesu Barabba a h’em, a hilo leh Jesu Messiah kiti hi,  
kuapen ka hun thadawk piak diam” a hun tia (Mat 27:15).*

*Hinna Vâk* Simtu dawitak zosiate Palm Sunday, Good Friday leh Easter Sunday nibikte haw lawk tak ah mang chiat ngei ding in dawisakna ka hun lân hi.

I Bible chang têt uh kilâk tak hi Lal Jesu Khrista a mat nung un Pilat kiang ah pui in a um ah, Pilat in Jesu chungchang vai a hawm ah, mipi ngaidân a lakna a hi.

Barabba chu tualtha zia ah mawchansak leh helpawl ah pang a hi. Chanchinpha buli-ten a min a suhlang chiat ui. A min hin le migio tawpkhawk a hidân a suhlang chian ma ma hi. Matthai chun **“migilo minthang”** (27:16) a tia, Marka chun ama chu tualtha zia ah mawchansak, suangkual ah tâng, **“Helpawl ah pang”** (15:7) a tii. Luka chun ama hi khawpi sung **helna ah tualthat** ah a la pan zia ah suangkul tâng a hi (23:19) a tia. Johan chun suammang a hi (18:40) a tii. Peter in Solomon hulliap ah a thugen khan ama chu **“tualthattu”** a ti’i (Acts 3:14).

Suangkul hi ama â ding ah siam a hi pen mai hi. Zia tak mun ah a um chu gitlo huase tak a lah bawl zia a hi. Ama hi tualtha khawksalo a hi. Tulai thingnuaimite gual in lau-um in kilanglo maleh, khawtang â ding in mi nawksak tak a hi. A min ban ah **“migilo”** ti thumal i bel chun, mi zosia’n Barabba chu a hiau tina a hi. Bangti dân ah ama hi thadawk nuam ei diam uh?

A langkhatlam ah Jesu chu mawna neilo a hi. Pilat Jesu hinate chu hechian ma ma hi. Jesu chu Juda mi, zilsaktu leh mihausa ei puai. Ama chun Thilmakte bawl in tekhinthu mang in Thu a gen hi. Ama chun nungjui mipi tam tak a nei hi. Pilat in a mizia hechian suak maleh Jesu a ma-ang ah a din phat in a lungthim a sukhawlo sik sek a hi. Thum vei hial, **“A mawna ka mu zo puai”** a ti (Joh 18:38; 19:4, 6).

Pilat in Juda Hotute'n Jesu chung ah phuba a lak nawpdân uh kha a la ngainep kha. Ama lunggeldân ah chun mawna neilo ti a puan kha huntawk ding in a ngai a, thina tâk in a ngailo a hi. Tichun, Jesu “hekna” chu a zân zân in a kipan ngal hi. Zia hun sung ah chun Jesu'n kam khat cha'n le a dawnhu thuk pua'i. Ama chu belam thalup di gual in, belam a mul mettu ang ah a kidaw hiat hiat gual in kam khat chale a gen puai (Isai 53:7).

Mipite lungputdân a hiat phat in Pilat in a tawpna ding in a thiamchanna di phachuam lo ngetna a siam kit ah: “Aleh, Judate Lengpa la tiu hi bang ka law diam” (Mk 15:12 cf Mat 27:22) a tia. Maleh, a vaigei talaw tai. Mipite chun, “Ama chu Khraws ah khenden in,” “Ama chu Khraws ah khenden in” tii a kiko zui tau a hi.

Juda mipite dawitêlna siam hi mak tak chu a hi. A têt diu chu tualthattu a h'em mawna neilo. Jesu a têtlo bep uh hilo in Jesu thisan maw chu a chung ua tung ding in a hun têtbe nalai set ui (Mat 27:25). Jesu thi di a dawî ua, amau leh cha teu chung ah thil hung tung di chu a ngaitua pha keilo uh a hi.

Dawitêlna i masang ah a um tak leh, dawitêlna siam hi thil haksat tak chu hi ngei ina. Pilat chun Jesu chu mawna neilo a hi ti hehchian maleh ngawna a nasat bek zia un migilo zaw a zalen sak ta a hi. Jesu mizia hehchian ngal a, Barabba dawizawte tawpna di chu bang a hi ta diam? Zia dawtna hi kuama a peng theilo a hi. Khrista minthan sung sia chu ama tawh chia, ama nungzui leh ama têt chu a nuam sek a hi. Maleh, a haksat hun tak hi a buai-um chu a hi. Khawvel in dawitêlna a la siam tai. Ei unle dawitêlna i siam ngei ngei ding uh a hi. Kua zawk la têt diam? Jesu a h'em Barabba?

Juda mipite chun migilo tawpkhawk chu Jesu sang in thadawk ding in a tel zaw tau a hi. Dawitêl theina chu a mang khial tau a hi. Dawitêlna mak tak chu a hi. I gualpha zawk Jesu têtlo ah i melma zawk têt hi thil ngawluhai tak a hi. Ei un vang i thasang ua thi leh thokitpa Jesu ngei têt zaw'itui.

*Hinna Vâk* simtute zosia Lalpa'n hun malzawl chiat ta hen!

---



**Kochuam Huang**

## **Residential Missionary Orientation Programme**

Residential Missionary  
Programme hi ni 18-20 March  
2026 sung ah Committee  
Room No. 2 Synod Office ah  
hi nei di a hi.

## **Missionary sawlbe**

Synod Mission Board 9:4 dt.  
17.2.2026 dungzui in Karbi  
Anglong Mission Field (KAMF)  
ah sawlbe ding in tû ah Office  
ah um zinglai Pu L. David leh  
Tv. Thangginmang guat a hui.  
Amau hin ni 2 March 2026 in  
zawm pan in'au.

## **RESIDENTIAL MISSIONARY ORIENTATION PROGRAMME**

### **Hawwna**

- A mun : Thangkai - Lungpau Hall  
A hun : Ni 18 March, 2026 | 4:00 p.m.  
Puitu : Rev. S. Lama Vaiphei, Moderator  
Introduction : Rev. Summinlian Vaiphei,  
Synod Secretary

*(Trainer-te leh OM te'n nitak An nêkkhawm hi'na)*

### **Khâkna**

- A mun : Thangkai - Lungpau Hall  
A hun : Ni 20 March, 2026 | 6:00 p.m.  
Puitu : Rev. S. Lama Vaiphei, Moderator  
Vaithâkna : Rev. C. Lalremruata, Consultant

*(Trainer-te, Resources persons leh Mission Board te'n nitak An  
nêkkhawm hi'na)*

## **RESIDENTIAL MISSIONARY ORIENTATION SCHEDULE**

### **Thupi**

1. Call, Commitment &  
Challenge
2. Management, Conflict,  
Financial & File
3. Role of Missionary, Church  
Planting, Evangelism & Teaching

### **Zilsaktu**

- Rev. Summinlian Vaiphei,  
*Synod Secretary (Sr.)*
- Rev. S. khaikholam
- Rev. K. Jama Vaiphei

- 4. Culture, Context leh pau zilna - Rev. Vanlalchhuanga
- 5. Other's Faith - Rev. Lalpiaklian  
*Synod Secretary (Jr.)*
- 6. Presbyterianism & Homiletics - Rev. Kamkhotinthang  
Neihzial, *Executive Secretary*
- 7. Life Skill & Communication Skill - Rev. Siamlalron
- 8. Physical & Mental Health - Dr. Asem Vaiphei
- 9. Manner & Etiquette - Rev. Andrew LR Khiangte
- 10. Professional, Evangelism & Counselling Method - Rev. Ph. Thianneilal Vaiphei

### MISSIONARY SAWLDAW PROGRAMME

- Puitu - Rev. Kamkhotinthang Neihzial,  
*Executive Secretary*
- Pantu - Upa B.T Khampu,  
*SMB Member*
- Lâ sak khawmna - "*Lalpa gam di lâk gua'n*"  
(KLB No. 312)
- Missionary-te chanchin  
genna leh hetsakna - Rev. Summinlian Vaphei,  
*Synod Secretary (Sr.)*
- Sawldawna leh thucha - Rev. S. Lama Vaiphei,  
*Moderator*
- Pauchap piakna - Rev. C. Lalremruata,  
*Consultant*
- Lapawl - 1) Synod Choir  
2) Lamka Pastor Bial  
3) New Lamka Pastor Bial
- Lâ sakkhawmna - "*Lalpa la nâ sem dia lei ko hi*"  
(KLB No. 365)
- Malzawlina - Rev. K. Jama Vaiphei  
*SMB Member*

# NANG IN KEI LEI HEPI EM?

(Johan 21:15-19)

~ Rev. C. Kailianson  
i/c Singgat Pastor Bial

## 3. Jesu leh Peter thawkit nung ah

Lalpa tawh Peter, Lalpa thaw kit nung ah a kimutuanau hih Peter hinkhua â ding ah hun pawimaw pê in kei mimal tak in ka kawi hi.

Nungzui tamzawte ziang in le a hun lai ah Juda mipi tamzawte ngaidân gual in Lalpa Jesu hi a lah ngâk uh Messiah “Hukdamtu” amau kawltânna pat (taksalam) hûkdawk ding leh kai dawk ding ah a ngâk uh kha a lah hia, a gingchâklo gual tak ua Lalpa a hung khailup mai uh hin, a lung uh ke ma ma hi in i bible ah pat in i mu thei ui. Ziagual ah chun, Peter ngei in le “Messiah Pathian Chapa la hi” a lah ti ziang lehle a kinep guallo tak ah

hûkdamna nâ Lalpa’n a hung sep dân hih hethiam ziang ding in gingchat a um puai. Lalpa a thi zaw, a thawkit zaw nunglam a hi ta, Mihing man ding ah ama siampa’n a umlo san nung ah hin mihing mat didân chu he diak talo hi di a hia, a mat ngaima sanga man ding in a kile kit tai.

Thil mai mai gual ah ngai thei in tin, Peter sanga man ding ah a kile kit mai hih, Pathian thugen thiam tam tak in a gen dân uh chu

“Peter chu a nunlui lam in a kile kit tai” ti hih a hi tângpi hi. A diklona um diak in le ka he puai, zia chu a hi zing lai in, keima’n ka mu dân tak in, awimaw um ka sa puai. Sanga mat chu a tuina pên a hia, a nêk hawl na a hia, Inkuan a vâkna a hia, a lawi leh pai pawl na a hia, zia haw zosia a nutsal zia kha le Pathian Chapa’n mihing man ding ah a siam zia kha a a nutsal a hia, ama kotu umtalo ta nanana chu ama nêk hawl na lam tak ah a kile kit mai kha umzia nei pên in ka hai.

Himaleh, mihing man ding ah ko dawktu khan a hemil him him pua, a kona kha a sângtu’n hezing talo maleh, lampi suhmang in bawl di pên helo in um ziang maleh, a tâwpkhawk, a thiam pên, a hiatsun sanga mat, ama kotu’n a ko lai ah a nutsal tâkna mun ma ah chun Lalpa’n a kimupi kit ta a hi!

Lalpa’n lui sung ah pat a ko dawktu ah, an a nêkpi lai tak ah hin Peter um didân

vêl hih ka ngaitua sek a, lungsiat um ma ma ding in ka gingcha a hi, kisuangla tak in um in tin, a lungthim ah hin mizosia’n hung nusialo di ka hih a ti lai vêl kha châm zing in tin, a phatsan hun lai vêl kha um in tin, ka panpilo zia kha ah Lalpa hi thuak a hi ti haw vêl a ngaitua ngei ka gingcha a hi.

I gên tâk gual ah khan Peter hinkhua â ding ah hun pawimaw pên ah ka ngai zia k chu, tu ah Lalpa tawh Peter kihona zia k hih a hi.

Lalpa’n Peter chu mun chuam deu in a chutpi ah, bang a tia lei kilepsan le a ti pua, la pha zêl nam le a ti pua, bang kibawl ta leh lah ti em le a ti pua, Lalpa’n a dawktu chu “Ziate haw sâng ah hin lei hepi zaw em?” a ti a hi. Ziate haw a ti hin, a sanga leh a lawi leh pâyte, tuipilawng-sanga-lên ti haw hih Peter â ding ah mai mailo a hi, ei thingtâng mi pa â ding ah Anchang chu hinna i ti

gual in Peter â ding in ziate haw zosia chu hinna a hi. Peter hin Lalpa chu a en a, "I, LALPA, ka hun hepi hi ti lahhiai" ti in a dawnhu det chet thei hi. Peter ngaisân a um ma ma na chu zia hi a hi, Lalpa a hepina hi thil dang cheng sâng in a sâng zawi ti hi ama a kihatichian bep a hi pua, Lalpa'n le a hepi ngei chu a hechian hi ti a hiat hi a hi.

#### 4. "Ziate haw sâng ah hin lei Hepi zaw em?" Zilchianna

Zia dawtna hih dawtna mai mai a hi puai, zia hi Lalpa Jesu'n Peter kiang ah a lah dawt a hia; Peter kiang bep ah a dawt mai hi leh chu a thu hi zia hin kichai mai di a hi ta, zia thudawtna hih, Lalpa Jesu'n mi zosia kiang ah a dawt a hi! Nang leh kei kiang ah le zia dawtna hih Lalpa'n ei dawt zing chu a hi. A pawimaw ma ma ziang chu, i dawnhuna a hi.

Lalpa Jesu'n Peter a dawtna mun leh hun hi zilchian pawimaw a hi zia

in, vak zilchian deu ding in kisai tiu. Zia tuanthu hi Jesu nungzui Chanchinpha Johan zîktu'n a lah zik a hia; Lalpa Jesu thawkit nung ah thiltung a hi. Peter chu nungzui dangte tawh sanga man ah lên sep in a um kit tau a, Lalpa a kituak masat pên gualtho ah khan bangma a man kit puau a, Lalpa chu va chia in a chang lam ua lên chu sep ding ah a gen phat in tampi a man kit tau a, zia chun Lalpa'n a hepi Johan in Lalpa a hi zia a hung he dawk ta, a gen phât in Peter in le a hechian bep a hia, zia ah sanga a mat zaw ua, an a nêk khawm zaw nung ua, Lalpa leh Peter chu mun chuam deu ah a kimu kit uh a hi.

Bang zia ah Lalpa'n Peter chu a chuam bîk ah a kimupi nuam a hi dia aw ti hih ka ngaitua sek hi, zia um thei tam tak um in a, ken ka ngaitua sek a:

- 1) Peter â ding in zia a chuam bîk ah kimutuana hih

pawimaw ma ma hi ding in ka gingchai. Lalpa nâ a sepna ding ah, a hinkhua hun pawimaw pên in ka kawi hi.

2) Chanchinpha zîktute'n a zik khaklo vang un thil um dân ah pat hin Peter in Lalpa a mat zân ua a phatsan zia ah khan Peter lunggêl ngaituanate hi suhkha ma ma hi di a hia, Peter hinkhua hi mumallo tak ah a lah umta le himai thei a hi.

3) Lalpa'n Peter chu a nasêmtu narân mai mai di a ti pua, a hotu di, a makai di, a khaitupa pên di a ti zia hi ngei in a, Peter (Suang) ti le a min a sak theng a hi kha; Peter lungke tak ah mani kisit kawm leh ki-awimaw tak kawm ah a um di chu a phallo zia ah ama sukhatna ding ah zia hun ah hin ama bep tawh a kimupi hin a.

4) Hetmil thei keilo di leh kichian pên ah ngai thei chu, Lalpa'n Peter in a hepi tak tak na em ti a hiatchian

ût zia leh a namdet ût zia ah a ko daw hi ngei ding in ka kawi hi.

Lalpa'n "ziate haw" a ti hin bang a genna a hi ta diam? Ziate haw a ti ah a gen hi ding ah mekmat thei umte chu:

1) Peter in a ût ma ma ziang, a nêk hawl na, a thiam pên leh a thawtnawp pên lên se ah sanga mat. Lawng chung ah chuan ah lawi leh pai tawh kipawl lim te haw le hi thei in a.

2) Peter hi, hotu thiam, mi pawl thiam a hi zia le hi di hia, a nungzui di a um zing ah, lawi leh pai ngai ma ma hi di a hi, a lawi leh pâite haw a genna le hi thei in a. A bang chu hi ziang leh le zia tak ah Peter in a dawnhuna hih a hi a pawimaw chu "I Lalpa ka hung hepi hi ti la hiai" a ti det chawt mai hi! Zia ah dawtna dawnhuna gual ah hin nang leh kei in i dawnhu chet ziang theina diam ti hih a hi.

Nang in ziate haw sâng ah hin lei hepi zaw em ti hi, Peter kiang in khatvei bep a dawng pua, thum vei khel khel a dawt hi umze bei ah Lalpa'n Peter a dawt hi ding in gingchat a um kei puai. Lalpa Jesu matsak ah a um ding zân ah khan, a nungzuite tawh chiakân kût luai a the khawm ua khan, a nungzuite kiang in a kilepsan di thu a gên a, "Peter chun, mizosian hung kilepsan in hung nusia leule ken vang hung kilepsanlo di, hung nusialo di ka hi a ti lai khan Lalpa chun thum vei hial a kilepsan di thu'n a dawnhunhi. A ût keilo thu i bible in i mu ngei uh kha! Lalpa'n a gênlawk gual ngei in, a kilepsan hi, thum vei!

Lalpa'n zia dawtna a dawt lai ah khan a lungthim ah um ngei ding ah gingchat um chu, a kilepsan hun lâite, thiamlo a kichan lâite, ama leh ama Lalpa a phatsan zia ah a kingaidam theilo dânte, a lawi leh paite'n nusia lehle ama'n nusialo ding ah a

kipautiamna a sukpitin zawlo zia ah a lawi leh pai te lak ah mualpho a kisak dânte haw zosia kha hung kilang in, a lungthim nâ hi ngei in a, Lalpa chun, tukhel lei kilepsan tâklo di le a ti pua, "tukhêl" ti in bangma cha condition a siam piak puai, a siam piak umsun chu lei hepi a hi chun " ka belamte vak in , enkawl in" ti a hi! Khrista hepitu chun Khrista belum a vak chu mawpuakna a liangko ah kawi piak in a um ngal hi.

## **5. Khrista Hepitu la/ka hina em?**

Khrista hepitu ka hi tak tak na em? ti hih dawtna ka kisiam mun ma ma khat a hi. Lalpa Jesu tawh Peter holimna hi keima'n mani kiten a ding ah ka mat mun ma ma khat a hi. Mihing gitlona dim, mani masialna kalsuan, eima lawkna di bep ngaitua hinkhua hih i tulai khawvel in a ken dawna lak ah hin Khrista ka hepi zo tak tak seklo a hi. Khrista belum

vak di tu hingal ah eima le taksa leh thagau ah kivak zawlo chang a tam ma ma ziang sek hi.

Piangthak ta, Thagau Thiangtho in ei pawl tak leh lim ma ma ziang, mi dang hepina dim hileh kilawm ziang hun ah hinkhua mat châng a um zing lai in, Lalpa thagau umlo a dia aw, Khrista hepizo tak taklo ka dia aw, piangthak tak taklo ka dia aw ti ah taksa leh thagau hul tun tun chang a tam sek hi.

A belamte vâk ding ah suang gual ah det ah um ding hinapi, Khrista chu ka he kha puai ti ah nisin hinkhua matdan leh chawndan in a zillo hun a tam ma ma ziang ah, zia hun ah Lalpa'n Peter tawh a kihona hih ei kawkmuk sek in ka hiai. Bawl di helo gual ah Sanga man lai mihing man ding ah siamtu'n, mihing mat di le ngaitua zo kittalo ah sanga man kitta, sanga man ah buai luai luai kit Peter chu Lalpa'n a ko kit

a, thum vei phatsantu kiang ah chun thum vei lei hepi em ti a dawt kit hin, nang leh kei ni khat ziang le mi piangthak hi ngal ah ginum zo seklo kiang ah hin le lei hepi em ti ei dawng zing a hi. Sangkhat vei phatsantu kiang ah chun sangkhat vei lei hepi em ti ei dawng a, sagi vei phatsantu kiang in sagi vei lei hepi em ti ei dawng a hi!

Peter in i Lalpa ka hung hepi hi ti la hiai, a ti gual a hin ka hung hepi hi Lalpa ti ah i dawnhu thei a pawimaw tak zet hi. "Ka belamte vak in, ka belamte chawm in" Lalpa'n ama hepitude kiang ah a phû chu a belamte vak di, chawp di ti a hi. Mi khenkhat chun zia hih hotute, lamkai lamte, makai dite, a kâwk sak nuam sek ua, zia hi a hî zing lai in, ama hepitude zosia huap a hi ti hiatmilo kei di a hi. Khrista hepitu khat ka hi nak nak chun Lalpa belamte vâk leh chawm thei di ah kisingsak chu i mawpuakna a hi.

**6. Lalpa belam vâk leh chawp didan**

Lalpa Jesu tawh Peter kimutuana hih Lalpa thi ah a thawkit nung ni chawm cha zaw ah thiltung a hi. Lalpa Jesu'n zia tak ah Peter a zilsakna hi lawting ma ma hi ding in ka gingchai. Kum Sawm thum ta vang a chia zaw in Peter in Lalpa belam te etkawl didan kichian tak in a hung gen hi! Mu daw thei leh zilchian pawimaw ma ma chu, a phatsan a, a kilepsan a, a kisîk a, a kisiampchai ti hi kichian tak in a kimu thei hi. Peter in Lalpa belamte chawp didan leh etkawl didan a gente 1 Peter 5:1-12 ah kipat in neu khat zil khawm hi tiu:

- 1) Pathian belam hawnte chintûp; hi ding a hiziak bep hilo in, Pathian thu gual ah thanuam tak zaw'n,
- 2) lawkna hawl zia le hilo in, lungthim ah daw tak zaw'n.
- 3) Kuama a chanteu chung ah kilalsaklo in, pawlte ettawn ding ah kisiamp ah kaihuai
- 4) Khangdawng nalaite, upate nuai ah kituklut di.

5) Nâ kiseptua piak chiat theina ding ah thunuaigawl na kivan di "Pathian in kiletsakte chu a dodâl in, kingaitawmte vang hepina a pesek hi," ti a hi ngal ah.

6) A hun tak ah Lalpa'n ei chawihawi theina ding in, Pathian khut hât tak nuai in kikawi niam.

7) Lungkhamna zosia ama Pathian chung ah septhak ding ah zilsak

8) Pilvâng tak ah chitthei di a zia chu mêlma Diabol chu sakeibaknei kitum gual in a nêk ding hawl ah a vâk vêl vêl zia in.

Zia ah a thugenna kipat hin chu Lalpa hepitu chu Lalpa belamte â ding in mi phachuam tak in a pang ngei ngei hi ti Peter hinkhua chia zêl ah pat in i mu daw thei ui. Khaile! Khrista suak, Khrista ah mi piangthak, ama hepitude hin eima Vângam kai mai di bep in lungmuang mai puai tiu, ama hepitu chun, a hepi a belamte Vângam kailo khak di i laupi

a ngai in a pawimaw ta a hi a  
thisan man tam tak ah a lei a  
hi ngal a.

**Thukhâkna**

Hepina, lam chuam  
chuam ah zilsakna i dawn  
zing lai in, tuni ah i zil hepina  
hi chu, a têpi di umlo, hepina  
sâng pên ah ei hepitu'n ama  
hepi thuk ding ah ei zilsakna  
a hi. Ama hinna lân ah a  
hepina hung latsaktu'n ei  
phût chu a belamte chawp,

vâk leh etkawl a hia, zia  
suhpiting ding ah chun ama  
hepitude hin le eima taksa,  
eima malzawlna dawnte,  
thilpiak i dawnte haw zosia,  
taksa leh thagau ah Lalpa ei  
malzawlinate zosia hi eima  
â di bep ah manglo in Lalpa  
belamte vakna di, chawpna  
di leh etkawlina ding ah i mat  
a kûl in a pawimaw tak zet a  
hi.

*TuDETTU*

Huipi kinawk vêl lak in, Lalpa a chun chawldamna  
ka mu'i,

Ama ka tukdet chu ka hinna ding ah phapen,  
Tuifawn hâttak in ei nuai maleh Ama ka kiang in a  
um ngal ah;

Thamuanna'n luiluang gual in, ka lunggil a pui.  
Thutak ei hil launa a hung thaw dawk hun in,  
*"Keima ah muanna mûn la, la mitte hak in"*  
Tichun hat lathak ka tin, ka launate thasuak tâng ka,  
A hepina a chun, dam didiai in ka um zing ngâl ah.

# ENTIA LA LAL CHU

## (Zekariah 9:9)



~ Rev. Minthianboi Vaiphei

Lal Jesu kha a hinkhua ah khatvei bep 'Chawihawi in a um hi' ti hi tutiang a hin chu kihechiat eive maw.. Lal Jesu nasepna ah zia thu hin umzia a nei dan leh pawimaw tak a hina kilatna chu Chanchinpha pali te'n a tuipi chiatna'u hi a hi. Khawneu cha Bethany ah "kinaipi diak khenkhat" tawh Lal Jesu'n Zân An a nekkhawmna'u kha tawh tê in, mipi thawm ngaitak tawh Jerusalem a lut kha kikhentak a hi. Lal Jesu'n leichung ah nasepna a neisung ah thangphuung tak ah kiphawlatna a nei umsun le a hikit hi. A hinkhua masalam a khan kilang beklo a um tâlzaw sek a hikha!

Thuthung Lui ah Zawlnei a nunung lamte leh Lal Jesu hung pian kikâl kha a tawmpen ah kum 400 lam kikâk a hi. Galzotu hina tawh lopitak ah a mite ang ah Lalpa hung kilatna ding thu hi Zawlnei Zekariah khan a lah phurpi ma ma ah. Ama genlawkna hi Bible pumpi a hin Lalpa Messiah kilatna tawh kisai ah a kichianpen le hi hial ina! Zia thu hin Judate leh Khristiante kiziltilna ah

mun liantak a lua gêl gêl bawk hi. Judate chun Messiah diktak hung kilat hun hun chu "zia Zawlnei gengual hi hin ah" - tia a lungawi tawkpi lai un, Thuthung Thak ziltina leh Khristian Sakhua'n vang Kraws ah khetdên a hi masang Pathianni ngei ah, gâlzo tak mai leh lopitak ah Jesu Khrista Jerusalem khawpi a lut di thugenlawkna a hi ti'n a pawmdet mai a hi.

Tukum a hin i Lalpa'u khatvei bep chawihawina a lah channa'n a kenkhawm thugûk leh eimau gingtute hinkhua chiazêl hin banggual ah kizawpna a nei em, a hiloleh banggual ah i neisak ding uh a he'm titawh ziagual hin a lah holimkhawm hitiu.

### 1. Chamna Palai

Khawvel paukam leh thîldan a chun Chamna kiti chu 'kidona umlona' ti thei in ah. Chamna ti hin lungmuanna, thadamna, chawldamna tite leh a dang dang le a kawktiei hi. Gingtu khat hinkhua

a vang, 'Chamna' ti hi pawlam kilatdan mai hilo in sunggil lam apat hiding a hia, mimal hinkhua hin khawvel ah muanna det tak a umna ding chu Hukdampa leh a Hukdamna nasep ah kinga zaw a hi tileu hin kigenkhiallodi eive maw.. i ginna'u siamtu leh bukimsaktu Jesu lam enzing (Heb.12:2) ding ah kiziltite i hizing lai ua hin, i mimal tak un bang pen hi chamna tuttu'n i ngai diam uh aw? Chamna Palai ding in kua i ensek uh em? Banggual in ka hinkhua'n ka pawmdet em?.. tite hi eima'u kidawngchiat di'n i kichial ui.

### 2. Chamna kingakna

Tulai i gam boruak et in, Chamna ti thumal in a huap zosia (timai hitiu) hi a umtheina ding in - i mêlmate thodawk kit takêilo ding ah kizo leh - kiti ut chiat di a hi. Judate khan Lal Jesu kha amau kineppi Messiah a hi di a pawmthei kêi puau ah. Babulon saltânna huaisetak

apat hung kile lungput apat  
thîl in a lêlam tak ah awimaw  
umlo a hui kati ut sek chulam  
e! Mihiam lunggel ah gâlzotu  
chu, azâ a sim, a sâng a  
sim melmate that ah, mun  
bangzat a he'm tak khu luai  
luai ah haltum kêi, leh gâlîk  
namênlo tawh a mipite kiang  
hung tung kit ding ti chu i  
duthusam hi ma ma di a hi.

Maleh, Lal Jesu khan  
KINGAITAWMNA LAMPI a  
hun haw tamai ah. Tamtak â  
ding ah thangtawm a um di  
dân chu genthiam le a haksâ  
hial chulam e! I Lalpa'n vang  
chaponate leh kiletsaknate  
umlo hial in kingaitâwmtak  
in Sabiltungno chung ah  
a hung chuang a hikha..!  
Malai Sualam Gam lalte  
chun a mipite'u nasep piak  
ding ah kipedawh a hina'u  
suklatna'n Sabiltung in a  
chuang sek ua, kidona um  
hun in Sakawl chung in a lah  
chuang sek ui. Zia hunlai ah  
mite'n a lah hiatthiam dan  
uh leh Lal Jesu lopi tak ah  
Jerusalem a hung lut dân

hia a lah buktua thiam kêilo  
chu hin'au. Mi tamtakte'n  
Pathian lemguatna guitunna  
Lal Jesu a khan a muchian  
ziak un, a kivannate'u, a  
hunte'u, leh a bawlthei dang  
dangte'u lândawh ah lim  
tak ah akiko dup dup lai ua  
khan, mi tamtak khan 'bang  
husa bep a dia aw?' tikawm  
ah lungbuai ma ma le a lah  
umdalo a hui. Kum zia chanpi  
hi gingtu i hitâk nung un, Lal  
Jesu leh a Chamna lampi  
hun haw hin eimau ah mun  
a nei na em, i etzing uh leh i  
bildaw zing uh a hinam ti hi i  
kidawt thak zêl uh pawimaw  
a hi.

### 3. Chamna vaihawmna

"Lei zosia'n Jesu chu Lal a  
hi ti puanglang in ah (Philippi  
2:11)" ti hi i Bible in ei  
kawkmaw tawp mai ah. Zawna  
chu Lalpa â a hi ding dân gen  
belap ding le umlo khawp ah  
kichian a hita, eima hinkhua  
a hin bang gual in a sêm em  
ti hih eima'u khut liau liau ah  
um a hi. Zawna zosia neitu  
Lalpa chun 'ama apat gamla

tak a um a mite' a kiang ah  
puilut kit ngei di a hi ti hi  
nial guallo thudik himai a  
hi. Aleh, khawitak ah um i  
hi diam uh? Lalpa naitawk  
in i kihiau em? A hiloleh,  
gammang talua ah 'ngawng  
gawp' ta i hi kha diam uh aw?  
Hiatchianna vâng alotheilo  
himai eive maw.. Pathian  
phatna leh malsawmna i  
dawnte hin eima ah 'phut'  
a nei hi ti hechian ding ah i  
kihawn zêl uh i mawpuakna'u  
a hi. A chung ah bangma  
kinga khalo Sabiltungno  
ziang le thununtu Lal Jesu  
vaihawmna huang a chun  
lûlulna, chapona, huntawk  
kisakna leh suanlam di siam  
ah gammanna tite'n mun  
neilo di a hi.

Khaile, tukum  
Tûmbakni hin banggual  
dinmun ah ei pha diam ti  
ngaituana tawh a lah kisalawk  
hitiu. I theina tiang tiang  
ua haksatna leh gentheina

tamtak maitua kawm ah Lal  
Jesu dinpitate leh ziagual  
ginumna chu chawi hing zêl  
ding ah kizilsakte i hina'u  
a hin, Lal Jesu thuneina  
pawmpitu i hui ti hi i buaina'u  
hita puana maw.. i ginna'u gâ,  
i ginumna'u gâ luak kawm ah  
etna kichiantak nei ah lim tak  
ah i um hun uh hi ma ma ta  
a hi. I kham kham'ua thagau  
lam mitvâkna leh ginumna  
sua ah i kalsuan nung un,  
kihiatlosakna, kingawlsakna  
tite thâng ah awk awk nalai  
ding in pamai talawta i hui.  
Ka Lalpa a hi! tia limpi lak  
in i pang diam? A hiloleh,  
bang bep a hikit tadia aw?  
tia 'va-âk' gûlmu gual ah dâk  
vêl mai mai ding in kiphai  
tapuai tiu.. i bukimna'u Lal  
Jesu entu, kipakpitu leh  
khawitak mun a le i Lalpa  
hangsan tak ah entu ding ah  
thupukna siamkhawm thei  
zêl ding in dawisakna i kilân  
ui. Tûmbakni Chibai le..

# JESU'N LENG HÎNA A TAKLANG HI

(Deuteronomy 17:14-20; Johan 18:36-37)

~ Rev. H. Lamthianmuan

**Thumapui:** Guallui lai hun ah lei mite thîldan ah chun, lêng leh lalte mêl kilatna langsal ma ma chu a sepaite tawh gâl zawna chang ah a hung kilekit ni'u hih a hi. A gam mipite'n nasatak ah khawpi kul kawtkhak bul ah chawihawina thupitak tawh, zawna lâ lopitak lem in, zâna sângtak tawh a lah lamtua un a lah vaitutsek uh a hi. Zia ni hih, a gam mipi, nei leh go leh gangual zosia mêlma khut apat hukdawk ah a um ni'u, suak leh sal apat zalenna a chan ni'u, do leh gâl apat suachatna lopitak a chan ni'u a hi zia a hi.

Ziagual ma chun, Jesu'n banggual gâlzawna chang ah chawihawina leh zâna sangtak a lah dawng ah, zia Tûmbâkni ahin Jesu'n Sabiltungno chung ah chuang in leng hina taklat ah hung um a hi diam ti a lah thîl khawm hitiu.

## 1. Pathian guat Lêng:

Thuthunglui zilsakna ah chun lêng leh lalte hi, Pathian thasang ah vaihawmtu (Theocracy Leader) leh a thuthung vawpdettu ding ah guat a hui hi. Nam dang leng leh lal kitungding gual ah

mimal thuneina (Autocracy Leader) ah vaihawmna chiapilo ding ah Pathian in a lah guat sek a hi.

A mawpuaknau chu Lalpa Pathian lau ah a Dân thu a sùn a zân ah a ngaitua sek ding uh a hi. Leng hi ding chun; Lalpa guatte bep hi'n tin, gamdang mite lak ah kipat guatlo di a hi. A lalna ki uangsaklona ding in galdona sakol a kisanpilo ding a hi. A lungthim lampêtlona ding in Jitampi a neilo ding a hi. Dangka leh Sana a ngainatlo

ding a hi'n, a damsung sia Lalpa Dân lekhabu chu a sim zing leh a kawltûp zing ding uh a hi.

Ziagual ah chun, Israelte leh Judate Leng lak ah Lalpa lau ah a lampi zuite chu a mualpho sak ngai pua'n, a dawmsang zaw sek a hi.

## **2. Juda khangthakte kineppi**

### **Leng:**

Thuthungthak ah Juda khangthakte'nalah kineppima ma Leng Messiah chu; Israel zam chekte puikhawm kit di (re-established the kingdom of Israel), Rom sawlkar kivaihawmna nuai apat zalenna sualtu (overthrow the Roman empire) leh Israel nam vaihawmtu hi di (Messianic Kingdom), Mosi dan leh sakhuana lamtual hattak ah sialthak kit di (Monarchy in Religious and Political), leh Jawlneite genlawk gual ah Leng David khabe apat leng leh lal sungkuan apat hung piang ding ah kinepna liantak a nei ui (Royal bloodline of King David).

Amabochu, Jesu kipuan dân tawh a kituak thei tapua, Messianic lenggam tundinna ding ah Juda zealot pawlpi (fanatic) ziltilna tawh sepai thagum sua mi dindaw sâng ah Pathian thupiak zui ah chamna leh muanna thu, vangam thute a zilsak khan a sakhua thiampute leh nam vaihawmtute (Sanhedrin) tawh a kituak thei talo uh a hi. Mosi dan bawtsia leh Pathian gensetu ah ngaw in a um ah, zia hun laitak dinmun â ding ah Jesu gam chanchinpha zilsak leh a nasep khan lawi upate lungthim a lua zolo khawpmai hi. Pilat vaihawmna mai ah a dinsak lai un, Jesu messiah (Hukdamtu) sang ah Jesu Barabba (zealot pawl) tualthat kha a lah têt zaw uh a hi.

## **3. Jesu'n Leng hîna a taklang:**

Jesu'n ka lenggam chu zia khawvel hih a hi puai. Ka lenggam chu zia khawvel hih hileh vang ka sepaite'n hun do intiu in, zia Judate ei piakdaw thei ding hin um

puang ka. Himaleh, Pathian thutak hiatsak ding leh zia thil zia tak ah hin khawvel ah hung ka hi zawi a tia.

I thupi lawmkhatna gual in, Jesu'n Pathian lemguat gual ah leng hîna a taklang hi. Pathian hiatpina leh a thuthung thupiak vawpdet in vaihawmna a chiapi hi. Pathian Dân chu a sun a zan in a sût ah, zia khawvel hausakna leh nawpsakna hi Pa lungsiatna tawh tê in lunggul kham in a ngai puai. A Pa kipakna di bep ngaitua in, Kumtuang dai di Pathian thutak, hukdamna nasep leh gam chanchinpha chu mitin lunggil in a dîn zêl a hi.

Jesu'n a leng hîna ziagual hin a taklang hi

(1) Jawlnei thugen, a tak in a sêm mualsua hi. Zachariah 9:9 na leh Matthai 21:5 na Sabiltung chung ah chuang in Leng kingainiam tak, thagum سوال, leh chamna siamtu a latsak hi. Isai 56:7 na Ka Pa In pauchapna In a hi di a hi a ti gual in,

Jerusalem temple chu suammang, gucha leh nekgûk chingte a nawzak in a suhthiangtho hi. I Ko. 3:16-17 na ah chun, Nang uh hi Pathian chenna In lahiu ei tia, Lalpa'n mitin sunggil ah mun a siam ah, ama taksang tute kiang ah chun mun chang in, a lenggam a dinzêl ta a hi.

(2) Chunglam apat thuneina chuaitheilo piak in a um hi. Isai 9:6-7 na ah chun, Pathian in Jawlnei mangcha, Chapa piak in i um ua; a liangko in thuneina a koi ah, a min ding in Lemguattu mak, Pathian Hat, Kumtuang Pa leh Chamna Lal chapa sak a hi, a tia. Matthai 28:18 na chun, Lei chung leh Vên ah thuneina zosia ka kiang ah piak a hi tai, la lung uh lungkham kihen, keima'n khawvel kazo tai a ti a hi kha. Thupuan 1:5; 19:16 na chun, melma nunungpen thina'n a tûktân zawlo galzawna lopitak chang in, lei ah leng zosia chung ah

leng leh, lal zosia chung ah lal chuleh, hotu zosia chung ah hotu ka hi a ti'i.

- (3) Mitin â ding ah Suhdamtu Leng a hung hi. Isai 35:5-6 na leh Matthai 11:4-5 na chun Nang, Leng Messiah a hung di pa chu la hi em? ti a dawt lai un, teptena piak ah um chuh; mitthûmte a mit uh a vak ta hen, kengbaite'n lam a zawt ta'u, bengngawngte'n khua a he tau in, zeng leh damlo chitinte'n damna a chang tau ti'n a dawnhu hi. Luka 4:18-19 na chun, liangvaite kiang ah Chanchinpha gen di, Saltângte kiang ah pawtdawna thu, mitthûmte kiang ah mitvakna, tawden ah umte thâdawk di leh Lalpa lungdam kum thu puangjak ding ah sawl ka hi a ti'i.

Khawvel lengte'n thagum sua in leisiat gam a la sek ua, Jesu'n vang gam chanchinpha mang in mitin lunggil in gam a la zêl hi. Khawvel lengte'n lal

tiang mang in vai a hawm sek ua, Jesu'n vang kiphaniem tak in a nungzuite kêng sil piak in ama taksangte nâ a sep piak zawsek hi. Khawvel leng te'n vengtu sepai mang in amau a kihukdam gawsek ua, Jesu'n vang khawvel hukdamna ding in ama hinna ngei a pai.

**Thukhakna:** Jesu'n a Pa dikna leh thutak in a lenggam tung ding kit ah, Pathian in sang tak ah chawisang in min zosia chung ah min chungnung pen a pia a hi. Judate chawndan ah hiatpitu pani a um nâk leh, pawm a lah hia, Jesu'n ka nasep hi ka hê hen, ka Pa ei hiatpitu a hi, a lah ti a hi. Jesu'n a leng hîna a taklang ah, apostolte leh a nungzui masate'n leng leh lal in a pawm ua, mitin lunggil in thugen in, kumtuang dai di Kochuam a din ta a hi. Jesu leng hîna hiatpitu in gingu masa tamtak a um tau hi. Tuni hin nang leh kei in, Jesu hina i hechian tau em? Jesu, Ama hi i hinkhuau ah banggual dinmun in i kawi uh em? Leng a hina i pawmthei ta diam uh?

# THUPIAK THAK CHU

## (Joh 13: 34)

~ By Rev. Khupneithang  
Pillangkata

**Lalpa Jesu'n A chate â ding ah thuthung lui leh thuthung  
thak ah A thu piakte vak en hitiu.**

### **1. Thupiak masa: Deut. 6:4-6**

Aw Israelte haw, ngaitiam un, Lalpa i Pathian bep uh hi Lalpa a hi. Lalpa la Pathian chu la lungthim zosiau, la thagau zosiau leh la hâtna zosiau ah la hepi ding uh a hi. Zia thupiakte, tuni ka hung gen haw hi, la lungthim ua la vawp phat zing ding uh a hi. Phuba him him la laklo ding a hi, la mipite lak ah le thiangsiatna gûk la nei, him himlo ding uh a hi. Nangma la kihepi gual in la invengte la hepi ding a hi. Keima hi Lalpa chu ka hi.

### **2. Thupiak thak : Jn 4:34**

Thupiak thak ka piak la hui. Kihepi tua chiat un. Keiman, nang uh ka hepi gual in nang uh le kihepitua chiat un.

### **3. Thupiak lak ah thupipen:**

**Mar. 12:29-31**

Jesu'n thupiak lak ah thupipen chu, la lunggil zosia'n, la thagau zosia'n, la ngaituana zosia leh la hâtna zosia la hepi di a hi ti hi. A zaw leh zia hi a hi, nangma la kihepi gual in la vengte la hepi di a hi. Ziate sâng ah thupiak thupi zaw him him a um puai, ti'n a dawnhu a.

### **4. Zia thupiak lopipen hi kuan, kuate kiang ah a piak a hi em?**

Zia thupiak lopipen hi, i Lalpau Jesu Khrista'n a thisan ah a tatsate, Ama gingtute kiang ah a piak a hi.

**1Pet. 1:19:** Belamno, dem kailo leh buak kailo, gual ah, Khrista thisan lul ah tat

la hiu, ti la he ngal un.

**1 Pet.1: 14-16 :** Cha thumangte gual in, nang uh le la tawidan zosiau in thiangtho tau in. Keima ka thiantho gual in, nang haw le la thiantho diu a hi, ti ah zik a hi ngal a.

**1 Pet. 1:22-23 :** Thutak mat ziak ah la hinnau la sukthiantho tâk ziak un, kihepituana dik tak la nei thei tau a; lunggil tak in kihepitua chiat tau in. Mangthai ziang thei ding chî se thei lak a hilo in, Pathian thu hing zing leh um zing dungzui ah piangthak la hitau ah.

#### **5. Gingtute pilvang tak ah hinkhua mat ding :**

Rom. 8: 5-6,9,13-14: Taksa dân zuite chun taksa lam thilte a lungul sek un, himaleh, Thagau dân zuite chun Thagau thilte a lunggul sek ui. Taksa lam thilte lunggulna chu tâna a hin, thagau lam thil lunggul chu hinna leh lungmuanna a hi ngal a. Nanghaw vang taksa um

la hita puau in, Thagau ah um la hizaw tau hi, zia ziak chun nangmau ah chun Pathian Thagau chu a chêng hi. Kuale Khrista Thagau neilo chu Ama mi a hipuai. Taksa dân ah la um zing uh chun thi ngei di la hiu, himaleh, Thagau ah chun taksa thilhite la tâ zing ua leh vang hing in lau. Pathian Thagau pui ah um tapote chu Pathian chate a hi ngal un.

#### **6. Lalpa Jesu'n hepina a gên hi banggual hepina a hi em?**

Mani kihemil khawp ah thitiang huam ah hepina a hi. Ama ngei Lalpa Jesu le van mun lopi hun taisan in thitiang ah ginum tak in A Pa thumang in Kalvari tang thing Kraws ah a hung thi. Zia ziak chun migilo pente'n le hukdamna kumtuang ah hinna i chang thei tau a hi.

Pathian ah pat hinna thak nei zosiate'n i mawpuak nau chu Lalpa'n ei hepi gual ah en le

midangte hepi ah, Lampi, thutak hinna, Lalpa Jesu hi a he nailote'n a het ua, a nei nailote'n a neina ding ua, i nisin hinnau ah hinpi ah lam dik ah puitu hina hi a hi.

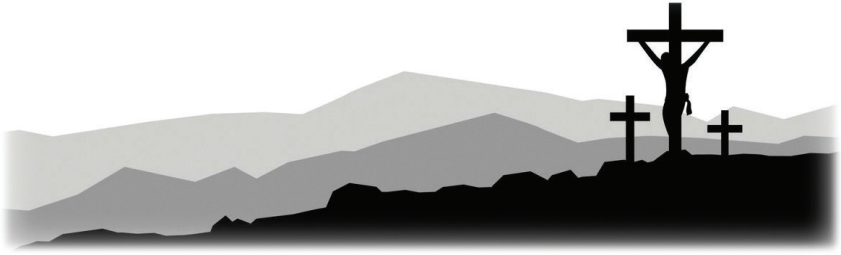
**7. Lalpa hepiding: Joh 14:15,23**

Nang un lei hepi uh leh ka thupiakte zawm in lau. Jesu'n a dawnhu ah, Kuan le ei hepi chun Ka thu zawm in'au, zia tak chule ka pan amau chu hepi in ah, Chuleh, a kiang un hung ing ka tiu in amau ah chun hung cheng ingka. Sawlchak Paul in Khrista hepina chun ei sawl tei ah.( 2 Kor. 5:14) Lalpa Jesu'n Simon Peter kiang in ziate haw sâng a hin lei hepi zaw em? (Joh. 21: 15) Thum vei hial a dawng hi. Simtu unau nang leh kei le i Lalpau Jesu'n nisin i hun matnau ah hin, Ama sang ah hepi zawk i nei awm ti ei dawng a hi. Nungzui Peter in, "I

Lalpa leh Hukdampa Jesu Khrista hepina leh hetna ah chun khanglian zaw tau in." (2 Peter 3:18)

**8. Lalpa Jesu'n ei hepi gual ah kihepi tua di**

Dawitakte haw, Kihepi tua chiat hitiu; hepina hi Pathian ah kipat a hingal ah; kuale hepina nei chu Pathian ah piang a hin; Pathian chu a hiai. Kuale hepina neilo chun Pathian chu a hepuai; Pathian chu hepina a hi ngâl ah. Kuale, Pathian ka hepi hi, ti ah, a suapite hua chu zuauthai a hui, a muzing uh a suapite bawn hepilote chun, a mulo uh Pathian chu a hepi thei puau hi. (1 Jn 4:7-8,20) Kihepituana beplo chu kuama thil la kiu in; midang hepitu chun, dân chu a hi bukim a hi. (Rom 13:8) Lalpa'n simtu zosia, Ama'n ei hepi gual ah midangte/suapite hepi ding in ei malzawl chiat ta ten.



## JESU KHRISTA THÎNA UMZIA

~ *Upa Lalbiaklian Vaiphei*

**Sim di: Hebraite 9:26; 1 Johan 4:10; 2 Korinth 5:18-19**

**J**esu Khrista thi thu hi thilmak, khawvel ah thiltungte lak ah tung kit ngai ngai talo di thil lamdang tak chu a hi. Khawvel ah thiltungte hi a kual ah tung, a vel vel ah hung tung, nidang lai thiltung ma kha tu hun ah hung tung thak kit gual ah ngaidan hi a lian ah, Bible ah Thugentu ngei inle a hetdan leh a mudan a hi. Hilehle, Lal Jesu thina chet hi chu a vel ah tung ngailo di thil, thil bîk a hi. Pathian Chapa hial hial, mihing ah hung chang ah, thisan luang zut zut ah hung thuak ah, thina huaise tak a hung thawk mai hi thil mak leh thil bîk a hilo thei him him pua'i.

Lal Jesu thina umzia, ei uh mihingte â ding ah a phatchuamna point 3 bep ah gen di i hiu ah, zia masang ah chun a hung thina ziak tamlocha vak ngaituakhawm leuhin ka nuam hi.

Lal Jesu hi bang ziak ah hung thi a hi diam? A hung thi ngâi têi têi a hi em? A hung thi tâk ngâl ahileh, mihing zosia hi hukdam zo suak zianglo di a hi diam? tite leh dawtna chi chuam chuam

dang le um thei ina. A bawn in dawnhu seng pua'itin, mitin lungawina di tiang inle kidawnhu thiam zo diak pua'na. Hilehle a tangpi bek khawikhak di gaw leuhin...

A masapen in, Pathian in mihingte, a thu awilo ah gitlona ah pûk tate hi ei hukdam têi têi ngâi a hi em? ti dawtna hi ngaitua hitiu. Pathian in a siamsa mihingte'n a thu awilo ah, gitlona ah i puksan ták zia un Pathian tawh i kizawpmat thei tapua'u ah, ama lam ah chun a thi i hi tau, i mabak diu chu gawtmun a hi ta mai hi. Zia dinmun ah kipat chu Pathian in ei hukdamlo leh kuama a kitandawkzo di i um pua'u ah, i suachat theina ding ua chun ei tatdaw/ hukdaw têi têi ngâi i hui. Hilehle a langkhat lam ah chun, Pathian chun bangma ei bat a um pua, ei hukdam têi têina di thu a um diak pua'i. 2 Peter 2:4 leh Juda 6 ah i mu'u vansawlchakte gual tho ah ei kawidawk ziang thei zing a hi.

Hukdam ah i um theina ding ua a Chapa Lal Jesu hial hial chu a hung thi têi têi ngai a hem? ti dawtna ngaitua zui leuhin. Pathian in Lal Jesu tatna na hung sep di hi a guatlawksa diam a hi zia ah chun a hung thi têi têi a ngâi hi. Gethsemane huan ah Lal Jesu pauchapna kha, "**A hi thei leh** zia no hin ei pel mai hen" (Mat.26:39) ti a hia, zia thawkna no chu a pumpel pua'i ti i he chiat u'i. Chuleh, ama Lal Jesu ngei in, "...Messiah chun zia thilte zosia chu thuak ah, a lopina lut ding **him** hilo a hem?" (Luk 24:26) a ti zia in, a thawk ah, a thi chu ngâi têi têi a hi ti i he thei u'i.

Aleh, tia chu Pathian Chapa hial hial hung thi ta chun, mi zosia chu hukdam suak zo talo di hem? ti thu ah hin Pathian Thu kichian tak ah i mu'u chu, "...ama ging taphawt chu mangthailo ah, kumtuang hinna a nei ngeina ding un" (Joh 3:16) ti a hi zia in mi zosia chu huap maleh, a gingte bep hukdamna ding

ah hung thi a hi ti i he thei u'i.

Khaileh, a umzia, a phatchuamna ziagual hin gen hitiu:

**1. Gitlo sukmanha ding ah kipiakna (sacrifice) a hi (Heb. 9:26).**

Kumtuang â ding ah gitlona zosia Pathian mitmu ah kipat nawimang a hi theina ding ah kithawina umsun a hi. Belam leh gan thisante'n mihing gitlona Pathian ang ah kipat in a nuaimang zo puai (Heb 10:4). Thuthung masa ah khan Pathian in a jangaina zâl liau liau in Thuthung Thak ah Jesu thisan ah mite gitlona a sukbei piak di chu thîllawkna in gan thisan ah a kithawi didan uh guanggalna a lah siampiak hi. Zia gan thisante chun mihing gitlona nuaimang zolo maleh, Pathian in a thupiak ginge gitlona nawimangna ding ah Jesu Khrista'n a thisan ah kithawina hung lân ding a hi chu a guatlawk ziak in a

thupiak awi ah, gan thisan ah kithawina hung lânte gitlona chu bat in a lah ngaidam piak sek hi.

Gan thisan ah kithawina chu etsakna leh Pathian thuthung zâl bep ah pawm a hi sek ziak in, kum sin ah kithawina lat a ngâi zing sek hi. Maleh, Lalpa Jesu thisan, gitlo nawimangna ding ah kithawina diktak pen chu a vel ah lat ngâi chi a hi pua, khatvei thu ah kumtuang dai ding ah kithawina a hia, hun chiata sa ah gitlonate leh hun hung chia zel ah gitlonate zosia le a huapsuak ah, zia gitlonate zosia silthianna ding ah chun a thilhitheina'n a dai ah, a hun kêi ah, bangma dang belap a ngâi tapua'i.

Thukâlzê... zia thisan ah kithawi thiang mihing (gingtu) chu a gitlona zosia ama ah kipat chu kikhawkdawk ah, kipaitha ziang a hi pua, Pathian mâ ah a gitlona kikhawlkhawm zosia chu nawimang ah um, silthian a hi zaw'i. Zia mihing

ah gitlona umzing pen silthianna bukim chu, thina zo ah Lalpa'n ei kaithaw kit phatleh chang ding i hui ah, zia zaw chuleh ama kibatpi ah siamthak ah um in, gitlona tawh kikhenthiang kêi ta ding i hui.

**2. Gitlo thupha chawina (*propitiation*) a hi (1 Johan 4:10).**

Gitlona, thupiakkipalzutna him him chu a thawidamna di a umlo chun a paw kikhawikha pen chu lungdam ngailo di a hi. Mihing in thil i hikhial uh, Pathian paw i khawi tâk uhi ei uh leh ei uh i va kitatdaw theina ding uh thil hilo a hi. Pathian kiang ah i thilhikhialnau chungthu ah thupha ei chawipiak ah, ngaidam ei dawtpiak ah, ei genpiaktu di kuama a um pua, i thilhikhial man uh piak di le i nei pua'u ah, ei piakpiaktu di le a um diak pua'i. Mi pha, mi thiangtho pen pen ah i ngaiteu chule gitlona ah piang, gitlona'n a zensuaksa a hi zia un Pathian kiang ah midang gitlo ngaidam va

dawtpiak malak, ama gitlona le thupha a chaw masak phawt ngâi a hi. Ziakiachun, Pathian kiang ah ngaidam ei dawtpiak ah, i gitlo man uh ei piakpiaktu di chu kuama um thei talo a hi. Himaleh, i Thugin uh V-na chun, "... hepina tawpchin neilo Pathian chun a kumtuang Chapa neisun Lal Jesu Khrista chu khawvel ah a hun sawl ah" ti in Pathian in a hepina zâl liau liau ah i gitlonau thupha ei chawipiaktu di chu Pathian ma ma'n ei hung ngaituapiak thu i mu'u hi. Pathian ei hepina mak zia chu, zia tawhbang ah ama thupiakpalkêkah, a mitmuah thilhikhialtute, a lungnatna sukdaina ding ah bawl thei mawng mawng neilote chu ei nuaimang in, ei gawt ziang lehle kuama bangma gên thei di ki-umlo hinapi'n, Pathian chun a Chapa hial hial i thawk di zosiau thuak ah, a lungnatna ei thawidam piaktu ding in a hung pia a hi chu! Ziakiachun, ama Chapa thina zâl liau liau ah chun

Pathian ngaidamna i chang thei uh a hi.

**3. Pathian tawh mihingte kichamna (*reconciliation*) a hi (2 Ko 5:18-19).**

Jesu thina chu gitlo sukmanna ding ah tatna a leh Pathian mâ ah gitlo thupha chawina le a hia, a kit ah chun ama Pathian ngei tawh mihingte zawpmat kittu, kichamna le a hi. I gitlona ziak ua Pathian apat khenchuam ah i um nung un Pathian tawh kizawpmatna i nei thei tapuau hi. I kizawpmat kit theina ding ua chun i gitlonau chu ngaidam phawt ngâi intin, gitlo man chule piak ngâi phawt ding a

hi. Zia bawl thei di chu kuama ki-um talo maleh, Lal Jesu'n a thina ah chun i gitlo man uh a pethazo kêi ta, Pathian ngaidamna le ei lawdaw piak zo ta, zia ziak chun, Pathian chu tawh i kicham kit tau ah, i kizawpmat kit thei tau a hi. Pathian chun i hikhialnateu chu ei uh ei kalna ding ah mang talo in, ei ngâidam ta, ei kichampi ta a hi. A Chapa thina ziak ah chun thiamchang in ei pawm ta, mi thiangtho, Chapa tawh a go luakhawm dite lak in ei huailut ta a hi. I chan uhi a thupi e! Khawvel in ei het utlo hi chu thil mak hilo hial a hi (1 Jo 3:1).

---

**• HUKDAMNA LAMDANG •**

---

**"Jesu Khrista chu mihing tak a hilo chun,  
mihingte sik in thithei puan tin.  
Jesu Khrista chu Pathian tak a hilo chun,  
a thîna chu leichung ah mihing zosiate a  
ding in tit puan ah."**

*- Gregory of Nazianzus*

# JESU THINA LEH PATHIAN LOPINA

## (John 12:27-32)

~ Rev. Lallunglian Vaiphei  
i/c Thembasuk Pastor Bial

**P**athian umpina zâl in kochuamte 2026 Good Friday hun i tung kit tau a, zia tiang ei puitungtu Pathian chu pâk in um ta hen. Tuchung ah thupi “Jesu Thina leh Pathian Lopina” zik ding ah dawisakna ka chan hi ka kipak ah, Pathian leh Puitute chung in kipak thu ka gen a hi. Zia hun ah hin kochuamte chu i Lalpau Jesu Khrista zâl ah hukdam i hinateu kihil thak ah i kisukhal thak sek gual un, tuchung ah hin le Jesu thina thu a Pathian in ei uh â ding ah thil lopi tak a bawlte ngaitua ah kisuhat thak kit hi tiu.

### 1. Jesu Thina hin Pathian in Khawvel chung ah thu a tan ta’i (12:31a).

Johan 12:27-33 hi Jesu’n a thi di thu a genlawkna a hi. Jesu’n a thi di thu a kigenlawkna ah kipat kichian ma ma chu, Kumtuang Pa Pathian lemguat a hung piang ah, hung thi a hidan leh zia ama thina apat chun Pathian in Khawvel ah mihingte â ding ah lopi tak kumtuang dai di thutanna a siam hi a hi. Jesu’n ama thina hin Pathian in Khawvel

chung ah vaihawm di a hi ti’n a gen hi. Zia Khawvel a ti hi, Leilung/Leipêk (*Earth*) genna sâng in, gitlona zia ah Vên khua leh tui hina mansua ah khawvel mi hina kumtuang thina chang ta mihing genna lam a kaww zaw a hi (Khawvel sualna leh gitlona ti in le gen thei ina). Chuleh, vaihawm ti hin a kaww chu, Jesu thina zâl leh zia ah Pathian in Kumtuang thina ah kipat kumtuang hinna chang kit ta ding ah mihingte chung thu a tan genna a hi.

Eden ah sualna zia ah kumtuang thina chang ah huan ah kipat nawdaw ah um tate chu Jesu thina chun Pathian in kumtuang hinna ei chansak kit in, a hepina zâl in hinna i nei kit tau a hi. Zia zia ah chun tuni i Lalpau thi ni ah hin, lusûn gual ah thasia leh ngui ah um chu gingtute â ding in a kilawmlo a hi. Mitthi luang ah kap hilo in kipak zia ah mitthi luang ah Pathian i chawihawi ding uh a hi.

## **2. Jesu Thina hin Pathian in setan thilhitheina a lippiak ta’i (12:31b).**

Jesu thina hin kumtuang hinna ei piak bep hilo in, Pathian thilhitheina lopi zia leh chungnun zia a tâkrat ban ah Pathian bep chu thunei pen leh thil bawlthei pen a hidan a taklang a hi. Zia hin Jesu thi masang ah Pathian in Setan chung ah thuneina leh thil bawltheina neilo tina a hi puai ti hiatmillo di a hi. Setan thilhitheina nuai ah saltang, eima felna leh hatna

kihukdaw leh kihukdam zo talo mihingte chu Pathian thilhitheina lopi tak, a chapa thina chun a hukdaw ah, a chung ua vaihawmtu leh awpkhumtu Setan thilhitheina chu a mêlpu ah siam mihingte chung ah kipat lipthâk piak in, a chapa thisan zâl in zawna leh zalenna lopi tak a pe kit ta a hi.

Pathian thu chun mihingte chung ah thepna/patepna a zawlo di khawp ua lian leh haksâ tun saklo di a hidan I Ko 10:13 in ei hil a hi. Setan thilhitheina gingtute/mihing suzawngkhâl leh kipal sak sekte chu Pathian hepina zia ah in, gingtute’n Pathian thilhitheina lopi tak mang in a kizo thei sek a hi. Zia hi Jesu thina zâl ah Pathian thilhitheina lopi tak i chan uh chu a hi. Ziagual ah Setan thilhitheina chunglam pek ah ei kawitu Pathian min pâk leh chawihawi ah, ama â ding ah ginum ah, a nasep hi gingtute sep mabâk leh himâkmaw a hi.

**3. Jesu Thina hin Pathian in a mite a huailut ta'i (12:32).**

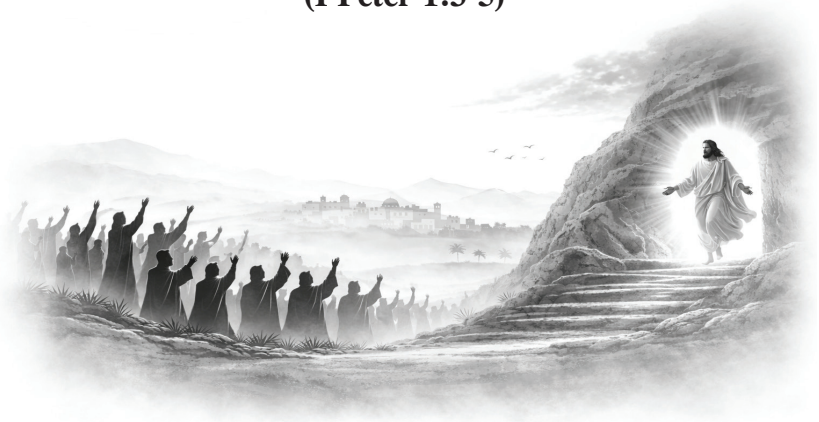
Pathian in ama mêl kibatpi ah mihing, pawsal leh numei a siamte chu maljawl in thuneina lopi tak le a pia a hi (Thl 1:27-28). Ahinla, Pathian thu sâng ah mêlmapa Setan thu a mat zawk tâk ziaak un thi ding ah guat in, kumtuang hinna a chân ding uh phallo in Hinna thing vêng ding in Cherubte hial gawi a hui (Thl 3). Zia hin mihing in Pathian â a hinau leh chanpha zosia mansua in, amau dawitelna ngei ah sual in a pûk uh a hi ti ei hilchian a hi.

Ziagual tuk ah dinmun sia leh beidawn umtak, eima kihukdam kit ah Pathian â (Pathian cha), goluatu chan chang thei talo chu Pathian in a chapa Jesu thina zâl in cha hitheina ei pe kit tai. Kua'n le chapa a ging chun mangthailo ah kumtuang

hinna a nei thei hi ti in Johan 3:16 in ei hil a hi. Tuni Jesu Khrista thina hin nang leh kei pang in, khawvel ah mi zosia huam in Pathian cha hi ah kumtuang hinna i chang kit thei tau a hi.

Tu Good Friday hun ah gingtute'n i tepte ding uh leh i hiatmillo ding uh chu Jesu Khrista Kraws ah a hung thina hin Khawvel sualna leh gitlonate ei zaw piak ah; Setan thilhitheina nuai ah i saltannau ei lipthâk piak in ei hukdawk ah zalenna ei pia; Kumtuang hinna chang ding ah Pathian goluatu ding in Pathian lam in ei puikhawm kit ta a hi; Zia a chung a kigen sia hi he ah i nisin hinkhuau ah i hinpiu a hi chun, khawvel ah hin dâltu leh themtu banggual tuak ziang leu hinle Pathian dawidan (Pathian chate gual a) awl awl in malam zuan thei zêl di i hui.

# JESU THAWKITNA ZIAK AH I VANGPHATNAU (I Peter 1:3-5)



~ Rev. S. Khaikholam

***"I Lalpa Jesu Khrista Pathian leh Pa chu pâk in um ta hen!  
Ama chun a hepina lopi tak in mithi lak ah kipat Jesu Khrista  
zâl in kinepna hing mu ding in hinna thak ei pia'n. Gochan  
setheilo, buakkailo, chuaitheilo vên ah nang uh a ding ah  
khêk ah um chu mu ding leh hukdamna hun nunung ah hung  
kiland ding ah guatsa chu mu ding in ginna ziak ah Pathian  
thilhitheina ah vên la hiu".***

Lalpa Jesu Khrista ah a ui. A hotu pau chun chutia  
hung thi ni a kipat in nithum thisan mailo ah, lei lenggam  
(3) sung chu a nungzuite Lal lopitak hung hi ding ah  
lungngaina a sang khawp a lah kineppi siat uh tawh,  
mai hi. Thazawi tak ah tamtak chu ngûi thasan  
lênsep a kuan bang, Emmau mai a hi dan uh muthei  
lam zuan ah lungngaina tak a hi. Khenkhatte vang In  
ah lamzawt hawle a um khat ah kikhumkhawm in a

pauchap khawm ui. Chutia lungngai beidawng tak ah a um lai ua thokit Lal Jesu a kiang ua hun kilâk a mu mai uh chu, a kinepnau san didan gentheilo khawp a hi. Mite'n Jesu chu Pathian a hi thei puai ti'n a thapiak ua, amau nam tawm takte'n lah a huk thei diak puau a mite simmawna leh nuaisiana a chante nam lian zawte lak ah a paungam beklo uh kha tawh le kibang thim maithei a hi.

Ahinlah Lal Jesu chu a thokit bep hilo in van ah a mau â ding ah mun siam ah chia di, amau haw la di ah hung kit di a hidan a gente haw a hun hiatchian leh muchian phat ua nungzuite kipakna san kit didan chu a lopi hi. A zui pau chu mihiam hilo ah Pathian tak a hi dan hung kilang chianta chun ginglote lak ah le ki-atpi tak pum ah Thagau Thiangtho umpina tawh chanchinpha chu hangsan tak ah gen ngamna a hung tung

tai. Amaute simmaw leh nuaisiatute'n bawlkhial zaw a hi dan uh a hung kilang dawкта, mi tampite chun Lal Jesu chu Lal leh hukdampa ding in a hung pawm thei tau a hi. Jesu chu thokitlo hitaleh chu vang ziagual thil umthei puan a. Ziagual vangphatna nungzuite leh gingtu masa ten a lah chan uh chu tuni ah ei uh gingtute'n le i chan uh a hi. Kidona ah guallel zaw nung ah panpitu pha nei ziak a hem ah gualzawna hung changkit vangphatna gual chu a hia, a lopi khawpmai a hi. Jesu Thawkitna ziak ah i vangphatna dawnteu ziagual hin vak gen kit leu hin

### **1. Hinna thak nei ding (Rome 6:4)**

Jesu thina ah Baptisma chang in ama tawh vuikhawm i hiu a, Pa Lopina chun Jesu chu mithi lak a kipat in a kaitho ta, a thina kibatpi ah ama tawh kizawmte i hitak ziak un ama thawkitna kibatpi ah ei uh le thokit di i hiu. Tichun hinna thak nei in

ama tawh um khawm ta di i hiu. Tichun gitlona suak hita puai tiu (Rome 6:6-7) Khrista ah thilsiam thak i hung hitau (2 Ko. 5:17)

## **2. Ngaidamna leh thiamchansakna i chang tau (Rome 4:25, 5:1)**

Ama chu i gitlona ziak un tha in a um a, thiam i channa ding un kaithaw in a um kit tai. I gitlonateu chu banggual in thûk leh le ngaidam i hi uh bep hilo in i gitlonateu chu he mil in a um tai. Sua llam leh Tumlam a kigamlagual in i hikhelna teu gamla tak in a kaimang tai.

## **3. Pathian tawh i Kitimat kit thei tau ( Eph. 2:18)**

Kraws zal a chun Pathian tawh i kipumkhat theitau a, Pathian kiang ah luttheina nei in malzin leh gam chuam mi i hi ta puau a, mithiangthote i hi tau hi. Zangaina Lalchutpha hangsan tak in i naithei tai (Heb. 4:16). Pathian inkuante i hung hi tau.

(Eph. 2:19). Pathian tawh hi kilaichînna i nei thei tau (Johan 15:15)

## **4. Kinepna hing leh hiatchianna i nei ui ( 1 Pe. 1:3,4)**

Lalpa hepina lopi tak chun mithi lak ah kipat Jesu Khrista thawkitna zal in kinepna hing mu ding in hinna thak ei pia, gochan setheilo, buakkailo, chuaitheilo van ah ei uh â ding ah khek in a um hi, ziagual ah gochan lul tak maite luatu di i hung hitak ziak un i vangpha a hi.

## **5. Suk hat ah i um ui (Johan 14:16-17)**

Zia khawvel thamuanglo tak mai ah Jesu thawkit zal in Pa chun Thamuan pa di a hun sawl a, lungnai hunte ah le thamuang in i um thei sek ui, zia thamuantu leh puitu thagau thiangtho zal in thilhitheinate le i nei ua, hun hung tung dite i helawk thei uh a hi. (Johan 16:13) thilhitheinate nei in kawlkil tiang ah Lalpa thu hiatpitute i hung hi tau ( Nasep1:8)

**6. Thina chung a gualzawna i nei tau (I Korinth 15: 55-57)**

I taksau thitheh leh muattheh lai chu thitheilo leh muattheilo hung chang tan tin, Aw thina, la zawna khawi ah um tam? Aw thina la gu chu khawi ah a um tam? Titheh dite i hung hi tau hi. Zia thina chung ah zawna petu chu i Lalpa Jesu thawkitna chu a hi. Gitlona zia ah thi ah mangthai dite himaleuhin Pathian in chapa Jesu chu hunsawl in zia thina chung ah gualzote i hung hitau.

Khawvel ahin thâkla di nei beklo maleuhin i thi hun ah i khawvel tawp ziang ding chu kingai ngamlo deu chiat a hi. Lal Jesu hung thi ah, a thawkit a kipat khan hinkhawthak a hun pan a, ama chu i thawkitna mapuipa a hi zia in ei uh le ama gual ah thokit ngei ding i hui ti i hiatchian zia un kipak um in, a thamuan um hi. Zia thawkitna a kipat chu thina zotu hinkhua, thitheilo hinkhua mang ding i hinalai ua, i vangphau a hi. Zia

hinkhawthak i matna diu mun chu kumtuang nawpna mun vankhopi tualnuam hi di a hi zia in zia mun tun di kinepna chun khawvel ah haksatna zosia thina tiang huap in ei thawkngapsak zel sek a hi. Tu ah i thawkteu haksah maleh i Lalpau hungkit phatleh i nawpsak didan uh ngaitua leh thilna hin thawkhatnate ei pe zel a hi. Thokit Jesu zâl ah ei uh le thokit ah zia kumtuang gamlua dite i hi zia un i vangphau a hi.

Jesu Thawkitna zia in Pathian tak ngei a hina a hung kilang ah, zia chun nungzuite chu nasatak ah thamuanna pia in chanchinpha chu miten bailam tak in a hun pawm thei tau. Ama gual ah thokit ding ah kinepna hing i nei uh chun ei hihat zel a hi. A thawkit zia in ei uh â ding ah mun siam in a um a, zia bep hilo in bukimlo leh felzolote hima leuhin ei uh â ding ah Pa kiang ah genpiaktu in a lah pang nalai a hi, i Vangpha na maizên uh e!

# KHRISTA TAWH KAITHAW AH UM

## (Kolossa 3:1–4)

~ Rev. Lalgouliau  
i/c Phaipheng Pastor Bial

**Kolossa 3:1-4** a hin, Sawlchak Paul chun thawkitna hi Jesu Khrista bep chang a hi pua, gingtute zosian le zia khawvel damsung ngei in le a thawkitna kikawppite i hui ti ei hiatsak hi. Khrista gingtute hi Khrista nungzuite bep hilo in, Khrista tawh thokit te i hui ti ei hil a hi. 'Jesu Khrista tawh kaithaw ah um i hi tau' ti chu, thi nung a hung tung di bep a genna a hi pua, tuhun ah hin le thagaulam ah Khrista tawh kaithaw ah um i hi tau ti a genna zawk a hi.

### 1. Thina umlo in thawkitna a um thei pua'i

Thina umlo chun thawkitna chu um theilo a hi. Zia thina leh thawkitna chu taksa leh thagau genna a hi. Paul chun gingtute kiang in "La thi tau ah, la hinnau chu Pathian ah chun Khrista tawh sêlgûk in a um tai" (Kol 3:3) ti'n a gen hi. Zia umzia chu zia a nuai a hin genchian hitiu.

#### 1) Mihing lui thisak ding a hi

Paul in "la thi tau ah" a ti umzia chuh gingtute mihing lui hinkhua, gitlonate,

papnate, chaponate zosia kha thi a hitai tina a hi. Jesu Khrista ginna zia in, mihing lui hîna—sualna leh khawvel thil ngainatna zosia, Pathian tawh ei ki-gamlatsak zosia kha thi a hitai. Mi tamtak in thawkitna malsawmna—limna, kipakna, gualzawna leh lopina a thangai ua, ahinla a mihing lui hinkhua uh thisaklo in a um sek ui. Mihing lui hinkhua thisaklo a chun thawkitna malsawmna dawng theilo ding i hui.

## **2) Kraws chu thina mun a hi**

Jesu Khrista Kraws ah khetden ah a um kha Ama bep khetden hilo in, khawvel ah gitlona zosia tawh khetden a hi. Zia dungzui a chun kuale ama ging taphawt chun ama thîna leh thawkitna kha i kikawppiu a hi. I mihing lui hinkhua uh kha Kraws ah thi a hitai. Paul chun “I gitlonau taksa hi suksiat ah a um ah, gitlona suak ah i um taklona ding un, i mihing lui uh hi ama tawh khetden in a um tai” (Rom 6:6) ti’n a gen hi. Gingtute mihing lui hinkhua chu Kraws ah khan Jesu Khrista tawh khetden in a um ta’n, thina a chang zo tai. Jesu ngei in hiti hin a gen hi, “kua’n le ei zui a nawp chun, ama leh ama kihemil in, nisi’n ama kraws kiput in ei zui hen,” (Luk 9:23). Jesu nungzuite chun amau thil dawilam – sualna, papna, chapona leh khawvel thil nawpsaknate hetmil ding, zia chu thisak ding tawh kibang a hi.

## **3) Thina chu danglamna a hi**

Jesu chun, “Bu changkhat lei ah a kiak ah, a thizetlo chun, a ngai ngai in a um zing sek hi; himaleh, a hung thizet tak leh chu tamtak in a ga sek hi,” (Joh 12:24) ti’n a gen hi. Ziagual a chun gingtu hinkhua in le thina a um masaklo chun thawkitna um theilo ding a hi. Sual leh gitlona hinkhua chu a hung thizet tak leh thawkitna danglamna chu gingtu hinkhua hung kilang thei bep ding a hi. Mihing lui hinkhua paithalo ah gingtu hinkhua mat ding i guat a hi chun gingtu diktak hitheilo ding i hui. I hinkhua ah danglamna bangma um puan tin, chuleh thawkitna malsawmna le chang theilo ding i hui.

## **2. Thawkitna hi Khrista zâl ah gingtute chanvo a hi**

Jesu Khrista thawkitna hi thil danglam tak mai a hi. Ama chu Pathian a hi dân leh gitlona zosia zotu a hi dân a taklang ah, chuleh, thina chung ah thuneina Ama’n a nei hi ti le

a taklang hi. Ama thawkitna hi thawkitna kipatna a hi dan leh gingtute le thawkitna chang thei ding i hi dan uh hi vak gen chian hi tiu.

**1) Jesu Khrista hi thawkitna kipatna a hi**

Jesu Khrista chu thawkitna a chang bep hilo in, ama chu thawkitna kipatna, a bulpi pen leh a mapui pen a hi. Ama chun, “Keima hi thawkitna leh hinna chu ka hi” (Joh 11:25) ti’n a gen hi. Khrista tawh pumkhat i hi ziak un, a hinna leh thawkitna chugingtute chun i kikawppiu a hi. Thawkitna hi Jesu Khrista a um masang a chun kuama a lah chang kha nailo a hi. Mithite chu kuama kaithaw in a la um kha pua, khawvel ah thil um thei ding in le a lah gingcha pua hi. Himaleh, Jesu Khrista thina leh thawkitna a hung chang phat a chun Jesu khrista gingtute â ding ah chun thawkitna a um tai ti Pathian in ei musak hi. Jesu Khrista chu thokitlo in, thân ah chun a lah um zing leh

vang chu thawkitna kinepna chu mihingte’n neilo ding i hui. Ahinla, Pathian in Jesu Khrista a kaithaw ziak in, thawkitna chu gingtute zosia chanvo a hung hi tai.

**2) Jesu Khrista thawkitna gingtute’n i kikawppiu a hi**

Paul chun “Khrista tawh kaithaw in la um tau ah” (Kol 3:1) ti’n a gen ziak chu ahileh, thawkitna chu gingtute’n amau nasep phat ziak hem, ahiloleh, amau thilbawl ziak ah a chang uh a hi pua, thawkitna chu Khrista zâl ah Pathian in a thawn ah ei piak a hi ti a gen nawp a hi. Mihingte chu Pathian in a thi ding leh mangthai ding ah ei phal pua, ei hepi ma ma ziak in Jesu Khrista a hung sawl a hi (Joh 3:16). Paul chun, “I sukkhialnateu ziak ah thi i hi zing lai un, Khrista tawh kigual in ei suhing tai... Khrista Jesu ah chun ama tawh kigual in ei kaitho in, van mun ahte khin ei chutsak tai,” (Eph 2:5-6) ti’n a gen hi. Zia ziak a chun,

Jesu Khrista gingtute chun thawkitna chu chang thei i hi tau.

### **3) Hinna Khrista tawh sêl gûk**

Paul chun, “La thi tau ah, la hinnau chu Pathian ah chun Khrista tawh selguk in a um tai,” (Kol 3:3) tî’n a gen hi. Zia um zia chu gitlona zosia thisak ah, hinna thak neite chun a hinnau Pathian in a venbit piak hi tina a hi. Pathian in gingtute hinna chu khawvel thil leh thil a susia thei dingte lak in a venbit piak in, Khrista tawh amau in hinna thak nei ding a hitau. Ziagual hinkhua chu khawvel in hethiamlo maleu, zia hinkhua chu lungmuan leh thamuan um tak hinkhua a hi.

### **3. Thawkitna hin hinkhaw thak ei piak di a hi**

Thawkitna chu thinung tak leh lopina i chan ding uh bep a hi pua, tu hun a hin a kilang ziang ding a hi tai. Paul chun hindân thak ah hing ding in gingtute a tilkho hi, a ziak chu Jesu Khrista tawh kaithaw ah

um a hi tâk ziak un. Thokitsa hinkhua chun hindân thak leh lungthim thak nei ding tina a hi.

### **1) Thawkitna chun**

#### **ngaituana thak ei piai**

Paul chun, “chung lam ah thil umte ah chun la lungthim uh nga’n, lei ah thil umte chun kinga ta kiu in,” (Kol. 3:2) tî’n a gen hi. Zia khawvel in thil a ngaisante, sum leh pai, in leh lo kikhualna hinkhuate, taksa nawpna hinkhuate zosia hi a thupi pen ah ngai ding a hi ta pua, thawkitna chang tute chun Jesu Khrista umna thil umte zawk chu hawl zawk ding a hi tai.

### **2) Thawkitna chu hindan danglamna a hi**

Paul chun, “Khrista i hinnau chu” (Kol 1:4) tî’n a gen tawp mai hi. Khrista thupiak nungzuitute bep hilo in, Khrista chu i hinnau a hi tawp mai tai. Ama hinkhua gual ah gingtute’n le hinkhua i mat ding uh a pawimaw hi. Khrista thîna a chun, i gitlona zosiau kha thisak ding a hita, a thawkitna kikawppite i

hinna zâl un, Khrista tawh thokit i hi tak ziaak un Ama gual ah i hindan teu a danglam ding a hi. Hepina, kingaitawmna, ngaidamna leh thianthona hinkhua chu Jesu Khrista in a nei gual in gingtute'n le zia hinkhua chu i nei ding uh a hi. Thawkitna i chang tau ti a kilat theina ding a chun i hindân un a kilat ding a hi.

### 3) Thawkitna chun lopina kinepna ei piat

Tuhun a hin Jesu Khrista thawkitna i kikawppiu hitamaleh, dân tak leh lopina zosia hung kilang ding a hi. Paul chun, "Khrista i hinnau chu a hung kilat phat leh, nang uh le ama tawh lopi in kilang ding la hiu," (Kol 3:4) ti'n a gen hi. Gingtute thawkitna chun ni khat leh taksa danglamna chang hitiu in, Khrista tawh lopina chang khawm ding i hiu. Zia kinepna i nei ziaak ua chun, tuhun ah i hinkhuau a hin thamuanna ei nei sak a hi. Khawvel ah i damsung ua hin chu nat leh sak, thina

leh manna, gentheina leh haksatna tam tak chu tuak sek maleu hin, Jesu Khrista thawkitna ziaak a hin, dân tak leh van mun ah lopina chang ding i hiu ti ei hiatsak hi. Taksa thina chu a tawpna a hi pua, taksa thina khêl a chun thawkitna ziaak in kumtuang hinna chang ding i hiu ti ei mu sak hi.

### Thukhakna

Jesu Khrista thawkitna hi Khristiante ginna lailung pen a hi. Thawkitna umlo chun Khristiante hi kinepna ding neilo gual i hiu. Jesu Khrista a thokit ah, zia dungzui ah chun gingtute chun a thawkitna i kikawppiu a hi. Zia thawkitna chu thînung ding bep a hi pua, tuhun ah i khawvel damsung un le a kilang ding a hi. Khrista tawh kaithaw ah um i hitau in, i mihing lui hinkhua a bei ta, Khrista hin gual ah hinkhua thak ah i hin ding uh a pawimaw hi. Khawvel sualna leh gitlona in a tuam vêl lai in, Khrista lopina leh thilhitheina suang ah gingtute'n thawkitna hinkhua mang ding in i kichial u'i.