

PUILTING SABBATH SIKUL ZIRLAI

EFESI: HARSATNA HUNA ISUA ZUI DÂN

John K. McVay

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THUHMAHRUAI

EFESI: HARSATNA HUNA ISUA ZUI DÂN

 FESI khuaa mîte hnêna Paulan lehkha a thawnah hian Efesi khuaa Kristian awmte chanchin kan hmû a. Efesi khuaa Kristian missionary-ten chanchin tha a rawn put luh kha chu kum tam ral ta niin, khâng lâi hun kha chuan kohhranho pawh an phûr tlâng hlê a. Mahse, tûnah chuan a phûrnate a lo chuai zo ta a, an rinna pawhin an Kristian nunah pawimawhna a nei tawh lêm lo nia hriatna an nei ta hial a ni.

Hê khawpui, Rome Lalrama khawpui lian berte zînga mî-ah hian Paula kha sumdâwng hausa tak takte timangangtu a lo ni tawh thîn a. Mahse, tûnah chuan tân inah awmin, eng mah tih theih a nei tawh lo. Tân in aţang chuan kohhranho hnênah lehkha a va thawn ta a, milem be mîte khawpui Efesi-a chêng an nih avângin beiseina an neih kha an hloh anga, Isua zirtîr a ni tih inhriatna pawh an nei tawh lo mai ang tih a hlauhthâwnpui thû a hrilh ta a ni. Sipai hotuten an sipaite hnêna thu an sawi ang deuh hian, Kristiante chu rinna rawn zawm thar leh a, Kristâ tâna thahnem an lo ngaih thinna kha tharthawh leh tûr leh, khawvêla Pathian hna thawhna ropui takah hian phûr taka tel vê leh tûrin a sâwm bawk a ni.

Kristian rinna hi Kristâ chungchâng a nih tlat avângin amah Krista chu zaha chibai bûk a pawimawhzia uâr takin a sawi a. Zirtîr chak lo, lo petek fo tawhten an ke pêan an chheh fuh leh theihna tûr chuan, Isua an lo hmangaih tawh thîn dân kha hre chhuakin, a khawngaihna leh a thiltihtheihnaah chuan rinna an ngah leh a tûl ang. Chuvâng chuan, Paulan vana Krista chawimâwia a han awm tâkna chu uâr takin a sawi ta a; Efesi khuaa ringtute ngaihtuahna la pêng thei thiltihtheihna leh pathian lemte zawng zawng âia ropui zâwk a nihzia pawh a hrilh vek bawk. Isua chu Pathian ruahmanna siamin a tum ber a ni a, chu ruahmannaah chuan ringtute hian a kohhran angin

tih tûr pawimawh tak an nei bawk. Krista-ah chuan engkim hi pumkhata siam a, a thuhnuaia thil zawng zawh dah tûr a ni a, chu hnâ chu kohhranin a thawh tûr a ni.

Paulan an LALPÂ tâna inpêkna thar nei leh tûra Efesi khuaa ringtu awmte a sâwm hian, zirtîr nihnain a phût thilte chu a nêp zâwngin a sawi lo va. Sâwi nêp ahnehin, Kristiante nungchang tûr leh awm dân tûrte chu chipchiar takin a hrih zâwk a. Kristiante chu Thlarau Thianghlimin a tihnun, Krista châwimâwitu, Pathian duh dâna Pathian chibai bûktu ni tûra koh an ni; chutiang thû chu vawi eng emaw zât a sawi nawn bawk.

Kristâ tâna thahnem an ngaihna chuan an chêtziaah leh tawngkam hman dânah nghawng a nei ngei ngei dân a. ‘Krista hmangaih’ tih awmzia chuan ringtupuite zah taka en leh, ngâihlu tihna a ni. Rilru zîm tak neih loh leh, an hnam dâna thil tlânglâwn êm êm, mipat-hmeichhiatna dik lo taka hmanna (inngaihna) dodâl tihna pawh a ni bawk. Kohhran huâng chhûngah leh in chhûngkhura an inlaichîn tawnaah, Kristan an entawn tûra a lo hnutchhiah tawh, mahni inhlanna chu an lan chhuahtîr vê tûr a ni a. Efesi khuaa chêng vê mi dangte hnênah, nun phung thar leh tha zâwk an kawhmuh ang.

Paulan Pathian kohhran member nihna hmanga mihring nih awmzia leh, chû chuan nun dân phung thar leh tha zâwk min pêk dân tûr te sawiin, a phûr pawh a phûr hlê a. Pathian chuan tûn hma zawnga lo inngeih lo thîn—Juda-te leh Jentailte chu—kohhranah a hruai a hruai lût tlâng ta vek a ni tih a hriatin, a thâ a tho thar hlê bawk. Inngeih lo êm êm tûra tlâng rinte an lo inpumkhat ta tlat mai chu mîte pawhin mak an ti a. Chutianga an inpumkhat tâk avâng chuan, Pathianin a duân khawtlâng nun phung thar leh, a lalram lo thleng tûr târ lan theihna remchâng tha tak an nei ta rêng bawk a ni.

Pathian kohhrana tel a pawimawhzia a sawi chhunzawmna lamah, kohhran awmzia sawi fiahna tehkhin thu palí a chher

chhuak a. Ringtute chu Kristâ *taksa* pêngte niin, member tinten Kristâ tâna ðahnem an ngaihna leh, mi dangte nêna an inpumkhatna an lantîr ðîn. *Pathian biak in nung*, Kalvari tlânga Kristâ inhlanna hmanga din an ni bawk a; Pathian chu chumi chhûngah chuan chibai bûk a ni.

Kristâ *mo* an ni a, Moneituin amâ tâte a rawn hruai hun tûr, inneihna inkhâwm ropui tak chu nghâkhlel takin an lo thlîr ðîn. A tâwp berah chuan, Kristian rinna rawn zawm thar leh tûrin a sâwm a ni tih an lo hriat thiam theih nân, Kristâ *sipaite* an nih thû a hrih a. Chûng sipaite chuan Kristâ hmingin remna a lên theih nân sual râl an do va, Kristâ lo kal leh hun tûr chu thlîr chungin, Pathian chakna nên thim sipaite an do ðîn a ni.

Chutiang chuan, Efesi khuaa mîte hnêna Paula lekhathawn hian keimahni hun tawng ang tawng vê, khawvêl hîpnate leh hun lo her liam zêlin Kristâ zirtîr nihna a tihhnuâl mai hlauhthâwnawma awmte tân, thuchah pawimawh tak a sawi a. Krista chu châwimâwiin, a lo kal lehna beisei taka kan awm lâi hian, A kohhran member nung ða tak leh inhmang êm êm ni chung a Amah chu kan zui a pawimawhzia min hrih a ni. Tûn kuartarah hian ngunthlûk taka Efesi Mîte Hnêna Lekhathawnin a sawi chu ngaihthlâk theihna hun remchâng kan nei thei dâwn a; chu mai chu ni lovin, hun harsa tak kan tawn hunah pawh, Isua zui hlimawmzia a takin kan chang bawk ang.

Zirlâi ziaktu, John K. McVay, Ph.D. hi College Place, Washington, USA-a awm, Walla Walla University-a president niin, religion department-ah zirtîrtu a ni nghâl bawk a. Hê university-ah hian kum 2006 aţang khân president hnâ a lo thawk tawh a ni.

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ZIRLÂI 1

JUNE 24–30, 2023

PAULA LEH EFESI MÎTE

CHÂNGVAWN: “Amâ tum dân ang takin a duh zâwng thurûk ril chu min hriattîr tawh a, chu chu hunbi a kim hun atân Krista-ah lo ruat lâwk tawh sâ niin, Amahah chuan thil engkim—vâna awmte leh leia awmte hi a la infâwk khâwm vek ang,” (*Efesi 1:9, 10, ESV*).

SABBATH CHAWHNÛ

JUNE 24

Chhiar Tûrte: *Tirhkohte 18:18–21; 19:13–20:1; 20:17–38; Efesi 1:1, 2, 9, 10; 3:13; 6:21–24.*

THU eng eng emaw kan ziaik thîn a, chutianga kan ziah chuan ziah chhan kan nei thîn. Entîr nân, Abraham Lincoln-a chuan America ram tualchhông indona avânga Gettysburg khawpui tihchhiat vek a nih hnû, kum 1863 khân tûn hnu zêlah pawh hriat reng ni zui ta zêl, Gettysburg Address an tih chu a lo ziaik a. Kha inbeihnaah khân sipai 7,000 zet an thî a ni. Khâ a thusawi hmingthang takah khân America ram dintuten America ram an lo din chhan chu sawi chhuakin, khâ tualchhông indona kha America ram tân fiahna hautak tak nia a ngaih thu a sawi chhuak a; kum 1776-a din an ram chu a dam khaw chhuak dâwn ngê ni a, “lei atâ hi tihboralin a awm zâwk dâwn?” zâwk tiin zawnha a siam hial a ni.

Paula pawhin hê lehkhathawn hi chhan pawimawh tak a awm avângin a ziaik a. Amah ber hi lung ina a tân tlat sî avâng leh, tihduhdahna leh thlêmna chi hrang hrang a hrân reng bawk sî avângin, Efesi khuaa Kristiante chu an hnual hlê mai a, an rinna hloh thei hial dinhmunah an ding mêk a ni. Chutichuan, Paulan Kristian an nih tirh lâi, an Chhandamtu-a Krista an rawn pawm lâi leh, kohhrana an rawn luh lâi vêl kha ngaihtuah lêt tûrin a chah a.

Kristâ taksa (*Efesi 1:19–23; 4:1–16*), a biak in sakna châk (*Efesi 2:19–22*), Kristâ mo (*Efesi 5:21–33*) leh râlthuum famkim bel sipai (*Efesi 6:10–20*) an nih tawh thû a hrilh ta a ni. Pathian ruâhman dân anga Kristaa thil eng kim infâwk khâwmtîrna tûr kawngah pawh mawhphurhna pawimawh tak an chang baw a (*Efesi 1:9, 10*). Chuvâng chuan, Krista zuitu an nihna anga an dînhmun dik tak leh, hamṭhatna chi hrang hrang an neihte an lo hriat chhuah thar leh theih nân, he lehkhathawn hi a ziaak ta a ni.

SUNDAY

JUNE 25

Paula, Efesi khuua Chanchin Ṭha Hritlu

Paulan Chanchin Ṭha hrila a zin kual ṭum hnihnaah khân, a hmâwr bâwk nân Efesi khua a tlawh a. Khami ṭum khân eng thil nge a tih? (*Tirh. 18:18–21*).

Efesi hi Rome Lalram chhûnga khawpui lian ber pakhat a ni a, mihring pawh 250,000 vêl lâi a chêng ṭhîn. Rome Lalram bial then hrang hrang zînga hausa ber pakhat, Asia bial khawpui a ni a, chu bial chuan Asia Tê (Asia Minor) tia an sawi tâk pum pui deuh thâw hi a huâm a. Paula-te hun lâi khân, hê bial hi nasa taka ṭhingin, hausak pawh a hausa chak hlê a. Lawngchawlhna hmunpui a nih bâkah, khawmuala inkal pawhna kawngpui hrang hrangten a pal tlang baw. Khawpuia chêngte hian pathian hrang hrang tam tak an bia a, chûng zînga chungnung ber nia an ngaih chu khawpui vênghimtu pathian nia an ngaih, ‘**Artemis**’ a ni. Artemis chibai bûkna chu vântlâng rorêl inkhâwmnaah te, infiamna kûtpuiah te leh kum tina an neih ṭhîn, ruâi chi hrang hrang an ṭhehnaah te an nei ṭhîn a. (Artemis hi Rome-ho kha chuan ‘**Diana**’ tiin an sawi ve thung; *Tirh. 19:24, 35* chhiar ang che.)

Paulan Chanchin Ṭha hrila a zin chhuah ṭum thumnaah Efesi khua hi a tlawh hâw leh a (*Tirh. 19:1–12*), tûn ṭum pheh hi chuan “kum thum” zet a châm chilh a ni (*Tirh.*

20:31). Heti chen chen a châm chhan hi eng dang vâng a ni lo va, hê khawpuiah hian Kristian kohhran ngêlnghet tak din ngei a tum ruh hlê a ni ngei ang.

Efesi khawpuia “LALPA Isua” zahna a lo awm leh a lo darh zâu ta êm êm mai bawh hi eng thil thleng nghawng chhuah nge ni? (Tirh. 19:13–20).

Tirhkohte Thiltih bu ziaktu Lukan Efesi khawpuia awm, hmun hrang hranga zin kualam ramhuaite hnawtchhuak thîn, Juda mi pasarihte chanchin min hrilh a. Hêng mîte hian an dâwi hla chhama Isuâ hming leh Paula hming an lam tel ve ngawt chu an chêt chhiat pah ta hlauh zâwk a. Chu chanchin chu khawpui vêng hrang hranga a han than vêl chuan “mi tinin an lo hlâu a, Lal Isuâ hming chu fakina lo awm ta a ni” (Tirh. 19:17, NRSV). Hemi tuma thil thleng hian ringtu lo ni tawh sa mi thenkhat nunah pawh nghawng ropui tak a nei a; an dâwi lehkhabu man to tak takte chu mi zawng zawng hmuhah an hâl ta a; an thil hâl ral hlut zâwng hi pawisaa chantîr chuan “chêng sîng nga” (Tirh. 19:19) vêl lâi a tling ang. Ringtute bâkah, khawpuia chêng mi dangte pawh chuan, Isua chibai bûkna leh dâwi thilte chu chawhpawlh chî a ni lo tih an lo hre ta a, Isua biakna chu tû mah leh eng thil mahin a pawlh dal tûr a ni lo.

An lehkhabu man to tak tak an hâl ral ta vek hian eng nge a entîr? Hei hian LALPA tâna inpumpêk awmzia engtin nge min hrilh?

THAWHTANNĪ
Ennawm Chhuahna Hmuna Buaina

JUNE 26

Tirhkohte 19:21–20:1 chhiar la. Hemi tuma thil thleng aţang hian eng zirlâite nge zir chhuah theih kan neih le?

Khawpui lian leh ropui tak, mi chi hrang hrang fuankhâwmna, Efesi-a Paula rawngbâwlina hi a tla ṭha hlê ni tûr a ni; khawpuia chêng mi ṭhenkhat sum hâi luhna hnâr pawimawh tak chu a tihtâwpsak ta daih leh nghâl a; khualzinten an tlawh hut hut ṭhin, Artemis-i biak in pawhin ngaihnhêp a hlawh ṭan ti tih ta bawk.

Hê biak in hi a mâwiin a ropui hlê a. Ban hrawl tak tak, ft. 60 vêl zeta sâng 127 lâi mai neiin, chûng bante chu Paros Thliarkâr aṭanga an rawn lâk luh, marble vâv thianghlim leh man to êm êm hmanga siam vek a ni. Hêng bante zînga sawmthum leh paruk pheh hi chu uluk taka chher a nih hnû-ah rangkachakin an tuâm leh vek a; hei vâng hian hmâsâng khawvêla thilmak pasarihte zîngah chhiar tel a ni bawk.

Paulan mihringte siam chawp pathiante chibai bûkin awmzia a neih loh thu a sawi chuan, mîte thinlungah Artemis-i biak in tlawh ṭûl lo nia ngaihna a neihtîr a (*Tirh. 19:27*). Chu chanchin chu Efesi khuaa tangkaraw chhertu, tangkarua hmanga Artemis-i lem siam ṭhîn Demetri-a'n a lo hriatin, a eizawna a tâwp mai dâwn tih hai hek lo le, a mi chhawrte chu a fuihpawrh ta a. Chutichuan, an thil siam sa zawrhna hmun aṭanga chhuakin, ennawm chhuahna hmun zâu tak mai, mi 25,000 lâi lennaah chuan an kal khâwm a, an buai ta nuai nuai mai a ni ber.

Hemi hmunah hian dârkâr hnih chhûng vêl zet chu “Efesi khuaa mî Artemis-i hi ropui tak a ni!” tiin an âu rual chiam a (*Tirh. 19:34*, ESV). Khawpui lehkha ziaktu lianin mipui a khap daih a, a ṭin darhtîr hnûin Paula pawhin ringtute a hmû a, tichuan, Efesi khuaa a chhuahsan ta a ni.

Paulan Chanchin Ṭha hrila a zin chhuah ṭum thumnaa tâwp lamah khân Efesi kohhran upate a hmû a. Hemi ṭum hian an hnênah eng thûte nge a sawi? (*Tirh. 20:17–38* en la.) _____

Paula leh Efesi kohhran inzawm chhoh dân hi a kum indawtin lo sawi ila:

- * A.D. 52: Paulan a ÷um khatna atân Efesi a tlawh a; mahse, a châm rei lo (*Tirh. 18:18–21*).
- * A.D. 53–56: Hê kum thum chhông hian Efesi khawpuiah rawngbâwlna a nei a (*Tirh. 19:1–20:1*). A hâwsan dân hnaih lamah Korin Lehkathawn Pakhatna hi a ziaak (*1 Kor. 16:5–9*).
- * A.D. 57: Mileti khuua a awm lâiin Efesi khua a ÷anga lo kal kohhran upate nêan inhmua (*Tirh. 20:17–38*).
- * A.D. 62: Paulan Efesi khuua a awm ringtute lo chhiar tûrin lehkathawn a ziaak a, a ziah hun pawh Rome khuua hrên a nih lâi kha a ni mai thei.

“Chuvâng chuan, ngaihven ula, kum thum zet chu a chhôn a zânin mittui tla chung a mi tin zilh ka bânsan lohzia kha hre reng ang che u” (*Tirh. 20:31*, NKJV).
Paulan tûna kan kohhran hi eng kawngah nge min zilh vê ang a, eng vâng a min zilh nge a nih ang?

THAWHLEHNĪ
Efesi Lehkathawn Chhiarin

June 27

Paula khân Efesi Lehkathawn hi Efesi khawpui chhông a awm ringtute inkhâwmna in hrang hranga lo chhiar atân a ziaak a. Efesi a chhuahsan hnû khân Kristian kohhran chu nasa taka lo ÷hangin, kohhranhote inkhâwmna in pawh eng emaw zât a awm belh bawh. Hêng ringtu rawn ni hmasâte tân hi chuan an kohhran phuntu Paula mi tirh Tukikan an kohhran a rawn tlawh a, Paulan anmahni tâna a lo ziah lehkathawn ngêi mai a chhiar lâi lo ngaihthlâk chu thil thleng pawimawh tak a ni ngei ang. Hetianga inkhâwm ho ÷hînte hi mi tam tak an ni ngâi lêm lo niin a lang a, in neitute chhôngkua—

pa ber leh nu ber leh an fâte bâkah, an bâwih chhawrte kha an ni deuh mai hmêl (*Efesi 5:21–6:9*).

Mahse, a châng chuan, *chhûngkua* tih hian mi dang— an chhûngkuain an tanpui thin, anmahnia inngatte leh an thilrawn leisak thînte pawh a huâm tel ve thîn a. Chuvâng chuan, Tukikan Paula lekhathawn a chhiar tum pawh hian, chûng mîte leh in hrana lo inkhâwm ve thîn chhûngkaw dangte pawh kha an awm ve mai thei.

A hnuaia a rîruâng târ lan hi rilrua hre chungin a lekhathawn pum pui hi chhiar la, a theih pheih chuan a ri ngeiin chhiar nghe nghe teh (minute 15 vêl chhûngin i chhiar chhuak hman ang). Hê lekhathawna lo lang nawn fo thupui pawimawh tak tak awmte chu eng nge ni?

1. Chibai Bûkna (*Efesi 1:1, 2*)
2. Malsâwmna Thuhmahruai (*Efesi 1:3–14*)
3. Ringtuten Krista hriatna kawnga finna an lo neih theihn nâna tawngtâisakna (*Efesi 1:15–23*)
4. Thlarau lama thî ni tawh kha tûnah chuan Krista nêh chawimâwiin an lo awm ta (*Efesi 2:1–10*)
5. Juda-te leh Jentail-te zîngah Kristan kohhran a din (*Efesi 2:11–22*)
6. Jentail-te hnêna thu hriltu Paula (*Efesi 3:1–13*)
7. Ringtuten Krista hmangaihna an lo chan theihna tûra tawngtâisakna (*Efesi 3:14–21*)
8. Thlarau Thianghlimin a thlentîr kohhran inpumkhatna chu vawng tûra beihna (*Efesi 4:1–16*)
9. Isuaa nun thar, inpumkhatna nun chu neiin (*Efesi 4:17–32*)
10. Hmangaihna, êng leh finnaah chuan kalin (*Efesi 5:1–20*)
11. Chhûngkuua Kristan a lo duân nun chu a taka nunpuiin (*Efesi 5:21–6:9*)

12. Ding ho: Kohhran chu Pathian sipaite an ni (*Efesi 6:10–20*)
13. Khârna leh lâwmthu sawina (*Efesi 6:21–24*)

Hê lekhathawna thupui pawimawh awm chu engte nge ni? Chûngte chuan nangmahah eng nge a sawi?

NILANI

JUNE 28

Lekhawn Ziah A Nih Lâi Hun

Engtin nge Paulan Efesi khuua ringtute hnênah lehkha a thawn bul a tan a, a tihtâwp? An tâna a duhthusâm ril ber mai chu eng nge ni? *Efesi 1:1, 2; 6:21–24 chhiar la.*

A lekhathawn tîr lamah hian a ziaktu chu amah Paula ngei a ni tih a sawi nghâl a (*Efesi 1:1*). A lekhathawn lai hâwl vêlah hian amâ hming sawi lang lehin “Jentail-te avânga Krista Isua mi tâng” (*Efesi 3:1*) niin a insawi a, chu chuan tirhkoh a nihna anga a hnathawh a sawi fiah nghâl bawk (*Efesi 3:1–13*). A lekhathawn tâwp lamah hian mi tâng a nih thu a sawi lang leh bawk a (*Efesi 6:20*), tichuan, anmahni a thlamuâna thu nêna a titâwp ta a ni (*Efesi 6:21, 22*). Mi thiam thenkhat chuan Efesi Lekhathawn hi Paula ziah a nih an ring chiah lo va; mahse, a lekhathawn hi chuan Paula ziah ngêi niin a sawi tih hriat a pawimawh hlê. Kristiante zînga a tam zâwk daihte hian a ziaktu chu tu dang ni lovin Paula ngei a ni tih an pawm a, an ti dik chiah rêng bawk a ni.

Paula tân ina a tân chhông khân Efesi khuua ringtute hi a ngaihtuah hlê a. Eng vânga ngaihtuah êm êm nge a nih? *Efesi 3:13, en la.*

Efesi khuua ringtute hian tân in ațanga Paulan lehkha a thawn ve tho Kolosa khuua mîte (*Kol. 4:7, 8*) leh Filemona-te harsatna tawh ang bawk kha an tawng ve niin a lang a;

lekhathawn an dawn hun pawh hi a inang tlângpui âwm e. Efesi khuaa Paulan rawngbâwlina a neih aţang khân, kum eng emaw zât a lo liam leh ta bawk a (*Efesi 1:15; Efesi 3:1, 2*); chuvâng chuan, Efesi khuaa mîte hnêna lehkha a thawn hi Rome khawpuia a tân lâi, A.D. 62 vêla a ziah a ni thei.

Efesi Lekhathawnah hian Efesi khuaa awm, a lekhathawn lo chhiartu tûrte dinhmun tlêm azâwng a sawi a. A thil sawi tum hi a pawimawhin a huâm zâu hlê. Pathian thutlûknate chu “leilung pian hma” (*Efesi 1:4*) hauha lo siam sa tawh a ni thu-a ţanin, Kristaa Pathianin chhandamna min lo siamsak chu, zâu tak leh fiah takin a hrilh ta a ni. Chutianga a hrilhna lamah chuan ţawngkam pawh a chhep thiam khawp mai leh nghâl a; thumal ţhenkhat phei chu vawi eng emaw zât hmang nawnin tehkhin thu ţha tak tak pawh a chher chhuak nual bawk.

Chutiang chu a lekhathawn dangachte pawh a lo hmang tawh ţhin tho a (*entîr nân, Rom. 8:31–39*); mahse, Efesi Lekhathawnah hian a tam bîk hlê. Fakna thu te, ţawngţâina thuchham te leh Pathian chibai bûkna ţawngkam te kan hmu a (*Efesi 1:3–14; 1:15–23; 3:14–21*); fimkhur leh thiam taka chher chhuah Pathian thu ril sawi fiahna ropui tak tak pawh kan hmu bawk (*entîr nân, Efesi 4:1–16; 5:21–33; 6:10–20*).

NINGÂNĪ

JUNE 29

Efesi: Kristaa Khat Lekhathawn

Engtin nge Paulan a lekhathawn thupui ber chu a sawi chhuah? *Efesi 1:9, 10.*

Engtin nge Efesi Lekhathawn thuchah hi kan khâikhâwm ang? Paulan tân in aţangin a hunbi a kim hun atâna Pathianin ruâhmanna a lo siam leh, chu mia kohhranin tih tûr a neih chu a ziak a; chu ruâhmannah chuan Kristan dinhmun pawimawh

ber a chang dâwn tih pawh a sawi bawk. Pathian chuan Krista Isua-ah hnâ thawkin “amahah [Krista-ah] chuan vâna thil awmte leh, leia thil awmte zawng zawng hi a fâwk khâwm vek dâwn a ni” (*Efesi 1:10*, ESV).

Chû a thiltum chu mihring thar, Juda-te leh Jentailte pumkhata an awm hona kohhran a dinna hmangin a thawk ta a (*Efesi 2:14*). Ringtute chu he Pathian ruâhmanna dung zui hian awm tûra koh niin, chutianga an awm a nih chuan hmêlmâte pawhin Pathian thiltum chu tihhlawhtlin chhoh mêk a ni tih an lo hriat theih phah dâwn bawk a ni (*Efesi 3:10*).

Efesi 1:9, 10-a kan hmuh angin, Pathian rilrua awm inpumkhatna chu Kristaah a infâwk khâwm vek a. Chutiang chu a nih avângin, Efesi Leikhathawn hi Krista-ah a inchiah zawp hneh hlê a ni tih hai rual a ni lo. Hmun tin deuh thâw-ah Pathianin Kristaa thil a lo tih tawhte fakna thu hmuh tûr a awm a, tin, ringtuten Krista avânga thlarau thilpêk hlu tak tak an dawn avânga lâwmthu a sawina pawh kan hmu hnem hle bawk. Leikhathawn ziaktu Paula hian vawi sawmthum chuang zet mai “Krista-ah” tih leh chumi tlukpui ãawngkam dang eng eng emaw a hmang a; Isua a fak mawlh mawlh a ni ber. Hê leikhathawn hi i chhiar pahin chûng a ãawngkam hmante chu lo chhinchhiah zêl la, Paulan Isua a dah pawimawh thiamzia lo hriat thiam i tum dâwn nia.

Paulan Efesi khuaa ringtute chu thlarau lama inpumpêkna neih thartîr leh a tum hlê a; Pathian kohhran pêng an nih thûte hrilhin, chu kohhran chuan Kristaa thil zawng zawng a infâwk khâwm vekna tûra Pathian ruâhmanna siamah chanvo pawimawh tak a chang tih a sawi bawk. Paulan “kohhran” (Grik ãawngin, *ekklesia*) tih thumal a hman hian, a rilrua awm chu tualchhûng kohhran pakhat ang hi a ni lo va, a sawi tum tak chu khawvêl pum huap kohhran hi a ni zâwk.

A tum lian ber chu kohhran awmzia sawi fiah a ni a, chutianga sawi fiah nân chuan tehkhinna ÷awngkam palî a hmang:

1. Kohhran ch taksa ang a ni (*Efesi 1:22, 23; 2:16; 3:6; 4:1–16, 25; 5:23, 29, 30*).
2. Kohhran chu in/biak in ang a ni (*Efesi 2:19–22*).
3. Kohhran chu mo ang a ni (*Efesi 5:22–27*).
4. Kohhran chu sipai ang a ni (*Efesi 6:10–20*).

Hêng tehkhinna ÷awngkam hrang hrang a hmante hian, Pathianin a kohhran tâna tih a tum chu an puang chhuak theuh a ni.

Nangmah pawh i awmna kohhran, Seventh-day Adventist Kohhranah hian Pathian chuan ram hrang hranga mîte, ÷awng chi hrang hrang hmangte, chî hrang hrang leh hnam hrang hrangte a hruai khâwm a (*Thup. 14:6, 7*), chu chuan Isuaa thil engkim fâwk khâwm a tumna a tihlawhtling mêk a ni (*Efesi 1:9, 10*). Hê Pathian thiltum ropui tak mai rem hian engtin nge hnâ kan thawh theih ang?

ZIRTÂWPŊĬ

JUNE 30

Zir Belhna: Isuâ hming leh Paula hming hmanga ramhuai hnawhchhuah tumtupa chanchin khân Efesi Lehkathawna Paulan thiltihtheihna chungchâng sawina ÷awngkam a hman tam êm êm chhan a sawi fiah a (*Tirh. 19:13–20*; Sunday zirlâi kha en leh la). Ring thar ÷henkhat, Isua lalber nihna leh chungnunnarawn hre thar vê tate chuan an dâwi lehkhabu man to tak takte chu a hâl ral ta vek mai a ni.

Dâwi lam thil inziahna râiruang lehkha 250 vêl an hmuh chhuah a÷angin leh, thil hlui dang eng eng emaw an hmuh chhuah a÷angin, hêng dâwi lam lehkhabu an hâl ral tâktea chuang ve ngei tûr serh leh sâng thil te, dâwi hla chham phual te, chhinchhiahna te, ânche lawhna ÷awngkam te leh

a dangte kan hmû a. Chûng lehkhabute chuan ringtu lo tate kha an lo biak ðhin pathiante hmin tûr leh an duh ang thilte tihsak tûra thlaraute tlawn nâna serh leh sâng chi hrang hrang an tih dân a târ lang a ni.

Luka sawi dân chuan, hêng lehkhabu an hâl ral tâkte hi chêng sîngnga man zet a ni a, chu chu ni 50,000 hlauh zât zet a ni (Tûn lâi hun chu ni se, ni khatah Rs. 1,000 hlauh anga chhûtin nuai sawnga man zet a ni ang). Chuti taka man tam chu a nih avângin, hêng lehkhabute hi an nî tin nunah khân a pawimawhin, a hlu hlê ang tih a hriat theih mai âwm e.

“Thlarau khawvêla chêngte thiltihtheihna chan theih nâna an dâwi ðhi leh ngûn bâkah, tlereuh dangte, ðawngtâina thu chham inziahna lehkhabute leh, thil dang dangte an hluihlâwn hmiah a ngâi a ni tih an pawm theih chhan chu, Pathian a lo chêt vâng a ni.”—Clinton E. Arnold, *Ephesians* (Grand Rapids, MI: Zondervan, 2010), p. 34.

Efesi Leikhathawn hi vân boruaka awm ramhuaite ‘thiltihtheihna’ leh, mi an rawn beihna lo khin lêt dân tûr hriat mamawh êm êm ringtute tâna ziah a ni.”—Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesi* (Grand Rapids, MI: Baker Books, 1992), p. 165. Hê leikhathawnah hian, Krista chu thiltihtheihna dang zawng zawng chung a awm a ni tih sawiin (*Efesi 1:20–23*), ringtute hnêna Pathianin chakna a pêk chu a chungnung hlê a ni tih uâr takin a hrih bawk (*Efesi 2:15–19; 3:14–21; 6:10–20*).

SAWI HO TÛRTE:

❶ Kan khawvêlah leh tûna nangmâ nunah khân, eng thiltihtheihnate leh thuneituten nge hnâ thawk le? Chûng thiltihtheihnate chu eng tiangin nge an rawn inlan a, eng tiangin nge châwimâwia awm tawh Kristâ hnênah ni lovin, anmahni hnênah zâwk châwimâwina leh zahna hlân tûrin ringtute an thlêm ðhin?

- ② Paulan Pathian “hunbi ruât a kim” hunah thil engkim Kristaa a fâwk khâwm vek tûr thu sawiin, chumi hun chu beisei taka a nghah thû pawh a ziak bawk a. Efesi 1:18; Efesi 2:12 leh Efesi 4:4-a “beiseina” tih thumal a hman dânte hi en nawn leh teh. Eng vângin nge hma lam hun atân beiseina a awm a ni tih a rin?
- ③ Hêng chângachte hian eng tiangin nge Paulan Kristâ lo kêr lehna ‘beiseina ropui’ tak chanchin chu a sawi? *Efesi 1:13, 14; 1:21; 2:7; 4:30; 5:5*. Chû beiseina chu tûnah hian kan tân eng nge a pawimawhna awm?

ZIRLÂI 2

JULY 1–7, 2023

KRISTAA PATHIAN RUÂHMANNNA
ROPUI TAK CHU

CHÂNGVAWN: “Kan LALPA Isua Krista Pathian leh Pa chu fakim awm rawh se. Ani chuan vân hmunahte khian, Krista-ah chuan thlarau lam malsâwmsakna tinrêngin mal min sâwm a,” (*Efesi 1:3, ESV*).

SABBATH CHAWNÛ

JULY 1

Chhiar Tûrte: *Deuteronomi 9:29; Efesi 1:3–14; 2:6; 3:10; Kolosa 1:13, 14.*

HEIL ARMSTRONG-a khân thla leilung han rap hmasa ber a nih kum sawmhnih leh pangaah a vân boruak zin thawmhnaw siamsaktu, Extravehicular Mobility Unit (EMU) chu lâwmthu hrilhin, anmahni vânga thla leilung han rap thei a nih thu a sawi a. A chuâna boruak lawng pawh kha “boruak lawng zînga a thla lo lâksak tam ber” a ni tih sawiin, a thla lo latute hmuh theih loh tûra a hmêl chhe tak lo hliahsak kawngah a hlawhtling hlê tiin fiamthu a thawh zui bawk. Johnson Space Center-a thawk “EMU Gang” chu a

nunna vênhimsak tlattu thawmhnaw tuarchhel tak, rintlâk êm êm leh amah duat hletu ni bawk sî an siamsak avângin lâwmthu a hrilh mawlh mawlh mai a ni.

Paula pawhin Efesi khuua mîte hnêna lehkha a thawn hi lâwmthu sawina thu ropui tak nê bul a ʔan a. Pathian chu malsâwmna nasa tak min vûr avânga fakin, chûng malsâwmnate chu thlâa han lâwn te tâna siam thawmhnaw ang bawkin, ringtute nuna thil pawimawh leh ʔul êm êm a ni. Hêng malsâwmna ʔangkâi leh pawimawh êm êm bawk sî-te hi a taka kan chan ngei theih nân Pathian chuan “leilung pian hma” daih ʔang khân hnâ a lo thawk tawh tih a sawi a (*Efesi 1:4*), chu tak chu Pathian a fak chhan pawh a ni rêng bawk.

A sawi hawinna atâna Paula ʔawngkam hman hian, Pathian chibai bûk dân tûr leh malsâwmna tam tak min vûr avânga Pathian fak dân tûr kan hriat theih nân, Efesi Lehkathawn hi a hlu hlê a ni tih a tilang.

SUNDAY

JULY 2

Kristaa Thlan leh Pawm Tawh

Lâwmthu sawina thuziakah chuan, dân tlângpuiin, thilpêk kan dawn hming kan sawi lang ngei ʔhîn a. Paula pawhin Pathian hnênah chanchin ʔha malsâwmna an dawn avânga a lâwmthu sawiin, chu thilpêk an dawn chanchin chu Efesi 1:3–14-ah hian chipchiar deuh takin a ziak a.

Pathian chu fakin, “Ani chuan vân hmunahte khian, Krista-ah chuan thlarau lam malsâwmna tinrêngin mal min sâwm a ni” (*Efesi 1:3*) a ti a. Chûng malsâwmnate chu *thlarau lam thil* (Grik ʔawngin, *pneumatikos*) a ni tih pawh sawiin, chu chuan Thlarau (Grik ʔawngin, *pneuma*) kal tlanga lo thleng a ni tih a tilang. Hê a ʔawngkam hman hian a lâwmthu sawi tlângkawmna awmzia pawh min hriat thiamtîr a; Thlarau Thianghlimin ringtute nuna hnâ a thawh chu a fak hlê a ni (*Efesi 1:13, 14*).

Efesi 1:3–6-ah hian Pathianin Krista avânga min hmuh dân sawiin, chumi sawi nâna a ÷awngkam hman hi a thlamuan thlâk hlê a ni. Khawvêl siam a nih hmâ hauh khân, Pathian chuan Krista-ah min lo thlang tawh a, Krista-ah chuan siam kan nih avâng leh, tlan tawh kan nih avângin Amâ fa anga a hnêna awma (*Efesi 1:5*), “thianglim leh sâwisêl bo” ni tûrin min lo ruat lâwk vek tawh baw (*Efesi 1:4; 5:27*).

Nî khian êng a chhuah ÷an hmâ hauh a÷ang tawh khân “Duhtaka-ah chuan pawm kan loh nih hi” a ruâhman dân a lo ni tawh a (*Efesi 1:6*, NKJV). A tâwi zâwnga sawi chuan, chhandama kan awm hi Pathian thiltum ve rêng a ni kan ti thei ang. Chuvâng chuan, keimahnin duhthlanna dik lo kan siam a nih chauhin, chhandamna kan hloh leh thei dân tihna a nih chu.

Efesi Leikhathawna “vân hmunahte khian” tih ÷awngkam kan hmuh hi eng nge ni a awmzia (Efesi Leikhathawn hi Thuthlung Thara hê ÷awngkam hman a nihna awm chhun a ni a)? Hê ÷awngkam hman a nih dân hi han zir Chiang teh. (*Efesi 1:3, 20; 2:6; 3:10; 6:12*; “vânahte khian” ÷awngkam a hmanna te nêh khâikhin baw la, *Efesi 3:15; 4:10; 6:9*.)

Efesi Leikhathawnah hian “vân hmunahte khian” tih ÷awngkam leh “vânahte khian” tih emaw, “vânah” tih emaw ÷awngkamte hi Pathian chênna hmun (*Efesi 1:3; 6:9*), thlaraute chênna hmun (*Efesi 1:10, 20, 21; 3:10, 15; 6:12*) sawina atân hman a ni a; Pa ding lam, Krista châwisânga an han awmna hmun pawh a kâwk baw (*Efesi 1:20*). Ringtute chu hêng “vân hmunahte” hian an han chêng vê thei ta a, chutah chuan Kristâ zârah thlarau lam malsâwmnate chantîr ÷hin an ni (*Efesi 1:3; 2:6*). Chu “vân hmunte” chu ringtuten malsâwmna an channa hmun lo ni ta mah se, Kristâ lalna chuhpuitu thlarau sualten ÷an an khawhna hmun pawh la ni reng tho (*Efesi 3:10; 6:12*).

“Leilung pian hmâin” amah Krista-ah chuan thlan kan lo ni tawh tih thû a sawina Efesi 1:4 hi ngun takin han ngaihtuah la. A thil sawi hi eng nge ni a awmzia? Pathianin min lo hmangaihzia leh chhandama awma min duhzia engtin nge min hrilh?

THAWHTANNĪ

JULY 3

Tlanna Man To; Ngaihdamna Sâng Êm Êm

Paula lekhathawn lo chhiartute nunah hian sual chu anmahni thununtu thim chhah tak a lo ni tawh thîn a. Chuvâng chuan, Paula pawhin an tûn hma nun kha chu “bawhchhiatnate leh sualte” avânga thî (*Efesi 2:1*), Setanan a thu nun ang anga awm ve tawp mai (*Efesi 2:1–3*) niin a sawi rêng a ni. Sual leh Setana sala tâng an nih tlat avângin anmahni mai chuan an intizalên thei tawh lo, chhanchhuah ngâi an ni. Chutichuan, Pathianin Kristaa a khawngaihna thiltihte hmangin a rawn chhanchhuak ta a. Chuvâng chuan, Paula pawh hian ringtute nuna Pathian khawngaih malsâwmna thar pahnih, tlanna leh ngaihdamna te chu a fak rêng a ni.

Efesi 1:7, 8 chhiar la. “Thuthlung Thar-ah hian “tlanna” tih tawngkam kan hmu ngun hlê mai. Hman a nihna hmun dang: Kolosa 1:13, 14; Tita 2:13, 14; leh Hebrai 9:15-te pawh chhiar la. Hêng Bible chângte hian Efesi 1:7, 8 pawhin a sawi eng thûte nge an lo sawi?

Efesi 1:7-a “tlanna” tia lehlin Grik thumal, *apolutrosis* hi a tîr takah chuan, salin zalênna a chan theihna tûra lei a nih thu emaw, sâla tângte tihzalênna tûra sum pêk thu emaw sawi nân hman a ni thîn a. Sal zuârtu chuan an sal *zawrhte* chu a man chhiar zât a sawi a, a âu lauh lauh thîn. Chutia a âu rî leh saltan an bun kutkawl inkhak rî-te chu râlkhat a tang pawhin a

lo hriat phâk thîn a ni an ti. Thuthlung Thar bu ziaktuten *tlanna* tih an sawi hian a tum ber chu, salte zalêntîr an nih theihna tûra sôm sên hnem a ngaihzia tilan a ni.

Zalênna kan lo chan theihna man hi a sâng khawp mai: “A thisen avângin amahah [Isua-ah] chuan kan tlanna kan nei a” (*Efesi 1:7*). *Tlanna* tih hian zalênna kan lo neihna tûra Pathian khawngaihna phal taka man tam tak a pêk chu a fak bawk. Pathian chuan zalênna leh dinhmun zahawm min chantîr a. Tûnah chuan *sal* kan ni ta lo!

“Tlan chhuah tawh” tih awmzia chu bungrua ang ni lovin, mihring anga en tihna a ni a. Khawvêl sal ni tawh lovin, vân khua leh tui loh nih tâk zâwkna a ni.”—Alister E. McGrath, *What Was God Doing on the Cross?* (Grand Rapids, MI: Zondervan, 1992), p. 78.

Pathianin mihringte min tlanna man chu Setana hnênah a pê tih ngaih dân hi Bible zirtîrna ni lovin, hun lâihâwl vêla kohhranin a vawrh darh a ni tih hriat tûr a ni a. Pathianin Setana lakah bat eng mah a nei lo va, eng mah pêk a nei hek lo.

Kalvari-a Isuâ thihna khân “kan bawhchhiatnate ngaihdamna” pawh min chantîr bawk a (*Efesi 1:7*). Krawsah khân kan sual man, tûn hmâa thil kan lo tih sual tawh man leh, kan la tih sual leh tûr man pawh phurin, batna lehkha thupêka zia, kan chung a awm, min dodâl thîna chu a lo thâi bo ta a ni (*Kol. 2:14*). Pathian chuan hê hnâ, Krista avânga tlanna leh ngaihdamna a thawhna hmang hian, kan Pâ thilphal tak a nihzia a tilang a; a khawngaihna ngahzia ang zêlin chu khawngaihna chu Amah ngeiin fîng tak leh remhre takin kan chungah a vûr ta a ni (*Efesi 1:7, 8*).

Kristan amah inhlâna a tlanna che azârah ngaihdamna leh chhandamna i lo chang ta a ni tih hi a hlutzia i hre thiam em? Chû chu i phû loh thil niin lo hre ta la, engtin nge i tih ang? _____

Kristaa Pathian Ruâhmanna Ropui Tak Chu

Pathianin hun bî a kim hun atâna ruâhmanna a lo siam chu eng nge ni a, chu a ruâhmanna lo siam chu eng tiang taka huap zâu nge a nih? Efesi 1:9, 10.

Paulan Pathian ruâhmanna sawi fiah nâna chhinchhiahna pathum a hmante chu: 1) a duh zâwng thurûk ril tak, 2) a thiltum, 3) hun bî a kim huna ruâhmanna tihte a ni a. Pathian ruâhmanna vâwrtâwp, a hnuhnung ber ni bawk chu eng nge ni? Thil engkim, khawi hmuna mi pawh Isuaa inpumkhattîr vek, infâwk khâwmtîr vek a ni.

Hê ruâhmanna sawi fiah nâna Paula tawngkam hman hi a mâwi hlê mai. Krista-ah chuan thil engkim a “fâwk khâwm” vek a ni a ti. Hmasâng mîte chuan an sum hman dân an ziahin, namber an ziah tlarte “belh khâwm” chu a phêk hnuai lamah ni lovin, a chung lamah zâwk an dah thîn a. Chutiang deuh chuan, Isua pawh hi Pathian ruâhmanna tâwpkhâwk, khawvêl chanchin khârna atâna ruâhmanna a lo siamah hian a chungnung ber a ni. Hê ruâhmanna, Kristan dinhmun pawimawh ber a channa hi “leilung pian hmâ” hauha lo duân tawh a ni a (*Efesi 1:4*); a huâm zâu hlê a ni; hun zawng zawng (“hun bî a kimna”) leh hmun zawng zawng (“eng kim—vâna thil awmte leh lei chung a thil awmte”) hi a tuâm chhuak vek a ni. Chutiang chuan, Kristaa inpumkhatna, infâwk khâwmna hi lei leh vâp pum pui tâna Pathianin tih a tum lian ber leh ropui ber a ni a, chu thû chu Paula hian a puang ta a ni.

“Hun bî a kim” (*Efesi 1:10*) hun atâna Pathianin ruâhmanna a lo siam chungchâng chu, Paula hian sawiin a lehkhathawn tluana a zeh tel tûr thupui pawh a hrilh nghâl bawk. Pathian chuan Isuâ thihna, thawhlehna, vâna a han lâwnna leh châwisâna a han awm tâknaa (*Efesi 1:15–2:10*) zung kaih a

ruâhmanna, thil engkim infâwk khâwmtîr vek a tumna chu kohhran dinna leh, chumi chhûnga mi chi hrang hrang—Juda-te leh Jentail-te—inpumkhattîrna hmangin bul a rawn tan ta a (*Efesi 2:11–3:13*).

Kohhran hian Setana leh a tirhkohte hnênah Pathian ruâhmanna chuan hnâ thawk mêk tawhin, mîte then hrang zâwnga hmâ an lâk thinna pawh a la tâwp dâwn a ni tih an hriattîr a (*Efesi 3:10*). Chutiang a nihzia chu Bible hmun dangah pawh kan hmu: “‘Diabola chu thinur êm êm chungin in hnênah a lo chhuk tawh a, a thinur chhan pawh hun tlêm tê chauh a nei tih a hriat avâng a ni” (*Thup. 12:12, NKJV*).

Efesi Lehkathawn chanvê hnu lam hi chu inpumkhat tûra tih tak zeta sâwmna thû a ni ber a (*Efesi 4:1–16*), chumi hnû chuan inpumkhatna tichhe thei nungchang tha lo hrang hrangte chu bânsan a, an ringtupuite nêna lungtual tlânna neih tum zâwk tûra fuihna thû, thui tak a sawi zui leh bawk (*Efesi 4:17–6:9*). Kohhran chu sipai chak tak, râl bei tûra phûr tlâng êm êm nêna a tehkhin a, chûng sipaite chuan thatho takin Kristâ hminga remna thu an tlângpui a ni a ti (*Efesi 6:10–20*).

Engtin nge Krista Isuaa i lo chan vê tâk tlanna kha Pathianin Kristaa thil engkim fâwk khâwmtîr vek a tumna pêng pawimawh tak leh ropui êm êm ni bawk a ni tih i lo hriat thiam a, Pathian hnênah lâwmthu i sawi theih ang?

NILÂINĪ

JULY 5

A Ropuina Faka Nungin

“Amahah chuan kan ro chan tûr chu kan dawng tawh a, chu chu Amâ remruat anga thil engkim ti thîntu duh dân ang taka lo ruat lâwk tawh sa rêng a ni, keini Kristaa rinna lo nghat hmasa tawhtute hi a ropuizia tilangtu kan lo nih theihna tûrin” (*Efesi 1:11, 12, NKJV*).

Efesi khuaa ringtuten Kristian a ni tih inhriatna chiang tak an neih thin kha an hloh ta niin a lang a; an lo “beidawng” ta deuh a nih hmêl (*Efesi 3:13 en la*). Chuvâng chuan, Paulan a hma lamah pawh a lo hrilh tawh ang khân (*Efesi 1:3–5*), Kristian an nih anga an nihna hre thiam thar leh tûrin a ngên a ni. Ringtute chu vân boruaka awm ramhuaite leh, thim tirhkohten an duh duha an tihnewmna theih ni lovin, Pathian fâte an ni zâwk a (*Efesi 1:5*). An nuna hna thawk mêk chu Pathian thiltum, remruatna leh duhzâwng niin (*Efesi 1:11*), chu chu Kristaa thil engkim tihpumkhat a nih theih nâna Pathian ruâhmanna lo siam tawh, lo puitlin chhohna kawng khat a ni bawh (*Efesi 1:10*). Pathian hmâah chuan nghet tak leh ngampa taka dingin, malsâwmna a vûr tam takte pawh a takin an chang thei a. An nun chuan Efesi 1:3–14 thuchah, “Kan LALPA Isua Krista Pathian leh Pa chu fakin awm rawh se” tih hi a pho lang tûr a ni.

Efesi 1:11, 14 leh 18-a “ro” tih emaw, “roluah” tih emaw a hman dânte hi khâikhin la. Eng vângin nge hê thû hi a ngaih pawimawh êm êm le?

Tu emaw a thih avângin ro i lo khâwm vê tawh em? I laina hnâi tak tu emaw chuan a thih hmain in leh lo emaw, sum tam tham tak emaw a lo hnutchhiah che a ni maithei. Paula ngaih dân chuan, Kristiante hian Isuâ thihna zârah, Pathian hnên *atâ* ro an chang tawh a (*Efesi 1:14*); chutichuan anmahni ngei pawh chu Pathian *tân* “rochan” an lo ni vê ta bawh a ni (*Efesi 1:18*).

Thuthlung Hlui hun lâi khân, Pathian mîte chu Pathian “rochan” emaw, “chanpual” emaw anga sawi a ni thin a (*Deut. 9:29; 32:9; Zak. 2:12*). Chutianga Pathian rochan nih inhriatna chu Efesi 1:18-ah hian chiang taka târ lan niin, chu chu Efesi 1:11-a a tawngkam hman awmzia pawh hi a nih ngei a rinawm, (he lâi thu hi “Amah chuan a rochante

kan *Io ni ta*” tia lehlín theih a ni). Kristian an nihna anga a pawimawh lâi ber a nih ang ngeiin, ringtute chu Pathian ngaiha an hlutzia inhre tûrin a duh hlê a. Pathian hnên atâ ro an chang ni mai lovin (*Efesi 1:14; 3:6; 5:5*), anmahni ngei pawh Pathian rochante an ni bawk.

Thil eng emaw nei tûra hna thawk tih leh, tu emaw hnên aṭanga rochung tih hi eng nge a danglamna? Chumi hriatna chuan engtin nge Isuaa pêk kan nih hi a hlutzia hrethiam thei tûrin min ṭanpui?

NINGÂNĪ

JULY 6

Thlarau Thianghlim: Chhinchhiahna leh Zakhamna

In Efesi 1:13, 14-ah hian a lekhathawn lo chhiartuten Isua an pawm avânga an nun a lo danglam tâk dân chanchin tâwi tē-in a sawi a. Chûng thil danglam lo thleng tate chu eng nge ni?

Paulan ringtute nuna Thlarau Thianghlim pawimawhzia sawiin, Thlarau chu thil pahnih nêna a tehkhin a. A hmasa zâwk chu “chhinchhiahna” tih niin, Isua an lo pawm chiah aṭang khân Thlarau awmpuina an lo chang ta a ni. Hmân lâi chuan thil hrang hrangah chhinchhiahna hman ṭhin a ni a, a hman chhan tlângpui chu: dânte leh inremna thuziakte a tak leh dik ngei a ni tih tichiangtu atân te, bûr emaw, bâwm emaw chhûnga thil awm chu a ṭha tâwk emaw, a tam tâwk emaw tih tilangtu atân te (*entîr nân, Ezek. 28:12*), sum leh pâia indâwr tawna lekhka chu a dik ngei a tih tichiangtu atân te (*entîr nân, Jer. 32:10–14, 44*) a ni a; lekhathawn, thurochhiah leh fa lâkna lekhkaah te pawh an chhu kâi ṭhîn (*entîr nân, 1 Lalte 21:8*).

Thil eng emaw chhinchhiahna chhut kâi chuan a neitu tu nge tih min hrilh a, a neitu chuan a humhalh tlat a ni tih

a tilang nghâl bawk. An nuna Thlarau Thianghlim awm chuan Pathian tâ an ni tih tilangin, Pathian chuan a vênghim tlat dâwn a ni tih sawi bawk a (*Efesi 4:30 en la*). A chhan pawh “tiam tawh Thlarau Thianghlim chuan chhinchhiaha an awm” vâng a ni (*Efesi 1:13, ESV*).

“Paulan miin Isuâ hnêna a nun a hlan a, Amah a rin vêleh Thlarau Thianghlim chuan tlanna nî atân Krista-ah a rawn chhinchhiah (Grik ÷awngin, *sphragizo*) nghâl ÷hîn tih a sawi a. Hê ÷hû hi zalêna thuchah ropui leh rintlâk tak a va ni êm! Krista zuitute chu Krista an lo rin vêleh khân, chhandamna chhinchhiahnain a lo chhinchhiah nghâl ÷hîn a ni.”—Jiří Moskala, “Misinterpreted End-Time Issues: Five Myths in Adventism,” *Journal of the Adventist Theological Society* 28, no. 1 (2017), p. 95.

Thlarau Thianghlim sawina atâna ÷awngkam a hman dang pakhat chu “zakhamna” tih a ni a. Thlarau Thianghlim chu kan ro luahna tûra zakhamna niin, kan rochan chu a famkimin kan la chang ngêi dâwn a ni tih min tiam (*2 Kor. 1:22; 2 Kor. 5:5*).

“Zakhamna” tia an lo lehlin (Grik ÷awngin, *arrabon*) hi a tîr takah chuan Hebrai thumal a ni a, Thuthlung Thar lehkhâbute ziah a nih lâi vêl khân, Grik ÷awng tuallênga (Koine Greek) seng luh niin, thil eng emaw an leia, an man an pêk tlâk vek hmâa eng emaw zât an lo pêk hmaksak phawt ang chî sawina atân an hman ÷hîn.

Mahse, ringtute chuan hê sum hmahruai hi an pe a ni lo va, Pathian hnên a÷angin an dawng zâwk a ni tih hria ila. Paula chuan ringtute nuna Thlarau Thianghlim chênna hlu tak hi a famkima chhandamna leh tlanna rochan, Kristâ lo kîr leh ruala lo thleng tûr chu an dawn hmâa a hmahruai lo chan rih phawtna niin a sawi a. Kan tih tûr ni ta chu, Isuaa Pathianin min pêk hi lâwm tak leh thuhnuairawlh tak chung a lo dawn mai a ni.

Zir Belhna: Efesi 1:3–14 thû hian Pathianin mihring hma lam hun tûr hi a lo ruat lâwk sa vek tawh a, mi thenkhat chu chatuana nunna chang tûra a thlan lâiin, mi thenkhat dang erawh chu chatuana boral vang vang tûrin a ti thung tih a sawi em? Vânduaithlâk takin mi tam tak chuan hetiang hian an ring a. Amaherawhchu, hêngte hi han ngaihtuah teh:

1. He lâi thû-ah hian Isuâ hnathawh pawimawhzia Chiang takin a sawi a, a chhan pawh “Isua Kristâ zârah” (*Efesi 1:5*) emaw, “amahah” (*Efesi 1:4, 11*) emaw Pathianin min rawn thlan vâng a ni. Chuti a nih chuan Pathianin kan lo pian chhuah hmâ hauh khân mi mal tinte hi chhandama awm tûrin emaw, boral tûrin emaw mî a lo thlang sa vek tawh ni lovin, Kristaa rinna nghah duh apiangte chu chatuana nunna nei tûrin A thlang a, a lo ruat lâwk tawh tihna a ni zâwk. Pathian thutlûkna siam hi Kristaa rinna nghatutte A chhâna a ni a, an rinna an nunpui leh pui loh dân a zir chian hnûin, an chatuana an chan tûr a ruat lâwk ta a ni.

2. Efesi 1:3–14 thû hian Pathian chhandamna hnathawh chungchâng pawh sawiin, chutah chuan inlaichîna ÷awngkam Chiang tak tak a hmang a. Pathian chu “Pa” a ni a, keini hi fâa a “lâk” (*Efesi 1:3–5*), a malsâwmna tam tak dawngtute kan ni (*Efesi 1:8*). Hê a ÷awngkam hman—hausâ tak leh inlaichîna thûk tak neih thu sawina—êngah hian Pathian duhthlanna siam tih leh, ruat lâwkna tihte hi a awmzia hriat thiam kan tum tûr a ni a. Pathian chu hla taka awm, keimahni min hmangaihna pawh nei lo rorêltu, Amâ duh dân dân anga thupêk rawn chhuah leh ringawt mai thîn ni lovin, A fâte zawng zawng hmangaiha ngaihsak vektu Pâ a ni zâwk (*Efesi 3:15 en la*).

3. Efesi 1:3–14-ah hian (a bîk takin, “ngaihthlâk” leh “rin” pawimawhzia sawina Efesi 1:13) Pathianin mihringte duhthlanna siam a zahsak thû kan hmû a; Efesi Leikhathawn

vêk hmun dangah (*Efesi 2:8; 3:17; 4:1–6:20*—hêngahte hian zalên taka duhthlanna kan siam theih thû leh, rinnaa Pathian chhandamna lo chhân lêt pawimawhzia uâr taka sawi a ni) leh Thuthlung Thar lehkhabu dang thenkhatah (*entîr nân, 1 Tim. 2:4; Tîrh. 17:22–31*) pawh chutiang thû chu kan hmu baw. Ellen G. White-i pawhin heti hian a lo sawi a: “Boruakin khawvêl hi a tuâm vêl angin, Pathian chuan a Fapaa thilthlâwnpêk chhiar sên loh hmangin khawvêl pum pui hi a tuâm chhuak vek a. Tû pawh hê nunna pe thei boruak hi hîp lût duh apiang chu, an nun dâwn bâkah, Krista Isuaa puitling ni tûrin an lo thang lian baw ang.”—*Krista Panna Kâilâwn*, p. 51.

SAWI HO TÛRTE:

- ❶ Pathian chuan siam kan nih hmâ khân chhandama awm tûrte leh tihborala awm tûrte a thlang sâ lo a ni tih tichiang tûrin a chung a kan han sawi tâkte bâk, hniâlkhân dang eng engte nge belhchhah tûr i hriat le?
- ❷ Miin Isuaa chhandamna a chan leh chan loh thû-ah hian tu duhthlanna nge pawimawh ber ang?
- ❸ “A thisen zârah Amahah chuan tlanna kan nei a, A khawngaihna ngahzia ang zêla kan sualte ngaihdamna chu” (*Efesi 1:7*, NKJV). Engtin nge hê châng hian chhandamna chu dân thiltihte avâng ni lovin, rinna avâng chauha chang kan nihzia a târ lan?

* * *

ZIRLÂI 3

JULY 8–14, 2023


CHÂWISÂNA AWM TAWH ISUÂ
THILTIHTHEIHNA

CHÂNGVAWN: Ringtute chuan Thlarau thianglim zârah
“a thiltihtheihna mak takin a thawh dân te, amah
ringtu keiniho tâna a thiltihtheihna ropuizia te chu
eng ang tak nge a lo nih a, Krista-ah chuan eng ti
takin nge a thawh tih te, mitthi zîng atâ kâi thova,
vân hmuna a kut ding lama a han ðuttîr dân te” an
hre thei a (*Efesi 1:19, 20, NKJV*).

SABBATH CHAWNÛ

JULY 8

Chhiar Tûrte: *Efesi 1:15–23; 3:14–21; 1 Thesalonika 5:16–18; Deuteronomi 9:29; 1 Korin 15:20–22; Sâm 110:1.*

 IHRINGTE hian thuneihna tam zâwk neih belh zêl kan tum
thîn a lang. Entîr nân, lîrthei siamtu company lian tak, Devel
Motors chuan car changkâng leh chak ða tak mai, Devel
Sixteen an tih chu siamin, chhuân pawh an chhuâng hlê. Hê
car hi 16-cylinder niin, a engine chu 12.3-liter a ni a, a
horsepower pawh 5,000 chuang a ni. Hei âia chak zâwk hi a la
awm a, chu chu Peterbilt niin, hê truck phei hi chu jet engine,
Pratt & Whitney pathum lâi hmang a ni. A horsepower pawh
36,000 zet a ni a, a sâng khawp mai. Second 6.5 lek chhûngin
mêl chanve chanve leh vêl a tân hman a, ding tûra a parachute
pâi pahnih a tihparh hmain dârkâr khata mêl 376 zêta chakin a
tlan fia fia mai ðhîn a ni.

Paula chuan Efesi khuaa ringtute hi an chênna rama mîten
an biak pathiante leh sâkhuate ngâisâng ve tûra thlêm an nih
hunah pawh, Pathianin Kristaa a lo dah thiltihtheihna nasa tak
chu Thlarau Thianglim zâra chang ngei tûrin a duh a. Mahse,
hê Pathian thiltihtheihna hi chu horsepower ang zâwnga teh
chî a ni vê lo thung. Chhandamna chanchina thil thleng ropui

tak tak panga hmanga teh a ni a, chûngte chu: 1) Isuâ thawhleha te; 2) Pathian lalthutphaha châwisâna a han awm tâkna te; 3) thil engkim a thu hnuai dah vek a nihna te; 4) kohhran lû ni tûra ruat a nihna te a ni (*Efesi 1:19–23*).

Ringtute chuan hêng thil thleng pathumte hi an ngaihtuah a nih chuan, anmahni tâna Pathianin A thiltihtheihna a lo hman nasatzia an lo hre thiam ang a—hrethiam pawh ni mai lovin, a takin an lo chang bawk dâwn bawk a ni.

SUNDAY

JULY 9

Ṭawngṭai leh Lâwmthu Sawiin

Paula hian Efesi khuaa ringtu awmte chu Isua rinna kawngah an ṭhang chho zêl a, anmahni pawh an inhmangaih tawn deuh deuh a ni tih a lo hriatin a lâwm hlê a (chu thu chu Tukika hnên aṭanga a hriat a ni mai thei, *Efesi 6:21, 22*); chuwâng chuan an tâna a ṭawngṭai ṭhin thû a hrilh ta a ni.

Paulan Efesi khuaa mîte tâna a ṭawngṭai thû a sawina pahni—Efesi 1:15–23 leh Efesi 3:14–21 hi khâikhin la. Hêngahte hian thil inang engte nge awm?

A châng hi chuan kan ṭawngṭaia kan aw ki hman hi a dik lo hlê ṭhîn a, harsatna eng emaw kan tawh chungka kan lungngaih thû kan chham chhuak hi a ang deuh ber zâwk ṭhîn. Efesi Lehkathawna Paulan ringtute a ṭawngṭaisak ṭhin thû a sawina aṭang hian kan ṭawngṭaina rêng rêngah lâwmthu sawina a tel vê ziah tûr a ni tih kan hre thei a. Pathian malsâwmna tam tak kan dawn chungahte hian lâwmthu kan sawi ṭhîn tûr a ni. Harsatna kan tawhahte hian Pathian chuan kan tâna ṭha tûr zâwngin hnâ a thawk a ni tih hriat thiam kan tum tûr a ni; Ani chuan kan nun hi a tihdanglam theih avângin kan fak tûr a ni bawk. Châwisâna awm tawh Isuâ khawngaihna leh thiltihtheihna chu fak ila (*Efesi 1:20–23*), kan chhûngkhatte

leh kan thian thâte pawh malsâwma an awm avâng pawhin A hnênah lâwmthu i sawi thîn ang u. Paulan tawngtâi hlawhtlin theihna thurûk a sawi chu: *tawngtâina hi Pathian fak thei tûr leh, a hnêna lâwmthu sawi thei tûra min zirtûrtu a ni* tih hi a ni.

Paulan Efesi khuaa ringtute chu a tawngtâinaahte an hming lam thînin, an chung a lâwmthu sawi a bân loh thû a hrilh baw a (*Efesi 1:16*, NKJV; *Filipi. 1:3, 4; 1 Thes. 1:2; leh 1 Thes. 5:16–18* pawh eng baw ang che).

“Bâng lova tawngtâi” (*1 Thes. 5:17*) tih thû hi eng nge ni a awmzia? Eng tik lâi pawhin Pathian hmâah thingthî-in kan tawngtâi reng mai tûr a ni tihna chu a ni lo Chiang a. Pathian Thlarau malsâwmsakna azârah, Pathian awmpuina leh thiltihtheihna chang thei tûra thinlung inhawngin, a hnêna lâwmthu sawi theihna remchâng zawng pah reng chung a nun hmang tihna zâwk a ni. Mihring nuna harsatna chi hrang hrang lo thleng thînte pawh hi, Pathian awmpuina nêl lo dawngsawng a, A thurâwn leh kaihhruaina zui thei tûra inpeih tihna pawh a ni a. Pathian chu hlat lova hnaih zâwk zêl tûra inhawng tihna pawh a ni baw.

Tawngtâi hi dân ang maia neih a awl khawp mai thîn a, ringtuten a remchân dân ang a tih ve tûr rêng emaw kan ti chauh baw thîn. Mahse, Paula hi chuan thlîr dân hrang daih a nei a. Efesi khuaa ringtu awmte tân tih tak zetin a tawngtâi a, chu chu a tâna lâwmthu hril pah (*Efesi 1:16; 1:3–14*) leh, an tâna sawipui hna thawk pahin (*Efesi 1:17–23; 3:14–21*) a ti thîn. Ani ngaih dân chuan, tawngtâina hi Kristian rinnaa a laipui ber leh pawimawh ber a ni a. Efesi 1:15–23 leh 3:14–21 thûte pawh hi tawngtâi tûra min sâwmna niin, keimahni mi mal “tawngtâi rawngbâwlna” theuhte ngun taka ngaihtuah thîn tûrin min duh a ni.

Eng vângin nge tawngtâinaah hian Pathian hnêna lâwmthu sawina tûr kan neihte chham tel ngei thîn a pawimawh?

Thlarau Thianghlim Hnên Atâ Finna Changin

“Kan LALPA Isua Kristâ Pathian, ropuina Pa chuan Amah hriat kawngah finna leh hriat chiantîrna Thlarau chu a pêk theihna tûr che u-in, ka ÷awngtâinaahte chuan ka hre reng ÷hîn che u a, in tân lâwmthu hril ka bâng ngâi lo,” (*Efesi 1:16, 17, ESV*).

Paulan a ÷awngtâi ÷hin thû sawiin, chutah chuan Pathian lal÷hutphah hmâa ngenna a han thlen thû pawh a hrilh bawk. Ringtute chu an lo pianthar tîrh khân, an nunah Thlarau Thianghlim a lo thleng tawh tih a hria a (*Efesi 1:13, 14*). Tûnah chuan thûk lehzuâl zâwka Isua an lo hriat theih nân (“amah hriatna kawngah,” *Efesi 1:17*) an mamawh êm êm thlarau lam finna pe tûrin Thlarau Thianghliom malsâwmna thar a dîlsak leh ta a ni.

Thlarau Thianghlimin ringtute hnêna hriat thiamna danglam bîk a pêk theih nân Paula a ÷awngtâi a. Hrethiam tûra a duh thil pathumte chu engte nge ni? *Efesi 1:17–19* en la.

“Amâ kohna beiseina” (*Efesi 1:18*) an lo neih theihna tûra a ÷awngtâi bâkah, chhandamna an lo awm theihna tûra Pathianin thil a lo tih tawh zawng zawngte chu an lo hriat theih nân pawh a ÷awngtâi a (*Efesi 1:3–9, 11–13*); an tâna hmachhawp ropui tak a neih pawh hre tûrin a duh hlê a ni (*Efesi 1:10, 14*).

“Mi thianghlimhote-a [Pathianin] ro a luah tûr ropuizia” (*Efesi 1:18, NKJV*) an lo hriat thiam theihna tûra a ÷awngtâi lâi hian a rilru-ah Thuthlung Hlui lehkhâbuten ringtute chu Pathian ro chan an nih thû an lo sawi kha a awm a (*Deut. 9:29; 32:9; Zak. 2:12; Efesi 1:11*). Pathian hnên atâ ro chan

an neih thû chauh ni lovin, anmahni ngei chu Pathian rochan a ni bawk tih hre tûrin a duh. A awmzia chu, Pathian ngaiha an hlutzia hre thiam tûrin a chah tihna a ni.

“Amah ringtute lama Pathian thiltihtheihna len nasatzia” (*Efesi 1:19*) an lo hriat theihna tûra a ÷awngtâi hian, a mitthlâah Thlarau Thianghlimin Pathian thiltihtheihna nasatzia hriat thiamna thar a rawn pe lâi chu a awm a, chu thiltihtheihna chuan anmahni nuna hnâ a thawk lâi pawh a hmu bawk.

Hêng a ÷awngtâinate zawng zawngah hian, Isuaa Pathianin a lo pêk tawhte chu anmahni tân ngei lo chhawr tangkâi ÷euh tûrin a duh hlê a ni.

Engtin nge “keini Amah ringtute lama Pathian thiltihtheihna ropui tak” hi nasa lehzual zâwkin i nî tin nunah i lo chan vê theih ang?

THAWHLEHNÎ

JULY 11

Thawhlehna Thiltihtheihna Changin

Paulan a ÷awngtâi thû a sawina châng tâwp lam, *Efesi 1:20–23*-ah hian Thlarau Thianghlimin ringtute hnêna hriat thiamna a neihthîr a beisei dang pakhat, a hnuhnûng ber ni bawk chu kan hmu a; chu chu ringtute tâna Pathianin a thiltihtheihna nasa tak a hman thû a ni. Chû Pathian thiltihtheihzia lo lanna chu chhandamna chanchina thil thleng pawimawh tak tak pahnih thur chhuakin a sawi a: 1) mitthi zîng atâ Isua kaithawha a awmna; 2) vîn hmunahte Pathian ding lama Isua han ÷huttîr a nih tâkna te a ni (*Efesi 1:20*).

Eng tiangin nge Pathian thiltihtheihna chu Isuâ thawhlehnaah khân tihlanin a awm? *Efesi 1:20; 1 Korin 15:20–22; Filipi 3:8–11; Hebrai 13:20, 21; 1 Petera 1:3.* _____

Isuâ thawhleahna hi Kristian thurin zîngah pawh a pawimawh ber pakhat, thlah thlâk thiàng miah lo a ni a (*1 Kor. 15:14, 17*). Ringtu rinawmte hian Isua Krista a thawhleah avâng chauhin Kristâ lo kal leh huna chatuana nunna chang tûra thawhleahna ni ropui lo thleng tûr chu kan nghâk thei a ni (*1 Kor. 15:20–23*). Krista a thawhleah avâng bawkin, tûnah hian chanchin tha malsâwmna zawng zawngte chu chang tûrin Amah kan thlîr thei a, chûng zîngah chuan kan nuna Thlarau Thiànglim lo chênna pawh hi a tel.

Krista chu Pathianin “a ding lamah a thuttîr” (*Efesi 1:20*) tih thu hi Sâm 110:1 aţanga lâk chhuah a ni a; hei hi Thuthlung Thar lehkhabeten Thuthlung Hlui thu an sawi chhâwn ngun ber a ni baw. Krista châwisâna a awmna hi Efesi Lehkhathawnin sawi uâr a tum ber pakhat a ni. Ringtute chu “vân hmunahte khian [Krista Isuâ] hnênah han thuttîr an ni” (*Efesi 2:6, ESV*). Chu bâkah, Paulan vâna Krista a han chhohna hi a kohhran hnêna thil engkim a chhûn khahna leh, thilpêkte a pêkna hmahruai angin a sawi baw (*Efesi 4:8–11* en la).

Efesi 4:8–11-ah hian Krista chu eng mah ti lova Pâ lalthutphaha han thu mai mai emaw ti lo tûrin min chah a. “Châwisâna awm ta Krista chu a Thlarau hmanga khawvêl zawng zawngah kal kualin, hneh chung leh hneh leh zêl tûra a chhuah zâwk thu a sawi.”—F. F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Efesi* (Grand Rapids, MI: Eerdmans, 1984), p. 133.

Chutiàng chuan, Krista châwisâna a awmna emaw, lallukhum khumtîra a awmna emaw hi ringtute hnêna Pathian thiltihtheihzia entîrna atân ni mai lovin, Pathian thiltihtheihna an dawna hnâr ni ang pawhin a sawi baw.

I nunah khân eng tiàng kawngtein nge Kristâ thiltihtheihna chu i mamawh ve a, chu thiltihtheihna chu engtin nge nangmâ tân i lo chhawr ţangkâi ve theih ang? Kan thil tih ţhin zînga engte hian nge Pathian thiltihtheihna kan dawn theihna tûr lo dâl thei le?

Thiltihtheihna Zawng Zawng Chunga Awm Krista

Paulan Isua chāwisāna a awmna chu fakin, tūnah chuan vān hmuna lalṭhutphahah khian Pā ding lama a han ṭhut tāk thū a sawi a. Pa nēna an inlaichīn dân a sawi fiah hnū-ah (vān hmunahte khian a dang lamah a ṭhuttīr,” *Efesi 1:20*, ESV), “thiltihtheihnate nēna an inzawm dân a sawi leh bawk. Isua chu Pā lalṭhutthlêng luahpuitu a nih avângin, hming sak tinrêng “chung daihah” a awm a ni a ti (*Efesi 1:21*).

Sual leh thlarau khawvêla chêngte thiltihtheihna chungchâng a sawina Efesi 1:21; 2:2, leh Efesi 6:12 thūte hi khâikhin la. Hêng thiltihtheihna chungchâng sawi hi eng vānga tuipui viâu nge a nih?

Skeva fapa pasarihte chanchin sawina Tirhkohte 19:11–20 hian, Paula hun lâia Efesi khawpui kha mitdâwivaih zirna hmunpui a ni tih a tilang a. “Rome mîte awp ram hrang hranga mitdâwivaih a lâi êm êm chhan chu, khatih hun lâia mîte khân an nī tin nunah thlarau khawvêla chêngten nghawng an rawn nei thūk hlê nia an hriat vâng a ni. Mitdâwivaih thiamten an tum ber chu, thlarau ṭhâ leh thlarau hlauhawm thliar hran a, thlarauten hna an thawh dân leh an chakna leh thil thiam an neihte hriat a ni a. Hemi hriatna hmang hian mihringte tâna ṭha tūr zâwnga thlaraute hnâ thawhtīr dân kawng (ṭawngkain emaw, ziakin emaw, a nih loh leh ngûn, ṭhī leh zungbun hmang pawhin) an ruâhman thei dâwn a ni. A tih dân tūr dik taka tih a nih chuan, thlarauin a tihnat damlo chu tihdam theih a ni a, sakawr intlâksiaknaah pawh hnehna chan theih a ni bawk.”—Clinton E. Arnold, *Power and Magic: The Concept of Power in Efesi*, p. 18.

Efesi khawpuia chêngte sâkhaw nunah thlarau khawvêla chêngte hming hrang hriat leh, chûng thlarautena thil an tih

theihthe hriat chu thil t̄ul tak a ni. T̄un l̄ai hunah pawh hian chutiang anga nḡai chu mi t̄henkhat an awm. Paulan Krista leh h̄eng thlaraute danglamna hi Chiang taka t̄ar lan a duh a. Ch̄awis̄ana han awm ta Isua chu lalna te, thuneihna te, thiltihtheihna te, ror̄elna te zawng zawng chung daiha awm a ni (*Efesi 1:21*, ESV).

A lekhathawn lo chhiartuten Isua ni lo chu thuneihna nei mi dang leh, thil dang r̄eng an awm lo a ni tih an hriat thiam ngei theih n̄an, hming hmerh b̄ik nei chuang lovin, thlarau chi hrang hrangte hming chham ch̄in chu awmzia a awm loh th̄u pawh heti hian a sawi bawk a, ch̄u chu, “hming sak tinr̄engte chung daihah” (*Efesi 1:21*) tih hi a ni. Isūa thuneihna chu hmun leh hunin a phūar v̄e ph̄ak loh a nih thu sawiin, thiltihtheihna zawng zawng chung a ro a r̄elna chuan h̄e khawv̄el chauh ni lovin, khawv̄el lo la awm pawh a hūam tel vek a ni (*Efesi 1:21*).

T̄un l̄ai huna thlarau sualte thiltihtheihna lo lan chhuah dân t̄henkhat chu engte nge ni a, ch̄ungte chuan min thunun v̄e loh n̄an eng thil nge kan tih ang?

NINGĀNĪ

JULY 13

Isua, Thil Engkim leh A Kohhran

Kristian hmas̄ate kh̄an S̄am 110:1 th̄u-ah hian ch̄awis̄ana Isua a la awm t̄ur thu lo sawi l̄awkna an hm̄u a: “LALP̄A thu chhuak chuan ka LALP̄A hn̄enah, ‘I hm̄elm̄ate i ke nghahchhana ka siam hm̄a loh zawng, ka ding lamah t̄hu rawh’ a ti a.” Hetiang chia hian S̄am 8 pawh chhiarin, Pathian chuan “a ke hnuaiyah,” “mihring fapa” (*S̄am 8:4*) “ke hnuaiyah eng kim a dah vek” (*S̄am 8:6*) niin an nḡai bawk. V̄an hmuntea thim thiltihtheihnate chu an chungah awmin, anmahni rawn tihbuai tum reng t̄hin niin ring tho mah sela, ch̄ung thiltihtheihna chu Isūa ke hnuaiyah awm an ni tih erawh an ring tlat thung a ni.

Pa chuan “a [Isuâ] ke hnuai thil engkim a dah” avângin “Amah chu engkim chung a lû ber atân kohhhran hnênah a pe tawh a ni” (*Efesi 1:22*) tih hi lo chhinchhiah ila. “Thil engkim” tih hi huâp zo tawngkam chu ni tho mah se, Paula rilru-ah hi chuan Efesi 1:21-a sawi “thiltihtheihnate” kha a lang a. Thil engkim—vâna awm te, thlarau khawvêla awm te leh an thiltihtheihna te pawh telin—Kristâ ke hnuai awm, a thununna huang chhûnga mi vek an ni.

Vân hmuna lalthutphaha Krista châwisâna a han awmna leh, lei leh vâna thil awm zawng zawng chung a rorêltu a nihna hian a kohhran tân eng nge hamthatna a thlensak le? Efesi 1:22, 23.

Pathian chuan Krista hi sual thiltihtheihna zawng zawng chungah hnehna a chantîr tawh a. Krista nêna inzawm tlat leh, Kristan a mamawh zawng zawng a pêk tawh kohhhran pawh hi chûng hmêlmâte lakah chuan hnehna chantîr a tiam bawh. Pathian thiltihtheihna, Kristâ thawhlehnah leh vân hmuna thlarau sual awmte chung a châwisân a nih tâknaa pho lana awm kha, kohhhran tân hna thawk thei tûra tihnun a ni tawh a. Hnehna changtu Krista chu kohhhran hnênah pêk niin, kohhhran chu ‘a taksa’ tia koh ni tûrin Amah nêan an inzawm tlat tawh bawh a ni.

Engtin nge keini ringtute hian châwisâna awm tawh Krista chu kan lo hriat a, Pathian thiltihtheihna chu kan nunah a takin kan lo chan theih ang? Chumi a thlen theih dân kawng emaw, kan tih tûr awm emaw lam chu chiang fek fawkin a sawi lo tlat mai a. Amaherawhchu, he lâi thû hi Efesi khuaa ringtute a tawngtâisak thin thû a sawina châng a mi a nih ve tho avângin, a thâwitham deuh chuan kan hre thei thung. Paula hian a tawngtâina chu Pathianin a chhân ngei a ring a. Kristaa puan chhuaha awm, Pathian thiltihtheihna fak leh ringtute nuna Pathian chênchilhna dîl pawh a sâwt tih a nemngghet bawh.

Ṭawngṭâinain thil a tihtheihzia hi a takin i lo chang vê tawh em? A awmzia chu, chhâna awm ta ṭawngṭâina chauh pawh ni lovin, ṭawngṭâina hrim hrim hian engtin nge Pathian hnaih tûr leh Isuaa min pêk a tiam thiltihtheihna chu chang thei tûrin mi a ṭanpui ṭhîn tihna a ni.

ZIRTÂWPŊĬ

JULY 14

Zir Belhna: Ellen G. White-i thuziakte aṭanga Krista châwisâna a awm thu sawina pahnihte hi han zir chiang teh:

“Krista chu vân kawngkhârte a kal pelh hnu chuan vântirhkohte châwimâwina changin lalṭhutphahah ṭuttîr a ni ta a. Hê inkhâwmna urhsûn hi hman zawh a nih vêleh, Thlarau Thianghlim chu nasa takin zirtârte chungah a lo thleng ta a; chutichuan, Krista chu chatuan chatuan atâ Pa nêna an lo inṭâwm tawh ropuina nên chuan châwimâwiin a awm ta a ni. Pentikos Nîa Thlarau Thianghlim lo thleng kha, Tlantu a ni tih Pathianin a pawm ta tih arawn puan chhuahna a ni a. A lo tiam tawh ang ngeiin Amah zuitute hnênah vân aṭangin Thlarau Thianghlim arawn tîr ta a; chu chu puithiam leh lal a nih ang ngeia lei leh vâna thuneihna zawng zawng a dawng tawh a ni tih leh, Amah chu a mîte tân Hriakthiha a ni tih chhinchhiah a ni bawk.”—*Tirhkohte Thiltih*, pp. 38, 39.

“Pâ bân chuan a fapa a kuangkuah a, chutichuan, ‘Pathian vântirhkoh zawng zawng pawhin amah chibai bûk rawh se’ (*Hebrai 1:6*) tia puan a ni ta a ni.

“Rorêlna te, lalna te leh thiltihtheihna te chuan lâwmna sawi chhuah sên loh nên nunna Lal chungnunzia chu an lo pawm ta a. Vântirhkoh rualte chuan a hmâah bawk khupin chibai an bûk a, chutah, vân kawtthlêrah chuan dingin, ‘Berâmno talh tawha hi thiltihtheihna te, hausakna te, finna te, chakna te, châwimâwina te, ropuina te, malsâwmna te hmu tlâk a ni e’ tiin hlim takin an au rual a. Thupuan 5:12.

“Hnehna hla an sakte chu vântirhkohte ṭingṭang tum rî nên infinin, vân khi lâwmna hla leh fakna hlain a lo khat ta a.

Hmangaihna a dingchang a, hloh tawh chu hmuh lêt leh a ni ta. Vên khi fakna aw rî ring tak chuan fan chhuakin, ‘Lalthutphaha ðhû leh Berâmno hnênah chuan malsâwmna te, châwimâwina te, ropuina te, rorêlna te chatuanin awm rawh se’ Thupuan 5:13 an ti a.”—*Chatuan Nghahfâk*, pp. 834, 835.

SAWI HO TÛRTE:


- ❶ Isua chu “tûnah hian” châwisânin a awm tawh a, mahse, châwisânin a “la awm rih lo” tih hi eng nge ni a awmzia? Eng tiang kawngin nge Isua chu “tûnah” hian “thil engkim” LALPA, ramhuaite pawh a thu hnuaia dah vek a nih tawh le? Chutih rual chuan, eng tiang kawngin nge thil engkim chungarorêltu a nihna erawh tûna “la thleng rih lo,” nakîna mi tûr a la nih tho bawksî? (*1 Kor. 15:24–28* en la.)
- ❷ Eng tiang chiahin nge Krista chu engkim chungarorêltu a nihna hi i nunin a lo dâi hriat ve tawh le? Nge ni a, an thuneihna hloh ðhen mêk suala tlu tawh ramhuaite thuneihna hnuaiah i lo la awm reng zâwk? A tu zâwkin nge i nun kha thunun? Hneha la awm ngei tûr, mahse, khawvêla la che nasa êm êm rih sî sual sipaite thuhnuaia i awm a nih chuan, engtin nge an lak atâ i tâl chhuah theih ang?

ZIRLÂI 4

JULY 15–21, 2023

PATHIANIN MIN CHHANCHHUAH DÂN

CHÂNGVAWN: “Nimahsela, Pathian chuan khawngaihna a ngahin, a mi hmangaihna nasa tak avâng khân, kan bawhchhiatnate avânga thî kan nih lâi meuh pawhin, Kristâ rualin min tinung vê a (khawngaihnaa chhandam kan ni ta e)” (*Efesi 2:4, 5*).

UM 1987, October 14 khân kum khat leh thla ruk leka upa hmeichhe naupang pakhat, Jessica McClure-i chu a nute-i tualzâwlah a infiam a. Chutia hlim taka a infiam lâi chuan in sîra awm tuichhunchhuah, hman pawh an hman ngâi tawh loh kotlângah chuan a va lâwn a, vânduathlâk tak maiin a tla palh ta hlauh mai.

Amah hi USA ram state pakhat, Texas-a awm niin, Midland khawpuiah an chêng a. A chêtsualna tawh avâng hian khawvêl pum mit chu Midland khawpui lamah a fu ðup mai a ni ber. Khawvêl ram hrang hranga mîte chuan “Nausên Jessica-i” muhîl lâi, ðap lâi, zâi lâi leh a nu a âu lâi chu television kal tlangin an lo thlîr a. Amah chhanchhuah tuma beitung tuichhunchhuah mawng lama boruak thianghlim leh thar ða tak pipe hmanga an zuk dah lût lâi te chu thaw dèp dèpin an lo thlîr ðup mai a ni.

A tâwp a tâwpah chuan, a tlâk aţanga dârkâr sawmnga leh pariat vêl hnû-ah lâk chhuah a ni ta a. Jessica-i chhanchhuah tumtuten hlâuthâwng tak hmêl pu chung a Jessica-i, a hmâi leh a taksa hmun hrang hranga hliam nei leh bâl tak an zu melh lâi thla chu thla lâa ei zawng, Scott Shaw-a'n a lo la fuh hlauh mai a. Chû a thlalâk avâng chuan thla la thiamte hnêna châwimâwina an pêk ðin, Pulitzer Prize a dawn phah ta a ni.

Chhanchhuah ngâia awmte chhanchhuah a nih tâk dân chanchin hi hriat nuâm kan ti ðîn rêng a. Paula pawhin Efesi 2:1–10-ah hian, inchhanchhuahna awm tawh azawnga a ropui ber leh ngaihnaawm ber ni bawk chanchin min hrilh a, chu chu Pathianin mihringte a tlan chhuah thu niin, hê thawnthu tingaihnaawm zual êm êmtu chu keimahni ngei chhanchhuaha kan awm dân min hrilh hi a ni bawk.

Thi Tawh leh Setana Bum Thlûk Ni Tawh

Efesi 2:1–10 chhiar la. Hetah hian Paulan kan tâna Isuan thil a lo tih tawh chungchâng eng nge min hrih le?

Paula hian Kristiante hnêna chhandamna pêk a nih thû a lo sawi tawh a (*Efesi 1:3–14, 15–23*), chu bâkah, Efesi khuua ringtu awmte chanchin pawh tâwi tê-in a lo sawi tawh bawk a nih kha (*Efesi 1:13*). Efesi 2:1–10-ah hian chipchiar deuh zâwkin Krista an lo pawm dân min hrih thung a; an pianthar hnua an nun a lo danglam tâk dân pawh a sawi bawk. Tûn hmaa an lo nun thîn dân (*Efesi 2:1–3*) leh, Pathian chhandamna an chan avânga malsâwmna an dawn tâk dân chu a khâikhinsak a. Kristâ thawhleha, vâna a lâwnna leh châwisâna a awm tâkna te chu a tawmpuitute an nih thu hrihlin (*Efesi 2:4–7*), chu chhandamna chu Pathianin anmahni a khawngaih avâng leh, Ama siamte an nih avâng chauha thleng thei a ni a ti (*Efesi 2:8–10*).

Hêng thu hlâwm pathumte hi Efesi 2:5-ah hian tawngkam felfâi deuh tak hmanga khâikhâwm a ni a. Chûngte chu: 1) “kan bawhchhiatnate avânga thi tawh kan ni;” 2) [Pathian chuan] “Kristâ rualin min tinung ve ta;” 3) “khawngaihnaa chhandam in ni ta e.”

Efesi 2:1, 2-ah hian a lehhathawn lo chhiartute pianthar hma nun, lungchhiat thlâk êm êm ni bawk chanchin chu sawiin, thlarau lamah chuan mitthi mai an ni a, Setana thunun tlat (*Efesi 2:2*) an nih avângin, bawhchhiat leh thil sual chi hrang hrang tih pawh an nun dân phung ve rêng a ni (*Efesi 2:1*) a ti. Paulan mi nung damte lo chhiar atâna ziaak a nih avângin eng tik emaw lâia “mitthi” ni tawh anga Efesi khuua ringtu awmte a sawi hian, entîr nei tehkhin thu angin a sawi a (*Efesi 5:14 nêh khâikhin ang che*). Amaherawhchu, Nunna Hnâr Pathian lak atâ lo kal bo reng tawh an nih avângin

(*Kol. 2:13; Rome 5:17; 6:23*) an dinhmun ɣa lo tak hi a tak leh, rãpthlãk êm êm bawk sî a ni.

A lekhathawn lo chhiartute tũn hma nun dân chu sawi chhuakin, anmahni lo thunun tlat ɣĩntu thil pahnih a târ lang a. A hmasa zãwk chu “hê khawvêl dân” (*Efesi 2:2*)—Pathian laka mi a hel theih nãna mihring nun tipiangsualtu Efesi khaw mĩte thil chĩn ɣan leh nungchang—kha a ni.

Setana chu tũn hmãa an lo nun ɣĩn dân anga nuntĩrtu a nih dân kawng hnih a sawi fiah a. Ani chu “boruaka thuneihna lal” (*Efesi 2:2*) niin, heta “boruak” (“vãn hmunahte” ti pawha sawi a ni bawk a) a tih hi, thlarau khawvêla chẽng te, thlarau sualte pawh telin, awmna hmun a ni (*Efesi 1:3; 3:10; 6:12 chhiar la*). “Tũna âwih lo fãte chhũnga hna thawk mẽktu thlarau” chu a nih avãngin, leiah hian a thawk rim hlê bawk a (*Efesi 2:2*). Mĩten Pathian thũ an zawm loh theih nãn a theihtãwp a chhuah mẽk a ni.

Hẽng Bible chãng kan han târ lan tãkte hian indona ropui chu a taka thleng ngei a ni tih engtin nge min hrilh? Chutih ruãlin, Isua hi hnehtu a ni a, A hnehna chu tũnah hian kan ɣãwmpui ve thei reng a ni tih kan hriatna aɣang hian, engtin nge thlamuanna leh beiseina kan lo neih theih ang?

THAWH ɣANNÍ

JULY 17

Keimahni Chãknaten Mĩn Lo Bum Tawh ɣĩn

“Chũng âwih lo fãte zĩngah chuan keini pawh hmãnah chuan tĩsã leh rilru duh zãwng ang tiin, kan tĩsa chãknate angin kan lo awm tawh ɣĩn vek a, mi dangte ang bawkin thinurna fãa piang rẽng kan nih ve tho kha” (*Efesi 2:3*).

Pathian rawn inrawlh lo ta se chuan mihring nun hi chu Efesi 2:2-a Paulan a sawi boruak thuneihna lal leh “keimahni tĩsa chãkna, tĩsã leh rilru duh zãwng ang anga awm tumnate

(*Efesi 2:3; Jak. 1:14, 15; 1 Pet. 1:14*) hian a thunun tlat reng mai dâwn tihna a ni.

Paulan “mi dangte ang bawkin thinurna fâa piang rêng kan nih ve tho kha” (*Efesi 2:3*) tia a lekhathawn lo chhiartute a hrih hian eng nge a sawi tum tak ni ang? Efesi 2:3 thû leh Efesi 5:6 thûte hi khâikhin teh.

Boral tûrte nun chu tûnah pawh hian manganthlâk tâwk tawh sa tho tehrêng nêh, tâwpna nîa an chan tûr pheih chu a la râphtlâk leh zual hlê leh nghâl!. Mihringte hi nihphung rênga thinurna fâte kan nih miâu avângin (*Efesi 2:3*) tâwpna huna Pathian rorêlna hmâa la ding vek tûr kan ni.

“Thinurna fâa piang rêng” tih tawngkam hian dinhmun duhawm lo taka ding kan nihna kawng dang pakhat pawh min hrih bawh a. Pathian anpui nihna chu la nei tho mah ila, keimahniah hian fuh lo leh dik lo ril tak eng emaw a awm tawh tlat a ni tih erawh kan hre thiam thung. Chuti a nih chuan, Kristian nun dân tûr anga nun hi kan thil chîn tsa lo tih thinte zînga pahnih khat bânsan mai emaw, a nih loh leh tûna min rawn tibuai mêktu “bawhchhiatnate leh sualte” (*Efesi 2:1*) hneh mai emaw a ni lo tih kan hriat a tûl hlê mai.

Kan beihte hi *sual pahnih khat* mai ni lovin, a *suala hrim hrim hihhia* ni zâwk a. Mi sual kan nih tlat avângin Pathian laka hel leh mahni boralna tûr thilte tih kan tum ngar ngar mai hlawm chu a nih hi. Mahni intihchhiatna tûr chîn tsa lo thil tih te, nunchang tsa lo tak neih te, Setana thupêk zui te (*Efesi 2:2*) leh keimahni pianpui sual châkna (*Efesi 2:3*) anga nun te chu kan nuâm tih zâwng tak a ni bawh a. Tûnah hian ringtute ni tawh tho mah ila, eng tik emaw lâi kha chuan “thinurna fâa piang rêng” ka ni ve tshin a ni.

Paulan thil kal tawh chungchâng a sawi a ni tih lo hria ila—”thinurna fâa piang rêng kan [lo ni tawh tshin a] nih *kha*” a ti (*Efesi 2:3*). Chutih rual chuan, ringtute hian sual lam awn

tlatna rilru leh thinlung an pu thei ta miah lo tihna erawh a ni lo thung. Efesi Leikhathawnah ngei pawh hian thil sual eng eng emaw tih duhna rilru kan put thin chhan chu nihphung sual kan neih vâng a ni a, Kristiante tân pawh thil hlauhawm tak a lah nih reng tho thu chiang takin a sawi (*Efesi 4:17–5:21*). Nimahsela, ringtute chu hê “an mihring hlui” hian a thunun a tûl tawh lo thung a. Kristâ thiltihtheihna azârah an “mihring hlui” chu hlíp thlain, “mihring thar, thutak felna leh thianghlimnaa Pathian anga siam khân” an inthum tawh zâwk tûr a ni (*Efesi 4:22–24*).

Kan pianpui mihring hi chu, Isuâ hnêna kan inpêk tawh hnû-ah pawh, a sualin a tha lo hlê a ni tih a takin kan hre theuh tawh ngei ang. Chu chuan eng tiangin nge eng tik lâi pawha Isua vawn reng mai a pawimawhzia min hriat thiamtîr le?

THAWHLEHNĪ

JULY 18

Isuâ Ruâla Kaithawh, Vâna Hruai Chhoh leh Châwisâna Awm

“Nimahsela, Pathian chuan khawngaihna a ngahin, a mi hmangaihna nasa tak avâng khân” (*Efesi 2:4*). Hetah hian thumal chak tak tak pahnih, “Nimahsela, Pathian” tihte hmangin a leikhathawn lo chhiartute chu tûn hma lam khân dinhmun tha lo takah lo ding thin mah se (*Efesi 2:1–3*), tûnah ringtu a nih tâk avângin nun thar, beiseinaa khat an lo neih tâk thu a hrih a (*Efesi 2:4–10*).

Eng tiangin nge ringtute hian Kristâ thawhlehna, vâna hruai chhoh a nihna leh châwisâna a awmna te chu kan tawmpui ve a, chûngte chu eng tik lâia thleng nge a nih?
Efesi 2:6, 7. _____

Efesi Lehkathawn hi Kristaa inchiaw zawp, ringtute leh Krista inpumkhat nghehzia târ lang chiang êm êmtu a ni tih kan hre tawh a nih kha. Efesi 2:5 leh 6-ahte hian chu thupui chu thutak ropui êm êm sawi fiahna atân thumal pathum hmangin a sawi zâu a. Pathian hmalâkna azârah ringtute chu chhandamna chanchin thil thleng ropui tak tak Isua Messia-a thlengah khân an tel ve a ni a ti.

Ringtute chu: 1) Kristâ thawhlehna ãwmpuitute an ni a; 2) Krista ruala tholehte an ni a (he ãwngkam hi vâna Krista a han lâwnnaah khân ringtute pawh an tel ve tih thu sawina atân a hmang a ni mai thei); 3) “vân hmunahte khian” Krista nêh lalthutphahah an ãu ho bawk (a awmzia chu, Kristan vân lalthutphah a luahnaah ringtute pawh an tel ve a. Isua ruâlin châwisânin an awm ve tihna a ni.)

Paula thil sawi awmzia hi hre thiam tûr chuan Efesi 1:19–23 kha kan chhiar leh a ãul dâwn a; Isuâ thihna, thawhlehna, vâna hruai chhoha a awmna leh châwisâna a han awm tâkna te kha kan hriat chhuah leh a ngâi bawk ang. Khângte avâng khân sual leh thlarau khawvêla chêng, ringute nun lo thunun tlat reng ãhînte thiltihtheihna lakah hnehna a chang ta a. Isua thawhlehna, vâna hruai chhoha a awm tâkna leh châwisâna a awmnaah khân hêng thiltihtheihnate hi—mihringte tân thil ãa lo leh hlauhawm la thleng reng ãhîn tho mah se—luahlanin a awm tawh a ni.

Tûnah chuan thil a lo inthlâk danglam ta a. Ringtute pawh hêng thil thlengte thlîrtu mai ni tawh lovin, a mi mal leh tlângnêl taka tel ve an lo ni ta zâwk a. Isua thawhlehna ãwmpuitu, a ruala vâna hruai chhoha awm ve leh Amah nêna châwisâna awm ta kan nihna chuan kan tân thil engkim a thlâk danglam ta vek mai a nih hi. Tûnah chuan ramhuaiten an thunun nihna kha kan kalsan thei tawh a, a âiah nunna thar, Kristaa thlarau lam malsâwmna leh thiltihtheihna awm chu kan lo chang thei ta a ni (*2 Tim. 1:7*).

Pathian chuan hlauhna thlarau min pe lo va, thiltihtheihna leh hmangaihna leh rilru fel tak neihna thlarau min pe zâwk sî a” (2 Tim. 1:7). Vawiina kan chhiar Bible chângte hian eng tiangin nge hemi châng Paula thil sawi awmzia hi hre thiam tûrin min tanpui le?

NILAINĪ

JULY 19

Tûnah Chuan Khawngaih Malsâwmna Kan Chang Ta

Efesi 1:3, 4-a Pathian chhandamna ruâhman siam kan hmuh hi chumi ruâhmanin chatuan atâna rah a neih, Efesi 2:7-a kan hmuh nêh hian khâikhin la. Pathian “chhandamna ruâhmana” thil awmte leh a tumte chu eng nge ni?

Exam-na pass inlawmpuina, degree inpêkna inkhâwm hi KG zir zo kan ni emaw, Ph.D. zo kan ni emaw a nuâmin a ropui kan ti êm êm theuh âwm e. Degree kan han dawn chiah hian thil pawimawh tak hlen chhuak ta nia inhriatna kan lo nei a, pâwl sâng zâwk zir leh zêl tûrin emaw, eizawna dap tûrin emaw rilru kan siam tawh thîn. Keini ringtute tân chuan chanchin tha thutak ril êm êm mai awmzia hriat thiam hi thil pawimawh tak a ni a: khawngaihna hi chu pâwl kan sawnsan thei ngâi lo vang. Khawngaihnaah hian zir tâwp (Ph.D.) ka thleng ta tia degree inpêkna hun a thleng ngâi dawn lo va. Khawngaihna hi chu kan dam chhûng zawnga kan mamawh reng tûr a ni tlat mai.

Paula chuan hê thutak hi Efesi 2:7-ah hian lo sawiin, Pathianin kan chhandamna atâna thil a lo tih tawhte zawng zawng chu a bûlthûm atangin a târ lang vek a. Chûng a thil lo tih tawhte avâng chuan tûnah hian a Fapa Isua Kristâ thawhleha, vâna hruai chhoha a awma leh châwimâwia a han awm tâkna chu a tawmpuitute kan lo ni ta a ni (*Efesi 2:4-6*). Nimahsela, Pathian ruâhmanna hi khawngaihnaa

khat thil thleng tawhah leh zahngaihnaa khat tuna thil thleng mēkah hian a tâwp mai lo thung. Leilung pian hmâ daiha vân mîten an lo rawt chhuah tawh (*Efesi 1:4*) Pathian ruâhmanna hi chu chatuan hawlh tlang a ni.

“Hun lo la thleng tûrte” (*Efesi 2:7*) pawh a huam tel vek a ni. Chatuan atâna ruâhmanna a lo siam hi tûn hmâa a lo tih tawhte leh tuna a tih mēkte inngahna dânah tho khân a inngat a—chu chu khawngaihna dân hi a ni. “Hun lo la thleng tûrahte” chuan Krista Isua-ah hian kan chungah ngilneiin, a khawngaihna ngah nasatzia chu a entîr thei ang,” (*Efesi 2:7*).

Paula hian Pathian khawngaihna chu a hlutzia chhui chhuah sên rual loh hausakna, ringtuten an mamawh apiang phuhrûkna atâna an hman mai theih tûr ni angin a ngâi a (*Efesi 1:7; 3:8 en ang che*). Kan laka a thilphalna ropui tak hi hun leh hmun sawi chuang lova khawngaihna ngahzia tilangtu tha tak a ni.

“Kan zînga lo chêng ve tûra Isua a lo kal chhan ber chu mihringte leh vântirhkohte hnêna Pathian nihna puan chhuah a ni a. . . . Nimahsela, he inpuan chhuahna hi leia lo piang a fâte tân chauh a ni bîk lo thung. Kan khawvêl tê reuh tê hi lei leh vân pum pui tâna zirlâi bu a ni a. Pathian khawngaihna thiltum chanchin ropui, a tlanna hmangaihna mak tak hi ‘vântirhkohte pawhin hmuh an châk êm êm’ thupui chu a ni a, he thû hi chatuan chatuana zir zêl tûr a ni ang. Tlante leh suala tlu vê lo mihringte chuan, Kristâ krawsah hian an zir tûr leh an hla sak tûr an hmu dân a. Isua hmêla ropuina êng lo lang chu hmangaihna avânga mahni inphatna ropui tak a ni tih an hmû ang.”—Ellen G. White, *Chatuan Nghahfâk*, p. 20.

NINGÂNĪ

JULY 20

Tûnah Chuan Pathianin A Chhandam Ta

Efesi 2:1–10 kha chhiar leh la, châng 8–10-a Paula thu tlângkawmna hi chhiar ngun leh zual bîk ang che.

Tlângkawmna a siam pahah a sawi uâr deuhthe chu eng nge ni?

Efesi 2:1–3 hian Efesi khuaa ringtute chhandamna chan chu an nungchang a that vâng emaw, anmahni-ah thil tha tak eng emaw a awm vâng emaw a ni lo tih Chiang takin a sawi a. Hê thu a sawi tan lâi tak phei hi chuan thlarau lama mitthi mai an ni tawh a. Anmahni-ah nunna emaw, hlutna emaw eng mah a awm lo va (*Efesi 2:1*). Sualin a hneh tawh hnû an ni (*Efesi 2:1*). Mahnia inchhandam thei ziazâng an ni lo va, Setanan a thunun dân ang leh anmahni rilru leh hriatna dik tawh lo takin a hruai ang angin an awm mai thin (*Efesi 2:2, 3*).

Thlarau lama nunna emaw, thatna emaw eng mah nei tawh lo mai pawh an ni lo va, an dinhmun chhiatzia hi anmahni phei chuan an inhre lo rêng rêng bawk si a. Mihring dang zawng zawngte ang bawkin Pathian dik tak hmêlmâte an ni a, Pathian rorêlna ni lam chu panin ni tin an kal mêk a. “Mi dangte ang bawkin thinurna faa piang rêng” ni ve tho an ni (*Efesi 2:3*).

An chhandamna chu anmahni thatna ni lovin, Pathian hmangaihna sawi fiah sên rual loh an chan avâng zâwk a ni a—chu hmangaihna chu hmangaih theih thiltea hlutna awm behchhana sawi fiah theih a ni lo. Pathian chu a khawngaihna leh hmangaihna, Krista Isua avângin thlarau lama thihna atâ a kâitho va. Chutianga Pathian a lo chêt avâng chuan amah Isua pawhin a lo zawh tawh zinkawng ropui takte kha an lo zawh ve thei ta a ni.

Thlarau lama thihna leh saltâna atang chuan kaihtawh tawh niin, “vân hmunahte” hial an han thleng ta a, vân lalthutphahah khian Krista nêan an han thu ho ta a ni (*Efesi 2:5, 6*). Hê Pathian lo chêtna mak leh ropui tak hi rei lo te chhông atân chauh a ni lo va. Pathian chuan anmahni lama khawngaihna a neih chu Krista Isua-ah chatuan chatuana lantîr a tum avângin, kumkhuaa awm tûr a ni zâwk (*Efesi 2:7*).

Efesi 2:1–10 thu a khâikhâwmna, châng 8–10-ah hian a sawi tum tak kha a sawi nawn leh a, chu chu eng dang ni lovin, ringtute chhandamna hi mihringte hnathawh ni lovin, Pathian hnathawh zâwk a ni. Keimahnia lo inṭan ni lovin, Pathian thilthlâwnpêk a ni a. Mihringte zîngah hian chhandamna an neih avânga inchhuâng thei tû mah an awm lo (*Efesi 2:8, 9*). Ringtute hian Pathian khawngaihnaa dingin Pathian khawngaihna, a khawngaihna chauh chu kan tilang a. Amâ kutchhuak, “Krista Isuaa” Pathianin a siamte kan ni (*Efesi 2:10*).

Eng vângin nge kan chhandamna hi keimahnia hlutna eng emaw a awm avâng emaw, keimahni thil ṭha tih vâng emaw ni lovin, Pathian hnên atâ thilthlâwnpêk kan dawn a ni zâwk tih hi hriat thiam a pawimawh êm êm?

ZIRTÂWPNI

JULY 21

Zir Belhna: Efesi Leikhathawnah hian a thâwitham deuhin emaw, a ṭhen azâr chauh sawiin emaw sual lak aṭanga Pathianin a mîte a chhandam dân chanchin min hrih a. Chu thawnthua thil thleng pawimawh zual deuh deuhthe chu hêngte hi a ni:

1. Pathianin A mîte hi chhandama awm tûrin “leilung pian hmâ” khân a lo thlang tawh (*Efesi 1:4, 5, 11*).

2. Pathian mîte chu Isua an pawm hmâ kha chuan suala bo pil mêk an ni (*Efesi 2:1–3, 11, 12; 4:17–19, 22; 5:8*).

3. Pathian chuan anmahni chhandam tûrin Isua Krista a rawn tîr (*Efesi 1:7, 8; Efesi 2:4–6, 13–19; Efesi 4:1, 20, 21; Efesi 5:2, 8, 23, 25, 26*).

4. Pathian mîte chuan chanchin ṭha an lo pawm ta (*Efesi 1:12, 13*). Beisei eng mah nei lo ni ṭhîn kha (*Efesi 2:12*), tûnah chuan Isua-ah beisei pakhat an lo nei ta a, hma lam hun êng takin a hmuak mêk bawk (*Efesi 4:4; 1:18*).

5. Ringtute chu hê khawvêlah hian Isuâ zirtîrte an ni a. Thil hlauhawm chi hrang hrangin a hual vêl leh sual

thilthihtheihnain a beih reng huna chêng ni mah se, châwimâwia awm tawh an LALPAN a pêk khawngaihna leh thilthlâwnpêkte chu an chang thei thung a ni (*Efesi 1:15–23; 2:6; 3:14–21; 4:7–16; 6:10–20*).

6. Khawvêl chanchinin a vâwrtâwp a thlen hunah chuan “zakhamna” (*Efesi 1:13, 14*, ESV), emaw, “chhinchhiahna” emaw (*Efesi 4:30*) a nihna anga Thlarau Thianghlimin hnâ a thawh chuan rah a chhuah tawh ang. Chumi hunah chuan, Paula lekhathawn lo chhiartute hian an rinawm avânga an chan tûr lâwmman chu an dawng tawh ang a, Kristaa Pathianin a lo hlan tawh “ro” chu chang tawhin (*Efesi 2:7; 6:8, 9*), Krista an rin azârah hun lo la awm tûra Kristâ lalna ramah chuan hmun pêk ve an ni bawk ang (*Efesi 1:21; 2:7, 19–22; 4:13, 15; 5:27*).

SAWI HO TÛRTE:

- ❶ Efesi Lekhathawna thawnthu kan hmuh hi kum zabi pakhatna lâi vêla ringtute chanchin chauh a ni bîk lo va. Hê thawnthua a eng lâi hian nge tûnah khân beiseina ropui ber pe che?
- ❷ Eng vângin nge Paula hian a lekhathawn lo chhiartute chu an tûn hma nun sual tak kha a hrih nawn fo va, an pianthar hmâ nun kha thlîr lêt leh tûra a sâwm thîn le?
- ❸ Paulan Efesi 2:8–10-a chanchin tha awmzia a sawi fiahna leh Rome 1:16, 17-a lo sawi fiah tawh dân hi khâikhin la. Hêngahte hian eng engte nge inang awma, eng engte nge danglam awm bawk?
- ❹ Thil tha tih hian, Pathian hmâa mi thiam a chantîr theih loh avângin ringtute tlanna kawngah pawh kawngro a su lo. Chutih ruâl chuan, anmahni tâna Pathianin ruahmnaa a lo siamah erawh chuan pawimawhna a nei tho bawk sî. Chu a pawimawhna chu eng nge ni? *Efesi 2:10*.

ZIRLÂI 5

JULY 22–28, 2023


HUÂPZÂU ZÂWNGA TLANNA: KRAWS LEH
KOHHRAN

CHÂNGVAWN: “Tûnah erawh chuan, Krista Isua-ah, nangni hmâna hla taka awm ðhînte kha, Krista thisen chuan tihhnaihin in lo awm ta a. Amah chu kan inremna, pâwl pahnihte pumkhata min siamtu a ni,” (*Efesi 2:13, 14, ESV*).

SABBATH CHAWHNÛ

JULY 22

Chhiar Tûrte: *Isaia 52:7; 57:19; Johana 14:27; Rome 3:31; 7:12; 1 Korin 3:9–17; Efesi 2:11–22.*

 ENTAIL mi, chutah pawh Grik hnam, Juda-te Pathian chanchin lo hre thar ve chauh i ni a. I lo biak ðhin pathiante chu hnâwlin, tûnah chuan Pathian dik tak i lo pawm ve ta. Jerusalem temple tual, zâu nuam tak leh mâwi êm êm bawh sî-ah chuan i va kal a. A chhûnga va luha Pathian chibai bûk chu i duh a. Nimahsela, temple kawngkhâr thlen hmâ deuh chuan lungbang, ft. 4 vêla sâng hi a lo awm a. Chutah chuan Latin ðawng leh Grik ðawngin hê thû, “Temple chhûngah hian ram dang mi tû mah luh phal a ni lo. Luh luih tum mante chu tihhlum an ni ang a, chu an thihnaah chuan anmahnin mawh an phur bawh ang,” tih hi a lo intâr a. Chu thuziak i hmu chiah chu mi hrang daih nia inhriatna i nei ta nghâl a. Pathian pawh chibai bûk ve thei lo nia inngaihna i nei bawh ang.

Efesi 2:11–22-ah hian Kristâ kraws chu danglamna siamtu a nih thu sawiin, dâidanna bang chi hrang hrangte chu a ðhiat vek tawh tih a sawi a. Kraws chuan a vân kâwk zâwnga hna thawkin, mihringte chu Pathian nêh a inremtîr leh a. A lei hrût zâwng pawha hna thawkin, mihringte chu an mihringpuite nêh a inremtîr bawh. Kraws chuan inhmêlmâkna a tikiang a, Juda-te leh Jentail-te inkârah

remna thlenin, “mihring thar pumkhatah” a siam ta a (*Efesi 2:15*). An pahnih chuan biak in thar, “Thlarauva Pathian awmna tûra rem khâwm” (*Efesi 2:22*) an lo ni ta a ni.

Hê thutak hian keini tûn lâia mîte tân eng nge pawimawhna a neih le?

SUNDAY

JULY 23

Kristaa Pathian Hnaihtîr

Paulan a lehkhathawn lo chhiartu Jentail-te tûn hma nun dân a lo sawi tawhna Efesi 2:1–3 hi Efesi 2:11, 12 nêh khâikhin la. An tûn hma nun dân a sawina hnuhnûng zâwkah hian engtin nge a sawi?

Tûna Kristaa ringtu lo ni ta leh, a “taksa,” kohhran member-te lo ni ve ta Jentail-te hi tûn hmâ kha chuan, Israel-te leh Pathianin chhandamna a tiam lak aţanga hrang hlak an ni tşin a. Paulan chu an tûn hma nihna kha “hre reng” tûrin a chah a (*Efesi 2:11*). Khatih lâi kha chuan Hriakthiha, Israel-te Messia “Krista tel lovin” an awm tşin a. “Israel-ho khua leh tui nêh inmihranin” an awm tşin a ni. Thutiam thuthlungte lakah chuan mikhual an ni bawk a, chhandamna chanchina Pathianin chhandamna thutiam a lo pêkte kha hriat an nei vê lo. Israel-te laka mi hrang an nihna leh, anmahni hmanga chhandamna tiam pawh lo hre ve lo a nih avângin “beiseina nei lo” an lo ni tşin tihna a ni. “Khawvêlah hian Pathian tel lovin” an lo awm a ni ber (*Efesi 2:12*).

Tûn hmâ kha chuan Jentail-te hi intibuai tawn reng mai tşin an nih bâkah, Juda-te nêh pheih chuan inngeih lo tak an ni a. Hê an inhuat tawhna hi an inkoh duh dânah pawh a lang chhuak tşin a. Juda-te chuan Jentail-te hi hmusit deuh takin, “serhtanloh” tiin an sawi tşin a; Jentail-te pawhin Juda-te chu an ngâisâng lêm bîk lo a ni tih hriat takin, “serhtan” tiin an ko lui vê deuh kher tşin a ni (*Efesi 2:11*).

Amaherawhchu, Efesi 2:13 hian tûnah chuan thil a danglam ta hlê a ni tih min hrilh a. “Tûnah erawh chuan Krista Isua-ah, nangni hmâna hla taka awm thînte kha Kristâ thisen chuan tihhnaihin in lo awm ta,” a ti.

Paulan Jentail-te chu “hla taka awm thînte” tia a sawi hian Isaia 57:19 thû, “Nangni hla taka awm thîn hnênah remna Chanchin Ṭha a hrilh che u a, hnâi taka awm thînte hnênah pawh remna Chanchin Ṭha a hrilh bawh” (*Efesi 2:17, 18*) tih kha a rilru-ah a lang a. Krista-ah leh a kraws avâng khân Jentail ringtute chu lâk hran an lo nih tawhna—Pathian, beiseina leh an Juda unaute hnaihah hruai kîr leh an ni ta a ni. Hemi chungchâng hi thiam takin Paulan heti hian a lo sawi fiah a: Krista krawsin Juda-te leh Jentail-te inkâra kak zâu tak awm chu a tidam thei tih awmzia chu kan inhmêlmâkna leh kan inṭhen hranna zawng zawng hi krawsah chuan chin fel vek theih a ni tihna a ni. Hê chanchin ṭha hian keimahni nun theuh leh, kohhran chhûnga inṭhen hranna chi hrang hrang awm chhante hi ngun taka ngaihtuah tûrin min sâwm a; chûngte chu krawsa thiltihtheihna chuan a hneh vek thei a ni tih hre tûrin min duh bawh a ni.

Eng dinhmuna i din lâiin nge Isuan a rawn tlan chhuah che? Isuan a rawn zawng hmuh lâi tak chea i lo awmna leh, Anin rawn zawng hmu ta lo che se la tûna i awmna tûr ngaihtuah fo hi i tân eng nge a pawimawhna awm?

THAWHṬANNĪ

JULY 24

Inremna: Pathian Thilthlâwnpêk

“Amah ngei chu kan inremna, pumkhata min siamtu leh inhuat tawna bang pawh a taksaa lo tichim tawhtu a nih avângin . . . kraws zârah chuan taksa pumkhatah kan pahnihin Pathian nêh min inremtîr leh thei ta a, chumi avâng chuan kan inhuat tawna pawh tihhlumin a awm dâwn a ni” (*Efesi 2:14–16, ESV*).

Efesi 1:7, 8; 4:32; 2:13, 14; 2:16 leh 5:2, 25-te hi chhiar la. Hêngahte hian engtin nge Paulan kraws awmzia leh krawsa Isuâ thihnain nghawng a neih dân a sawi fiah? Paulan kraws chungchâng a sawi dân leh, mi dangte nêna kan inlaichîn tawwna a siam that dân a sawi hi engtin nge i khâikhâwm ang?

Tûn kêr zirlâi inngahna, Efesi 2:11–22-ah hian kraws khân ringtute tân thil ropui tak tak pathum a tih thû kan hmû a: 1) Pathian leh a mîte laka “hla taka” awm thîn Jentail-te chu Pathian leh a mîte hnaihah hruai an lo ni ta a (*Efesi 2:13*); tûnah chuan Pathian fâte lo ni ve tawhin, Juda ringtute nên ûnau an lo ni ta bawk (*Efesi 2:19*); 2) Juda-te leh Jentail ringtute inkâra “inhuât tawwna” (Grik tawng chuan, *echthran* tih a ni a, chumi zawmzia chu “inhmêlmâkna” tihna niin, “hmêlma” tih sawina, *echthros* nên a inzawm) awm thîn pawh chu “tihlum” a ni ta bawk a (*Efesi 2:16*). Kristâ krawsah chuan Juda-te leh Jentail-te inkâra inhuatna leh indo tawn duhna rilru awm rêng, reh mai thei pawha mâwi lo ni tawh chu a la kiang ta a ni (*Efesi 2:17*); 3) chû inhuatna hmunah chuan inremna a lo awm ve ta thung a. A chhan pawh Juda-te leh Jentail-te chu taksa pakhata siam a, Pathian nêna inremtîr hi Kristâ thiltum a nih vâng a ni (*Efesi 2:16, NKJV; Kol. 1:19–22*).

Inremna chu eng ang nge ni? Inrema awm chu a nuâm nge a hrehawm? Nu pakhat leh a fanu neih chhun chu eng emaw avângin an intithiam lo va, kum tam tak chhûng an inmihran zui ta bawk. Mahse, an inhuat tawwna chu khawngaihna leh ngaihdamna avânga chin fel niin, nû-fa inthlahlel tak an lo ni leh hlauh mai a. Hetiang hi inrem lehna chu a ni. Inrem lehna chu kohhran member-ten an member-puite nêna inrem lohna lâi an neihte dah bova, an khawngaihna leh ngaihdamna lo pawmtu an member-puite chu an ûnaute anga an ngaih चाहin a lo thleng thîn.

Inrem lehna chu khâwl lam thil emaw, thu buai hla buai remna lama an ÷awngkam hman ÷hin emaw a ni lo va, mi pahnihte inkâr emaw, pâwl pahnihte inkâr emawa thleng ÷hin, inlaichinna keh chhe tawh siam ÷hat lehn a ni. Paula chuan krawsa Kristâ hnathawh ropui tak kha mi pahnih khatte inkâra inremna thlentu mai ni lovin, pâwl hrang hrangte inkâra inremna thlentirtu pawh a ni bawk tih a sawi a. Chû inremna chuan kan nun hi rawn hnehin, min ÷hen hrangtu thil chi hrang hrangte hi a tiboral a, kan inrem lohna lâite a ching fel a, mi dangte nêna inpâwl ho châkna min neih thartîr lehin, inhriat thiam tawna pawh min pe bawk a ni a ti.

Eng tiang kawngtein nge inrem leh theihna tûr dân kan târ lan tâkte hi mi tute emaw nêna in inrem leh theih nân i lo hman ve theih ang?

THAWHLEHNI
Dâidanna Bang Tichimin

JULY 25

Paulan “thupêktea dân leh hrai chi hrang hrang awmte” (ESV) Isuan a tih tâk dân a sawi chu eng nge ni? Eng vângin nge chutiang chuan a tih? (Efesi 2:14, 15 en la.)

Paulan Heroda Temple-a Israel mîte chauh luh phal chin tual zâwl hungna bang, a kal tlang lui chu tihlum theih an nih thu inzianna kha a sawi a ni maithei. A mitthlâah chuan hê dâidanna bang hi ÷hiah a ni tawh a, Jentail-te pawh Pathian chibai bûk phalsak an ni ve ta a ni ang (*Efesi 2:18*). Chutiang bang chu Kraws khân a la kiang tawh a. Chutah chuan pâwl pahnih, Juda-te leh Jentail-te chu pumkhat an lo ni ta a ni.

Mi ÷henkhat chuan Efesi 2:14, 15 hian Thu Sâwm Pêk hi (Sabbath serh tûr a ni tih thupêk pawh telin) kraws khân a “tibâng” emaw, “sîrah a hnâwl” emaw ta tih a sawi emaw an ti mai ÷hin a. Amaherawhchu, Efesi Lehkathawnah hian Thu

Sâwm Pêk a zahzia tilangin, hêng thupêkte hi Krista zirtîrte ni tûra mi chhertu ber a ni tih a sawi zâwk a ni.

Thupêk panga phei chu *Exodus* bû-a a inziah dân ang chiaha sawi chhâwngin (*Efesi 6:2, 3*), thupêk dangte pawh a thâwithamin a sawi châwng bawk a (*entîr nân, thupêk pasarihna, Efesi 5:3–14, 21–33; thupêk pariatna, Efesi 4:28; thupêk pakuana, Efesi 4:25; thupêk sâwmna, Efesi 5:5*). Hetianga a sawi hi a lekhathawn danga dân chungchâng a lo zirtîr òhin dân nêp pawh a inrem thlap a ni (*Rome 3:31; 7:12* en la).

Mi òhenkhatin dân an hman sual thû chu a sawi òhin ngei a, dân hrim hrim erawh a zahzia tilangin, la ding chhunzawm zêl a nih thû pawh a sawi fo òhin. Chuvâng chuan, hêng Bible chângte hi Thu Sâwm Pêk hi tihbân a ni tawh tih zirtîrna òanchhana lo hman chu, Paula sawi tum loh deuh sawitîrna a ni a. Dân chu kumkhuaa ding reng tûr a nih thû inziahna Bible châng dang hrang hrang han chhiar phei hi chuan, a dik lohzia a lang chiang lehzuol.

Paula ngaih dân chuan Juda-te leh Jentail-te inkâra hêm thlâk nâna dân hmanna rêng rêng—a bîk takin Pathian mîte zînga Jentail-te an tel vê phalsak lohna tûr chhuanlam atâna lo hman leh, Jentail-ten Pathian chibai an bûk vê rem tih lohna tûr chhuanlam atâna lo hman phei chu ânchhe dawng tûra indahna a ni a; Pathianin dân a siam chhan hriat lohna leh hman sualna pawh tak a ni.

Efesi 2:14, 15-a sawi “dân” hi serh leh sâng dân, Juda-te leh Jentail-te òhen hrangtu, amah Paula ngei pawhin “thupêktea dân leh hrai chi hrang hrang awmte” (ESV) tia a lo sawi kha a ni thei a; Thuthlung Hlui dân pum pui, Juda sâkhaw hruaituten anmahni ngaih dân an hrih fiah òhin, eng emaw zât an lo belhchhah ve leh, Jentail-te chhawk an nih theih nâna an lo hman sual òhin pawh kha a ni thei tho bawk.

Seventh-day Adventist-te zîngah emaw, Kristian hrim hrim zîngah emaw pawh, min then hrang theitu eng thilte nge awm a, chûngte chu engtin nge kan hmachhawna kan hneh theih ang? Chûng thilte chu Krista kan hmangaih tlân theuhna hmang hian kan hneh thei a ni tih kan hria em?

NILÂNĪ

JULY 26

Isua, Inemna Thu Hrilu

Engtin nge Paula hian Efesi 2:17, 18-ah hian Krista rawngbâwlina a khâikhâwm?

Efesi Lehkathawna thil pawimawh tak awm chu remna chungchâng a ni a, “Pathian kan Pa leh LALPA Isua Kristâ hnên atâ” remna dîlsakna hmanga bul tan niin, chumi thû vêk hmang chuan khâr leh a ni bawk (*Efesi 1:2; 6:23*). Efesi 2:11–22-ah chuan ‘remna’ tih hi mihring Krista angah a lo chan tawh bawk a, “Amah chu kan inremna a ni” tia sawiin, chu inremna chu Kristâ Kraws ngei khân a siam a ni a ti (*Efesi 2:14–16*).

Kristan Juda-te leh Jentail-te inkâra inhuât tawna awm thîn kha a tibo ta a ni mai lo va (*Efesi 2:14, 15*)—mihring thara siamin, chu mihring thar chu inngeih tlânna leh remna hmanga lantîr a ni bawk (*Efesi 2:15–17*). Hetiang inremna hi chu indona awm lohna ringawt ni lovin, Hebrai tawnga *shalom* an tih ang hi a ni a, Pathian nêna kan inkârah (*Rome 5:1*) leh mi dangte nêna kan inkâra a tha ber tûr induhsak tawn a ni.

Ringtute hian engtin nge mi dangte hnênah Isuâ remna thuchah hi kan hrilh chhâwn vê ang? Efesi 4:3; 6:14, 15; Rome 10:14, 15 hi Efesi 2:17–19; Isaia 52:7; 57:19 nên khâikhin ang che.

Chanchin Tha bu palî-te hian Isua chu inremna thu hrilu a nihzia an sawi theuh a. A zirtîrte hnêna inthlahna thuchah a

sawiah pawh, “Remna ka hnutchhiah a che u; keima remna ka pê a che u” (*Joh. 14:27*, NKJV) tia tiamin, kha thutiam kha keimahni tân pawh a ni vê tho bawk. Heti hian a khâr leh bawk a: “Hêng thûte hi in hnênah ka sawi tawh hi, keimahah hian remna in lo neih theihna tûrin. Hê khawvêlah hian hrehawm in tuâr thîn dâwn a. Nimahsela, thlamuâng takin awm rawh u; keiin khawvêl ka hneh tawh sî a” (*Joh. 16:33*, NKJV). Thlân aţanga a thawhleh hnua zirtîrte hnêna a inlan chângte pawh khân, “In hnênah remna thleng rawh se” (*Joh. 20:19, 21, 26*, ESV) tiin a sawi zêl thîn a nih kha.

Efesi 2:17, 18-ah hian, Kristan inremna thu a hril kha he leia rawng a bâwl chhûng atân chauh a ni lo va, a hnu leh zêl atân pawh a nih tel thû a sawi. “Inremna” thu chu a hun lâia Pathian “hlat” êm êm thînte (Jentail-te an lo la pianthar hma, ESV) hnênah leh, Pathian “hnaih” taka awmte (Juda ringtute, ESV; *Efesi 2:11–13 nêh khâikhin rawh*) hnênah a lo “hril” tawh a. Hê a tlângâupui thû hi lo pawmtu ringtu zawng zawngte chuan malsâwmna ropui tak an chang thîn a ni.

Engtin nge buaina chawk chhuaktu ni lovin, inremna thu tlângâupuitu zâwk nih dân kan lo thiam theih ang? Tûnah ngei hian, kan bul hnâia awmte hnêna inremna leh damna thlentu kan nih theihna tûr eng engte nge awm?

NINGÂNI

JULY 27

Kohhran, Pathian Biak In Thianghlim

Paulan kohhran chhûnga Juda-te leh Jentail-te an lo inpumkhat theihna tûra tehkhin thû chi hrang hrang a hmante chu engte nge ni? *Efesi 2:11–22*.

Efesi 2:1–10 khân Isua nêna kan lo inpumkhat tâk thu min hrilh a, chutih lâiin, châng 11–22 hi chuan a kohhrana awm vê mi dangte nêna inpumkhat tûrin min hrilh vê leh

thung. Isuâ thihna khân chunglam hawi zâwnga hnâ thawkin, Pathian nê min inremtîr a (*Efesi 2:1–10*); a lei hrût zâwnng pawha hna thawkin, mi dangte nêna inlaichîna thâ min neihtîr bawk (*Efesi 2:11–22*).

Kraws hmangin Isuan Juda-te laka Jentail-te then hrang thei thil zawng zawng chu a lo tibo vek tawh a, chûng a tih bo tâkte zîngah chuan an inkâr tikak zâu zualtu Dân hman سوالنا pawh a tel. Isuan thil eng emaw din a nei bawk a—chu chu ringtute awmna Pathian biak in thar a ni. Tûnah chuan Juda-te biak in hmun thianghlim hrang hranga an luh ve phalsak ni ngâi lo Jentail-te chu biak in thar an lo ni ta a, chutah chuan an ringtupui Juda-te nê an awm ho ta. Kan zavâi hian Pathian kohhran member-te niin, “LALPA-ah chuan biak in thianghlimah kan lo chang zêl thîn a” (*Efesi 2:19–22*); Isua nê leh Kristaa kan ûnate nê inpumkhatin kan lo awm thei ta bawk a ni.

Eng tiangin nge Paulan kohhran sawina atâna biak in a hman (*Efesi 2:19–22*) hi 1 Korin 3:9–17; 2 Kor. 6:14–7:1; 1 Pet. 2:4–8 te-a hman a nih dân nê khâikhin a nih?

Paulan kohhran sawina atâna biak in a hmang hi kohhran chhûnga Jentail-te pawh an lo tel ve vek theih tâkzia târ lan a tum vâng a ni a. Tûn hmâ zawnga “Temple Hmun Thianghlim” luh phalsak ni vê ngâi miah lote khân, tûnah chuan an lo lût thei ta mai pawh ni lovin (*Efesi 2:18*), anmahni ngâi chu “Thlalarauva Pathian awmna tûra rem khâwm” biak in thar sakna tûr hmanruate an lo ni ta a ni (*Efesi 2:22*).

Thuthlung Thar lehkhabu ziaktuten kohhran thianghlimzia sawina atân Pathian biak in a nih thu an sawi thîn a; kohhran chu Pathianin a din leh a enkawl niin, kohhran chhûnga awm ringtute chu inpumkhat tlat an ni bawk. Hê tehkhin thu hi thil nung chanchin zirna tawngkam nê inzwama hman a ni a (biak in chu tshang zêl thîn nia a sawina, *Efesi 2:21* chhiar ang che); biak in sak hnâ chu thawh chhunzawm

zêl niin a sawi bawk (*Efesi 2:22*, “nangni pawh rem khâwm chhoh zêl in ni sî a,” ESV). Kohhran chu che lova awm tawp mai ni lovin, eng tik lâi pawha thang reng a ni zâwk a, chuvâng tak chuan “Pathian nung biak in” (*2 Kor. 6:16*) an ni tih pawh an inhre rêng bawk a ni

ZIRTÂWPNI

JULY 28

Zir Belhna: A hnuai sawi ho tûrte thuhmahruai hi ngun takin chhiar ang che:

Eng vângin nge Paula hian mihringte inlaichîn tawna kawnga Kraws-in nghawng a neihte sawi fiah nân Efesi 2:11–22 hi a ziah? Hê thû a ziah lâi hian kohhranah eng thil nge thleng? Paulan kohhran member lo ni tlâng ta Juda-te leh Jentail-te inkâra inlaichîn tawna awm chungchâng a sawi a. Tûnah chuan Pathian chhûngte (*Efesi 2:19*) an nih avânga inrem tawh a ni tih hre thiamin, chutiang tak chuan nung ho tûrin a duh hlê a ni. Amaherawhchu, a lehkhathawn pum pui hi kan thlîr chuan, ziah chhan zâu zâwk leh tum thui zâwk daih a ni tih kan hre thei ang. A thupui ber chu Pathianin Kristaa thil engkim infâwk khâwmtîr a tum thu a ni a (*Efesi 1:9, 10*), chutah chuan “lei leh vâna chhûngkaw tinrêng” (*Efesi 3:15*) hi an tel vek a ni.

Thil pawimawh tak chu, kohhran chhûnga member-te inpumkhatna—Efesi 2:11–22-a sawi—ngei pawh hian tum zâu zâwk neiin, chu chu Efesi 3:10-ah hian a târ lang a: “chutichuan, kohhran hmang hian Pathian finna ngahzia chu [Juda-te leh Jentail-te atangin kohhran a din a] tûnah hian vâh hmuna rorêltute leh thuneitute hnênah hriattîrin a awm thei ang” (ESV). Kristan krawsa inpumkhatna a lo siam tawh hmang khân ringtute chuan Pathianin Kristaa thil engkim inpumkhattîr vek a tumna chu, tûnah hian hlen chhuahin an awm mêk a ni tih an lantîr tûr a ni a. Inrem taka an awm tlânna chuan Pathianin Kristaa ruâhmanna a lo siam kha hlen chhuahin a awm a ni tih a tilang bawk ang. Chuvângin,

tûn lâi hun atâna thu pawimawh êm êm, mi hrang hrang leh chi hrang hrangte inkâra inlaichîn tawna thâ a awm theihna tûra Bible-in thurâwn min lo pêkte chu kan lo hriat theih nân, Efesi 2:11–22 hi chhiar ngei a tûl a. Chutichuan, he leia remna leh muâna a thlen theih nân, Pathian hna thawhpuitute kan lo ni thei dâwn a ni.

SAWI HO TÛRTE:

- ❶ Efesi 2:11–22-ah hian hnam hrang hrangte inkâra inlaichîn tawna thâ a lo awm theihna tûra Bible thurâwn kan hmû a. Chûngte chu eng nge ni? He lâi thû hian kohhrana awm hnam hlâwm khatten hnam dangte an en dân tûr chungchângah, Kristan min lo zirtîr dân ang kha engtin nge min hrilh?
- ❷ Mihringte tâna Pathianin ruâhmanna a lo siam chu ngaihtuah ila (*Efesi 1:9, 10; 2:11–22*), kohhran tân a member-te inkâra hnam leh chî avânga buaina leh intaina awmte chin fel vat hi eng tiang taka pawimawh nge ni?
- ❸ In khawtlângah khân chî leh chî inkâra buaina chhuak thei reng, mahse, eng emaw avânga la in-up rih mai mai emaw, in ngaihthah luih emaw eng engte nge awm? In kohhran khân Kristan krawsa a lo hlen chhuah tawh inpumkhatna hnâ kha a taka chantîr thei tûrin eng nge tih ve theih in neih? Nang ngêi pawh khân chû hnâ chu engtin nge i thawh vê ang?

* * *

CHANCHIN ȚHA THURÛK CHU

CHÂNGVAWN: “Tichuan, keimahnia thawk Țhîn thiltihtheihna ang zêlin, kan dîl leh kan ngaihtuah zawng zawng âia nasa zâwk ti theitu hnênah ngei chuan, chatuanin, chhuan zawng zawng thlengin, kohhranah leh Krista Isua-ah chuan ropuina awm rawh se, Amen” (*Efesi 3:20, 21*).

SABBATH CHAWHNÛ

JULY 29

Chhiar Tûrte: *Joba 11:5–9; Ezekiel 43:13–16; Amosa 7:7, 8; Efesi 3; Thupuan 11:1, 2.*

SFESI bung 3-ah hian bung hmasa lama a lo sawi tawh thupui baw kha a rawn sawi nawn leh a, chu chu hei hi a ni: “Chanchin Țha avângin Krista Isua-ah chuan Jentail-te hi roluahpui te, taksa pêng te, thutiam dawnpui te an nih hi” (*Efesi 3:6*). Hê thû hi tûn lâi kohhranho, a member tam zâwk pawh Jentail-te ni tawh tân chuan thil mak vak pawh a ni lo mai thei a; mahse, a lehkhathawn ziah lâi huna mi tam tak tân kha chuan thil thar hlak a ni ngei ang.

Paulan Pathian hnên atâ a dawn, thûte chu a sawi chhonzawm zêl a, Jentail-te hnêna Isuâ chanchin Țha hril chu a thil nuâm tih leh châk zâwng ber a ni.

Chu rawngbâwl hnâ a thawhna kawngah chuan harsatna chi hrang hrang a tâwk a ni tih pawh kan hria a, chûng a harsatna tawhte zîngah pakhat chu Rom sawrkâr siam tân ina khung a nihna kha a ni ang.

Chanchin Țha laimu-in a sawi tak chu hlen chhuah ngêi a tum thû a sawi pawh kan hre baw kha; chu chu eng dang ni lovin, kohhranah chuan Jentail-te pawhin an Juda ûnaute ang bawkin dinhmun Țha an chang ve vek tih hi a ni. Kohhran tân leh kohhranin a thawh tûra Pathianin hnâ a

pêkah hian a phûr hlê a ni tih kan hria a. A ɽawngtâina lamah pawh, Pathian chu kohhran hmanga a khawngaihna a lantîr avângin a fak ɽhîn a ni.

A tâwi zâwngin sawi ta ila, heti taka a phûr avâng hian keini pawhin a chanchin ɽha hril kha kan hrilpui vê lo thei lo.

SUNDAY

JULY 30

Paula: Jentail-te Hnêna Thuhrlitu Tirhkoh Mi Tâng

Efesi 3 chhiar la. I chhiar pahin thupui a neih pakhat emaw, pahnih emaw hriat tum ang che. Hê bunga thil pawimawh deuh deuh a sawite chu engte nge ni?

Efesi 3 hian ruangâm ngaihnaawm tak min chhawp chhuahsak a. Chu chu, “Chuvâng chuan, kei Paula, nangni avâng Krista Isua mi tâng hian” (*Efesi 3:1*) tih ɽawngkam hmangin a sawi ɽan a. Mahse, hê thû a sawi zawh hian thu dang, Jentail-te hnêna hnâ a thawh chungchâng a sawi leh ta daih thung (*Efesi 3:2–13*). Chumi, zawh chuan a tîr lamah a lo sawi tawhah khân rawn kîr lehin, “Hemi avâng tak hian” (*Efesi 3:14*, NKJV) tih ɽawngkam bawk kha a hmang leh a. Chutichuan, châng 14–21-ah hian an tâna a ɽawngtâi ɽhin thû a sawi ta a ni.

Efesi 3:1-ah hian “Krista Isua mi tâng” tiin a insawi a. Hetianga a insawi chhan chu, Rome sipaiten tân ina an khung, Rome Lalram rorêltute thuhnuai a awm chu ni tho mah se, a nunah hian Pathian thiltum chu hlen chhuahin a awm mêk nia a hriat vâng a ni. Rome mîte mi tâng ni lovin, Krista Isua mi tâng zâwk a ni tlat! (*Efesi 4:1* chhiar la).

A hrehawm tuârte sawi lang a (*Efesi 3:13*), a hnu-ah pawh khâidiat a bun thû a sawi lang leh (*Efesi 6:20*) hian, a chênna ina hrên (house arrest) ni mai lovin, tân inah ngêi khung a ni tih a tichiang a. Kum zabi pakhatna lâi vêla tân ina awm leh, Rome sawrkâr siam rip chhûnga tân chu thil hrehawm tak tûr

a ni. A chhan chu, Rome Lalram khân tân in ƣa leh changtlung tak an nei lo va, inthiarna hmun ƣa rây a awm loh chu thu hran ni se, tângte hnêna nî tin chaw ei tûr pêk pawh an ti hlei thei lo. Dik tak chuan, tân in mamawhna pawh an nei êm êm lo bawk a; a chhan chu tâna ina inkhung hi inhremna hmanrua atân an hman ve loh vâng a ni. Tân ina an khungte chu an thubuai ngaihtuahsak lâite an ni ber a, tihhlum tûra an chungthu rêl thlûk tawhte pawh an dah tel ƣhîn. Tân ina awmte chu anmahni mamawh inngaihtuah chawp mai tûra tih an ni a, an chhûngkhatte leh ƣhian ƣhâten an chaw ei tûr leh mamawh an neih dangte an rawn pe ƣhîn a ni.

Paula thil hlauhthâwn chu, tân ina khung a nihnain ringtute rilrua nghawng ƣa lo a nei palh ang tih a ni; a chhan chu khatih hun lâia an ngaih dânah mi tang nih chu thil zahthlâk tâwpkhâwk a nih vâng a ni. Mi tuten emaw, “Engtin nge Paula hi châwimâwia awm tawh Kristâ tirhkoh leh thuchah puangtu ni sîn, mi tâng hmuhsitawm tak a nih theih ang?” tia an zawh te pawh a hlâu a ni mai thei e. Chuvâng chuan, tân ina khung a nih chhan sawi fiahin, Pathian ruâhmana zînga mi a nih thû hrilh ta a. Anmahni tâna tuâr niin (“in tâna tuâr ka ni,” ESV), an zahna thlentu tûr nia lang chu an “ropuinaah” a la chang zâwk dân a ni (*Efesi 3:13*).

Harsatna namêm lo kan tawh lâite hian engtin nge Pathianah leh a kawng min ruatsakahte chuan rinna nghah dân kan lo thiam theih ang?

THAWH ƣANNĪ

JULY 31

Thupa Awm ƣhîn Chanchin ƣa Thurûk Chu

Paula hnên Pathianin a kawltîr thurûk chu eng nge ni?
Efesi 3:1–6.

Efesi 3:1–6 hi chhiar la, tichuan, hêngte hi lo chhinchhiah ang che:

A hmasa berin, he lâi thû bîk hi chu Paulan Efesi khuaa awm Jentail ringtu, mi mal ina inkhâwm ho thînte lo chhiar atâna a ziah a ni a (*Efesi 3:1*).

Pahnihnaah chuan, Paulan Jentail ringtute tâna Pathianin a hnêna a pêk, “Pathian khawngaihna enkawlna hnâ” dawngtu a nih thu a sawi a (*Efesi 3:2*). Hê *enkawlna hnâ* emaw, khawngaih rawngbâwl hnâ emaw hi Jentail-te hnêna Pathianin hril tûra a pêk chanchin tha (“Pathian khawngaihna”) awmzia a hrilh fiah dân a ni (*Efesi 3:7, 8* en bawk la).

A pathumnaah chuan, a hnênah *thurûk* puan chhuah/hriattîr a nih thû a sawi hi a ni; chu chu “Kristâ thurûk” niin (*Efesi 3:3, 4*), bung hmasa lamahte pawh khân a lo sawi tawh bawk a nih kha (*Efesi 1:9, 10; 2:11–22* chhiar ang che). Paulan chanchin tha hmu chhuaktu anga ngaih nih a duh lo va, Pathianin a rawngbâwlna tûra a pêk chanchin tha puan hnâ chu a thawk mai zâwk niin a insawi.

A palî-naah chuan, Paula hi hê *thurûk* puan chhuaha awm lo dawngtu awm chhun a ni lo va, Thlarau chuan Kristâ “tirhkoah thianghlimte leh zâwlneite” hnênah pawh, tûn hma lama mîte hnêna puan chhuaha a lo ni tawh thîn âia Chiang leh fiah zâwk daihin a lo puang tawh bawk a ni (*Efesi 3:5*). Heta *zâwlnei* a tih hian Thuthlung Hlui hun lâia zâwlneite kha ni lovin, Kristian hmasâ, mi mal ina inkhâwm thînhô zînga hrilh lâwkna thilpêk kawh leh, hrilh lâwkna thu puâng thînte kha a kâwk zâwk maithei a. *Thurûk*, tûn hmâ thupa awm thîn kha tûnah chuan “thurûk uâlâu” tak tia kan sawi thîn ang hi a lo ni ta a ni.

A tâwp berah chuan, “Hê thurûk hi Jentail-te pawh ro luahpuite, taksa thuhmun pêngte ni ve tho leh, chanchin tha avânga Krista Isuaa thutiam changte an nih ve tâkna hi a ni” tiin a puâng a (*Efesi 3:6*, ESV).

Paulan chachin thâ a tuipei hlê a, Juda-te leh Jentail-te inawm pawlhna kohhrana puan chhuah a nih dân phei hi chuan a tiphûr lehzuâl hlê âwm e. Hêng pâwl pahnihnte hi Pathian mi

thar, a mihring siam thar biak in sakna tûr lungrem an lo ni tlâng ta a ni (*Efesi 2:14–16* en la). Tûnah chuan inhmêlmâk tawn êm êm thîn kha “ro inluah tawm” ni tûra siam thar an lo ni ta tiin kan sawi thei a, “taksa pakhat ni ho” (Krista taksaa tel theuh) leh chanchin tha thutiam “chang tlâng” an lo ni ta bawk (*Efesi 3:6* en la).

Chanchin tha hi chuan mi tin a huâp zo vek a, chumi kalh zâwng rilru chu, a rûk deuh pawhin i lo pô em? I lo pô a nih chuan, engtin nge i thlauhthlâk theih ang?

THAWHLEHNĪ

AUGUST 1

Kohhran: Pathian Finna Puangtu

Paulan Pathian leh Pathian thiltihte chungchâng a sawi chu eng nge ni? (*Efesi 3:7–13*).

Paulan “Pathian khawngaihna thilthlâwnpêk” zâra “rawngbâwltu” a nih thu bawk kha a sawi nawn leh a (*Efesi 3:7*, ESV; *3:1, 2*). He thilthlâwnpêk hi, chanchin tha ang bawka a dawngtu’n hlutna eng emaw a neih vânga pêk ni lovin, Pathian khawngaihna vâng liau liau zâwk a ni. Chutiang a nihzia chu Chiang taka hre tûrin min duh a, chuvâng chuan, “mi thianghlim zâwng zâwng zînga tê ber âi pawha la tê zâwk” (*Efesi 3:8*, ESV) tiin a insawi kher rêng a ni.

Paula lekhathawn hrang hrangte hi ziah a nih hun indawta kan chhiar chho zêl a nih chuan nia a inhriat dân a danglam ve hret hret a ni tih kan man thiam ngei ang. A tîr lamah chuan, Pathianin a ruat tirkoh niin a inngâi thîn a (*Gal. 1:1*). Mahse, a hnu-ah chuan “tirkohzte zînga tê ber, “tirkoh tia koh pawh phû ve lo” ni hialin an insawi leh thung (*1 Kor. 15:9*, NKJV). Efesi Lekhathawnah hi chuan “mi thianghlim zâwng zâwng zînga tê ber âi pawha la tê leh zual zâwk” (*Efesi 3:8*, ESV) tiin a insawi ve leh ta thung a. Timothea hnênah phei chuan mi

sualte zîngah pawh a “hotu ber” (*1 Tim. 1:15*, NKJV), a “sual ber” (NIV) ni hialin a insawi.

Hetianga taka Paula a inngâi hniam êm êm mai hian Ellen G. White-i thuziak hmingthang tak pakhat, “Isua chu i hnaih zawh poh leh i dik lohna i hmu chiang leh zual ang; a chhan chu i khawhmuh a lo fiah leh zual ang a, i famkim lohnate chu a nihphung tha famkim tak lakah chuan chiang tak leh fiah taka hmuh a nih dâwn vâng a ni”—*Krista Panna Kâilâwn*, p. 49 tih kha a awmzia sawi fiah chiang viau âwm e.

A sawi chhonzawn zêl a, Efesi 3:10-ah pawh, “vân hmuna lalnate leh thuneihnate hnêna Pathian finna ngahzia kohhran hmanga hriattîr hi a tum tak chu a ni (NKJV) tiin a ziak leh bawk a. Heti lâia “vân hmuna lalnate leh thuneihnate” a tih hi tute nge ni? Kohhran hian eng tin nge Pathian finna “ngahzia” chu anni hnênah hian a puan? Efesi 3:10 hian chûng thuneihnate nihphung chu sawi lo mah se, Efesi 6:11, 12-a chipchiar zâwka a sawi thlarau sualte hi a nih ngei a rinawm thung a. An lo ni a nih chuan, tûn hma lama lo inhaw tawn êm êm thîn Juda-te leh Jentail-te tipumkhatu kohhran hi chûng ramhuai, “vân hmuna lalnate leh thuneihnate” changtute hnêna Pathian thil ruâhman, “amah Kristaah chuan thil eng kim, leia thil awmte leh vâna thil awmte inpumkhatna” (*Efesi 1:10*, ESV) lo thlen tâk thu puangtu an ni tihna a ni ang. Pathian ruâhmanna chu tihhlawhtlin chhoh zêl a ni a, ramhuaite chu thiam loh chantîr an ni ngei dâwn. Hetianga kohhran ho an lo inpumkhat tha ta êm êm mai hian ramhuaite chu hneh an ni ngei dâwn a ni tih chiang takin a tilang a ni.

In kohhran khân Efesi 3:10-a Paulan kohhranin a thawh tûr hna a sawi hi lo la thutak hle ta ni ula’ng, eng tiangin nge nangmah leh i member-puite inkâra inlaichîn tawna awm kha a tihdanglam ang? _____

Krista Chu In Thinlunga Chêntĭr Rawh U

Paulan Efesi 1:16–19-a dĭlna lo thlen tawh kha Efesi 3:14–19-a ringtute tâna a dĭlsakna nĕn hian khâikhin la. Eng tiang kawngtein nge hĕng ngenna thu pahnihte hi a inan?

Efesi 3:14, 15 thu phĕnah hian tawngkam hman kĭ kâwi kual deuh hlek a awm a. “Pa, leiah leh vâna chhĭngkaw tinten an hming an châwi chhan” hmâa a thingthit thin thu a sawi hian Grik tawnga “Pa” tih sawina thumal, *pater* leh Grik tawnga “chhĭngkua” tih sawina, *patria* te inzawm hnaihzia târ lan a tum a ni. Efesi Lehkathawnah hian Pathian chhandamna ruâhman chuan a huam zau hle a ni tih a sawi a, thil zawng zawng tân (*Efesi 1:9, 10*) leh eng hun a mi tân pawh (*Efesi 1:21*) a ni a ti. Tin, “leiah leh vâna chhĭngkaw awm zawng zawng” hi “Pa” tâ vek niin, chĭng chhĭngkaw (Grik tawngin, *patria*) tinte chuan Pa (Grik tawngin, *pater*) hnĕn ata an hming an dawng bawk a. Hei hi chanchin lâwmâwm tak a va ni ĕm!

Heti hian han ngaihtuah teh: In chhĭngkua kha, famkim lo leh hlawhchham châng nei fo thin ni mah ula, Pathian tâ a ni a. Chan tâwk khuarĕl râwng takin a man beh tlat che u ni lovin, Pathian ngaihsakna kuta awm in ni zâwk. Pathian chuan chhĭngkaw tha famkim lo tak takte hi a hmangaih tlat a. Chĭng chhĭngkuate chuan Pathian hming an pu vek a. Anmahni neitu a ni tih chhinchhiahna an nei theuh bawk.

Efesi 3:16–19-ah hian Pathian chu ringtute hnĕna thlarau lam malsâwmna tam tak pe tûrin a ngĕn a. Chu malsâwmna chu an lo chang a nih chuan Thlarau awmpuina azârah an chhĭngril lam nun chu tihchaka lo awmin (*Efesi 3:16*), anmahni chhĭnga chĕng nia a sawi Krista nĕn chuan an innĕl ĕm ĕm ang a (*Efesi 3:17*), thlarau lamah nghet tak an lo ni bawk dâwn a ni (“hmangaihnaa zung kâi leh inngat,” *Efesi 3:17*, ESV).

Paulan Pathian chu ringtute hnêna malsâwmna tam tak a pêk avângin a fak a, chu a fakna chu kawng thum ni lo, kawng li zâwkin a chham chhuak nghe nghe bawk, chûngte chu— ”zauzia te, seizia te, sânzia te leh thûkzia te a ni (*Efesi 3:18*, ESV). Hêng a ɤawngkam hmante hian eng nge a kawh tih chu Chiang takin sawi lo mah se, thil pawimawh tak eng emaw lenzia a sawi a ni tih chu a Chiang êm êm thung a. Bible zir chîktute tân chuan zawhna ngaihnawm tak a ni ngei ang. Hêng ɤawngkam a hman palite hian Pathian finzia an sawi nge ni a (*Joba 11:5–9* chhhiar la), Pathian thiltihtheihzia an sawi zâwk (*Efesi 3:16, 17* chhhiar ang che)? A nih loh chuan, Efesi 2:19–22-a kan hmuh thlarau lam biak in chungchâng an sawi a ni thei ang em (*Ezek. 43:13–16; Amosa 7:7, 8; Thup. 11:1, 2*)? Hêng ɤawngkam pali, “a zauzia te, a seizia te, a sânzia te, a thûkzia te hriat chian theihna” (*Efesi 3:18*) tihte hi a dawt chiaha a ɤawngkam hman, “Krista hmangaihna hriat theih nân” (*Efesi 3:19*, ESV; *Rome 8:35–39*) tih nêh hian a inzûl ɤat êm avângin “Krista hmangaihna” a huam kimzia sawina atân a hmang a nih a rinawm ber a (*Efesi 3:19*). Eng pawh ni se, a ɤawngkam hmante hi hriat nuam leh thlamuanthlâk tak chu a ni hrim hrim tho âwm e.

NINGÂNĪ

AUGUST 3

Kohhranah leh Krista Isuaa Ropuina

Paulan a ɤawngɤai thin thu a sawina chângte chu Pathian fakna hla tâwi tê hmangin a khâr a. Eng thilahte nge Pathian chu a fak? *Efesi 3:20, 21.*

Paulan ringtute tâna a ɤawngɤai thin thu eng emaw chen chu a lo sawi ta a. Tûnah chuan Pathian fakna hla thu tâwi tê a chham ve ta thung. Pathian fakna hla a chham hian zawhna pahnih a siam a, chûngte chu: 1) Kohhran chu rem leh rem lo pawh sawi lova châwisângin, Krista dinhmun tlukpuiah a dah

tihna em ni? (“kohhran leh Krista Isuaah chuan ropuina awm rawh se,” *Efesi 3:21*). Paulan Efesi khuaa kohhranho hi ngaihsak hle tho mah se, ringtute thinlunga chêng chu Krista a nih tlat avângin Krista chu kohhran Chhandamtu a ni tih a Chiang a (*Efesi 3:17*). Chuvâng chuan, a tawngtâina khârna hlaah pawh hian Pathian chu Krista Isua zâra kohhran hnêna chhandamna a pêk avângin a fak rêng a ni.

2. “Chatuanin, chhuan zawng zawng thlengin” (*Efesi 3:21*) tih tawngkam hian kohhran chuan he leiah hian chatuana awmin, Krista lo kal lehna pawh a duh chuan tikhawtlâi thei a ni tih a sawi em? Efesi Leikhathawn hian kohhranin hma lam hun êng tak a neih thu a sawi a. Entîr nân, Efesi 4:30 thu pawh hian “tlanna ni” chu a nghahhleh thu min hrilh. Ringtute chuan “khawvêl lo la awm tûrah” (*Efesi 1:21*) Krista thiltihtheihna tawp chin awm lo chu an la chang dâwn bawk a. Chuvângin, Paulan a tawngtâi khârna atâna hla a chham hi ringtute tâna Kristan a thiltihtheihna tawp ngâi lo a hman avânga a fakna a ni tih kan hre tûr a ni.

Paulan ringtute a tawngtâisak thin thu a sawina hnuhnûng zâwk (*Efesi 3:14–21; Efesi 1:15–23* nêk khâikhin ang che) kha han en leh ila, Pathian enkawlina (*Efesi 3:14, 15*), Thlarau Thianghlim chênchilhna (*Efesi 3:17*), amah Krista nêna inkawpna (*Efesi 3:17*) leh Krista hmangaihna nasa tak hriat sên rual loh (*Efesi 3:18, 19*) a chan avânga chakna a neih thu kan hmu a. Hei hi a dikzia mai chu, ringtute pawh “Pathian famkimna tinrêng chuan” (*Efesi 3:19*) tikhah an ni dâwn tih a lo hmu lâwk a, chûng thlarau lam malsâwmna chi hrang hrang an dawn zozâite avâng chuan Pathian a fak lo thei ta lo a ni (*Efesi 3:20, 21*).

Harsatna, thlêmna, rinhlehna kan tawh châng te hian he Paula tawngtâina thu chham hi i chhiar thin ang u. Tân ina awm tirhkoh hian kan thlarau lam mit chu Pathian thiltum leh a khawngaihna hmu thei tûrin min châwisânsak a, tuna harsatna kan tawh mêk hi chu eng pawh ni se, Pathian

ruâhmanna tihhlawhtlingtu kan nih bâkah (*Efesi 1:9, 10*), keimahni-ah hian a thiltihtheihna chuan hna a thawk a ni tih min hrih nâwn leh thîn bawk a ni

Pathian hnên ațanga malsâwmna i dawnte zîngah khân eng nge i tân hlu leh zual ber le? Chûng i malsâwmna dawnte avâng chuan Pathian i fak theih nân ățawngțâia fakna hla phuah chhuah zir ang che.

ZIRTÂWPNI

AUGUST 4

Zir Belhna: Ellen G. White, “Tûn Lâi Hartharnate,” in *Indona Ropui*, pp. 461–478 chhiar ni se.

“Engtin nge thlarau lama kan dinhmun hniam tak hi hriatna famkim pêk min tiamna Bible châng, Efesi 3:14–19 nêh hian kan tuah rem theih ang? Khawngaihnaa kan thân chhoh zêl theihna tûra thlarau lam leh tisa thila malsâwmna kawltu Vân khian remchâna kan neihte hi hma kan sâwntîr loh chângte hian eng tin nge minrawn thlîr ang? Tirhko Paulan hêng thute hi kan chil tipût ringawt tûr emaw, min bumna tûr emaw, a nih loh leh beidawna min neihtîr a tum emaw vâng sâwi a ni lo va. Pathian ram changtute kan lo nih ngei theihna tûra sawi a ni zâwk. Thlarau lama hniam tak kan nih chuan eng tin nge Pathian hna thawhpuitute kan nih theih ang? Kristian kan nih avâng hamthâna kan dawn zozâite hi kan hre vek a, LALPAN nei tûra min duhsak êm êm Pathian thilte chu hriat thiamna thûk zâwk neih tumin kan bei ngei tûr a ni.

“Bible hi kan ring tak zet em le? He lâi thu-a kan hmuh Pathian hriatna a tih hi kan nei thei a ni tih kan ring tak tak êm? Pathian kâa thu tin chhuak hi kan ring em? Zâwlneite leh tirhkohten an lo sawi leh, êng leh hausakna zawng zawng, hausakna leh famkimna tinrêng neitu Isua Krista thu sawi hi kan ring em? Pathian leh a Fapa hi kan ring tak

zet em?”—Ellen G. White, *The Advent Review and Sabbath Herald*, October 1, 1889.

SAWI HO TÛRTE:

- ① Efesi 3:20, 21-a Paula fakna hla phuah chhuah leh Thuthlung Thar lehkhabu danga fakna hla dang kan hmuhte hi khâikhin la— *Rome 11:33–36; 16:25–27; Filipi 4:20; 2 Pet. 3:18b; Juda 24, 25*. Hêng fakna hlahte hian eng thute nge awm hlawm? Hêng fakna hlaten an lantîr Pathian fakna leh chibai bûkna hi eng tin nge kan lo neih ve theih ang?
- ② Efesi Lehkathawna Paulan Grik thumal, *pleroma* (“famkimna”) tih a hmanna pali-te hi khâikhin la. Eng vângin nge he thu hi a ngaih pawimawh êm êm le?
- ③ Efesi 3-a Paulan Pathian thiltih chi hrang hrang a fakte zîngah hian eng hian nge hneh deuh ber che?
- ④ Paulan Efesi Lehkathawn chanve hma lam hi a tîra a ÷anna thu, Pathian hnêna ÷awngtâina leh fakna thu (*Efesi 1:3–21*) bawk khân a khâr leh a. Krista leh Thlarau zâra ringtute nuna Pathian thiltihtheihna awm chu nasa takin a fak a ni (*Efesi 3:16–21*). Eng tin nge Ellen G. White-in a lo sawi ang khian, he thiltihtheihna hi kan nunah nasa leh zualin kan lo chan theih ang?


ZIRLÂI 7

AUGUST 5–11, 2023

KRISTÂ TAKSA INPUMKHATNA CHU

CHÂNGVAWN: “Rawngbâwl hna thawk tûra mi thianglimte tihfamkim nân, Kristâ taksa siam ÷a tûrin ÷henkhat chu tirhkoh atân te, ÷henkhat chu zâwlnei atân te, ÷henkhat chu Chanchin ÷ha hriltu atân te, ÷henkhat chu kohhran châwmtu leh zirtîrtu atân te a pe a” (*Efesi 4:11, 12*).

Chhiar Tûrte: *Sâm 68:18; Isaia 5:4; Tirkhohte 2; 1 Korin 12:4–11, 27–30; Efesi 4:1–16; Filipi 2:3.*

 ESOP-a thawn fingte zînga pakhat, “Pumpui leh Ke” tih chhu hetiang hi a ni a: “Pumpui leh kê te chu taksa pênga a pawimawh zâwk nih inchuhin an inhnial vak mai a. Ke chuan a chak êm avângin pumpui pawh a kalna apiangah a pu kual thîn niin a sawi a. Mahse, pumpui chuan, ‘Nimahsela, ka thian duh dak, keima chhûngah hian châw lo la lût lo ta ila, eng thil mah i pu thei hauh lo vang’ tiin a chhâng a.”—Lloyd W. Daly, *Aesop Without Morals* (New York: Thomas Yoseloff, 1961), p. 148.

Paula erawh hi chuan mihring taksa hi thlarau lam thilte sawi fiahna hmanrua atân a hmang ve thung a. A ngaih dân chuan, mihring taksa—Krista taksa a nihna anga kohhran pawh hi—thil tih theih inang lo tak tak nei taksa pêng hrang hrang inrem khâwmin a siam niin, chûng pêng hrang hrangte chuan taksa a lo hrisêl theih nân hna an thawk ho vek tûr a ni. Efesi 4:1–16-ah hian a lehkhathawn dangah pawh a lo hman tawh (*Rome 12:3–8; 1 Kor. 12:12–31*) taksa tehkhin thu baw kha a rawn hmang leh a. Krista chu taksa Lû niin, ani chuan taksa hnênah taksa a lo pumkhat theihna tûra hna thawktu “theihna” nei mi hrang hrang a pe a, chûng mi hrang hrangte—kohhran member tinte—chuan taksa a lo chak theih nân an theihnate an thawh khâwm theuh thîn a ni.

Paula mitthlâa awm taksa hrisêl leh inpumkhat tha tak hian Pathianin kohhran tâna thiltum a neih chu hre thiam thei tûrin min tanpui a, chu chu Kristaa inpumkhat leh rah chhuah kohhrana a pêng pakhat lo nih ve a ni.

Thlarau Inpumkhatna**Efesi 4:1–16 chhiar la. Paulan kohhran inpumkhatna vawng nun tûra ringtute a fuih dân chu eng nge ni?**

Paulan Efesi Leikhathawn chanve hnu lam (*bung 4–6*) zawng hi inpumkhatna vawng nun tûra sâwmna thu nên bul a ãan a. Mahse, chu chu bung hnihah ãenin, pakhat chu Efesi 4:1–6 hi a ni. Hetah hian ringtute chu inpumkhatna siam theitu nungchang ãa leh mâwite (*Efesi 4:1–3*) putna hmanga “Thlarau inpumkhatna” vawng nung turin a ngên a, he a sâwmna hi “pakhat” chi hrang hrang pasarih zet hmangin a tuihnih leh baw (*Efesi 4:4–6*). A dang pakhat chu Efesi 4:7–16 hi a ni a. Hetah hi chuan châwisâna awm tawh Isua chu a mîten khawngaihna an dawn theihna Hnâr niin a sawi thung. Isua khawngaihna chuan mîte nêna chanchin ãa hril thei tûrin a kohhranho a ãanpui a (*Efesi 4:7–10*), kohhran member zawng zawngten Krista taksa a lo ãana, a lo hrisêla, a lo inpumkhat theih nân hna an thawh tân ãeuh dân pawh a sawi fiah baw (*Efesi 4:11–16*).

Efesi 4 bung tîr lamah hian Paulan Kristiante chu [Isua Kristan] a kohna phû-a awm tûra a sâwm thu kan hmu a (*Efesi 4:1*). Heta “awm” tih hi Saptaung Bible lamah chuan “kal” tih sawina, “walk” tih a ni a, Mizo ãawng “awm” tih hian a sawi tum a phawk chhuak ãa hle, “nung” ti pawha lehlin theih a ni baw (*Efesi 2:2, 10; 4:17; 5:2, 8, 15* en la). Paulan kohna an dawn thu a sawi hian a sawi tum chu Kristian rinna pawm tûra sâwm an ni a tihna a ni a (*Efesi 1:18; 2:4–6, 13*). Ringtute chu Pathianin an tâna ruâhmanna a lo siam inpumkhatna nungchang lan chhuahtîr tûra ngênin (*Efesi 4:9, 10*), inpumkhatna thlen thei nungchang mâwi (*Efesi 4:1–3*), entîr nân, inngaihtlâwmna te, thuhnuairawlhna te leh dawhtheihna te pu ãeuh tûrin a chak baw a ni

Hêng ƣawngkamte hi a mal tē tē-in lo en ila.

Paula vêk hian Efesi 4:2-a a sawi *inngaihtlâwmna* tih hi a lehkhathawn dangah a awmzia a lo sawi fiah a, “mahni âia mi dangte ƣha zâwka ngaihna” (*Filipi 2:3*) a ti. Chuti a nih chuan, inngaihtlâwmna tih chu mahni inngaih hniamna emaw, inngaih nêpna emaw anga ngaih tûr a ni lo va (*Kol. 2:18, 23* en la), mi dangte hlutna hmuhsak leh an rawngbâwlsak tihna lam a kâwk zâwk.

Thuhnuairawlhna (*Efesi 4:2*) tih hi chu “mahni pawimawh nia inhriatna nei lo” tiin a hrilh fiah theih ang a, “mi dangte zah der thiamna, mi dangte hma ngaih theihna, zâwldawhna” tihna te pawh a ni thei baw ang.”—Frederick Danker, ed., *Greek-English Lexicon of the New Testament and Other Early Christian Literature*, 3rd ed. (Chicago: University of Chicago Press, 2000), p. 861.

A hnuhnûng ber, *dawhtheihna* (Sapƣawng Bible thenkhatnah chuan *longsuffering* tih a ni a, Mizo ƣawng chuan *hrehawm tawrh peihna* tihna a ni âwm e) tih hi chu fiahna, hrehawmna leh thinurna hnuiaia awm theihna tihna a ni a. Chutiang chuan, hêng nungchang hrang hrangte hian mahni pawimawh bera indahna rilru pu lova, mi dangte hlutna leh thatna hmu thiam zâwk tûrin min hrui tîn a ni.

***Inngaihtlâwmna, thuhnuairawlha, dawhtheihna.* Hêng nungchang mâwi tak takte hian inpumkhat thei tûra mi a ƣanpui dân ngaihtuah la. Hêng nungchang mâwite hi eng tin nge kan lo put theih ang?**

THAWHTANNĪ
Kristaah Chuan Pumkhat Kan Ni

AUGUST 7

Paulan inpumkhata kohhranhote awmtîr theitu tûr “pakhat” hlîr pasarih a sawite kha eng nge ni? Hêng thute hi eng vânga sawi nge a nih? (*Efesi 4:4-6*).

Paulan “pakhat” a sawi pasarihte hian hla thu ziarâng a pu deuh a, Efesi Lehkathawna nemnghehna hla a hman kha a rawn thual nawn leh ni pawhin a lang. Hêng “pakhat” hlîr pasarih a sawite hi “pakhat” pahnihte sawi kawpin bul a ãan a, chûngte chu: “taksa pakhat” (heta taksa a tih hi kohhran, Krista taksa a ni, *Efesi 4:12, 16; 1:23; 5:23, 29, 30*) leh “Thlarau pakhat” (*Efesi 4:4*) a ni. *Pakhat* pathumna chu “a koh chhan che u beiseina hmun khat” a ni ve leh a (*Efesi 4:4 leh Efesi 4:1* te hi khâikhin ang che).

Tichuan, “pakhat” dang pathum, “LALPA pakhat” (hei hian a kawh chu Krista a ni) tih te, “rinna hmun khat” (a awmzia chu Kristianten thurina an neih tihna a ni, *Efesi 4:13; Kol. 1:23; 2:7; Gal. 1:23; 1 Tim. 4:1, 6*) tih te leh “baptisma hmun khat” tih te a sawi leh a (*Efesi 5:26* chhiar ang che). Hêngte a sawi zawh hnu hian Pathian nihna sawi fiahin, Pathian chu “Pakhat leh mi zawng zawng Pa, eng kim chung a awm, eng kim fang chhuak leh eng kim chhûnga awm” a ni a ti (*Efesi 4:6*).

Paulan he hla thu hmanga Pa Pathian nihna a sawi hian eng nge min hrilh a tum ni ang? Pathian chu “eng kim Pa” a nih avângin Siamtu a ni. A thu dawt lehte hian Pathianin khawvêl a siam zawh hnua “thil eng kim,” a thil siam thil tinrêngte Pa a nih dân a sawi ve thung a. “Eng kim chhûngah” a awm a tih avâng hian zirtîrna dik lo, thil eng kim chhûngah hian Pathian a awm vek a ni tih rinna (pantheism) emaw, eng kim hi Pathian chhûnga in chhûng khâwm vek a ni tih rina (panentheism) emaw a zirtîr a ni lo va. Pathian chu eng kim chung a awm a nihzia leh eng kim fan chhuaktu, eng kim chung a thu neitu a nihzia a puang zâwk a ni.

Kohhran inpumkhatna chungchânga thil pawimawh tak tak pahniht a sawite hi lo chhinchhiah ila (*Efesi 4:1–6*). Pakhatnaah chuan, inpumkhatna chu thlarau lam thil, “pakhat” pasarihtea zung kaih leh a tak taka thlentîr theih a ni a (*Efesi 4:4–6*). Pahnihna chu, he inpumkhatna hi keimahnin kan vawn nun

leh ðan lentîr ve a ngâi tih hi a ni (*Efesi 4:3*). Hê inpumkhatna hi a taka thlentîr kan tumna kawngah hlawhchham châng kan nei fo dâwn a, chumi avâng chuan a ðah pawh kan ðap ðhîn nghe nghe ang. Amaherawhchu, kan hlawhchhamna chu eng pawh lo ni se, kohhran inpumkhat theihna tûra Kristaa Pathian hnathawhah chuan kan lâwm tûr a ni a, “Thlarau inpumkhatna” (*Efesi 4:3*) chu a taka thleng thei a ni tih kan ring ngam tlat tûr a ni bawk. Pathian hnathawh lâwm nachâng kan hriatna chuan he inpumkhat hna hi rilru thar nêh theihtâwp chhuaha thawk zêl tûrin mi a tichak ang a, chutianga kan tihna hmang chuan Pathian hnathawh kan hlen chhuak thei dâwn a ni.

Efesi 4:4–6 chhiar leh la. Krista zâra Pathianah leh Pathian nêna kan inpumkhatna chungchâng a sawi hi i lo hriat hian eng nge i rilru-ah lo awm?

THAWHLEHNÎ

AUGUST 8

Châwimâwia Awm Krista, Thilpêkte Petu

“Amaherawhchu, Krista thilphalna azârah mi tin hi thilthlâwnpêk min pe ðeuh a. Chuvâng chuan a nia Pathian Lehkha Thu pawhin, ‘Chung lamahte a han chhoh lâi khân saltângte chu hruaiin a mîte hnênah thilthlâwnpêk a sem a’ tia a lo sawi rêng a ni.

“‘A han chhoh’ a tih hi lo chhinchhiah ila. A awmzia chu Krista kha kan khawvêl hmun hniam takah hian a lo chhuk tawh ngei a ni tihna a ni. Tichuan, lo chhuk taa vêk kha vân zawng zawngte âia sânga han chho taa chu a ni a, lei leh vân pum pui hi amahin a lo tikhat vek thei ta a ni” (*Efesi 4:7–10*, NLT). Hetah hian eng thil nge thleng a, Paula thil sawi hi eng nge ni a awmzia? _____

Paulan Sâm 68:18 thu a sawi chhâwng a, chu chu hei hi a ni: “Chung lamahte i chho lâi khân saltângte chu i hruai a. Mîte hnên ațangin thilthlâwnpêk dawngin, nangma laka helte ngei hnên ațang pawhin i dawng bawk a nih kha” (NLT). Sâm 68:18 hian LALPA, Jehova chu hnehna chang thîn sipai hotu angin a sawi a, a hmêlmate a hneh hnu-in a khawpui inngahna tlângah chuan a sal mante nêh a han lâwn chho ta a (*Sâm 68:1, 2* en ang che). Chutichuan, a hneh tâk a hmêlmate hnên ațangin chhiah a la ta a ni (“thilthlâwnpêkte dawng”). Paulan he tehkhin thu hi tlêma her danglam hretin, châwisâna awm tawh Krista zâwk hian “thilthlâwnpêk a sem” niin a sawi ve thung a (*Sâm 68:35* en la).

Sâm 68:18-a sawi dân hi kan zui zâwk dâwn a nih chuan, *chho* a tih—vâna Krista a han chhohna (*Efesi 1:21–23*)—hi a thleng hmasa zet a, chumi hnu chuan leiah lo *chhuk* lehin, a mîte hnênah thilpêkte a pe a, thil eng kim a luah khat ta vek a ni. Hei hi Paulan Petikost nia Thlarau Thianghlim leih buak a nih thu a sawi ve dân a ni a. A thlîrna hi Efesi 4:11, 12-ah rawn nemnghet zuiin, châwisâna awm tawh Isuan thilpêk a pêkte chu Thlarau Thianghlim kha a ni a ti.

“Krista chu vânah a han chho a, saltângte chu hruaiin mihringte hnênah thilpêkte a pe ta a ni. Krista vâna a chhoh hnu khân Thlarau chu tiam a lo ni tawh ang ngein a lo thleng ta a. Thlî na taka a tleh ang mai hi niin, thâwklehkhatah zirtîrte awm khâwmna pindan chu a luah khat ta nghâl vek a. Eng nge a nghawng le? Ni khat thil thu-ah mi sâng eng emaw zât an lo piangthar ta a nih kha.”—Ellen G. White, *Ye Shall Receive Power*, p. 158.

He châng tâwi tê hi rilin, a sawi awmzia tak pawh hre chhuak famkim thei rih lo mah ila, Kristan kan tâna thil a lo tih tawh leh a la tih leh tûr, a bîk takin “eng kim amaha a tihkhah vêk” (*Efesi 1:23*, NLT) huna a tih tûr a sawite ațang hian eng tin nge thlamuanna kan lo chhar chhuah theih ang?

Châwisâna Awm Tawh Isuâ Thilpêkte

Paulan Sâm 68:18 thu hmangin thlân ata tho leh, châwimâwia awm ta, hnehna changtu Isuan vân ațanga thilpêkte a mîte hnêna a rawn pêk dân a sawi a ni a. Châwisâna awm ta Isuan a pêk “thilpêkte” chu eng nge ni a, eng atâna pe nge a nih? *Efesi 4:11–13*.

Paulan châwisâna awm ta Isuan a kohhranho hnêna a pêk “thilpêkte” dawng mi hrang hrang pali a sawi a, chûngte chu: 1) tirhkohte; 2) zâwlneite; 3) chanchin ța hriltute; 4) kohhran châwmtute an ni. Hêng thilpêkte hi hna pawimawh tak, “rawngbâwl hna thawk tûra mi thianghlimte thuam an nih theih nân, Krista taksa siam ța tûrin” a pe a (*Efesi 4:12*, ESV). Chu hna chu “rinnna leh Pathian Fapa hriatna kawngah chuan thu khat vuaa, puitlinga, Krista famkimna lenzia tluka kan zaa kan lo awm hma loh chuan” (*Efesi 4:13*) thawh chhonzawm zêl tûr a ni.

Efesi 4:13 thu hi Adventist hmasa, Ellen G. White-i thlarau thilpêk dawn chungchânga zawhna neite tân pheï kha chuan a pawimawh leh zual hle ang. Bible hian hrilhlâwkna thilpêkin kohhran chhûnga hna a thawh hi tirhkohte hun atân chauh em ni a lo sawi? Nge ni a, Krista lo kal leh hma chuan he thilpêk hi a la awm chhonzawm zêl zâwk dâwn? Adventist hmasate khân a chhâna chu Efesi 4:13-ah hian a hmu a, chu chu thawnthu pakhat, a zin chhuahna atâna a zawm tûr thil tûl zawng zawng inziahna lehkhabu neitu lawng captain chanchin hmangin an sawi fiah thîn bawk. Lawngin lawng chawlhna hmun a hnaih tawh hlê tihah captain chuan a lehkhabu ken chu a han keu a, a lawngah chuan a khalhtu rawn lûtin a lawng chu a rawn khalhsak dâwn a ni tih hi a lo inziak a. A inziah dân ang chu a zawm dâwn chuan, lawng khalhtu chu lawngah a chuantîr ve ang a, a thil sawite chu a zâwm tûr a ni. “Aw le,

tuten nge inkaihhraina dân bua inziak kha zâwm zâwk? Lawng khalhtuin a sawi lo pawm lotute nge nia, inkaihhrainabuin a hrilh anga lo pawmtute zâwk kha? Nangmah ngei khân han chhâng teh.”—Uriah Smith, “Do We Discard the Bible by Endorsing the Visions?” *Review and Herald*, January 13, 1863, p. 52.

“Kohhran châwmtute” (“pastor-te”), “zirtîrtute,” leh “chanchin ða hriltute” a tih hi tute nge ni ang? tih thu-ah hian kan hmehbel dânah kan fîmkhur hle a ðul a, a chhan pawh hêngte hi keimahni hun mila kan lo ngaihtuah ðhin vâng a ni. Kan hriat theih chinah, Paula te hun lâi kha chuan hêng mîte hi kohhran member pângngâi vek an ni hlawm a, an rawngbâwlna hmun pawh mi mal ina inkhâwm ho ðhînte zîngah khân a ni deuh ber baw (1 Pet. 2:9; Tirh. 2:46; 12:12 te pawh chhiar ang che).

Isaia 5:4 thu, “Ka grêp huanah hian ka tih tawh ang lo liam kha chuan a chungah a chungah eng nge tih leh chuan tûr lo la awm ta ni le?” tih hi ngun takin ngaihtuah la. Pathianin a kohhranho hnêna thilpêk a pêk chu Ellen G. White-i thuziakte a ni thei ang em?

NINGÂNI
Krista Ang Tûra ðhang Zêlin

AUGUST 10

Kohhran hian Krista anna kawnga a ðhen zêlna tûr dâl thei eng thilte nge awm? Efesi 4:14.

Paulan Efesi khuaa ringtu awmte kha “zirtîrna thli tinrêng” leh “bumna thu chi hrang hrang” ten a tihbuai theih dinhmunah a awm mêk tih a hria a, keini hun nêp pawh hian a inang hle mai. Pathian thu pawm dân dik lo hlauhawmzia sawi fiah nâna tehkhin thu pathum a hman a, chûngte chu: 1) puitlin theih lohna, “chutichuan, naupang

kan ni tawh lo vang” (ESV); 2) tui fawnin a vawrh leh a len a len, “zirtirna thli chi tinrêngin lehlam lehlama a vawrh leh a len a len” (ESV); 3) mi fïng vervêk takten an bum thlûka awm te a ni.

Paula chuan inrem lohna, inthen hranna hi zirtirna dik lo rah chhuah niin a ngâi a: taksa chawma tiþhangtu, tipumkhattu chu zirtirna tha leh dik a nih lâiin, tlachhama siamtu leh then darhtu erawh chu zirtirna dik lo leh tha lo tak a ni thung. Kohhran member-te chuan kohhran tiphel thei zirtirna rêng rêng chu hawisanin, zirtirtu rinngam leh fiahna lo pal tlang tawhte (*Efesi 4:11*) chu an bêl zawk tûr a ni a. Chutianga an tih chuan Kristian puitlinna dik tak lam panin Krista takaah hian hna pawimawh tak an thawk thei dawn a ni (*Efesi 4:12, 13; 4:15, 16*).

Eng tiang kawngtein nge kohhran hrisêl chuan taksa hrisêl tak anga hna a thawh? *Efesi 4:15, 16*.

Efesi 4:1–16-ah hian Paulan kohhran member-te chu inpumkhatna vawng nung tûra theihtawp chhuah tûra a ngen thu kan hmu a. Inpumkhatna chu Pathianin a rawn thlentir tûr a nih tho rualin (*Efesi 4:4–6*), keimahnin rim taka kan thawh ve erawh a ngâi thung (*Efesi 4:3*). Inpumkhatna vawn nun dân kawng pakhat chu Krista taksa “pêng” nung tha tak nih a ni (*Efesi 4:7–16*). Kan zavâi hian taksa pêng kan ni theuh a, taksa a lo hrisêla a lo than len theih nân hna kan thawk theuh tûr a ni baw (*Efesi 4:7, 16*). Tirhkohte, zawlneite, chanchin tha hriltute, pastor-te leh zirtirtute hnathawh pawh kan sawtpui theuh baw tûr a ni a (*Efesi 4:11*). Hêngte hian, thâ, duar leh “inzawmna tinrêng” (*Efesi 4:16*) ang baw hian taksa tihpumkhatna hna an thawk a, taksa lû Krista anna nihna kawnga kan than len tlân vek theih nân min pui a ni (*Efesi 4:13, 15*).

Tûn lâi kan kohhrana “zirtîrna thlî” chi hrang hrang lo tleh lûtte chu engte nge ni a, chûngte lakah chuan eng tin nge nghet takin kan lo din theih ang? I chhâna chu Sabbath ni-ah i class member-puite i hrilh dâwn nia?

ZIRTÂWPNI

AUGUST 11

Zir Belhna: A hnuai thu pahnihte hian Efesi 4:7–10 thu awmzia hre thiam tûrin min tanpui dâwn a, i lo zir teh ang:

1. *Efesi 4:9 thu lehlin dân.* Bible lehlin hrang hrang zînga thenkhatah chuan Isua kha vâna a han *chhoh maahma* hmain leiah a lo *chhuk* hmasa phawt ni âwma dah a ni a (*entîr nân*, NKJV, “A lo chhuk hmasa phawt”; KJV, RSV, ESV, NASB). Hetih lâi hian, lehlin dangte erawh chuan Grik Bible-a a inziah dân zui hnâi deuhin, eng tik hunah nge vânah an chhoh tih leh eng tik hunah nge leiah hian a lo chhuk tih Chiang takin an sawi lang lo thung a (*entîr nân*, NIV, “lei hmun hniam zâwkah hian a lo chhuk hmasa zet a nih loh chuan ‘a han chho’ tih hi eng nge a awmzia ni ta ang?” ASV, HCSB, LEB, NLT). Hetianga lehlin hi chuan, Thawhlehi zirlâia kan hmuh ang khân Sâm 68:18-in a sawi ang hi zui zâwk min phalsak a. Krista vâna châwisân a nihna (“chho”) hi a thlen hnu-ah Thlarauva a lo “chhukna” a theng ve leh a ni ang.

2. *Mante sala hruai.* Sâm 68:18 thu hi Grik tawnga lehlin Thuthlung Hlui, Septuagint-a a indah dân angin a sawi chhâwnng a, chuvâng chuan Efesi 4:8 thu pawh hi a ngial a nganin a dah ta rêng a ni (*entîr nân*, KJV, NKJV, NRSV). Mahse, pawm dân tlângpuiah chuan, “sâltângte chu mi tâng angin a hruai a” tih a ni thung baw si a (ESV, NASB, NIV). Seventh-day Adventist-te zînga tam tak chuan he lâi châng hi Kristan vâna lâk chhoh a nih tuma, thlân aţanga a thawh ruala tho vete (*Mat. 27:51–53*) a hruai chhoh thu sawina niin an ngâi a. Hêng mîte hi “rah hmasa,” lo tlan

hmasak phawtte niin, vâna a han kîr leh tuma a Pa hnêna a han hlante kha an ni an ti (*The SDA Bible Commentary*, vol. 6, p. 1022; *Chatuan Nghahfâk*, p. 834, *Chatuan Nghahfâk*, pp. 785, 786). Chutih rual chuan, Kolosa 2:15 thu nêna inremin Kristan a hmêlmate—Setana leh vântirkoh sualte—a hneh thu sawina angah pawh a ngaih theih ve tho bawk a. Chuti a nih chuan, Setana leh a tirkhohte hi Isuan a hneh tâk salte an ni tihna a ni ang.

SAWI HO TÛRTE:

- ① Efesi 4:11-a kan hmuh “thlarau thilpêkte” hi 1 Korin 12:4–11, 27–30; Rome 12:4–8 leh 1 Petera 4:10, 11-a kan hmuh “thlarau thilpêkte” nêh khâikhin la. Eng engte nge thuhmun awm a, eng engte nge danglam awm bawk?
- ② In class-ah tûn lâi kohhran chhûnga “zirtîrna thli” lo lût tshenkhatte sawi ho ula. Chûng thlîten keimahnia chhiatna a rawn thlenna tûr lakah chuan eng tiangin nge keimahni leh mi dangte pawh kan lo vên theih ang?
- ③ Paulan Efesi Lekhathawn hmangin “inpumkhatna” thu a tlângaupui a. Nimahsela, inpumkhatna chu eng tiang kawng zâwng pawhin kan zawng ngawr ngawr ringawt mai tûr tihna a ni em? Tawngkam dangin sawi ila, inpumkhat tum leh luatna hian inthen hranna a thlen zâwk hlah theih châng a awm em? Han sawi ho teh u.

* * *

ZIRLÂI 8

AUGUST 12–18, 2023


**KRISTÂ-CHHER NUN LEH THLARAU
THÂWKKHUM THUSAWI**

CHÂNGVAWN: “In hmân lâi awm dân kawnga mihring hlui, bumna châkna anga chhe deuh deuh kha hlîp thla ula, in rilru thlarauh chuan a tharin lo awm ula, mihring thar, thutak felna leh thianghlimnaa Pathian anga siam khân inthuum bawh rawh u,” (*Efesi 4:22–24*).

SABBATH CHAWHNÛ

AUGUST 12

Chhiar Tûrte: *Isaia 63:10; Zakaria 3:3–5; 8:16; Rome 8:16, 26, 27; Efesi 4:17–32; Kolosa 3:1–17.*

OSE ANTONIO-a chu Spain ram Palma khawpuiah chêng a ni. Amah hi in leh lo nei lo, khawlâia riak mai mai thîn a ni. Chutianga kum tam tak chhông a awm tawh avâng chuan a sawm pawh a tuak vâv vo mai a, a thur êm êm bawh. A hmûihmul leh khabe hmulte lah chu a sei tawh êm êm mai a, a kum zât 57 âia upa zâwk daih hmêl a pû a ni. Ni khat chu a hnênah hian sam siamna dâwr neitu, Salva Garcia-i a rawn kal a, a sam leh hmâi vêl chu a thlâwna siamsak vek a tiam a.

Chutichuan, sam siamna dâwr chhônga thuthlêng changkâng takah chuan a thû ta nawlh mai a. Hnathawktute chuan uluk takin a samte chu an tansak a, chumi zawh chuan dumsak lehin, a bek hmul vêlte nêh mâwi takin an siamsak ta a. An la duh tâwk mai lo, thawmhnaw thar tha tak an rawn pe leh ta bawh a. Chutia an duh tâwka an chei zawh hnu chuan dârthlang hmaah a han ding a, a mittui a tla ta zawih zawih mai. “Keimah kha ka ni em? Ka va danglam ta êm êm ve le; tu ma’n min hre tawh lo vang a!” a ti a. A hnu-ah pheih chuan, “Ka hmêl lan dân a thlâk a ni mai lo va. Ka nun pawh an thlâk danglam vek a nih hi” a ti hial.

Efesi 4:17–32-ah hian Paulan ringtute chu nun thar hlak nei tûra a ngen thu kan hmu a. An mihring hluite chu hlîp thla veka, nihna thar lo nei ta an nih thu a hrilh bawk. Nimahsela, Jose-a ang deuh bawk khân chu an inthlâk danglamna chu pâwn lam lang theiah chuah ni lovin, “rilru thlarauva a thara” lo awm tâkna (*Efesi 4:23*), kan nuna thutak felna leh thianghlimna seng luh a ni zâwk mah” (*Efesi 4:24*). Hei hi siamtharna dik tak chu a ni.

SUNDAY

AUGUST 13

Sualin Kan Nun A Tichhia

Efesi 4:17–32 hi Kolosa 3:1–17 nêh khâikhin la. Paulan eng tin nge ringtute chu kohhran inpumkhatna thlen thei zâwnga nung tûrin a fuih?

Efesi 4:1–16-ah khân thupui bera a neih chu kohhran inpumkhatna chungchâng a ni a. Efesi 4:1 leh Efesi 4:17 te hi kan khâikhin chuan hêng fuihna thu pahnihte hi Kristiante nun dân tûr emaw, awm dân tûr emaw sawina ve ve a ni tih kan hria ang. Hetianga a thil sawi a lo inang chiah mai hian thupui thuhmun a sawi a ni tih a tilang a—chu chu inpumkhatna leh inpumkhatna thlen thei nun dân niin, a hnuhnung zâwkah erawh hi chuan entawn tlâk lohte nun dân târ langin a sawi ta thung a ni.

Efesi 4:17–24-ah hian Jentail-te nun dân, inpumkhatna tichhe thei (*Efesi 4:17–19*) nia a ngaih leh inpumkhatna thlen thei Kristiante nun dân dik tak (*Efesi 4:20–24*) chu a inan lohzia a sawi a. Paulan dîmna nei miah lova Jentail-te nun dân khawlo tak a sawisêlna thu kan han chhiar hian chûng Jentail-te ngei pawh chu Krista zârah Pathianin a tlan tawhte an ni a, Pathian mîte nêh inrem taka awm ho tûra a duhzia kan hre tûr a ni (*Efesi 2:11–22; 3:1–13*). Chuvâng chuan a nia an nihna pawh “tisiaa Jentail-te” a tih rêng ni (*Efesi 2:11*).

Paula thil vei ber chu Jentail-ten thil sual a ti leh nungchang tha lo an lantîr chauh hi a ni lo va. Sual lian zâwk leh thûk zâwk lamah an la lût ta deuh deuh chu a rilru tihrehawmtu ber a ni zâwk. Efesi 4:17–19 thu hi thlarau lama an ngaihsamzia tilangtu a ni a: “Jentail-te chu rilru lawi lo pûa an awm angin awm tawh suh ula, hriat lohna anmahni-ah a awmin, chumi hriat lohna avâng chuan Pathian nunna lakah mihranin an awm ta a ni” (*Efesi 4:17, 18*). Hetianga thlarau lam thilte an ngaihthah tlatna hi an hriat thiamna lo chawlawl zawh tâk chhan bulpui ber pawh a ni tih chiang takin a sawi a (“an thinlung sak avânga anmahniaa hriat lohna awm avâng chuan pawisak an nei rêng an nei ta lo,” *Efesi 4:18, 19, ESV*), hurna sual lama an tlân nasatzia pawh a sawi lang leh bawh a (“thil bawlhhlawh tinrêng duhâm taka ti tûrin hurnaah an inpumpêk ta a,” *Efesi 4:19*). Pathian nêan an in mihran tawh avângin eng tia nun tûr nge tih pawh an hre lo, tin, a khawngaihna chu an hawisan miau tawh avângin suahsualna khurah a lût thûk telh telh ta mai a ni.

Sual thiltihtheihna chuan sual pakhat aţangin sual dang, a tha lo zâwk leh zahpuiawm zâwk lama mi a hruai luh zêl thin dân hi a takin i lo tawng ve tawh em?

THAWHTANNĪ
Thawmhnâw Thlâksakna

AUGUST 14

Paulan a lekhathawn lo dawngtute pianthar tâk thu a sawinaah hian an thil lo tawn tawh aţanga hre thiam tûra duh chu eng nge ni? (*Efesi 4:20–24*).

Paulan tûn hmaa an lo awm thin dân a sawi hian (*Efesi 4:17–19*) “Chutiang chu Krista *chanchin* in lo zir dân a ni lo ve” a ti lo va. “Chutiang chu Krista in lo zir dân a ni lo ve” (*Efesi 4:20, ESV*) a ti a ni zâwk. A lekhathawn lo dawngtute

hian [Krista] chu an lo “hre” tawh tih leh, “amahah” (*Efesi 4:21*, ESV) emaw, “amah” (NKJV) emaw chuan zirtîrin an awm tawh a ni tih hriain, Kristan a chher nun chu pu tûrin a ngên a, a ƣawngkam hman pawh “Isuaa thutak awm ang hi” (*Efesi 4:21*) tih a ni. Paula ngaih dân chuan rinna nun nei tih awmzia chu Krista nêna mi mal taka inzawm tihna a ni a, chu inzawmna chu chiang leh tak êm êm a nih avângin “Krista zir” tia sawi theih pawh a ni rêng baw. Tholeh Isua, châwisâna awm ta chu a nung a, keimahniah hian a awm a ni tih kan hria. A zirtîrna thute leh a nun dân khân kan nun a tidanglam a, ani chu kan LALPA nung a ni tih kan hriat avângin a lakah kan rinawm êm êm baw. Thlarau Thianghlim leh Bible hmanga mi a kaihhruaina chu zui thei tûrin kan thinlung pawh kan lo hawng ƣhîn a ni.

Paulan Kristan a chher nun pu tûr chuan thil pathum kan tih ngei ngei ngâi a awm thu a sawi a, chûngte chu: 1) nun dân hlui “hlih thlâkna,” bânanna (*Efesi 4:22*); 2) rilru thar putna (*Efesi 4:23*); 3) Pathian anga siam nun thara “inthuamna” (*Efesi 4:24*) te a ni. Pathianin kan nun a thlâk danglam dân sawi fiah nâns thawmhnaw inbel leh hlîp tih ƣawngkam a hmang hi thil thar teh vak pawh a ni chuang lo. Thuthlung Hlui lehkhate pawhin sualna nei lo (*entîr nân, Sâm 73:6; Zak. 3:3, 4; Mal. 2:16*) leh chhandamna (*entîr nân, Isaia 61:10; Ezek. 16:8; Zak. 3:4, 5*) entîrna atân thawmhnaw tih hi an lo hmang ve tho a.

Hmân lâi chuan mipaten khûp rawn khuh tâwk vêl tûra fual kawr an ha ƣhîn a, chumi chungah chuan ni sa laka invên nân kawrfual an ha leh ƣhîn baw. Hmeichhiate pawh chutiang deuh tho chuan, kawr pângngâi leh kawrfual nêan an inthum ƣhîn a. Thawmhnawte chu a hlû-in a man pawh a to hle hlawm a, kum eng emaw chen an ha ƣhîn. Hâk lâi bâk a dang nei chu mi tlêm tê chauh an ni âwm e. Tin, an thawmhnaw siamna puan ƣat leh ƣat loh te, an ƣhui dân te chuan a hatu nihna dinhmun leh nihna a tilang nghâl baw

a. Thawmhnaw thlâk, mahni hâk lâi hlîpa a dang hâk chu thil thleng zen zen lo, tûl bîk thilah chauh tih thin a ni. Paula ngaihtuahnaah chuan nun dân thlâk danglam tih chu kum zabi pakhatna lâia miin a thawmhnaw inbel lâi a danga a thlâk ang kha a ni tûr a ni a. A bula awmten a lo danglam tâkzia an hriain an hmu ngei ngei tûr a ni.

Krista chanchin zir tih leh Krista hre tûra zir tih hi eng nge a danglamna *lian* tak awm le?

THAWHLEHNĪ

AUGUST 15

Khawngaihna Khat, Inpumkhatna Thlentu Tawngkam

Paulan tawngkam hman dân tûr chungchânga ringtute thurâwn a pêk zîngah hian nangma tâna pawimawh ber eng nge awm? Chu chu eng vânga pawimawh nge ni? (*Efesi 4:25–29*).

Efesi 4:25–32-ah hian Efesi 4:25-a kan hmuh ang, ti lo tûra hrilhna (“bânsanin”) sawi phawt hnua ti tûra hrilhna (mahni thenawm theuh hnênah thu dik tak sawi thin rawh u”) ang chi hi a hmang uar hle a, chu chu a chhanin a zui leh zêl thin bawk (“inpêng tawn theuh kan ni si a,” chumi awmzia chu, “taksa pakhat pêngte theuh kan ni a, chuvâng chuan kan inzawm kual vek a ni” tihna a ni âwm e). “Thu dik tak” sawi thin tûra mi a fuih hi thu dik tak sawi chhuaka kohhran member-te khak fak fak tûra mi a sâwmna ni lo tih erawh lo hria ila. Zakaria 8:18-a kan hmuh angin, thu dik chu remna thlen thei tûr zâwnga sawi thin tûrin min fuih zâwk a ni.

Efesi 4:31-ah hian thinrimna leh thinurna te, tihtauhna leh ânna te chu bânsan vek tûra mi a fuih avângin Efesi 4:26 thu pawh hi kohhran chhûngah thinrim phal a nih thu a sawina a ni lo tih hriat tûr a ni a. Ni e, thinrim châng chu a awm ngei dâwn a; mahse thu min râwn dân chu, “In lo

thinrim palh a nih pawhin in thinrimna chuan thil ƣa lo thlen chuang suh se” tih hi a ni.

Paulan ƣawngkam hman dân tûr chungchâng a sawi mêk mêk lâiin rûkrûk chungchângah thurâwn min han pe leh rih a: “Rûk hmang chuan ru tawh suh sela” (*Efesi 4:28*, ESV) tiin. Thil rûk chîngten ru tawh lova, anmahni kuta hna ƣa an thawh zâwkna tûr (*Efesi 4:28*, ESV; *1 Kor. 4:12*; *1 Thes. 4:11*) chhan chu “tlachham hnênah chuan pêk tûr a neih theih nân” a ni (*Efesi 4:28*). Heti lâia rûkrûk chungchâng a rawn zeh tel zauh chhan nia lang chu rûkrûk leh dâwt sawi hi thil inzawm tlat a nih vâng a ni maithei a, chutiang chu Anania leh Safiri te nupa chanchinah pawh kan hmu a nih kha (*Tirh. 5:1–11*). Paulan Krista thiltihtheihna a rinna hi a chak khawp mai a, mahni hmasial takte pawh mi dangte ƣanpuitu-ah siamin, rûkru ƣhîn pawh tlachhamte chhawmdâwltu-ah a chantîr daih thei tih a hria.

“Thu ƣa lo rêng rêng in kê aƣangin chhuak suh se” (*Efesi 4:29*) tiin thu min pe leh bawk a. ƣawngkam ƣa lo rêng rêng hmang tawh lo tûra min hrilh mai bâkah, chûng ƣawngkamte chu 1) siam ƣhatna thu te, 2) a hun leh hmun azira sawi ngei ƣul thu te, 3) a lo ngâithlatute hnêna khawngaihna pe thei thu te hmanga thlâk tûrin thu min râwn nghâl bawk (*Efesi 4:29*). Hetiang chauh thute hi sawi ƣhîn ta ila, kan va inpumkhat ƣa thei dâwn tak êm ti r’u maw.

NILÂNĪ

AUGUST 16

Ringtu Nuna Thlarau Thianghlim

Kohhran chhûnga ƣawngkam ƣa lo hman a pawizia a sawinaah khân ringtute nuna Thlarau Thianghlimin hna a thawh chungchâng eng tin nge sawi tel ve? *Efesi 4:30*.

Paulan vaukhâna thu rum angreng tak leh thla timuang huai thei tûr thutiam a sawi kawp a. Kohhran member dangte

laka thil sual eng emaw kan tih hi nghawng lian nei hran lo thil sual tihna tê tham tak a ni lo. Thlarau Thianghlim tilungngâitu chu mi dangte tihlûk nâna Pathianin min pêk thu sawi theihna kan hmang dik lo thîn hi a ni a (*Efesi 4:25–27, 29, 31, 32*). Heti lâia Paula vaukhâna thu sawi hi Isaia 63:10-a kan hmuh vaukhâna thu: “Nimahsela, an [Israel mîte] an hel a, a Thlarau Thianghlim chu a lungngâi ta a; chuvângin, anmahni dotua awm tûra tihlamlêtin a awm a, amah ngei chuan anmahni chu a bei ta a” tih nêp pawh hian a inang hle mai.

Chutih rual chuan, thutiam pawh a pe tho bawk a. Thlarau Thianghlim chuan Isua an lo pawm ni a tang khân chhinchhiah nghâlin (*Efesi 1:13, 14*), chu chhinchhiahna chuan tlanna ni thleng a daih dâwn a ni a ti (*Efesi 4:30*). Thlarau Thianghlim leh ringtute inzawmna hi dawrâwm tak ni lovin, hun rei tak chhông daih tûr a ni zâwk a. Ringuten Pathianin tawng theihna a pêk hmang suala, Thlarau Thianghlim awmpuina an ngaihthah hian Thlarau Thianghlim chuan a *kalsan* lo va, a *lungngâi* zâwk thîn. Thlarau Thianghlim chuan ringtute nuna la chên reng a duh a, Krista lo kal leh hma chu Pathian ta leh Pathianin a vênhim ni chhonzawm reng tûrin chhinchhiah a tum a ni.

Paulan Thlarau Thianghlim chu Pathian famkim a nihzia sawiin, “Pathian Thlarau Thianghlim” ti deuh kherin a sawi nghe nghe. He a tawngkam hman hian Thlarau chu *minung* a ni tih Chiang takin a tilang a, *tihlungngaih* theih a nih thu pawh a sawi tel bawk (*Rome 8:16, 26, 27; 1 Kor. 2:10, 13; 12:11; Gal. 5:17, 18* chhiar ang che.)

Pathiana minung pathum awmte chungchâng kan sawi hian kan fîmkhur hle tûr a ni a. Thurûk ril tak niin, mihringte hian a famkim chuan kan hre thiam tak tak thei ngâi lo vang. Thlarau Thianghlim chu Pa leh Fa te nêna pumkhat an ni a, chutih rual chuan an laka hrang a ni bawk. “Thlarau chuan amahin rilru hran a nei a, ama duh dân angin thil a ti mai thîn. Tihlungngaih theih a ni a; tin, a hming pawh sawi chhiat theih a ni bawk.

Tihlungngaih leh a hming sawichhiatsak theih chu thiltihtheihna emaw, huhâng emaw ringawt a ni thei lo va, chutiang chu minung chungah chauh a thleng thei. A nih leh Thlarau chu nang leh kei ang tho hi a ni ve tihna a ni em? Ni lo ve, Pathian chungchâng sawi fiah nân mihring ãawng famkim lo tak hi kan hmang ve mai a ni a, chuvângin, Thlarau chu mihringin kan neih ve theih ngâi loh tûr nihna nei a ni.”— Paul Petersen, *God in 3 Persons—In the New Testament* (Silver Spring, MD: Biblical Research Institute, 2015), p. 20.

“Pathian Thlarau Thianglim” chuan min chênchilh hneh êm avângin kan thiltihte pawh hian amahah nghawng a nei hial a. Tâwpna ni thlenga min *chhinchhiahtu* tûr inzawmna daih rei min neihpui duhtu Pathiana minung awmte zînga pakhat nêh nun kan inãawm reng tihna a nih chu. He thutak ropui êm êm hi eng tin nge rinnain kan lo chhân lêt ang?

NINGÂNĪ

AUGUST 17

Ngilneihna (Khâkna Ni Lo)

Paulan “tlanna ni” (*Efesi 4:30*) tih sawi langin, ringtute chu Krista lo kal leh hun tûr thlîra an ãawngkam hman dânah fimkhur hle tûrin a chah a. Chuti a nih chuan, Efesi 4:31, 32 pawh hi Krista lo kal lehna kan hnaih zêl avânga kan ãawngkam hman tûr min zirtîrna angah ngaih tûr a ni ang.

Krista chu a lo kîr leh ngei dâwn a, chumi atâna kan lo inbuatsaihna kawngah chuan eng ang nunchang, rilru puthmangte nge kan thlauhthlâk ang a, eng ang nungchang leh rilru puthmangte nge kan neih thung ang? *Efesi 4:31, 32.*

Efesi 4:17–32 fuihna thu kan hmuh hnuhnûng berah pawh hian kan tih miah loh tûr thil paruk min hrilh a (*Efesi 4:31*). Chumi zawhah chuan kan tih ngei ngei tûr thil pathum—inkhawngaih tawna te, inlaintawna te leh inngaihdam tawna te sawi lehin (*Efesi 4:32*), chûng thilte kan tih chhan tûr chu sawiin a khâr ta a. Ringtute chu “Pathianin Kristaa a [anmahni] a ngâidam ang bawkin” an inngâidam tawn tûr a ni (*Efesi 4:32*). Kan bânsan tûr nungchang tha lo parukte chu huap kim tawngkam hmanga bultan leh khâr zêl a ni a: “khâkna zawng zawng” leh “sualna zawng zawng.” Hêng nungchang tha lo zet mai pahnih inkârah hian nungchang tha lo tak tak dang pali: “thinurna,” “tauhna,” “âna,” leh “sawichhiatna” a la awm leh bawk a (*Efesi 4:31*).

Hêng zînga a hnuhnûng ber, “sawichhiatna” tih hi Grik tawng chuan *blasphemia* a ni a, chu chu Saptawng hian Pathian sawichhia tih sawina tawngkam atân a hmang ve nghâl (blasphemy). Amaherawhchu, he Grik thumal hi chuan Pathian tihmingchhe zâwnga thu sawi a ni emaw, kan mihringpuite hming tihliausak zâwnga thu sawi a ni emaw “sawichhiatna” a ni thei ve ve tih a kaw k a. Paulan kan bânsan tûr rilru puthmang tha lo (khâkna, thinurna, tauhna) a sawite hi kan lo nei a nih chuan kan tawngka chhuakah a lo lang ngei ngei ang (âna, sawichhiatna). A awmziaah chuan, Paulan zâwidawh taka tawng tûrin min chah a ni ber mai a. Thinrima min tawngtirtu ngaihtuahna tha lo rêng rêng chu kan thilung atangin kan dah bo hmiah tûr a ni. Hêng thilte hi sîrah kan hnâwl a nih chauh Kristian kohhran hi a lo tshang thei ang a, kan zîngah inpumkhatna châwm lenin a awm thei baw k dawn a ni (*Efesi 4:1–16* nêh khâikhin la).

Tawngkam tha lote chu up bet ringawt lovin, tawngkam thaa thlâk hlawk zâwk tûr a ni a. Krista chhûngkaw zînga kan inbiakna leh kan thiltihte hi—a pâwn lamah pawh a ni tho mai—thinrimna rilru atanga lo chhuak ni lovin, khawngaihna,

lainatna leh ngaihdamnain a chawh chhuah, tehna sâng ber Kristaa Pathianin ngaihdamna min lo chantîr tawhnaa innghat a ni tûr a ni (*Efesi 4:32*). Paulan kan entawn atân Pathianin ngaihdamna min chantîr hi hmang tûrin min râwn a, Pathianin min lo ngâidam tawh ang bawk khân keini pawhin kan mihringpuite hi kan ngaihdam ve a ngâi a ni (*Kol. 3:13; Mat. 6:12, 14, 15*).

I ÷awngkam hmanten thil an tih theih dân kha ngaihtuah la. Engtin nge mi dangte châwikâng zâwng, fuih phûr zâwng leh rinna tichak zâwngin i hman theih ang?

ZIRTÂWPNI

AUGUST 18

Zir Belhna: “Mi dangte biakna atâna i ÷awngkam hmante kha nakina i la inchhîr lehna thlentu tûr ni suh se. ‘Pathian Thlarau Thianghlim chu tilungngâi suh u, tlanna ni atân chuan amahah chhinchhiahin in awm kha.’ . . . In thinlunga hmangaihna in nei a nih chuan rinna thianghlim tak nêin in unaute in tinghet ang a, an tlûk châng pawhin kaihthawh leh in tum ngei ang. Miin i ÷hian emaw, i unau pa emaw nungchang tichhe thei ÷awngkam an lo chhâk chhuak a nih pawhin nang chu insûm hrâm hrâm la. Chutiang sawi chhuah chu hmêlmapa hna a ni tih hre reng rawh. A sawi chhuaktu hnênah chuan chutiang ÷awngkam hman chu Pathianin a phal lo a ni tih ÷ha takin i hrilh dâwn nia.”—Ellen G. White, *Advent Review and Sabbath Herald*, June 5, 1888.

A hnuaia thutiamte hi nangmah leh in kohhrana member tinte khân vawng ni ila, eng tiang chiahin nge in kohhran boruak kha a lo danglam ang?

1. Seventh-day Adventist Kohhran chhûngkua leh a pâwn lama ka hûhâng hi a ÷ha lam—mi dangte châwi kângtu, an rinna tichaktu leh dikna kawnga mîte hruaitu ni se ka duh hle (*Efesi 4:29*).

2. Kristan inpumkhata awm tûr leh inhmangaih tlâng theuh tûra min sâwm hi ka hriatin mi dangte thil tih dik lo leh hlawhchhamna ka hriatsakte sawi chhuah âi chuan thil dik leh ða nia ka hriate sawi leh tih nân ka tha leh zung ka hmang ðîn zâwk ang (*Joh. 13:34, 35; 17:20–23; Efesi 4:1–6; 1 Thes. 5:9–11*).

3. Mi tu emaw nêna inhriat thiam lohna kan nei a nih pawhin a lakah zahna ka lantîr tho ang. Krista a hmangaih a, tin, Krista lakah a rinawm tlat a ni tih ka ring ang a. Keima ngaih dân neih ve chu ða takin ka hrilh ang (*Efesi 4:31, 32*).

4. Hlim takin ka awm ang a, Krista lo kal lehna ka lo nghah pahin ka kohhran member-puite rinna tihchaksak tûr leh châwi kâng tûrin theihtâwp ka chhuah ang (*Efesi 4:29, 30; Gal. 6:2; Heb. 10:24, 25*).

SAWI HO TÛRTE:

- ❶ **Efesi Lehkathawna Paulan Pathiana minung pathum awmte chu mihringte chhandama an awm theih nân hna an thawk ho vek a ni tih a sawina chângte kha han chhiar leh la. Hetianga a sawi nawn fo hian Pathiana minung pathum awmte nihna kan hriat thiamna kawngah eng tin nge mi a ðanpui? Efesi 1:3–14; 1:15–23; 2:11–18; 2:19–22; 3:1–13; 3:14–19; 4:4–6; 4:17–24; 4:25–32; 5:15–20; 6:10–20 (6:10-a “LALPA” a tih hian Krista a kâwk).**
- ❷ **Engtin nge Paulan Kristiante ðawngkam hman dân tûr min hrilh (Efesi 4:25–32) hi tûn lâi hun, social media platform hrang hranga mi dangte sawi chhiat chiam chiam kan hreh tawh lohna khawvêlah hian a takin kan lo hman ðangkâi ve theih ang?**

FING TAKA NUNGIN

CHÂNGVAWN: “Chutichuan, mi fing lote anga awm lovin, mi finge anga awm zâwkin, in awm dânah fimkhur rawh u; nî-te hi a that loh avângin remchânnate lei zêl rawh u. Chumi avâng chuan â duh suh ula, LALPÂ duh zâwng eng nge ni tih lo hre zâwk rawh u,” (*Efesi 5:15–17*).

SABBATH CHAWNÛ

AUGUST 19

Chhiar Tûrte: *Thufingte 20:1; 23:29–35; Tirhkohte 16:25; 1 Korin 5:1–11; Efesi 5:1–20; Kolosa 4:5; Thupuan 16:1–16.*

SUM tam vak lo liam ta khân United Kingdom ramah khuan Sârthlalanga siam no tung, a beng nei chî (jug) pakhat hi an lilâm a. A lilâmtute chuan, “kum zabi sâwm leh pakuana hun lâia mi, France rama an siam” nia sawiin, a man an chhiar zât chu US Dollar 200 a ni. A chhângtu pahnihte chuan hetiang no hi thil vâng tak, Islam rama siam a ni tih an hria a. A man zât tûr dik tak pawh UK pawisa, Pound maktdaduai nga (US pawisa chuan, Dollar maktdaduai ruk leh a chanve) vêl lâi a ni. Chuti ni si, eng vângin nge Dollar 200 lekin an leitîr? A leitu hian a lilâmtuten an hriat loh hriat a nei a, chu chu no hlutna dik tak a ni bawk.

Efesi 5:1–20-ah hian Paulan milem betute thil ngaihhlut zâwng leh ringtute thil ngaihhlut zâwng a khâikhin a. Milem be mîte chuan zahmawh te, thu lawi lo sawi te, fiamthu (*Efesi 5:4*) te, uain ruih (*Efesi 5:18*) te leh inngaih (*Efesi 5:3, 5*) te an ngâisâng a. Ringtute erawh chuan thil eng kim hlutna Chiang taka a lo la hun tûr chu a lo la thleng ngei dân a ni tih an hre thung (*Efesi 5:5, 6*). Chuvâng chuan, zu ruih leh hlimhlawp lam ngaihtuah lovin, Kristaa “thatna, felna leh thutak” (*Efesi*

5:9) awm chu an zawng zâwk a. Chatuan luhkâa chuang chhuak mêk tawh an nih avângin Kristâ zâra man man taka an lei theih thilte chu chên hauh lo tûrin a chah a ni (*Efesi 5:15–17*).

SUNDAY

AUGUST 20

“Lâwmthû Hrilh Zâwk Rawh U”

Paulan eng tiang kawngin nge ringtute chu “Pathian awm dân latute” nihtîr a tum? *Efesi 5:1, 2* en la.

Paulan Efesi khuaa ringtu awmte chu hmangaihnaa awm tlat tûrin a sâwm a, chu sâwmna chu Efesi 5:1–20-ah hian a thupui ber a ni bawk (*Efesi 5:8, 15* en la). Hê “hmangaihnaa awmna” hi Kristan keimahni min hmangaihna (*Efesi 4:32* nêh khâikhin la), kan tâna a inhlanna lo lang chhuak ang khân lantîr ve tûr a ni. Kan tâna Krista inhlanna chungchângah hian thil pali a awm thu a sawi a, chûngte chu: 1) Pa Pathian hmangaihna (*Efesi 5:1*) leh amah Kristan min hmangaihna (*Efesi 5:2*) chuan kha thil kha a tihtîr a ni; 2) Kan âiawha Krista a thihna a ni. Krista hi thi satliah ve ngawt a ni lo va, keimahni tân amah leh amah a inhlân a ni; 3) Thuthlung Hlui inthâwinaten an lo entîr ang khân Krista thihna hi inthâwina, Pathian hnêna hlan chu a ni; 4) Chu inthâwina chu “rimtui atâna hlan” a nih avângin Pathian pawhin a lo pawm a ni (*Efesi 5:2, ESV; Exod. 29:18; Lev. 2:9; Filipi 4:18* te pawh en ang che).

Chutichuan, Efesi 5:3–5 hian mipat hmeichhiatna hman chungchângah a âwm leh mâwi chin thliar thiam a pawimawhzia a rawn sawi tan ta a. A chhan pawh Efesi khua ringthar thenkhate hi Krista kohna an dawn tlâwmsana, Krista thuhretu a nihna tûr tibahlah thei nungchang pu leh hnuhnawh thei dinhmuna an din vâng a ni (*1 Kor. 5:1–11, 1 Kor. 6:12–20, 2 Kor. 12:21* te pawh chhiar ang che).

A lehlamah, kum zabi pakhat lâi vêla Rom sawrkâr awp ram hrang hranga awmte khân Thuthlung Thar lehkhabu dangte

pawhin an sawi suahsualna leh nawmsipbâwlina lam chi thil an ngaina hle hlawm a (*1 Kor. 6:9; Gal. 5:19; Efesi 4:17–19; Kol. 3:5* chhiar rawh). Entîr nân, mi hausaten ruai an buatsaih rêng rêngin Efesi 5:3–14-a kan hmuh Paulan a sawisêl nungchang tenawm tak takte hi a tel deuh zêl, chûngte chu: zu ruih te, zahmawh sawi te, mâwi lo taka khawsak te leh thil ̣a lo tak tak dang tih te.

Chu bâkah chuan, khawpui nun hian mipat hmeichhiatna hman khaw loh pawisak lohna rilru a siam ̣hîn hrim hrim bawk a. Hetih lâi hian Rome mîte zîngah pawh ̣a leh fel taka nung, mi dangte pawh thianghlim taka nung ve tûra hrih ̣hîn tam tak an awm ve tho a. Thuthlung Thar lehkhabutun nun dân ̣a lo bânsan tûr emaw, nun dân ̣a zawm tûr emaw an ziah chhuah pawh hian (entîr nân *Efesi 5:21–6:9; Kol. 3:18–4:1*), a ziaktute hian dân tîngpuiin Rome mîte ̣a tih leh ̣a lo tih nêna inremin a ziak hlawm niin a lang. Hê khawvêl, eng emaw lâi bawlhhlawh tak lo ni tawh ̣hîn leh eng emaw lâia thianghlim tak lo ni tawh ̣hîn tho bawk si hian Jentail-ten an chîn ang nungchang ̣a lo chu bansan tûra fuihna thu a ziahtîr ta a. Ringtute chu an nungchang inen fîaha, ring lo mîte pawhin an zah phah theihna tûra awm tûrin a ngên a ni.

Eng tiang kawngtein nge Paulan mipat hmeichhiatna hman dik loh chungchâng a sawi hi nangma chênna ram leh hnamah pawh khân hman ̣angkâi ve theih a nih?

THAWHTANNÍ
Êng Fâte Anga Awmin

AUGUST 21

Paula chuan, “Tu man thu lawi lo mai mai hmangin bum che u suh se, a chhan pawh chûng thilte avâng chuan Pathian thinurna chu thuâwih lo fâte chungah a thleng ̣hîn sî a” (*Efesi 5:6*, NKJV) tiin a sawi a.

Paulan zahna emaw, inchhîrna emaw nei miah loha sual chi hrang hrang ti ̣hînte chu “inngaih hmang, mi bawlhhlawh

leh mi duhâm” tiin a sawi a (*Efesi 5:5*). Kristaa awmte leh a lalram lo la thleng tûra chêng ve tûrte chu Pathian rama eng mah chan nei ve lo tûrte angin aawm tûr a ni lo (*Efesi 5:5*). “Thu lawi lo” sawiin nghawng t̄ha lo a neih theih dân pawh a hrilh bawk a, mipat hmeichhiatna hman khawh loh hi thil pawh vak pawh ni lêm lo anga sawitute chuan bumin, anmahni ringtute ngei pawh chutiang sualah chuan an lo tlu lût ve mai ang tih a hlauthâwng hle a (*Efesi 5:6*). Bûm thlûk an nih ngat chuan, tâwpna huna Pathian rorêlna, “thuâwih lo fate chungâ” lo tla tûr “Pathian thinurna” chu anni pawhin an tuar ve ngei dâwn a ni (*Efesi 5:6, ESV*).

“Pathian thinurna” tih t̄awngkam awmzia hi hriat thiam a harsa angreng a. A chhan pawh *Pathian* thinurna emaw, thinrimna tih awm chu mihringte thinurna nêh hian a inan loh êm vâng a ni pakhat (*Efesi 4:31*). Bawhchhiatna tê tham eng emaw laka a thinrim inhrîkthlâkna ni lovin, thil sual tih luih tlat tum reng maite chûnga Pathian dawhthei leh fel takin dik taka chhâna a pêk a ni zâwk a. Chu bâkah chuan, *Pathian thinurna* tih t̄awngkam a lo lanna rêng rêng hi Pathian rorêlna lo thlen tûr thu puan a nih hnu a ni deuh zêl bawk (entîr nân, *Thup. 6:12–17; 16:1–16; 19:11–16*). Pathian chuan ama rorêlna lo thleng tûr hi a lo puang lâwk hmasa zet t̄hîn a, a chhan pawh mihringte hi min khawngaih êm vâng a ni. Mihringte hi chu kan nih phung rêngah thinurna fa kan ni a (*Efesi 2:3, ESV*), chuvâng chuan Pathian thinurna tuar âwm rêng pawh kan ni.

Enga ti nge Paulan ringtute chu mi sualte nêna thil ti ho lo tûra a chah? (*Efesi 5:7–10*).

Paulan êng fate anga awm tûrin min chah a (*Efesi 5:8*), LALPÂ lâwm zâwng eng nge ni tih hriat tum tûrin min ti bawk (*Efesi 5:10*). Milem be mîte chuan “inngaihna sual leh bawhlhlawhna zawng leh duhâmna” te hmangin hlimna

an zawng a (*Efesi 5:3*). Ringtute thiltum erawh chu a danglam bîk hle. Anni chuan anmahni ni lovin, Pathian tihlâwm an tum zâwk ðîn a (*Rome 12:1; 2 Kor. 5:9; Heb. 13:21*: hêngahte hian “lâwm zâwng” tih emaw, “pawm tlâk” tih emaw sawi nân Grik thumal, *euarestos* an hmang). An tâna Krista inhlanna chu nun chhuahpui ve ngei an tum tlat ðîn baw (Kristan min hmangaiha, keimahni tân amah a inpe ang khân hmangaihnaah chuan awm rawh u,” *Efesi 5:2*, ESV).

Kan tân lâi huna kan hawisan tûr “thu lawi lo” ðhenkhat awm vete chu eng nge ni?

THAWHLEHNÍ

AUGUST 22

“Aw, Nang Muhîl, Harh Rawh!”

Efesi 5:11–14 chhiar la. Paulan vaukhâna thu khawng tak a sawi chu eng nge ni a, chu thu chu kan tân lâi hunah hian eng tin nge kan lo hmehbel ve ang?

Efesi 5:11–14 thu awmzia hi kan hriat thiam theih nân fuihna thu pahni a sawite hi lo en ila: 1) Pathian châwimâwi zâwngin nung la, “êng fâte” angin awm rawh (*Efesi 5:8; 5:1, 2, 4, 9–10, 11, 13, 14*te pawh en baw ang che); 2) Inngaihna suala tlu lûtin, Pathian timualpho zâwngin nung suh, chutiang chu “thim thiltih” a nih avângin, rah ða a chhuah ngâi lo (*Efesi 5:11; 5:3, 4, 5–8, 12* pawh en baw rawh).

Efesi 5:11 thu awmzia hi hre thiam tûr chuan Efesi 5:8–10 thu awmzia hi hriat thiam kan tum phawt a ngâi ang. Ringtute chu ring lo mîte hmâah “LALPA-a êng” ang leh “êng fâte” angin an awm tûr a ni a (*Efesi 5:8*). Chutianga an awm chhan tûr chu “êng rah chu ðatna leh felna leh thutak zawng zawngah” a lo lang ðîn a ni tih chiang taka hmuh a nih theih nân a ni (*Efesi 5:9*). Hetiang hian Pathian ðatna pho lana a awm theih dân kawng a ruâhman a. Ringtute chu

fêlna rah lan chhuahtîrna hmanga thim thiltihin rah ƣa lo a chhuah pho lang tûrin a chah a ni.

Ringtute hian “êng rah” (*Efesi 5:9*) lan chhuahtîrna hmangin khawvêl mîte chu Krista ringtu lo ni ve tûrin an hneh thei tih a sawi a. Hê chona hi hla thu hmangin a sawi chhuak nghe nghe: “Nimahsela, thil eng pawh hi êngin a pho lan chuan hmuh theih a lo ni ƣîn a, a chhan pawh thil hmuh theih apiang chu êng a ni si a” (*Efesi 5:13*). Êngin nun dân bawhhlawh a tihlan hian, khawvêl mîte chuan a nihna ang takin an nungchang chu an lo hmu a, hma lam hun beisei tûr nei lo leh Pathian thinurna dawn hmabâk (*Efesi 5:5, 6*) an ni tih inhriain (“hmuh theih a lo ni ƣîn”) thim ni ƣîn kha êng an lo ni ta a (“hmuh theih apiang chu êng a ni si a”). Hetiang siam danglamna ngei mai hi Efesi khuaa awm ringtute pawhin a takin an lo chang tawh a ni (*Efesi 5:8*).

Efesi 5:14-a kan hmuh, thlarau lama muhîlte kâitho tûr leh, Pathian awmpuina chang tûra kohna fiah tak petu tûr tâwpna huna mitthite thawhleha (*Efesi 2:1, 5* en la) nêna inzawmna nei ƣawngkam hmang hla thu hi eng nge ni a awmzia? Paulan a sawi chhâwn nia lang Isaia 60:1–3 thu hi Pathian mi Israel-te hnêna sawi a nih avângin Efesi 5:14-a kan hmuh hla pawh hi ringtute koh harhna angah kan ngâi tûrin a ni a. Thimin a tuam khawvêla Krista êng lantîrtu tûr, missionary an nih anga an hna dik tak thawk tûra sâwmna a ni (*Filipi 2:14–16; Mat. 5:16*).

A nihna ang taka thim thiltihte tilang thei tûr nun dân ƣa leh thianglim chu eng tin nge i lantîr ang?

NILANĪ
Remchâna Leiin

AUGUST 23

Paulan Efesi 5:1–20 thu hi fuihna thu chi hrang hrang hlâwm hnih, Efei 5:15–17 leh Efesi 5:18–20 hmanga tângkâwmin, mipat hmeichhiatna hman kawnga thianglimna

vawn a ùlzia a sawi chu a duh tâwk ta a. A fuihna thu hlâwm hmasa zâwk chu, “Chutichuan, mi fîng lote anga awm lovin, mi fîngte anga awm zâwkin, in awm dânah fîmkhur rawh” (*Efesi 5:15*) tiin bul a han òan tê tê phawt a, tichuan, “â duh suh ula, LALPÂ duh zâwng chu eng nge ni tih lo hre zâwk ang che u” (*Efesi 5:17*) tih thu sawi lehin, hêng thu pahnihte inkârah hian “remchâna” lei (*Efesi 5:16*) thiam tûra sâwmna a siam bawk.

Paulan fîng tak leh fîmkhur taka awm tûra ringtute a fuihna thu hi ngun takin ngaihtuah la (*Efesi 5:15–17*). Mi â-te anga awm leh mi fîngte anga awm chu eng nge a danglamna? “Remchâna lei” tih hi eng nge ni a awmzia?

Efesi Lehkathawnah hian Thuthlung Hlui lehkhabeten nun dân tûr sawina atâna an òawngkam hman tlânglâwn tak, “awm” tih a hmang fo mai (*Efesi 2:2, 10; 4:1, 17; 5:2, 8*). He lâi thu-ah pawh hian mahni duh thu rênga Isua zui tûra mîte fuih nân a hmang a. Kawng bumboh takah emaw, thimthamah emaw kan kal chângang kan rah tûr ngun taka kan en òhîn ang hian ringtute chu “kan awm dânah kan fîmkhur” hle tûr a ni (*Efesi 5:15*). Efesi 5:15 leh Efesi 5:17 thu hi a inzûl êm avângin heta òang hian mi fîngte anga awm tih chu eng nge ni a awmzia hriat i lo tum dân teh ang. Mahse, fîna chhar chhuah tuma chhiar chu kan ni hran lo tih lo hria ila. Fîng tih awmzia chu keimahni rilrua awm bâk han hriat tumna, “LALPÂ duh zâwng chu eng nge ni tih hriat thiam tumna” a ni (*Efesi 5:17, ESV*).

Paulan tehkhin thu fiah tak hmangin mahni duh thu rênga Isua zirtîr nih tum tûrin a fuih bawk a. A òawngkam hman, “remchânnate lei zêl rawh u” (*Efesi 5:16*; “in hun neihte chu a òha thei ang bera hman tum òhîn rawh u,” *ESV*) tihah hian Grik òawng thumal (verb), *exagorazo* a hmang a (*Kol. 4:5* nêen en kawp ang che). He thumal hi dânwr hmuna an hman òhîn

niin, “lei” tih an sawina thumal atanga lo piang chhuak a ni a, a awmzia chu, Krista lo kal lehna kan lo nghah pah hian kan hun neih chu daih zâi takin kan lo hmang tûr a ni tihna a ni. Heta “hun” a tih hi Grik Bible-ah chuan *kairos* a ni a, chu chuan hun remchâng tih a kâwk. Tâwpna lo thlen hma “hun” hi hlu tak, a tha thei ang bera hman tûr a ni a. Chutih rual chuan “ni-te a that loh avâng” (*Efesi 5:16; 6:13; Galatia 1:4* pawh en bawk la) leh kan khawvêl hi “boruaka thuneihna lalin” (*Efesi 2:2*) a thunun tlat a nih bawk avângin hun harsat tak a ni tho bawk.

Ringtute chu Krista lo kal lehna an nghah chhông hian hun khirh takah an lo chêng a. Paula sawi dânah phei chuan hun hlauhawm tak a ni tel bawk. Mahse, chu chu rêmchângah a lo hman hlauh theih a ni thung a. Dâwr hmuna thil man tihhniam rûnpui a thlen lâia mipuiin an mamawh lo lei hman an tum hrâm thîn ang hian hun tha an la neih chu thiam taka hman an tum tûr a ni. Ni e, chhandamna hi chu a leia lei chi a ni lo ngei mai a; chutih rual erawh chuan a sawi tum erawh a chiang reng thung: Pathianin Kristaa min pêk hi lo dawn ve ngei kan tum tûr a ni.

NINGÂNI

AUGUST 24

Thlaraua Khat Chibai Bûkna

Efesi 5:18–20-ah hian Paula mitthlâah Pathian chibai bûk tûra Kristiante an kal khâwm lâi a lo lang a. Chu chibai bûknaah chuan eng thil ti niin nge a sawi?

Efesi 5:1–20-ah hian ringtute chu rilru ngaihtuahna tichawlawl thei zu laka inthiar fihlîma, chu âi chuan Thlarau Thianghlim awmpuina leh thiltihtheihna chang zâwk tûrin a fuih a. Paulan zu ruih a khap chhan hi (hetah hian Juda-ten Grik tawnga Thuthlung Hlui an lehlin, Septuagint-a Thufingte 23:31 thu a sawi chhâwng a ni maithei) a rilru-ah finna lehkhabu-a (*Thuf. 20:1; 23:29–35*) zu in khapna thute a awm

vâng a nih a rinawm. Miin zû a ruih chuan mâwl takin a che thîn a, zahmawh phâwhru pui pui te a sawi thîn a, thu lawi lo tak tak a sawi a, tin, inngaihna سواله leh milem biaknaah a hruai lût thîn bawk. Hêngte hi rilru fîm tak leh Thlarau Thianghlimin a awmpui Pathian chibai bûknaa thlâk thleng tûr a ni a ti a. Thlarau Thianghlima khat tûra ringtute a fuihna hi a thupui ber niin, chumi tih dân tûr chu thiltih sawina thumal hrang hrang hmangin a rawn sawi fiah nghâl bawk (“thu sawi,” “hla phuah leh sak,” “lâwmthu sawi,” “mahni inhlan,” (*Efesi 5:19–21*).

Paulan “Thlarau Thianghlima khat” (*Efesi 5:18*) tûra ringtute a fuihna thu hi mi mal tute emaw hnênah chauh a sawi ni lovin, kohhran pum pui hnêna a sawi zâwk a ni a. A mitthlâah ringtute chu inpumkhatna neihtîrtu Thlarau Thianghlima khat Pathian chibai bûknaah an lo kal khâwm lâi a lang a, chutiang chu milem be mîte awm dân leh inkhâwm dân, mahni chauh inngaih hlutna nêh chuan inang lo tak a ni (*Efesi 5:1–18*). Hetianga Kristian hmasaten Pathian chibai bûka inkhâwmna an neih châng hian Pathian faka hla sak leh rimâwi chi hrang hrang an neihte tum an uar hle a, mi thenkhat phei chuan kohhran hi hlâa lo piang a ni ti pawhin an sawi thîn hial rêng a ni. He lâi thu bâkah, Kolosa 3:16 thute hian an thil sawi hi a dikna chin thui tawk a awm a ni tih a tilang âwm e (*Tirh. 16:25; 5:13* te pawh en la).

Pathian chibai bûk ho hian a lêi hrût phei zâwng pawhin nghawng tha a nei a, entîr nân, kohhran member-ten hlim taka Pathian fakna hla an han sak ho hian an “inbe tawn” tihna a ni (*Efesi 5:19*). Nimahsela, Pathian fakna hla kan sak chhan ber tûr erawh chu LALPA a ni tih kan hre reng tûr a ni a, chumi a nihzia chu Efesi 5:20-ah pawh chiang takin a sawi (*Kol. 3:16* nêh khâikhin ang che). Efesi 5:20-in a sawi lâwmthu sawina pawh hi Efesi 5:19-a kan hmuh Pathian fakna hla sak ang tho khân “kan LALPA Isua Kristâ hmingin, Pa Pathian ngei hnênah” hlan tûr a ni. “Thlarau lam hlâte” tih thû-a “thlarau lam” (Grik

ṭawngin, *pneumatikos*) tih ṭawngkam hian Pathian chibai bûknaa Thlarau Thianghlimin dinhmun pawimawh tak a chanzia min hrilh a, a chhan pawh he ṭawngkam hian Thlarau Thianghlimin a phuahtîr hla emaw, Thlarau Thianghlima khat hla emaw a sawi vâng a ni. Chuti a nih chuan, Paulan Kristian hmasate hnêna Pathian chibai bûk dân tûr dik a hrilhah hian Pathian pakhata minung pathum awmte an tel kim vek a, an zavâiin fak tûr tihna a nih chu.

Engtîn nge in Pathian chibai bûk inkhâwm kha tiphuisui leh zual tûrin zâi leh rimâwi i hman theih ang?

ZIRTÂWPNI

AUGUST 25

Zir Belhna: Efesi 5:1–20 hi a pum puiin han thlîr nawn leh ila, Paulan thil sual leh ṭha lo, a bîk takin mipat hmeichhiatna hman khawlohnaah leh ṭawngkam ṭha lo hmana lo lang chhuak thînte a dodâlzia kan hmu ang. Pathian mîte zîngah chuan nungchang ṭha lovin hmun a chan ve a phal lo rêng rêng a. Efesi khuua ringtute chu Pathian “fa duh takte” leh “mi thianghlimte” an nih ang ngei nungchang ṭha leh mâwi nei tûrin a sâwm a ni (*Efesi 5:1–10*). Chutiang nungchang chu an nei a nih chuan, thim zîngah êng an chhuah ang a, an ṭhenawm khawvêngte chu anmahni ngei pawh tichhetu tûr nungchang ṭha lo bânsantîrin, Pathian khawngaihna leh thutakah chuan an hruai lût thei dâwn a ni (*Efesi 5:11–14*).

Paulan inpêkna tharin a châwikân kohhran chu Krista lo kal lehna an lo nghah chhûng hian “êng fate ang taka awm” tûr leh Krista chênchilhna changa Pathian chibai bûk ho ṭhîn tûrin a duh hle a (*Efesi 5:14*). Pathian “fa duh takte” an nihna ang leh an tâna Kristâ thihna ten (*Efesi 5:1, 2*) a tihphûr, Thlarau Thianghlima khat (*Efesi 5:18*) bawk si an nih tawh chuan Pathian chibai an bûk hona pawh nuam leh hlimawm tak a lo ni ang a, an LALPA Isua Krista hnênah leh Pa Pathian hnênah fakna hla an hlân thei dâwn bawk a ni. Vân lam thilte chu

nghet taka an vawn tawh avângin hma lam hun beiseina an lo nei tawh a, chu chu an LALPA Isua Krista zâra Pathianin an tâna thil a lo tih tawh, a tih mêk leh a la tih leh tûr chanchina zung kaih a ni (*Efesi 5:18–20*).

Chutiang zâwnga kan hre thiam a nih chuan he lâi thu hi Kristiante nun dân tûr chungchânga thupêk inzawm lo tak tak dah khâwmna ni lovin, Kristian an nih ang ngeia an awm dân tûr leh hun hnuhnûnga Pathian chibai an bûk dân tûr hrilhna an ni zâwk tih kan lo hria ang a. Krista lo kal leh hma ni tlêm tê la awmah hian Pathian khawngaihna chang ngei thei tûra remchâna lei i tum theuh ang u (*Efesi 5:16*).

SAWI HO TÛRTE:

- ❶ Kan tûn lâi khawvêlah hian eng tik lâi mai pawh hian smartphone, television leh lehkhabu hmangtein nungchang tha lo inzirtîr lam hawi thil chi hrang hrang hmuh tûr a tam êm êm a. Hêng kârah hian eng tin nge Paulan nun dân tha leh dik a sawi hi kan lo neih theih ang?
- ❷ Ringtute hian “LALPA lâwm zâwng chu eng nge ni” (*Efesi 5:10*) tih leh “LALPA duh zâwng chu eng nge ni” (*Efesi 5:107*) tih te kan la hriat thiam theih nân eng nge kan tih ang?
- ❸ Mi tu emaw chuan, Paulan ringtute zînga mipat hmeichhiatna hman dik loh chungchâng sawi a khap a (*Efesi 5:3, 4*), chuvâng chuan mipat hmeichhiatna hman dik lo chungchâng hi kohhran huang chhûngah kan sawi tûr a ni lo ti ta se, eng tin nge i chhân ang? Eng vângin nge a ngaih dân chu a dik tâwk loh?
- ❹ Eng tiang kawngtein nge kan tûn lâi khawtlâng nun hian Paulan a hun lâia milem be mîte thil chin tha lo tak tak a sawisêl angte kha a pho lan?

ZIRLÂI 10

AUGUST 26–SEPTEMBER 1, 2023


NUPUITE LEH PASALTE: KRAWS-A INPUMKHAT

CHÂNGVAWN: “Pasalte u, in nupuite hmangaih rawh u, Kristan kohhranho a hmangaih a, an âia mahni a inpe ang khân; anni chu tuia sila thu chuan tifâiin a tihthianglim theih nân. Chutichuan, kohhranho chu bawlhhlawh kâi lo leh, zûr lo leh, chutiang thil rêng rêng pu lovin, thianglim leh hmêlhem lova awm zâwkin, amah leh amah kohhranho ropui takah chuan a inpe thei ang” (*Efesi 5:25–27*).

SABBATH CHAWHNÛ

AUGUST 26

Chhiar Tûrte: *Genesis 2:15–25; Ezekiela 16:1–14; 2 Korin 11:1–4; Efesi 5:21–33; Filipi 2:3, 4.*

 efesi 5:21–33-ah pawh hian ringtute chu intulût tawn theuh tûr a nih thu bawh kha sawi lehin, Kristian nupui leh pasalte hnênah thurâwn tha tak tak a pe a; tichuan, an pahnih tâna thurâwn tangkâi tak tûr pein a thu sawi tlâng a kâwm ta a ni (*Efesi 5:33*).

Hê a thurâwn pêkah hian, tûn lâi huna Bible chhiar thînte chuan tholeh Kristan kan inlaichîna chungchâng a sawi a ni tih an hre thei a. Chutiang chu Efesi 5:21–6:9 hi Paulan a taka a lehkhathawn thupui ber, inpumkhatna hlen chhuah theih dân kawng a sawi hi a ni tih kan hriat thiam hunah ti thei dinhmunah kan ding dân a; tûnah bîk hi chuan Kristian chhûngkaw tân a ni phawt rih thung ang. Mihring hlui zia tha lo leh zahpui awm tak kha a sawisêl nasat viau rualin, mihring thar siam a ni ta erawh lâwmawm a ti hle thung a (*Efesi 2:15*), chu mihring thar chu khawtlâng nun khaw lo taka chêng mihring dangte zîngah a awm ve leh dân tho bawh. Chu khawtlângah ngei chuan thiltihtheihna thar, Thlarau Thianglim (*Efesi 2:22; 3:16; 5:18–21; 6:17, 18*) leh Krista nungchang ang chu tûi

darhtîr a lo ni ang a (*Efesi 4:13, 15, 20–24, 32; 5:2, 10, 17, 21–33*), chu chuan a mîte tân leh khawvêl tâna Pathian ruâhmanna chu a tipuitling dâwn a ni.

SUNDAY

AUGUST 27

Kristian Nupuite Hnêna Thurâwn

Paulan mi dangte hnêna intulût ðheuh tûra kohhran member-te a fuihna thu Efesi 5:21 (*Marka 10:42–45; Rome 12:10; Filipi 2:3, 4* te pawh en la) hmangin Efesi 5:1–20 leh Efesi 5:22–33 hi a suih zawm a. Chu thil chu “Krista ðih dêk chung” (*Efesi 5:21*) ti tûr an ni baw. Ringute tân chuan Krista nêna inlaichînna ðha neih tluka thil pawimawh a awm loh thu hi vawi tam tak a sawi a, tûna mi hi chûng a sawina zîngah chuan a hmasa ber a ni nghe nghe baw.

Paulan kohhran member-te chu an member-puite hnêna intulût ðheuh tûra thû a râwn hi eng nge ni a awmzia? Hê thû hi engtin nge kan hriat thiam ang? *Efesi 5:21.*

Paulan Kristian nupuite chu LALPÂ laka an intulût anga mahni pasal ðheuh hnêna intulût tûrin a sâwm a (*Efesi 5:22; 1 Pet. 3:1, 5* pawh en rawh). “LALPÂ hnêna an intulût” anga an pasalte hnêna intulût tûra a hrilh hian, an pasalte chu Krista anga ngâiin an hnênah an intulût tûr a ni a tihna a ni ang em? Nge ni a, Krista chu an intûkluhna tûr dik ber leh sâng ber a ni tûr a ni a tihna zâwk?

“Mihring rawng bâwl ang mai ni lova, LALPÂ rawng bâwl ang zâwka” rawng bâwl tûra bâwihte thurâwn a pêkna Efesi 6:7 leh, “LALPA-a a âwm tâwk ang zêla” an pasalte hnêna intulût tûra nupuite a hrilhna Kolosa 3:18 te hi han thlîr ve ve ila, a hnuhnûng zâwk hi an pasalte hnêna an intûk luh dân tûr zâwk chu a nih a rinawm. A chhan pawh, nupuite pawh hi ringtute an ni ve tho a, an pasalte âia an châwimâwi zâwk tûr chu Krista a ni si a.

Kolosa Leikhathawnah leh Efesi Leikhathawnah te hian Krista—Krista chauh hi—kohhran lû nia sawi a ni a (*Efesi 1:22; 5:23; Kol. 1:18*): “Krista chu kohhran lû a ni a; ani chu taksa Chhandamtu pawh a ni bawk” (*Efesi 5:23*, NKJV). Hê entîrnain a sawi ang hian, pasal chu “nupui lû” a ni a (*Efesi 5:23*), kohhranin rinawm taka Krista rawng a bâwl ang chiah hian nupui pawh a pasal lakah a rinawm tlat tûr a ni. He lâi thu hi in chhûngkhura hleihlenna thlentîr phalna emaw kan lo ti mai palh thei a; mahse a ni hauh lo. Nih ahnehin inneihna chu inhmangaih tawna leh inngaihsak tawna a ni zâwk.

Kan chhiar zawh tâk chiah aţang khân chhân tûm la, eng vângin nge he thurâwn hi kan hriat reng a pawimawh? Pasal chu “thinchhe tak, mi hauh hmang, phunchiar bawk si, mahni indah sâng, ngilneihna nei bawk si lo leh mi dangte hnuachhiah chîng a nih chuan pasal chu nupui lû a ni a, chuvângin eng kimah nupui chu a pasal lakah a intulût tûr a ni tih thu hi a sawi pawh sawi ve rêng rêng suh se. A chhan pawh Lalpa a ni lo va, tin, pasal nihna awmzia leh dinhmun pawh a hriat loh avângin pasal dinhmun dik tak pawh luah pha lo a ni si a.” —Ellen G. White, *Kristian Chhûngkua*, p. 109.

THAWHTANNÍ

AUGUST 28

Kohhran Hi Krista Mo A Ni: Then 1-na

Efesi 5:25–27, 29 leh fahrah thawnthu inziahna Ezekiel 16:1–14 hi khâikhin la. He fahrah thawnthua eng lâite hi nge Efesi Leikhathawn ziaktu Paulan a ziah chhâwn?

Paulan Efesi 5:25–27, 29-a kohhran nihna leh kohhran leh Krista inzawm dân sawi fiahna atâna inneihna a hman hian hmân lâi Bible ram mîte tih dân kha thiam takin min hrihl a. Kohhran chu mo nêna tehkhinin Krista chu Moneitu:

1) *Mo anga kohhran hmangaihtu a ni (Efesi 5:25)*. Kohhran hi Krista mo a ni a, ani chuan pasalin thinlung taka a hmangaih ang chiah min hmangaih a ni tih kan hre reng tûr a ni.

2) *Mo man atân mahni inpe a ni*. Hmân lâi Bible ram mîte inneih dânah moneitu chuan “mo manin” a mo tûr chu a “lei” thîn a, a leina pawh sum tam tham tak leh thil hlu chi hrang hrang a ni a, a tam tham êm avângin an khaw sum leh pài dinhmun pawh a nghawng phâk hial thîn. Krista chuan a mo atâna kohhran a neih theih nân man sâng tak, “amah” a inpe a (*Efesi 5:25*). Mihringa a lo channaah leh krawsah khân mo man atân amah leh amah a lo inpe tawh a ni.

3) *A mo bual fâitu*. Hmân lâi inneih lawmnaa thil pawimawh tak pakhat chu inneihna atâna inpeih tûra mo buatsaih a ni. Tûn lâi pawh hian chutiang chu a la ni reng tho a, mo chu a thiante leh a laizâwn hnâiten uluk takin an chei a, a nalh thei ang bera chhuah an tum thîn. Mahse, Paula hi chuan inneihna atâna mo cheitu chu Moneitu a ni tih a sawi a. Amah chu tuia sil hmanga a mo tithianghlimtu leh silfâitu a ni (*Efesi 5:26*)—hei hian baptisma chantîrna a kâwk a ni maithei.

4) *Thutiam sawitu a ni*. He tihfâina, tithianghlimna hi “thu nêna” tih a ni a (*Efesi 5:26*). Heti lâia “thu” a tih hian Moneitu’n a mo hnêna thutiam a sawi a kâwk (*Efesi 1:3–14; 2:1–10 te pawh chhiar la*, Pathian chuan ringtute hnênah a pianthar tirhin thutiam a pe thîn). Hmân lâi huna an inhual dân kha tûn lâia inhualna kan kalpui dân âi hi chuan an la puithu deuh zâwk a, mo man zât tûr leh mo thil chhawm tûrte an ziaq fel sa thlap thîn.

5) *Mo a buatsaih a, a chei bawh*. Mo chu a Neitu tûr hnênah hlan a nih chuan a mâwi êm êm a, bawlhhlawh leh zûrna rêng rêng pawh a nei lo (*Efesi 5:27*). Krista hian a mo chu a bual fâi a ni mai lo va; buatsaihin a chei mâwi nghâl bawh.

Eng tiangin nge hêng Bible chângte hian Kristan kan chungarilru a put dân hre tiam tûrin mi a tanpui le? Eng vângin nge chu chu kan tân a thlamuanthlâk êm êm?

Kohhran Hi Krista Mo A Ni: Then 2-na

Paulan eng tin nge hmâ lâi mîte inneih program-a an thiltihte kha Korin khuua Kristiante tân pawh thil tih ve châkawm tak ni tûrin a hman? *Inhlanna* chu eng tika thleng nge a nih? (2 Kor. 11:1–4).

Hmân lâi mîte inneih program-a an thil tih pakhat, a hnuhnûng ber ni bawk chu “inhlanna” a ni a. Chumi chu entîrna atâna hmangin Efesi 5:25–27-ah hian Krista chu: (6) *(ama) hnênah amah ngeiin mo a hlân*. Hmân lâi chuan mo chu mo neitu tûr hnênah mo neitu thianten emaw, ama pa-in emaw an hlân thîn a. Moneitu’n a hlân ngâi lo. Mahse, hetah hi chuan Moneitu Isuan kohhran chu mo angin ama hnênah a hlân niin a sawi.

Paulan Krista leh kohhran inzawm dân a indawta sawi fiah nân inneihnaa thil an tih thîn hrang hrangte kha entîrna atân a hmang a. Chûngte chu: 1. *Inhualna*. Krista chu kohhran tân amah leh amah a inhlân a (amah chu “mo man” a ni), tichuan, a nupui tûr nêen chuan an inhual ta tihna a ni. (*Efesi 5:25*). 2. *Inneihna atâna inbuatsaihna*. Moneitu chuan mo tihthianghlim leh silfâi hna a thawh mêk chu phûr tak leh t̄ha takin a tichhunzawm zêl a (*Efesi 5:26*). 3. *Inneih inkhâwm*. Tûna Krista rilrua awm ta chu inneihnaa mo “hlan a nihna” chiah a ni ta (*Efesi 5:27*). He program hi chu Moneitu Krista a lo kîr leha, kohhran hi a mo anga a rawn hruai hun leh amah ngeiin ama hnêna a hlan hun, inneih lawmna inkhâwm ropui tak buatsaih a nih hunah a thleng ang (*Efesi 5:27; 2 Kor. 11:1, 2; Kol. 1:21–23, 28* te pawh en la).

Hmân lâi chuan inneihna program hi zân lama kawng zawhna nêen bul an t̄an thîn a (*Mat. 25:1–13 en rawh*). Moneitu leh a thuihruaite chu moneitu inah—mo leh mo neitu chên dunna tûr inah—an kal khâwm phawt a, tichuan, mo pa in lam

panin kawng an zawh ta ðhîn a ni. Meichherte chhî-in hlim takin an zâi a, rimâwi bungrua an neih ang angte kengin an ri bûng bûng zêl mai a ni âwm e. Mo chuan a pa inah a lo nghâk a, a nih loh pawhin a châng chuan mo hruaitute nêna intâwk tûrin a ðhian leh a chhûngte nêh kawng a rawn zawh pheï ve ðhîn bawk. Chutia an intawh hnu chuan an pahniha an chên dunna tûr in lam panin an kal ho ta a. Chu inah chuan an mi sâwmte nêh chawlhkâr khat chhûng zet te ruai an ðeh ðhîn a. Chawlhkâr tâwpah chuan inneih program-a a hnuhnûng ber hman niin, chumi hunah chuan mo chu moneitu hnênah hlan a ni ta ðhîn a ni.

Krista chuan ama hnênah amah ngeiin kohhran a hlân nia Paulan a sawi hian a mitthlâah chuan he inneih kawngzawh leh mo inhlanna hi a awm a. He tehkhin thu hmang hian Krista chu a mîte lam tûra lo kalin, chutih hunah chuan Krista leh a kohhran inhualna hi a lo famkim tawh ang a, inneihna ruai kîl ho a ni tawh bawk dâwn a ni.

He tehkhinthu ðha tak, hlimawm leh beiseina min siamsaktu ni bawk aþang hian keimahni tân ðheuh eng thuchah nge kan lo chhar chhuah ang le?

NILÂNĪ

AUGUST 30

Nangmah I Inhmangaih Angin I Nupui Hmangaih Rawh

Pasalten an nupuite nan hmangaiha an ngaihsak chhan tûr ðha tak dang Paulan a hrilh chu eng nge ni? Efesi 5:28–30.

Paulan Kristian chhûngkuate zawm tûr dân a lo zamte hian a hun lâi khawtlâng nun kha a ðha vak lo a ni tih a lantîr a. Efesi 5:28–3-ah hian, khatih hun lâia mi tam takte tih dân ang deuha “mahni tisa huat” (*Efesi 5:28, 29*) thlang mauh mai, an nupuite tihduhdaha kutthlâk chîng tak pasalte chu thu a pe ta a

ni. Paula hun lâia Grik-Rome-ho khawvêlah kha chuan in chhôngkhurah pa berten (Latin ƣawngin, *pater familias*) thu an nei êm êm a. A nupui fanaute leh a salte chu dimna tel miah lovin duh leh a hrem thei a, tin, a thah pawh a that hial thei bawk. Chutiang ti tûr chuan dânin dikna chanvo a pe miao a; mahse, chutiang êm êma rawnnga chêtna chu mipui zîngah duh lo an lo tam chho ve zêl thung.

Efesi 5:25–27-ah hian hmangaihna entîrna ƣa leh famkim ber chu min hrilh a, chu chu Kristan kohhran a hmangaihna niin, chu chuan pasalte tâna nupuite hmangaih chhan tûr thar danglam tak mai min hriattîr nghâl bawk. Tichuan, hnialfung thar hmangin kan entawn tûr Krista chu min kawhhmuh leh ta a, Isuan a nupui kohhranho tâna a inhlâna, a mamawh tinrêng a ngaihtuhsak ang chiah (*Efesi 5:25–27*) khân Kristian pasalte pawh an nupuite tân an inhlân ve tûr a ni. Kristian pasalte chu an hun lâia milem be mi pasalte tih ang thilte ti ve lo tûrin chona a pe a, chu âi chuan Kristan kohhranho a hmangaihna ang kha an nupuite lakah lantîr zâwk se a duh hle a ni.

Efesi 5:28–30-ah hian Kristian pasalten an nupuite an hmangaih chhan tûr thar dang pakhat sawi a nei leh a, chu chu mahni inhmangaihna a ni. “Tu ma’n mahni taksa an haw ngâi lo” a tih hi thu dik awm sa a ni a. Pasalte chuan anmahni leh anmahni an inti-na ngâi lo ang. Tin, mahni taksa vaw ta vak vak pawh an awm dân lo rêng rêng bawk a. Chutianga tih chu sawi loh, an chawmin an duat êm êm zâwk ƣhîn a ni (*Efesi 5:29*). Nupuite laka nunrâwnna leh tharum thawhna an thlentîr ƣhin chu an lo sim theih nân a nupuite nêp pumkhat an ni tih hre tûrin a sâwm a. I nupui nêp khân mi thuhmun in nih tawh avângin amah tihnat chu nangmah intihnatna a ni dân a, chutianga mahni leh mahni intihnat chu mi pângngâi chin chuan a ti duh miah lo ang.

Entawn tûra a chhawp chhuah Isua Krista chanchin bawk kha sawi lehin, Krista chuan “a taksa” (*Efesi 5:29, 30*) pêng ringtute chu chawmin a duat êm êm a. Chutiang chiah chuan,

nangmah chungah i tih duh tûr ang bawk leh, Kristan i laka a tih ang chiah kha i nupui chungah pawh ti ve ang che.

Paulan nupuite leh pasalte chu Isua entawn tûrin a ti ve ve a. Isua hnên aţang hian in in chhûngkhura chêngte i hmangaih vek theih nân eng nge zir tûr i neih le?

NINGÂMĪ

AUGUST 31

Inneihna Hi Tisa Pumkhata Insiamna A Ni

Genesis 2:15–25-a kan hmuh khawvêla thil awmte siam a nih dân chanchin hi chhiar la. Nupui leh pasalte chu “tisa pumkhat” a nih thu a sawi hma hian eng thil nge thleng phawt le (*Gen. 2:24*)?

Paulan nupuite leh pasalte hnêna thurâwn a pêk hi a nihna ang taka kan hmang dân a nih chuan Genesis 2:24 thu a sawi chhâwn hi kan hmuh phawt a ngâi ang. Genesis bû-a kan hmuh thil siam chanchin hi a han ngaihtuah a, chutichuan, Kristian kohhran mamawhte leh kohhran member chhûngkaw tinten inlaichînna hrisêl an nei theuh theih nân thil tûlte chu a hmu ta a ni. Genesis 2:24-ah hian eng hun atân pawha pawimawh zêl tûr thuchah a chhar chhuak a. Pathian ruâhman dânah chuan inneihna hi “tisa pumkhata” insiamna tûr a ni a, nupui leh pasal inkâra mipat hmeichhiatna hmanna chuan rilru, taksa leh thlarau lama inpumkhatna siamin, chutianga inpumkhat tate chauh chuan mipat hmeichhiatna an hmang dân tûr a ni bawk.

Genesis 2:24 a rawn thur chhuah nalh chhan pawh eng dang ni lovin, inneihna hi mihringte suala an tlûk hmaa lo siam tawh a ni tih sawi a tum vâng a ni a, chu chuan Kristian nupuite leh pasalte inkâra inlaichînna hi hre thiam tûrin min tanpui bawk. Suala tlu tawh hnu kan khawvêl, hmeichhia leh mipa inkâr chauha hman tûr mipat hmeichhiatna pawh dik lo taka hman a lo nih tâkna hmunah hian nupuite chu pasalte

thuhnuaia awm tawp mai tûr ni anga ngaihna a lian hle a. Mahse, Paula hi chuan Genesis bu-in a sawi angin nupa chu tu emaw zâwk zâwk thuhnuaia awmna ni lovin, pumkhata insiamna a ni zâwk tih a sawi. Mipa chungnunzia a entîr emaw, mipa a chungnuntîr emaw a ni lo va, an pahniha pumkhat an lo nih chian tâk êm avângin “tisa pumkhat” an lo ni ta a ni zâwk. Chutiang chuan, Efesi 5:21–33 leh Genesis 2:24 te hian inneihna leh mipat hmeichhiatna hmanna chungchânga hnam tin pawm tlân theih leh zawm nghâl bawk tûr thurin dik chu min zirtîr a ni.

A châng dawt leh chiahah hian “thuril thûk tak” (*Efesi 5:32*) chungchâng a sawi a. Hê thuril thûk tak hian a hma lama a lo sawi tawh tehkin thu kha a tawn tawna zawm tûr a ni tih min hrilh: Kristian inneihna hi Krista leh a kohhran inlaichînna ênga hriat thiam tûr a ni a (*Efesi 5:32*) chutiang bawkin Krista leh a kohhran inlaichînna hi Kristian inneihna ênga hriat thiam tûr a ni bawk (*Efesi 5:32*).

Kristian nupa inlaichînna hi Krista leh kohhran inkâra inlaichînna awm nêna khâikhinin tihfamkim sawt theih a ni a. Chutiang deuh bawk chuan, ringtute hian Kristian nupa inlaichînna tha tak tarmit hmangin Krista leh a kohhran inlaichîn tawn dân hi ngaihtuah sela, Krista nêna inlaichînna a neih dân tûr dik tak chu an hre thei ang.

Eng tiang kawngin nge Efesi 5:33 hi Efesi 5:21–32-a Paula thurâwn khâikhâwmna a nih? Nupui pasal nei tawh i nih chuan, hêng thurâwnte hi in nupa kârah eng tin nge famkim zâwkin i hlen chhuah theih ang?

ZIRTÂWPNI

SEPTEMBER 1

Zir Belhna: Ellen G. White-i lehkhabu, *Kristian Chhûngkua* tih pp. 103–112-a “Thil Intihsak Tawna” tih chhiar ni se.

Ellen G. White-i chuan nupuite leh pasalte chu an kawppuite thunun tlat tumna ang chi rêng rêng laka insûm thiam tûrin a chah a: “In duh dân ang chauha awm tûrin a tu

mah mah intilui suh u. Chutianga in ti a nih chuan in inhmangaih tawn reng thei lo vang. Chu âi chuan, ngilneiin dawhthei hle ula, hrehawm tuar peih ula, mi dang hriat thiamna ngah leh hawihhâwm tak ni zâwk rawh u.”—*Kristian Chhûngkua*, p. 110.

Heti hian Kolosa 3:18 leh (*Efesi 5:22–24*) thu awmzia a lo hrilh fiah bawk a: “ ‘Nupui chuan amâ duh dânin thil a ti ve miah lo tûr a ni em?’ tih hi an zâwt châwk a. Bible-in chiang taka a sawi chu pasalte hi chhûngkaw lû an ni tih hi a ni. ‘Nupuite u, in pasalte lakah intulût rawh u’ tih thupêk hi hetah hian tâwp ni se chuan, nupui dinhmun chu a duhawm loh ngawt ang le. . . . Pasal tam tak lah chuan, ‘Nupuite u, in pasalte lakah intulût rawh u’ tih hi an changchâwi hlur mai bawk si a. Mahse, a thu dawt chiah, ‘LALPAA a âwm tâwk ang zêlin’ [*Kol. 3:18*] tih lâi hi chu an chhiar thleng tawh ngâi si lo. Pathian chuan nupuite hi Pathian ÷ihna leh Pathian ropuina ngaihtuah reng tûrin a phût a. An pumhlûma an intûkluhna tûr awm chhun chu a man chhiar sên loh ama nunna ngei hmanga ama fa ni tûra lo lei tawhtu LALPA Isua Krista hnênah chauh a ni. . . A nunah a pasal âia lal zâwk Pakhat a awm a; chu chu a Tlantu a ni; chuvângin, a pasal laka an intûkluh dân tûr pawh, ‘LALPAA a âwm tâwk ang zêlin’ tih ang khân Pathianin a hrilh dân ang zêl ni rawh se.”—*Kristian Chhûngkua*, pp. 107, 108.

SAWI HO TÛRTE:

- ❶ Mi tu emaw chuan Efesi 5:21–33-a Paula thurâwn hi pasalten an nupuite an thuhnuaï theihna tûra fuihna lam hawi a nih avângin tûn lâi hunah hi chuan a zawm chi a ni tawh lo tiin lo sawi ta se la. Eng tin nge i chhân ang? He lâi thu vêk aţang hian a ţanfung chu i hnial thla thei ang em?
- ❷ Efesi 5:21–33-a kan hmuh Paulan a nupui emaw, pasal emaw nêna inrem lo tu emaw hnênah eng thil pawimawh tak nge hrilh tûr a neih ang?

- ③ Kristian ni ve tho si mi thenkhat chuan Genesis 1 leh 2-a kan hmuh thil siam chanchin hi entirna mai a ni a, kum tluklehdingawn tam tak chhûnga thil rawn insiam chhoh dân dik tak min hrilh lo ti te-in an sawi thin a. Mahse, Paula chuan he thawnthu hi a thil sawi tum tifiaktu atân a hmang bawk si. Hei hian Genesis bu-a kan hmuh thil siam chanchin hi a taka thleng ngei a ni tih a rinzia a tilang em?
- ④ “Tisa pakhat” tih thu kha rilru-ah lo vawng reng la. He thu hian inneihna thianghlimzia hre thiam tûrin eng tin nge min tanpui a, chu a thianghlimna chu nupaa insiam tawhte hian eng vângin nge an vawn him tlat a pawimawh?

ZIRLÂI 11

SEPTEMBER 2–8, 2023


KRISTÂ CHUNGA RINAWMNA ATAKA NUNPUIIN

CHÂNGVAWN: “Nangni hotute u, chutiang bawkin, anmahni leh nangmahni Hotu chu vânah a awm tih leh, ani chuan mi duhsak bîk a nei lo tih hriain, vau lovin an chungah ti ve erawh u,” (*Efesi 6:9*).

SABBATH CHAWHNÛ

SEPTEMBER 2

Chhiar Tûrte: *Marka 10:13–16; 2 Korin 5:10; Efesi 6:1–9; Kolosa 3:21, 24, 25; 1 Petera 2:18–25.*

 UM 2018 khân Washington, D.C. khawpuia awm Bible Museum-a Bible hlui pakhat an dah chu miin an hmu duh hlê mai a. Hê Bible hi Bible kaihtâwi a ni a, a buatsaihtute hian bâwihte thlavâng hauhsakna lam hawi thû rêng rêng chu chhawk vek niin, thurin pawimawh leh tûl chin nia an ngaih chauh a chuântîr a ni.

Kum 1808-a an chhuah tawh kha a ni. Khawi khawiah emaw chhawk then an nei a ni mai lova, Thuthlung Hlui lamah hian zâ sawmkua vêl paihin, Thuthlung Thar lamah pawh

zâa sawmnga leh pakua vêl an paih bawk. Kan Bible hman lâiah hian bung 1,189 a awm a; mahse, hê Bible-ah hi chuan bung 232 chiah a awm.

A leh lamah, bâwih neih sawi mâwina, Bible thawnthu dangten “chanchin thâ” ti pawha an sawi vê miah loh tûr chângte erawh engtin mah khawih danglam lohin an zuah thung a. Chûng an zuahte zîngah chuan mi tam takin an hman soal thîn châng, “Chhiahhlawhte u, Kristâ chung a in ti angin, tîsa lama in hotute thu pawh thinlung leh tih tak zetin, hlâu leh khûr chungin zâwm vê rawh u,” (*Efesi 6:5*, KJV) tih pawh hi a tel a ni.

Tûn lâi kan hun leh kan khawtlâng nunah hian, chona pawimawh tak kan hmachhawn chu Efesi 6:1–9 thu awmzia hriat thiam a ni. Chû tûr chuan, chhandamna chanchin, Bible bu kima puan chhuah a nih dân ang hi rilrû-a ngaihtuah chungin kan chhiar tûr a ni. Paulan a hun lâi khawtlâng nunphung dik lo tak hnêna chanchin thâin a ngaihhlut leh ngaih pawimawh zâwnge a hrilh dân aţang hian eng thilte nge zir chhuah theih kan neih le?

SUNDAY

SEPTEMBER 3

Naupangte Hnêna Thurâwn

Paulan naupangte hnêna thurâwn a pêk chu eng nge ni a, a thurâwn pêk chu a rintlâkzia tilang tûrin Thuthlung Hlui lehkhawia eng thûte hi nge a hman? Efesi 6:1–3. (Mat. 18:1–5, 10; Marka 10:13–16 pawh en la.)

Paulan naupangte hnêna thurâwn a pêk hi a awmze dik tak hre tûr chuan, Efesi khawpuia chêng Kristian, kohhran member tu tute emaw ina inkhâwm ho thînte hnêna chhiar chhuah a ni lâi kha kan mitthlâah kan hmuh a ngâi ang. Heti lâia “naupangte” (Grik tawngin, *ta tekna*) a tih hian naupang chumchiap aţanga lei kâng deuh tawh thlengin a huâm thei a,

a chhan pawh fâte chu an pâten kum 60 an tlin hmâ chuan (Grik-ho tih dânin) emaw, an thih hmâ loh chuan (Rome-ho tih dânin) emaw an pête thuhnuai a an awm thìn vâng a ni.

Paula hian Kristian kohhranho inkhâwmna hmuna Pathian chibai bûk thìn naupangte chu “LALPA-ah” (chumi awmzia chu Krista-ah tihna a ni) an nu leh pête thu zâwma châwimâwi tûrin a ngên a (*Efesi 5:22; Efesi 6:4, 5, 7–9* te pawh en rawh). Hetah hian naupangte chu keimahni ang bawkin Kristâ zirtîrte an nih avânga zah tûr leh, Pathian chibai bûknaah pawh teltîr vê ngêi thìn tûra hrilh kan ni. He lâi thû hi naupangte enkawl na leh naupangte rawngbâwlsakna kawnga kan inngahna lungphûm a ni nghâl bawk.

Amaherawhchu, Paula thurâwn hi î-hê lova zawm ngawt tûr a ni lo thung. Nû leh pête thû chu “Kristâ thilphûtte nê n a inkalh a nih chuan, hniâl harsa tak pawh a lo ni a ni maithei, [naupangte] chuan Pathian thu an zâwm zâwk tûr a ni a, an nu leh pête thu an zawm loh avânga thil lo thleng theite pawh Pathian kutah an dah mai ngam tûr a ni bawk.”—Ellen G. White, *Kristian Chhûngkua*, p. 281.

Paula hian naupangte a fuihna thû chu Thu Sâwm Pêka a pangana sawi chhâwngin a titâwp a. Hei hian Kristiante kâihruaitu atân Thu Sâwm Pêk hi a tling tâwk a ni tih a ring a, a dah sâng hlê bawk a ni tih a tilang (*Efesi 4:1–6:9*; a bîk takin, *4:25, 28; 5:3–14*). Thu Sâwm Pêka a pangana sawi chhâwngin bul a han tan phawt a, a châng dawt leh chiah a sawi hmâ hian amâ tawngkam a han zep tel zauh a (“chu chu thupêk tiam nei hmasa ber a ni,” *Efesi 6:2*) tichuan, châng 3-ah hian thupêk pangâna thû bawk kha sawi lehin (“i tân a thâ ang a, leiah hian i dam rei bawk ang,” *Efesi 6:3*) naupangte hnêna thurâwn a pêk chu a khâr ta a ni. Thupêk palî-na hian nû leh pête châwimâwi chu mihringte tih tûra Pathianin a lo ruâhman sa ve rêng a ni tih a sawi a. Kan nû leh pête châwimâwina chuan, tha famkim lo tak pawh lo ni mah se, hrisêlna a tiyhân dam reina min thlen bawk ang.

Hêng Bible chângte hian engtin nge chhûngkaw inlaichînna pawimawhzia min hrilh le?

THAWHTANNÍ
Nû leh Pâte Hnêna Thurâwn

SEPTEMBER 4

Efesi 6:4 leh Kolosa 3:21-te hi khâikhin la. Kolosa 3:21-a kan fâte kan tihvui lohna tûr chhan a sawi chu eng nge ni?

Paula-te hun lâia an chhiar thîn lehkhabu pakhat, ‘Siraka Lehkhabu’ an tihah chuan pâten an fâte an enkawlina kawnga an zawm tûr thurâwn eng eng emaw a awm a: “A fapa hmangaihtu chuan a fapa a vaw thîn ang. . . I fa chu han duât sual vaih teh, a la tithlabâr thîn ang che a, a la tilungngâi tlawk tlawk baw ang che. . . I fapa chu thunun la, nghâwkawl rit tak bahtîr rawh, chutichuan, a zah theih lohna chuan a tilungni lo dâwn lo che nia,” (*Sirach 30:1, 9, 13*, NRSV).

Paula thurâwn erawh hi chu a kî a danglam hlê mai. Pâte hnênah an tih loh tûr a sawi phawt a (“In fâte tithinur suh ula,” *Efesi 6:4a*), chumi zawhah chuan an tih tûr a hrilh vê leh ta thung (“LALPÂ thununna leh zilhnaah chuan enkawl zâwk rawh u,” *Efesi 6:4b*). Paula-te hun lâi kha chuan chhûngkhat pa berten an fâte chungah dân ang takin thuneihna pumhlûm an nei a, an fâte pawh anmahni tâ, an bungrua ni anga ngaih an ni. Pâte chuan an fâte chungah hremna na deuh tak, thihna hial pawh an chelek thei a. A châng pheih chuan, an bâwih kawlte chungah thuneihna an chelek âia nasa zâwk mahin an fâte chungah thuneihna an chelek hial thîn a ni âwm e.

Paula hian bâwih neih leh an chungah thuneihna chelek a sawi mâwi a ni lo va, chutiang ni lovin, chhûngkaw inlaichînna tha awm dân tûr a sawi fiah a ni zâwk. Kan rinawmna tâwpkhâwk tûr chu Kristâ lakah a nih avângin Kristian pête chu an thuneihna an hman dân ngaihtuah ngun hlê tûrin a chah a, a chhan pawh an tihnawrh an fâte chu

“LALPĀ thununna leh zilhauhna” (*Efesi 6:4*) pawm thei dinhmunah an din dâwn loh vâng a ni.

“Nû leh pête u, in in chhûngkhurah Pathian mîzia tilangtu tûr in ni a. Thuâwihna chu, anmahni naupangte hrâwk vak vakna nêna phût lovin, hmangaihna leh ngilneihna lan chhuahtîr chungin phût zâwk rawh u. . . .

“In chhûngkhurah nêlawm takin awm ula. Rilru tha lo chawk tho thei tawngkam in hman loh nân insâwm hrâm tîh rawh u. ‘Pête u, in fâte tithinur suh u’ (*Efesi 6:4*). . . .

“Pathian Lehkhabu-ah hian nû leh pête chu an fâten thu an âwih loha hnuaichhiah leh hleihluâk taka hrem phalsak an nih tû pakhat mah a awm lo va. Pathian dân chu in chhûngkhurah leh ram inrêlbâwlnaah te hian hmangaihna tâwp lo thinsung atangin a lo luang chhuak a ni.”—Ellen G. White, *Naupang Kaihruaina*, p. 233.

Hê zirlâiin a sawi hi chu nû leh pête zawm tûr ni tho mah se, hêng Bible chângte atang hian mi dangte chung a kan awm dân tûr chungchângah eng zirlâite nge zir chhuah theih kan neih le?

THAWHLEHNĪ

SEPTEMBER 5

Hmân Lâia Bâwih An Neih Dân

Hêng Bible chângtea bâwihte leh bâwih pête hnêna Paulan thurâwn a pête hi han chhiar teh: *Efesi 6:5–9; Kolosa 3:22–4:1; 1 Korin 7:20–24; 1 Timothea 6:1, 2; 1 Petera 2:18–25*. Hêng thurâwn te hi engtin nge i khâikhâwm ang?

Paulan Kristian bâwih pête hnêna thurâwn a pe leh, Kristian bâwihte leh anmahni neitu Kristian bâwihpute chu Efesi kohhranho inkhâwmna ina an han tû ho vek mai tûr chu mak kan lo ti maithei e. Rome-ho hun lâia bâwih an neih dân kha America leh Europe ram vêla bâwih an neih dân nên chuan

inang lo tak a ni. Thuthlung Thar hun lâia bâwih an neihte kha chu hnam pakhata mî vek an ni vê lo va. Khawpuiah chuan, an ina an chhawr bâwihte kha lehkha an zirte an phalsak a, in satu te, doctor te leh mi fîng tak tak te an ni thei.

A châng chuan hêng bâwihte hian kum eng emaw zât an pûte rawng an lo bâwl tawh a nih chuan zalênna an nei thei a; mahse, chutianga zalênna nei ta chu tlêm azâwng chauh an ni thung. An bâwih lo neih thîn dân kha tûn lâia bâwih tih awmzia kan hriat thiam dân nêh hian a inang lo a ni tih kan hriat theih nân tûn hnâia an tihchhuah Bible lehlin thênkhat chuan Efesi 6:5–8-a “bâwih” tih sawina Grik thumal, *doulos* pawh hi “chhiahhlawh” tiin an letling ta daih rêng a. Amaherawhchu, hetiang enkawlna thâ hi bâwih zawng zawngin an chang vek lêm lo thung, a bîkin thingtlâng lama an chhâwr bâwihte chuan hnâ an thawk rim thîn hlê a ni.

Bâwihte chuan khawi hmunah pawh hnâ thawk se, anmahni mai pawh ni lovin, a nupui fanâte nêh lama neitu an pûte thû thû-in an awm mai tûr a ni a, an thu lo hniâl ve ngam tûr an ni lo. Bâwih lo ni reng tawh thîn Publilius Syrus-a chuan, “Bâwih nih âi chuan thih daih pawh a thlanawm zâwk” tiin a sawi a. A thil sawi hian bâwihte chan chhiazia Chiang takin a tilang. Hêng zawng zawngte ngaihtuah hian, “bâwih” tia Grik thumal, *doulos* an lo letling hi “chhiahhlawh” tih âi chuan a dik zâwk hlê niin a lang a, a chhan pawh bâwihte chu an pûte hlâu rêng rênga nung an nih vâng a ni (*Efesi 6:9*).

Bâwih neih hi Paula rawngbâwl lâi khawvêlah khân thil nihphung pângngâi ve rêng a ni a. Bâwih neih chungchâng a sawi pawh hian khawtlâng nun siam thatu ang ni lovin, ringtute hnêna thurâwn petu pastor ang zâwkin a sawi a ni tih hriat tûr a ni. Ringtute chu an khawtlâng nuna thil thlengte hre thiam a; mahse, Kristan a siam thar tawhte an nih avângin thil thlîr dân thar nei tûrin thurâwn a pê a; chu an thil thlîr dân neih thar tâk chuan an khawtlângah nghawng thâ tak a nei ve leh chhâwng dâwn a ni: “A hmathlîr hi *Rome Lalram chhûnga bâwih awm*

zawng zawngte chhuah zalen vek a ni lo va. A rilrû-a awm zâwk chu dân ang taka bâwihte zalêntîr ni lovin, Pathian fâte an nihna ang thil siam thar, û leh nâu vek an ni tih hriattîr a ni. . . . Paula ngaih dân chuan khawtlâng nun siam thatna, inthlâk danglamna hi kohhran, Kristâ taksaa thleng tûr a ni a, tual chhông kohhranah leh in chhôngkhurah pawh a thleng tûr a ni bawk.”—Scot McKnight, *The Letter to Philemon* (Grand Rapids, MI: Eerdmans Publishing Company, 2017), pp. 10, 11.

Kristian kohhran chanchin kal tawhte kha thlîr kîr ila, kohhran hmâi tibâltu berte zînga langsâr tak pakhat chu bâwih neih inthiam chawp nâna hêng Bible chângte hman a lo ni tawh thîn hi a ni. Heta tâng hian Pathian Thû kan hman dâna kan fimkhur hlê a tûl a ni tih kan hria em?

**NILÂNĪ
Kristâ Bâwihte**

SEPTEMBER 6

Paulan Kristian bâwihte hnêna thurâwn a pêkah hian an laka a phût chu eng nge ni? Efesi 6:5–8.

Paula hian Kristian bâwihte chu an pûte thu âwih a, an pûte hnâ chu tha tak leh rilru dam taka thawk tûrin a ngên a. Amaherawhchu, an pûte âia zah zâwk tûr leh ropui zâwk a awm thu a sawi a tâng hian thil lo chhinchhiah tûr a awm thung. An pûte thu chu Kristâ thû âiin an ngâi pawimawh zâwk tûr a ni lo va, an hnênah Krista chauhin a chan tûr rinawmna an hlân tûr a ni hek lo. An pûte thû âi chuan LALPA Kristâ thu an zâwm zâwk ang a, thinlung leh tih tak zetin a rawng an bawl tûr a ni bawk. Hetianga ngaih pawimawh zâwk tûr a hrih hian, bâwihte leh an pûte inlaichîn tawn dân tûrah ngaih dân thar a pê a. Paulan an pûte thu âia Kristâ thu ngâi pawimawh zâwk tûra a hrih dân hrang hrangte i lo en teh ang:

* An pûte chu “*leia* in hotute” (*Efesi 6:5*, ESV) tiin a sawi a, a dah sâng vak lo hlê; hei hian an Pu dik tak zâwk chu vâna awm khi a ni tih a entîr.

* An pûte rawng chu “*ṭih dêk leh khûr chungin, tih tak zetna nê, Krista thu zâwm angin*” an bâwl tûr a ni (*Efesi 6:5*, ESV).

* An pûte thû âia Kristâ thu ngâi pawimawh zâwk tûra a duhzia chu an pûte bâwih an nih vâng ni lovin, “Kristâ bâwih” zâwk an nih vânga dik taka rawngbâwl tûra a hrih dânah pawh hian a hmuh theih (*Efesi 6:6*).

* An pûte rawng an bâwlsakna kawngah chuan “thinlung taka Pathian duhzâwng” ti ṭhîn tûrin a fuih a, chutianga a tih chu Pathian rawng an bâwlna kawng a ni a ti (*Efesi 6:6*).

* An rawngbâwlna chu “mihring tân ni lovin, LALPÂ tân zâwk” a ni tih hre reng tûrin a sâwm baw (*Efesi 6:7*).

Kristian bâwihte chuan Kristâ lo kal leh hunah thinlung leh tih tak zeta rawng an lo bâwl ṭhin lâwmman chu a zavâiin a dawng dâwn a. A chhan pawh hlawh nei miah lovin, Kristâ tâna hnâ an lo thawh ngat ngat ṭhin vâng a ni ang. Bâwihte chuan leia an pûten an hnathawh hlutsak lovin, a huât pawh haw hlê niin a lo inhria a ni maithei e (*1 Pet. 2:19, 20* en la). Mahse, ringtute chuan anmahni ngaihsaktu, “mi tinin thil ṭhâ an tihte” (*Efesi 6:8*) lo hmuhsak vektu Pû an nei a, chu mi chuan lâwmman a la pe ngei dâwn a ni.

Pathian Lehkhabu hian hê thil chîn râpṭhlâk zet mai hi uâlâu takin han dem hrep mai se kan lo duh a ni maithei a; mahse, chutiang chuan a ti baw (sî) lo. Eng pawh chu ni se, Paulan bâwih neih chungchânga thurâwn min lo pêk aṭang hian kan hnathawhpuite nêna kan inlaichinna kawngah kan zawm tûr thil pawimawh eng engte nge kan lo hriat phah le? _____

Hotu, Mahse Bâwih Ni Vê Thote

Bâwihte hnêna a thu sawi hnuhnung ber, “bâwih a ni emaw, zalên a ni emaw” (*Efesi 6:8*, NKJV) tih thûa “zalên” tih ÷awngkam hian hotu ni sî, mahse bâwih ni vê thote a kâwk a. Hei hian bâwih leh hotu, bâwih ni vê tho sî-te chu rorêlna nî-ah chuan Kristâ hmaah angkhat veka en tûrin an la ding tlâng dâwn a ni tih min hrih (*2 Kor. 5:10; Kol. 3:24, 25* nêh khâikhin rawh).

Kristian bâwih hotu, mahse bâwih ni vê tho sî ni angin lo innghai la, tichuan, Efesi Leikhathawn hi in inkhâwmna inah tu emawin a chhiar lo ngâithla angah inchan bawkw rawh. Eng tiangin nge hê thurâwn, i bâwihte awm ve reng lâia chhiar chhuah a ni hi i lo dawnsawn ang? *Efesi 6:9*.

Paula hian *hotute*, hotu ni mah se, sal ni vê tho bawkw sî-te chu ngenna thu khauh angreng deuh tak a pê a. Chû a ngenna chuan an bâwihte vau chîng “hotûte” (Grik ÷awng chuan, *hoi kurioi* a ni a, a ngialngana lehlin dâwn chuan, “lalte” tih tûr a ni ang) leh “mi duhsak bîk tû mah nei lo” “LALPA” (Grik ÷awngin, *ho kurios*) Krista te an inan lohzia Chiang takin a tilang.

Hotute chu vâna awm Hotu tih dân anga an bâwihte chung a ti vê tûrin a ngên a, hei hi chu kum zabi pakhatna lâi vêla bâwih neitute kha chuan mak an ti hlê âwm e. Hotute chuan Kristâ laka an rinawmnain a thunun thiltih ÷hâ tih duhna rilrû nêh an bâwihte an enkawl tûr a ni a; chutianga ti tûr chuan bâwihte a lo ngên ve tawh tho bawkw a nih kha (*Efesi 6:5-8*). An bâwihte an vau ÷hîn chu sim tûrin a hrih a, hetih hun lâia an chîn êm êm bâwihte chung a hremna chelek—entîr nân, vuâk te (*1 Pet. 2:20*), mipat-hmeichhiatna lam hawi thil tihpui luih tum te, mi dangte hnêna hralh (an chhûng leh khatte lak a÷anga

awm hrantîr) te, rim taka hna thawhtîr te, rîltâm dang châra awmtîr te, kawl buntîr te, an taksaa chhinchhiahna siamsak te leh, tihhlum hial te pawh a ni ang—chûng chu ti ve hauh lo tûrin a ngên bawk.

Hê a thupêkte hi Rome khawvêla mi tam zâwkte thlîr dân piah lam thlîr thleng phâk tûra fuihna thu pahnih nêna a tuihni a. Chûngte chu: 1) Anmahni leh an bâwihte chu Hotu pakhat hnuaiâ bâwih ni tlâng vek an ni (“anmahni leh nangmahni Hotu chu vânah a awm a ni tih hre rawh u,” *ESV; Kol. 4:1* pawh chhiar rawh). 2. Vâna awm Hotu chuan mi tû mah duhsak bîk nei lovin ro a rêl thîn a. Anmahni Hotu chuan bâwih nia an ngaihte pawh mi dangte nêna ang khat veka a ngaih avângin, anmahni pawhin chutiang chuan an ngâi ve tûr a ni (*Filemona 15, 16* nêna khâikhin rawh).

Efesi Leikhathawna Paula tawngkam hman tam tak, entîr nân, fâa siam (*Efesi 1:5*) tih te; tlanna (*Efesi 1:7*) tih te; roluah (*Efesi 1:11, 14; 3:6*) tih te; Isua nêna lalthutthlêng luah ho (*Efesi 2:6*) tih te; “mi thianghlimte nêna tuâl khat” tih te, “Pathian chhûngte ni za” (*Efesi 2:19; 3:14, 15* nêna khâikhin la) tih te, Krista taksa pêngte (*Efesi 3:6; 4:1–16* en la) tih te hi chu Kristian bâwihte tân khân a thlamuân thlâk ngawt ang. Efesi 6:5–9 thû hian hê leikhathawna Paula thil sawi zawng zawng, tawngkam hman dân chungchâng leh, mipat-hmeichhiatna kawnga thianghlimna te pawh hi telin (*Efesi 4:25–32*), bâwihte leh bâwihpuite inkârah hman theih vek a ni tih a min hrilh.

ZIRTÂWPŊĪ

SEPTEMBER 8

Zir Belhna: Paulan naupangte pawh ringtu ni vê thova ngâia a zah hlê (*Efesi 6:1–3*) mai hian kan tûn lâi khawvêla naupangte kan enkawl dânah leh, kan chhawnchhaih vêl dânah kan fîmkhur a ngaihzia min hriattîr a. Pâte hnêna a thil sawi (*Efesi 6:4*) hian nû leh pâte mawhphurhna chu eng nge ni tih ngun taka ngaihtuah thîn tûrin min sâwm a ni.

Bâwihte hnêna thurâwn a pêk, a bik takin bâwih pûte hnêna a pêk pheih hi chuan chona nasa tak min pê a. A chhan pawh hetih hun lâia an khawtlâng nun leh, kan tûn lâi khawvêl khawtlâng nun hi a inang lo êm mai a; chu bâkah, bâwih neih hrim hrim hi—eng ti kawng zâwng pawh ni se—sual lian tak a nih hrim hrim vâng a ni. Hêng thûte hi Pathian thâwk khuma ziah, Pathian Lehkhabu-a chuâng a nih tlat avângin, kan tûn lâi hunah hian eng tiangin nge kan lo hmeh bel theih ang tih kan ngaihtuah tûr a ni a. Kum zabi pakhatna lâi vêla chêng, Efesi khuaa ringtute ang bâwk khân, keini pawhin chanchin thâ-in a ngaihhlût zâwng thilte hi mi dangte nêna kan inlaichîn tawna kawngah kan lo hmang tangkâi ve vek thei a ni.

SAWI HO TÛRTE:

- ① Naupangte hmangaih hi “L ALPÂ tâna mi lo inpeih tûra buatsaihna” (*Luka 1:17; Mal. 4:6* thu a la chhâwng) a ni tih thû hi keini Adventist-te tân hian eng nge ni a awmzia?
- ② Paulan naupangte a zah hlê mai hian zawhna min neihîr a: Kristan mîte ngaihsakna hi tharum thawhna tuâr, dik lo taka mipat-hmeichhiatna hmanpui leh zak taka siam ðhin naupangte hnênah engtin nge kan lantîr ve ang? An laka mawhphurhna kan neih chu eng nge ni?
- ③ Paulan naupangte a zah ang Krista pawhin naupangte a ngaihsak ang hian, naupangte châwma vênhim kawnga kohhranin mawhphurhna a neih chu eng nge ni? Chutiang ti tûr chuan eng ang kalphung leh tih dânte nge kan neih ngâi awm?
- ④ Paulan bâwihte leh bâwih neitute hnêna thurâwn a pêk (*Efesi 6:5–9*) hi hnathawkte leh hnathawk chhawrtute inkâra inlaichînna awmah bel a ni ðhin a. Chu chu eng tiang kawngtein nge a dik vê tho le? Chutih rualin eng nge a hlauhawmna awm thei bawk?

DING (NGHET) TÛRA KOHNA

CHÂNGVAWN: “A tâwp berah chuan, LALPA-ah leh a chakna thahruiah chuan thiltihtheihna neiin lo awm rawh u. Diabola ngamthlêmnate chu in do zawh nân Pahtian râlthuâm famkimin inthuâm rawh u,” (*Efesi 6:10, 11*, ESV).

SABBATH CHAWHNÛ

SEPTEMBER 9

Chhiar Tûrte: *Deuteronomi 20:2–4; Rome 13:11–14; 1 Korin 15:23, 24; Efesi 6:10–20; 1 Thesalonika 5:6–8.*

SÂWLNEI Elisâ chhiahhlawh chu zîng takah a tho va, a han thil chuan khawpui hual vêla Suria sipai sakawr tawllâilîr hmun tinah an lo awm chu a hmû a. Chu vêleh puan in chhôngah lêt leh nghâlin a pû Elisa hnênah chuan a thil hmuh chu a hrih a. A sawi zawh chuan, “E khai aw, ka pû! Engtin nge kan tih tâk ang le?” tiin a zâwt a.

Elisa chuan, “Hlâu ma ta che; an lama țang âi chuan kan lama țang an tam zâwk a lâwm!” tiin a chhâng a. Mahse, a chhâna hian a thlamuân zo lêm lo thung a. Chutah Elisa chuan a lamah a han pawt hnâi a, a tâna țawngtâiin, “Aw LALPA, a hmuh theihna tûrin a mit hi han tihmensak teh,” tiin a ngên a. A țawngtâina hi Pathian chuan a rawn chhâng rang hlê. Elisa chhiahhlawh chu pâwnah a va chhuak leh a, tûnah erawh chuan mihring mit pângngâia hmuh thei thilte leh hmuh theih loh thilte dâidangtu puanzâr chu kaih hlîm a lo ni tawh a. Sipai pakhat ni lovin pahnih zâwk a hmu ta thung. “LALPA chuan tlangvâl mitte chu a tihmensak a, a han hawi chhuak a, Elisâ vêla awm tâng pang zawng zawng chu mei tawllâilîr leh sakawrin a lo khat vek mai tih a hmu ta a,” (*2 Lalte 6:15–17*, NLT).

Paulan Efesi 6:10–20 thu a ziah lâi hian ringtute chu an thlarau lam mit tihmensaka an awm theih nân a țawngtâi a.

Chutianga thlarau lam mitvâr an lo nei a nih chuan indona ropui beih mêk a nih dân hi Chiang taka hmu theiin, chuta ƣang chuan beiseina an lo chhar thei dân bawk a ni.

SUNDAY

SEPTEMBER 10

Râl Bei Tûra Sâwmna

Paulan a lekhathawn tlângkâwmna atâna ƣawngkam a hman hi chhiar la (*Efesi 6:10–20*). Paula thil sawi hi, keini indona ropui thleng a râl bei mêkte tân hian eng nge a pawimawhna?

Paula hian Efesi Lekhathawn hi râl bei tûra sâwmna thû-in a khâr a, ringtute chu kohhranin sual a dona kawngah nghet taka ding tûrin a chah a (*Efesi 6:10–20*). Fuihna pawimawh tak, “LALPA-ah chuan chak takin awm rawh u,” (*Efesi 6:10*) tih thua bulġanin, chu chu “Pathian râlthuâm famkima inthuâm” (*Efesi 6:11*) tûra a sâwmna thu hmangin a rawn tuihnh leh bawk.

Pathian râlthuam famkima inthuam a tûlna chhan pawh a sawi a (Diabola ngamthlêmnate chu an do zawh theih nân (*Efesi 6:11*), an do chu sual sipai, thlarau lam râl hlauhawm tak takte a ni tih pawh a hrilh vek bawk (*Efesi 6:12*). Chumi zawhah, chipchiar deuh zâwkin râlthuâm inbel tûra sâwmna thû a sawi ƣa leh ta a. Ringtute chuan indonaa a dân zawh theih nân “Pathian râlthuâm famkim” (*Efesi 6:13*)—kâwnghrên te, âwmpĥaw te, pheikhawk te, phâw te, lukhum te leh ngûnhnâm te chu an bel tûr a ni (*Efesi 6:14–17*). Râlthuam famkima inthuam, indo tûra inpeih at tawh ringtute chu hmân lâi indona muala awm sipaten an tih ngei tûr ang kha ti vê tûrin a sâwm a—chu chu ƣawngtâi a ni (*Efesi 6:18–20*).

Thuthlung Hlui hun lâia zâwlneite khân râl do tûr sipaite chu râl dova an chhuah hmân fuihna thu an hrilh phawt ƣhîn a. Khângte kha rilrû-a hre rengin, Paula hian kohhranin hnâ a

thawh tûr chu râl dona leh râlthuâm famkima inthiâmna ang zâwngin a sawi ve ta a nih hmêl. Chutiang a nihzia chu a thupêk pawimawh tak, a hmasa ber ni bawkah hian, amah ngeiin heti hian a lo sawi a: “LALPA-ah leh a chakna thahruaiah chuan thiltihtheihna neiin lo awm rawh u,” (*Efesi 6:10*).

Thuthlung Hlui lehkhateu râl do tûr sipaite fuihna thû kan hmuhte (entîr nân, hêngte hi chhiar la, *Deut. 20:2-4; Rorêltûte 7:15-18; 2 Chronicles 20:13-20; 32:6-8; Nehemia 4:14, 19, 20*) hian indonaa Israel mîte an chak theih thîn chhan chu an hmêlmate âia râlthuâm an neih thât zâwk vâng emaw, an tam zâwk vâng emaw a ni lo tih Chiang takin a tilang a. Hnehna an chan leh chan loh chu Pathian awmpuina leh thiltihtheihna an chan leh chan lohah a inngat zâwk thîn.

Hnehna chang tûra thil pawimawh chu anmahni chaknaa inngah ngamna neih ni lovin, Pathian thiltihtheihna leh chakna an chan theihna tûra ruâhmanna a siamte rin ngamna zâwk a ni a. Chuvâng chuan, hêng thupuite hi huaisen takin ringtute fuihna a tân a hman ta rêng a ni: 1) kohhran rawngbâwlnaah hian theihtâwp chhuaha inhman; 2) an nun leh thu hretu an nihna kawngah nghawng rawn nei thei hmuh theih loh thilte (Setana leh a tirhkohte) an awm a ni tih hriat; 3) hlawhtlinna an chan theih nân Pathianin ruâhmanna a siam a ni tih pawm; 4) ringtute zîngah inpumkhatna leh thawh hona thâ a awm a ni tih eng tik lâi pawha hriat reng.

Paulan kan buânthe hi tîsâ leh thisen an ni lova, mihring âia thil ti thei zâwk ramhuai sipaite an ni tih thû a lo sawi hian, hnehna kan chan theihna tûra beiseina kan neih theih awm chhun min hrilh chu eng nge ni?

THAWHTANNĪ
Kristaa Chakna Chharin

SEPTEMBER 11

Paulan Efesi khuaa mîte hnêna lehkha a thawn hi a lehkathawn pum pui tâna pawimawh thupui leh ngaih dante
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sâwr khâwmna râl do tûra sâwmna thu nêh a khâr a. Chu chu a khâikhâwmna thupui pawimawh êm êm puanna hmanga bulṭanin, a puan dân pawh indona muâla sipai hotu âu rî ni awm tak angin a ni. “A tâwp berah chuan, LALPA-ah leh a chakna thahruiah chuan thiltihtheihna neiin lo awm rawh u,” (*Efesi 6:10*) a ti a. Hemi dawt leh chiah aṭanga a tâwp thleng (*Efesi 6:11–20*) hi chu hê thupui sawi hawna leh sawi zâuna a ni.

Efesi 6:10–20 chhiar leh la. Hetah hian indona ropui chu a taka thleng ngei, mihringte âia thiltitheih zâwk ramhuaite nêna kan inbeihna a ni tih hi Paula sawi tum a ni tih i lo man thiam em? Eng vângin nge hê thutak pawimawh êm êm hi Pathian nêna nî tin kan lên dunna kawngah hian kan rilrû-a kan vawn reng a pawimawh êm êm?

Paula hian Krista chu ringtute chakna Hnâr a ni tih a sawi a, a ṭawngkam hman dân pawh “LALPA-ah leh a chakna thahruiah chuan” (*Efesi 6:10*) tih a ni. Heti lâia “LALPA” a tih hian Krista a kâwk a, chutiang chu Efesi Leikhathawn pum puiah hian hman dân a ni baw (*Efesi 2:21; 4:1, 17; 5:8; 6:1, 21*). “Kohhran chakna chu tholeh LALPA, indona muala amah hotu thiltihtheihnaah a awm.”—G. G. Findlay, *The Epistle to the Efesi* (New York: Ray Long & Richard R. Smith, 1931), p. 398.

Efesi 6:10-ah hian ṭawngkam pahnih, a awmzia erawh thuhmun deuh reng sî a hmang a, chûngte chu: “thiltihtheihna” tih leh “chakna” tih te hi a ni. Hetianga a hmang hi chhan a awm a, kohhranin a lan chhuahtîr tûr thiltihtheihna chu ringtuten an neih ve sa rêng ni lovin, an LALPA Isua Kristâ hnên atâ an dawn a ni. A awmzia chu, ringtute hnênah Pathianin a thiltihtheihna a pe ve tihna a ni a (*Efesi 1:19–22; 2:4–6; 3:16, 17*). Chuvâng chuan, tûna harsatna kan tawh mêk leh, nakîn huna kan la tawh leh tûrahte pawh chakna kan neih theih

nân, thlân ațanga tholeh, châwisâna han awm ta Krista nêna kan inzawm tlat a ngâi a ni.

A thu tîr lamah hian Krista chu ringtute hnêna chakna petu ber anga sawi ni tho mah se, ringtuten sual râl an beihnaa an mamawh chakna pêk kawngah hian Pathiana minung pathum awmte chu an zavâiin an inhmang vek thung. Pathian (Pa) chuan amâ râlthuam ngei, “Pathian râlthuâm famkim” tia a sawi chu kan hman theih tûrin min pê a (*Efesi 6:11, 13; Isa. 59:17* nên khâikhin la). A hma lamah khân, ringtute tichaktu chu Thlarau Thianghlim a ni tih lo sawi tawhin, Pathian chuan a Thlarau hmangin keimahni chhûngril lam mihring hi thiltihtheihnaa a thuâm theih nân a lo ținngtâi tawh a nih kha (*Efesi 3:16*). Tichuan, tûnah hian Thlarau Thianghlim chu “ngûnhnâm,” “Thlarau ngûnhnâm” tia a sawi deuh kher (chu chu Pathian Thû hi a ni a) petu a ni tih thû a sawi leh bawk a (*Efesi 6:17*). Ringtute chu eng tik hunah pawh “Thlarauva ținngtâi” (*Efesi 6:18*) țin tûr an ni tih a sawi. Chutiang chuan, Paula hian a lehkhathawn lo chhiartute chu hêng sual thiltihtheihnate hi an do zawh theih nân, Pathiana minung pathum awmten hnâ an thawk tlâng vek tih hre tûrin a duh hlê a ni.

THAWHLEHNĪ

SEPTEMBER 12

Paula Lehkhathawna ‘Indona Ropui’

Rome 13:11–14; 1 Thesalonika 5:6–8, leh 2 Korin 10:3–6 chhiar la. Hêng chângten an sawi leh Efesi 6:10:20 thû hi khâikhin ang che. Paulan hetiang tehkhin thû a hman chhan hi eng nge ni ang?

Paula hian a lehkhathawn hrang hrangah sipai lam ținngkam leh tehkhin thûte a hmang fo mai a, ringtute chu sipai țin leh entawn tlâk ni ținheuh tûrin a sâwm țin. Efesi 6:10–20 hi chutiang ținngkam a hmanna thui ber chu niin,

hêngte hi chanchin ɥa awmzia a hriat thiam dân kawng hrang hrang zînga pakhat a ni a. Châwisâna awm tawh, Krista chuan krawsah khân “lalna leh thuneihnate” (*Kol. 2:15*) chu a lo hneh tawh avângin, tûnah hian chu a hnehna rahte chu thiltihtheihnate chung a awm châwisân tawh LALPA a nihna aɥangin a rawn thawk chhuak mêk a ni (*Filipi 2:9–11*).

Amah zuitute chu lei leh vân pum huâp indona kal mêkah hian sipai atân a lâ a, chûng êng sipaite chu hnehna ropui tak chang ngei tûrin a hruai nghâl bawk (*1 Kor. 15:54–58; 2 Thes. 2:8; Rome 16:20*). Paulan sipai leh indona lama hman ɥhin ɥawngkam a hman dân hi ngun takin han chhiar ila, sual leh ɥa indo tawna hi “kum tam tak chhûng a lo kal tawh a: hêng sipai pâwl pahnihte hi pakhat zâwkin a tâwpa hnehna a chan thlengin an la indo chhunzawm zêl dân a ni.”—Peter W. Macky, *St. Paul’s Cosmic War Myth: A Military Version of the Gospel* (New York: Peter Lang Publishing, Inc., 1998), p. 1.

Indona thupui hi Efesi Lehkathawnah zeh tel a ni a. Râlthuam famkim la tûra ringtute a sâwmnaah hian a hma lamah pawh a lo hman tawh, vân indona thilte kha a rawn sawi nawn leh hlawn a. Chûngte chu: Pathianin ringtute chu “thiltihtheihna” nasa takin a thuâm (*Efesi 1:18–20; 3:16, 20*) tih te; Krista chu thiltihtheihnate lakah hnehna changin châwisân a ni tawh (*Efesi 1:20–23*) tih te; ringtute chu sipai thi tawh kaithawh leh tâk an nih angin, châwisâna awm tawh Kristan thiltihtheihnain a thuâm a, tûn hmâa anmahni lo thunun ɥhîntu thim thiltihtheihna chu an lo do thei ta (*Efesi 2:1–10*) tih te; kohhran hian Setana leh a tirhkohte hnênah Pathian finna puâng chhuak tûrin mawhphurhna an nei (*Efesi 3:10*) tih te; Sâm 68:18 thu hi Sipai ropui, a hmêlmate hneh vektu tûr Isuâ chanchin sawina a ni (*Efesi 4:7–11*) tih te; ringtute chu chanchin ɥa kawr “ha” tûra a sâwm thu (*Efesi 4:20–24* en la) te a ni. Pathian “râlthuam famkim” chu kan han inbel chiah hian, lei leh vân pum puia indona thleng mêk hi

hre thiam tûrin kan lo inpeih nghâl a. Chutih rualin, Kristan hnehna a la chan tûrah chuan keini pawh hi kan tel ve a ni tih kan ring ngam tûr a ni thung.

Hê lei leh vân pum huâp indona hi a taka thleng ngei a ni tih pawh ni mai lovin, Isuâ zâra hnehna kan chan theih chu eng tiangtein nge i lo chan ve tawh le? Eng vângin nge kan tâna hnehna a lo chan tawh kha beiseina kan neih theih nân leh, hnehna kan chan ve theih nân kan hriat thiam a pawimawh?

**NILAINI
Hmânlai Indona Hmuna Dingin**

SEPTEMBER 13

Efesi 6:10–20 chhiar la, Paulan *ding* tih thumal a hman zât hi lo chhinchhiah teh. Hê thû a ngaih pawimawh êm êm chhan hi eng nge ni ang?

Paulan entîrna atâna sipai tawngkam eng eng emaw a hmante hi hmân lai indona hmun kha mitthla chungin, a awmzia hriat thiam kan tum tûr a ni. “Ding” tih hi eng nge ni a awmzia (*Efesi 6:11, 13, 14*)? Hê thumal hian mahni lo invêng tûra din chauh em ni a sawi? Hmân laia indonna chanchin ziaktu hmingthang ber pakhat, Thucydides-a thuziakah chuan indona thu sawi tih hian hnehna chang tûra thil pathum, a indawta tih vek ngâi a awm thu kan hmû a, chûngte chu: 1) sipaite chuan “an hmêlmâte an va hnaih” tûr a ni, chumi awmzia chu an hmêlmâte tâwk tûrin an awmna lam an va pan tûr a ni tihna a ni; 2) chumi zawhah chuan an hmêlmâte chu pawm chilhin an bei ang a, “nghet takin an ding ang,” an tlânchhe tûr a ni lo; 3) a tâwp berah chuan, “an hmêlmâte chu an nawr lêt ang” (Thucydides, *The Peloponnesian War* [New York: E. P. Dutton, 1910], 4.10.1–5 en la).

Hmân lai indonaah khân a pawimawh lai ber chu hêng an thiltih pathumte zînga a pahnihaah hian a thleng thîn a. Hetih

hunah hian sipai p̄awl pahnihte chu đĩm baksak lovin an innūai chiam mai z̄el a ni. D̄ar leh th̄i hmanga siam an hriamhreite chu a intawk ri nasa thei êm êm a, thisente chik chhuak zuai zuaiin, t̄isa them pawh a tla nawlh nawlh z̄el mai a ni âwm e—Victor Davis Hanson, *The Western Way of War* (New York: Oxford University Press, 1989), pp. 152, 153. Hetiang a thlen m̄ek lâia nghet taka lo đin theih chu thil harsa tak a ni d̄awn tih a Chiang a. A tu lam v̄e v̄e pawhin an tumpuite chu “nawr l̄et” tumin theiht̄awp an chhuah th̄in a ni.

Paulan ding t̄ura ringtute a s̄awm hian sipai indo lâi, inpawmchilha inbei, an hm̄elma sipaite kut tūara anmahni pawhin an theih anga anga kut lo thl̄ak l̄et ve thote chu a mitthl̄aa hmu t̄urin a duh a.—Victor Davis Hanson, *The Western Way of War*, p. 152. Chuv̄ang chuan, kohhran chu inchai m̄ite ang deuha a hm̄elm̄ate bei nia a s̄awi r̄eng ni (*Efesi 6:12*; Ninḡani zirl̄ai en la). Chutiang a nihzia chu ch̄ang 13-a “đin” tih thumal a hmang hian a rawn n̄emnḡhet ve leh bawk a: “ni th̄a lovah chuan in *do zawhna* t̄urin” a ti.

Heti lâia “ding” a sawi hi chu ding hahch̄awl a ni lo! Hnehna chang n̄ei t̄ura r̄al bei tihna a ni a, hmanraw neih ang ang n̄ena hm̄elma sipaite va pawm chilh tihna a ni. Chutiang a nihzia chu Filipi khuaa m̄ite hn̄ena lehkha a thawnah pawh hian Chiang takin kan hm̄u a: “Thlarau hmun khata ding nghetin. . . chanchin th̄a rinna thu chu th̄anin bei tl̄ang rawh u,” (*Filipi 1:27*, ESV) min ti a ni.

Hebrai 12:4 chhiar la. Eng tiangin nge h̄e Bible ch̄ang hian LALPAA đing tih awmzia hre thiam t̄urin min th̄anpui?

NINḠANI
Sual Thiltihtheihnate Būanin

SEPTEMBER 14

Paulan thlarau sualte sawina at̄ana hming hrang hrang a hmang hi eng nge a chhan ni ang? Efesi 1:21; 3:10 leh 6:10–20.

Paulan “kan buante” tih tawngkam a hmang a, heti laia “buân” tih sawina atâna Grik thumal a hman chu *pale* tih niin, chu chuan inchai/inbuân tih a kâwk. Hmân lâi chuan inchai/inbuân hi indona tûra inbuatsaihna tha tak nia ngaih a ni a; chuvâng chuan râltuâm hmanga sipaite inbeihna leh inpawm chilha an insualna sawi fiah nân a tha êm êm rêng a ni.

Ringtute hi sual sipaite nêp inpawmchilha indo reng kan nih thu a sawi uar hlê a. Chûng sual sipaite hming a vuahsakte chu:

<i>Efesi 1:21</i>	<i>Efesi 3:10</i>	<i>Efesi 6:12</i>
lalna zawng zawng	lalnate	lalnate
thuneihna zawng zawng thiltitheihna zawng zawng	thuneihnate	thuneihnate hê thim chunga vân lam thiltitheihnate
rorêlna zawng zawng		vân hmuna thlarau سوالho awmte
hming sak tinrêngte		

Hetiang hming huam zâu tak a hmang hian (“hming sak tinrêng,” *Efesi 1:21*; “vân hmuna thlarau سوالho awmte,” *Efesi 6:12*) Setana leh thlarau sual zawng zawng chu Kristâ hneh tawh hnu vek an tih a nemnghet a (*Efesi 1:21*). Amaherawhchu, indonaah rêng rêng hmêlmâte an nihna dik tak âia lo rin hniam ngawt ang chi hi thil finthlâk a ni ngâi lo thung. Chuvâng chuan, Paula pawh hian kan beihte chu mihring an ni lo va, “vân hmuna awm thlarau سوالho” an nih thu min hrilh rêng a (*Efesi 6:12*, NKJV), chûng thlarau سوالhote hruaitu chu sipaihotu fing vervêk tak, Diabola a ni (*Efesi 6:11*). Kan hmêlmâte chu keimahni âia thiltitheih zâwk daih a nih tih hi kan hre tûr a nih rualin, a hlah erawh chu kan hlau tûr a ni hran lo.

Pathian chu kan bulah a awm reng a (*Efesi 6:10*), râltuam tha ber bera min thuâmin, amâ râltuam ngei “Pathian râltuam

famkim” (*Efesi 6:11; Isa. 59:15–17* nên khâikhin rawh) pawh min pe a. Kan hnênah a thutak, felna, remna, rinna leh chhandamna leh Thlarau Thianghlim te a dah tawh a (*Efesi 6:13–17*). Amah chu kan hmâah lo va kalin, amâ min pêk ngei râlthuâm famkim chuan kan lû ațang kan ke lêr thleng hian min thuâm vek bawk; chuvâng chuan hlawhchham thei kan ni lo (*Rome 16:20; 1 Kor. 15:23, 24; 2 Thes. 2:8*).

Hêng sual sipaite hi an chakin thil an ti thei êm êm a, keimahni chakna ngawt phei chuan hneh ruâl an ni lo ang. Chû thu dik chuan hêng thiltihtheihnate âia ropui zâwk pawh ni mai lo, anmahni lo hneh tawhtu LALPA Isua kan vawn tlat a tûlzia min hrilh em?

ZIRTÂWPŃÍ

SEPTEMBER 15

Zir Belhna: “Kan hnâ hi a hâutak a, Isuâ sipai rinawm kan nih angin thisen kâi puanzâr hi hmêlmapa kulhbîngah ngei kan va zâr tûr a ni. ‘Kan buante hi tîsâ leh thisen an ni sî lo, lalnate leh, thuneihnate leh, hê thim chungâ khawvêl rorêltute leh, vâh hmunahte thlarau سوالho awmte an ni zâwk e.’ Setana saltângte leh chhiahhlawhte ni tûra kan râlthuâmte kan dah a, thisen kâi puanzâr hi kan khâi kâng reng lo a nih chuan, Setanan min dodâl lo vang a, hrehawm pawh min tawrhîr hek lo vang. Nimahsela, hê thlamuânna hi kan chang a nih chuan, Krista leh vâhram kan chân ve thung dâwn sî a ni. Chutiangte tih avânga thlamuânna chan chu kan duh tûr a ni lo va. Kalsualna leh suahsualna avânga thlamuânna neih âi chuan khawvêl chanchin tâwp thlengin Setana leh a tirkhohte hi i do zêl zâwk ang u.”—Ellen G. White, *The Review and Herald*, May 8, 1888.

Eng tiangin nge Efesi 6:10–20 hi Thupuan bû nên a inzawm? He lâi thû hian Thupuan bû-in a sawi ni hnununga thil thlengte chu a sawi a (*Thupuan 12; 16:12–16; 19:17–21; 20:7–10* en là), a sawi dân pawh indona angin a sawi a. Efesi 6:10–20-ah leh Thupuan bû-ah hian Pathian mîte chu “vân

hmunahte” awm hmêlma, “tûn huna chak tha tak leh thiltitheî êm êm” bawk beihna hnuaiah an awm mêk tih kan hmû a.

Amaherawhchu, nakîna an la chan tûr thilte chuan a thlamuân êm êm thung a ni tih pawh kan hmu bawk. Chu bâkah, “kumkhua atâna nun thar din ngheh a nih hnua hmêlmapa hneh a nih hun tûr indona hnukung ber chu min kawhhmuh bawk a. Chu hun chu hun thar niin, Pathian mîten chatuana ropuina an chan lâiin hmêlmapa leh a tirkohnte erawh chuan kumkhuaa tâwp hlenna an chang tawh ang.” (Yordan Kalev Zhekov, *Eschatology of Efesi* (Osijek, Croatia: Evangelical Theological Seminary, 2005), pp. 217, 233–235 chhiar la.)

SAWI HO TÛRTE:

- ❶ Eng tikah nge thim thiltihtheihnate chu chiang takin i lo hmachhawn ve tâk le? Chutiang hunah chuan engin nge tanpui nasa ber che?
- ❷ Efesi 6:10–20 i chhiar atang hian, engtin nge “thlarau sualhoten” (*Efesi 6:12*) an tihrehawmte chu tanpui dân i lo hriat ang?
- ❸ Engtin nge “Diabola ngamthlêmnate” (*Efesi 6:11*) chu kan lo hriat thiam a, kan hnâwl theih ang? Entîr nân, i sual tawh lutuk a, thil i tihchingpen hnem tawh bawk sî avângin chhandam tlâk pawh ni tawh lova inhriain i rinna pawh bânsan mai tum châng i nei tawh thîn em? Chutiang ngaihtuahna chu tuin nge i rilrû-ahrawn dah—Krista nge thim sipaite? Chutiang hunah chuan, Isuaa pêk kan nih thutiam ropui tak takte hi eng vângin nge kan nunpui a ngaih?

REMNA ÛMA BEIIN

CHÂNGVAWN: “Chûng lo pawh chu rinna phâw la ula, chu chuan mi sual thal alh thei zawng zawng chu in timit thei ang. Chhandamna lukhum leh Thlarau ngûnhnâm (Pathian Thû chu) lâ ula,” (*Efesi 6:16, 17*).

SABBATH CHAWHNÛ

SEPTEMBER 16

Chhiar Tûrte: *Isaia 52:8–10; 59:17; Efesi 6:10–20; 1 Thesalonika 5:16–18; 1 Petera 4:1; 5:8.*

JOHN BUNYAN-an tân ina a awm lâia lehkhabu a ziah Jhmingthang tak, *The Pilgrim’s Progress* (Mizo ṭawng chuan, *Kristian Vanram Kawng Zawh*) tihah chuan a changtupa ber Kristiana chu lal ina râlthuâm an dahna hmunah hruai a ni a. Chutah chuan “râlthuâm chi tinrêng mai, an LALPAN vânram kawng zawh mêk a sipaite hnêna a pêk ṭhin—ngûnhnâm te, lukhum te, âwmphâw te, ṭawngṭâina leh pheichhawk chhe thei lote a lo awm a. Chu bâkah chuan, vânah arsi chhiar sên loh a awm ang khian, LALPÂ sipai zawng zawngte daih vek tûr sakawr chuan thawmhnaw pawh a awm bawk. Kristiana chu lal in a chhuahsan hmain râlthuâm dahna hmunah bawk khân hruai luh leh a ni a, a kal zêlna tûra a hmêlmâten an lo tihnat loh nân a ke lêr aṭanga a chhîp thleng khuhtu tûr indona thuâm a lo pe ta a ni.”

Kum 1678-a ziah Bunyan-a lehkhabu hian, a hmâ kum 1,600 vêla tirkoh Paulan tân ina awm lâia a lo ziah ve tho, Efesi Lehkathawna kan hmuh thu tam tak hi a rawn sawi a. Hê lehkathawnah hian misonary tirkoh ropui Paula chuan kohhran hi Pathian râlthuam dahna in tlawh angin a hmû a, chutah chuan Pathian râlthuâm (Grik ṭawngin, *panoplia*) famkim, a ke lêr aṭanga a chhîp thleng khuh vektu pêk a ni. Pathian râlthuâm dahna inah chuan a sipai zawng

zawngte daih vek tûr râlthuâm ða ber ber a awm a. Hêng râlthuâmte leh thawmhawte hian amâ hminga remna chanchin ða a hrihna kawngah a ke lêr aţanga a chhîp thlengin a vêngnim dâwn a ni.

SUNDAY

SEPTEMBER 17

Kohhran: Pathian Sipai

Efesi 6:10–20 chhiar la. Paulan kohhranin indona a beih a sawi hi eng ang indona nge ni? Mi malin thlarau lama soal sipaite a beihna nge ni a, kohhranin a huhova soal an beih tlâna zâwk?

Hmân lâi, Grik mîte leh Rome mîte hun lâia indonaah rêng rêng kha chuan sipaite thawh ho ðatna, a bîk takin indona a sosân lâi taka an inpuih tawna kha a pawimawh ðîn a. Mal ðan tawp ang chî hi chu sipai mâwl deuh tih tûr nia ngaih niin, chutianga an hmêlmate bei ðîn chu a tlâwm zâwkah an tang tlângpui baw.

Grik sipaite leh Rome sipaite lo tih ðin dân ang deuh khân, kohhran pawh hian a huhovin soal râl an bei tlâng tih Paulan a sawi a (*Efesi 6:10–20*). Chutiang chu a nih a rinawm chhan pawimawh tak tak a awm baw: 1. He lâi thû hi a lekhathawna a thu tâwp ber niin, a thil sawi hi kohhran chungchâng vek a ni a. Paula hian thim thiltihtheihna do tûrin Kristiante chu mahni ðeuha tang ni angin sawi ta se a mak ngawt zâwk ang. 2. A tâwp lamah hian Kristiante chu inkâwm ngeih tlâng tûra ngênin “mi thianghlim zawng zawng tâna” ðawngtâi ðîn tûrin a chah a (*Efesi 6:18–20*). 3. A pawimawh ber zâwk chu, a lekhathawn tîr lam, soal thiltihtheihna chungchâng a sawinaah khân soal thiltihtheihna chuan kohhran member mal tê tê ni lovin, kohhran pum pui zâwk hi a do a ni tih kan hmû a: “Chuti chuan, kohhran hmang hian vân hmuna lalnate leh thuneihnate hnênah Pathian finna ngahzia hriattîrin a lo awm thei ang,” (*Efesi 3:10, ESV*) a ti.

Chutiang chuan, Efesi 6:10–20 hian sual râl dotu sipai mal ãan chungchâng a sawi lo va. Paulan sipai hotu anga inchanin, sipai rualho awm khâwm kohhran hnênah lehkha a thawn zâwk a ni. Râlthuâm famkim inbel tûrin min sâwm a; mahni beih beih lo bei ve ngawt lovin, intêl khâwm a, chak tak leh inpumkhata hma lam pan zêl tûrin min sâwm bawk. Kohhran chungchâng duhthawh taka a sawina hi, kohhran chu Krista taksâ (*Efesi 1:22, 23; 4:1–16*), Pathian biak in (*Efesi 2:19–22*) leh Kristâ mo (*Efesi 5:21–33*) a nih thu a sawina nêl a khâr a; kohhran chu Pathian nung sipai rual nêl a tehkhin bawk. “Ni ãa lo” (*Efesi 6:13*), kum tam tak chhông sual nêl kan indo tawna tâwp dâwn lam chu kan hnaih zêl a; chuvângin Pathian lakah leh Krista sipaite kan nihpuite lakah pawh kan rinawm lehzual tûr a ni.

Eng tiang kawngtein nge taksa hmun khat kan nih ang ngeiin indona ropuah hian sualna kan dona kawngah kan inãanpui tawn ãeuh theih ang?

THAWHTANNI
Kâwnghrên leh Âwmpêw

SEPTEMBER 18

Engtin nge Paul hian ringtute chu sual an dona kawnga a inbuatsaihnaah bul ãan dân tûr a hrilh? *Efesi 6:14; 1 Pet. 4:1; 1 Pet. 5:8; Rome 8:37–39* pawh en ang che.

Paula hian a lehkhathawn lo chhiartute chu indona beih hautak zet mai lo thleng tûr a awm thû a hrilh a, chu chuan ding zo tûra a sâwm bâkah (tûn hi ãum li a sâwmna a ni ta, *Efesi 6:11, 13 nêl khâikhin an che*), râlthuâm famkim inbel tûrin a râwn bawk (*Efesi 6:14–17*). “Kâwnga hrêng” tih ãawngkam a hmang a (*Isa. 11:5 nêl khâikhin rawh*).

Hmân lâi chuan, hnâ an thawh dâwn emaw, an indo dâwn emaw rêng rêngin an thawmhnaw hâk thâwl takte chu an kâwngah an hrêng bet hmasa phawt ãhîn (*Luka 12:35, 37; 17:8*)

chhiar rawh). Paula hian a mitthlâa ringtute chu Rome sipaite tih dân ang deuha an râlthuâmte an inbel lâi a hmû a ni ang. Sipaite chuan savuna siam kâwnghrên hrêngin, chu kâwnghrên chu mâwi tak leh lang pa thei ang ber tûra chei a ni bawk a. Kawnghrênah chuan savuna siam hrui tâwi tê tê, thîr leh dâr lam chî-a chei mâwi hi a inkhâi diah diah a, chûngte chu an lal dân tilangtu a ni nghâl bawk. Chutiang chuan, kâwnghrên chu an thawmhnaw hâk phuâr khâwmtu a nih bâkah, thil dangte pawh a awmna tûr hmun dik taka khâitu a ni tihna a nih chu.

Thutak hi ringtuten an neih sâ ve rêng ni lovin, Pathian thilthlâwnpêk an dawn a ni a (*Efesi 2:8*-a chhandamna a sawi nêh khân khâikhin ang che). Mahse, hmuh theih loh, anmahni nun siam thatsaktu ni chuang lo erawh a ni tûr a ni lo thung. Ringtute chuan Pathian thilthlâwnpêk a taka chan nân leh hman nân Pathian thutak an “inbel” tûr a ni a. Thutak chu an nei ni lovin, anmahni zâwk chu Pathian thutakin nei zâwkin a vêngghim bawk a ni.

A dawt lehah chuan ringtute chu “felna âwmpêh” inbel tûrin a ngên leh bawk a (*1 Thes. 5:8* chhiar rawh). Hei pawh hi thutak kâwnghrên ang bawk khân Pathian aţanga lo chhuak, râl do thîn sipai (*Isa. 59:17*) a nihna anga Jehova râlthuâm pakhat a ni. Paula te hun lâia sipaiten an hman thîn âwmpêh kha thîr (thîr kual te tak tê tê inzawm sei tak, khâidiat ang deuh) hmanga siam a ni a. Hê âwmpêh hian hmêlmâte thal fang leh ngûnhnâm chhunna tûr lak aţangin an taksa pêng pawimawhte chu a lo vêngghim dâwn a ni. Chutiang deuh chuan, ringtute pawh Pathianin a pêk felna hmangin thlarau lamah himna an chang vê ang. Efesi lehkhathawnah hian *felna* tih chu thianghlimna, thâtna leh thutak nêh inzawm tlat angin a hmang a (*Efesi 4:24; 5:9*), chu chuan kohhrana kan memberpuite chu dik tak leh thâ takin kan en tûr a ni tih a entîr.

Eng tiang kawngtein nge thâtna, thianghlimna leh thutak te hi inhumhimna thâ tak a ni tih a takin i lo hriat vê tawh le?

Pheikhawk: Kohhranin Remna A Thlentĭrna

Rome sipai, indo tūra inbuatsaih chuan sipaiten an bun thĭn pheikhawk an bun thĭn a. Chutiang pheĭ khawk chu a hnuai chhah th̄a tel tawl tak niin, nghet taka a buntu a “din” (*Efesi 6:11, 13, 14*) theih nĕn perek ang deuh an khĕng bŭr fur thĭn. Paula chuan hetiang sipai pheikhawk hi Isaia 52:7 thu hmangin a hrilh fĭah a. Isaia chuan Jehovan a mĭte rĕl a dosaknaah hnehna a chan thŭ puangin, “Tlĕngahte chanchin th̄a thlen a, remna thu tlĕngaupuitu kĕ a va mĕwi ĕm!” (*Isa. 52:7, ESV*) a ti.

Efesi Lekhathawna Paulan *remna* tih thŭ a sawina chĕng pariat hi chhiar la. Remna thŭ tuipui hlĕ chungin, sipai chungchĕng sawina tawngkam a hmang tho bawk sĭ hi eng nge a chhan ni ang? *Efesi 1:2; 2:14, 15, 17; 4:3; 6:15, 23.*

Paula hian remna chu “kan inremna” Kristĕ hnathawh niin, a sawi a. Ani chuan “nangni hla taka awm thĭnte hnĕnah leh hnĕi taka awm thĭnte hnĕnah” remna chanchin th̄a hrilin (*Efesi 2:14–17*), Juda-te leh Jentail-te chu “mihring thar pumkhatah” (*Efesi 2:15*) a lo siam ta a ni. Ringtute chuan Kristan mi sualte a chhanchhuah tak thu leh remna hnĕ a thawh thŭ hi an vawn tlat a, hnehna a lo chan tawhna leh a la chan leh zĕl tŭrte pawh an ta neih ve a nih chuan indonaah hian nghet takin an ding thei dĕwn a. Isaia 52:7-a kan hmuh chanchin th̄a thu thlentĭ ang hian ringtute chu Kristan hnehna a chan thŭ leh, remna a thlen tĕk thu puangtute an ni tŭr a ni.

Amaherawhchu, Paula hian rĕlthuam inbel tūra min sĕwmna thŭ hi kan hmĕlmĕte beih nĕna sipai rĕlthuam tak tak thawh tūra fuihpawrhna angah lo ngĕi tŭrin min ti lo va. Chuvĕng chuan a nia, ringute chu “remna chanchin th̄a”

puângtute tia a sawi rêng a ni. Chu bâkah, ringtute chu mi dangte nênhâu buai emaw, inhniâl emaw, kut inthlâk emaw miah lo tûrin a duh bawk a. A sawi uâr ber ni zâwk chu inpumkhatna, mi dangte châwikâng thei ãawngkam hman leh ngilneihna te a ni (*Efesi 4:25–5:2*).

Kohhran chu “remna thlentu” a ni tûr a ni a, chumi chu a thlentîr theih nân chanchin ãa râlthuâm, Kristian nun dân ãa leh mâwi (thuhnuairawlhna, dawhtheihna leh ngaihdamna) bâkah thil tih ãhinte (ãawngãaina leh Pathian chibai bûkna) a hmang tûr a ni bawk ang. Hêngte hi thil pawimawh tak a ni hlawm a, Pathianin Kristaa thil engkim inpumkhattîr vek tuma ruâhmanna lian tak a siam (*Efesi 1:9, 10*) chu min kawhhmuh a ni.

Eng tiangin nge hê thû hian Paulan sipai chungchâng tehkhin thû a lo sawi hi ringtute kan nihna anga awmzia a neih dân hre thiam tûrin mi a ãanpui le? “Pathian chuan râlthuâm inbel tûrin min sâwm a. Mahse, kan râlthuâm inbel duh chu Saula râlthuâm kha ni lovin, Pathian râlthuâm famkim zâwk a ni. Chu râlthuâm chu kan inbel a nih chuan Kristâ ngilneihna, khawngaihna leh hmangaihna ang thil lung kan lo nei vê ang a, chumi nênhâu chuan hnâ kan thawk dâwn a ni.”—Ellen G. White, [Australasian] Union Conference Record, July 28, 1899.

NILÂNÎ

SEPTEMBER 20

Phâw, Lukhum leh Ngûnhnâm

Ringtute hian indona ropuia tel ve sipaite kan nih angin eng hunah nge phâw te, lukhum te leh ngûnhnâm te kan hman ang a, engtin nge kan hman bawk ang? *Efesi 6:16, 17.*

Paula mitthlâa lang phâw hi chu lian angreng tak, a pian hmang pawh kil li nei a ni a, chutiang phâw chu Rome sipaite khân an hmang thîn. Thing hmanga siam niin, savuna tuâm leh vek a ni a, a sîr zeî zeî chu sîr lam aṅga beihna laka a hmangtu a him theih nân a chhûng lamah a kum lût vek bawk. Hetiang phâw hi tuiah an chiah a, chutianga chiah a nih hnû chuan “thal alh theite pawh a lo timit” hmak hmak zêl thei a ni âwm e. Paulan “rinna phâw” a sawi hian a rilru-ah Thuthlung Hlui lehkhabu ziaktuten Pathian mîte humhim nâna Pathianin a hman thîn phâw, a chhinchhiahna ni nghâl bawk (*Gen. 15:1; Sâm 3:3*) kha a awm a nih a rinawm a. “Rinna phâw” (*Efesi 6:16*) la tih awmzia chu ringtute tâna bei (*Efesi 6:10*), an hnêna râlthuâm ṭha ber ber petu (*Efesi 6:11, 13*) leh hnehna chantîr ngei tiamtu Pathiana rinna nghat chung a indonaa lût tihna a ni.

Rome sipaiten indonaa an khum thîn lukhum kha thîr emaw, dâr emawa siam a ni a. Chutiang lukhum chuan lû chauh vêng lovin, a khumtu nghâwng, beng, mit leh hmâi pawh vêng tel nghâl tûr thîr phêk an dah tel thîn. Lukhumin a khumtu lû leh hmâi vêlthe a vên him thatzia chu tehkin nâna hmangin “chhandamna lukhum” tih ṭawngkam hi ringtuten tholeh Krista, vâna han lâwna chuta châwimâwia han awm ta (*Efesi 2:6–10*) nêna inpumkhatna an lo chan tâkna a entîr a. “Chhandamna lukhum” khum tih awmzia pawh thlarau sualte thiltihtheihna, tâwpna hunaw rawn inlâr tûrte hlâu lo tihna niin, Kristâ thiltihtheihnaa inngat tih pawh a kâwk nghâl bawk (*Efesi 1:15–23; 2:1–10* chhiar ang che).

Râlthuâm chi hrang hrang a sawite zînga a hnunung ber chu “Thlarau ngûnhnâm, Pathian Thû” a ni a (*Efesi 6:17*), Paula mitthlâa awm chu Rome sipaiten an hman thîn ngûnhnâm tâwi tê, a sîr tawn tawna hriam ang kha a ni ang. Hetih hun lâia an indo dân chu fei pahni an han khawh phawt a (hei hi chu Paula hian a sawi lang lo), chumi zawhah chuan an ngûnhnâm phâwiin, an hmêlmâte chu an va pawm chilh ta thîn a. Ringtute

ngũnhnâm hi chu Thlarau Thianghlimin a pêk “Thlarau ngũnhnâm” niin, “Pathian Thû” tia sawi a ni. Paula hian sipai hotu angah inchanin, ringtute chu an râlthûâmte inbel theuh tûrin a sâwm a, Pathian Sipai Hotu ber hnên atâ beiseina leh hnehna chu an chan ngei tûr thu a hrilh bawk. Hêng thuthiam, Efesi 6:10–20-a kan hmuhte hi “Pathian Thû,” soal râl kan dona kawnga kan râlthûâm pui ber tûr chu a ni a. Chutiang chuan, “Pathian Thû” tih hian Bible-a kan hmuh chanchin tha thuthiam zâu tak hi a kâwk a ni kan ti thei ang.

Sipai lam thilte tehkhinna atâna a hmang hi kan lo lâwm vak lo a nih pawhin, hêng tehkhin thûte hian indona ropui hi a taka beih a ni ngei a ni tih engtin nge min hrilh a, eng tiang taka ngunthlûkin nge kan lo ngaih bawk ang?

NINGÂNĪ

SEPTEMBER 21

Indona Hmunah Ṭawngṭâiin

Indona thuchah a sawi thû tlâng a kawmnaah hian ringtute chu sipai an nih ang ngeiin “mi thianghlim zawng zawng” (*Efesi 6:18*) tân leh amah lung ina tâng mêk (*Efesi 6:19, 20*) ngei tân pawh ṭawngṭâi chhonzawm zêl tûrin a sâwm a. Hê sâwmna thu hi sipai tehkhin thu sawi zawm zêlna angah ngaih theih niin, a chhan pawh Pathian (pathiante) hnêna ṭawngṭâi chu hmân lâi indonna hmuna awmte tih dân ṭhin ve rêng a nih vâng a ni.

Bible-ah hian chutianga tih a nih dân chu kan hmu nual, entîr nân: Jahaziela thurâwn zâwmin Jehosafata chuan “Juda mîte zawng zawng leh Jerusalem-a chêng zawng zawng chu LALPA chibai bûka, LALPÂ hmâa kûn vek tûrin a hrilh a,” (*2 Chron. 20:18*, ESV). Ṭawngṭâina hrim hrim hi chu râlthûâm a sawite zîngah tel ve lêm lo mah se, indona thuchah leh sipai lam tehkhin thu a sawiah hian a pêng pawimawh tak pakhat a ni thung.

Paulan ɣawngtâi tûra ringtute a ngenna hmasa zâwkah hian, a lehkhathawn lo chhiartute chu “mi thianghlim zawng zawng” (*Efesi 6:18*) tân ɣahnemngâi tak leh ngênngawl taka dîl a, a chhâna pawh ngaihven reng tûrin a chah a. Kohhran hian sual thiltihtheihna nêna an indonaah hnehna a chang duh a nih chuan, Thlarauvin a tihnun ɣawngtâina hmanga Pathiana inngah a zir a ɣûl dâwn a ni.

Paulan ɣawngtâi tûra ngênna a siam pakhat dang hi chu amâ tân a ni vê thung a: “kan tân pawh min dîlsak rawh u” (*Efesi 6:19*) a ti. Pathianin a hun dik takah (“ka kê ka ân a”) thuchah dik tak a pêka (“thu sawitîra ka awm theih nân”), a puan dân tûr dik taka (“huai taka puang tûrin”) a puantîr theih nâna ɣawngtâisak tûrin a ngên a. Thupui pawimawh ber sawiin, chu chu “Chanchin Țha thurûk” (*Efesi 6:19*) a ti. Hê a ɣawngkam hnuhnung ber hian Juda-te ang bawka Jentail-te pawh (*Efesi 3:1–13*) Kristaa tlan a nih vê theihna tûra Pathian chêtina “thurûk uâlâu” tia kan sawi hi a kêwk a. Chutichuan, “mihring thar pumkhat” siam lo niin (*Efesi 2:15; 2:11–22* pawh en bawkw rawh), chu chu Kristaa “thil engkim inpumkhattîr” (*Efesi 1:10*) a nih theihna tûra Pathian ruâhman famkimna a ni.

Thuthlung Thara “ɣawngtâi tûra sâwmna thû” kan hmuhte hi chhiar la. A eng ber hian nge tiphûr ber che a, eng vânga tiphûr che nge a nih? *Luka 18:1–8; Filipi 4:6; Kolosa 4:2; 1 Thesalonika 5:16–18.*

Eng vângin nge ringtute chu tih tak zet leh, ngênngawl taka ɣawngtâi ɣhîn tûrin hrilh an nih? Paulan sipai tehkhin thû a hman hian a chhâna pahnih min pê a: 1) vânmuna awm thlarau sualte nêna kan inbeihna hi a tak tak leh, râpthlâk êm êm bawkw sî a ni; 2) Paula sipai tehkhin thu hman aɣang hian, Pathianin thlarau lama chakna leh hnehna pêk min tiamte chu kan chang thei a ni tih kan lo hria (*Efesi 6:10–17*). Tih tak zet leh bâng lova, ngênngawl taka ɣawngtâina chuan hêng

thutiamte hi ngun taka ngâithla tûrin remchâng min siamsak a, a khawngaihna min pêk avângin Pathian hnênah lâwmthu kan sawi theih phah bawk a ni.

ZIRTÂWPNI

SEPTEMBER 22

Zir Belhna: “Indona hmuna awm sipaite chu a thawk ho ʈha hlê a nih loh chuan an buai ang a, hnehna pawh an chang thei lo vang. Sipaite chuan anmahni ngaih dân ang ngawta thil an tih a, mi dangte dinhmun leh hnathawh an bengkhawn ve sî lo a nih chuan, an ʈangrual thei dân lo va, pumkhat angin hnâ an thawk ho thei dân lo a ni. Chuvângin, Kristâ sipaite chuan inlungruâl takin hnâ an thawk ho ʈhîn tûr a ni. Amahni chauh a inngâihlu bîk tûr a ni lo. Chutianga an tih chuan, an hnathawhin rah ʈhâ a chhuah thei dân lo va, an hun leh an theihnate pawh an sêng thlâwn mai a ni bawk ang. ʈanrual hi chakna a ni a. Mi tîem tê pawh ni se inlungruâl taka an thawh hova, tum thumun an neih a, hotu pakhat hnuaia a thawh tîan chuan eng thilah pawh hnehna an chang thei ʈhîn dân a ni.”—Ellen G. White, *Spalding and Magan Collection*, p. 121.

Paulan “Chanchin ʈha palâi khâidiat bun” (Efesi 6:20) tia a insawi hi eng nge ni a awmzia?

Ram palâite chuan indo lâiin hna pawimawh tak leh harsa êm êm bawk sî an thawk ʈhîn a, chuvâng chuan Paulan ‘chanchin ʈha palâi’ tia a insawi pawh hi indo thu tehkhinna atâna a hman avângin a âwm hlê a ni. Ram palâite chu anmahni tîrtu ram emaw, mi emaw avângin zah taka en an ni ʈhîn a. Mahse, Paula hi chu lei leh vâna Rorêltu Chungnung berin a tîrh palâi ni mah se, zah a hlawh vak lo tih chu a *khâidiat* bun hian a tilang Chiang hlê. Hetih hun lâi vêl hian ram palâite chuan an awrh tûra siam bîk “officer khâidiat” an awrh ʈhîn a, Paulan a awrh “khâidiat” erawh hi chu inzahna lantîrna ni lovin, intihmuâlphona a ni zâwk. Nimahsela, ani chuan zahawmna entîrtu angah ngâiin a chhuâng êm êm zâwk a ni.”—David J.

Williams, *Paul's Metaphors: Their Context and Character* (Peabody, MA: Hendrickson, 1999), p. 152.

SAWI HO TÛRTE:

- ① I chênna ram, khua leh vêngah khân, indona leh inthen hrana eng eng nge awm? Chutiang kârah chuan engtin nge nangmah leh in kohhran kha “remna thlentu” in lo nih theih ang? Inpâwngnêkna leh tharum thawhna lo hluâr zêlna khawvêlah hian engtin nge remna palâi kan lo nih theih ang?
- ② Nangmâ lam hawiarawn thlâwk “mei thal” eng engte nge awm? Chûng meithalte chu lo timit zêl tûrin engtin nge “rinna phâw” i lo hman theih ang?
- ③ “Tawngtâi lama mi hrât khawkhêng” tih tawngkam hi kan hmang thîn a. Efesi 6:18–20 thu behchhan hian engtin nge “tawngtâi rawngbâwlna” kan kalpui theih ang?
- ④ Indona ropuia inbeihnaah hian hliam tuâr an awm ngei dâwn a. Chûng mîte chu engtin nge kan enkawl dam ang? Indona sosân lâi taka tlânchhia, hlauh avânga lehlam pâwla va pakâi ta daihte ang hi engtin nge kan hruai kîr leh theih ang?

ZIRLÂI 14

SEPTEMBER 23–29, 2023


THINLUNGAH EFESI MÎTE

CHANGVAWN: “Rinna avânga khawngaihnaa chhandam in ni; nangmahnî thawh chhuah a ni lo va, Pathian thilpêk a ni; thiltih avâng a ni lo ve, chutilochuan mîn an chhuâng dah ang e. Thil t̄a t̄i atân Krista Isua-ah chuan siama awmin, Amâ kut chhuak kan ni s̄i a; chû thil t̄a tih chu kan awmna tûrin Pathianin a buatsaih lâwk a ni,” (*Efesi 2:8–10*).

SABBATH CHAWHNÛ

SEPTEMBER 23

Chhiar Tûrte: Efesi 1–6.

 ENGLAND ram khawpui London tlawhtute chu ‘London Eye’ an tihah chuan an chuang a. Thames Lui chung ft. 450 vêla sâng aţang chuan London khawpuia awm Big Ben te, Parliament House te, biak in hrang hrang te leh hmun hmingthang dangte pawh a hmuh theih vek a ni. Thuthlung Thar zirna lama mithiam tak, Nicholas Thomas “Tom” Wright-a chuan “Efesi Lekhathawn hi London Eye ang deuh niin, Paulan a lekhathawn dangte hriat thiam kawnga min puitu a ni a. Hê lekhathawn hi a lekhathawnte zînga sei ber emaw, famkim ber emaw chu ni lo mah se, a ram hmêlmang pum pui min thlîr thiamtîrtu a ni thung. Hê lekhathawn hi kan han zir chho zêl a, khangte aţang khân Paula lekhathawna thupui hrang hrang awmte chu a mal tê-tê-in a awmzia kan lo hrethiam dâwn a ni.”—*Paul for Everyone: The Prison Letters* (London: S.P.C.K. [Society for Promoting Christian Knowledge Publishing], 2004), p. 3.

Efesi Lekhathawnah hian Efesi kohhran tân bîk chauha thil pawimawh a sawi lo va. Hmun tina ringtu awmte leh Kristian kohhran hrang hrangten an lo chhiar atâna a ziah a ni zâwk. Chutianga hun bîk leh tute emaw tinzâwn bîk nei lova ziah chu a nih avângin, keimahni hun leh ngaihtuahna theuh rawn hmu nia ngaihna kan lo neih phah rêng bawk a. Hê lekhathawna bung tinte kan chhiar paha kan rilru luahtu tûr chu: ‘Efesi Lekhathawna thutak chuangte hi engtin nge keimahni nunah danglamna siamtu a nih chhunzawm zêl theih ang?’ tih hi a ni.

SUNDAY

SEPTEMBER 24

Krista-ah Malsâwmin Kan Awm

Mi tu emaw chuan Efesi Lekhawthawn hi ‘Thuthlung Thar Alps Tlâng a ni e’ tiin a lo sawi a. Hê tlâng kan lâwnna

tûra min kâihruaitu Paula hian Efesi 1-ah hian a ko sâng lâi tak chu min han chuan kâipui nghâl deuh dâwrh a ni ber mai. Chû tlâng chhîp kan han thleng chu kan thâw pawh a chham deuh titih nghâl a; chutih rual erawh chuan engkim mai hi a lang Chiang êm êm thung sî a ni.

Efesi 1 kha chhiar nawn leh la. Eng lâi ber khân nge i rilru khawih? Hemi bunga thu langsâr ber nia i hriat chu eng nge ni?

Efesi 1:3–14 hi tlâng lâwn mîten an lâwnna tûr tlângte an hriat theihna atâna an en ðhin map ang deuh a ni a. Helâi thû aţang hian chhandamna ruâhman zâu êm êm maia hmun ropui tak kan chan ve chu min kawhhmuh a. Chhandamna chanchin chu a tîr aţanga a tâwp thlengin a puâng a, Kristaa Pathian khawngaihna thiltihte chu a zavâiin min hrih vek bawk. Pathianin ringtute a tlanna hian “leilung pian hmâ hauha” (*Efesi 1:4*) lo inţan tawh, Pathian ruâhmanna chu a rawn pho lang a, chu chu tûnah hian keimahni nunah a rawn thawk chhuak ta mêk a ni (*Efesi 1:7, 8, 13, 14* en la).

Hê ruâhmanna, khawvêl awm hmâ lo siam tawh hi tâwpna hunah hlen chhuah a ni dâwn a (*Efesi 1:9, 10*). Chutih hunah chuan “engkim—vâna thil awm te, lei chung a thil awm te pawh” hi Krista-ah chuan lo inpumkhat vek tawhin, a hunbi kimna atâna Pathianin ruâhmanna lo siam chu hlen chhuah a ni tawh ang (*Efesi 1:10*). Chutichuan, Pathian ruâhman mak leh ril tak hi a famkimin kan lo chang tawh ang a (*Efesi 1:9*). Tûnah pawh hian Kristaa chhandam kan nihna hi “thil engkim” tlan vek a nihna tûra Pathian ruâhmanna siam zâu leh ril tak pêng pawimawh tak pakhat a ni tih kan ring ngam tûr a ni.

Tlâng chhîpa han chuân kâi hi thil nuâm tak a ni a, lâwmthu sawi loh rual a ni lo. Paula pawh hian ringtuten an tâna Pathianin ruâhmanna a lo siam chu a taka an chan ngei theih nân a ðawngtâi a, chutia a ðawngtâi pah chuan Pathian hnênah

lâwmthu a sawi pah nghâl bawk (*Efesi 1:15–19*). Hemi zawh hian khâm sâng tak dang min lâwn chhuahpui lehin, tholeh Krista, vâna hruai chhoha awm leh, châwimâwia han awm ta chu min kawhhmuh a. Anî chu lalna te, thuneihna te, thiltihtheihna te, rorêlna zawng zawng te chung awm, hê khawvêl chauh ni lovin, khawvêl lo la awm leh tûr thleng pawha hming sak tinrêng chung a ding a ni (*Efesi 1:20–23*).

Pathian khawngaihna, Krista Isuaa puân chhuaha awm zârah vawiinah hian tlâng chhîpah chuan kan chuâng thei ta a nih hi!

Efesi 1:4 hian Kristan “hmangaihnaa thianglim leh sawisêlbovin Amâ hmâah kan awm theih nân leilung pian hmâ khân amahah chuan min lo thlang tawh a ni tih min brilh a. Amahah chuan khawvêl lo pian hmâ hauh khân thlan kan lo ni tawh a nih chû! Hê thû hian Pathianin chhandama awma a duhia che hrethiam tûrin a ãanpui che em? Eng ang beiseina ropui nge a pêk che?

THAWHTANNÍ
Awm Ho Tûra Tlan

SEPTEMBER 25

Efesi 2 chhiar la, hê zawhna hi chhân tum ang che: Pathianin a Fapa Isua Krista hmanga thil min lo tihsak tawh chu eng nge ni?

“Nimahsela, Pathian chuan. . .” Hêng thumal pathum lek hi mihringte tân chuan beiseinaa khata ni ngei ang. Efesi 2:1–10-ah hian a lekhathawn lo chhiartute tân hma nun tenawm thinzia a sawi a. Pathian laka hel tum reng mai niin, sual leh Setana thuhnuaia awm an ni a ti (*Efesi 2:1–3*). Nimahsela, Pathian chuan khawngaihna a ngah a” An tân leh keimahni tân pawha Pathianin thil a lo tih chu eng nge ni?
1. Kristâ ruâlin min tinung vê a—Kristâ thawhlehnâ kha

keimahni thawhleha pawh a ni vê nghâl. 2). Kristâ ruâlin min kâitho vê a—Krista vâna hruai chhoha a awmna kha keimahni min hruai chhohna pawh a ni vê nghâl. 3) Vânah khian Kristâ bulah mi a thùttîr vê a—Kristan lallukhum a khum chu keimahni tâ pawh a ni vê nghâl (*Efesi 2:4–7*).

Kristâ nuna thil thlengte kha râlkhat aṅga lo thlîr mai kan ni lo va. Hêng thil thleng ropui leh chhinchhiah tlâk tak takte hi a taka chang vê ngeitu kan ni zâwk. Kan chan chhan erawh keimahnia thil ṭha eng emaw a awm avâng ni lovin, a khawngaihna avâng zâwk a ni a (*Efesi 2:8, 9*). Chuvâng chuan, Krista nêh pumkhata awm a, thil ṭha kan tih theih apiang ti zêl tûrin beisei kan ni ta rêng bawk a ni (*Efesi 2:10*).

Efesi 2:1:10 hian Isua nêh pumkhata awm tûrin min hrilh a; chutichuan, Efesi 2:11–22 hian a kohhrana awm vê mi dangte nêh pawh inrem taka awm ho tûrin min zirtîr bawk. Isuâ thihna khân Pathian nêh inlaichînna ṭha min neihtîr a (*Efesi 2:1–10*), chu mai chu ni lovin, mi dangte nêna kan inlaichînna pawh a siam ṭha bawk (*Efesi 2:11–22*). Isuan a kraws hmangin Jentail-te leh Juda-te ṭhen hrangtu, dâidanna bang chi hrang hrang awmte chu a tichim tawh a, an inkâr tikak zâu zualtu, Dân hman sualna pawh a tibo ta bawk (*Efesi 2:11–18*). Isuan thil thar ropui tak a siam bawk a, ringtute awm khâwmna biak in thar chu a ni. Tûnah chuan temple Hmun Thianghlina Pathian chibai an bûk vê phalsak ni ngâi lo Jentail-te chu Juda-te nêh pumkhat an lo ni ta a. Keini ngei pawh hi Pathian kohhran, “LALPA-a biak in thianghlim” kan lo ni vê ta bawk (*Efesi 2:19–22*)./

Pathian khawngaihna azârah vawiinah hian Isua nêh leh, ringtu nihpuite nêh pumkhata awm thei kan lo ni ta.

Efesi 2:8–10 thû hi mi tam takte lo tipiangthar tawhtu a ni a. Martin Luther-a khân hêng chângachte hian a thinslung hneh êm êmtu khawngaihna a lo chhar a, chu mai chu ni lovin, Kohhran Siamṭhatna thu laimu ṭhenkhat, hêng: rinna avâng chauha chhandamna te, khawngaihna avâng chauh, Kristâ

zârah chauh leh Pathian ropuina atân chauh tihte pawh hi he lâi thû aṭanga a chher chhuah a ni hlawm bawk.

Kum 1738 khân John Wesley-a chuan piantharna a chan aṭanga ni sâwm leh pariatnaah Oxford University-ah thu hrilin, “thinlung aṭanga ṭahna” tih leh “kohhran thar dinna tûr atâna ngaih dân” tih te a sawi a. A Bible châng innghahna chu Efesi 2:8 hi a ni. (A. Skevington Wood, “Strangely Warmed: The Wesleys and the Evangelical Awakening,” *Christian History* [magazine], vol. 5, no. 1 [1984] chhiar ang che).

THAWHLEHNĪ

SEPTEMBER 26

Pathian Nung Biak In Kan Ni

Eng vângin nge Pathian kohhran pêng nih hi a pawimawh bâkah, a phûrawm êm êm bawk le? Efesi 3.

Kohhran member-ten kohhran chungchânga thil ṭha eng eng emaw awmte an han sawi châng hian, kan lo phûr sawt ṭhîn a. Amaherawhchu, keinin kan lo sawi phûr vê ṭhîn zawng zawng hi chu Efesi 3-a Paulan kohhran chungchâng a lo sawi lakah hi chuan eng tham mah a ni lo thung. Hemi bungah hian ringtute tâna a ṭawngṭâi ṭhîn thû a sawi ṭan a (*Efesi 3:1; 1:15–23* nêh khâikhin la); mahse, chu chu tâwpsan rihin, Pathianin a kohhran a din dân a sawi ve leh phawt a, chumi zawhah chuan a ṭawngṭâi thû bawk kha a sawi chhonzawm leh ta a ni. Hetia a sawi kual vêlna lamah hian Pathian “ruâhmanna” emaw, “thurûk” emaw chungchângah thil pawimawh tak tak kan lo hriat thiam tâk a awm a. Chûngte chu:

- Hê khawvêl lo pian hmâ daih khân Pathian chuan kohhran hi din a lo tum tawh a, chu a ruâhman chu thurûk a ni (*Efesi 3:3–5, 9, 11*).

- Kristâ nun leh a thihna hmangin chu ruâhmanna chu hlen chhuahin a lo awm ta a ni (*Efesi 3:11; Efesi 2:11–22* nêh khâikhin la).

- Paulan Pathian inpuânna avângin kohhran tâna Pathianin “ruâhmanna” a neih chu lo hriain, chu ruâhmannaah chuan Jentail-te pawh a tel vê vek a ni pawh a hre ta bawk (*Efesi 3:3–6*).

- Paula kha “Jentail-te hnêna Kristâ hausakna chhui chhuah ruâl loh chanchin hriltu” (*Efesi 3:3–6*) niin, hê chanchin thâ hi hmun hrang hrangah a lo puâng ta a ni.

- Kristâ tân mi tam tak hneh lo niin, kohhranah pawh Judate leh Jentail-te an lo awm ho ta a, chu chuan “vân hmuna lalnate leh thuneihnate” hnênah khian “Pathian finna tinrêng” a hriattîr bâkah (*Efesi 3:1*) an boral hun chu a lo thleng têt tawh a ni tih a puâng bawk (*Efesi 6:10–20*). Tûnah hian Kristaa engkim tihphumkhat vekna hnâ chu thawh mêk a ni a; chuvângin, Setana leh a tirkhohte hian hun an nei tlêm tawh hlê a ni.

Paula hian kohhran tâna Pathianin ruâhmanna a siam chu a lo hriatin, ringtute tân a tawngtâi ta a. Efesi 3:14–21 hi tih tak zeta nangmâ tân a tawngtâina a ni tih lo hria ang che. “Pathian famkimna” tinrênga i lo khah theih nân a tawngtâi a ni tih hria la (*Efesi 3:19*); chutichuan, kohhrana inpumkhatna leh inremna a lo awm theih nân theihtâwpa tan lo lâk i tum vê dâwn nia.

Paula thuziak aţang hian kan kohhrana member-te min dâidangtu engte mge kan thiah vek ngâi awm le? Chûng thilte chu thiah a nih theih nân eng nge tih theih i neih vê?

NILAINĪ
Rinna Hmun Khat

SEPTEMBER 27

Efesi 4-ah hian Paulan ringtute chu an thil tih thinte bân sân a, an la tih ngâi lo thilte ti thar tûrin a hrilh a. Chûng thilte chu eng nge ni? _____

Efesi 4 hi mi dangte ngaihsak tûra kohhran member-te a ngenna thû-a ÷anin, chumi thû vêk chuan a khâr leh bawk a (*Efesi 4:1–3, 32*). Hêng sâwmna thu pahnih inkârah hian, kohhran inpumkhatna vawng nung tûra min duhzia pawh Chiang takin a sawi bawk. Inpumkhatna thlentu “pakhat” chi hrang hrang pasarih zet a sawi a, chûngte chu: taksa pakhat, Thlarau pakhat, beiseina hmun khat, LALPA pakhat (Isua Krista), rinna hmun khat, baptisma hmun khat, Pathian leh Pa pakhat a ni (*Efesi 4:4–6*). Hêng thlarau lam thutak pasarih te hian mî a tipumkhat a. Hêngte avâng hian pumkhat kan lo ni thei a ni.

Inpumkhatna chu Pathian Thûin min tiam ni tho mah se, keimahnin theihtâwp chhuaha kan thawh vê a ngâi thung a. Chuvâng chuan, eng tik lâi pawhin Thlarau inpumkhatna chu vawng tûra kan beih vê reng a ngâi (*Efesi 4:3*). Chumi kan tih theihna kawng pakhat chu Krista taksa “pêng” nung ÷ha tak nih a ni (*Efesi 4:7–16*). Member tinte hi thilpêk dawng taksa pêng kan ni ÷heuh a; chuvâng chuan, taksa hrisêlna atân kan thiamna leh theihna kan hmang ÷heuh tûr a ni (*Efesi 4:7, 16*). Tirhkoh te, zâwlnei te, Chanchin ÷ha hriltu te, pastor-te leh zirtirtute hnathawh lo chhawr ÷angkâitu kan ni vek bawk tûr a ni (*Efesi 4:11, 12*). Hêngte hi taksa bung hrang hrangte phuâr khâwmtu duâr leh thâ ang deuh niin, taksa Lû Kristaa (*Efesi 4:13, 15*) kan lo ÷han chhoh zêl theihna tûra min ÷anpuitu leh min tipumkhattu a ni.

Paulan “dik lohna ngamthlêmna angin, fîng vervêka mihring bum chawpin, zirtîrna thli tinrênga lehlam lehlama vawrh leh len len naupang” ni tawh lo tûrin a hrilh bawk a (*Efesi 4:14*). Heta ÷ang hian kohhran hmasâte khân “mihring bum” chîngte avângin thurin lamah harsatna eng eng emaw an hmachhawn a ni tih kan hre thei.

A tâwp berah chuan, “inkhawngaih tawna lainatna nei tûr leh, Pathianin Kristaa a ngaidam tawh ang bawka inngâidam tawn” tûra ringtute a sâwm hian, tûn hmâa an neih ÷hin thinslung

sak tak kha thlah thlaa (*Efesi 4:17–24*), thinrim leh thu paw
sawi pawh bânzan tawh tûrin a fuih a; chûngte âi chuan
khawngaihna thlentu leh pe chhuaktu tawngkam hmang zâwk
thîn tûrin a ngên a ni (*Efesi 4:25–31*).

Hemi bunga inpumkhatna thû a sawi hi thil a kal tluan lâi
chuan chhiar a awlsam khawp mai. Amaherawhchu, harsatna
eng eng emawten min tlâk buâk lâi chuan chhiar a harsa hlê
thung; mahse, chu chu chhiar a tûl hun tak a ni bawk sî.
Vawiinah hian Kristâ taksa inpumkhatna, amah pawhin a lo
thih phahna chu a takin i lo chang em le?

**Kan kohhran hian—tuâlchhûngah leh khawvêl pum
huâp pawhin—inpumkhatna a lo neih theih nân eng
thilte nge tih theih kan neih? Kan tih theih angte lo tih
vê chu eng vânga pawimawh êm êm nge ni le?**

NINGÂNI

SEPTEMBER 28

Khawngaihna Dawngtute leh Petute Kan Ni

**Efesi 5 chhiar la, chutia i chhiar pah chuan mi dangte
nêna kan inlaichîn tawna kawngah eng tiangin nge
chanchin thâ hi nun chhuahpui tûr kan nih ang tih
inzâwt ang che. Paulan fuihna thû min pêkte zînga eng
ber hi nge nangmâ tâna tângkâi awm?**

Efesi 5 hi a bung tîr aţanga i chhiar ngawt a nih chuan
thupui pawimawh tak i hmuh thêlh dâwn tihna a ni a.
Chuvâng chuan, “inkhawngaih tawna lainatna nei a,
Pathianin Kristaa a lo ngâidam tawh ang bawka mi dangte
pawh ngâidam ve tûra” Efesi khuaa mîte a hrilhna thu, Efesi
4:32 aţang hian kan chhiar tawng zâwk tûr a ni.

Ringtute kan nih angin, kan nungchangah Pathian
khawngaihna leh ngaihdamna chang tawh kan nihzia mi
dangte lo hmuh theih tûra tilangtu kan ni tûr a ni a. A awmzia

chu, Pathian zia kan kâi tûr a ni tihna a ni (*Mat. 5:43–48* nêh khâikhin la.)

Paula hian Pathian hmangaihna nungchang ang pu vê nun chu milem be mîte nun nêh a inan lohzia a sawi a. Milem be mîte chuan mi dangte chu Pathian chhôngkuua an û leh nâute angah an ngâi ve ngâi lo. An tisa châkna hrîkthlâkna atân an hmang fo tîn a, chu chu a ûanpui hlê tîn lehngâl (*Efesi 5:3, 4*). Chutiang nungchâng chu Pathianin a ruâhman khawvêl tharah chuan a awm theih tawh dâwn loh avângin, ringtute chu fimkhur hlê tûrin a chah a ni (*Efesi 5:5–7*).

Ringtute chu tûn hma lama an lo nun tawh tîn dân thim tak aţanga lo chhhuak a, “êng fâte anga awm” tawh zâwk tûrin a chah a (*Efesi 5:8–10*), Pâ hmangaihna lan chhuahtîrtu tûr an ni. “Thim thiltih rah,” “a rûka” tih tînahte chuan tel ve lo tûrin min hrilh bawk a (*Efesi 5:11, 12*). Chu âi chuan Kristâ ênga nung zâwk tûrin min sâwm a (*Efesi 5:13, 14*). Zu rûi buâia awm lovin, thianghlim takin kan nung zâwk tûr kan ni bawk a. Pathian hnênah a hmangaihna avânga lâwmthu kan sawi hian “remchâna kan lei” (*Efesi 5:15–21*) tihna a ni.

Paulan Pathian hmangaihna lan chhuahtîrtu kan nih tûr thu kha sawi chhunzawm leh zêlin, Kristian pasalte leh nupuite hnênah thurâwn a pê a. Kristan a kohhran tâna amah a inhlân ang chiah khân, Kristian pasalte chu an nupuite tân an inhlân ve tûr a ni a (*Efesi 5:25–33*). Kristâ laka kohhran a rinawm ang chiah hian Kristian nupuite pawh an pasalte lakah an rinawm hlê tûr a ni bawk (*Efesi 5:22–24*). Kristian nupui leh pasalte chuan Pathianin mihringte hnêna mipat hmeichhiatna hman theihna a pêk hi mahni hmasial tak leh a ni lo zâwnga hmang lovin, an kawppuite zahna leh ngaihsakna entîr nân an hmang zâwk tûr a ni a, chutiang chuan “tisa pumkhat” an lo ni thei ang (*Efesi 5:28–33*).

“Chutichuan, fa duh takte angin, Pathian awm dân latute ni rawh u,” (*Efesi 5:1*). Pathian khawngaihna azârah vawiinah

hian hêng fuihna thûte hi mi dangte nêna in inlaichîn tawna kawngah nunpui i tum dâwn nia.

Eng tiangin nge “hmangaihnaa awm” tûra min hrilhna thû Efesi 5:2 hian Efesi 5:1-a “Pathian awm dân latute” nih chungchâng a sawi hi a awmzia hre thiam tûrin min tanpui?

ZIRTÂWPNI

SEPTEMBER 29

Zir Belhna: Tûnah chuan Efesi 6 chu kan lo zir zo ta a. Hê bungah hian kohhran kan nih angin Pathian sipai, remna thlentu tûr kan ni tih kan lo hre chhuak ta a nih kha.

Efesi Leikhathawnah hian kohhran chu Kristâ taksa (*Efesi 1:22, 23; 4:11–16*), Pathian biak in (*Efesi 2:19–22*) leh Kristâ mo/nupui (*Efesi 5:21–33*) anga sawi a ni a. Efesi 6:10–20-ah hian kohhran chu Pathian sipai ruâl anga sawi niin, Pathian râlthuâm famkim inbel tûrin a chah bawk. He lâi thû hian thil thâ leh tangkâi tak tak min hrilh ruâlin, a thil sawite erawh hriat thiam loh awl tak tûr a ni thung a.

Râlthuâm inbel tûra min sâwmna hi mi dangte nêna kan inlaichîn tawnaah inhniâl leh thahrûm thawh mai pawh hreh lo tûra min fuihpawrhna emaw lo tih mai a awl thei. Mahse, chutiang chu Paula min tihtîr tum a ni lo va. A sawi uâr êm êm chu inpumkhatna niin, mi dangte châwm lian thei thû sawi a, rilru tha tak pu theuh tûrin min chah zâwk a ni (*Efesi 4:25–5:2*). Pathian chanchin thâ chu “remna chanchin thâ” tiin a sawi a (*Efesi 6:15*). Chuvâng chuan, sipai lam tehkhin thu hmangin kohhran chu sual dova remna thlentu tûr kan ni tih min hrilh a ni.

Kan dote hi mihringte ni lovin, keini âia thiltitheih daih zâwk, vân hmuna thlarau sual tak tak awmhote” (*Efesi 6:12*) an ni a, an hotupa ber pawh Setana a ni (*Efesi 6:11*). Chuvâng chuan ngun taka râl kan rêl pawh a ngâi rêng bawk a;

nimahsela, kan hmêlmâte hian min tizâm tûr a ni lo. Pathian chuan min dopui dâwn a (*Efesi 6:10*), râlthuam ʈa ber ber, Amâ râlthuâm ngêi “Pathian râlthuâm” tia Paulan a sawi chu mi pe dâwn a ni (*Efesi 6:11; Isaia 59:15–17* nêh khâikhin la). Kan kutah thutak, felna, remna, rinna, chhandamna leh Thlarau chu a dah tawh a (*Efesi 6:13–17*). Pathian chuan kan hmâhruaiin kan ke lêr aʈanga kan chhîp thleng hian râlthuâm min bel vek bawk a; hlawhchham thei kan ni lo. Hnehna chu kan chang ngêi dâwn a ni.

SAWI HO TÛRTE:

- ❶ Kan thiltihte hian min chhandam a ni lo. Chutih ruâl chuan, Paulan “thil ʈâ ti tûrin Krista Isua-ah chuan siam kan ni a, chu chu kan awm dân tûr rênga Pathianin a lo ruâhman sâ a ni” (*Efesi 2:10*, NKJV) tih thû a sawi tho bawk. Eng nge ni a awmzia ni ta ang? Kan thil ʈa tihte hi eng a tân nge ni?
- ❷ Paula chuan, “Tichuan, keimahnia thawk ʈhîn thiltihtheihna ang zêlin, kan dîl leh kan ngaihtuah zawng zawng âia nasa zâwk ti theitu hnênah ngêi chuan” (*Efesi 3:20*) tiin a lo sawi a. Keimahnia hna thawk thiltihtheihna chu eng nge ni a, chû thiltihtheihna chu kan nunah hian engtin nge kan lan chhuahtîr theih ang?

2023 KUARTAR 4-NA

“Pathian Rawngbâwlna—Ka Rawngbâwlna,” tûn kuartar zirlai hi Global Mission Centers-a director-te ziah a ni a; hemi zârah hian rawngbâwlna chungchângah Pathian thu hmanga hriatna ril kan neih bâkah, Kristâ hnêna mi dangte hruai tûra hmanruâ leh ngaih dante kan neih theih phah dâwn a ni. Zirlai tina Ningâni zirlaite hian chutiang hlen tûra chonate min siamsak dâwn a. Zirlai kan zir chhoh zêl hian chonate pawh a pung deuh deuh dâwn a ni. Chona hlen tûra rilrûa riâk reng tûr chu, min kaihruai tûra Thlarau Thianghlim dîla ãawngãai leh, engtin nge thil a kal zêl tih chawlhkâr dawt leha Sabbath Sikula report pêk a ni. Hê huna thil ngaihthlâk aãang hian, mi mal leh a huho pawha ãawngãai dân tûr ngaih dân thar a hring zêl ang. Kuartar tâwpah chuan, A hming ropui leh châwimâwia a awm theih nâna kan chêtna tlâwm tê tê rawngbâwlna atâna thilmakte tih nâna Thlarau Thianghlimin a hman dân thlîr lêt tûr kan neih theih ngêi kan beisei.

Zirlai 1—Kan Tâna Pathian Rawngbâwlna: ãhen 1

Thupui ãhen:

Sunday: **Min Zawng Chhuaktu Pathian Chu** (*Genesis 3:9–15*)

Thawhtannî: **Kan Zînga Chên Châk Pathian Chu** (*Genesis 26:3*)

Thawhlehnî: **Kan Zînga Mî Lo Ni Ta Pathian Chu** (*Matt. 1:18–23*)

Nilâinî: **Kan Hnêna Chêng Zui Zêl Pathian Chu** (*Luka 19:10*)

Ningânî: **Kan Tâna Lo Kîr Leh Tûr Pathian Chu** (*Johana 14:1–3*)

CHÂNGVAWN—”*LALPA Pathian chuan Adama chu a ko va, a hnênah, ‘Khawiah nge i awm?’ a ti a.*” *Genesis 3:9.*

Sabbath Thu Rohlû: Pathian rawngbâwlna kan hriatthiam hmâin, rawngbâwlna Pathian chungchâng kan hriatthiam phawt a ngai.

Zirlai 2—Kan Tâna Pathian Rawngbâwlina: Ẹhen 2
Thupui Ẹhen:
 Sunday: **Pathiana Mi Pathum: Rawngbâwlina Ẹobul**
(Efesi 1:4)
 ThawhẸannî: **Zirtîrahte Siamin: Rawngbâwlina Thupui**
(Matt. 28:16–20)
 Thawhlehnî: **Chatuan Chanhin Ẹhâ: Rawngbâwlina**
Thuchah Chu *(Thupuan 14:6, 7)*
 Nilâinî: **Pathian Mîte: Rawngbâwlina Hmanruâte**
(Genesis 12:1–3)
 Ningânî: **Khawvêl: Rawngbâwlina Hmun** *(Thupuan 7:9,*
10)
CHÂNGVAWN —“Chutichuan kal ula, hnam tina mi zirtîrahte
 siam ula, Pa leh Fapa leh Thlarau Thianghlim hmingin
 baptis ula,” *Matthaia 28:19.*
Sabbath Thu Rohlû: Sualin dâidanna a thlen ta nân *(Isa.*
59:2), A rawngbâwlina zârah, mihringte nêna inlaichîna
 chhe tawh chu Pathianin A dinthar zui zêl a. Hê inlaichîna
 avâng hian, Pathian hriatna kan nei chauh ni lo vin, Amah
 kan hriatna leh A hmangaihnaa chhandamna chu mi dangte
 hnênah kan puâng zâwk a ni.