



**ZIRLAI THUPUIE**

1. Paula: Jentail Mite Zinga  
Tirkoh Chu—*June 24-30* ..... 6
2. Paula Thuneihna leh Chanchin Tha—*July 1-7*.....
3. Chanchin Tha Thuhmun Chu—*July 8-14*.....
4. Rinna Avâng Chauha Thiamchan-  
tirna—*July 15-21* .....
5. Thuhlung Hlui Huna Rinna—*July 22-28 2017* .....
6. Thutiam Ngaih Pawimawh  
Bera Neihna—*July 29-August 4* .....
7. Rinna Kawng Chu—*August 5-11* .....
8. Bâwih Atanga Roluahtu Nihna—*August 12-18* .....
9. Pastor a Nihna Anga Paula  
Ngenna—*August 19-25* .....
10. Thuthlung Pahnihte Chu—  
*August 26-September 1* .....
11. Kristaa Zalênna—*September 2-8* .....
12. Thlarauva Nungin—*September 9-15* .....
13. Chanchin |ha leh Kohhran  
Chu—*September 16-22* .....
14. Kraws Chu Chhuangin—*September 22-29* .....

**Thuhmahruai****MARTIN LUTHER-A LEH GALATIA LEHKHATHAWN**

PROTESTANT kohhran hrang hrangte chu “Protestant Reformation” tia kan sawi tak hi, thlen kum 500-na cham lâwm tûrin an inbuatsaih mêk a. Kum 500 kal taah khân Thlarau Thianglim kaihhruaina changin Martin Luther-a chuan mi maktaduai tam takte hnênah kum za tam tak chhûng teh meuh mai puithuna âthlâk leh kohhran kalphung nghet tak hnuai khuh bova lo awm tawh Bible thutak pawimawh êm êm maite chu a rawn chhawp chhuak a nih kha. Protestant thurin hi Galatia mite hnêna Paula lekhathawn (Rom mite hnêna a thawn nêh hian) atanga lo piang chhuak a ni te pawh ti ila, a dik tho âwm e. Galatia Lekhathawn a chhiar lain Martin Luther-a kha rinna avânga felna thuchah ropui tak hian a rawn khawih ta a, chu thuchah ngei mai chuan Kohhran Siamthatna hring chhuakin, mi maktaduai tam takte chu kum za eng emaw zât chhûng kohhran kalphung fel lo leh Pathian thu kalpui dân dik lo tak takin a lo man beh tlat tawhna lak ata a chhuah zalên ta a ni. He lekhathawna a thu chhiarte hian Luther-a kha mi dang daihah a siam a, amah chang ni lovin, khawvêl pawh hi a lo danglam ta vek mai a ni.

Luther-a thih hnu kum zathum vêla lo piang ve chauh Seventh-day Adventist-te pawhin Galatia Lekhathawn lakah hian bat kan nei ve tho va. Galatia Lekhathawn hi ngun taka an zir hnu-ah E.J. Waggoner-a leh A.T. Jones-a te khân kum 1880 leh 1890 chho vêl khân rinna avânga felna thuchah pawimawh tak mai hi min lo hmuhchhuah thartir leh a ni.

Chutianga Kohhran Siamthatna thlentu bulpui ber a nihna chhan tak chu eng nge maw ni rêng le? Eng vângin nge he lekhathawn hian mi tam tak, entir nân, Martin Luther-a te ang thinslung kha a lo khawih theih tawh thin? Bible-a

lekhhabu dang awm vête ang lo takin Galatia Lehkathawn hi chuan Kristiante thlarau nun tâna thupui pawimawh tak takte chu min hrilh a. He lekhathawnah hian Paula chuan thu pawimawh tak tak, entîr nân-zalêna chungchâng te, chhandamna kawnga dânin hna a thawh vê te, Kristian kan nihna kawng te, Thlarau Thianghlimin a hruaite nun dân te leh, hmasâng atanga zawhna awm reng, engtin nge mi sualte hi Pathian thianghlim leh dik hmâah chuan mi felah chhiar an lo nih theih? tih te chu a khel a. Hêng thu pawimawh tak takte zînga a hnuhnûng ber hian Martin Luther-a kha a kawng zawh hi a zawh tantîr a, chumi atang chuan a hawi kîr leh ngai ta rêng rêng lo a ni.

Lekhhabu dang, entîr nân, Rom mîte hnêna Paula lekhathawn pawh hian hêng zawhna zînga thenkhat hi chu an chhâng ve tho nachungin, Galatia Lekhathawn hi chu a danglam bik a. A lekhathawn dangte âia a tâwi kim zâwk mai bâkah, thupui pawimawh tak tak a chaite hi phûr tak leh hmangaihna nêh, a lo chhiartute'n anmahni an lo inngaihbel ngei ngei theihna tûr zâwngin a ziak a, chu chuan Galatia khuaa mîte chauh ni lovin, tûnlai mîte ngei pawh hi Pathian Thlarauvin kan thinlung a luah theih nâna inhawng tûrin min khawih thin a ni.

Ni e, Paula lekhathawn hian mi mal takin kan hnênah thu sawi theuh tho mah se, tute hnênah nge a ziah a, eng vânga ziak nge a nih tih bâkah, Thlarau Thianghlim kaihhruaina hnuai a ziak a ni tih te pawh kan hre tel a nih chuan, a thusawite hi chiang leh zualin kan hrethiam thei ngei ang.

Mi thiam tam tak chuan Galatia Lekhathawn hi Paula lekhathawnte zîngah chuan ziak hmasak ber niin, Jerusalem Inkhâwmpui (*Tirhkohte 15*) an neih hnû, A.D. 49-ah emaw khân a ziak niin an ring a. He lekhathawn hi Kristiante thuziak zîngah pawh a upa ber a ni maithei baw. *Tirhkohte Thiltih* bu leh Galatia Lekhathawnin an sawi ang

hian, Kristian hmasate khân chhandamna hi engtia chan tûr nge tiin an zâwt thin a; a bik takin, Jentail-te chhandam an lo nih ve theih dân tûr thu-ah phei chuan nasa takin an inhnial thin a. An zînga Juda thenkhat, “Jentail-te pawh Juda sakhuaah an inleh phawt a ngai a ni” titute (Judaizers) kha chuan Isua rin *ringawtna* chuan chhandamna a thlensak dân lo niin an ngai a. Chuvângin Jentail-te chuan serh an tan ve ngei tûr a ni a; Mosia dânte hi an zâwm ve vek tûr a ni baw. Tiin an sawi thin a (*Tirhkohte 15:1*). Galatia khuaa Paulan Jentail kohhran a din pawh khân hêng Juda mi thenkhatte hi “thil sawi fel tûrin” an va kal ta rêng a nih kha.

Chu thu Paulan a lo hriat chuan phûr tak leh thahnemngai takin a chhâng lêt ta a. Rinna leh thiltih te tang kawpin chhandamna a thlen a ni tih ngaihdân hi chu chanchin tha suak a ni a, Krista hnathawh dah pawimawh tâwk lohna pawh a thlen thei hial a ni tih a hriat avângin, chanchin tha thlavâng hauh nân Galatia Lekhathawn hi a ziak ta a. |awngkam dengkhâwng tak takte pawh hmang hialin, he zirtirna dik lo hi dân zawm avânga chhandamna hlauh chhuah tumna a ni tiin a sawi ta khawl khawl mai a ni.

Tûn kuarter-a kan Sabbath Sikul Zirlai hian Paula chu a khualzinna ramah zui ve a, Galatia khuaa mîte chu Isuaa awm reng tûra a ngen dân te hriatpui tûrin min sâwm a. Chutih rual chuan, Rom Kohhran nêna an inzawmna a tihchah theih nân leh, Bible-in chanchin tha a sawi rawn tlângaupui tûra Martin Luther-a kawng hawnsaktu thutakte kha, keimahni ngei pawh hian engtin chiah nge kan lo hriatthiam ve hlawm tih inen lêt theihna tûr remchâng tha tak min siamsak baw a ni.

*Zirlai ziaaktu Carl Cosaert-a Pathian thu zirna lamah PhD zo tawh a ni a. Tûnah hian Walla Walla University, College Place, Washington-ah Bible subject zirtir hna a thawk mêk a ni.*

ZIRLAI 1-NA

JUNE 24-30, 2017

**PAULA: JENTAIL-TE HNËNA TIRHKOH**

**CHÂNGVAWN:** “**Chûng thute an hriat chuan an ngâwi ta a, ‘Chuti a nih chuan Pathianin Jentail-te pawh nung ve tûrin an sim a phalsak ve ta a nih chu,’ tiin Pathian an fak ta a,**” (*Tirhkohte 11:18, NKJV*).

SABBATH CHAWHNU

JUNE 24

**Chhiar tûrte:** *1 Samuela 16:7; Matthaia 7:1; Tirhkohte 6:9–15, 9:1–9; 11:19–21; 15:1–5.*

TARSA khaw chhuak Saula (a pianthar hnuah chuan ‘Tirhkoh Paula’ tia hriat a ni tawh zâwk mah a) kha tu nge a nih a, a thiltihte kha eng vânga ti nge a ni tih hriatthiam ringawt chu thil harsa vak pawh a ni lo. Juda sâkhaw tâna thahnemngai tak, a têt têt atanga dân pawimawhna leh awp bettute lak atanga Israel mîte chhanchhuaktu tûr chu a lo kal thuai dân a ni tih lo zirtîr tawh thin a nih avângin, hun rei tak chhûng an lo nghah tawh Messia chu mualpho taka, mi sual ber ang zia zânga tihlum ni thei tûrah a ngai lo rêng rêng a.

Chuvâng chuan Isua zuitute pawh kha Mosia Dân (Torah) laka rinawm lo niin a hria a, Israel-te tâna Pathian ruahmanna dâltu-ah a ngai hmiah mai a ni. Kraws-a an khenbeh Isua kha Messia chu a ni a, thlân atangin a tholeh a ni tih thu an sawi te chu a âwihsak lo êm êm mai a, rinna lama kalsualna lian tak ni ngeiin a ring a. Chutiang thu lawilo theh darhtute leh lo âwihsaktute chu ngaihnhathiam theih an ni lo hrim hrim niin a ngai. Hêng thurin dik lo tak tak nia a ngaihte lak atanga Israel mîte vêngghim tûra Pathian

hmanruaah a inngai bawk a. Chuvâng chuan, a chanchin kan hriatna hmasa berah pawh khân, Isua chu Messia a ni tih ringtu a Juda-puite ngei tihduhdahtu rothap tak anga sawi a nih rêng ni.

Nimahsela, Pathian chuan Saula tân ruahmanna dang daih a lo nei a, chûng ruahmannate chu amah Saula ngei pawhin a rin phâk bâk daihte a ni a; he Juda tlangvâl viak tha tak hian Isua chu Messia a ni tih thu a la hril dân pawh ni mai lovin, Jentail-te zîngah ngei a hril dân lehngghâl a ni!

SUNDAY

JUNE 25

**KRISTIANTE TIDUHDAHTU**

Tarsa khaw chhuak Saula kan hmêlhriatna hmasa ber chu Stephana denhlum a nih tumah khân a ni a (*Tirhkohte 7:58*); chumi hnua Jerusalem-a tihduhdahna nasa tak a lo chhuah tâkah pawh khân a che na ber a ni a ni bawk (*Tirhkohte 8:1–5*). Tirhkohte Thiltih bû-ah hian Petera te, Stephana te, Filipa te leh, Paula te hming hi a lang zing malh malh hlê a, a chhan chu Juda-te zîngah chauh ni lovin, Jentail-te hnênah pawh chanchin tha a thlen theih nâna thawh hlâwk ber berte an nih vâng a ni. A bik takin Stephana pheih hi chu a pawimawh zual a, a thu hril leh a thihna khân Saula nunah nghawng pawimawh tak a nei ngei niin a lang.

Stephana kha Juda mi chu a ni tak nâin, Grik tawng hmang a ni a, rawngbâwltu atâna an thlan chhuah mi pasarihte zîngah pawh khân a tel ngê ngê a (*Tirhkohte 6:3–6*). Tirhkohte Thiltih bu-a kan hmuh dânin Juda mi, ram dang atanga Jerusalem-a pêm lûtte chuan Stephanan Isua chanchin a sawi chu an âwihsak lo va, amah an hnial a. Hemi tum hian Saula pawh kha a tel ve ngeiin a rinawm.

**Tirkohote 6:9–15 chhiar la. Stephana an puhna thûte chu eng nge ni? Hêng an puhna thûte hian eng thil nge a hriat chhuahtîr che?** (*Mat. 26:59–61 pawh en bawk rawh*).

Khatai taka Stephana thusawi an ngaih mawhna chhan kha thil pahnih vâng niin a lang. Kawng khatah chuan, Stephana khân Juda-te dân leh Pathian biak in (temple) kha chuti takin a dah pawimawh hran lo va; chutih laiin, khângte kha Juda sâkhaw laimu leh an hnam chhinchhiaha ber a nih ve bawk sî avângin, a chêt dân khân amah dotute thin a ti-ur êm êm mai a. Stephana khân hêng an thil ngaih hlut tak tak pahnihte hi a dah pawimawh lo a ni satliah mai lo va, Isua Krista an khenbeh tâk kha Messia a ni a, ani chu Juda sâkhaw laimu dik tak zâwk a nih thu uar takin a puang kher bawk sî a.

A thil sawi chuan Farisai-te zingah rau rau pawh a duh fir ber pâwl Saul

**“Ani chuan, ‘LALPA, tu nge i nih?’ a ti a. LALPA chuan, ‘Keimah Isua, i tihduhdah hi ka ni; chhunna thîr i khêng na thlâwn e,’ a ti a”** (*Tirkohote 9:5, NKJV*).

Saulan Kristian hmasâte a tihduhdah dân kha a tîrah chuan a langsâr vak rih lo va (Stephana an denhlum tum pawh khân a dênghlumtute thawmhnâw a lo kensak mai chauh a ni); a hnûah erawh a che na ta viau mai a (*Tirkohote 8:1–3; 9:1, 2, 13, 14, 21; 22:3–5* te hi en la). Lukan a chêt dân hrang hrang a ziah dân atang pheh hi chuan, Saula kha mi tawrawt leh nunrâwng tak, a hmêlmâte chhiatna tûr a nih phawt chuan eng mah tih hreh pawh nei lo niin a ngaih theih. Entîr nân, Tirkohote Thiltih 8:3-a “tiduhdah” tia an lehlin thumal pawh hi Grik tawnga Thuthlung Hlui an lehlin, *Septuagint*-ah chuan râwva taka che thîn nghalchang sawina atân hman a ni (*Sâm 80:13* en la). Saula khân Kristiante tihduhdah hnâ kha a kahpahin,

a remchân dân ang lekin a kalpui lo va; an rinna nêl lama nuai chimih vek tumin ruahmanna fel tak nêl a thawk a ni.

**Saula pianthar tâk dân chanchin inziaha chângte hi chhiar la** (*Tirkohote 9:1–18, 22:6–21, leh 26:12–19*). **A lo pianthar theihna tûra Pathian khawngaihna hnâ a thawh chu eng nge ni? |awngkam dangin sawi ta ila, LALPAN a chungah thatna a lantîr kha engtiang chiaha phû nge maw a nih rêng le?**

Saula meuh a’n piangthar ta mai kha chu mihring thlîrna atang chuan thil theih loh tawp tûr niin a lang (a pianthar thu hretute zînga tam tak pawhin an hriat tîr chuan an ringhlel deuh rêng a nih kha).

Paulan a phû awm chhun chu hremna chauh a ni; mahse he Juda tlangvâl phûr tak chungah hian Pathian chuan khawngaihna a lantîr ta hlauh mai a. Chutih rual chuan, Saula piantharna hi amaha lo thleng ve ngawt a ni lo va, pianthar luihtîr lah a ni hek lo.

Saula kha Pathian awm ring lo mî a ni lo va. Pathian nihna a hriatthiam dân chu dik lo hlê mah sela, amah kha chu sâkhaw mî tak a ni tho. A hnêna Isuan a sawi, “Chhunna thîr zum i khêng na thlâwn mai mai a ni e,” (*Tirkohote 26:14, NKJV*) tih tawngkam hian Thlarau Thianghlimin a thînlungah hnâ a thawk a, thil dik lo a ti a ni tih a hriattîr tih a tilang. Hmânlai chuan leleta an chhawr bâwngpa-in lei a leh that duh loh châng apiangin tiang hmâwr zum takin an hawlh thîn a. Saula pawh hian Pathianin thîr zuma a chhunna chu eng emaw chen a tuar lui a; mahse Damaska khuua lût tûra a kal laiin, tholeh Isua nêl mak tak maiin an intawng ta hlauh mai a, a thiltih lai pawh chu tih zawm zêl loh a thlang ta zâwk a ni.

**I lo pianthar ve dân kha ngaihtuah lêt la. Paula pianthar dân anga mak danglam chu a ni ve kher lo maithei (mi dangte pianthar dân pawh a ni bîk kher lo**

**ang); chutih rual chuan engtiang kawngtein nge Pathian khawngaihna chu Paula ang bawh hian i lo chan ve le? Krista zâra min pêk thil hlu tak takte chu eng vângin nge kan theihngihl ngai miah loh a pawimawh êm êm?**

**THAWHLEHNI**

*JUNE 27*

**DAMASKA KHUAH PAULA A KAL**

Khatia Isua nêna an intawn hnû khân Saula chu a mit a del ta hmiah mai a. Mi pakhat, a hming “Juda” tia an koh ina kal a, chutah chuan Anania lo nghâk tûra hrilh a ni a. Hetia a taksa mit a del pawh hi Isua zuitûte tihduhdah duh khawpa thlarau lama a mit a del nasatzia hriat chhuahtirtu a nih ngei a rinawm.

Damaska khaw dâia Isua a tawn atang khân engkim a inthlâk danglam ta vek a. Thil dik ti nia a lo ingaih lai zawng zawng khân, thil dik lo tak a lo ti reng zâwk a. Pathian tâna hna thawk emaw a intih laiin, amah do zâwngin a lo che ngar ngar zâwk a lo ni reng a. Damaska khua pawh chu, Jerusalem atanga a chhuah tirha Farisai chapo leh thahnemngai tak ang khân ni tawh lovin, mi danglam daih niin a lût ta a. Damaska khuaah hian ni thum a châm a, hetih chhûng hian eng mah a eiin a in lo va, a chung a thil lo thlengte kha ngaihtuah lêt chungin a tawngtai char char a ni.

Tirhkohte 9:10–14 chhiar la. Anania rilru-a thil awm tûrte chu han suangtuah chhin teh: A va hmuh tûra chu Saula, Kristiante tihduhdah thîntu kha a ni a, tûnah chuan Isua ringtu lo ni ve tawhin a hming pawh ‘Paula’ tia thlâk a ni ta a, Jentail-te hnêna chanchin tha hril darh tûra Pathianin a thlan a ni (*Tirhkohte 26:16–18 en la*).

Anania pawh kha a tîm deuh hlek chu a ni. Jerusalem-a awm Kristiante chuan a pianthar hnû kum thumah pawh an la pawm ngam chia lo va, Damaska khuaa

awm ringtute tân phei chuan, a pianthar hlim hlaut a la ni bawh sî a, vênthâwn leh zawhna eng eng emaw a tam duh hlê ang le!

Anania hnênah pawh LALPA chuan inlârna a hmuhtîr ve tho va, chu inlârnaah chuan a rin loh leh beisei loh deuh mai Tarsa khaw chhuak Saula pianthar thu hrilh a ni a. Ringtute hmêlmâ Saula chu anmahni zînga mi a lo ni ve ta tih thu hi inlârnaa hriattîr ni ta lo se, a âwih hauhin a rinawm loh.

Saula hian puithiam lalte thû leh a tirhna lehkha kengin Jerusalem a chhuahsan kha a ni a, Kristian sâkhua chu a zung nên lama kar phawn vek a tum a ni ber mai (*Tirhkohte 26:12*). Amaherawhchu, a tân Pathianin hna dang daih a lo buatsaih chu niin, chu hna buatsaihtu lah chu puithiam lalte âia thu nei zâwk daih a ni lehngâl a. Jentail-te hnêna chanchin tha hril darhtu tûr a ni a, hei phei hi chu Anania leh Juda ringtute ngaihah khân, amah Saula pianthar thu âi mahin a âwm ang lo lehzual âwm e. Kristian thurin darh zêl tûr dan a tumna hmunah ngei chuan, Juda ringtute pawhin an suangtuah phâk loh khawpa nasaa tidarh zau tûrin Pathian chuan a hmang dâwn ta a ni.

**1 Samuela 16:7; Matthaia 7:1 leh 1 Korinth 4:5 te hi chhiar la. Hêng thûte hian mi dangte thil tawn kan lo thlîr dân chungchângah kan fîmkhur a ngaihzia eng nge min hrilh sawi rawh. Mi dangte chung a ngaihdân i siamah tih sual eng nge i lo nei ve tawh a, chûng i tih sualte atang chuan eng thilte nge zir chhuah i neih?**

**NILAINI**

*JUNE 28*

**JENTAIL-TE HNÊNAH CHANCHIN THA A THLENG TA**

**Khawi hmunah nge Jentail kohhran hmasâ kha din a nih le? Eng thil thlengten nge chumi hmunah chuan ringtute kha kaltîr a? (*Tirhkohte 11:19–21, 26*). Kha**

**khân Thuthlung Hlui hunlai eng kha nge a hriat chhuatîr che?** (*Dan. 2 chhiar rawh.*)

Stephana denhlum a nih hnua Jerusalema tihduhdahna a lo chhuah zui tâk avâng khân Juda ringtute zînga tam tak chu Jerusalem atanga mêl zathum vêla hlâa awm, Antiokei khuaah an tlânchhia a. Antiokei chu Rom sawrkâr hnuaia ram bial then pakhat, Suria khawpui a ni a, pawimawh kawngah pawh Rom leh Alexandria dawttu ni pha hial a ni. Mihring pawh nuai nga vêl chu an awm nia chhût a ni a, hnam hrang hrang inchên pawlhna khawpui a nih avângin Jentail kohhran dinna tûr hmun atân chuan duhthusâma thâ a ni a; chu mai chu ni lovin, khawvêl hmun hrang hranga chanchin tha thehdarh zêlna tûr atâna behchhan atân pawh tha tak a ni bawk.

**Antiokei khuaah khân Barnaban a tlawh pahna chhan leh, Paula pawh a hruai ve lehna chhan eng thil nge thleng? Chu thil thleng chuan Antiokei kohhran kha eng ang kohhran nge a nih tih a lantîr?** (*Tirhkohte 11:20–26*).

Paula nuna thil thleng hrang hrangte kha a thlen dân indawta sawi chu a harsa angreng a; chutih rual chuan a pianthar hnua Jeruselem a tlawh (*Tirhkohte 9:26–30*) leh Barnaban Antiokei khua tlawh ve tûra a sâwm inkârah hian kum nga emaw chu a tla ngei ni chuan a lang. Hetih chhûng zawng hian eng thil nge Paula khân a tih le? Dik taka sawi chuan, eng thil chiah nge a tih kan hre lo. Nimahsela, Galatia 1:21-a a thil sawi atang hi chuan Suria leh Kilikia ramahte chanchin tha a hril pawh a ni maithei. Mi thenkhat chuan hetih chhûng hian a chhûng leh khatten an tuithlâr niin an ring deuh a (*Philipi 3:8*); 2 Korinth 11:23–28-a hrehawm chi hrang hrang a tuar thu a sawite pawh hi hetih chhûnga a tawrh hi niin an ring bawk. Antiokei khuaa kohhran chu Thlarau Thianghlim kaihhruaina hnuaiah nasa takin a

thang a. Tirhkohte Thiltih 13:1-a kan hmuh hian hnam hrang hrang inchên pawlhna khawpui a nihna chu kohhran chhûngah pawh a rawn lang chhuak ve thuai a ni tih a tilang a (Barnaba kha Kupra thliarkâr atanga lo kal, Lukia kha Kurini ram atanga lo kal, Paula kha Kilikia ram atanga lo kal, Sumeona kha Nigera, Africa atanga lo kal a nih hmêl a, kohhran member-te zînga a tam zâwk kha Jentail an ni tih hre bawk ila). Thlarau Thianghlim chuan Antiokei khua hi hmunpuia hmangin, Suria leh Judai ram piah lama chêngte hnên thlenga chanchin tha theh darh zêl a tum ta a ni.

**Tirhkohte 11:19–26 hi chhiar nawn leh la. Hnam hrang hrangte lâwi hona, Antiokei kohhran atang hian tûnlai kohhrante hian kan tangkaipui ve tûr eng thil thâte nge zir chhuah theih kan neih sawi rawh.**

NINGANI

JUNE 29

**KOHHRAN CHHÛNGA INNGHIRNGHONA**

Mihringte hi chu famkim lo kan nih avângin rinna pakhatin a phuar khâwm kohhranhote zîngah meuh pawh buaina a lo chhuak ve thei tho mai.

Jentail ringtute kohhrana an lo lût ve chu mi thenkhat chuan an lo ngaithei lo phawt a. He an inrem lohna hi Jentail-te hnêna chanchin tha hril a tûl leh tûl loh thû-ah ni lovin, Jentail-ten kohhran an rawn zawm ve theih dân tûra tehfung siam kawngah a ni zâwk tih hria ila. An zînga thenkhat chuan *Kristian ni tûrin Isua rin mai a tâwk lo* niin an hria a; rinna chu serhtanna leh Mosia dân zawmna hmanga belhchhah tûr niin an sawi. *Jentail-te chuan Kristian dik tak an nih ve theih nân serh an tan hmasa zet tûr a ni an ti a* (Juda-te leh Jentail-te inkâra indaidanna awm zau-zia chu Petera leh Kornelia intawn dân leh, chumiina a nghawng

chhuahahte khân kan hmu thei a ni (*Tirhkohte 10:1-11:18 en la.*)

Samari khuaa mîte hnêna Filipa hnathawh dân (*Tirhkohte 8:14*) leh Antiokei khuaa Jentail-te zînga Pathian hnathawh thleng te en thlî-thlai tûra Jerusalem kohhranin lamkal tute emaw an tirh (*Tirhkohte 11:22*) pawh khan, Juda mi ni vê lo Kristiana seng luh ngawt mai chu an tím deuh tih a tilang a. Mahse Peteran serhtan pawh ni lo Kornelia chu baptisma a chantîr a, chumi avânga inhniaalna lo chhuak ta khân ringtu hmasâte zîngah Jentail-te chungchânga ngaihdân inang lo a awm ngeizia a tilang chiang hlê. Jentail mi tu tute emaw, entîr nân, Kornelia te ang kohhrana lâk luh an han ni ve mai khân mi thenkhat awm a tinuam lo a ni maithei a. Paula erawh chuan Jentail pawh ni se, Isua ringtu tawh phawt chu kohhrana an lo luh ve theih hrâm dân kawng a zawng ve ngar ngar thung a, chuwâng tak chuan a rawngbâwlna sawi nêpsak tum luitu pawh an awm phah ta rêng a ni.

**Judai ram atanga lo kal ringtu thenkhatte khân engtin nge Antiokei khuaa Jentail Kristiante hnêna Paula hnathawh kha rawn tihbahlahsak an tum?** *Tirhkohte 15:1-5.*

Jerusalem Inkhâwmpui khân serhtan kher a tûl leh tûl loh thû-ah Paula tanna anga kal chu rêl thlu tawh tho mah se, Paula rawngbâwlna dodâltu erawh an la awm chhunzawm zêl a. A hnû kum sarih vêla Jerusalem a tlawh leh tum pawh khân mi tam tak chuan a chanchin tha hril chu an lo la ringhlel cheu a nih kha. Dik tak pheih chuan, Pathian biak in a tlawh tum khân a nunna a chân thelh a. Asia ram atanga Juda lo kalte chu, “Israel mîte u, min pui rawh u! He mi hi ram tinah mi zawng zawng hnênah, Juda mî te, Dân te, he in te sawichhetu kha a nih hi,” tiin an lo au chiam a nih kha (*Tirhkohte 21:28; 21:20, 21* pawh en bawkw ang che).

**Paula zirtîrna ringhleltu Juda mîte dinhmunah hian nangmah kha han indah ve chhin la. Eng vângin nge an thil vênthâwn leh an dote hi vênthâwn leh do âwm tak a nih ve tho le? Heta tang hian ngaihdân vawn ngheh sa tlut mai kan nei thîn leh, kan hnam tih dân (sâkhaw kalpui dân pawh a ni ang chu) thenkhatte hian min hruai bo daih thei a ni tih kan hria em? Thahnemngai tak pawh ni tho mah ila, an tihsual ang hi keini chuan kan tih ve lohna tûrin engtin nge kan invên theih ang?**

**ZIRTÂWPNI**

**JUNE 30**

**NGAIHTUAH ZUI TÛR:** “Tûn hmâ chuan Paula kha Juda sâkhaw humhalh kawnga thahnemngai tak anga hriat niin, Isua zuitûte pâwh a theihtâwpin a lo tiduhdah tawh thîn a. Mî huaisen tak, tanpuitu nei lo pawha mahnia che mai thîn, beidawng ngai lo a ni a, a *talen* dawnte leh a zira a zir chhuah thiamnate chuan eng hnâ pawh thawk thei vek mai tûr âwm hialin a siam a. A thil hriatte chu fiah leh chiang takin a sawi chhuak thiam a, mi han tawng-el khum vêl dân te a thiam êm avângin amah dotûte chu hrilhhai takin a siam thîn. Mahse tûnah ve thung chuan, he tlangvâl, theihna dangdai tak mai nei hi tûn hmâ a lo tihduhdah thinte nêan tang ho leh sî a, Isua hmingin hlauh nei miah lovin thu an hril tih Juda-te chuan an hmû a.

“Sipai hotu (general) ber indonaah a thî a nih chuan a sipaite tân châna nasa a ni a; mahse a thihna chuan an hmêlmâte hnênah chakna a pe hran chuang lo. Nimahsela, pâwl pakhata an hruaitu langsâr takin an khingpuite a zâwm daih a nih erawh chuan, a kalsân tâkte tân châna nasa tak a ni a ni mai lo va, a va zawm tâk pâwlte tân hlâwkna ropui tak a ni bawkw dâwn a ni. Tarsa khaw chhuak Saula hi Damaska khaw pana a kal lai khân Pathian chuan duh ni se awlsam tē-in a tihlum mai thei a, chutianga a tih chuan tihduhdahna pawh eng emaw chenah a kiam phah ngei



bawk ang. Mahse Pathian chuan thil a lo hmuh lâwk vek avângin Saula nunna pawh a zuah a ni mai lo va, tipiangtharin a hmêlma lama an chhuanvâwr ber chu Krista lamah a tantîr ta hlauh mai a. Thusawi thiam tak leh hnialkhân hre tak, mi tum ruh leh huaisen a nih avângin amah ngei hi kohhran tiak tîr khân kawng engkimah a tangkaipui ta êm êm mai a ni.”—**Ellen G. White, *Tirhkohte Thiltih*, p. 124.**

**SAWI HO TÛRTE:**

**Paula dodâltu langsâr ber berte zînga thenkhat kha a Juda-pui, Isua ringtu pawh ni ve thote an ni tlat mai a. Heta tang hian zirlai zir chhuah theih kan nei em?**

**Engtin nge Pathian do zâwng ni sî lovin sâkhaw/ kohhran thurin leh inkaihhraina te hi kan din nghehpui tlat theih ang?**

**KHAIKHÂWMNA:** Saula tân chuan Damaska khaw daia tholeh Isua nêna an intawng kha a nun tidanglam vektu a ni a, kohhran hmasa chanchina thil thleng pawimawh ber pakhat a ni bawk. Pathian chuan kohhranhote lo tiduhdah tawh thîntu chu a pianthartîr a, Jentail-te zînga chanchin tha hril darhtu atân tirhkohah a siam ta a. Nimahsela, rinna avâng chauha kohhrana Jentail-te a teltîr ve thîn kha chu kohhrana mi thenkhat chuan pawmpui harsa an ti hlê. Hei hian ngaihdân leh pawm ngheh sa eng emaw kan neih tlat thinna hian kan rawngbâwlna a tibahlah thei a ni tih a tilang chiang hlê a ni.

**ZIRLAI 2-NA**

**JULY 1-7, 2017**

**PAULA THUNEIHNA LEH CHANCHIN THA**

**CHÂNGVAWN:** “**Mihring tihlâwm nge ka tum a, Pathian tihlâwm? Mi zînga tlâktlum tum ka ni em ni? Ni ila, Krista bâwih ka ni lo vang,**” (*Galatia 1:10*).

**SABBATH CHAWHNU**

*JULY 1*

**CHHIAR TÛRTE:** *Galatia 1; 5:12; Philipi 1:1; 2 Petera 3:15, 16.*

UNIVERSITY pakhata zirlaite chuan an university compound chhûngah center pakhat an sa a, chu center-ah chuan hnam, sâkhua, khawtlânga an dinhmun leh, mipa leh hmeichhia ang zâwnga inthliarna awm miah lovin a duh apiang an lût thei a. Nimahsela, an center sak chu kum eng emaw ti hnû-ah an va tlawh leh chuan an chhuah hnû-a zirlai dang lo awm ve lehte chuan an lo tidanglam nasa tawh mai tih an hmu chhuak a. Inkawm hona tûra an siam piandan zâu tak-chumi chhûnga awm zawng zawngten pumkhat a nihzia inhriatna an neih theihna tûra an duan chu pindan tê zâwk eng emaw zâtah an lo chhuah a-hnam, sâkhua, mipa leh hmeichhia te chuan inchan sem theuhin inluh pawlh an khap tlat leh ta nghâl a. Hetianga pindan awm dân sîksawitute hian kum za tam tak chhûnga an lo tih thin tawh [inthliar hranna] chu tanchhanah an hmang niin a sawi ve tlat bawk sî a ni.

Hetianga deuh harsatna hi Galatia khuua kohhranhote hnêna Paulan lehkha a thawn pawh hian a hmachhawn a. Jentail-te chuan rinna avâng chauh pawhin kohhran an rawn zâwm ve thei nia a sawi chu zirtirtu derte

chuan an hnial a, Jentail-te chuan kohhrana an lo luh hmain serh an tan hmasa zet tûr a ni an ti ve thung.

Chutiang ngaihdân chu chanchin tha laimu beitu ni-ah Paula chuan a ngai a; chuvâng chuan a chhân lét ve ngei pawh a ngai tlat. Galatia Leikhawhawn hi a chhân létna chu a ni.

**SUNDAY**

*JULY 2*

**LEKHXATHAWN ZIAK THÏNTU PAULA**

**2 Petera 3:15, 16 chhiar la. Hêng châng pahnihte hian kohhran hmasâten Paula lekhathawn an hmuh dân eng nge min hrilh. Chu chuan Pathianin Bible ziaktute a thâwk khum dân eng nge min hrilh le?**

Galatia mîte hnêna Paulan lekhathawn a ziah hian, thuziak mâwi leh tha, mîten an lo ngaihsân tûr ang chi-a ziah a tum hran lo va. Thlarau Thianghlim kaihhruaina hnuaiah, amah leh Galatia khuua ringtute nghawngtu harsatnate chu sutkian a tum mai zâwk a ni.

A lekhathawn zîngah rau rau pawh Galatia mîte hnêna a thawn ang chi phei hi chu tirhkoh a nihna anga a rawngbâwnaah pawh tangkai tak zet a. Jentail-te hnêna chanchin tha hriltu a nih avângin Mediterranean Tuipui kam vêla khawpui hrang hrang awmahte chuan, kohhran eng emaw zât a din a. Hêng a kohhran dinte hi tlawh thîn hlawm tho mah se, hmun khatah rei tak chhûng a châm hman ngai meuh lo thung. A zin bosan hlâna an lo inâwi nunna ni tûr leh, an thlarau nun kaihhruaitu atân tiin lekhathawn a ziak thîn a. Hun a lo kal zêl a, an lekhathawn dawn theuhte chu kohhran dang hnênah pawh a thawn chhâwng ve leh thîn a (*Kol. 4:16*). Paula lekhathawn zîngah bo thlau awm nual tawh mah se, Thuthlung Tharah hian ama hmung pu lekhathawn sâwm leh pathum chu a la awm tho va. Peteran a sawi ang hian,

Kristian hmasâte khân Paula thuziakte hi Pathian Lehkha Thu ni anga ngaihna eng emaw chen chu an lo nei tawh reng a. Hei hian kohhran hmasa hunah khân a rawngbâwnain ngaihsân a hlawh chhoh tâkzia a tilang.

Hmân deuh kha chuan, Paula lekhathawnte hian kalphung danglam bik deuh tak a nei nia ngâi an awm thîn a-chu kalphung chu Thlarau Thianghlimin Pathian thâwk khum Thu zeh telna tûra a hranpa ngata a duan niin an sawi bawk thîn. Mahse chu ngaihdân chu Oxford University-a thawk mi thiam pahnih-Bernard Grenfell-a leh Arthur Hunt-aten Aigupta rama hmânlai thuziak hlui sâng ngâ vêl a hmuh chhuah tâk atang kha chuan thlah thlâk a ni ta a (Hêng thuziak hlui an hmuh chhuahte hi rairuang lehkha [papyrus]-a ziah niin, chutiang chu Isua pian hma kum za tam tak kal ta atanga a pian hnû kum eng emaw zât chhûng thleng khân thu ziakna atâna an hmanraw hman tlânglâwn ber pakhat a ni.) Thuthlung Thar lekhhabute hi a copy hlui (upa) ber berte bâkah, insumdâwn tawna lehkha te, chhiah pêkna lehkha te leh, mi mal lekhathawn eng emaw zât pawh an hmu chhuak bawk.

Mak angreng deuh mai chu, Paula lekhathawnte kalphung hi a hunlaia lekhathawn dangte nêl a danglamna a lo awm hran lo va. Paula lekhathawn emaw, mi dang lekhathawn pawh ni se, dân tlângpuiin (1) a thawntu hmung leh a lo dawngtu tûrte hmung bâkah, chibai bûkna a awm hmasa phawt a, (2) chutah lâwmthu sawinain a zui a, (3) chumi hnû chuan a lekhathawn taka chu a awm leh a, (4) tichuan a tlipna thu-in khâr a ni thîn.

A tâwi zâwngin, Paula khân a hunlaia an tih dân phung pângngai kha a zâwm vê a, a hunlaia mîte hnênah khân an hriatthiam theih dân tûr berin thil a sawi thîn a ni.

**Tûnlai hun hian Bible hi ziah ni leh ta se, LALPA hian kan hnêna a sawi duh angte sawina atân eng hmanrua, kalphung leh, tihdân nge a hman i rin le?**

**THAWHTANNI**  
**PAULA KOHNA DAWN**

*JULY 3*

Paula lekhathawnte hian a hunlaia lekhathawn ziaak dân phung pângngai chu a zui ve tho rualin, Galatia Lekhathawn bîk hi chuan a lekhathawn dangte nêna danglamna eng eng emaw a nei nual a. Chûng a danglamnate chu kan hria a nih chuan Paulan sut kian a tum an harsatna tawhte pawh kan hrethiam thei dâwn a ni.

**Paulan Galatia 1:1, 2-a chibai bûkna a ziah dân hi Ephesi 1:1, Philipi 1:1, leh 2 Thessalonika 1:1-a a ziah dân nên khaihkhin la. Galatia Lekhathawna chibai bûkna a sawi dân hi a lekhathawn danga a sawi dân nên a inanna leh danglamna eng nge awm?**

Galatia Lekhathawna chibai bûkna a sawi hi a lekhathawn danga a sawite âiin a sei zâwk deuh a, chu mai chu ni lovin, tirhkoh a nihna anga a thuneihna pawh a sawifiah nghâl bawh. *Tirhkoh* tih awmzia chu “mi tu emaw, [thil eng eng emaw ti tûra] tirh chhuah” tihna emaw, “thuchah kengtu” tihna emaw a ni a. Thuthlung Thar hian he thumal hi a tîra Isua zirtîr sâwm leh pahnihte bâkah, tholeh Krista inlârna hmutûte leh a thuhretu ni tûra thu a pêkte kâwk bîk deuh hleka hman a ni a (*Gal. 1:19, 1 Kor. 15:7*). Hêng mi tlêm tê thlan chhuahte zîngah hian amah pawh a tel vê thu a sawi.

Galatia khuaa kohhranhote hian Paula tirhkoh nihna kha an pawm lo chu a ni chiah bîk lo va; mahse tirhkoh dangte âia hnuaihnnung zâwk deuhah chuan an ngai niin a lang. Paula hi chu a tîra Isua zuitûte zîngah mî a ni ve lo va, chuvâng chuan a thuneihna pawh ‘Pathian atanga a dawn ni lovin, chanchin tha hril tûra amah leh Barnaba te tir chhuaktu (*Tirhkohte 13:1-3*) Antiokei khuaa kohhran hruaitûte hnên atang emaw-a a dawn a ni,’ an ti a ni ang.

A nih loh pawhin, amah baptistu Anania (*Tirhkohte 9:10-18*) hnên atanga a dawn niin an ngaihsak pawh a ni maithei bawh. An ngaihdânah chuan, Paula hi chu Antiokei emaw, Damaska emaw atanga thuhrlitu lo kal satliah ve mai a ni a-chu bâk chu eng mah a awm lo! Chuvâng tak chuan a thusawi pawh Pathian Thu ni lovin, ama ngaihdân ve maiah an ngai a ni.

Hêng an puhmate hi atân a pawi thei a ni tih a hriat avângin tirhkoh ni tûra ruattu chu Pathian ngei a nihzia a sawi nghâl phawt ta rêng a ni.

**Engtiang kawngtein nge kan kohhran huang chhûngah pawh hian Bible thuneihna hi (a rûk tê chauh pawhin a ni maithei a) sawi nêp tumna a awm ve mêk le? Chutianga sawi nêp tumnate chu engtin nge kan hriat theih ang? Chu âi pawha pawimawh zâwk chu, engtin nge Bible thuneihna chungchânga kan ngaihtuahna a lo kaihhruai thui viau tawh tih hi a ni.**

**THAWHLEHNI**  
**PAULA HRIL CHANCHIN THA CHU**

*JULY 4*

**Chibai bûkna thu a sawiah hian tirhkoh dik tak a nihzia a sawi bâkah, thil dang sawi a neih bawh chu eng nge ni? Gal. 1:3-5 hi Ephesi 1:2; Philipi 1:2, leh Kolossa 1:2 te nên khaihkhin ang che.**

Paula lekhathawn danglamna tak pakhat chu, chibai bûkna thu a sawi rêng rêngin ‘khangngaihna’ tih leh ‘remna’ tih thumalte hi inzawm tlat anga a sawi thîn hi a ni. Hêng thumal pahnihte hi inzawm anga sawia chibai inbûkna hi Grik mite leh Juda-te chibai inbûk dân tlângpui ang lo deuh hlek a ni a. Grik mi tu emaw-in, a lekhathawn tîr lama “Chibai u le” (*chairein*) a tihna tûr angah hian Paula chuan “In hnênah khawngaihna awm rawh se” a ti zêl a,

heti laia “khawngaihna” (*charis*) tih hi Grik tawngah chuan “chibai” tihna thumal (*chairein*) nêh khân a lam dân pawh a inang hlê. Tichuan, Juda-ten chibai an inbûknaa an thumal hman thin “remna” tih chu a telh leh ta bawh a ni.

Hêng thumal pahnihte hi fiamthû ang deuha sawi kawp ve satliah mai a ni lo va. Chuti ahnehin, hêngte hian a chanchin tha ken chu a sawifiah tha hlê zâwk a ni. (Dik tak pheih chuan, hêng thumal pahnihte hi Thuthlung Thar ziaktu dangte âiin a hmang ngun zâwk a ni.) Khawngaihna leh remna chu Paula atanga lo thleng ni lovin, Pa Pathian leh LALPA Isua Krista hnên ata lo chhuak a ni bawh.

**Galatia 1:1-6-a chanchin thain a huam chin a sawite chu eng nge ni?**

Chibai bûkna thu a sawinaah hian chanchin tha nihphung chu sawi fiah kîlh kêlh hman lo mah se, chanchin tha awmzia tak chu tâwi fel takin a sawi lang zauh tho va. Chanchin tha inngahna laipui ber chu eng nge ni? Paula sawi dân chuan, keimahni’n dân kan zawmna hi a ni lo va; mahse chu tak chu Paula dotûte chuan an tângaupui ber a ni lawi sî a. Chanchin tha chu Kristan kraws-a thihna leh a thawhleha hmanga kan tâna a tlingtlâk tawha inngat pumhlûm thak a ni a. Krista thihna leh thawhleha chuan keimahni’na kan tih theih ngai rêng rêng loh tûr thil chu min tihsak a. Sual leh thihna thiltititheihna chu chhu chatin, amah zuitûte chu hlauhna leh saltânnaa mi tam tak man bettu sual thiltititheihna lak ata a chhuah zalên ta.

Pathianin Kristaa khawngaihna leh remna min siamsak chu ropui a tih êm avângin Pathian hnêna ropuina hlân lo thei lo niin a inhre ta rêng a ni (*châng 5-na en la*).

**Paulan Galatia 1:1-5-a thumal a hman ang zât vêl hmang hian nangman chanchin tha nihphung i lo**

**hriat ve dân ziak chhuak la. Chu chu Sabbath nî-ah i sawi chhuak dâwn nia.**

**NILAINI**

*JULY 5*

**CHANCHIN THA DANG A AWM LO**

**Paulan chibai bûkna thu a sawi zawh hian eng thu nge a sawi zui leh tlângpui thin? Engtiangin nge Galatia Lehkathawn hi a danglam bik?** *Gal. 1:6 hi Rom 1:8, 1 Kor. 1:4, Philipi 1:3, leh 1 Thess. 1:2-te nêh khaihkhin rawh.*

Paulan kohhranhote hnêna lehkha a thawnahte rêng rêng hian an harsatna tawh hrang hrangte chu sawipuiin, a chin fel dân kawng a zawng thin a; a lehkathawn bul lama chibai inbûkna thu a sawiahte hian a lehkha lo chhiartu tûrte tâna a tawngtaina emaw, an rinna avânga Pathian hnêna lâwmthu sawina emaw a telh ngei bawh thin. Chutiang chuan an zînga nungchang bawlhhlawh tak tak nei an awm avânga buai êm êm Korinth Kohhran hnêna lehkha a thawnah pawh khân a ti tho va (*1 Kor. 1:4 leh 5:1 chhiar la*). Amaherawhchu, Galatia khuua Kristiante hi chuan a rilru an tina vê hlê a ni ngei ang, lâwmthu sawina pawh pakhat mah a ziak lang lo, a sawi tum tak chu a sawi nghâl mai a ni!

**Galatia Kohhran chhûnga thil thleng mêk chu ngaimawhawm a tihzia tilangtu tawngkam dêngkhâwng tak tak a hmante chu eng nge ni?** *Gal. 1:6-9 leh 5:12 chhiar la.*

Paula hian Galatia khuua kohhran member-te lâkah hian tawngkam sùm-kâr a nei vak lo hlê mai. Kristian ni tûra koh an nihna chu phatsan mêkah a puh a ni ber a. Dik tak pheih chuan, châng 6-naa *pakaisan* tih thumal lo lang hi mi, sipai an nihna kalsan a, an ram laka an rinawmna bânasantute sawina atân hman thin a ni. Thlarau

thila kan sawi dawn chuan, Paula hian Galatia khuua Kristian awmte kha kohhran phatsan a, Pathian hnung chhawntu niin a sawi a ni ber.

Engtiang chiahin nge Galatia khuua Kristiante chuan Pathian an phatsan? E le, chanchin tha dang paikaisanna hmangin maw le! Paula hian chanchin tha pakhat âia tam awm angin a sawi lo hrim hrim a; mahse kohhran member-te zinga thenkhat kha chu-Krista rin ringawt chu a tâwk lo nia an zirtir tlat avângin (*Tirhkohte 15:1-5*) –chanchin tha dang awm angin an che tlat thin si a ni. Hetianga chanchin tha kaihlekna a thlen avâng hian a rilru a na hlê mai a, chanchin tha dang hrlitute chuan Pathian ânchhia dawng se a duh hial a ni (*Gal. 1:8*)! Hei hi sawi uar a duh hlê a ni ngei ang, wavi hnih ngawt mai a sawi tlat (*Gal. 1:9*).

**Tûnlai hian kan kohhran chhûngah ngei pawh (hmun thenkhatah chuan) thurin âia mi mal thil tawn dah chungnun zâwk tumna a awm mêk a. A pawimawh ber chu mi malina kan tawn, Pathian nêna kan inlaichinna hi a ni tiin an sawi thin. Mi mal thil tawn chu lo pawimawh viau pawh ni se, heti laia Paula thil sawi hian thurin dik vawn a pawimawhzia eng nge min hrilh?**

NINGANI

JULY 6

**PAULAN A HRIL CHANCHIN THA TOBUL CHU**

**Galatia Kohhran chhûnga buaina chawkhhuak-tute khân Paula hril chanchin thâ hi chu amahin mi dangte pawm hlawh nih a khel avânga a chher chawp mai niin an sawi ve hlauh thung a. An sawi anga mîten an pawm theihna tûr kawng zawng mai lo ni ta ang se, an hnêna lehkhathawn a ziah hi hetiang lo deuh hian engtin nge a ziah ang? Gal. 1:6-9, 11-24 te hi chhiar la.**

Eng vângin nge Paula hian Jentail piangtharte chu serh an tan ve kher tûl lo a tihsak le? A khingpuite hi chuan a tam thei ang ber Kristianah lo lût se a tih avângin a pawmzam lamah a ram tang ta mai niin an puh a. Jentailte chuan serhtan an hreh dawn tih Paula hian a hre sa vek a, chuvâng chuan serhtan kher tûl a ti ta lo niin an ngai pawh a ni maithei. Mi tihlâwm tum rêng rênga khawsa thînah an ngai a ni deuh ber mai. Chutianga an puhnate chu chhâng lêtin, châng 8-na leh châng 9-naa kan hmuh tawngkam hriam tak takte hi a hmang ta a. Mîte pawm hlawh chu a thil duh ber ni ta ang se, hetiang hi chuan a chhâng hauhin a rinawm loh.

**Eng vângin nge Paula hian mi dangte tihlâwm tum reng chung chuan Krista zuitu nih a theih loh thu a sawi?**

**A chanchin tha hril leh a thuneiha chu Pathian ngei hnên atanga a dawn a nih thu (châng 11-na leh 12-na) a sawi a. Châng 13-24-naa thil sawite hian a sawi tum tak chu engtin nge tihlan?**

Châng 13-24 hian a pianthar hmaa a thil tih thinte (*châng 13, 14*) leh a lo pianthar tâk thu (*châng 15, 16*) bâkah, chumi hnua thil a tih leh tâk thenkhate chu min hrilh a (*châng 16-24*). Hêng thil thleng hrang hrangte hi a han sawi duahna chhan chu, tu hnên emaw atanga chanchin tha dawng chhâwng ve mai ni lovin, Pathian ngei hnên atanga dawng a nihzia tihlan a tum vâng a ni. A kohna dawn ringhlel a, a thu hril hnualsuat luih tumtute chu en liam mai a tum lo hlê a. A chungah eng thil nge thleng a, eng ang thu sawi tûrin nge koh a nih tihte a hre Chiang hlê, chuvâng chuan Pathianin sawi tûra a tih chu eng anga dodâlna nasa kârah pawh a sawi tho vang.

**Kristaa kohna i dawn chu engtiang chiaha Chiang nge ni ve le? Pathianin ti tûra a hrilh che chu engtin nge Chiang takin i hriat theih ang? Chutih rual chuan, kohna**

**i dawng a ni tih hre chiang hlê pawh ni la, eng vângin nge mi dangte thurâwn ngaihchân pawh a tûl tho baw?**

**ZIRTÂWPNI**

*JULY 7*

**NGAIHTUAH ZUI TÛR:** “Kohhran tin deuh thâw-ah khân kohhran member, pian tih ata Juda mi ni sa rêng eng emaw zât an awm zêl a. Hêng mîte hnênah hian Juda sâkhaw zirtirtute chu an tlângtlân, anmahni avâng hian kohhranah pawh dinhmun pawimawh tak tak an chelh theih phah baw. Pathian Lehkha Thu tanchhan ringawt chuan Paulan a zirtîr thurinte hi pheh thlâk rual a ni si lo va; chuvâng chuan a huhâng beih lêt a, thuneihna tihnep theihna tûrin Pathian Lehkha Thu nêna inrem miah loh zirtîrna eng eng emaw an vawrh chhuak ta ngawt mai a ni. Amah chu Isua zirtîr pawh a ni ve lo va, Isua hnên atanga thupêk dawng lah a ni ve hek lo; chutih nâk alai chuan Petera te, Jakoba te leh, tirkoh dangten an hril thin kalh chiah thurin eng eng emaw a zirtîr baw si. . . .

“Hêng kohhrante ei chhe mêktu soal chi hrang hrangte hi a hmuhin a rilru a hrehawm hlê a. Galatia khua mîte hnênah chuan lehkha a thawn ta thuai a, an thurin dik lo tak takte chu hai langin, rinna lak atanga kal pêng tawhte chu tawngkam na tak tak hmangin a zilhhâu baw a ni.” –Ellen G. White, *Sketches From the Life of Paul*, pp. 188, 189.

**SAWI HO TÛRTE:**

- ① **Chanchin tha nihna i lo hriatthiam dân chu zia chhuak la, in class-ah chhiar chhuak ang che. Mi dangten an hriatthiam dân an lo ziah vête atangin eng thil thar nge kan inhrilh tawn theih ang?**
- ② **Galatia mîte hnêna chibai bûkna thu a sawiah hian Isua thihna chhan pakhat a sawi lang a. Chumi chu**

eng nge ni a, chu chuan kan tân pawh eng nge pawimawhna a neih ve?

- ③ **Galatia 1:14-ah hian Paula chuan amah thlahtute thurochhiah chung a thahnem a ngaih thinzia a sawi a. Heti laia “thurochhiah” a tih hi Farisai-ten tawngkaa inhlan chhâwn chî dân eng eng emaw an neihte leh Thuthlung Hlui bu pum pui pawh hi a ni maithei a. Kan rinna kawngah hian thurochhiahten hmun an chang em, eng kawngahte nge an chan? Paula thil tawn hian thurochhiah chungchâng hrim hrimah eng vaukhâna thu nge min pêk?**
- ④ **Eng vângin nge Paula hian an rin ang ring ve lote kha a “ngaihtheih loh” viau mai le? Chanchin tha dang pawmtu nia a ngaihte chungchâng a sawi dânte kha chhiar nawn leh la. Amah anga ngaihdân nghet tak nei, mahni dinna sawh sawn duh hauh lo kan kohhrana awm vête hi engtin nge kan tih ang?**

**KHAIKHÂWMNA:** Galatia Kohhrana zirtirtu derte khân Paula tirkoh nihna leh, a chanchin tha hril te chu Pathian hnên atanga chhuak ni lova sawiin, a rawngbâwlna pawh dah hniamsak an tum thîn a. Hêng an puhna pahnihte hi an hnêna lehkha a thawn bul lamah hian a chhâng lêt a. Chhandamna chu kawng khat chauh a awm thu huai taka sawiin, a pianthar hmâ, pianthar dân leh pianthar hnua thil thleng zui tâte chuan kohna a dawn leh chanchin tha a hril te chu Pathian hnên atang ngei a ni tih a tichiang niin a sawi.

ZIRLAI 3-NA

JULY 8-14

### CHANCHIN THA THUHMUN CHU

**CHÂNGVAWN:** “Rilru hmun khata awmin, hmangaihna hmun khat neiin, inthuruala rilru hmun khata awmin ka lâwmna tifamkim rawh u,” (*Philipi 2:2*).

SABBATH CHAWHNU

JULY 8

**CHHIAR TÛRTE:** *Genesis 17:1-21; Johana 8:31-3; 1 Korinth 1:10-13; Galatia 2:1-14; Kolossa 3:11.*

KOHHRAN siamthatu John Calvin-a chuan inpumkhat lohna leh inthenhranna te hi kohhran beih nâna Setana hmanraw lian ber niin a ngai a; chuvângin Kristiante chuan inthenhranna ang chî rêng rêng chu pulh hrî tlukin an hlau tûr a ni a ti.

Nimahsela, thutak hloh thak khawpin inpumkhatna chu kan vawngnim tho tûr a ni ang em? Kohhran Siamthatnaa a puipa ber Martin Luther-a khân, Diet of Worms-a a chungthu an ngaihtuah lâi khân rinna avâng chauha chhandam kan nih thu a lo sawi thin chu kohhran inpumkhatna changchâwiin sût leh ta si se, eng thil nge thlenga i rin le?

“He Kohhran siamthatu (Martin Luther-a) hi thil pakhat lekah pawh a tawlh a nih vaih chuan Setana leh a hoten hnehna an chang dâwn tihna a ni a. Mahse a dinnaah a ngheh êm avângin kohhran chu phuar beh a nihna lak ata a lo zalên a, hun thar leh tha zâwk a lo inher chhuah theih phah ta a ni.”—**Ellen G. White, *Indona Ropui*, p. 167.**

Galatia 2:1-14-ah hian tirhkohte zînga inpumkhatna awm chu mi thenkhatin tihchhiat tuma an beihna kârah Paulan theihtâwp chhuaha vawnhim zêl a tum dân chanchin kan hmu a. Inpumkhatna chu a ngaih pawimawh viau tho rualin, chanchin tha thlah thla phah hial khawpa inpumkhatna vawnhim erawh a duh chuang lo. Mi inang lo tak tak leh ngaihdân hrang hrang neite pawh inpumkhat takin awm ho theih tho ni mah se, chanchin tha thlah thla khawp chuan inpumkhat tumin kan bei chuang tûr a ni lo.

SUNDAY

JULY 9

### INPUMKhatna PAWIMAWHNA CHU

**1 Korinth 1:10-13 chhiar la. Hêng châng pali-te hian Paulan kokhran chhûnga inpumkhatna a ngaih pawimawhzia engtin nge min hrilh?**

Paula hian a chanchin tha hril chu Pathian hnên atanga a dawn pawh ni lo âwm anga an puhsakna chu a hnial thlâk zawh hnu-ah, amah an puhna dang chu a hmachhawn leh nghâl a (*Gal. 2:1, 2*). Galatia Kohhrana zirtirtu derte chuan Paula hril chanchin tha chu Petera leh tirhkoh dangte hril nêl a inang lo niin an sawi a. Paula chu kohhran phatsantu-ah an puh bawk a ni.

He an puhna hi chhângin Paula chuan a pianthar atanga kum sâwm leh pali vêl hnû-a Jerusalema a han zin thu a sawi chhuak ta a. A zin kum chiahi engtik kha nge tih chu hre thei tawh lo mah ila, hetih lai hunah hi chuan zin veivah a la awlsam lo hlê tih erawh kan hria. Antiokei atang hian khawmual kawng a zawh a nih chuan Jerusalem thleng tûrin mêl zathum vêla thui kalin, chawlhkâr thum vêl tal kawng lakah a thang ang a, harsatna leh hlauhawm chi hrang hrang a pal tlang ngei bawkin a rinawm. Chutiang khawpa thil harsa chu ni mah se a zin chhuak ta tho va, a zin chhan pawh tirhkohten amah an koh vâng ni lovin,

Thlarau Thianghlimin kal tûra a hrilh vâng zâwk a ni a. Jerusalem-a a châm chhông hian a chanchin tha tlângaupui thin chu eng nge ni tih tirhkohte hnênah a mal malin a lo hrilh vek tawh zâwk a ni.

Eng vângin nge chutiang chuan a tih le? A thu hril chu amah pawhin a rinhlelh deuh vânga ti chu a ni lo tih a Chiang khawp mai a. Anni pawmpuina hi a mamawh rêng rêng lo bawk. He chanchin tha ngei mai hi kum sâwm leh pali chhông zet a lo tlângaupui tawh a. Tirhkoh dangte remtihna emaw, pawmpuina emaw chu mamawh chuang lo mah se, an tanpuina leh fuihna thu erawh a ngaihlu hê tho a ni.

Chuvângin a thuchah ken kha tirhkoh dangte hril thin chanchin tha nêna inang lo ni âwma puhna chu amah Paula beihna chauh pawh ni lovin, tirhkohte chu lungruah lo ang leh, kohhran pawh inpumkhat tha tâwk lo ang sawina a ni tel ngâl bawk a. Jentail-te zînga Paula rawngbâwlina leh Jerusalem kohhran inkârah inlungruah lohna awm chuan nghawng chhe tak a neih theih dâwn avângin tirhkohte chu inpumkhat tlata an awm a tûl hê a ni. Jentail Kristiante leh Juda Kristiante chuan inpâwl hona pawh an nei thei lo a nih chuan “Krista chu then hranin a awm ang a, Jentail-te hnêna chanchin tha hrilna tûra Paulan thâ a lo sên tawh zâwng zâwng leh beiseina a lo neih thin zâwng zâwng chu a hlawhchham vek dâwn a ni.”—F. F. Bruce, *The Epistle to the Galatians* (Grand Rapids, Mich.: William B. Eerdmans Publishing Company, 1982), p. 111.

**Tûnah hian kan Kohhran inpumkhatna tiderthâwng thei thil eng engte nge awm ve? A pawimawh ber zâwk chu, chutiangte chu eng nge ni tih kan hriat hnû chuan engtin nge kan hmachhawn ang tih hi a ni a. Inpumkhatna âia pawimawh thil dang eng engte nge awm?**

**THAWHTANNI**  
**SERHTANNA LEH ÛNAU DERTE**

*July 10*

**Eng vângin nge serhtan thu hi Paula leh Juda Kristian thenkhatte inkâra inrem lohna awm chhan ber a nih?** *Gen. 17:1–22; Galatia 2:3–5; 5:2, 6; Tirh. 15:1, 5* te hi chhiar la. **Eng vângin nge mi thenkhatin Jentail-te paw'n serh an tan ve tûr nia an ngai tlat mai pawh kha hriatthiam a har vak loh?**

Serhtan kha Pathian leh Juda hnam pa Abrahamana inkâra thuthlung chhinchhiahna a ni a. Serhtan chu Abrahamana thlah zînga mipate tân chauha tih ni tho mah se, mi tin hi Pathian nêna thu thlung a, inlaichinna tha tak nei theuh tûra sâwm kan ni zâwk. Genesis 17-ah chuan Abrahamana kha thuthlung chhinchhiahna atâna serhtan tûrin Pathianin a hrilh thu kan hmu a. Hei hi Pathianin fapa pêk a lo tiam tawh tihpuitlin nân tia a bawihnu, Aigupta mi Hagari a mutpui *hnu-a* thleng a ni.

Serhtan chu thuthlung chhinchhiahna atâna hman âwm rêng a ni ve a. Mihringte ruahmanna tha ber pawh hian Pathianin a lo tiam tawh chu a hma khalh thei ngai lo hrim hrim a ni. Pâwn lam lang theia serhtanna chu thinlung serhtan chhinchhiahna a ni tûr a ni (*Deut. 10:16, 30:6; Jer. 4:4; Rom 2:29*). Keimahni theihnaa kan lo inngah vena chu paihin, Pathian chungah kan inngat pumhlûm thak a ni tih lantirtu a ni.

Amaherawhchu, Paula hunlai vêl khân serhtan chu a tîra Pathianin a lo ruahman ang ni lovin—Juda hnam leh sâkhua chhinchhiahna ngaihhlut takah a lo chang hman tawh a. Isua pian hmâ kum za leh sawmnga vêlah khân Juda hnam tâna thahnemngai firfiak zual deuhho chuan Palestina rama Juda awmte chu serhtan vek tûrin an tilui a, chu mai chu ni lovin, an thenawm rama chêng, an



thunehna hnuai awm site pawh an tih anga ti ve vek tûrin an phût bawk. Mi thenkhat phei chuan serhtan chu chhandamna chang tûra thil tih tûl takah an ngai hial a. Hmânlai thufing tâwi pakhatan chuan, “ ‘Serhtan tawh mipate chu Gehena-ah [hremhmun] an chhûk ve lo’ “ tih thu te zuk awm a!—C.E.B. Cranfield, *A Critical and Exegetical Commentary on the Epistle to the Romans* (Edinburgh: T. & T. Clark Ltd., 1975), p. 172.

Paula hian serhtan hrim hrim a do nia kan ngai a nih chuan kan tisual ang a. A do tak zâwk chu Jentail-te pawhin serh an tan ve ngei tûr a ni tih kha a ni. Zirtirtu derte chuan, “Mosia dân anga serh in tantir loh chuan chhandam in ni thei lo vang” (*Tirhkohte 15:1*) tiin an sawi thîn a. Chuvângin an thu inchuh ber hi chu serhtan leh serhtan loh lam ni lovin, chhandamna chungchâng a ni mah zâwk a. Chhandamna chu Krista rin avâng chauha neih tûr nge ni a, mihringten thu kan âwihna avânga kan hlwhchhuah tûr ni zâwk tih hi sawi chian a duh a ni.

**Tûnlai hunah hi chuan serhtan leh serhtan loh chungchâng hi kan buaina a ni ve tawh lo va. Mahse kohhran hian hetiang nêna inzûl deuh thil dang buaipui kan nei em?**

THAWHLEHNI

July 11

**DANGLAMNA KÂRA INPUMKHATNA**

**Galatia 2:1–10 chhiar la. Paula hian ûnau derte chu bâwiha anmahni an siam theih nân Kristaa zalênna an neih chu enthla tûrin a rûkin kohhranah an lo luh vê thu a sawi a (Gal. 2:4). Kristiante chu eng lak atangin nge an zalên le? Johana 8:31–36; Rom 6:6, 7; 8:2, 3; Gal. 3:23–25; 4:7, 8; Heb. 2:14, 15 te hi chhiar la. He zalênna hi engtin nge keimahni ngei hian a takin kan lo chan ve hlawm?**

H-3

Kristianten a taka an chan *zalênna* hi Paula thupui ber pakhat a ni a. He thumal hi Thuthlung Thar lehkhabu ziaktu dangte aiin a hmang zing zâwk a, Galatia Lehkhathawnah ngawt pawh hian *zalên* tih leh *zalênna* tih thumal pahnihte hi wawi eng emaw zât a hmang nawn a ni. Amaherawhchu, Kristiante tân chuan *zalênna* tih awmzia chu *Kristaa zalênna* tihna a ni deuh bik kher a. Dâltu eng mah awm lova Pathian hnêna nun hlân pumhlûm tawp thu sawina a ni. Kan pianpui sualin a châk zâwngte sal nihna lak atanga chhuah *zalênna* (*Rom 6*) te, dân ânchhe lak atanga *zalênna* (*Rom 8:1, 2*) te leh, thihna thiltihtheihna lak atanga *zalênna* (*1 Kor. 15:55*) te a huam vek a ni.

**Tirhkohte khân Petera hnênah serhtante hnêna hril tûr chanchin tha kawltira a awm angin, Paula hnênah hian serhtan lohthe hnêna hril tûr chanchin tha chu kawltir a ni ve thung tih an hria a (Gal. 2:7). Hei hian kohhran chu mi chi hrang hrang awm khâwmna ni mah se, inpumkhata awm tlat tûr a nihzia engtin nge min hrilh?**

Tirhkohte khân Juda-te hnêna chanchin tha hril tûrin Pathianin Petera a ko ang chiah khân, Jentail-te hnêna hril tûrin Paula a ko ve thung tih an pawm a. Hêng mi pahnihten an hril chanchin tha hi thuhmun reng chu ni tho mah se, an hril dân phung erawh a lo dawngsawngtu tûrte azirin a danglam thei hlê sî. He lai chânga thil lang Chiang deuh mai chu “thil pakhat leh thuhmun reng pawh hi kan lo hriat dân a inang lo thei hlê a, kan khawtlâng nun leh hnam zia azir zêlin nghawng a neih dân pawh a danglam daih thei a ni.”—James D.G. Dunn, *The Epistle to the Galatians* (Peabody, Mass.: Hendrickson Publishers, Inc., 1993), p. 106.

**Keimahni nuam tihna leh tlângnêl sâna “bu zâwl” atanga min chhuahpuitu tûr chanchin tha hril dân phung thar leh thuhretu nih dân kawng dang chungchângah**

**hian engtiang taka zauvin nge kan lo inhawn ang le? Chanchin tha hril dân kawng thenkhatah hian ngaih theih loh riau i lo nei em? I nei a nih chuan engte hi nge ni a, eng vânga ngai thei lo nge i nih, nangmah kha i inhawn zau ve deuh hlek a ngai a ni zâwk ang em?**

**NILAINI**

*JULY 12*

**ANTIOKEI KHUAA INHMACHHAWNNA** (*Gal. 2:11-13*)

Petera chuan Paulan Jerusalem-a thurâwn a lâk hnu rei vak lovah Suria rama Antiokei khua a va tlawh a. He khua hi Jentail kohhran hmasa ber awmna niin, Paulan chanchin tha a hril lai vêl khân hmunpui bera a hman thin a ni. Petera hian Antiokei khuaa a awm lai chuan Jentail-te zîngah châw a kîl ve mai thin a; nimahsela Jakoba hnên atanga lo kal Juda Kristian tute emaw an lo thlen ve hnû-ah chuan-amah an hmu dik lo vek ang tih a hlauh avângin-a kîl zui zêl duh ta lo va.

**Petera hi Pathian ngaiha ang khat vek kan nih thu hre chiang ber tûr chu a ni asin le! Gal. 2:11-13 leh Tirhkohte 10:28 hi khaihkhin la. A chêt zia hian kan hnam zia leh tih thin dânin kan nuna bu a khuar ngheh theihzia eng nge min hrilh?**

Mi thenkhat chuan Petera leh a bula awm Juda thenkhatte khân Thuthlung Hluia kan hmuh sa thiang leh thiang lo dân hi zâwm ve tawh lovin, hemi tum pawh hian sa thiang lo pawh an ei ve vek niin an ngai deuh ngawt hlawm a. Amaherawhchu, chutiang lam chu niin a lang lo. Petera leh Juda Kristian dangte khân Juda-te ei thiang leh ei thiang lo dân hi tûl tawh lo niin sawi ta se chuan, kohhran chhûngah ngei pawh a buaina nasa tak a chhuak ngeiin a rinawm. Ziaka dah thu eng emaw a awm ngei tûr a ni baw; mahse chutiang chu eng mah a awm si lo. Ni bera lang ta chu, Juda-te nêna chaw kîl ho theih a nih leh nih loh chungchâng zâwk a ni a.

Juda-te zînga tam tak chuan Jentail-te kha bawlhhlawhah an ngai a, anni nêna inhnîm hnai lo thei ang bera awm an duh thin a ni.

Petera ngei pawh hian Jentail-te chu a ngaina vak lo niin a lang a, Pathianin inlârna meuha a hmuhtîr tâkah khân a ngaihdân a thlâk thei ta chauh a ni. Rom sipai za hotu Kornelia ina a luh hnû khân ti hian a sawi a: “Juda miin hnam dang a pâwl leh an hnêna a kal a thian lohzia nangni’n in hria a ni; nimahsela tû mah thiang lo leh bawlhhlawh ka tih tûr a ni lo tih Pathianin mi hriattîr a ni” tiin (*Tirhkohte 10:28*). Pathianin mi tû mah duhsak bîk a neih lohzia hre chiang bertu chu ni tho mah se, a hnampuite rilru tihnat a hlau êm êm a, chuvâng chuan a lo tih thin tawh dân ang khân a ti leh ta mai a ni ber. Hei hian hnam zia leh tih thin dânin a nun a kaihruai nasa ve hlê tih a tilang baw.

Mahse Paula chuan Petera chêt dân hi a ngaih theih loh zâwng tak a nihzia a ruh lîng râwtin a sawi ta mai a: Galatia 2:13-a “vervêkna” tih hi Grik tawngah chuan *hypocrisy* tih a ni. Barnaba meuh pawh kha an vervêkna chuan a hruai bo ve ta hial niin sawi baw. Pathian miin Pathian mi ve tho mi dang hnêna a sawi a ni a, a na duh ngawt ang le!

**Vervêk taka khawsak mai hi eng vângin nge a awl viau? (Keimahni dik lohnate hmu thei miah sî lo hian mi dangte dik lohna erawh kan hmu thei hlê hlawm sî a ni lo’ m ni?) Nangmah khân vervêk taka thil tih thin eng nge i neih ve le? A pawimawh ber zâwk chu, engtin nge i vervêkna lai chu i hriat chhuah ang a, engtin nge i paih bo hlauh theih ang tih hi a ni.**

**NINGANI**

*JULY 13*

**PAULA THIL VEI CHU** (*Galatia 2:14*)

Antiokei Kohhran boruak tawn hi a rit hlê tih a lang a. Kohhran hruaitu lawk ber pahnih Paula leh Petera te

chu ualau takin an inchapchâr a. Paula phei hi chuan Petera chêt dân hi a dem hlê a, sùm kêr nei miah lovin thil sawi mai a ni.

**Eng vângin nge Paula hian Petera kha mîte hmaah a cha-chhuah tâk mai le? Gal. 2:11–14.**

Paulan a huat tak hi chu Peteran Jerusalem atanga lo kal mi tute emaw chaw a lo kilpui kha a ni lo. Hmânlai mîte kha mikhualte chung a that chhuah êm êm thîn an ni hlawm a, Petera pawh hian a tih tûr dik tak a lo ti vê a ni mai. Chuvângin an inhnialna chhan bulpui ber chu chawi ei ho emaw, inpâwl ho emaw thu-hla ni lovin, “chanchin tha thutak” chungchângah a ni zâwk.

**Galatia 3:28 leh Kolossa 3:11 chhiar la. Hêng châng pahniha Paula thil sawi hian engtiangin nge khati taka nâa Petera a hauh chhan kha hrethiam thei tûrin min puih le?**

Paulan Jerusalem-a Petera leh tirkoh dangte a han hmuh tum khân Jentail-te pawhin serhtan kher lovin Kristaa malsâwmna awmte chu a zavaiin an chang ve vek thei tho niin thu an titlu tlâng kha a ni a. Chu an inremna chu Petera chêt zia hian a tinghîng ta tlat a ni. Inthliar hranna boruak eng mah awm lova Juda-te leh Jentail Kristiante an awm tân dialdial thinna hmunah ngei chuan inthen hranna a lo thleng ta tlat mai a, chu chuan nakîn zêlah pawh kohhran a hawlh phel hial mai thei a sîn.

Paula thlîrna atang chuan Petera khawsa zia hian Jentail Kristiante chu a tha berah pawh, ringtu chhe deuh zâwk angah a chhuah tlat mai a; a thil tihte hian Jentail-te chu Kristian dik tak an nih theihna tûrin phurrit tak a belsak niin a hre baw. Chuvâng

tak chuan heti hian a sawi ta rêng a: “Nang Juda mi i ni a, Juda anga awm lovin Jentail angin i awm sî a. Engtizia nge Jentail-te chu Juda-te anga awm luihtîr kher i tum?” tiin (*Gal. 2:14*). “Juda anga awm luihtîr” tih tawngkam hi “Juda saphun luihtîr” tihna tluk a ni a. A awmzia tak chu “Juda-te nun dân phung zâwm ve tûra tilui” tihna a ni. Sunagogah te inkhâwm ve a, Juda-te tih dân chi hrang hrang ti ve thîntu Jentail-te sawina atâna hman thîn a ni a. Hei vâng tak hian Galatia khuaa Kristian thenkhat, Paula bei reng thîntu, amah Paula pawhin “unau derte” tia sawi thinte kha “Juda saphun luihtîr chîngte” tia sawi a ni rêng a ni.

**Petera thiltihte khân Barnaba meuh pawh a hmin zâwk tlat mai a. Hei hian thiante nawrna hi dan a harsa a ni tih tilang chiang hlê mai. Kan vêla awmten kawng dik lova min hruai mai lohna tûrin engtin nge keimahni hi kan lo invên theih ang?**

ZIRTÂWPNI

JULY 14

**NGAIHTUAH ZUI TÛR:** “Mi tha leh fel ber berte pawh hian, anmahni thû thû-a an awm ngawt chuan, thil dik lo leh âthlâk tak tak an ti ve thei tho va. Mihring hi chu kan mawhphurhna a sân a, kan duh dân anga thil tia thunun thei baw kan lo nih chia hian LALPA kawng chu fimkhur taka kan zawh a tûl zual thîn; a nih loh chuan kan rilru leh thîlung chu a lo dik lo chawpchilh mai a, thil paw tak kan tih phah hial thei tlat a ni. Antiokei khuaah hian Petera chu thudik a hriat tawh saah a ding nget ngam lo va. Paula pawhin hmaichhanah a zilh a ngaih phah ta rêng a ni. Hemi tuma thil thleng hi mi dangte pawhin kan lo tangkaipui ve theihna tûrin zia k a ni a, dinhmun sâng taka dingte hian dik tak leh fel taka thil an tih zêl theihna tûra vaukhâna tha leh urhsûn tak a ni nghâl baw a

ni.”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1108.

#### SAWI HO TÛRTE:

- ❶ **Mi dangte nêna hmaichhana inhauh hi chu nuam kan ti lo tlâng theuhin a rinawm a; mahse a châng chuan a tûl ve tlat thîn. Eng thilahte hian nge kohhran hian a dik lo chu a hnualsuat ngam ang a, insiamtha duh hauh lote chu a thunun thin ang?**
- ❷ **Khawvêl hmun hrang hrangah Seventh-day Adventist Kohhran hi a thang chho zêl a, chutih rual chuan mi chi hrang hrang kan inpawlh sawp ve telh telh bawk. Hetianga mi chi hrang hrang awm khâwm kan nihna kârah hian inpumkhatna chu kan hloh loh nân kohhranin tih theih engte nge a neih le? Kan zînga hnam hrang hrang leh tih thin dân inang lo tak tak awm hi, inpumkhatna vawng reng chung siin engtin nge kan pawm ang a, a tha zâwngin kan hman thiam theih ang?**
- ❸ **Hnam dangte hnêna chanchin tha kan hril hian kohhran kalphunga engte hi nge tihdanglam loh tûr ni a, engte hi nge thlâk danglam theih ni bawk? Eng thilte hi nge kan la vawn nun reng ngai a, eng thilte hi nge kan kalsan theih (a tûl a nih chuan) awm le?**

**KHAIKHÂWMNA:** Juda Kristian thenkhatten Jentail-te chu Krista zuitu dik tak an loh nih ve theih nân serh an tan phawt tûr nia an zirtîr tlat mai khân kohhran inpumkhatna a tiderthâwng hlê mai a. He thil hian kohhran chu a tihphel mai lohna tûrin tirhkohte chuan hnâ an thawk tlâng ta a. An zînga inrem lohna eng emaw awm tho mah se, Krista taksa chu inpumkhata a awm zêl theih nân leh, chanchin tha thutakah chuan an rinawm reng theih nân thil an ti ho ta zâwk a ni.

ZIRLAI 4-NA

JULY 15-21, 2017

#### RINNA AVÂNG CHAUHA THIAMCHANTÎRNA

**CHÂNGVAWN:** “**Krista-ah chuan khenbehin ka awm tawh a. Tûna nung hi chu keimah ni tawh lovin, keimaha nung Krista zâwk a ni. Tûna tîsâa ka nung pawh hi min hmangaihtu leh keima tâna inpe Pathian Fapa rinnaa nung ka ni zâwk,**” (*Galatia 2:20, ESV*).

SABBATH CHAWHNU

JULY 15

**CHHIAR TÛRTE:** *Genesis 15:5, 6; Rom 3:10–20; Galatia 2:15–21; Ephesi 2:12; Philipi 3:9.*

KÂR hmasa zirlaia kan hmuh tâk ang khân Paul chuan Petera chu amah pawhin a tlângaupui rinna leh a nungchang a inrem tâwk loh avângin mi hmaah a zilhhâu hmiah mai a. Peteran tûn hmaa milem be mi ni thînte chaw a kîlpui duh lo leh hnuhnawh khân anni chu Kristianah rau rau pawh a chhe zâwk, Juda Kristiante phâk ve lo ni-ah a ngai tih a tilang a. Pathian chhûngkuua lo tel ve a, Juda Kristiante nêna chaw kîl tlân an duh tak tak a nih chuan serh an tan hmasa zet tûrah a ngai tih a kâwk tlat bawk a ni.

Hemi tuma Petera hnêna Paula thil sawi kha eng chiah nge maw ni le? Tûn kâr zirlaiah hian a thutihlûkna ni âwma lang chu kan zir ho dâwn a. Chutah chuan Thuthlung Thar-a tawngkam khal ber berte a awm a, chûng tawngkamte chu a pawimawh hlawm hlê leh nghâl. A chhan pawh chanchin tha awmzia leh Galatia mîte hnêna Paula lehkhathawn te hi kan hriatthiam theihna tûra a lungphûm pawimawh tak tak thumal leh tawngkam hrang hrangte chu

a wawi khatna atân min hmêlhriattîr vâng a ni. Chûng tawngkam thenkhatte chu *thiam chantîrna* tih te, *felna* tih te, *dân thiltih* tih te, *thurin* tih te leh, [*keimahni*] *rinna* mai pawh ni lovin, *Isua rinna* tih te hi a ni.

Hêng tawngkam hrang hrangte hi engti hawi zâwngin nge Paula hian a hman a, chhandamna ruahman chungchâng eng nge min zirtîr bawk le?

**SUNDAY**

*JULY 16*

**“THIAM CHANTÎRNA” CHUNGCHÂNG** (*Gal. 2:15, 16*)

**Galatia 2:15-ah chuan, “Keini zawng Jentail mi sualte ni lovin, Juda mi rênga piang kan ni a” tiin a sawi a. Eng nge a sawi tum tak ni ang?**

Paula thusawite hi a sawina boruak kan hriatthiam a tûl a. A Juda Kristianpuite chu lamtanga siam a duh avângin an rilrem zâwng tak thil han sawi hmasak phawt chu tha a ti a-chu chu eng dang ni lovin, Juda-te leh Jentail-te inan lohzia a ni. Juda-te chu Pathian hnam thlan, a dân kawltute an ni a, amah nêna thuthlung hamthatnate chên tlâng an ni bawk. Jentail-te erawh chu mi سوال an ni a; Pathian dân hian an nungchang a khuahkhîr ve lêm lo va, thuthlung thutiam pâwn lama mîte an ni bawk (*Ephesi 2:12; Rom 2:14*). Paula hian Jentail-te chu “mi سوال” an nih thu chiang takin sawi ngei mai a, chutih rual chuan Juda Kristiante pawh thlarau lama hamthatna an neih avâng maiin Pathian pawm theih a nih ngawt chuang bîk loh thu a sawi tel tho va, a chhan pawh mi tû mah hi “dân thiltihte avânga” thiam chang an awm loh vâng a ni.

**Galatia 2:16, 17-ah hian “thiam chang” tih thumal hi wawi lî a kan hmu a. Paulan “thiam chantîrna” a tih hi eng nge a awmzia?** *Exod. 23:7 leh Deut. 25:1 en la.*

*Thiam chantîr* tih sawina thu hi Paula tân chuan tawngkam pawimawh tak a ni a. Thuthlung Tharah hian wawi sawmthum leh pakua a lang a, chûng zînga sawmhnih leh pasarihte chu Paula lehkhathawna mîte a ni a. Galatia Lehkhathawn bikah hian wawi riat a hmang a, 2:16, 17-ah ngawt pawh wawi lî a hmang. *Thiam chantîrna* tih hi dân rorêlnaa an hman thin tawngkam a ni a. Thil سوال ti nia miin an puh chu rorêltuin thiam lohna nei lo tia thutlûkna a siam thu sawina a ni. *Thiam loh chang* tih thu ep chiah a ni. Chubâkah, *dik* tih leh *fel* tih thumalte hi a tobul chu thuhmun reng a nih avângin, mi tu emaw “thiam chantîr” a nih dân chuan, chu mi chu “mi fel” nia chhiar a ngai ve nghâl tihna a ni bawk. Chuvângin thiam chantîrna tih hian سوال ngaihdamna ngawt ni lovin, mi fela puanna pawh a huam tel.

Amaherawhchu, Juda Kristian thenkhatte tân chuan thiam chantîrna tih hian inlaichîn lam pawh a kâwk tel bawk a. Pathian leh a thuthlung nêna an inlaichînna chungchâng sawina atân hman a ni ber. Mi tu emaw chu “thiam chantîr” a nih chuan, chu mi chu Pathian thuthlung neitu, Abrahamâ fâte zîngah chhiar tel a ni ve ta tihna a ni.

**Galatia 2:15-17 chhiar la. Heti laiah hian eng thu nge Paulan a hrilh che a, hêng a thusawite hi engtin nge i Kristian nunah a takin i hman theih ang?**

**THAWHTANNI**

*JULY 17*

**DÂN THILTIHTE**

**Paula hian Galatia 2:16-ah ngawt pawh mi tû mah “dân thiltihte” avânga thiam chang an awm loh thu hi wawi thum lai a sawi a. “Dân thiltihte” a tih hi eng nge ni? Engtin nge hêng Bible chângten** (*Gal. 2:16, 17; 3:2, 5, 10; Rom 3:20, 28*) **“dân thiltihte” a tih awmzia hi hrethiam thei tûrin min tanpui?**

“Dân thiltihte” tih tawngkam awmzia hrethiam tûr chuan engtiangin nge Paula hian *dân* tih thumal hi a hman thin tih kan hriatthiam hmasak phawt a ngai a. *Dân* (Grik tawngin, *nomos*) tih thumal hi Paula lehkhathawnahte hian vawi 121 lai a lang a. Thil chi hrang hrang-Pathianin zâwm tûra a mîte a duh dân (law) te, Mosia lehkhabu panga (Torah) te, Thuthlung Hlui pum pui te leh, mi zawng zawng zawm tlân tûr dân sawina te a ni thei vek a. Chutih rualin, Paulan a hman dân takah hi chuan Mosia hmanga Pathianin a mîte hnêna a pêk dân chi hrang hrangte kha a kâwk deuh zêl a ni.

Chuvângin “dân thiltihte” tih tawngkam hian Mosia hmanga Pathianin a pêk dânin-thatna dân (Thu Sâwm Pêk) a ni emaw, serh leh sân dân a ni emaw-a phût zawng zawngte kha a huam vek niin a lang. Paulan a sawi awmzia tak chu, eng anga nasa pawhin dân hi zawm tum mah ila, kan thuâwihna chu Pathianin thiam min chantîr phahna leh, Pathian hmaa mi fel tia puan kan nih theihna tûr khawpa tha a tling zo ngai dâwn chuang lo tihna a ni. A chhan chu, Pathian dân hian ngaihtuahna leh thiltih kawng tinrêngah rinawmna vâwrtâwp a phût tlat a-chu pawh chu eng emaw châng chauh ni lovin, engtik lai pawhin a la ni ta deuh deuh a; a thupêkte hi a then a zâr chauh ni lovin, a zavaia zawm vek a ngiat tlat bawk a ni.

“Dân thiltihte” tih tawngkam hi Thuthlung Hlui lamah chuan a lang ve lo va, Thuthlung Thar lamah pawh Paula lehkhathawnte tih lovah chuan hmuh tûr a awm miah lo bawk. Amaherawhchu, kum 1947-a Tuipui Thi kam vêla Juda pâwl pakhat, Isua hunlaia chêng ve, Essene-ho an tih maite thuziak hlui eng emaw zât an hmuh chhuahte (Dead Sea Scrolls) atang khân “dân thiltihte” tih tawngkam awmzia chu hriatthiam a lo ni ta a. Hêng lehkhabu zialte hi Hebrai tawnga ziak a ni a, zial pakhatatah chuan he tawngkam chiah chiah hi a lo awm ve tlat mai. Chu lehkhabu zial hming chu

*Miqsat Ma’as Ha-Torah* a ni a, “Dân Thiltih Pawimawh Tak Takte” tia lehlin theih a ni. He lehkhabu zialah hian Bible behchhana thil thianghlimte tihbawlhhlawh a nih lohna tûra vênhim dân chi hrang hrang sawifiah a ni a; chûng zîngah chuan Jentail-te lak atanga Juda-te danglam bikna eng emaw zât pawh a tel a. A tâwp lamah chuan hêng “dân thiltihte” hi tha taka i zâwm a nih chuan, “mi fela chhiar i ni ang” tih a inziak a ni. Paula ang lo takin he lehkhabu zial ziaktu hi chuan rinna avâng ni lovin, nungchang that avânga felna hlawh chhuak tûrin min râwn a ni.

**Nangma nun kha inen la, engtiang taka thâin nge Pathian dân hi i zawm le? Dân zawm avânga thiam chan tûr ni ta ang se, thiam chang thei tûr khawpa thâin i zâwm niin i inhria em? (Rom 3:10–20 en la). I inhre lo a nih chuan eng vânga inhre lo nge i nih, i chhâna chuan engtin nge heti laia Paula thil sawi hi hrethiam tûrin a tanpui che?**

THAWHLEHNI

JULY 18

**THIAM CHANG KAN NIHNA CHHAN CHU**

**“Mahni felna (Dâna felna chu) nei lovin, Krista rin avânga felna (rin avânga Pathian laka felna chu) nei zâwkin amaha awm ka lo nih theihna tûrin. . . ,” (Philipi 3:9).**

Juda Kristiante khân Kristaa rinna nghah chu a pawimawh lo tiin an zirtîr emaw kan ti tûr a ni lo va; anni pawh kha Isua ringtute vek tho an ni zâwk. Amahah hian rinna an nghat ve tho va. Amaherawhchu, an nungchang hian rinna ngawt chu tâwk zo lo va, thuâwihnain a pui tûrah an ngai tih a tilang tlat a ni; kan thuâwihna hi thiam chantîr nihna tûra thil tûl takah an ngai emaw ni dâwn ni. Thiam chantîrna chu rinna leh thiltihte tangkawp avânga lo thleng thei niin an sawi a. Paulan Kristaa rinna nghah

leh dân thiltihte a sawi hrang fo mai hian rinna leh thiltihte chu a tûl ve ve ni anga ngaihdân an neih chu a do nasatzia a tilang a. Rinna, rinna avâng chauhin thiam chantîrna hi lo thleng thei a ni.

Paula ngei pawh hian rinna chu thil hmuh theih loh, ngaihdân eng emaw ni ve mai ni lovin, Isua nêna inthlun zawm tlat niin a ngai ve tho va. Dik tak pheï chuan Galatia 2:16-a “Isua Krista rinna” tih tawngkam vawi hnih ngawt lo lang pawh hi a Grik tawng lamah chuan a awmzia a ril hlê. A ngial a ngana lehlin dâwn chuan “Isua rinna” emaw, “Isua rinawmna” emaw tih tûr a ni ang. Hetianga lehlin hi chuan keimahni’n kan thawh ve dân thiltihte leh kan tâna Kristan a lo tih tawh, a rinawmna avânga thil min tihsakte (chuvâng tak chuan “Isua rinawmna” tih pawh a ni rêng a) inan lohzia a tilang chiang hlê a ni.

Rinna ngawr ngawr hi chuan thiam min chantîr chuang lo tih erawh hriat reng a pawimawh a. Chutiang chu ni lovin, rinna chu Krista leh kan tâna a thiltihte kan ta neih theihna kawng a ni zâwk. *Kan rinna* avâng ni lovin, kan tâna *Krista rinawmna* avâng zâwka thiam chantîr kan ni a, chu chu rinna avângin kan lo ta neih ta zâwk a ni.

Mi tinin kan hlawhchhampui vek tawh chu Kristan a rawn tihhlawhtling ta a; amah chiah hi kawng engkima Pathian laka rinawm tuan parh awm chhun a ni. Kan beiseina pawh keimahni rinawmnaah ni lovin, Krista rinawmnaah zâwk a ni a. Hei hi Kohhran siamthatna (Protestant Reformation) thlentü thutak ropui leh pawimawh tak takte zînga pakhat pawh a ni nghê nghê a, kum za tam tak kal taa Martin Luther-an a lo tângaupui lai atang tawha waviin thleng hian a la pawimawh reng a ni.

Galatia 2:16-a Paula thil sawi hi chu Suria tawnga an lehlin dân hian a awmzia a phawk chhuak tha hlê mai: “Chutichuan mihring hi dân thiltihte atang ni lovin, Isua Messia rinna avâng zâwkin thiam chantîr a ni tih kan hriat

kha; amah Isua Messia chu kan ring a, dân thiltihte atang ni lovin, amâ rinna, Messiâ rinna atang zâwk chuan thiam chantîr kan lo ni thei ta a ni.”

**Rom 3:22, 26; Galatia 3:22, Ephesi 3:12 leh Philipi 3:9 hi chhiar la. Engtiangin nge hêng Bible chângte leh a chungka kan chhiar zawh chiah chângte hian thutak ropui tak, kan tâna Kristâ rinawmna, Pathian laka a rinawmna famkim chu chhandam kan lo nih theihna chhan awm chhun a nihzia hrethiam thei tûrin min puih sawi rawh.**

**NILAINI**

*JULY 19*

### **THUÂWIHTÎRTU RINNA CHU**

Paula hi chuan rinna hi Kristian nuna a lûngphum pawimawh tak a nih thu a sawi chiang khawp mai a. Kristaa kan neih thutiamte a taka kan lo chan theihna kawng pawimawh tak a ni. Nimahsela rinna chu eng nge ni chiah a, eng thilte nge a kalpui?

**Engtiangin nge hêng Bible chângte hian rinna tobul chungchâng an sawi hlawm?** *Genesis 15:5, 6; Johana 3:14–16; 2 Korinth 5:14, 15; Galatia 5:6.*

Bible-in a sawi rinna dik tak hi chu mi tuten emaw Pathianin an tâna thil a tihsak an chhân lêtna a ni zêl a. Rinna chu Pathianin a phût avânga mihringten eng tik nî emawa rilru leh ngaihtuahna eng emaw neih an tum tâk ang hi chu a ni lo. Rinna dik tak chu Pathian thatna avânga lâwmna leh hmangaihna hriatnain a khawih thinlunga intan a ni a. Chuvâng tak chuan rinna chungchâng Bible-in sawi rêng rêng hian, chu rinna chuan Pathianin hmâ a rawn lâk tawhte a zui zêl a ni. Entîr nân, Abraham a chungchângah pawh khân rinna chu Pathianin a hnêna a siam thutiam ropui tak takte a chhân lêtna tho a ni a (*Gen. 15:5, 6*). Thuthlung Thar lamah hi chuan rinna chu Kristan kan tâna

kraws-a min tihsak tawh kan hriatnaa zung kaih a nih ve thung thu Paulan a sawi.

**Rinna chu Pathianin thil min tihsak tawh chhân lêtna a nih chuan, chu chhân lêtnaah chuan eng thil nge tel ve ang? Hêng Bible chângten rinna nihphung a sawi dân chu eng nge ni?** *Johana 8:32, 36; Tirkhohte 10:43; Rom 1:5, 8; 6:17; Hebrai 11:6; Jakoba 2:19.*

Mi tam tak chuan rinna chu thil eng emaw a dik ngei an ni tih “rinna” angin an sawi thîn a. Mahse chutianga sawi ngawt theih loh a nihna lai a awm vê tlat, a chhan pawh Grik tawnga “rinna” sawina thumal chu thil eng emaw a dik ni ngeia “ring” tih atanga lo kal a nih vâng a ni. Chuvângin, ‘rinna’ hrilhfiah nâna ‘ring’ kan hmang ngawt a nih chuan “rinna chu rinna nei tihna a ni” kan tihna a ni satliah mai dâwn a. A fiah sawt chuang lo rêng rêng ang.

Ngunthlûk taka Bible hi kan zir a nih chuan, rinna chu Pathian chungchâng hriatna ngawt ni bik lovin, chu hriatna chu rilru taka pawmna a ni zâwk mah a ni tih kan hre thei ngei ang. Hei vâng hian a nia Pathian nihna dik tak hriat fiah pawh a pawimawh êm êm rêng ni. Pathian nungchang chungchânga ngaih dân dik lo kan neih tlat chuan rinna kan neihna tûr kawngah pawh harsatna kan tawh phah thei a. Nimahsela, rilruaa chanchin tha hriatna ringawt chu a tâwk sî lo, chutiangte chu “ramhuaite pawhin” an ring ve tho a ni. Rinna dik tak chuan kan nun dânah nghawng a nei ngei thîn.

Rom 1:5-ah hian Paula chuan thuâwihtirtu rinna chungchâng a sawi a. Hetah hian thuâwihna chu rinna nêr thumun niin a sawi lo. A sawi awmzia tak zâwk chu rinna dik tak chuan rilru chauh ni lovin, nun pum pui hi a nghawng ngei thîn a ni. Dân leh hrai chi hrang hrang zawmna ringawt ni lovin, kan LALPA leh Chhandamtu Isua Krista hnêna inpumpêkna a ni a. Rinna chu thil eng emaw a dik a ni tih kan rinna a ni ang bawkin, eng thil nge kan

tih a, engtiangin nge kan nun a, tu nge kan rin tih pawh a ni tel ve tho bawk a ni.

NINGANI

JULY 20

**RINNA HIAN SUAL A SAWI MÂWI EM?**

Paula an puhna pakhat chu rinna avâng chauha thiam chantîr kan nih thu a sawi thin khân thil sual ti tûrin mi a tingampa sawt tih a ni a (*Rom 3:8, 6:1*). Chutianga puhtûte chuan ‘Pathian pawm tlâk ni tûrin dân zawm a ngai lo a nih sî chuan, eng vângin nge kan nun dânah kan fimkhur a tûlna vak awm ang?’ tiin an sawi thîn a. Hetiang deuha puhate hi Luther-a pawh khân a rawn hmachhawn ve leh chiah a ni

**Engtiangin nge Paula hian rinna avâng chauha thiam chantîr kan ni tih thurin hian nungchang sual put pawh tih lohna min neihtîr a ni tia an puhna chu a chhân lêt?** *Galatia 2:17, 18.*

Amah beitung an puh chhiatnate chu “Hnai lo ve” (“Chutiang chu Pathianin a thlen phal lul suh se,” ESV) tiin a chhâng lêt a. Krista hnên kan pan thawh hnûah pawh hian suala tûk luh leh theih chu ni tho mah sela, chumia mawhphurtu erawh chu Krista a ni lo Chiang a. Dân kan bawhchhiat a nih chuan, keimahni ngei hi a bawhchhetute chu kan ni.

**Engtin nge Paula hian Isua Krista nêna an inpumkhat dân chu a sawifiah? He a chhâna hian engtin nge amah dotuten an puhate chu a chhân thlâk?** *Gal. 2:19–21.*

Paula hian amah dotûte tanchhan chu âwm ang lo a tihsak khawp mai a. Rinnaa Krista lo pawm mai hi thil tê tham tak a ni lo va; kan nun dânah inthlâk danglam tak tak a awm sî loh chuan, Pathian pawhin mi felah min chhiar thei bik lo a ni. A leh lamah, rinnaa Krista pawm mai erawh



chu a dân a dang daih a. Krista nêna inzawmna pumhlûm neih niin, a thihna leh thawhleha tâwmpui vêna a ni. A thlarau lam zâwng chuan, Paula hian Krista nêna chuan khenbeh tawh kan ni a, chuvângin mahni hmasialnaa zung kaih kan nun dân hlui sual takte kha a kan lo bânsan ta niin a sawi a (*Rom 6:5-14*). Kan nun dân hlui chu kan thlah ta hmiah a. Thil engkim chu a lo thar ta vek bawh (*2 Kor. 5:17*). Krista-ah chuan nun thar nei tûrin kaihthawh kan ni tawh a. Keimahni chhûnga nung, tholeh Krista chuan nî tin amah ang deuh deuh tûrin min siam thar zêl thîn a ni.

Chuvângin Krista rinna chu thil sual tih pahna tûr ni lovin, Krista nêna inlaichinna thûk zâwk leh nghet zâwk nei tûra sâwmna a ni a, chutiang inzawmna chu dân zawm avâng chhandamna chan inzirtîrna sâkhuaah hian hmuh theih a ni ve ngai rêng rêng lo a ni.

**Engtiangin nge dân thiltihte tel lova rinna avâng chauha chhandam kan nih thû hi i lo hriatthiam ve? A tihlâu deuh chein, sual tih pahna chhuanlam a ni palh hlah thei niin i ngai nge ni a, i lâwm êm êm zâwk? I chhâna chuan chhandamna i hriatthiam dân engtin nge a lantîr?**

ZIRTÂWPNI

JULY 21

**NGAIHTUAH ZUI TÛR:** “Rinnaa thiam chantîrna chungchângah hian ngaihdân dik lo neih a hlauhawm hlê mai a. Kum tam tak chhûng chu hemi thû-ah hian Setana chuan kan rilru a buai theih nân thiam takin hnâ a thawk dâwn tih hmuhtîr ka lo ni tawh thîn a. Pathian dân pawimawhia chu kohhranhote hmâah sawi nawn fo a ni a, Kaina thil hlan ang deuh khân, Isua Krista hriatna leh dân nêna an inzawmna pawh hrethiam thei lo lêkin, dân pawimawhna sawi uar a ni thîn. Mi tam tak chu chhandamna chungchâng an hriatthiam loh avâng leh,

H-4

pawm tûr ber pawh an hriat hleih theih loh avângin rinna lak ata khârkhip an ni ta thîn a, a chhan pawh pastor-ten an hriatthiam theih tûr zâwnga an hrih thin loh vâng a ni. Kum tam tak chhûng ka rilrua lo lût ngut ngut tawh chu, Krista felnaa thuam kan nih thû hi a ni tlat. . . .

“Suala tlu tawh mihringte hian keimahni thil tha tihte avâng ngawt hi chuan chhandamna kan hlauh chhuak zo ngai dâwn lo a ni tih thu bâka kan rilru luah hneh tûr leh, keimahni ngei pawhin kan hriat chian tûr thil dang eng mah a awm thei lo. Chhandamna chu Krista rinna avâng chauha chan tûr a ni.”—**Ellen G. White, *Faith and Works*, pp. 18, 19.**

“Dân chuan felna a phût tlat a, hei hi mi sualin dân laka a bat chu a ni bawh; mahse dânin a phût chu a tlin sî lo. Chuvângin felna a lo neih theihna kawng awm chhûn chu rinna a ni a. Rinna avângin Krista felna chu Pathian hmâah a lantîr thei a, LALPA chuan a Fapa thuâwihna chu mi sual thuâwihnaah a lo chhiar ta thîn a ni. Krista felna chu mihring hlauhchhamna âiah pawm a ni a, sual sim tawh leh Isua ringtu chu Pathianin a lo pawm a, a lo ngaidam a, thiam a lo chantîr a, mi fel anga lo ruatin, a Fapa a hmangaih ang bawkin a lo hmangaih ve ta thîn a ni.”—**Ellen G. White, *Selected Messages*, book 1, p. 367.**

**SAWI HO TÛRTE:**

- ① **A chungka kan hmuh tâk ang khian Ellen G. White-i chuan rinna avâng thiam chantîrna thurin âia sawi uâr tûr thil dang eng mah a awm loh thu a sawi a. In class-ah khân he thu a sawi lai hun kum za chuang kal taa a pawimawh ang tho khân, vawiinah pawh a la pawimawh reng em tih sawi ho ula. Eng vâng la pawimawh reng nge a nih tih pawh sawi bawh rawh u.**
- ② **Kohhran Siamthatna leh Martin Luther-a kha ngaihtuah ula. An hun leh hmun bâkah, an thil tawnte kha Paula hun leh thiltawnte nêna chuan danglam tak**

**ni tho mah se, eng vângin nge heti laia Paula thil sawi hi Rom Kohhran sala tâng mi maktaduai tam takte chhuah zalênna atâna thil pawl mawh tak a nih tho le?**

**KHAIKHAWMNA:** Antiokei khuua Petera khawsa zia khân tûn hmâa milem be mî ni thînte chu serh an tan hmasak zet loh chuan Kristian dik tak an ni thei lo ni angin a lantîr a. Chutiang ngaihtuahna chu a dik lohzia Paula hian a sawi chhuak ta a ni. Pathian chuan kan nungchang that avângin tû mah mi felah min puang lo va, mi fel ber nia kan ngaihte pawh hi an famkim bîk chuang lo. Kristaa Pathianin min tihsak tawh chu kan pawm chauhin, a mithmuhah thiam chang kan ni thei a ni.

**ZIRLAI 5-NA**

**JULY 22-29, 2017**

**THUTHLUNG HLUIA RINNA**

**CHÂNGVAWN:** “**Krista chuan kan tâna ânchhe dawng lo niin, dân ânchhe lak ata min tlan chhuak tawh a- ‘Thinga khai kân apiang chu ânchhe dawng an ni’ tia ziak a ni ang khân,**” (*Galatia 3:13, ESV*).

**SABBATH CHAWHNU**

*JULY 22*

**CHHIAR TÛRTE:** *Genesis 15:6, 12:1-3; Leviticus 17:11; Rom 1:2, 4:3; 2 Korinth 5:21; Galatia 3:1-14.*

MIPA naupang pakhat hian lawnglêng tē tak tē, mawi taka chei hi a nei a. Mahse a lawnglêng chu miin an rûksak daih mai a, chumi avâng chuan a lungngai hlê a. Ni khat chu tlan leh atâna thil an dah khamna dâwr pakhat an kal laiin a lawnglêng bo ta ngei mai chu a va hmu a. Chu veleh dâwr nghâktu lam chu pan nghâlin, ‘Hei hi keima lâwnglêng tē kha a nih hi’ a ti a. Mahse dâwr nghâktu chuan, ‘Ni lo, keima tâ a nih hi, ka lei tawh a lâwm’ a lo ti tlat mai a. Mipa naupang chuan, ‘Ka tâ a ni tak tak a lâwm, keima siam a nia!’ a ti leh a. Chutah dâwr nghâktu chuan, ‘Chêng zahnih min pê la, tichuan i nei lêt leh thei ang’ tiin a hrilh a. Mahse chêng khat pawh a nei sî lo.

Chutichuan, chêng zahnih neih theih dân kawng chu a zawng ta a; a rem rem thawkin a inhlawh a, huante a’n sâm ve a, eng emaw ti hnû-ah chuan a lawnglêng khul lêtna man tûr zât chu a nei ve ta mai a.

“Dâwr nghâktu hnênah chuan a va tlân pheih leh ta a, ‘Ka lawnglêng kha ka duh tawh e’ tiin a hrilh a. A khulna tûr sum chu a pê a, tichuan a lawng chu a nei lêt leh ta a.

A lâwm lutuk chuan a pawm hlê hlê mai a, a châng leh a'n fâwp vêl thûl. 'Ka lawnglêng te tak tê, ka hmangaih lutuk che. Keima tâ i ni. Vawi hnih ka tâ i ni ta. Keima siam i ni a, tûnah hian ka lei chhuak leh ta che a ni,' a ti a.

"Keini pawh he mipa naupang lawnglêng tê ang hi kan ni a. A nihna takah chuan vawi hnih LALPĀ tâ kan ni ta. Ani chuan min siam a; mahse ramhuai dâwrah hralh kan ni a. Tichuan Isua a lo kal a, man to takin min tlan chhuak a-min tlanna pawh rangkachak leh tangkarua ni lovin, a thisen hlu tak a ni. LALPAN a siam leh a tlante kan nih avângin Amâ tâ kan ni."—Willam Moses Tidwell, *Pointed Illustrations* (Kansas City, Mo.: Beacon Hill Press, 1951) p. 97.

**SUNDAY**

*JULY 23*

**GALATIA KHUAA MI ÂTE**

**Galatia 3:1–5 chhiar la. An hnêna Paulan a sawi hi a hnuaiah hian a khaikhâwmna ziak rawh. Hetiang thlarau lam thangah hian keini pawh kan aw h ve mai a hlauhawm theih dân a awm em? Thlarauva tan ve tawh zet sî hian dân zawm avânga thiam chan tumna khurah hian kan tlu lût thei em?**

Tûnlaia Bible lehlin chhuak thar eng emaw zât hian, châng khatnaa Galatia khuua "mi âte" a tih hi a awmzia phawk chhuak thei ang bera lehlin an tum hlawm a. Paulan Grik thumal a hman tak phei hi chu hei âi hian a la dêngkhâwng mah zâwk a. Chu thumal chu *anoetoi* a ni a, *rilru* (*nous*) tih thumal pawh hi heta tanga lo piang hi a ni. A ngial a ngana lehlin dâwn chuan, "rilru nei lo" tih tûr a ni ang. Galatia khuua mîte hian an ngaihtuahna an hmang lo rêng rêng ni tûr a ni. Hetah hian a la duh tâwk mai lo; â taka an chêt thin avâng hian mitdâwivaih thiam tu emaw-in a dâwi â ta emaw ni chu âw a ti hial a ni. Hetiang tawngkam kher a

hman chhan hi anmahni ti-âtu chu ramhuai niin a ngai pawh a ni maithei e (*2 Kor. 4:4*).

Chhandamna chu Kristâ kraws-a zung kaih a ni tih hre tawh tho sia zirtirna dik lo an pawm leh hnuhhawnawh hi Paula chuan manganthlâk a ti tak zet a. Anni tân phei hi chuan hriat loh âwm loh tak a ni zâwk a. Galatia 3:1-a "lantîr" tih hi a ngial a ngana lehlin dâwn chuan, "hriattirna târ chhuak" emaw, "rawng hnawih/a lemziak" tih tûr a ni ang. Vântlâng hriat tûra thil puangzâr sawina atâna hman thin a ni a. Paula hian kraws chu a thu hril laipui ber a ni a, chuvâng tak chuan Galatia khuua mîte pawhin an mitthlain Krista khenbeha a awm lai chu an lo hmu thei hial niin a sawi a (*1 Kor. 1:23, 2:2*). A thil sawi awmzia tak chu an awm dân khân kraws an pên sanzia a tilang a tihna a ni.

Tichuan tûna Galatia mîte dinhmun ni mêk chu Krista an lo rin tirha an awm dân nêh khân khaikhinin, zawhna mei nei deuh hlek eng eng emaw a'n zâwt vêl ta a. Engtiangin nge Thlarau an lo dawn (a awmzia chu engtin nge Kristian an lo nih hlawm tihna a ni)? Thlîr dân dang deuhin ti hian a zâwt leh baw a, Eng vângin nge Pathianin Thlarau a pêk? Thlarau an dawn theihna tûr khawp thil tha eng emaw an tih vâng em ni? Ni teh suh e. Chuti ahnehin Kristan an tâna thil a lo tih tawh chanchin tha chu an rin vâng zâwk a ni. Chutiang taka bul tan tha sî, anmahni nun dân atanga chhandamna hlawhchhuah an han tum leh hnuhhawnawh kha eng vâng nge ni ang?

**Keini pawh hian, 'Ka ti tha khawp alâwm, Kristian nghet angreng tak ka ni ve, chutiang thil tha lo chu ka ti ve lo' kan ti rilru ve thîn lo maw? Chhandamna chang tûra tha ve tâwkah i inngai ru deuh thîn em? Chutiang ngaihdân neih chu eng nge a dik lohna awm?**

THAWHTANNI

JULY 24

## PATHIAN LEHKHA THŪ-A INNGHAT

Kan hmuh tawh chinah kha chuan Paula hian rinna avānga thiam chantīr kan nih thu a hril kha Jerusalem-a tirhkoh awmte nēna inremna an neih avāng (Gal. 2:1–10) leh, anmahni Galatia khuua mīten a taka an lo tawn tawh ngeite avānga (Gal. 3:1–5) ti a nih thu a sawi a nih kha. Mahse Galatia 3:6 atang hi chuan Pathian Lehkha Thu zirtīrna a nih avānga hril a nih thu a sawi tan ve ta thung a. Dik tak chuan, Galatia 3:6–4:31-a thu vuakthlāk pheh hi chu Bible-a zung kaih a ni leh zual a ni.

**Paulan “Pathian Lehkha Thu” chungchāng Galatia 3:6–8-a a ziah hian eng nge a sawi tum tak ni ang?** Rom 1:2, 4:3, 9:17 te hi chhiar bawk la.

Galatia khuua mīte hnēna Paulan a lehkhathawn a ziah lai hun hi chuan “Thuthlung Thar” kan tih tāk hi a la piang rih lo tih hriat a pawimawh a. Paula kha Thuthlung Thar lehkhabu ziah hmasa bertu a ni. Chanchin Tha bu palite zīngah chuan Chanchin Tha Marka ziah hi a hmasa ber a ni maithei a; mahse hei pawh hi Paula dam lai (A.D. 65) khān ziah a la nih hman hmēl loh–chumi awmzia chu, Galatia khuua mīte hnēna lehkhathawn a ziah hnu kum 15 vēlah chauh ziah a ni tihna a ni ang. Chutiang chu a nih avāngin Pathian Lehkha Thu tia Paulan a sawi rēng rēng hian a rilrū-a awm chu Thuthlung Hlui lehkhabute hi a ni zēl tih hriat tūr a ni.

Paula zirtīrnaah hian Thuthlung Hlui lehkhabute hian hmun pawimawh tak a chang a. Ani chuan thu thi tawh ang ni lovin, thuneihna la nei reng leh Pathian Thu nung angin a ngai a ni. 2 Timothea 3:16-ah chuan, “Pathian Lehkha Thu zawng zawng hi Pathian thāwk khuma pēk a ni” tiin a ziah a. Heta “thāwk khum” tia an lehlin hi a Grik

tawng lamah chuan *theopneustos* a ni a. He thumal hi *theo* tih leh *pneustos* tih kaih kawp a ni a, *theo* tih awmzia chu “Pathian” a ni a; *pneustos* tih chu “thāwk khum” tihna a ni ve thung. Chuvāngin, Pathian Lekhhabu hi Pathian thāwk khum thūte a ni. Paula hian Isua chu tiam tawh Messia kha a ni tih tār lan nān (*Rom 1:2*) te, Kristiante nun dân tūr zirtīr nān te (*Rom 13:8–10*), a thusawi rintlākzia finfiah nān te (*Gal. 3:8, 9*) Pathian Lekhhabu (Thuthlung Hlui) hi a hmang thīn a ni.

Paula hian Thuthlung Hlui thūte hi eng zāt chiah nge a ziah chhāwn tih chu hriat a harsa deuh ang a; mahse a lehkhathawn tinah hian (Tita leh Filemona tiam lovin) Thuthlung Hlui thu a ziah chhāwn hmuh tūr eng emaw zāt a awm vek a ni.

**Galatia 3:6–14 hi ngun takin chhiar la. Thuthlung Hlui thu a ziah chhāwn te chu eng engte nge ni? Chu chuan Thuthlung Hlui lehkhabute a dah pawimawh zia engtin nge a tihlan?**

**Bible-a thu thenkhat hi thu thenkhat dangte āia “thāwk khum” nasat zual deuh bīk niin i lo hre ve tawh thīn em? 2 Timothea 3:16-a Paula thil sawi hi ngaihtuah la, chumi kawng zawh chu eng nge a hlauhawmna ni ang?**

THAWHLEHNI

JULY 25

## MI FELA RUAT

**Paulan a thuhriil chu a dik a ni tih nemnghehna atān Abrahamama hming a lam hmasa kher hi eng nge a chhan ni ang?** (*Gal. 3:6*).

Abrahamama khān Juda-te khawtlāng nun leh sākhuanaah hmun pawimawh tak a luah a. Juda hnam pa

ber a nih chu thuhnan ni se, Paula hunlaia Juda-te khân Juda dik tak chu Abrahamama ang kha an ni tûr a ni tih ngaihdân nghet tak an nei a. Tam tak pheih chuan a thuâwihna avânga Pathian pawhin mi fela a puan tâkah an ngai hial a ni. A enga pawh chu lo ni se, Abrahamama khân a in leh lo leh a chhûngkhatte a kalsan a, serhtan tûra Pathianin a tih chu âwihin, a fapa hlân tûra a tih pawh a zawm mai a hnial lo bawh a. Khângte kha thuâwihna dik tak chu a ni. Paula hnialtuten serhtan a tûlzia an sawi reng mai pawh hi Abrahamama hnung zuina nia an hriat vâng a ni tih a Chiang.

Paula erawh chuan an ngaihdân lo zâwng daihin a sawi ve thung a-Abrahamama hming wawi kua a sawi lannate pawh hi dân a zawm thât êm vâng lam ni lovin, rinna kawnga mi entawntlâk tak a nih vâng a ni zâwk.

**Paulan Genesis 15:6 thu a sawi chhâwn hi ngaihtuah la. Abrahamama rinna chu “a felnaah a ruat ta a” tih thu hi eng nge ni a awmzia?** (*Rom 4:3-6, 8-11, 22-24 pawh en tel bawh ang che*).

*Thiam chantîrna* tih tawngkam hi rorêlnaa hmuna tawngkam an hman thin a nih thu kan sawi tawh a, chutih laiin, *ruat* tih emaw, *chhiar* tih emaw hi chu sumdâwnna lama an tawngkam hman thin a ni ve thung. A awmzia chu, mi tu emaw hnêna pawisa emaw, thil dang eng emaw pe tihna a ni thei. Galatia 3:6-a Abrahamama chungchânga hman a nih bâkah hian, Israel hnam thlahtu bulte nêna inzawmin wawi 11 lai hman a ni a. Bible lehlin thenkhat chuan *chhiar*, *ruat*, *bel* tite'n an letling bawh.

Paulan a hman dânah hi chuan keimahni tâ ni tûra a dah chu felna a ni a. Zawhna awm ta erawh chu, *Pathian hian eng vângin nge mi felah min chhiar* tih hi a ni. Thuâwihna avâng chu a ni thei lo hrim hrim tih a Chiang a. Paula dotute hian Abrahamama thuâwihna kha an sawi vâwng

viau tak nâ a, Pathian Lehkha Thu erawh hi chuan Pathianin mi fela a ruat chhan chu a *rinna* avâng zâwk niin a sawi tlat. Hemi thû-a Bible sawi dân hi chu a Chiang khawp mai: Abrahamama kha a thuâwih avâng thiam chang a ni lo va; thiam chantîr a nih tâk avâng thuâwih a ni zâwk. A thiltih eng mah kha thiam chang a nih theihna tûra a tih a ni lo va; thiam chang *tawh* a nih vâng zâwka ti a ni. Thu kan âwih avâng thiam chang tûr ni lovin, thiam kan chan tawh avâng thuâwih tûr kan ni zâwk tihna a nih chu.

**Thil eng emaw i tih avâng ni lovin, i tâna Kristan a lo tih tawh avâng zâwka thiam chantîr i ni tih awmzia hi ngun leh zualin ngaihtuah la. Eng vângin nge chû thû chu chanchin thâ a nih a? Engtin nge chu thutak chu nangmâ tân ngei pawh ni ve a ni tih i lo hriat theih ang?**

NILAINI

JULY 26

**THUTHLUNG HLUI-A CHANCHIN THA CHU**

“Pathian Lehkha Thu chuan, Pathian rinna avângin Jentail-te thiam a chantîr dân tih hre lâwkin, ‘Nangmahah chuan hnam tin malsâwmsakin an awm ang,’ tiin Abrahamama hnênah Chanchin |ha chu a hrilh lâwk kha,” (*Gal. 3:8*). Paula hian Abrahamama hnênah khân chanchin tha chu hril a nih tawh thu mai ni lovin, a hriltu pawh Pathian a nih thu a sawi tel bawh a, chuvâng chuan chanchin tha dik tak a nih ngei pawh a rinawm bawh. Nimahsela engtik lai khân nge Abrahamama hnênah chuan a hril le? Genesis 12:3 thu a la chhâwng hian a rilrû-ah Pathianin Abrahamama a koh chhuah laia thu a thlunpui kha a rilrû-ah a lang a ni tih a tilang.

**Genesis 12:1-3 chhiar la. Pathianin Abrahamama thû a thlunpui kha eng ang thuthlung nge ni?**

Pathianin Abrahamama thu a thlunpui kha a chung a Pathian thutiamah a inngat a. Pathian chuan Abrahamama hnênah khân “Ka ti ang” tiin vawi li zêt a sawi a ni. Abrahamama hnêna Pathian thutiamte kha a mak êm êmna chhan chu, amah Pathian chauhin a tih tûrte a nih hlawm vâng a ni a; Abrahamama kha chuan eng mah a tiam vê lo. Hei hi mi tam zâwkina Pathian hnaih kan tum dân letling chiaah a ni. Pathianin thil eng emaw min tihlêtsak dân a nih chuan a rawngbâwl tawh te kan intiam thîn a. Nimahsela, chutiang chu dân zawm avânga thiam chan tumna mai a ni. Pathian chuan Abrahamama kha thil eng emaw intiam tûrin a hrilh lo va, rinnaa a thutiamte lo pawm mai tûrin a hrilh zâwk a ni. Chu chu thil awlsam tak chu a ni lo Chiang alâwm, a chhan pawh Abrahamama khân amah inrin chhan lovin, engkima Pathian rin chhan a zir a ngaih vâng a ni a (*Genesis 22*). Chuvângin Abrahamama koh a nih dân hian chanchin tha laimu tak chu rinna avânga chhandamna a ni tih a lantîr Chiang viau a ni.

Mi thenkhat chuan ‘Bible hian chhandamna chan theih dân kawng chi hnih a sawi niin an ngai thîn a. Thuthlung Hlui hunah kha chuan chhandamna chu thupêk zawm avânga chan tûr a ni a; mahse chu chu a fuh tâwk loh avângin Pathian chuan dân a tibâng ta a, tichuan rinna avânga chhandam nih theihna kawng a rawn hawng ta a ni,’ an ti. Mahse hei hi thutak atanga lo piang chhuak chu a ni thei lo vang. A chhan pawh, Galatia 1:7-a Paulan a sawi ang hian, chanchin tha chu pakhat chauh a awm a ni.

**Thuthlung Hlui thu dang engte hian nge rinna avâng chauha chhandam kan nih thu sawi ve le?** *Entîr nân, Leviticus 17:11; Sâm 32:1-5; 2 Samuela 12:1-13; Zakaria 3:1-4 te hi en la.*

**“Khawngaihna tlâwm” tih tawngkam hi kan hre fo tawh hlawm ang a. Mahse hei hi tawngkam dik lo a ni a.**

**Khawngaihna hi a tlâwm lo-(kan tân chuan) a thlâwn a ni zâwk. Khawngaihna chu kan thiltihte hmangin ka belhchhah thei emaw kan tih tlat a, a nih loh leh, thil sual tih ngampat phah nâna hman theih emaw kan tih hian kan tihmêlhem ta vek thîn a ni. I thil lo tawn tawhte kha chhui kîr la, hêng ngaihdân dik lo tak tak pahnihtea a khawi zâwk hi nge i lo âwn ve tawh thîn le? Engtin nge chu ngaihdân chu i thlah theih ang?**

NINGANI

JULY 27

**ÂNCHHE HNUAI ATA TLAN CHHUAK** (*Gal. 3:9-14*)

Galatia 3:10-a Paula tawngkam hriam tak hian amah duhtute chu a tibîng chûk chûk ngei ang tih a Chiang a. Ânchhe hnuaia awmah chuan an inngai âwm lêk sî lo va; chuti ahnehin an thuâwih avânga malsâwmna dawng tûr niin an inhre tlat zâwk a ni. Mahse Paula hi chuan a sawi Chiang khawp mai: “Dân thiltiha awm apiangte chu ânchhe hnuaiah an awm sî a; ‘Dân lehkhahua thu ziak zawng zawng anga ti tûra awm reng lo apiang chu ânchhe dawngin a awm thîn,’ tiin ziak a ni sî a.”

Paula hian ngaihdân inpersan tak pahnih-rinna avânga chhandamna tih leh, thiltih avânga chhandamna tihte chu a khaihin a. Deuteronomy 27 leh 28-a thuthlung malsâwmnate leh ânchhia a sawite hi a fiah êm êm a. Thuthlung zâwmtute chu malsâwmin an awm ang a, a zâwm lotute erawh chu ânchhe dawngin an awm ve thung dân a ni. A awmzia chu, Pathianin a pawm theihna tûra dân zawm ngai emaw ti tlattu chuan dân zawng zawng hi a bo a bâng awm lovin a zawm vek a tûl dân tihna a ni. Kan duh lai lai thlang chhuak a, kan zuam chin zawng chauh zâwm ngawt tûrin zalênna kan nei lo; chutih rual chuan kan thiltih sual tê tham deuh deuhthe hi chu Pathianin a en khûm mai dân emaw ka ti tûr pawh a ni chuang hek lo.

Hei hi chu Jentail-te tân chauh pawh ni lovin, Paula dotûte tân pawh thu ngaihthlâk nuam lo tak a ni ngei ang tih a Chiang a, a chhan pawh mi zawng zawng hian thil kan tisual tawh vek a, Pathian ropuina kan chan zawh tawh loh theuh vâng a ni (*Rom 3:23*). Eng anga nasa pawhin that tum sa teh mah ila, dân chuan bawhchhetu angah min puh tho tho ang.

**Engtin nge Krista chuan dân ânhche lak ata min chhanchhuah le?** *Galatia 3:13; 2 Korinth 5:21 en la.*

Paula hian Kristaa Pathianin min tihsak tawh chu sawifiah nân tehkhin thu dang a sawi leh a. *Tlan* tih awmzia chu “lei/khul lêt leh” tihna a ni. He tawngkam hi miin an hrên tlan chhuah nâna man eng emaw an pêk emaw, sal chhuah zalên nâna man eng emaw an pêk thu sawina atâna hman thin a ni. Sual man chu thihna a nih tlat avângin, dân bawhchhiate chu tihlum ngei tûr an ni. Chhandam kan nih theihna tûra Pathianin man a pêk hi eng mah tham ni lo a ni lo va; Amâ Fapa ngei nunna a hlân a ni (*Joh. 3:16*). Isua chu kan sualte phurtu lo niin, ânhche lak ata min tlan chhuak tawh a (*1 Kor. 6:20, 7:23*). Amâ duh thu ngeiin kan ânhche dawn chu a chungah a ngat a, sual man hremna zawng zawng chu keimahni âiawhin a tuar chhuak vek tawh bawk a ni (*2 Kor. 5:21*).

Paula hian tanchhan atân Deuteronomy 21:23 thu a la chhuak a. Juda hnam dânah chuan mi a chungthu rêl thlûk a nih a, a taksa thinga khai kân a nih chuan Pathian ânhche dawnga ngaih a ni a. Kraws-a Isua khai kân a nihna pawh khân ânhche dawng a nihzia entîr a ni (*Tirhkohte 5:30, 1 Pet. 2:24*).

Chutiang chu a nih avângin kraws pawh kha Juda thenkhat, Messia chu Pathian ânhche phurtu a ni tih hrethiam lote tân chuan dâltu lungpui lian tak a ni rêng a. Mahse hei hi Pathian ruahmanna a ni tlat sî. Ni e, Messia

chuan ânhhia a phur a; mahse Amâ tâ ni lovin, keimahni tâ zâwk a ni a phurh ni!

**ZIRTÂWPNI**

*JULY 28*

**NGAIHTUAH ZUI TÛR:** “Kan âiawh leh kan tâna mawhphurtu a nihna angin Krista chungah chuan kan za vaia khaw lohna chu nghah a ni a. Dân ânhche lak ata min tlan chhuah theih nân, amah chu dân bawhchhetu-a chhiar a ni a. Adama thlah awm tawh zawng zawngte thiam lohna chuan a thinlung a delh rit hlê a. Sual chungah Pathian thinurna te, bawhchhiatna avânga a lung nih lohna lan chhuahtîrna râpthlâk takte chuan Pathian Fapa rilru chu a timangang tak zet a. A dam chhûng zawng khân Krista chuan suala tlu tawh khawvêl hnênah a Pâ zahngaihna leh ngaihdamna thu lâwmmawm tak chu hmangaihna nêna a hril thîn a. Mi sual ber pawh chhandam a nih tawh thu hi a thupui ber a ni. Mahse tûnah chuan mihringten thil sual an tih avânga inthiam lohna phurrit an neih chu a phûr ta a, chuvâng chuan inrem lehna siamtu a Pa hmêl pawh a hmu thei tawh bîk lo. He hun lungngaihthlâk lai bera a Pa-in a hransan daih mai hian a thinlung chu mihringte hriatthiam phâk ngai rêng rêng loh tûr khawpa nân a chhunsak a. Rilru lama a tawrhna hi a nasat êm avângin a taksain nâ a tawrh vete chu a hre chang lo hial zâwk a ni.”-

**Ellen G. White, *Chatuan Nghahfâk*, p. 736.**

“Luther-a chu thudik thlavâng hauh hna thawk tûrin huaisen takin a che chhuak ta a. Pulpit tlâng atangin vaikhanna thu khal tak takte chu a puang chhuak a. Mipui hmaah chuan nungchang sual huatthlalâkzia te puangin, mihringte hian keimahni thil tha tih hmangin inthiam lohna kan neih hi kan tikiang thei lo va, sual avânga hremna pawh kan tinêp deuh thei hek lo tih a hrilh bawk thîn. Pathian lama inchhîrna leh Krista rinna chauh lo chuan mi sual a

chhandam thei lo. Krista khawngaihna chu a leia lei theih a ni lo va; thilthlâwnpêk a ni. Mîte chu sual ngaihdamna ticket lei lo va, khenbeh tawh Tlantu chu rinnaa thlîr zâwk tûrin a hrih thîn a ni.”—Ellen G. White, *Indona Ropui*, p. 129.

#### SAWI HO TÛRTE :

- ❶ **Kan Kohhranah ngei pawh hian mi thenkhat chuan rinna avâng chauha chhandam kan ni a, keimahni thiltih awm ve miah lovin Pathian khawngaihna chuan Krista hmangin min chhandam tih thu hi pawm harsa an la ti ve tho mai. He thutak pawimawh êm êm hi mi thenkhatin an pawm hleih theih miah loh chhan hi eng nge ni ang?**
- ❷ **Paula hian thiltih avânga chhandam kan ni emaw ti tlattûte chu na deuh takin a khêng lêt a. Hei hian Pathian thu pawm dân dik leh tha pawimawhna eng nge min hrih le? Kohhranah hian zirtîrna dik lo kalpuina lo awm ta ang se, chutiang thilah chuan eng vângin kohhran kan nihna angin nghet taka kan din ve a tûl thin?**

**KHAIKHÂWMNA:** Kristian nunah hian, a tîr atanga a tâwp thlengin kan chhandamna chu Krista rin avâng chauha chan tûr a ni a. Abrahama pawh kha Pathian thutiamte a rin avâng chauha mi fela chhiar a ni a, chu thilpêk tho chu wawiah pawh Abrahama rinna tâwmpuitute tân chuan a la awm reng a ni. Kan thiltih sualte avânga thiam loh chantîr kan nih lohna chhan awm chhun chu kan sual man tlâk nâna kan âiawha Isua a thih tawh vâng a ni.

ZIRLAI 6-NA

JULY 26 – AUGUST 4, 2017

#### THUTIAM NGAIH PAWIMAWH BERA NEIHNA

**CHÂNGVAWN:** “Ro luah tûr chu Dân avâng a nih chuan thutiam avâng a ni tawh sî lo vang; nimahsela, Pathianin thutiam avângin a ni Abrahama hnênah a pêk ni,” (*Galatia 3:18*).

SABBATH CHAWHNU

JULY 26

**CHHIAR TÛRTE:** *Genesis 9:11–17; 15:1–6; Exodus 16:22–26; Matthaia 5:17–20; Galatia 3:15–20.*

Mi pakhat hian politician pakhat hnênah, “I campaign laia tih i tiam zawng zawngte kha i la hre vek hlawm em?” tiin a zâwt a. Chu politician chuan, “Aw. . . , hriat reng ka tum chin kha chu la hre reng e,” tiin a chhâng a.

Kan zînga tu hi nge mi tu emaw laka kan thu tiam tawh wawi khat mah la bawhchhe ngai miah lo awm? Kawng leh lamah chuan, kan zavai hian mi tu emaw-in kan laka thu an tiam tawh, an tihhlawhtlin leh tâk sî lohte tawng tawhtu vek kan ni hlawm tho âwm e.

A châng chuan tihhlawhtlin ngei tumin thute kan han tiam thîn a; mahse a hnûah erawh tihhlawhtlin kan zui tum zui leh lêm hlei lo va. Mi thenkhat phei chuan tihhlawhtlin tum lo sa hrim hrimin thu an tiam fo bawh.

Thil vâneih thlâk deuh mai chu, Pathian thutiamte rêng rêng hi mihringin kan tiam ang a ni ve lo hi a ni. Pathian Thu chu a chiang a, a danglam ngai lo bawh. “LALPA chuan, ‘Ka sawi tawh a, ka hlen bawh ang; ka tum tawh a, ka ti ngei bawh ang,’ tiin a sawi si a,” (*Isa. 46:11*).

Tûn kâr zirlaiah hian Paula chuan Abrahama hnêna Pathianin thu a tiam leh chumi atanga kum 430 liam leh hnûa Israel-te hnêna dân a pêk kha a inlaichîn dân min



hrilh dâwn a. Hêng thil pahnihte inkûngkaih tawn dân hi engtianga hriatthiam tûr nge a nih a, chu chuan chanchin tha hril kawngah eng pawimawhna nge a neih tih pawh kan en bawk dâwn a ni.

**SUNDAY**

*JULY 30*

**DÂN LEH RINNA** (*Galatia 3:15-18*)

Amah dotûte hian Abarahaman khatiang nun a neih theihna chhan bulpui ber chu a rinna chak êm vâng ni angin sawi mah se, Paula erawh chuan eng vângin nge Pathianin Abrahamama thih hnu kum zalí vêl hnûah chauh dân a pêk tiin zawhna an la siam hrâm tho dâwn niin a sawi a. Israel mîte hnêna dân a pe hian a hma lama inremna a lo siam tawh kha chu eng mah lovah a chantîr ta em?

**Paulan mi mal thutiam leh thuthlung leh Pathianin Abrahamama thu a thlunpui a khaikhin dân chu eng nge ni?** *Galatia 3:15-18.*

Thuthlung leh thutiam hi a inang chiah lo va. Thuthlung chu mi pahnih emaw, pahnih âia tam emaw inrem tawna a ni a, “inremna” ti pawhin sawi a ni bawk thîn; chutih laiin thutiam erawh chu mi pakhatin thil eng emaw a sawi/tiam a ni ve thung a. Grik tawnga Thluthlung Hlui an lehlín, *Septuagint* chuan Pathianin Abrahamama thu a thlunpui thu sawina atân Grik tawnga mi pahnih inkâra inremna sawina thumal (*syntheke*) hmang lovin, thuthlung emaw, thutiam emaw sawina thumal (*diatheke*) zâwk a hmang zêl a ni. Eng vângin nge chu thumal kher chu a hman? A letlingtute khân Pathianin Abrahamama a thlunpui thuthlung kha mi pahnih inkâra inremna, a tu vê vê pawhin thutiamkam an neihna ang chí hi a ni lo tih an hriat vâng pawh a ni maithei. A lehlamah, Pathian thuthlung chu thil dang eng maha innghat ni lovin, ama duh dân liau liauva

H-5

innghat a ni a. “A nih chuan” tih emaw, “nimahsela” tih emaw ang tawngkam rêng rêng a awm ve lo. Abrahamama khân Pathian Thu chu a nih ang angin a zâwm tawp mai tûr a ni. Paula hian Pathianin Abrahamama a thlunpui thuthlung ziarâng tlângpui sawi fiah nân “thutiam” tih leh “thuthlung” tih tawngkamte hi a rawn hmang deuh kher niin a lang a. Mihringte thutiam ang deuh bawkin Pathian thutiam pawh hi a chhawrtu tûr an awm ve a, chu chu Abrahamama leh a thlahte an ni (*Gen. 12:1-5; Gal. 3:16*); thil eng emaw rochun chungchâng pawh a ni bawk (*Gen. 13:15, 17:8; Rom 4:13; Gal. 3:29*). Paula ngaiha a pawimawh lai ber chu Pathian thutiam a danglam ve ngai lo hi a ni. Mihring thutiam chu a taka hman (tihngheh) a nih tâk hnû chuan thlâk danglam theih a ni tawh lo ang chiah hian, Mosia hmanga pêk dân pawh khân a hma lama Pathianin Abrahamama thu a lo thlunpui tawh kha chu a tidanglam thei chuang lo rêng rêng a. Pathian thuthlung hi thutiam a ni a (*Gal. 3:16*), Pathian chuan a thutiamte a bawhchhe ngai miah lo bawk (*Isa. 46:11; Heb. 6:18*).

**A hnuuia Bible châng târlanah hian thuthlung tih thumal zawng hi thutiam tiin thlâk la. Hêng châng hrang hrangtea “thuthlung” tih eng nge a nih hlawm? Engtiangin nge Pathian thuthlung chu thutiam a ni tih hriatthiamna hian hêng Bible chângten an sawi awmzia hi a tihfiah sawt a, thuthlung awmzia kan hriatthiam theihna tûr pawhin min puih bawk le?** (*Gen. 9:11-17, 15:18, 17:1-21*). **Hei hian Pathian nungchang leh Pathian kan rin theih dân tûr engtin nge min zirtîr?**

**THAWHTANNI**

*JULY 31*

**RINNA LEH DÂN** (*Rom 3:31*)

Paula hian Pathian nêna kan inlaichîn tawnaah hian rinna a pawimawh hlê niin a sawi a. Serhtan emaw, “dân thiltih” emaw te hi chu chhandamna atâna thil tûl a nih

hran loh thu vawi eng emaw zât a sawi a, a chhan pawh “dân thiltihte avângin mi [tû mah] thiam changin an awm loh vâng a ni” (*Gal. 2:16*). Chu lo rêngah pawh, ringtu kan ni tih lantirtu chu dân thiltihte ni lovin, rinna zâwk a ni a (*Gal. 3:7*). Hetianga dân thiltihte a sawi nêp fo mai hian, “Chuti chu, dân hian pawimawhna a nei miah lo em ni? Pathian hian dân a tibâng tawh em ni?” tih zawhna a hring chhuang ta rêng a ni.

**Paula hian chhandamna chu dân thiltihte avâng ni lovin, rinna avâng zâwka chan tûr a nih thu a sawi fo va, hei hi rinna chuan dân a tibâng a tihna a ni em? Hêng Bible chângte hian eng nge min hrilh hlawm le? Rom 3:31; Rom 7:7, 12; 8:3; Mat. 5:17–20 te hi chhiar ang che.**

Rom bung 3-a Paula thil sawi hi Galatia-a rinna leh dân chungchâng a sawi nêp hian a inzûl thui hlê a. A thil sawi avâng hian mi thenkhat chuan dân thlauthla vek khawpin rinna a châwi vâwng dân tih pawh a hria a, chuvâng tak chuan thiam takin, “A nih leh, rin avângin Dân chu eng mah lovah kan siam em ni?” (*Rom 3:31*) tiin zawhna a siam rêng a. Heti laia “eng mah lova siam” (Sap tawngin, “overthrow”) tih hi a Grik tawng chuan *katargeo* a ni a. He thumal hi Paulan a hmang ngun hlê a, “paih thla” (*Rom 3:31*, ESV) tih te, “tibo”/“tibâng” (*Ephesi 2:15*) tih te, “eng mah lova chantîr” (*Rom 6:6*, ESV) tih te leh, “tiboral” (*1 Kor. 6:13*) tih te pawha lehlín theih a ni. Tûnlaia mi thenkhatin an sawi ang hian, Paula khân kraws-ah dân chu khenbeh a ni tawh tih ngaihdân hi pawm ve ni ta se chuan, tûn hi a sawi hun tak pawh a ni ngei ang. Nimahsela, chutiang ngaihdân chu a pawm lohzia duh thawh taka a sawi mai bākah, a chanchin tha hril chuan dân a “tihngheh” sauh zâwk thu a sawi.

“Rinnaa thiam chantîrna thu hian sual tlanna a awm theih nâna Pathianin a dân a dah pawimawhzia a puang chhuak a. Rinnaa thiam chantîrna hian dân a tibâng a nih chuan mi sualte an sualna atanga chhan chhuak a, Pathian nêna inremtîr leh tûra Krista a thih pawh a ngai lo vang.

“Chu lo rêngah pawh, rinna dik tak chuan dân zawmna nun hmanga Pathian duhzâwng ang zêla thil tih tumna a keng tel hrim hrim bawk a. . . . Thinlung zawng zawnga Chhandamtu hmangaihnaa inngat rinna dik tak chuan thuâwihnaah mi a hruai lût ngei ngei thîn a ni.”—*The SDA Bible Commentary*, vol. 6, p. 510.

**Paula hian rinna chuan dân zawm tûlna a titâwp tawh tih thu hi lo sawi ni ta ang sela, chumiin a nghawng tûrte chu eng nge ni ang? Entîr nân, uirê, rûkrûk leh, tualthah pawh suala ngaih a ni tawh lo ang maw? Pathian dân i zawm avânga lungngaihna, natna leh, tawrhna tam tak i pumpelh theihte chu ngaihtuah la. Chutih rual chuan, Pathian dân zawm lohna avânga nangmah leh mi dangte pawhin hrehawm in lo tawrh tawhte pawh a awm bawk em?**

THAWHLEHNI

AUGUST 1

**DÂNIN A TUM BER CHU**

**Galatia 3:19–29-ah hian Paula chuan “dân” kâwka a hman tawngkam eng eng emaw kan hmu a. He lai bika Paulan a sawi hi eng dân ber kha nge ni?**

Mi thenkhat chuan, châng 19-naa *hma* tih thumal hian dân a sawi hi hun emaw ti chhûng chauh atâna nung nia an ngaih avângin, he lai thu hian serh leh sâng dân kha a kâwk emaw an ti mai thîn a, a chhan pawh chumi dânin a tum chu kraws-ah khân hlen chhuah a nih tawh avângin a tâwp zui ve ngihl nia an rin vâng a ni. He ngaihdân hi

amah ngau ngau chuan dikna chin awm ve tho mah se, Galatia Leikhathawna Paulan a sawi awmzia hi chu niin a lang lo. Bawhchhiatna avângin Sinai Tlângah khân serh leh sâng dân leh thatna dânte hi pêk belh chu a ni ngei mai a, chutih rual chuan a hnuaia zawhna hi ngaihtuah la, Paula rilrua lian ber chu thatna dân (Thu Sâwm Pêk) hi ni ngeiin a lang tih i hmu ang.

**Paula hian dân chu belhchhah a ni tih a sawi rêng em? Engah nge belhchhah a nih a, engvânga belhchhah nge a nih?** *Galatia 3:19 leh Rom 5:13, 20 hi khaihkhin rawh.*

Paula hian Pathianin Abrahamama thu a thlunpuiah khân dân belhchhah a nih thu lam a sawi lo va. Sinai Tlângah Thu Sâwm Pêk an dawn hma daih khân dân chu a lo awm tawh a (naktûka kan zir tûr hi en la). Paula sawi tum tak zâwk chu, Israel mîte hnênah khân tum hran daih neiin dân pêk a ni tih hi a ni. Pathian hnêna mîte hruai lêt leh a, rinnaa amah pantute zawng zawng hnêna khawngaihna chantirna tûr a ni a. Dân chuan mi sual kan ni a, Pathian khawngaihna mamawh kan ni tih min hriattir a. Dân chu chhandamna “hlawh chhuahna” tûra duan a ni lo hrim hrim bawk. Chuti ahnehin, “sual a lan [fiah] lehzual theih nâna lo awm” niin Paula chuan a sawi a (*Rom 5:20*); chumi awmzia chu, kan nuna sual awmte Chiang lehzuala min hmuhtirtu tûr a ni tihna a ni (*Rom 7:13*).

Serh leh sâng dânte khân Messia kâwkin, thianghlimna leh Chhandamtu kan mamawhzia uar taka an sawi laiin, “I ti tûr a ni lo,” tia min hrihtu thatna dân erawh hi chuan sual chu sual a nih dân min hrihl a, sual chu kan pianpui nihna sual ve rêng ni mai lovin, Pathian dân bawhchhiatna pawh a nihzia min hmuhtir bawk (*Rom 3:20; 5:13, 20; 7:7, 8, 13*). Chuvâng chu a nia Paulan, “Dân awm lohnaah chuan bawhchhiatna pawh a awm lo” (*Rom 4:15, ESV*) a lo tih rêng ni. “Dân chu enlenna ang deuh hi a

ni a. Enlenna hian thawmhnaw tihmêl mâwi lotu bawlhhlawh te reuh tê tê-te chu a tilian sawt ni lovin, fiah zâwkin a lantir a, mit lâwng ngawta kan hmuh theih loh bawlhhlawh te tak tê tê-te chu min hmuhtir thin a ni.”—William Hendriksen, *New Testament Commentary: Exposition on Galatians* (Grand Rapids, Mich.: Baker Book House, 1968), p. 141.

NILAINI

AUGUST 2

### PATHIAN DÂN NUN CHHÛNG

**Paulan Sinai Tlângah dân belhchhah a nih thu a sawi awmzia hi, a hma khân dân a la awm ngai rêng rêng lo a tihna a ni em? A nih loh chuan, Sinai Tlângah pêk a nih hmâ leh pêk a nih hnua a danglamna chu eng nge ni?** *Genesis 9:5, 6; 18:19; 26:5; 39:7–10; Exodus 16:22–26 te hi chhiar ang che.*

Pathian chuan Abrahamama hnêna a dân a puanchhuah dawn khân khawpui ri, kâwlpê leh, tihhluma vauna thu nêna a rawn thawh a tûl ve lo va (*Exod. 19:10–23*). Chuti a nih chuan, eng vângin nge Israel mîte hnênah khân khatiang khêra dân a pêk ni le? A chhan chu, Aigupta rama bawih a nih chhûng khân Pathian ropuizia leh thil dik leh dik lo teh nâna a tehfung hman sânzia te kha an lo hre lo hman tawh a ni. Chuvâng chuan, anmahni sualna leh Pathian dân thianghlimna inthlauhzia kha an hriat a hriat a ngai a. Sinai Tlângah a rawn inpuanna khân chutiang chu a rawn hriattir ta chiah rêng a ni.

**Paulan dân chu “thutiam pêka hnêna chi thlah a lo kal hmâ” belhchhahna a nih thu a sawi hian eng nge a sawi tum tak ni ang?** *Galatia 3:16–19 (ESV).*

Mi thenkhat chuan he lai thu hi Sinai Tlângah a pêk dân kha chu hun eng emaw ti chhûng atân chauh hman

tûr a nih thu sawina emaw an ti mai thîn a. ‘Abrahama hnêna thu a thlun hnû kum 430-ah a lo thleng ve chiah a, tichuan Krista a lo lan khân a tâwp zui lehngêl baw k a ni,’ an ti. Amaherawhchu, hetiang a hrilhfiarna hian Rom Lehkathawna Paulan dân chungchâng a sawi leh, Bible châng dang, entîr nân, Matthaia 5:17–19 te hi a kalh tlat.

Mi tam takin he lai thu an chhiara an hriat sual thîn chu *hmâ* tih thumal hian hun eng emaw ti chhûng chauh a huam nia an ngai tlat thîn hi a ni a. Mahse hetah hi chuan chutianga a ni ve sî lo. LALPA tihtu chungchâng thu sawiin Sâm ziaktu chuan, “A thîlung chu a nghet a, a hlâu lo vang, amah dotute chung a thu duhsâm thleng chu a hmuh *hmâ* loh zawng” (112:8) tiin a sawi a. Hnehna a chan hunah chuan a hlâu hlê dâwn, tihna a ni ang em? Thupuan 2:25-ah chuan, “In neih sa erawh kha chu ka lo kal *hmâ* loh chuan vawng tlat rawh u,” tiin Isuan a sawi baw k a. A lo kal tawh ber chuan kan rinawm zui zêl a ngai tawh lo vang, a tihna a ni ang em?

Dân hnathawh chu Krista lo kal hmasak tum khân a tâwp lo va. Sual chu sual a nih dân a la tilang chhonzawm ta zêl dâwn zâwk a ni. Paula sawi awmzia hi chu Krista lo kalna khân mihringte chanchinah hun pawimawh tak a rawn thlen a. Dânin a tih theih ngai rêng rêng loh tûr –sual tihdamna dik tak thlen chu a ti thei a, chumi awmzia chu mi sualte chu thiam a chantîr thei a, a Thlarau hmangin anmahni chhûngah dân thuruat chu a hlen thei baw k a ni (Rom 8:3, 4).

**LALPA hian hei hi min tihsak se chuan amah ka ringhlel tawh ngai miah lo vang maw le tiin i ngaihtuah ngai tawh em? Mahse Sinai Tlânga thil thleng, Israel mîten an hmuh Pathian inlârna ropui tak mai kha ngaihtuah la, khatiang thil ropui lutuk kha an hmu chungin, eng thil nge an tih leh tho sî le? Rinna dik tak**

**chu eng ang nge ni a, chutianga rinna chu engtia neih tûr nge, engtin nge kan neih reng theih ang?** (Kol. 2:6 en la).

NINGANI

AUGUST 3

**THUTIAM NGAIH PAWIMAWH BERA NEIHNA**

**“Ani chu thlalêra pung khâwmho zîngah khân, Sinai Tlânga amah rawn betu vântirrhkoh leh min thlahtute nêna a awm vê a; ani chuan min pêk chhâwn leh tûr thunungte chu a dawng a”** (Tirhkohte 7:38, NIV).

Galatia 3:19, 20-ah te hian Paula chuan dânin khawngaih thuthlung eng mah lova a chantîr lohzia a sawi chhonzawm leh a. Hei hi a pawimawh êm êmna chhan chu, amah dotute Pathian thu kalpui dân kha dik zâwk ni ta se, dân chuan chutianga chu a ti chiah rêng dâwn sî a. Chuvângin, chhandamna kan neih theihna tûr chuan Pathian khawngaihnaah ni lovin, keimahni dân zawm thatah kan inngah ngai dâwn ta ang se, mi sual kan nihna anga kan dînhmun tûr chu eng nge ni ta ang le?

Galatia 3:19, 20-a Paula thil sawi awmzia tak hi eng nge ni tih hriatthiam chu harsa viau tho mah sela, a sawi tum tak erawh a Chiang hlê tho mai: dân chu vântirrhkohte leh Mosia kaltlânga pêk a nih avângin thutiam tanpuitu a ni a. Dân pêk a nihna leh vântirrhkohte inzawm dân hi sawi lan a ni hran lêm lo va; mahse hmun dang tam takah hian hmuh a ni tho a ni (Deut. 33:2; Tirhkohte 7:38, 53; Hebrai 2:2 te hi en la). Paula chuan sawipuitu tih thumal hi 1 Timothea 2:5-ah chuan Krista sawina atân a hmang a; mahse heti laiah hi chuan Deuteronomy 5:5-a Mosia thusawi, “Chumi lai chuan LALPA thu kawhmuh tûr che uin LALPA nêna in inkârah ka ding a” tih kha a rilrûah a awm a ni tih a lang Chiang hlê a ni.

Sinai Tlânga dân a pêk dân kha a ropui khawp mai a, vântirrhkohte pawh chhiar sên loh khawpa tam an rawn

chhuk a nih kha, Mosia pawh dân petu anga hriat a ni bawk; chutih rual chuan pêk a nih dân erawh kha chu a pêka inpêk chhâwn a ni tlat a ni. Abrahamana hnêna thu a tiam tum kha chuan amah Abrahamana ngei hnênah a sawi a (ringtu zawng zawngte hnênah pawh a sawi bawk a), sawipuitu tû mah an awm a tûl lo. Dân chu pawimawh viau tho mah se, rinna avânga khawngaiha chhandam kan nihna tûr thutiam thlâktu emaw, âiawhtu emaw chu a ni chuang lo tih kan hre tûr a ni a. Chutiang chu ni lovin, dân hian chu thutiam ropuizia chu hrethiam thei tûrin min pui mai zâwk a ni.

**Abrahamana leh Pathian indâwr tawn dân kha ngaihtuah la. Khatianga Pathian nênnêl taka an awm avânga hamthatna a dawn chu eng nge ni?** *Genesis 15:1-6; 18:1-33; 22:1-18 te hi chhiar ang che.*

**Bible-ah hian Pathian nêna intâwk tû tûte emaw kan hmu nual a-Evi leh Adama-te kha Eden Huanah Pathian nênnêl an inkâwm thîn a (Gen. 3); Jakobana mumangah vân tawng leilâwn a hmu a (Gen. 28); Paulana pawhin Damaska dâiah Isua Krista a tâwk bawk (Tirhkohte 9). Hetiang thil mak tak hi chu i la tawng ve lo a ni maithei a; chutih rual chuan engtiang kawngtein nge Pathian chu i hnênah a rawn inpuanchhuah ve tawh le? Abrahamana pawh tak leh nêl taka Pathian a hnaih anga i hnaih ve theihna tûr kawng dâl thei che a awm em? A awm a nih chuan, chûngte chu engtin nge i tihkian theih ang?**

ZIRTÂWPNI

AUGUST 4

**NGAIHTUAH ZUI TÛR:** “Saltâng an nih chhûng khân Israel mipuite chuan Pathian an hriatna leh Abrahamana thuthlung dânte kha an theihngihl zo tawh a. Pathian chuan Aigupta

bâwih nihna atanga a chhanchhuahna hmang khân, amah an hmangaiha an lo rin theihna tûrin a thiltihtheihna leh a khawngaiha puna chhuah a tum a. Tuipui Senah a hruai thla a-chutah chuan Aigupta sipaiten an rawn nangching hman têt a, tlân chhuah theihna kawng rêng a lang lo. Khâ hmuna an awm lai khân eng mah tih theih an nei lo va, Pathian tanpuina an mamawhia an hria a; a rawn chhanchhuak ta ngei rêng a. Tichuan, hmangaiha leh Pathian chungana lâwmnain an lo khat ta a, amahni tanpui theitu a nihzia pawh an lo hre chiang ta bawk a. An mangan hun apianga chhanchhuak theitu a ni tih an hriat theih nân a lamah a hîp ta a ni.

“Mahse an rilrûa tuh ngheh tûr thutak pawimawh êm êm mai pakhat a la awm cheu va. Milem biakna leh bawlhhlawhna chi hrang hrang kârah chuan Pathian thianghlizia te, anmahni thinlung sual sî-zia te, anmahni chakna mai chuan Pathian dân an zawm theih lohzia te leh, Chhandamtu an mamawhia te hriatna tak tak an nei thei lo va. Hêng zawng zawngahte hian zirtîr an ngai a ni.”—**Ellen G. White, Thlahtubulte leh Zâwlneite, p. 437.**

**SAWI HO TÛRTE:**

● **Thutiam chungchâng, a bîk takin tihhlawhtlin ni ve ta lote kha ngaihtuah la. I hnêna thutiamtuten an tihhlawhtlin leh sî loh avângin i lungngai thîn em? I laka thutiamtu pakhat chuan tihhlawhtlin ngei pawh a tum a; mahse a tihlawhtling thei ta lo emaw, a rilru a thlâk leh sî a, chuvâng chuan a tihlawhtling ta lo va. Pakhat dang leh chuan, i laka thu a tiamte chu tihhlawhtlin tak tak pawh a lo tum lo hrim hrim ve thung a. A tu zâwk hi nge huatthlala i tih? I laka a thutiam a bawhchhiat hnû chuan amah i rinna pawh a tla hniam sawt em? Pathian thutiamte hi chu a rin ngam a ni tih**

i hriatin engtin nge i awm thin? Engtin nge Pathian thutiamte chu i lo rin ngam ve theih ang?

- Engtiang kawngtein nge Pathianin min pêk tawh thutak pawimawh tak takte hi theihngihl leh hnuhnawh thei dinhmunah kan din le? Chutianga min theihngihltîr theitu thil tha lote chu engtin nge kan hriat hran theih ang a, engtin nge kan lo beih lêt ve bawk ang?

**KHAIKHÂWMNA:** Sinai Tlânga pêk dân khân Abrahama hnêna Pathianin thu a tiam kha eng mah loah a chantîr lo va, thutiamin a kel tel thilte pawh a thlâk danglam chuang hek lo. Israel mîten an sualzia leh Abrahama leh a thlahte hnêna Pathian thutiam kha an mamawhzia an hriat theih nân dân hi an hnênah pêk a ni ta a ni.

ZIRLAI 7-NA

AUGUST 5 -11, 2017

**RINNA NEIHNA KAWNG CHU**

**CHÂNGVAWN:** “Isua Krista rin avânga thil tiam chu a ringtute hnêna pêk a nih theih nân Pathian Lehkha Thu chuan sual hnuaiyah engkim a khârkip ta vek a,” (*Galatia 3:22*).

**SABBATH CHAWHNU**

AUGUST 5

**CHHIAR TÛRTE:** *Leviticus 18:5; Rom 3:1, 2; 3:9-19; 8:1-4; 1 Korinth 9:20; Galatia 3:21-25.*

PÂRVA hi ni khatah mêl za tam tak an thlâwk kual a, tichuan an hunbi dik tak zêlah an lo kîr leh chat chat thîn niin an sawi a. Mahse, a châng chuan kawng an bo ve thîn a, a thlawh chhuahna hmuna rawn kîr leh ta miah lo pawh an awm ve châwk thîn. Chutiang chu England ramah pawh khuan a lo thleng tawh a, pârva sîngnih vêl zet chu an inah an rawn hâw leh tawh rêng rêng lo a ni.

Kan zînga a tam zâwk hi chuan kawngbo emaw, mahni awmna chin hriat loh emaw nawm lohzia kan hre Chiang hlawm viauin a rinawm a. Chutiang dinhmunah kan awm châng chuan kan hlauthâwng a, kan phâwklêk êm êm thîn bawk. Hetiang hi thlarau lama kawng kan bo châng pawhin a nih dân chiaah a ni tho mai. Krista kan pawm hnûah pawh kan bo leh thei tho va, LALPA hnêna kîr leh ngaihna awm miah tawh lohna dinhmunah pawh kan awm daih theih bawk a ni.

Chanchin lâwmawm tak erawh chu, keimahni awm awma awm mai tûrin Pathianin min kalsan lo hi a ni. Chanchin thaa kan hmuh ang hian rinnaa a hnên kan pan theihna tûr kawng chu min kawhhmuh vek a, chumi kawngah chuan dân pawh hi a tel a ni. Mi tam tak chuan

dân leh chanchin tha hi sawi hran phêt an tum thîn a; thenkhat duh thawh zual deuhte pheh chuan a inkalh niin an sawi hial bawh. Hetiang ngaihdân hi a dik lo a ni satliah ngawt lo va, nghawng tha lo tak a nei thei bawh a ni. Dân tel lo chuan chanchin tha pawh kan nei lo vang. Chuvângin dân tel lo chuan chanchin tha awmzia pawh hriatthiam a harsa êm êm rêng a ni.

**SUNDAY**

*AUGUST 6*

**DÂN LEH THUTIAM CHU**

**“A nih loh leh, Dân chuan Pathian thutiamte chu a dodâl em ni?”** (*Gal. 3:21*).

Hetianga a sawi avâng hian amah dodâltute chuan dân a hnualsuat emaw an ti ang a, Pathian thutiamte pawimawh zâwkzia a sawi pawh hi Mosia leh a lehkhahute (Torah) dah hniam tumnaah an ngaih phah dâwn tih a hre vek a, chuvâng tak chuan an rilrûa awm zawhna ngei mai chu a zâwt ve ta sak a ni: “Dân hian Pathian thutiamte chu a kalh in ti a maw?” tiin. “Hnai lo ve” tiin amah vêkin a chhâng leh nghâl zat a. Pathian chu amah leh amah a inkalh theih tlat sî loh avângin chutianga ngaihdân neih pawh chu thil theih loh tawp a ni bawh. Pathian chuan thutiam leh dân te hi mihringte hnênah a pe ve ve a. Dân hi thutiam belhchhahna lah a ni hek lo. An pahnih hian Pathian chhandamna ruahmannaah hna hran ve ve an thawk zâwk a ni.

**Paula dodâltuten dânin hna a thawh chungchânga hriat fuh loh an neih chu eng nge ni?** *Galatia 3:21; Leviticus 18:5, leh Deut. 6:24 te hi khaihkhin la.*

Hêng mîte hian dân chuan thlarau lam nunna a pe thei emaw an ti tlat a. Hetiang ngaihdân dik lo tak an neih chhan chu Thuthlung Hlui thu thenkhat, dân hian Pathian thuthlunga awmte nun dân tûr chungchâng a sawi a ni tih

a lanna, entîr nân, Leviticus 18:5 leh Deuteronomy 6:24 te hi a awmzia an man fuh loh vâng pawh a ni maithei. Dân hian thuthlung chhûnga nun dân tûr chu a thunun ngei mai tak a; chutih rual chuan, dân chu Pathian nêna kan inlaichîn tawna hnâr pawimawh tak a ni tho bawh. Amaherawhchu, Bible hian “min tinung” theitu chu Pathian leh a Thlarau thiltihtheihna a nih thu chiang takin a sawi a (*2 Lalte 5:7; Neh. 9:6; Joh. 5:21; Rom 4:17*). Dân hrim hrim hi chuan thlarau lamah mi tû mah a tinung thei lo. Chutianga chu ni tho mah se, dân hian Pathian thutiam a kalh tihna erawh a ni sî lo a ni.

Paula chuan dânin nunna a pêk theih lohzia tihlan nân Galatia 3:22-ah heti hian a zia a: “Pathian Lehkha Thu chuan sual hnuaiyah engkim a khârkip ta vek a,” tiin. Rom 3:9–19-ah chuan Thuthlung Hlui thu eng eng emaw la chhuakin kan dinhmun chhiatzia min hrih a. Hêng Bible chângte hi a kahpaha la chhâwng vêl mai mai a ni lo va. Sual laimu ber-mihringte thinlung tichhetu mahni hmasialna-chu sawi hmasa berin, chumi hnuah sualin mi a fan hneh dân sawina lai chângte chu a la chhuak ve leh a, tichuan mi zawng zawngin thil an tihsual vek tawh thuin a khâr ta a ni.

Eng nge a sawi tum tak ni ta le? Sual chuan mi a fan hneh tawh êm avâng leh, dânin tih theih a nei tlêm êm bawh sî avângin, chatuana nunna thutiam pawh chu keimahni tâna Krista rinawmna avâng chauhin kan lo nei thei ta a. Hei hi Kohhran siamthatna thlentîrtu pawh kha a ni rêng a ni.

**Dân hian min chhandam thei lo mah se, kan zawm avânga hamthatna ropui tak tak kan chan theih awmte chu engte nge ni? Chumi awmzia chu, Pathian dân i zawm that avânga nangma nuna thil tha lo thlengte a awm em?**

**THAWHTANNI**  
**“DÂN HNUAIA VÊN”**

AUGUST 7

Paula chuan rinna a lo thlen hmâ khân dân hnuaiia vên tlât kan nih thu a sawi a (*Galatia 3:23*). “Kan” a tih hian Galatia kohhrana Juda Kristiante kha a kâwk a. Anni kha dân hre beltu an nih avângin a bik deuh takin thil a hrilh niin a lang. Chu chu Galatia 3:23-a “kan” tih tawngkam a hmang leh Galatia 3:26-a “in” tih tawngkam a hman leh daih dân atang pawh hian kan hre thei a ni.

Galatia 3:23-ah chuan “Rinna a lo thlen hmâ khân. . .” tih thu kan hmu a. Grik tawnga a inziah dân taka lehlin dân chuan, “rinna chu a lo thlen hma khân” tih tûr a ni ang. Paula hian Krista lo thlen hma leh lo thlen hnûa dân dinhmun chu sawifiah a tum a (*Gal. 3:24*), chuvângin heti laia “rinna chu” a tih pawh hian Kristiante rinna hi ni lovin, amah Isua rinna zâwk kha a kâwk niin a lang.

**Paula hian Juda-te kha Krista lo lan hmâ kha chuan “dân hnuaiia” vên that an nih thu a sawi a. “Dân hnuaiia” tih tawngkam hi eng nge ni a awmzia?** *Galatia 3:22, 23 hi Rom 6:14, 15; 1 Korinth 9:20; Galatia 4:4, 5, 21; 5:18 te nêh khai khin ang che.*

Paula hian “dân hnuaiia” tih tawngkam hi a lehkhathawnahte hian vawi sâwm leh pahnih a hmang a. A sawina hmun leh sawi chhan azirin, kawh chi hnih a nei thei:

1. “*Dân hnuaiia awm*” tih tawngkam hi *chhandamna chan theihna kawng dang angin a hmang* (*Gal. 4:21*). Galatia khuua amah dotute khân thuâwihna hmanga felna hlawh chhuah an tum thîn a. Amaherawhchu, amah Paula ngei pawh hian a lo sawi tawh angin, chutiang chu thil theih loh a ni tlat (*Gal. 3:21, 22*). Paula lehkhathawn hian, Galatia

khuua mite chuan dân hnuaiia awm an duh zâwk tlat avângin Krsita an hnâwl a ni tih a hriattir dân a ni (*Gal. 5:2-4*).

2. “*Dân hnuaiia awm*” tih tawngkam hi *ânhche hnuaiia awm tihna angin a hmang bawh* (*Rom 6:14, 15*). Dân chuan sual tlanna a siam theih loh avângin a bawhchhetu pawh ânhche dawnga a awm ngei a ngai tlat a. Hei hi mihring zawng zawng dinhmun dik tak chu a ni bawh. Dân chu tân in vêngtu ang deuh hi a ni a, dân bawhchhetu zawng zawngte chu khung khâwmin an chungah thi tûra hremna chu a nghat a. Naktûka kan zir tûrah pawh kan la hmu ang a, *vêng* (*Gal. 3:23*) tih thumal a hmang hian hei zâwk hi he lai châng a “dân hnuaiia” a tih tawngkamin a kawh chu a ni tih a lang.

Hemi nêna inhnaih tak thumal dang, “dân hnuaiia awm” ti thova an lehlin thin, *ennomos* hi chu a ngial a ngana lehlin dân chuan “dân chhûngah” tih zâwk âwm tak a ni a, Krista nêna inzawmna avânga dânin a phûtte chhûnga nung sawi nân hman thin a ni (*1 Kor. 9:21*). “Dân thiltihte,” chumi awmzia chu, Krista tel lova dân zawm tumna chuan thiam chan theih a ni lo hrim hrim a, rinna avâng chauha fel leh nung tûr kan ni (*Gal. 3:11*). He thutak hian eng mah lovah dân a siam ta a ni lo va; dân chuan chatuana nunna min pe thei lo tih a tilang mai zâwk a ni.

**THAWHLEHNI**  
**DÂN CHU MIN “VÊNGHIMTU” A NI**

AUGUST 8

Paula chuan dân chungchâng a ngaihdân hetiang hian a khâikkhâwm a: 1) dân hian Abrahamana hnêna Pathian thutiam kha a tibâng emaw, eng mah lovah a chantir ta emaw a ni lo (*Gal. 3:15-20*); 2) dân hian thupêk a kalh lo (*Gal. 3:21, 22*).



Chuti a nih chuan dân hnathawh ber chu eng nge ni ta? Paula sawi dân chuan bawhchhiatna avângin dân hi belhchhah a ni a (*Gal. 3:19*), hemi chungchâng hi dân nêna inzawm tawngkam hrang hrang pathum: *vên (châng 23)*, *khârkhip (châng 23)*, leh *kaihruaitu (châng 24)* tih te hmangin a sawi zau leh bawk a ni.

**Rilrûa tawngtai chungin Galatia 3:19–24 hi chhiar la. Paulan dân chungchâng a sawi chu eng nge ni?**

Tûnlai Bible chhuak thar zînga a tam zâwk hi chuan Galatia 3:19-a Paula thil sawi hi dân sawi hnâwmna ang zâwngin an lêt chhuak deuh vek hlawm a. Mahse a Grik tawng lamah chuan chutianga nger lam nei sa tlat chu a ni hran sî lo. Châng 23-naa “vên” (*Mizo Bible*, OV), “khuahkhirh” (*Mizo Bible*, CL) tiha lehlin Grik thumal hian a kawh tak chu “vênghim” tih a ni a. Thil tha lo lam kâwk ang zâwnga hman theih chu ni tho mah sela (*2 Kor. 11:32*), Thuthlung Thar lehkhavute hi chuan thil tha lam kâwkin an hmang tlângpui zâwk (*Philipi 4:7; 1 Petera 1:5*). Chutiang bawkin “khârkhip” (*Gal. 3:23*) tia an lehlin thumal pawh hi “tiching/chhûl khâr” (*Gen. 20:18*) tih te, “khâr” (*Exod. 14:3, Jos.. 6:1, Jer. 13:19*) tih te, “khuh” (*Luka 5:6*) tih te leh, “khung” (*Rom 11:32*) tih te pawha lehlin theih a ni bawk. Hêng kan han târlan tâkte atang pawh hian a hmanna azirin thil tha lam sawi nân leh tha lo lam sawina atân a hman theih ve ve tih kan hre thei âwm e.

**Dân (Thu Sâwm Pêk leh serh leh sâng dânte) hian Israel mîte hnênah eng hamthatnate nge a pêk le?** *Rom 3:1, 2; Deut. 7:12–24; Lev. 18:20–30.*

Paula hian dân hi a ngaimawh ta viau emaw tih tûrin tawngkam eng eng emaw hmang mah se (*Rom 7:6; Gal. 2:19*), dân thatna lam pawh a sawi tam êm êm tho bawk a (*Rom 7:12, 14; 8:3, 4; 13:8*). Dân chu Israel mîte chung Pathianin

a dah ânchhia ni lovin, an tâna malsâwmna ni tûra a siam a ni zâwk. Hâlrâl thilhlân an hlante khân sualna la kiang tak tak thei lo mah se, a la kiang theitu Messia erawh a kawhhmuh tho va, a dânte khân Israel mîte chu an vêla hnam dang awm vête tibawlhhlawhtu sualna chi hrang hrang lak atangin a vênghim bawk a. Hmun dangah pawh dân chu thil tangkai leh tûl tak a nih thu a sawi nual bawk a, chuvângin Galatia 3:19-a thil sawi pawh hi dân sawi chhiatna lama ngaih ngawt chu a dik bik lo hlê a ni.

**Thil tha tak pawh hi a hman sual ve theih tho mai a. Entîr nân, damlo enkawl damna tûr atâna siam damdawi ngei pawh hi mi thenkhat chuan ruih nân zuk hmang a! Thil tha tak pawh hman khawloh theih a ni ve tho tlat mai hian engtiangin nge Paula thil sawi awmzia hi hrethiam thei tûrin min puih le?**

NILAINI

AUGUST 9

**DÂN CHU MIN KAIHRUAITU A NI**

**Galatia 3:23-ah hian Paula chuan dân chu min vênghimtu ni angin a sawi a. Min vênghimtu a nihna chu châng 24-naah hian eng nê nge a sawi zawm a, chumi chu eng nge a awmzia?**

“Kaihruaitu” (Sâp tawng Bible-ah chuan “schoolmaster” tih a ni) tia lehlin Grik thumal chu *paidagogos* (pai-da-go-gos tia lam tûr) a ni a. Lehlin thenkhat chuan “thununtu” (NRSV) tih te, “zirtirtu” (NKJV) tih te leh, “enkawltu” (ESV) tih te pawha dah a ni a; a awmzia tak hi thumal pakhat lek hmanga lehlin chhuah zawh chi a ni lo a ni ang e. Grik tawnga *paidagogos* an tihte chu Rom-ho hunlaia an bawih chhawrte an ni a, chutiang bawihthe chuan an pû fapate chu kum ruk emaw vêl an lo tlin atanga an puitlin thlengin an enkawl thîn a.

An taksa mamawh hrang hrang, entir nân-bual fai te, ei in tûr pêk te, thawmhaw hâk tûr ngaihtuhsak te, hlauhawm laka vênhim te bâkah, school-a hruai leh an homework tihpui te nêh lam an thawh vek a ngai a. Nun dân tha leh mawite an zirtir bawh ang a, zir mai pawh ni lovin a taka an nunpui ngei thei nân an kaihruai bawh tûr a ni.

*Pedagogue* (pe-da-gok tia lam tûr) zingah ngilnei leh hmangaihna ngah tak tak, an kaihruai naupangte pawhin an ngaihnat êm êmte awm tho mah se, an chanchin ziakna tam zâwkah hi chuan mi ti kher kher leh khawng taka inthununna kalpui thin anga sawi an ni a. An thu âwih lotute chu an zilha an vau thin mai bâkah, talhfiakten an vaw hial thin a ni.

Paulan dân chu *pedagogue* anga a sawi hian dânin hna a tih tûr nia a ngaih chu a sawifiah leh bawh a. Sual chu soal a ni tih tilangtu leh zirtirna min petu tûr a ni. Dân chuan mi soal kan nihnaah min zilhin thiam loh min chantir bawh a, chuvângin thil hnawksak tak ang pawhin a lang rêng a. Mahse he a hnawksakna tak hi Pathian chuan kan tâna tha tûr zâwngin a hmang ta hlauh a, a chhan pawh dânin thiam loh min chantirna chuan Krista hnênah min hruai thin si a. Chuvângin dân leh chanchin tha hi thil inkalh a ni lo va. Chhandam kan lo nih theih nâna thawk dùn tûra Pathianin a siam ve ve-te a ni zâwk.

“Pathian Lehkhabu-ah hian Thlarau Thianghlim chuan tirhkoh [Paula] hmangin thatna dân chungchâng a sawi a. Dân chuan kan hnênah soal a puang a, Krista kan mamawhzia min hriattirin, Pathian laka inchiirna leh kan LALPA Isua Krista rinna avânga ngaihdamna leh thlamuanna chan theih nân amah pan duhna thinlung min neihtir bawh thin a ni.”—**Ellen G. White, *Selected Messages*, book 1, p. 234.**

**I thiltihte leh i thusawite mai ni lovin, i ngaihtuahnate dân nêna i khaikhin tum hnukung ber**

**kha engtik nge ni? Tûnah khân dân ziah chhuahna hawrawp nêh mai ni lo, dânin a sawi tum tak nêh han khaikhin leh teh (*Mat. 5:28, Rom 7:6*). Dânin a phût thilte chu i tihlawhtling meuh hlawm em? I chhâna chuan engtiangin nge Galatia Lehkathawna Paula thil sawi hi hrethiam thei tûrin a puih che?**

NINGANI

AUGUST 10

**DÂN LEH RINGTUTE** (*Galatia 3:25*)

Mi tam tak chuan Galatia 3:25-a Paula thil sawi hi dân hnâwl fithlâk thakna niin an ngai thin a. Amaherawhchu, Paula vêkin hmun danga dân a sawi mawina hrang hrangte han thlir hian chutianga ngaih ngawt chu a dik lohzia a lang Chiang hlê.

Chuti a nih chuan eng nge a awmzia ni ta ang?

A hmasa berah chuan, thiam loh chang kan ni tawh lo tihna a ni phawt a (*Rom 8:3*). Ringtu kan nih tawh avângin Krista-ah chuan kan awm a, khawngaihna hnuaiyah thlamuang takin kan awm tawh bawh (*Rom 6:14, 15*). Chumi avâng chuan zalên takin, thiam loh chan hlâu tawh miah lovin Krista rawng kan bawl thei ta a, chu chu chanchin tha avânga kan neih zalênna dik tak pawh a ni rêng a ni. Mi thenkhatin Kristaa kan awm tawh chuan dân zawm a tûl tawh hlei nêh tia an sawi nêh hi chuan thil inpersan tak a ni a. Mahse dân zawm lohna chu soal a ni a—soal pawh chu eng dang ni lovin zalênna tho a ni (*Joh. 8:34*).

**Rom 8:1–3 chhiar la. Dân ânchhia avânga thiam loh chang ni tawh lo tih awmzia hi eng nge ni? He thu ropui tak hian engtiangin nge kan nunah ngawng a neih ang?**

Krista zâra ngaihdam tawh kan nih avângin dân kan hmuh dân pawh a lo danglam ta a. Tûnah chuan ama lâwmzâwngna nung tûra koh kan ni tawh a (*1 Thess.*

4:1); he nun hi Thlarau hruaia awm nun niin Paula chuan a sawi (*Gal. 5:18*). Chutiang chu ni mah se, thatna dân hi awmze nei tawh lo a ni tihna chu a ni lo-chutiang lam chu a sawi a ni lo hrim hrim bawk. A chhan pawh dân chu sual hrilhfiaktu a ni tih chiang takin kan hmuh tawh kha.

Dân chu Pathian nungchang târlanna a nih avângin dân kan zawm hian a nungchang kan pholang tihna a lo ni a. Mahse chu âia pawimawh zâwk chu dân leh hrai eng eng emaw zâwm kan ni satliah mai lo va, dânin a tih theih ngai rêng rêng loh tûr min tihsaktu Isua hnung kan zui ve tihna a ni bawk. Ani chuan kan thinlungah a dân ziakin (*Heb. 8:10*), keimahniah hian dânin a phût felna chu hlen chhuak thei tûrin min tanpui a (*Rom 8:4*). Chumi awmzia chu, Krista nêna kan inzawm tawh avângin tûn hmâ zawnga dân zâwm thei ngai miah lo khân kan lo zâwm thei ta a ni.

**Rom 8:4 chhiar la. Hetah hian eng thu nge Paulan a sawi? He thuthiam hi nangmâ nuna a lo lan chhuah dân i hmu tawh em? Chutih rual chuan, i nunah a tha zâwnga thil lo inthlâk danglam ta eng eng emaw awm mah se, eng vângin nge chhandamna chu kan tâna Kristan a lo tih tawh avânga chan tûr a nih tho le?**

ZIRTÂWPNI

AUGUST 11

**NGAIHTUAH ZUI TÛR:** “Galatia Lehkathawna dân hi eng nge ni tih chungchângah zawhna ka tawng a. Krista hnêna min hrulaitu kaihruaitu chu eng dân ber hi nge ni? A chhâna chu: Serh leh sâng dânte leh thatna dân Thu Sâwm Pêk te hi an ni ve ve tih a ni.

“Juda sâkhuain tlanna an zirtîr dân zawng zawng kha Kristaa inngat a ni a. Abela thih chhan pawh kha

Kainan Krista thisena chhandam a nih tûr thu Pathianin zirtîr a tum chu a pawm duh loh vâng a ni a. Khawvêl chhandamna atâna Krista thisen la chhuak tûr entîr tûrin thisen a chhuah duh tlat loh a nih kha. He serh leh sâng hi Pathianin a buatsaih a ni a, chutah chuan Krista hi a laipui ber arawn ni ta a. Hei hi kaihruaitu a nihna anga Juda-ten tlanna an inzirtîr dânah Krista chu a lungphûm ber a ni tih mihringte hriattîr hna intanna a ni nghâl bawk.

“Biak bûk rawngbâwlnaa inzawm thil khawihute zawng zawng kha chu mihringte tâna Krista hnathawh tûr chungchâng zirtîr reng thin an ni vek a. He rawngbâwlna hi mi tin thinlunga Pathian dân, a lalram dân ni nghâl bawk chu, tih a nih theihna tûra duan a ni.”—Ellen G. White, *Selected Messages*, book 1, p. 233. “Thu Sâwm Pêka dânte hi thil ti lo tûra inkhapna dân ang ringawta thlîr lovin, khawngaihna dân a nihna pawh kan hmuh thiam ve a pawimawh a. Ti lo tûra min hrilhthe hi kan zawm chuan hlimna kan chang ngei ang. Kristaa awm tawh kan nih avângin chatuan chatuana hlimna min petu tûr nungchang thianghlim chu kan lo nei thei dâwn a ni.”—Ellen G. White, *Selected Messages*, book 1, p. 235.

**SAWI HO TÛRTE:**

❶ **Engtin nge ka nuna sual hi ka hneh theih ang tiin kan inzâwt nasa thîn a. Sual hneh theih dân thurûk Bible-a kan hmuhte chu engte nge ni? Hêng thutiamte hian a tak ram a lo chan ngei theih nân keimahni lamah engtin nge kan lo insiam that ve theih ang? Chutih rual chuan, eng vângin nge chhandamna beiseina chu keimahni hnehna chanahte ni lovin, Kristan kan tâna hnehna a chanah zâwk kan ngat a ni tih kan hriat chian a pawimawh êm êm?**

● **Kristiante zînga tam tak chuan dân a bo tawh thu an sawi thîn a. Mahse hêng Kristiante vêk hian سوال an do thu an sawi ve leh tho bawk sî a. Chumi awmzia chu dân hi a bo tawh tak takah an ngai bik lo tihna a ni. An sawi ang hi an rilru tak tak a ni ang em?**

**KHAIKHÂWMNA:** Dân chu mi sualten Krista an mamawhzia hriattîrtu tûr atâna pêk a ni a. Enkawltu a nihna angin Pathian nungchang min zirtîr bâkah, thil tha lo lakah min humhim bawk. Mahse thununtu a nih tel bawk avângin kan سوالna min hriattîrin kan chungah ânchhia a thlen a. Chu dân ânchhe lak ata chu Kristan min chhuah zalên a, ama dân chu kan thinlungah hian a ziak ta a ni.

**ZIRLAI 8-NA**

**AUGUST 12 -18, 2017**

**BÂWIH ATANGA ROLUAHTU NIHNA**

**CHÂNGVAWN:** “Chutichuan bâwih i ni tawh lo va, fâ i ni tawh zâwk e; tin fâ i nih chuan Pathian zâra roluahtu tûr i ni” (*Galatia 4:7*).

**SABBATH CHAWHNU**

*AUGUST 12*

**CHHIAR TÛRTE:** *Rom 6:1–11; 9:4, 5; Galatia 3:26–4:20; Hebrai 2:14–18; 4:14, 15.*

PAULA hian Galatia khuaa mîte chu bâwih ang ni lo va, Pathian fa anga nung leh thil ti thîn zâwk tûr leh chumiin a ken tel chanvo leh hamthatnate chu ta neih tûrin a hrihl a – he thu ngei mai hi Martin Luther-a pawhin hriat a mamawh êm êm mai kha a ni. Khatia mi سوال a nihzia inhriatna a neih tâkah khân ama thil tha tih hmanga ngaihdamna leh thlamuanna neih tumin a bei nasa hlê a. Nasa taka a nun tihrehawmin chaw te a nghei thûl, zânah te pawh tlaivâr thînin a pianpui sualte chu tukzal a nih theih nân hruihualten a invaw chiam thîn a. Pathian hmaa dinpui tlâk thinlung thianghlim neih theihna tûr a nih ringin a tih theih ang zawng zawng chu a ti vek tawh. A hnûa ama'n a sawi dânin, puithiam tha tak, an awmna pâwl dân leh dûn engkim zâwm vektu a ni a; mahse thlamuanna a hmu thei bawk sî lo. “Vânram khi puithiam hna tha taka thawh avânga chan theih tûr ni ta se chuan kei hi a chang tûrte zînga mi ka ni ve ngei ang” tiin a sawi hial a ni. Mahse chutiang zâwnga chan chî chu a ni sî lo.

Krista-ah chuan chhandamna a awm a ni tih thu Galatia Lekhathawna inziak hi a hriatthiam hnûah chauh a thlarau (nun) tâna zalênna leh beiseina chu a

rawn nei ve tan ta a. Chumi chuan khawvêl chanchin hi a sâwi danglam ta vek bawk a ni.

**SUNDAY**

*AUGUST 13*

**KRISTAA KAN NIHNA** (*Gal. 3:26–29*)

**Galatia 3:24** thu hi rilrua hre reng chungin  
**Galatia 3:26** chhiar la. Engtin nge he lai thu hian Isua  
tlan tawh kan nih hnua dân nêna kan inzawm dân  
hrethiam thei tûrin min tanpui le?

Châng 26-na hi Sâp tawng Bible lamah chuan “chuvângin” tih sawina, “for” tiin a intan a, chu chuan hemi châng leh a hma chiah châng hi a inzawm a ni tih a entîr. Zirtirtu fapa chu naupang a nih chhûng zawng chauh pa thuhnuaiyah a awm ang chiahin, Krista pawmtute chu naupang ni tawh lova, Pathian “fa” puitling tawhte an nih tâk zâwk *avângin* dân nêna an inlaichîn tawn dân pawh a inthlâk danglam ta bawk niin Paula chuan a sawi.

Heti laia *fa* tih hi Sâp tawng Bible lamah bawk chuan *fapa* tih a ni kher a, a tawngbul (Grik) lamah pawh hetiang hi a nih dân a ni maithei e. Amaherawhchu, Paula hian he thumal hi hmeichhiate pawh huam telin a hmang a ni tih a Chiang tho va (*Gal 3:28*). *Fate* ti mai lova *fapate* tih a hman zâwkna chhan chu chhûngkaw rokhâwmtu chu *fapate* an nih zâwk thin vâng a ni pakhat a; “Pathian *fapate*” tih tawngkam hi Thuthlung Hlui lamah chuan Israel mîte nihna bik sawi nân hman a ni thîn (*Deut. 14:1; Hos. 11:1*). Tûn hma zawnga Israel mîten an lo pum bilh thin Pathian nêna inlaichinna duhawm tak kha Jentail-te pawhin Kristaah chuan an lo nei ve thei ta a ni.

**Baptisma chan hi eng vânga pawimawh êm êm nge a nih le?** *Galatia 3:27, 28; Rom 6:1–11; 1 Petera 3:21.*

Châng 27-naah pawh hian “chuvângin” tih sawina (“for”) thumal tho kha a hmang leh a. Baptisma chan chu kan nun leh Krista a inzawm theihna atâna thu kan tihtlûkna pawimawh tak niin a ngai a ni. Rom 6-ah pawh baptisma chu Krista nêna kan inpumkhat ta a, a thihna leh a thawhleyna chu kan tâwmpui vê a ni tih entirtu a nih thu a sawi. Galatia Leikhathawnah hi chuan tehkhin thu dang deuh a hmang a: baptisma chu Krista inthuanma niin a sawi thung. He tawngkam hian Thuthlung Hlui leikhabutten felna leh chhandamna kawrfual hâktîr tih an sawina châng mâwi tak takte (*Isa. 61:10, Job 29:14*) kha min hriat chhuahtîr a. “Paula hian baptisma chan chu Kristan amah ringtute kawrfual a hâktîr lai ang deuhah a chan a. He tawngkam hi hmang chiah lo mah se, ringtute chung a felna hlan a nih thu a sawina a ni.”—Frank J. Matera, *Galatians* (Collegeville, Minn.: The Liturgical Press, 1992), p. 145.

Baptisma hmanga Krista nêna kan inzawm tâkna hian Krista nuna thil dik chu keimahni nunah pawh thil dik a ni ve tho tih a lantîr a. Krista chu Abrahamah “thlah” a ni a, ringtute pawh hian, Krista “roluahpuitute” (*Rom 8:17*) kan nih tlat tawh avângin, Abrahamah leh a thlahte hnêna siam thuthlung thutiam zawng zawngte chu an lo chang ve thei ta a ni.

**Kristaa thil dik kha keimahniah pawh a dik ve a ni tih thu hi ngun takin ngaihtuah chhunzawm la. Engtiangin nge he thu ropui tak hian kan nun pêng hrang hrangte hi a nghawng dân le?**

**THAWHTANNI**

*AUGUST 14*

**DÂN BULPUITE SALA TÂNG**

Pathian nêna kan inlaichinna chu fapa leh roluahthu nihna nêna a khaikhin hnû lawkah, rokhâwmtu

nihna chungchâng chipchiar deuh zâwkin a sawi chhunzawm leh nghâl a (*Gal. 4:1-3*). A tawngkam hman hian mi pakhat, in leh lo tam tak neitu chu a thî a, a thil neih zawng zawng chu a fapate zînga a upa ber kutah a lo awm tâkna ang dinhmun hi min hriattîr a. Nimahsela, a fapa chu a la naupang hlê mai sî a. Chumi chu a hriat avângin a puitlin hmâ zawng enkawltute hnuaia awm rih tûrin thurochhiah a lo siam sa vek a. Fapa chu a pa in leh lo neitu dik tak ni tho mah sela, naupang mai a la nih miau si avângin a tak takah chuan chhiahhlawh ù âwrh chauh a ni.

Paula tehkhin thu hman hi Galatia 3:24-a zirtirtu chungchâng thu nêp pawh khân a inang khawp mai a; mahse hetah hi chuan enkawltu thuneihna chu a sângin a lian zâwk êm êm thung. Enkawltu chu naupang enkawl sei lian tûr ringawta rawih an ni lo va, mawhpurhna engkim la thei tûr khawpa fapa a lo puitlin tak tak hma chu a sum leh pai bâkah, a in leh lo zawng zawng enkawl hnâ nêp lam a kutah a awm vek a ni.

**Galatia 4:1-3 chhiar la. Engtin nge hetî laia Paula thil sawi hian Kristaa kan awm tawh hnua dânin kan nuna pawimawhna a la neih dân chu hrethiam thei tûrin mi puih?**

Galatia 4:3-a “khawvêl thilte” (ESV, KJV) tih hi eng nge a awmzia tih thûah inhniálna awm a. Grik tawnga *stoicheia* tih awmzia chu “thilte” tihna a ni mai a. Mi thenkhat chuan he thumal hi lei leh vân pum puia thil awmte siamtu thil bulte sawina niin an ngai a (*2 Pet. 3:10, 12*); tûnlai hun tha lo tak thununtu ramhuai thiltihtheihna sawina (*Kol. 2:15*) emaw, sâakhaw nun intanna, Pathian thu bul A AW B sawina emaw (*Heb. 5:12*) nia ngai pawh an awm bawk. Eng pawh ni se, Krista lo lan hmaa mihringte

dinhmun sawi nân “naupangte” (*Gal. 4:1-3*) tih a hmang hian sâkhaw nuna zirtirna bulpuite hi a kâwk niin a lang a. Chutiang a nih chuan, Thuthlung Hlui hunna dânte leh hâlral thilhlân zawng zawngte kha chhandamna thupui sawi hawngtu chanchin tha hmahruai a nih thu a sawi tihna a ni ang. Chuvângin serh leh sâng dânte kha Israel mîte tân pawimawhin tangkai hle tho mah se, thil lo thleng tûr hlimthla mai a ni hlawm a. Krista luahlântu atâna pêk an ni lo hrim hrim a ni.

Hêng dânte hi Krista aia pawimawh zâwkah kan ngai a nih chuan hun liam tawhah lêt leh kan duh tihna ang a ni dâwn a. Galatia khuua mîte khân Krista lo kal tawh hnûah pawh an kalsan tawh dân bulthutte zawm thar leh an la tum tlat a, chuvâng chuan Paula pawh hian puitling ni ve uaih tawh sî naupang chhia anga awm thar leh duh ang deuh niin a sawi ta a ni.

**Naupangte rinna ang neih ve hi a thatna lai awm thei tho mah se (*Mat. 18:3*), thlarau lama puitlinna tih nêp hian thuhmun a ni em? Thlarau lama i than len nasat poh leh, i rinna chu naupang ang a ni deuh deuh dâwn tihna em ni? Engtiang chiahin nge i rinna kha naupang anga pawisawi lo leh rinngamawm a nih ve le?**

THAWHLEHNI

August 15

**Pathianin a Fapa a tîr chhuak ta a (*Gal. 4:4*)**

**“Nimahsela a hun bi a lo kim khân Pathian chuan a Fapa, hmeichhe hrin, dân hnuaia piang chu a tîr chhuak ta a” (*Galatia 4:4*, ESV).**

Paula hian “hun bi kim” tih tawngkam a hmang kher a, hei hian Pathian chu mihringte tâna a ruahmannate tihlawhtling ngei tûrin hnâ a thawk a ni tih a tilang. Isua

kha ama duh hun hunarawn kal ve ngawt a ni lo va; Pathian hun ruatah chiah chiah a ni a lo kal ni. A lo kal hunlai vêl kha *Pax Romana* tia a hriat a ni a, Rom ram awp chin zawnga remna leh muanna a thlen lai hun a ni a, chu chuan kum zahniê chhông vêl a aw h a ni. Khatia Rom sipaiten Mediterranean Tuipui kam vêl ramte an hneh tâk hnû khân remna leh muanna a lo thleng a, hnam hrang hrangte chuan tawng thuhmun hmang tlângin, hnam zia pakhat an intâwm a, inkal pawhna a lo tha ta bawk nêh, hei vâng hian chanchin tha pawh chak takin a darh theih phah rêng a ni. Bible thlîrna lam atang pawhin hetih lai hun hi Pathianin tiam tawh Messia lo kal hun atâna a lo ruat sa a ni ve chiah bawk (*Dan. 9:24–27*).

**Eng vângin nge Krista khân min tlan theihna tûrin kan mihring nihphung hi a rawn neih ve kher a tûl le ?**  
*Johana 1:14; Galatia 4:4, 5; Rom 8:3, 4; 2 Korinth 5:21; Philipi. 2:5–8; Hebrai 2:14–18; 4:14, 15.*

Galatia 4:4 leh 5-ah hian Bible-a chanchin tha sawina tâwi kim ber pakhat chu kan hmû a. Mihringte chanchina Isua a lo kal ve hi tihpalh thil thu a ni lo. Pathian chuan a Fapa a rawn tîr thla a. |awngkam danga sawi chuan, chhandam kan nih theihna tûrin Pathian hmâ a rawn lâ pawh kan ti thei ang chu.

Hêng châng pahnihtea lang Chiang deuh mai bawk chu Krista chatuana Pathian a nih thu hi a ni a (*Joh. 1:1–3; 18; Philipi 2:5–9; Kolossa 1:15–17*). Pathian chuan vântirhkoh tu emaw a rawn tîr mai lo va. Amah ngei a lo kal a ni.

Isua kha awm tan nî nei lo Pathian Fapa ni mah se, “hmeichhe hrin” erawh a ni ve tho bawk a. He lai thu hian mipa chî tel lova piang a nihna a kawh tho rualin, mihring dik tak a nihzia sawi lan a tum mah zâwk niin a lang.

“Dân hnuai lo piang” tih tawngkam hian Isua kha Juda hnama piang a nih thû a sawi bâkah, mihring zawng zawngin kan phurh vek ânchhia chu ani pawhin a rawn phur ve a ni tih a kâwk bawk.

Keimahnia inchhandam mai thei kan nih loh avângin Krista chu mihringa a rawn tan a, kan nihna min rawn tâwmpui ve a ngai a. Suala tlu tawh kan nihphung chu a Pathian zia nêh a inelhbawm a, chumi avâng chuan kan Âiawh, kan Chhandamtu leh kan Puthiam Lalber ni tûrin a tling ta a ni. Adama pahnihtea a nihna angin Adama pakhatnain a thuâwih lohna avânga a lo hloh tawh zawng zawngte chu rawn la kîr leh vek tûrin a rawn kal a (*Rom 5:12–21*). A thuâwihna hmang khân dânin a phût zawng zawngte chu tlingtla vekin, Adama lo hlawhchham tawhna chu a tlan chhuak a. Kraws-ah khân mi sualte thih âi thîin, rinna dik tak neia a hnêna intulût zawng zawngte chu tlan chhuak vek tûrin dikna chanvo a lo nei ta a ni.

**NILAINI**

*AUGUST 16*

**FAA VUAH NIH AVÂNGA HAMTHATNATE** (*Galatia 4:5–7*)

A thu khel lai mêk chu Galatia 4:5–7-ah chipchiar zâwka sawi chhunzawm lehin, dân hnuai awmte chu Kristan a tlan chhuah tawh thu uar takin a sawi a (*châng 4, 5*). Tlan tih chu “lei lêt leh” tihna a ni a. He tawngkam hian indonaa mi an man emaw, sala tâng mi tu emaw a zalên theihna tûra pawisa pe tih a kâwk a. He lai thûah hi chuan tlanna tih hian mi tu emaw zalênna neih tîr tih lam a kâwk.

Mahse eng lak atangin nge zalên kan mamawh le? Thuthlung Thar lehkhabute hian thil pali lak atanga zalên kan mamawh thu min hrilh a. Chûngte chu: 1) ramhuai leh a ngamthlêmna lak atanga zalênna (*Heb. 2:14, 15*) te; 2) thihna lak atanga zalênna te (*1 Kor. 15:56, 57*) te; 3) sala

min tântirtu soal thiltihtheihna lak atanga zalênna (*Rom 6:22*) te leh, 4) dân ânchhe lak atanga zalênna (*Rom 3:19–24; Gal. 3:13, 4:5*) te a ni.

**Kristan amaha tlanna kan neih avânga thil min tihhlawhtlinsak tâk chu eng nge ni?** *Galatia 4:5–7; Ephesi 1:5; Rom 8:15, 16, 23; 9:4, 5.*

Kristan min tihhlawhtlinsak tâk hi “chhandamna” tiin kan sawi ber a. Chu chu a dik tho rualin, Paula tawngkam hman “fâa vuah” (Grik, *huiotesia*) tih hian a nihna dik tak a sawi chhuak Chiang zâwk a. Amah hi Thluthlung Thar pum puia he thumal hmang awm chhun ni mah se, faah vuah tih hrim hrim hi chu Grik mîte leh Rom mîte khawvêlah khân a mikhual lo hlê. Paula dam lai ngei pawh khân Rom lal eng emaw zât chuan faa vuah/faa lâ tih chu fapa nei loten anmahni rawn thlâktu tûr atâna mi tu emaw an thlanna kawngah an hmang thîn a. Chutianga faa vuahten hamthatna an chan zînga langsâr zual deuh deuhthe chu: “ 1) Fapaa lâk chu . . . a latu fapa dik tak ang a lo ni ta a . . . 2) Amah latu chuan tha taka enkawl sei len a rem ti a, a ei in tûr leh a thawmhaw mamawh zawng zawngte pawh pêk a inhuam bawk a. 3) Faa lâk a nih tawh chuan hnâwl leh hnahnawh theih a ni tawh lo va. 4) Sala hralh leh theih a ni tawh lo va. 5) Amah hringtu a nu leh pate pawhin an rawn nei lêt leh ngawt thei tawh bik lo va. 6) Faa lâk a nihna chuan rokhâwmtu nihna pawh a keng tel nghâl bawk a ni.”—Derek R. Moore-Crispin, “Galatians 4:1–9: The Use and Abuse of Parallels,” *The Evangelical Quarterly*, vol. LXI/No. 3 (1989), p. 216.

Khawvêl thilah mah hetiang chanvo tha hi an inpe a nih chuan, Pathian fâtea vuah kan nih tâk avânga hamthatna kan chan tûr ropuizia chu i ngaihtuah thiam mai âwm e.

**Hebrai tawnga Abba tih chu naupangin nêl taka a pa a kohna, Mizoten “A pa” kan tih ang deuh hi a ni tih hre chungin Galatia 4:6 hi chhiar la. He tawngkam hi Isua pawhin a tawngtai khân a hmang ve a (*Marka 14:36*), keini pawhin Pathian fâte kan nih tawh avângin Pathian chu “Abba” tiin kan lo ko ve thei ta a ni. Chutianga taka Pathian nêna innêla awm chu nuam i ti em? Nuam i ti lo a nih chuan eng vâng nge ni? Pathian nêl innêl taka in awm theih nân eng nge i tih theih awm le?**

NINGANI

AUGUST 17

**ENG VÂNGIN NGE SALAH BAWK KAN KÎR LEH ANG?** (*Gal. 4:8–20*)

**Galatia 4:8–20 chhiar la. A hnuaiah hian Paula thil sawite hi a tlângpui ziak chhuak la. Galatia mîte zînga chanchin tha dik lo darh mêk chu a lâk thutakzia engtin nge lan?**

Galatia khuaa mîte khân engtiang chiahin nge sâkhaw biak dân an kalpui tih chu a sawi lang lo nân, thlarau lama an saltâna thlentu Pathian biak dân dik lo awm chu a vei hlê a ni tih erawh a lang a. Chu zirtirna chu hlauhawm hlê nia a hriat avângin, hetiang lekhathawn lungkuai tak pawh hi a ziak ta rêng bawk a, Galatia mîte chu fa nihna atanga sal nihnaah kîr leh ang deuh an nih thu a hrilh ta a ni.

**Paula hian Chiang takin sawi lang lo mah se, Galatia mîte khân a ngaimawh zâwng tak thil an ti a ni tih tilangtu eng thu nge a sawi?** *Galatia 4:9–11.*

Mi tam tak chuan Paulan “nî te, thlâ te, hun te, kum te” (*Gal. 4:10*) tih thu a sawi hi serh leh sâng dânte chauh ni lovin, Sabbath ngei pawh a hnâwl tawh tihna angin



an ngai mai thîn a. Mahse hetiang a hrilhfiah ngawt theihna tûrin finfiahna pakhat mah a awm lo. A hmasa berin, Paula hian Sabbath leh Juda-te ni serh dangte kha a sawisêl duh lo ni ta ang se, Kolossa 2:16-ah pawh kan hmuh angin, a hming lamin a sawi thei reng a. A dawt lehah chuan, Galatia khuua mîte thil tih chu eng thil pawh lo ni se, Kristaa zalên a nih tawhna atanga sala kîr lehna a ni tih Chiang takin a sawi lang bawh. “Ni sarih nî Sabbath serh hian salah mi a tântîr thîn a nih chuan, amah Siamtu ngei pawh hi khawvêla Sabbath ni lo thleng hmasa ber a serh tum khân bâwihah a lo lût daih tawh tihna a ni ang.”—*The SDA Bible Commentary*, vol. 6, p. 967.

Tha taka Sabbath serhna chuan zalênna kan neih hi min chhuhsak thei a nih sî chuan, eng vângin nge Isua tehrêng pawh khân amahina a serh chu duhtâwk ta mai lo va, mi dangte pawh a serh dân tûr nêl lam a zirtîr sî le? (*Marka 2:27, 28; Luka 13:10-16.*)

**Seventh-day Adventist-ten Sabbath kan serh dânah hian Kristaa zalênna kan neih kan hloh phah theihna tûr kawng a awm em? A serh dân lam chu eng pawh lo ni se, kan rilru puthmang hi eng nge ni ve rêng rêng le? Engtiangin nge kan rilru puthmang dik lo chuan Paulan Galatia khuua mîte a vaukhâna ang saltâna lamah hian min hruai luh ve daih theih tho?**

ZIRTÂWPNI

AUGUST 18

**NGAIHTUAH ZUI TÛR:** “Vân rorêl khâwlah chuan mihringte hi dân bawhchhetute ni tho mah se, an thuâwih lohna an boral mai loh va, Krista chu an âiawhtu leh an chianna nia a pawm phawt chuan Pathian mi thlan, Isua Kristan ama duh thu leh lâwmzâwng ang taka a fa atâna a lâkte an nih theih nân ruahmanna siam a ni a. Pathian chuan mi zawng zawng hi chhandama an awm

H-7

vek a duh a; chumi tûr chuan ruahmanna pawh siamin mihringte sual tlan nân a Fapa neih chhun ngei chu a pe ta a ni. Chuti chung a boral ta thote chu Krista Isua zârah Pathian fâa vuah an ni tawh tih pawm lotute an ni ang. Mihringte hi kan lo induh ve khang lêng thîn a, chu chuan chhandam kan nih theihna tûr kawngte hi a dâl ta thîn a ni. Nimahsela, kan thil tih thatte ringawt hi chuan Pathian bula awm tlâkah min siam dân lo rêng rêng a. Pathian pawm tlâka min siamtu tûr chu a hming rinna avânga Krista khawngaihna kan lo chan chiah hi a ni. Kan thiltih eng mah hi Pathian thlan kan lo nih theihna tûra rinchhan tlâk a awm lo va; thlante chu Krista avânga thlan vek an ni si a.”—Ellen G. White, “Chosen in Christ,” *Signs of the Times*, January 2, 1893.

#### SAWI HO TÛRTE:

- ❶ **LALPA nêna kan lên dunna kawngah hian naupang ang nih awmzia kha ngaihtuah chhunzawm leh la. Kan rinna leh Pathian nêna kan inlaichinna kawngah hian naupangte zia-a a eng lai hi nge kan entawn tûr ni ang? Chutih rual chuan, naupang chhia ang kan nih leh lutuk theihna kawngte a awm em? Han sawi ho teh u.**
- ❷ **Khawngaihna tih te, rinna avâng chauha chhandam kan ni tihte hi eng vâng hlaw deuh tlat thîn hlawm nge maw kan nih le? Eng vângin nge mi tam tak hian chhandamna hlawhchhuah tum ni âwm taka an beih leh chiam mai thîn?**
- ❸ **Ningani zirlaia zawhna hnahnung ber kha en leh ula. Keini Seventh-day Adventist-te hi chhuah zalên kan nih tawhna bâwiha kan kîr leh theihna dân kawng eng engte nge awm le? Chutiang chu engtiangin nge kan chungah a thlen theih a, engtin nge chumi lak atang chuan kan chhuah theih ang?**

**KHAIKHĀWMNA:** Krista-ah chuan Pathian fâte ni tûra vuah kan lo ni ta a. Chutianga Pathian fâte kan nih tawh avâng chuan Pathian chhûngten an chan theih hamthatna leh chanvo hrang hrangte pawh chu kan lo chang ve thei ta bawk a ni. Dân leh hrai zawmna hmanga Pathian nêl tum chu thil âthlâk tak a ni a. Fapa-in bâwih a nih theihna tûra fapa a nihna leh roluahtu a nihnate a bânsan ang vêl a ni ang.

**ZIRLAI 9-NA**

**AUGUST 19-25, 2017**

**PASTOR A NIHNA ANGA PAULA NGENNA**

**CHĀNGVAWN:** “**Unaute u, ka ngên a che u, keimah angin awm rawh u, kei pawh nangmahni angin ka awm sî a,**” (*Galatia 4:12*).

**SABBATH CHAWHNU**

*AUGUST 19*

**CHHIAR TÛRTE:** *1 Korinth 9:19–23; 11:1; 2 Korinth 4:7–12; Galatia 4:12–20; Philipi 3:17.*

KAN hmuh tâk ang khân, Paulan Galatia khuua mîte hnêna lehkhathawn a ziahah hian tawngkam nê m a hmang lo khawp mai a. Amaherawhchu, a tawngkam hman hriam tak takte hian thlarau lam dinhmun chau lutuka ama kohhran phun ngei a awm chu a vei hle a ni tih a tilang. Pathian thu pawm dâna buaina neuh neuh an neihte chu chin felsak a tum mai bâkah, he lehkhathawn hmang hian thurin dik tak vawn a pawimawhzia pawh târlan a tum nghâl bawk a. Eng nge kan rin tih hi pawimawh vak lo ni ta ang se, thurin dik vawn pawh awmze nei tak tak ni lo ni bawk ta se, eng vângin nge Paula pawh hian thahnem a ngaih ang a, a dinnaah a ngheh viau pawh a tûl bik ang?

Galatia 4:12–20-ah hian Paula chuan a thu khel lai mêk kha a la khel chhunzawm zêl a; a khel dân phung erawh a dang ta deuh thung. Galatia khuua mîte chu an ngaihdân dik lote thlâk tûra a hmin theih nân hnial fung awmze nei tak takte a lo hmang tawh a; tûnah chuan mi mal takin, pastor a nih angin sâwmna a siam ve leh ta thûng a ni. Anmahni ngaihsakna tak tak pawh nei lotu zirtirtu derte ang lo takin Paula hi chuan a berâm luhlul

tak takte chu a vei hlê a, berâmpu tha takin a berâmte chu a hmangaih a, tihmawh takin awm thîn mah se an that hun tûr chu beisei taka a thlîr thîn ang hian Galatia khuaa mîte chu ngaihsak êm êm reng tho a ni. A hmangaih tak takten thurin dik lo an pawm tlat mai chu pawî a ti hle a, chuvâng chuan an dik lohnaachte zilha duh tâwk mai lovin an hnêna rawngbâwl theih dân kawng a zawng nghâl ta bawk a ni.

SUNDAY

AUGUST 20

**PAULA THINLUNGA THIL AWM CHU**

**Galatia 4:12–20 chhiar la. He laia Paula thil sawi hi eng nge ni a awmzia?**

Paula hian a thinlung tirit êm êmtu vei a nei a ni tih chu châng 12-naa ngenna a siam hian a tilang a. Galatia khuaa mîte chu amah anga awm ve tûrin a han ngên hmasa tê tê phawt a. Thil pawî angreng tak chu, Bible lehlin thenkhat hian *ngên* tih thumal hi a khûnkhân dân tûr ang takin a let chhuak tâwk lo deuh hlawm tlat mai hi a ni. He thumal hi a Grik tawng lamah chuan *deomai* tih a ni a. “Ngên” tia lehlin theih chu a ni teh meuh mai a; mahse a Grik thumal hi chuan “ngênngâwl taka ti” tih emaw, “nasa taka ngên” tih emaw a kâwk deuh kher a ni (2 Korinth 5:20, 8:4, 10:2 te hi en la). Paula hian “Ka ngên chiam a che u!” tiin a sawi a ni ber mai.

Paula thil vei hi Pathian thu pawm dân him tâwk lo leh thurin dik lo vawn thu hla mai a ni lo va. A rawngbâwlna atanga Krista rawn pawmtute nun dân hian a thinlung a luah khat hneh hle bawk niin a lang. Amah chu Galatia khuaa mîte tâna thian tha tak a ni a; thlarau lama an pa ber ni tel bawkin, anni chu a fate an ni thung a. Chu mai pawh chu la ni lovin, anmahni a veizia chu nu-in nau an

hrin chhuah dân hnaiha hrehawm nasa tak an tuar thîn nêh hian a tehkhin a (*Gal. 4:19*). Kohhran a phun tirha a “vei” kha him taka hrin chhuah an nih theih nân a tha tâwk hle tûrah a lo ngai a. Mahse tûnah chuan thutak chu an vah bosan ta sí a, chuvâng chuan rinna kawng an lo puitlin theih nân, tûn hmaa nau vei taka a lo vei thîn tawh dân ang bawk khân a vei tha leh ta a ni.

**Galatia khuaa mîte tâna Paulan hmachhawp a neih chu eng nge ni? Nau vei taka anmahni a veina zawng zawngah hian eng thil nge hmuh a duh le? Galatia 4:19.**

Paula hian Galatia khuaa mîte chu chhûla naute awm mêk ang deuh niin a han sawi hmasa tê tê a, chumi hnu chuan anmahni ngei chu nau hring mai tûr nu-te ang deuh an nih thu a hrilh leh ta a ni. Heti laia “siam” tih hi chhûl chhûnga chi nung awm, naute ni tûra rawn insiam chho mêk sawina atâna hman thin a ni a. Hei hi tehkhin nâna hmangin a mi mal ang leh, a kohhran ang zâwng pawha Kristian nih awmzia chu a sawifiah a. Krista zuitu ni tûr chuan rinna puan chhuah ringawt a tâwk lo va; Krista ang ni ve tûra nun pum pui siam thar hlawkna a thlen a ngai. “Galatia Kohhran chhûngah pawh hian thil inthlâk thleng tê tham deuh mai ni lovin, anmahni hmuh chu Krista-a hmuh ang ni tûr khawpa siam thar lehna ropui hmuh a duh a ni.”—Leon Morris, *Galatians* (Downers Grove, Ill.: Inter Varsity Press, 1996), p. 142.

**Engtiang kawngte-in nge nangma nunah khân Krista nungchung chu a lan chhuah ve thin le? Eng kawngahte nge than leh zêlna tûr i la neih?**

THAWHTANNI

AUGUST 21

**CHONA AN HMACHHAWN CHU**

**1 Korinth 11:1; Philipi 3:17; 2 Thessalonika 3:7–9; Tirhkohte 26:28, 29 te hi chhiar la. Hênga Paula thil**

**sawi eng hi nge Galatia 4:12-ah hian lo lang le? A thil sawi awmzia hi engtiangin nge kan lo hriatthiam ang?**

Paula hian Kristiante chu ama nungchang entawn tûrin a fuih fo mai a. Amah chu ringtute tâna mi entawn tlâk tak niin a insawi thîn. 2 Thessalonika 3:7–9-ah chuan mahni mamawh thawh chhuah kawngah leh mi dangte phurrit nih loh kawnga ringtute entawn ber ni tûrin a intâr chhuak a. 1 Korinth 11:1-ah pawh Korinth khuua mîte chu mi dangte thatna tûr ngaih pawimawh kawnga amah zui ve tûrin a ngên bâwk. Chutih rual chuan, Galatia Lehkathawna a thil vei erawh hi chu danglam deuh niin a lang.

Galatia 4:12-ah hian Galatia khuua mîte chu amah *entawn* tûrin a hrih lo va; amah anga awm vê tûrin a ngên zâwk tih hria ila–a tih dân entawna ti ve ni mai lovin, amah ang ni ve tûra a ngenna a ni. Eng vângin maw? Galatia Kohhran chhûnga an buaina hi chu, Korinth Kohhrana an buaina–nungchang dik lo emaw, Pathian tih lo taka nun emaw ang lam kha a ni ve lo va, Kristianna laimu tak chu eng nge ni tih chungchâng a ni zâwk. “Nungchang” lam ni lovin, “nihna” lam a ni zâwk mah a. Paula sawi awmzia hi *a tih anga tih* ve lam ni lovin, *amah ang nih ve* thu a ni zâwk a. Galatia 4:12-a a tawngkam hman chiah hi Lal Agrippa hnêna ngenna a siamah pawh kan hmu a, “Nang chauh ka ti lo, waviina ka thu hretu zawng zawng pawh hi *keimah anga awm atân* Pathian hnênah ka dil a ni, kawlte erawh hi chu bun ve lovin,” tiin a hrih a nih kha (*Tirhkohte* 26:29). |awngkam dangin sawi ta ila, Paula hian Kristian a nihna anga a nun a tawn thil chu a sawi a, chu chu Krista-ah chauh inngat niin, dân a zawm that vâng ni lova, ama tâna Kristan thil a lo tih tawh rin hmiahna a ni zâwk a. Chutih laiin, Galatia khuua mîte hi chuan Kristaa an nihna âiin anmahni nungchang chu an dah pawimawh zâwk hlahu thung a ni.

Amah ang ni ve tûra Galatia khuua mîte a duh dân chiah chu eng nge ni tih sawi lang lêm lo mah se, ama nun dân zawng zawng kha a kip a kâwiin a tha vek e, a tihna chu a ni lo vang tih erawh a chiang tho a. A thil helhkam ber chu dân an châwi vâwng lutuk thîn kha a nih avângin Isua Krista-a a chhar thar hmangaihna te, lâwmna te, zalênna te, leh chhandam a ni ngei dawn tih hriat chianna a neih te kha a rilru-ah a lo lang uar uar ni ngei tûr a ni. Chutianga Isuaa a neih tâk thilte chu ropui a tih êm avângin thil dang zawng chu hnâwmhnê-ah a ruat ta vek nghe nghe a (*Philipi* 3:5–9) – chutiang nun tawng chu Galatia khuua mîte pawh hian nei ve ngei se a duh a ni.

**Mi tu emaw (Isua ni si lo) entawn tlâk tak nia ngaih i nei em? I nei a nih chuan, chu mi nungchang eng engte chu nge entawn tlâk nia i hriat a, chûng nunchangte chu engtin nge nangma nunah i lan chhuahtir ve theih ang?**

THAWHLEHNI

AUGUST 22

**NANGMAHNI ANG KA LO NI VE TA**

**1 Korinth 9:19–23 chhiar la. He laia Paula thil sawi engte hian nge Galatia 4:12 tâwp lama a thil sawi awmzia hi hrethiam thei tûrin min puih sawi ang che** (*Tirhkohte* 17:16–34; *1 Korinth* 8:8–13; *Galatia* 2:11–14 *te pawh chhiar baw* la.)

Galatia 4:12-a Paula thil sawi awmzia hi hriatthiam a harna chin a awm ve a. Eng vângin nge Galatia khuua mîte hi Paula ang an lo nih ve kher ang, amah zâwk hi anmahni ang a ni tawh sa reng baw si a? Nimin zirlaia kan hmuh tâk ang khân Paula hian Galatia khuua mîte chu amah anga rinna famkim nei a, chhandamna atâna Krista tlin tâwkzia ring ngam ve mai tûrin a duh hle a. Anmahni ang a lo nih ve tâk thu a sawi pawh hi anmahni zînga Jentail awm vete hnêna

chanchin tha a hriattîr theihna tûra “dân nei lo” Jentail-te anga a insiam thu a sawina a ni. Jentail-te zînga missionary ropui tak a ni bawk a, Juda-te leh Jentail-te hnêna chanchin tha hril dân tha pawh a hre hle ang. Dik tak pheï chuan, 1 Korinth 9:19–23-a kan hmuh ang hian, a chanchin tha chu a ngai reng ni tho mah se, a lo ngaithlatu tûrte azirin a hril dân phung pawh a dang ve hret hret thîn a ni.

“Paula kha tûnlaia ‘contextualization’ tia kan mai sawi thîn, chanchin tha kan hrilh tuma-ten an lo hriatthiam theih ngeina tûra kan hrilh dân phung her rem a pawimawhzia hre hmasatu leh chumi kawnga sûlsutu chu a ni.”—Timothy George, *The New American Commentary: Galatians* (Nashville, Tenn.: Broadman & Holman Publishers, 1994), p. 321.

Amaherawhchu, 1 Korinth 9:21-a kan hmuh ang hian Paula khân a lo dawngsawngtu tûr mîte hriatthiam theih tûr zâwnga chanchin tha her rem kawngah hian kal thui leh lutuk a awm thei a ni tih a hria a. Entîr nân, Juda-te leh Jentail-te a lâk luh theih nân tha a tih ang anga an awm a thiang ti tho mah se, chu zalênna an neih chu Pathian dân pawisak loh phah nân chuan an hmang tûr a ni chuang lo tih a sawi; a chhan pawh Kristiante chu “Krista dân” hnuaia mi an nih tlat vâng a ni.

A lo dawngsawngtu tûrte hriatthiam theih zâwnga chanchin tha hril dân phung her rem hlek hlek hi thil awlâi tak chu ni lo mah se, chanchin tha laimu tak chu a tuamtu hnam zia atanga kan la hrang thei a nih a, Krista thuchah chu a sawi tum tak chhawk then si lova kan her rem hret thei dâwn a ni bawk chuan, Paula tih dân ang hian kan ti ve mai thîn tûr a ni.”—Timothy George: *Galatians*, pp. 321, 322.

**Mîten min rem theih nâna inhnuh hniam mai hi thil awlsam tak a ni a. A châng pheï hi chuan Kristian kan lo nih ve-na a rei tawh poh leh inhnuh hniam kan awlsam emaw tih mai tûr a ni lehngâl. Eng vângin nge chutiang chu a nih le? Nangmah kha han inen la. I nunah khân inhnuh hniamnain hmun a chan thûk tawhzia i hmu thei em? Engtiang kawngtein nge thiam i in-chantîr leh nge nge tho thîn?**

NILAINĪ

AUGUST 23

### HMÂN LEH TÛN

Paula leh Galatia khuaa ringtu awmte inkâra inlaichinna kha tûn ang êm êm hian a la chhe ngai lo. Galatia khuaa chanchin tha a hril hmasak tuma amah an lo lawm thinzia te kha a mitthlaah a la châm rêng a. Eng thil nge thleng ta le?

**Galatia khuaa Paulan chanchin tha hril a rilrûk tâkna chhan kha eng nge ni?** *Galatia 4:13.*

Galatia khuaa chanchin tha hril hi a tira a tum dân ang tak chu a ni lo tih a lang a. Amaherawhchu, taksa lama dam lohna eng emaw a neih avângin Galatia khuaah hian a rin âia rei a châm phah ta a, a nih loh pawhin Galatia khuaah hian awm dam rih tûrin a va kal pawh a ni zâwk maithei bawk. Paula dam lohna hi eng nge ni chiah hriat a ni lo va. Mi thenkhat chuan malaria a vei niin an ring a, thenkhat dang chuan (Galatia khuaa ringtuten an mit-te kher chhuak a, a tâna pèk an inhuam hial tûr thu a sawi hi tanchhana hmangin) mit lam natna eng emaw a nei niin an ngai thung. A taksa hling a awm thu 2 Korinth 12:7–9-a sawi nêh khân inzawmna nei nia ngai pawh an awm bawk.

A enga pawh chu lo ni se, a tawrh chu a nuam lo hle ni ngei tûr a ni, Galatia khuaa mîte pawhin Pathianin amah

a fiahnaah an lo ngaihsak hmiah mai a. Natna hi Pathian thinrimna hríkthlákna nia rinna hmunah chuan Paula natna vei pawh hi amah leh a thuchah ken hnâwl phahna khawp chhuanlam a tling duh khawp rêng ang. Mahse Galatia khuaa mîte hi chuan Paula kha thinlung takin an lo lâwm a. Eng vâng nge? A chhan chu Kraws thu a hril khân an thinlung a lo tihvâr tawh avâng (*Gal. 3:1*) leh Thlarau Thianghlimin a lo âwihtîr tawh vâng a ni.

**Pathianin Paula a tawrhîr chhan ni âwmte chu eng nge ni? Harsatna eng emaw nei chung si chuan engtin nge mi dangte rawng a bâwlsak theih ang?** *Rom 8:28; 2 Korinth 4:7-12; 12:7-10.*

Paula natna ve hi eng nge ni tih chu hre chiah lo mah îla, na satliah mai lo deuh a ni tih chu a chiang tho va, Pathian han dem mai emaw, chanchin tha hril hna bansan mai emaw phah nâna chhuanlam tha tak pawh a tling âwm e. Mahse a khawi mah hi a ti lo ve ve a. A harsatna tawh chu amah a inhnehtîr lo va, chuti ahnehin Pathian khawngaihnaa inngah pumhlûm thak phahna remchângah a hmang ta hlauh zâwk a ni. “Pathian chuan mihring nuna harsatna lo thleng hrang hrang-damlohna te, tihduhdahna te, retheihna te, leh khuarêl chhiahna te ngei pawh hi—a khawngaihna leh a ngilneihna târlanna bâkah, chanchin tha hmasâwntîr zêlna hmanrua-ah a lo hmang tawh thin a ni.”—Timothy George: *Galatians*, pp. 323, 324.

**Engtin nge fiahna leh hrehawm i tawrhîrte kha LALPAA inngah phah nâna hman dân i zir theih ang? (Duhthlan tûr dang neih i nei chuang em?)**

NINGĀNĪ

AUGUST 24

THU DIK TAK CHU SAWIIN

**Galatia 4:16 chhiar la. Heti laia Paula thil sawi pawimawh tak chu eng nge ni? Engtiang kawngtein nge**

**hetiang deuh hi nangmah pawhin i lo tawn ve tawh le?** (*Johana 3:19; Matthaia 26:64, 65; Jeremia 36:17-23 te pawh en la.*)

“Thu dik tak sawi” tih tawngkam hian thil a nihna ang tak a, sùm kêr leh vên thâwn vak nei lova thu khal deuh hlek hmanga sawi tihna a kâwk tlângpui a, chutiang thu chu a lo ngaithlatute tân pawh dawnsawn a nuam vak lo thin rêng bawk. Galatia 4:12-20 leh hmun dang khawi lai lai emawa (*Gal. 6:9, 10*) Paula thil sawite pawh hi chutiang chu ni lo ta ang se chuan, chanchin tha thutak a ngaih pawimawhna hian hmangaihna târlanna lam rêng rêng chu a bûk kâng vek emaw kan tih phah mai dâwn a ni. Mahse, kan hmuh tâk ang khân, Galatia khuaa mîte hian “chanchin tha thutak” chu hria se a tih êm êm rualin (*Gal. 2:5, 14 en la*), a duhna chhan erawh anmahni a hmangaih vâng a ni a. A nihna ang taka thil sawi khawl khawla inzilh hi chu tu pawhin nâ ka ti a, a duh pawh kan duh hlawm lo tlângpui bawk a ni lo’ m ni? Mahse chutianga miin kan chung a tih chhan chu min tihnat hrim hrim an duh vâng lam ni lovin, min hmangaih vâng zâwk a ni a, a châng chuan nâ kan ti a, kan thinte rimin anmahni pawh kan haw hial thin bawk. Mahse chutiang chu hriat kan mamawh tak a nih miao si avângin min hrilh ta tho thin a ni.

**Galatia 4:17-20-a Paulan amah dodâltute chungchâng a sawi chu eng nge ni? An Pathian thu kalpui dân mai ni lovin, eng thil danghte nge chona a pêk bawk le?**

Paula dotute hian, Paula Pathian thu kalpui dân ang ni lo takin, Galatia khuaa mîte lawm hlauh nih tumin thil an ti nasa hle mai a (ani chuan an thin tihursak mai pawh huamin thu dik tak chu a hrilh mai a nih kha);

mahse chu chu anmahni an hmangaih vâng ni lovin, mahni hma an sial vâng a ni zâwk. Amah dotute hian Galatia khuua ringtute chu “pâwn lamah an khâr hnan” tlat niin a sawi a, hei hi eng nge a awmzia tih chu hre chiang chiah lo mah ila, serh an tan hma chu chanchin thain a ken tel hamthatna hrang hrangte an dawng thei dâwn lo ni âwma an sawi kha a kâwk pawh a ni mathei.

**I tawngkam hmanin (eng anga dik leh hman tûl pawh ni tho mah se) mi tu emaw huat nih a hlawh phahtîr tum che kha ngaihtuah la. Chu i thil tawn chu, chutiang thil i sawi a ngai leh huna tih dân tha zâwk i hriat phah theih nân engtin nge i hman tangkai theih ang?**

**ZIRTÂWPNI**

*August 25*

**NGAIHTUAH ZUI TÛR:** “Galatia Kohhranah hian a lang a pauva dik lohna chuan chanchin tha thuchah a luahlân mêk a. Krista, rinna lungphûm dik tak chu hnâwlin Juda sakhaw serh leh sâng dân hlui leh tangkaina nei tawh lote lâk luh a ni ta zâwk a. Chuvângin Paula hian Galatia khuua ringtute chu anmahni tihthaihtu huhâng hlauhawm tak atanga chhanhim an nih theih nân thutihtlûkna pawimawh a siam thuai a, vaukhâna thu hriam ber ber a pêk vât a tûl tih a hmu a.

“Krista rawngbâwltu tinten an zir ngei tûr chu rawngbâwlsak an tumte tangkangkaiptui theih dân tûr ang bera hna thawh a ni a. Dimdâwih tak, dawhthei tak, thutlûkna fing tak leh ngaihdân nghet tak neih te hi thil tûl tak vek a ni a; mahse hêngte hi a tâwk tê-a hman a tûl hlawm hle. Rilru put hmang inang lo tak tak, khawsak phung leh awmna hmun pawh hrang tak takte hi thiam taka chêk-kâwi tûr chuan Pathian Thlarauvin a tihên tawh leh tihthianghlim tawh finna leh rorêl thiamna neih a tûl. . . .

“Paula hian an nuna Pathian thiltihtheihna lo hre tawhtute chu an hmangaihna hmasa ber chanchin tha

thutak lama kîr leh tûrin a ngên a. Hnial thlâk theih miah loh tûr khawpa chiangin Kristaa mi zalên nih avânga hamthatna awmte chu a hrilh ta vek a. Krista khawngaih tlanna azâra inhlanna famkim siamtute zawng zawng chu felna kawrfual pêk a nih dân pawh a lantîr bawk. Chhandam ni tûrte rêng rêng chuan Pathian thilte-ah mahni ngeiina dâi hriat ve an nei ngei tûr niin a ngai a ni.

“Thahnemngai taka Paulan ngenna a siam chuan rah a chhuah ta a. Thlarau Thianghlim chu thiltihtheihna nasa tak nêh a lo thawk a, kawng dik lo lama pêng tawh mi tam takte chu tûn hmaa an lo rin thin chanchin thutak lamah chuan an lo kîr leh a. Chumi a chin chu, Kristan zalenna a lo pêk tawhah chuan thlamuang takin an awm ta a ni.”—Ellen G. White, *Tirhkohte Thiltih*, pp. 385, 386, 388.

#### **SAWI HO TÛRTE:**

- ❶ **Hrehawm tawrh chungchâng leh hrehawm kan tawrhte hi Pathian chuan ama lama mi hruai nân a hmang tangkai thei a ni tih thu kha ngaihtuah zui la. Tawrhna hian thil tha engmah a hring chhuak lo ni maia a lan châng hian engtin nge i tih ang?**
- ❷ **Keimahniah hian Krista chu siam a ni tih thu ngun takin ngaihtuah la. Eng nge ni a awmzia? Hei hi keimahniah pawh a thleng mêk a ni tih engtin nge kan hriat theih ang? Kan rin anga ranga a lo thlen mai loh avânga kan beidawn mai loh nân engtin nge kan tih ang?**

**KHAIKHÂWMNA:** Paula hian hnial fung fing leh âwihawm tak takte a chhawp chhuah hnu-in Galatia khuua

ringtute hnênah mi mal taka ngenna uhersûn tak a siam a. A thurâwnte chu ngaithla tûrin a ngên a, inlaichînna duhawm tak an neih thin dân te chu sawi chhuak lehin, an tâna thlarau lam pa ber a nihna anga anmahni a hmangaihzia leh veizia te a hriattîr bawk a ni.

**ZIRLAI 10-NA**

**AUGUST 26-SEPTEMBER 1, 2017**

**THUTHLUNG PAHNIHTE CHU**

**CHÂNGVAWN:** “Nimahsela chunglam Jerusalem chu zalên a ni a, chu ngei chu kan nu a ni,” (*Galatia 4:26*, NIV).

**SABBATH CHAWHNU**

**AUGUST 26**

**Chhiar tûrte:** *Genesis 1:28; 2:2, 3; 3:15; 15:1–6; Exodus 6:2–8; 19:3–6; Galatia 4:21–31.*

KRISTIANTE zînga Thuthlung Hlui thuneihna hnâwtute chuan Sinai Tlânga Pathianin dân a pêk leh chanchin tha hi thil inmil lo tak niin an hria a. Sinai Tlânga pêk thuthlung kha chu dân thu zawm avânga chhandamna hlawh chhuah theih a nih lai hun entîrna niin an sawi thîn. Nimahsela Israel mite kha dânin a phût ang takin an nung thei ta si lo va, chuvâng chuan Pathianin thuthlung thar a rawn siamsak ta a, chu chu khawngaihna thuthlung niin Isua Krista thil tihte azâra neih tûr niin an sawi thîn bawk. Hei hi thuthlung pahnihte an hriatthiam dân chu a ni a: thuthlung hlui kha dân zawm that leh that lohah a inngat a, thuthlung thar erawh hi chu khawngaihnaa inngat ni ve thung niin an ngai.

Hetiang hi Kristiante zînga a tam zâwk thlîr dân ni mah se, thlîr dân dik lo a ni tlat si. Chhandamna hi dân zawm that avânga chan tûr a ni ngai lo hrim hrim a; Bible-a Juda sakhaw zirtîrna kan hmuh pawh hi a tîr atang rêng khân khawngaihnaa inngat a ni. Galatia Kohhrana Paulan a hmachhawn dân zawm that avânga chhandamna hlawh chhuah theih ni âwma zirtîrna pawh hi Kristian



sakhua kaih lekna ni mai lovin, dik lo taka Thuthlung Hlui zirtirna kalpuina a ni tel bawk a. Hêng thuthlung pahnihte hi hun hran atâna a hranga pêk ni lovin, mihringte ngaihtuahna lanchhuahna mai a ni zâwk. Pathian pawh tum dân kawng pahnih awmte târlanna a ni a, chu chu Kaina leh Abela te hunlai atang daiha intan tawh a ni nghe nghe. Thuthlung hlui hian Kaina anga Pathian tihlâwmna hmanrua atâna thuâwihna hman tumtute a entîr a; chutih laiin thuthlung thar hi chuan Abela anga Pathianin a tiam tawh zawng zawngte ti tûra Pathian khawngaihnaa innghat pumhlûm thakte a entîr ve thung a ni.

**SUNDAY**

AUGUST 27

**THUHLUNG INNGHAHNA BULTE**

Mi tam tak chuan Galatia 4:21–31-a Paulan Israel-te chanchin kal tawha thil thlengte a hrilhfiyahna hi Galatia Lehkhathawna hriatthiam harsa ber lai niin an hria a. A chhan pawh hrethiam thei tûr chuan Thuthlung Hlui lehkhabutén an mi sawi leh thilthleng an târlante hriat chian a tûl êm vâng a ni. He lai thu awmzia hi hrethiam thei tûr chuan Paula thil sawia a laimu ber, Thuthlung Hlui lehkhabu hrang hranga thupui pawimawh tak pakhat hriatthiamna neih phawt a ngai a, chu chu thuthlung chungchâng a ni.

“Thuthlung” tia an lehlin Hebrai thumal chu *berit* a ni a. He thumal hi Thuthlung Hluiah hian vawi zathum vêl dâwn a lang a, inremna emaw, thuthlung emaw a kâwk tlângpui. Kum za tam tak chhûng chu hmanlai Bible ram vêla chêngte leh hnam hrang hrang inkâra inlaichinna awm dân hrilhfiyah nân thuthlung hi hman a lo ni thîn a. Chutianga thuthlung an siam chuan ran eng emaw ber an talh ngei thîn bawk. Chutianga ran an talh chuan

thuthlungin a ken tel thutiamte bawhchhetu lamte chung a thil thleng tûr a entîr a ni.

“Adama atanga Isua thleng khân, Pathian chuan mihringte hi thuthlung thutiam chi hrang hrang hmangin a lo dâwr tawh thîn a, chûngte chuan Tlantu lo kal tûr chu entîrin, Davida thuthlungah khân a vâwrtâwp chu a lo thleng ta a ni (*Gen. 12:2, 3; 2 Samuela 7:12–17; Isaia 11*). Babulon sala tâng mék Israel mite hnênah khân Pathian chuan thuthlung thar awmze nei zâwk siamsak a tiam a (*Jer. 31:31–34*), chu chu Davida thlah atanga lo chhuak tûr Messia nêna inzawm a ni (*Ezek. 36:26–28; 37:22–28*).”—Hans K. LaRondelle, *Our Creator Redeemer* (Berrien Springs, Mich.: Andrews University Press, 2005), p. 4.

**Eden Huana chêng Evi leh Adama-te nêna Pathianin thuthlung a siam kha eng a innghat nge a nih?**  
*Genesis 1:28; 2:2, 3, 15–17.*

Innehna, kut hnathawh leh Sabbath te hi thil siam thuthlunga tel ve rêng chu ni tho mah se, a laimu ber erawh chu theirah ei phal loh ei lo tûra Pathian thupêk kha a ni a. A nihna takah chuan thuthlung awmzia chu “thu zâwm ula, tichuan in nung ang!” tihna a ni. Eden huan kha Pathian duh dân nêna inrema siam a nih tlat avângin amah Pathian pawhin thil theih miah loh chu ti tûrin a phût bik lo. Thuâwihna kha mihringte nihphung ni sa ve rêng a ni a; mahse Evi leh Adama te khân an nih dân phung pângngai lo anga awm kha an thlang ta tlat a, chutianga an awm tâk avâng chuan thil siam thuthlung kha an tichhia ni mai lovin, سوالin a tikhawloh tawh mihringte tâna zawm theih rual lohah a chhuah ta bawk a ni. Amah Pathian ngei chuan Evi leh Adama ten an hloh tawh inlaichinna chu a rawn din thar leh ta a. Chu chu chatuana ding reng Chhadamtu tirh a nih tûr thu thutiam (*Gen. 3:15*)

behchhan khawngaihna thuthlung siamna hmangin a rawn hlen chhuak ta a ni.

**Bible-a chanchin tha thutiam kan hmuhna hmasa ber Genesis 3:15 hi chhiar la. Hemi châng a khawi laiah ber hian nge Kristaa beiseina kan neih hi a thâwi deuha târlan a lo nih tawh le?**

THAWHTANNI

AUGUST 28

**ABRAHAMA THUTHLUNG CHU**

**Genesis 12:1–5 chhiar la. Pathianin Abram hnêna thuthlung thutiam a siamte chu eng nge ni? Engtin nge Abram-an a lo chhân lêt ve?**

Abrama hnêna Pathian thutiamte hi Thuthlung Hlui lehkhabu-a thu ropui ber pakhat a ni a. Hêng chângte hi Pathian khawngaihna chungchâng sawina vek a ni a. Thutiam siamtu chu Abrama ni lovin Pathian zâwk a ni. Abrama khân Pathian lawm tlâk ni tûrin eng thil mah a ti lo va, he inremna siam thei tûr hian Pathian leh Abrama ten thil eng emaw an ti dûn ni âwma ngaih theihna tûr eng thu mah a awm lo bawk. Thutiam zawng zawng hi Pathianin a tih vek a ni a. Abrama kha chu Pathian thutiam nghehzia ring mai tûra koh a ni a, chu rinna chu rinna dawrâwm tak ni lovin (kum sawmsarih leh panga a tlin tawh hnua) chhûng leh khatte kalsan a, Pathianin a tiam ram lama kal chhuahna hmanga lan chhuahthîr tûr rinna a ni bawk a ni.

“Abrahama hnênah leh amah kaltlanga mihring zawng zawng hnêna puan ‘malsâwmna’ nênh khân Pathian chuan mihringte tlanna tûra ruahmanna a lo siam tawh chu a rawn thar thawh leh a. Paradis-ah khân Evi leh Adama te mal a lo sâwm tawh a (*Gen. 1:28, 5:2*), tui a lêt hnu khân Nova leh a fapate pawh mal a sâwm leh bawk

(9:1). Hetiang hian Pathian chuan mihringte tlan a, sualna tiboral a, Paradis din thar lehtu tûr Tlantu tîrh a lo tiam tawh chu a rawn tîfiah a (*Gen. 3:15*). ‘Mi zawng zawng’ malsâwm a tum thu chu a rawn nemnghet leh ta a ni.”—Hans K. LaRondelle, *Our Creator Redeemer*, pp. 22, 23.

**Thutiam fa a lo pian nân kum sâwm chhûng a nghah tawh hnua Abraham Pathian thutiam chungchâng a zawhna a neihte chu eng nge ni? Gen. 15:1–6.**

Abrama kha rinna chak tak nei, zawhna leh rinhlelhna rêng rêng nei ngai miah lo anga ngaih a awl khawp mai a. Amaherawhchu, Pathian Lehkhabu hi chuan chutiang mi chu niin a sawi lo tlat. Ni e, Abrama khân Pathian thutiam chu a ring ngei alâwm; mahse zawhna eng eng emaw chu a nei ve tho a ni. A rinna kha rinna thang lian cho mêt kan tih ang hi a ni a. Marka 9:24-a ramhuai pài naupang pa ang deuh khân, Pathian hnêna a thil sawi pawh hi a nihna takah chuan, “Ka rin lohnaa hian min tanpui rawh” a tihna a ni (*Gen. 15:8*). Chutah Pathian chuan khawngaihna nênh a rawn chhâng ta a, amah nêna thuthlung siamin a thutiamte nghehzia chu a hriattîr ta a ni (*Gen. 15:7–18*). He lai thu hi a makna êm êm chhan chu Pathianin Abraham thu a thlunpui ta hi ni lovin, thuthlungin a ken tel thutiamte tipuitling tûra inphahniam a inhuam êm êm mai zâwk hi a ni. Hmanlai Bible ram vêla rorêltu, an chhiahhlawhte hnêna an tihhlawhtlin tak tak tûr ni hlei lo thutiam eng eng emaw siam chingte ang lo takin Pathian chuan ama nunna ngei chhâlin thu a tiam a, chu chu ran talhin a entîr zui bawk. A thutiam chu a taka chantîrin Kalvari-ah khân a nun a lo hlân ta nge nge rêng bawk a ni.

**Eng laiahte nge rinnaa i pên chhuah a, thil ni thei miah lo tûr nia lang pawh i rin tlat a tûl le? Engtin nge i rinna chu i vawn ngheh tlat theih ang?**

**THAWHLEHNI**  
**ABRAHAMA, SARI, LEH HAGARI**

AUGUST 29

**Eng vângin nge Paula hian Hagari chung a thil thleng kha a hnualsuat êm êm le? Gal. 4:21–31, Genesis 16. He thawnthu atanga chhandamna chungchâng sawi chhuah a tum chu eng nge ni?**

Genesis-a Hagari chanchin kan hmuh dân hi Abraman Pathian thutiam a rin zawh lohna nêna a inzawm tlat a. Amah hi Aigupta mi, Abrama bâwih a ni a, Sari thleng nân Faroan Abrama hnêna thil tam tak a pêkte zînga pakhat ni ve maithêi (*Gen. 12:11–16*).

Abrama leh Sari te kha thutiam fa a lo pian nân kum sâwm zet a nghah hnuah pawh fa nei lovin an la awm reng mai si a. Chutichuan Pathianin anmahni tanpuina a mamawh ve nia ngaiin Sari chuan a bâwihnu Hagari chu Abrama hnêna mu tûrin a hrilh ta a. Tûnlai mîte ngaihah chuan thil mak tak ni mah se, Sari ruahmanna hi a fîng angreng viau a ni. Hmanlai mîte dânah chuan, bâwihnuten fa nei thei lo an pi-te fa an hrinsak thei a. Chuvângin a pasal leh Hagari te laka piang chu ama fa ang chiahah a ngai thei dân tho a ni. A ruahmanna chu hlawhtlingin nau pawh chu a lo piang ta ngei a; mahse Pathianin a tiam erawh kha chu a ni si lo.

He thawnthu atang hian Pathian mi ropui tak takte meuh pawh hian hun khirh tak an tawh châng chuan rinna an tlachham ve tho mai tih kan hre thei âwm e. Genesis 17:18, 19-ah hian Abraham a chuan Ismaela chu a roluaktu atâna pawm mai tûrin Pathian a ngen thu kan hmu a; mahse Lalpa chuan a pawm lo. Ismaela lo pian theihna tûra “thil mak” awm chhun chu hmeichhe dang mutpui tûra Sarain a pasal a tîr kha a ni! Hagari laka Ismaela lo pianna kawngah hian thil nihphung

pangngai bâka thleng engmah a awm lo va, “tisa dân anga” piang ve mai a ni. Abraham a hian Pathian thutiam kha ring ngam ve mai ni se chu hetiang thil hi a thleng lo tûr a ni a, lungngaihna tam tak thleng tate pawh kha pumpeh theih a ni ngei bawh ang.

**Ismaela lo pian dân leh Isaka lo pian dân te hi khaikhin la Gen. 17:15–19; 18:10–13; Heb. 11:11, 12. Isaka lo pian theihna tûr hian eng vângin nge Abraham leh Sari te khân rinna an mamawh êm êm le?**

**Engtiang kawngtein nge Pathian thutiamte i rin ngam lohna khân hrehawm eng eng emaw a tawrhîr ve tawh che? Chutianga i lo tihsual tawhte atang chuan engtin nge Pathian thu chu âwih mai a tha zâwk tih i zir chhuah theih ang? Pathian thutiamte i rin ngheh deuh deuh theih nân eng duhthlannate nge siam theih i neih?**

**NILAINI**  
**HAGARI LEH SINAI TLÂNG** (*Gal. 4:21–31*)

AUGUST 30

**Pathianin Sinai Tlânga a mîte nêna thuthlung leh inlaichîna din a tum kha eng ang nge ni? Pathianin Abraham a hnêna thu a tiam nêna khân eng nge inanna a neih neih? Exodus 6:2–8, 19:3–6; Deuteronomy 32:10–12.**

Pathian chuan Abraham a hnêna thuthlung inlaichîna a pêk ang kha Sinai Tlâng bulhuta pungkâwm Israel mîte hnênah pawh pêk ve leh a duh a. Dik tak phei chuan Pathianin Abraham a hnêna thil a sawite (*Genesis 12:1–3*) leh Mosia hnêna a sawite (*Exodus 19*) hi a inanna lai a tam hlê. A khawi ve ve-ah pawh hian Pathian chuan a mîte tâna thil tih a tumte chu a sawi uar ber a ni a. Israel mîte kha a malsâwmna hlawh chhuak tûr thil eng emaw tih intiam tûrin a hrilh lo va; chûng malsâwmnate chu an

dawn tâk avânga a thu zâwm mai tûrin a hrilh zâwk a ni. Exodus 19:5-a “zawm” (to obey) tia Sap tawng Bible tam zâwkin (e.g., KJV, NKJV) an lehlín hi a Hebrai thumalin a kawh tak chu “ngaithla” tih a ni a, Mizo Bible hian a let chhuak dik chiah a ni. Pathian thute hian thil tih that hmanga felna hlauh chhuah sawi lo va. Chuti ahnehin, Pathian chuan a mi Israel-te kha a thutiamte chhâng tûra Abrahaman rinna a neih ang kha nei ve tûrin a duh a ni zâwk.

**Sinai Tlânga Pathianin Israel mîte pêk a tum thuthlung inlaichinna kha Abrahamana hnêna a lo pêk tawh nêh thuhmun reng a nih chuan eng vângin nge Paula hian Sinai tlâng chu Hagari thil tawn tha lo tak nêh khân a sawi zawm tlat si?** *Exod. 19:7–25; Heb. 8:6, 7.*

Sinai Tlânga din thuthlung kha mihringte sualzia tilang tûr leh a tihdam nâna Pathian khawngaihna sânzia hriattirna atâna pêk a ni a, chu chu biak bûk rawngbâwnate khân an entîr bawk. Sinai Tlâng thuthlung a kal tuan tâk lohna chhan kha chu Pathian lamah fel lo eng emaw a awm vâng lam ni lovin, Israel mipuiten thutiam dik lo an tiam vâng zâwk a ni a (*Heb. 8:6*). Inngaitlâwm tak chung leh rinna nêna Pathian thutiam chu chhâng lêt ta mai lovin, mahni inring tâwk takin, “LALPA sawi zawng zawngte chu kan ti zêl ang e” tiin an chhâng a nih kha (*Exod. 19:8*). Aigupta sala kum zali chuang zet an tân hnu kha chuan Pathian ropuizia hriatna dik tak pawh an nei tawh lo va, anmahni sualna thûkzia pawh an hmu thei tawh bawk hek lo. Abrahamana leh Sari ten anmahni duh dâna Pathian thutiamte tihhlawhtlin an lo tum ve ngawt ang chiah khân, Israel mîte pawhin Pathian khawngaihna thuthlung chu thil tha tih avânga chhandamna hlauh chhuah tumna thuthlungah chhuah an tum a. Hagari khân Sinai tlânga thil thleng hi entîrin,

mihringte thil tha tih hmanga chhandamna hlauhchhuah a tum thin dân a pho lang a ni.

Paula hian Sinai Tlânga pêk dân kha a tha lo tiin emaw, tihbân a ni ta tiin emaw a sawi lo va. Galatia khuua mi thenkhatten dân nihna dik tak an hre sual tlat mai kha a vei ber chu a ni zâwk. “Dân zawm that avânga Pathian lawmzâwng nih theih a nih loh chianzia hriatna atâna hmang ta lovin, Pathian tihlâwm nâna mahni theihnaa inngah tumna an neih phah ta hlauh zâwk a. Chuvâng chuan dân pawhin Juda sakhuua inlet tûra Jentail-te kar chînggho (Judaizers) pawh Krista lamah a hruai thei ta lo rêng a; hruai a hnehin kawng a khârsak ta zâwk nghe nghe a ni.”—O. Palmer Robertson, *The Christ of the Covenants* (Phillipsburg, N.J.: Presbyterian and Reformed Publishing Co., 1980), p. 181.

**NINGANI**

*AUGUST 31*

**TÛNLAI HUNA ISMAELA LEH ISAKA**

Paulan Israel hnam chanchin kal tawh tlêm azâwng a han sawi zauhna chhan chu Abrahamana thlah dik tak nia inngai a, Jerusalem chu Juda Kristiante hmunpui a nih bâkah, dân pawh an nu ber nia ngai tlattute tanna dik lohzia tihlan a duh vâng a ni a. Hênggho hian Jentail-te chu fa tak ni lo (sâwn) an ni a; Krista zuitu dik tak nih an duh a nih chuan serhtanna hmangin Abrahamana fa an ni hmasa zet tûr a ni an ti a.

Thu dik chu hemi letling chiah hi ni zâwkin Paula chuan a sawi a. Hêng dân châwi vâwngtute hi Abrahamana fate ni lovin, Ismael ang bawka fa tak ni lote an ni zâwk. Serh tan an ngai pawimawh êm êm mai hian Sarin Hagari chung a thil a tih leh Sinai tlânga Israel mîten Pathian dân zawm an intiam ang deuh khân “tisaa” an inngahzia a tilang chiang hle a. Jentail ringtute erawh hi chu dân

pangngai ang ni lovin, Isaka ang deuh bawk khân mak danglam taka Abraham fa dik tak lo ni ta an ni zâwk a ni. “Isaka ang bawk khân hêng mite pawh hi Abrahamâ hnêna thutiam tawh tihhlawhtlinna a ni a. . . ; Isaka ang bawk khân zalênna an lo nei ta pawh hi Pathian khawngaihna vâng a ni a; Isaka ang bawkin thuthlung thutiam neitute an ni ve a ni.”—James D. G. Dunn, *The Epistle to the Galatians* (London: Hendrickson Publishers, 1993), p. 256.

**Abrahama thlah dik takte chuan he khawvêlah hian eng thil nge an hmachhawn dâwn?** *Galatia 4:28–31; Genesis 21:8–12.*

Thutiam fa a nihna hian Isaak kha malsâwmna chauh ni lovin, dodâlna leh tihduhdahnte pawh a thlensak ve tho a. Paulan tihduhdahna chungchâng a sawi hian a rilru-ah Isaka chawimawia a awm a, Ismaelan a lo nuihsawh vêl lai kha a mitthlaah a lo lang a (*Genesis 21:8–10*). Genesis 21:9-a “nuihsan” tih hi a tawngbul lamah (Hebrai) chuan “nui” tihna mai a ni a; mahse Sari hi chuan a fapa Isaka nuihsawhah a lo ngai tlat niin a lang. Ismaela khawsa zia hi keini tân pawimawhna vak awm âwmin lang lo mah se, chhûngkuaa ro khâwmtu zâwk nih inchuhna a lo thlena kan awm dân Chiang takin a pho lang a. Hmânlai lalte zînga tam tak kha chuan an dînhmun sawh ngheh sauh sauh an duh avângin amahni rawn dodâl theite mai bâkah, an pianpui unaute ngei pawh a tihlum hmiah mai thîn a (*Rorêltûte 9:1–6*). Isaka khân dodâlna chu a tâwk ngei mai tak a; mahse hmangaihna, vênhimna leh duhsakna a dawn mai bâkah, a pa ro khâwmtu tûr pawh a ni tho bawk a ni.

Thlarau lama Isaka thlahte kan nih avângin harsatna leh dodâlna kan tuar thîn dâwn a, a châng phei chuan kohhran chhûng atang ngei pawhin kan tuar bawk ang.

**Engtiang kawngtein nge i rinna avâng khân nangma laina hnai ber berte atangin tihduhdahna i lo tawh ve tawh le? Nangmah ngei pawh khân mi tute emaw an rinna avânga tihduhdah leh hmuhsit i lo nei ve tawh em? Ngun takin ngaihtuah zui ang che.**

ZIRTÂWPNI

SEPTEMBER 1

**NGAIHTUAH ZUI TÛR:** Ellen G. White-i lehkhabu, *Thlahtubulte leh Zâwlneite* phêk 426-441, “Dân leh Thuthlungte,” chhiar ni se.

“Abrahama hnêna thuthlung a siamah khân tlanna thutiam chu a awm tawh a nih si chuan eng vângin nge Sinai tlângah khân thuthlung dang siam leh kher a nih le? Sâla an tân chhûng khân Israel mite chuan Pathian leh Abrahamâ thuthlung dânte hriatna nasa takin an hloh hman tawh atin a ni. . . .

“Pathian chuan Sinai tlângah a hruai a; chutah chuan a ropuina a hmuhtîr a; a dân a pe a, chu dân chu an zâwm a nih chuan malsâwmna tam taka vûr a tiam bawk: ‘Chuvângin ka thu in ngaihtlâk tak zet a, ka thuthlung hi in pawm chuan . . . kan tân puithiam chi, hnam thianghlim in ni ang’ tiin. Exodus 19:5, 6. Israel mite hian anmahni thînlung sualzia leh Krista tel lo chuan Pathian dân hi zawm theih a nih lohzia an hre lo va, chuvâng chuan Pathian thuthlung siam chu an pawm thawt thawt a. . . . Nimahsela chawlhkâr rei vak lo hnu-ah Pathian nêna thu an thlun chu bawhchhiain milem siam chawp chu chibai an bûk leh ta mai mai si a ni. An bawhchhiat tâk thuthlung kaltlang kha chuan Pathian lawm tlâk nih an inbeisei thei tawh lo va; an sualna leh ngaihdam ngai an ni tih an inhriat tâk avângin Abrahamâ thuthlungin a puah chhuah Chhandamntu an mamawhzia leh chumi entirtu hâlral thilhlante pawimawhna chu an lo hre ta bawk. Tûnah chuan rinna

leh hmangaihna avângin Pathian chu sual bâwih nihna atanga anmahni chhanchhuaktu-ah an lo pawm thei ta a, thuthlung thar malsâwmnate pawh a hlutzia an lo hrethiam ta bawk a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, pp. 438, 439.

#### SAWI HO TÛRTE:

- ❶ **LALPA nêna in lên dunna kha “thuthlung hlui” ang nge a nih a, “thuthlung thar” ang zâwk? Engtin nge a danglam dân i sawi theih ang?**
- ❷ **In kohhran chhûnga buaina thlentu thil hrang hrangte chu eng nge ni? Engtin nge chin fel mêk a nih? “Tihduhdahna” tuartu niin i inngai a ni maithei a, chutih rual mi dangte tihdahdahtu i nih loh nân engtin nge tan i lâk ang? (Mat. 18:15–17 en la.)**
- ❸ **LALPA hnênah eng emaw tih tawh loh i intiam a, mahse chûngte chu i tih leh tho si thin châng a awm em? Chu chuan khawngaihna awmzia hrethiam thei tûra a tanpui dân che sawi rawh.**

**KHAIKHÂWMNA:** Hagari, Ishmaela leh, Israel fate chanchin hian Pathian thutiamte chang tûra mahni thiltihte rinchan a âthlâkzia a lantîr a. Hetianga mahni theihnaa felna hlauhchhuah tumna hi “thuthung hlui” tia sawi a ni. Thuthlung thar chu khawngaihna thuthlung niin Evi leh Adama te suala an tlûk hnu khân din nghâl a ni a, Abrahamana hnênah khân thar thawh leh niin, Kristaah tihfamkim a rawn n

#### ZIRLAI 11-NA

SEPTEMBER 2–9, 2017

#### KRISTAA ZALËNNA

**CHÂNGVAWN:** “Nangni ûnaute u, bâwih ni lo tûrin koh in ni si a; nimahsela in bâwih nih lohna chu tisa tâna remchângah hmang suh ula, hmangaihna rawng inbâwlsak tawn theuh zâwk rawh u” (*Galatia 5:13*).

#### SABBATH CHAWHNU

SEPTEMBER 2

**Chhiar tûrte:** *Rom 8:1; 8:4; 13:8; 1 Korinth 6:20; Galatia 5:1–15; Hebrai 2:14, 15.*

PAULA chuan Krista Isuaa “zalênna” kan neih hi vawnhim tlat a pawimawh thu a sawi a (*Galatia 2:4*). Nimahsela “zalênna” a sawi rêng rêng hian eng laka zalênna chungchâng nge a sawi thin kan hria em? He zalênna hian eng thilte nge kan tel a, engtianga zau nge a huam? Huam loh chin a nei em? Kristaa zalênna leh dân hian eng nge inzawmna a neih le?

Hêng zawhna hrang hrangte hi chhân pahin Galatia khuua mîte chu thil hlauhawm lo thleng thei pahnih a hrilh a. A hmasa zâwk chu dân zawm avânga felna hlauh chhuah tumna (legalism) a ni. Paula dodâltute hian an chet zia hmanga Pathian lawm hlauh an tum nasa hle mai a, chuvâng chuan bâwih kan nihna ata Krista chuan min chhuah zalên tawh a ni tih leh rinna avângin Kristaah chuan chhandam kan ni tawh a ni tih pawh hi an theihngihl phah thak rêng a ni. A pahnihna chu Kristan min leisak tawh zalênna hi dân bawhchhiat ngampat sawtna atâna hman tumna a ni ve thung a. He ngaihdân

vuantute hi chuan zalênna leh dân hi thil inkalh tlat niin an ngai nia!

Dân zawm avânga felna hlauh chhuah tumna leh dân pawisak lohna te hi zalênna nêna inkalh tlat a ni ve ve a, a chhan pawh chutiang ngaihdân vuantute chu bâwiha an phuar beh ve ve vâng a ni. Galatia khuua mîte erawh hi chu zalênna dika ding nghet tlat reng tûrin a ngên a, chu chu Kristaa anmahni ta dik tak a ni baw k a ni.

**SUNDAY**

SEPTEMBER 3

**KRISTA CHUAN MIN CHHUAH ZALÊN TAWH**

**“Bâwih ni lo tûrin Krista chuan min chhuahtîr tawh kha, chutichuan ding nghetin bâwih nghâwngkawlah chuan tâng leh tawh suh u” (Galatia 5:1).**

Sipai hotu-in a sipaite hnêna thu a pê ang deuh hian Paula pawh hian Galatia khuua mîte chu Kristaa zalênna an neih tawh sa chu tlâwmsan mai lo tûrin a hrihl a. A tawngkam hman pawh a hriamin a khawng hle a, zawm loh ngam chi a ni lo hial ang. Chu tak chu a tum pawh a ni rêng baw k a. He lai châng hi a hma chiah thu leh a hnung chiah thu nêna inzawm chu ni tho mah se, a tawngbul (Grik) lamah chuan a lang chhumbung angreng viau mai a, chu chuan he lai châng bik hi chu khawlaia hriattirna târ chhuah ang deuha lang Chiang tûrin a duh a ni tih a tilang a. Kristaa zalênna tih hian a pum pui thua Paula thil sawm tum hi a khâikhâwm a, chumi chu hloh mai thei dinhmunah Galatia khuua mîte an ding mék a ni.

**Galatia 1:3, 4; 2:16; leh 3:13 te hi chhiar la. Hêng châng hrang hrangahte hian eng ang tehkhin thute nge hman a nih a, chûngte chuan engtiangin nge Kristan min tihsak tawh chu hrethiam thei tûrin mi an puih sawi rawh.**

Paulan “bâwih ni lo tûrin Krista chuan min chhuahtîr tawh” (*Gal. 5: 1*) tih thu a sawi hian a rilru-ah tehkhin thu dang a awm tih a lang a. A tawngkauchheh hrim hrim pawh hian bâwih nihna atanga mi tu emaw chhuah zalen a nih dâwna an tawngkam hman thin nêna inanna thui tak a nei a. Bâwihte chuan dikna chanvo an neih ve tlat loh avângin pathianin an zalênna a leichhuahsak thîn nia ngaih a ni a, chumi chhân lêt nân chuan zalên ni tawh tho mah se, pathian ta a ni zui tawh thung dâwn a ni. A tak takah chuan hetiang hi a ni hran chuang lo va; a zalênna atâna temple sum bâwma pawisa petu chu pathian ni lovin amah bâwih tho kha a ni tlat. Delphi khuua temple, Pythian Apollo tâna an saka thuziak chi hrang hrang sâng dâwn lai an hmuhchhuahah chuan hei hi a lo tel ve a: “Zalênna atân, hmeichhe pakhat, a hming Nicea-i chu Pythian Apollo-an Amphissa khuua awm Sosibus-a hnên atangin a lei a. . . . Apollo-a hnêna pawisa petu tak erawh chu Nicea-i hi a ni” tiin. He thuziak 201 B.C. atanga 100 A.D. inkâr vêla mi a ni.—Ben Witherington III, *Grace in Galatians* (Grand Rapids, Mich.: William B. Eerdmans Publishing Company, 1998), p. 340.

He thuziak leh Paula tawngkam hmante hian inan êm êmna an neih rualin, danglamna lian tak pawh an nei tho baw k a. Paula tehkhin thu hmanah kha chuan phuahchawp thil engmah a awm ve lo. Tlan chhuah kan nihna man hi keimahni'n kan pe lo va (*1 Korinth 6:20; 7:23*). Keini pêk zawh rual loh khawpa sâng a ni. Keimahni mai chuan inchhandam thei ziazâng kan ni lo; mahse Isua a rawn inrawlh a, keimahni'na kan tih theih loh chu min rawn tihsak ta. Kan sual man chu a pe tawh a, thiam loh chang kan nihna lak ata min chhuah zalên ta a ni.

**Nangma nun kha en la. Nangmah leh nangmah kha inchhandam thei niin i inhria em? I chhâna chuan**

**Isuaa zâra i neih chu lawm nachâng hre hle tûr i nihzia a hrilh che em?**

**THAWHTANNI**

SEPTEMBER 4

**KRISTIANTE ZALËNNA NEIH CHU ENG NGE NI?**

Paulan zalënnaa din ngheh tlat tûr thu a sawi hi thil mal din ngawt a ni lo va. Hemi hma hian thu pawimawh tak sawi hmasak a nei a, chu chu: “Krista chuan min chhuahtîr tawh” tih hi a ni. Eng vângin nge Kristiante chu an zalënnaah an din ngheh tlat a ngaih le? A chhan chu, Kristan a chhuah zalên tlat tawh alâwm! |awngkam danga sawi chuan kan zalënna hi kan tâna Kristan thil a tih tawh rah chhuah a ni kan ti thei ang.

He thu dik tak hi Paula lekhathawn dangah pawh kan hmuh fo thin fuihna (*1 Korinth 6:20; 10:13, 14; Kolossa 2:6*) thuin a zui ve leh a. Entîr nân, Rom 6-ah chuan Kristaa kan nihna chungchâng thu dik eng emaw zât a sawi a, “Kan mihring hlui chu a hnênah khenbehin a awm ve ta” (*Rom 6:6*) tih ang te hi. Hethiang thu a sawi avâng hian an zawm ngei ngei tûr fuihna thu, “Chuvângin in taksa duhzâwng in zawmna tûrin in taksa thi theiah chuan sualnain ro rêl suh se” (*Rom 6:12*) tih ang chite hi a sawi thei ta rêng a ni. Chanchin tha nêna inrem nun chuan Pathian fate kan ni tih tihlanna atâna thil eng emaw tih tumna phurrit a phur ve lo va. A fate kan nih tawh sa reng avângin kan thil tihte hi kan ti a ni mai zâwk.

**Eng lak atangin nge Krista chuan min chhuah zalen tawh le?** *Rom 6:14, 18; 8:1; Galatia 4:3, 8; 5:1; Hebrai 2:14, 15.*

Kristian nun sawifiah nâna zalënna tih thumal hi Thuthlung Thar lekhahu dangte zawng aiin Paula lekhathawnahte hian kan hmu tam a. Paula lekhathawnahte han zalenna tih thumal leh a tlukupi

thumal dangte hi vawi 28 lai a lang a, chutih laiin hmun dangah chuan vawi 13 chauh a lang ve thung.

Paulan zalënna tih a sawi hian eng nge ni sawi a tum ber ni le? A hmasa berin hmuh theih loh thu mai ang hi chu a ni lo phawt a. Politic thila zalënna emaw, economic thila zalënna emaw, mahni duh ang ang nung thei tûra zalënna emaw ang hi chu a kâwk lo bawk. Chutiang chu ni lovin, Isua Krista nêna kan inlaichinnaa inngat zalënna a ni a. A chheh vêl thu han en pawh hian heti laia zalënna Paulan a sawi hi chu dân zawm châwi vâwng taka Kristianna kalpui tumna bâwih leh thiam loh chântirna atanga zalënna a ni tih a lang a; mahse kan zalënna chuan chumi lo pawh chu thil dang tam tak a huam. Sual atanga zalënna te, chatuana boralna atanga zalënna te leh Setana lak atanga zalënna te pawh a keng tel vek a. “Isua Krista tel lo chuan mihringte hi bâwih ang chauh kan ni a – dân bâwih, khawvêl thununtu thil tha lo hrang hrang bâwih, sual, tisa leh Setana bâwih kan ni. Hêng min phuar bet tlattute hi tichat vek tûrin Pathian chuan khawvêlah a Fapa a rawn tîr a ni.”—Timothy George: Galatians, p. 354.

**Eng thilte lakah nge bâwih i nih ve le? Galatia 5:1 hi hi vawng (bye-heart) la, Kristaa zalënna i neih chu i nunah a taka i lo chan theih nân Pathian hnênah i dîl dâwn nia.**

**THAWHLEHNĪ**

SEPTEMBER 5

**DÂN ZAWM AVÂNGA FELNA HLAWHCHHUAH TUM HLAUHAWMNA** (*Galatia 5:2–12*)

“Ngai teh u, kei Paula hian in hnênah” tih tawngkama hmanga bul a tan dânah hian Galatia 5:2–12 a sawi tûr hi a pawimawh hle tih a tilang a. Fiamthu a thawh kual lo tih a chiang khawp mai bawk. *Ngai teh u* tih



tawngkam a hmang hian a lehkhathawn lo chhiartute chu an rilru zawng zawng pe-a a thil sawi lo ngaichâng tûra a sâwm mai bâkah, tirhkoh a nihna anga a thuneihna pawh a hriattîr nghâl a. Jentail-te chuan chhandam an lo nih ve theih nân serh an tan kher lo ngai ta ang sela, chumiina nghawng hlauhawm tak a neih tûr chu an hriat tel a ngai a ni tih hrethiam tûrin a duh a ni.

**Galatia 5:2–12 chhiar la. Serhtan chungchânga Paula vaukhâna thu chu eng nge ni?**

Serhtan avânga Pathian lawm hlauh tumnain nghawng tha lo a neih hmasa ber tûr chu dân zawng zawng zâwm vêk tûra min phût tlat mai hi a ni. Châng 2-na leh 3-naa Paula thil sawiah hian tawngkam hman ki-kâwi (wordplay) tha angreng tak a awm a. Chutianga an tih avâng chuan Krista tân sâwtina (Grik, *ophelese*) engmah a awm hran lo va; dân zawng zawng zawm an bat (Grik, *opheletes*) phah mai mai zâwk dâwn a ni. Dânin a sawi ang taka nung duhte chuan an duh lai lai ringawt ni lovin, a zavaia an zawm vek a ngai dâwn a. A zaivaiin an zâwm vek a nih si loh chuan a zavaia an zawm loh vek law law a ngai thung ang.

A dawt lehah chuan, Krista lak ata “tihhran” a ni dâwn bawk. Thiltih avânga thiam chan tumna hian Pathianin Kristaa thiam min chantirna hi a hnâwl tlat a. “A pahnihin i nei kawp thei lo. Krista nei chung chutah mahni ka inchhandam thei lo tih pawm a, chutah serh tan ni leh ta a, nei thei taa inchhâl hi thil theih a ni lo.”—John R. W. Stott, *The Message of Galatians* (Leicester, England: Inter Varsity Press, 1968), p. 133.

Paulan serh tan a dodâlna chhan dang leh chu thlarau lam thatna a dâl tlat vâng a ni. Chutiang chu a nihzia sawi fiah nân intlânsiak mi pakhat, tluang taka a

tlân par par laia kawng laka mi tuin emaw a tlânna tûr a lo dâlsak ang hi tehkhin nân a hmang a. Heti laia “dâl” (*châng 7-na*), tia an lehlin thumal hi sipaiho tawngkam a ni a, hmêlmaten hma an rawn sâwn zêl loh nâna an lo kalna tûr kawng emaw, lei emaw lo tichhia tih sawina atâna an hman thin a ni nghe nghe.”—*The SDA Bible Commentary*, vol. 6, p. 978.

A tâwp berah chuan, serhtan hian Kraws bawhchhiatna a la kiang tlat. Engtin maw a lâk kian? Serhtanna hian nangmah leh nangmah i inchhandam thei tih a kâwk a; chu chuan chapona a neihtîr thîn che a ni. Kraws thuchah erawh hi chu mihringte chapona nêch chuan inhal tak a ni a, a chhan pawh Kristaa innghat pumhlûm thak kan nihzia kan hriat a ngaih vâng a ni.

Hêng mîte hian serhtan an sawi mawi luih tlat reng avângin Paula pawh a thinrim hle mai a, chuvâng chuan anmahni zâwk chu intan fithla lâw lâw mai se a duh hial! A tawngkam hman pawh hi a dêngkhâwng hle mai; mahse hemi chungchânga a ngaihdân dik tak chu a tilang chiang hle.

**NILAINI**

SEPTEMBER 6

**DÂN BAWHCHHIAT PHALNA NI LOVIN, ZALÊNNA ZÂWK**  
(Gal. 5:13)

Galatia 5:13 atang hian a thu khel a dang ta daih a. A hma zawng kha chuan a thuchah puana a Pathian thupui lam a chhui ber a, tûn atang erawh chuan Kristian nunchang chungchâng a khel ve tan dâwn ta a ni. Thiltih avânga chhandam ni lote chu engtin nge an nun ang?

**Galatia khuaa ringtuten ti ve lo se Paulan a duh êm êm zalenna hman sualna kha eng nge ni?** Galatia 5:13. Paula hian khawngaihna leh ringtuten Kristaa zalenna an neih thu a sawi uar êm êm hi mi thenkhat chuan a awmzia dik tak an lo hrethiam lo palh thei a ni tih a hre chiang

hle a (*Rom 3:8; 6:1, 2*). A buaina chhan chu, Paula hril chanchin tha kha a dik lo lam ni lovin, mihringte hi mahni nuam tihzâwng ùm ta rêng rêng kan nih hlawm vâng zâwk a ni. Khawvêl chanchin kal tawh kan chhui kîr chuan, khawpui leh hnam hrang hrangte sualna khura an tlûk luhna chhan chu mahni inthunna an nei loh vâng a ni tlângpui zêl a. Mahni nuam tih ang anga awm duh lo hi kan awm rêng rêng em le? Chuvâng tak chuan a nia Paula pawhin Isua zuitute chu tisa thila inhmang lo tûra a ngên rêng ni. Chumi letling chiaha awm zâwk tûr chuan a duh a, chu chu “hmangaihnaa rawng inbâwlsak tawn” a ni. Hmangaihna avânga mi dangte rawngbâwlsaktu chuan mahni inthihrna, tisia thihna hmang chauhin chutiang chu an ti thei a ni tih an hria a. An tisa duh dân anga awmte chuan mi dangte rawng an bâwlsak ve ngai lo.

Chuvângin Kristaa kan neih zalênna hi khawvêl bâwih nihna *atanga* zalênna ringawt a ni lo va, rawngbâwl na thar, hmangaihna avânga mi dangte rawngbâwlsak thîn *tûra* kohna pawh a ni tel bawk. “Dâltu engmah awm lova mahni thenawm khawvêngte hmangaihna, thuneihna chan leh dinhmun sâng ùmna avâng ni lova, mi dangte tân inhman duh theuhna atang zâwka khawtlâng nuam tak din theihna remchâng a ni.”—Sam K. Williams, *Galatians* (Nashville, Tenn.: Abingdon Press, 1997), p. 145.

Keimahni hi Kristian kan nih avâng leh tûnlai Bible lehlín hrang hrangten an dah dânin a zir loh (?) avâng hian Galatia 5:13 thuin Galatia khuua ringtu awmte a den tûr tak kha kan hriatthiam loh phah thîn a. A hmasa berin, a Grik tawng hman hi chuan hetiang rawngbâwl na min neihirtu hmangaihna hi chu mihringte hmangaihna pangngai ang hi ni lo tih a tilang a – mihringte hmangaihna

hi chu thudelhkilh awm a nih fo thín avângin chutiang chu min tihtîr thei lo hrim hrim bawk a. Heti laia hmangaihna a tih hian Thlarau Thianghlim kaltlang chauha kan dawn Pathian hmangaihna a kâwk a (*Rom 5:5*). Thil mak deuh mai chu, “rawngbâwl” tia lehlín thumal hi a Grik tawngah chuan “bâwiha awm” tih sawihna thumal tho kha a ni. Chuvângin kan zalênna hi mahni thu thua awm tawh tûra zalênna ni lovin, Pathian hmangaihna behchhana mi dangte bâwih ni tawn theuh tûra zalênna a ni zâwk a ni.

**Kristaa i neih zalênna kha thil sual tê tham deuh hlek chu tih a pawl lêm loh tih ngaihdân nei phah nân i lo hmang ve thîn tawh em? Chutiang ngaihdân neih chu eng nge a that lohna awm?**

NINGANI

SEPTEMBER 7

**DÂN THU ZAWNG ZAWNG CHU ZÂWMIN** (*Galatia 5:13–15*)

**Engtin nge Galatia 5:3-a dân thu zawng zawng zawm vek a sawi hnâwmna hi Galatia 5:14-a a sawi mâwi leh si-na nêh hian kan sawi rem theih ang?** *Rom 8:4; 10:5; 13:8; Galatia 3:10, 12; 5:3, 14* te pawh en la.

Mi tam tak chuan dân thu zawng zawng zawm vek a sawi hnâwmna leh a sawi mawina te hi thil inkâwlkalh tak, dik ve ve thei tho ni bawk si ang chi hi niin an ngai a. Mahse a ni lo. Paula hian Kristian nun leh dân inlaichinna sawi fiah dân kawng pahnihte inan lohna târlan nân he tawngkam hi a hmang ve ve tih hriat tûr a ni a. Entîr nân, Kristiante chuan dân an zâwm tûr a ni ti anga sawina rêng rêngahte hian “dânin a phûtte ti” tih angin a sawi ngai lo rêng rêng a. He tawngkam hi chu dân hnuaia awmte leh dânin a phût thilte “ti-a” Pathian pawm tlâk nih khêlte nungchang sawi nân chauh a hmang thîn a ni.

Mahse hetiang kan sawi avâng hian Kristaa chhandamna lo neite chuan dân an zâwm lo kan tihna erawh a ni lo. Paula pawhin dân an “zâwm famkim” niin a sawi a. A sawi awmzia chu, Kristian nungchang dik tak chu dânin a phütte pâwn lam lang theia “tih” ang mai lo deuh hi a ni a tihna a ni zâwk. Paula hian “tifamkim” tih tawngkam a hmang a, a chhan pawh a tih a tih aia thûk daih zâwk a nih vâng a ni. Hetiang thuâwihna hi chu Isua Kristaa zung kaih tlat a ni a (*Mat. 5:17*). Dân thlauhthlâkna a ni lo va, hmangaih tûra dân sawi hnâwmna lah a ni hek lo; ringtuten dân zawng zawngin a tum dik tak leh awmze dik tak an lo hriat theihna tûr a ni zâwk a ni.

**Paulan dân awmze famkim hmuh theihna tûr a sawi chu khawiah nge a awm le?** *Leviticus 19:18; Matthaia 19:19; Marka 12:31, 33; Rom 13:9; Jakoba 2:8.*

Paula hian Leviticus 19:18 thu a sawi chhâwng chu ni tho mah se, a sawi chhâwn chhan tak erawh chu Isua pawhin a lo sawi chhâwn ve tawh vâng a ni a. Amaherawhchu, Isua kha Juda sakhaw zirtirtute zînga dân thu zawng zawng khaikhâwmna atâna Leviticus 19:18 thu hmangtu awm chhun a ni lo va. Isua pian hma daiha mi, Rabbi Hillel-a pawhin ti hian a lo sawi tawh a: “Nangma ngaiha huatthlala chu i vêngte chungah pawh ti bîk suh; chu chu dân thu zawng zawng khaikhâwmna a ni” tiin. Mahse Isua thlir dân erawh a dang khawp mai (*Mat. 7:12*). Dân thu zawng zawng zawm vek a sawi mâwi a ni mai lo va, dân leh hmangaihna te hi thil inrem lo a nih loh dân pawh a târlang nghâl bawk. Hmangaihna tel lo chuan dân hi thil ruak leh khirh tak a ni ringawt a; chutiang bawkin dân tel lo chuan hmangaihna hian kalna tûr lam a nei lo hrim hrim bawk a ni.

**Mi dangte hmangaih nge awlsam zâwka Thu Sâwm Pêk zawm? Eng vânga awlsam zâwk nge a nih? I chhâna chu in pâwlah i sawi dâwn nia.**

## ZIRTÂWPNI

SEPTEMBER 8

**NGAIHTUAH ZUI TÛR:** “Rinna dik tak chu hmangaihna vânga tih a ni fo va. Kalvari i en chuan Isua thihna kha i tih tûrte ti lo tûra i rilru tihngawihna emaw, tihmuthilhna emaw ni lovin, Isuaa rinna nei tûra chawk thotu che a ni zâwk tih i hmu ang, chu rinna chuan mahni hmasialna chirhdiak lak ata kan thlarau a silfai dâwn a ni. Rinnaa Krista kan vawn chiah hian kan hna chu a intan ve nghâl a. Mi tin hian chîn than tha lo leh tenawm tak tak kan nei vek a, chu chu indona hautak tak hmanga hneh a ngai a, rinnaa do kan mamawh vek bawk. Mi chu Krista zuitu a nih chuan a bak hlak reng thei tawh lo va, a thinlung a sak thei tawh hek lo va, mi dangte hriatthiamna nei miah lo lah a ni thei tawh lo bawk. A thil sâwi dân a nêem thlap tawh ang a. Mahni inngaih ropuina leh indah sâna ang chi engmah a nei thei tawh lo bawk ang. Mi dangte chaldelh deuha thil sawi a chînte a bânsan tawh ang a, tawngkam hriam leh dêngkhâwng pawh a hmang tawh ngai lo bawk ang.

“Hmangaihna hnathawh chu rinna thiltih atanga lo chhuak a ni a. Bible-in sakhuana dik a sawi chu thil tha tih chhunzawm reng a ni. “Chutichuan in êng chu mi mit hmuhin êng rawh se, chutichuan in thiltih thate an hmu ang a, in Pa vâna mi an châwimâwi thei ang.’ ‘Hlau leh khûr chungin nangmahni chhandamna thawk chhuak rawh u; ama lâwmzâwng atâna tih tum tûr leh bei tûra nangmahnia thawktu chu Pathian a ni si a.’ ‘Thil tha tih kawngah thahnem kan ngai hle tûr a ni a, chuvâng chuan thil tha ti tûrin fimkhur rawh u. Thu hretu rinawm leh dik taka chuan ‘I thiltihte ka hria’ tiin a sawi si a.

“Kan thiltihte hian anmahni mai chuan chhandamna min thlensak dâwn lo tih hi chu thu dik ni tho mah se, Krista nêna pum khat min nihtirtu rinna chuan thil tha ti tûrin min chawk tho dâwn tih pawh hi

thu dik tak a ni bawk (MS 16, 1890).”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1111.

#### SAWI HO TÛRTE:

- ❶ **Ningani zirlaia zawhna hnuhnûng zâwk in chhâna kha en nawn leh ula. Mi tam berin chhâna awlsam zâwk nia an hriat chu eng nge ni a, eng vânga awlsam ti zâwk nge a nih? I chhâna chuan dân tihfamkim awmzia chungchânga thu dik pawimawh tak takte chu eng nge a hrilh che?**
- ❷ **Rinna chuan hmangaihna hna a thawk niin Paula chuan a sawi a. Eng nge a sawi awmzia ni le?**
- ❸ **Kristaa zalênna chu sual tih ngampat phah nâna hman chungchâng hi ngun takin ngaihtuah la. Eng vângin nge chutiang atâna hman mai chu a awl viau? Chutianga kan hmana kan awl mai theihna thang hlauhawm tak chu eng nge ni? (1 Johana 3:8.)**

**KHAIKHÂWMNA:** Zalênna tih thumal hi chanchin tha awmzia hrilhfiahna atâna Paula tawngkam hman rim ber pakhat a ni a. Chu chuan khawvêl sal kan nihna atanga kan zalên theih nâna Kristan thil min tihsak tawh leh Kristian nun kawng zawh tûra koh kan nih dân te a huam a. Mahse kan zalênna chu dân zawm avânga felna hlauhchhuah theih emaw tih nân emaw, duh ang anga nun hman a pawl tawh lo tih phah nân emaw kan hman loh nân kan fimkhur hle erawh a ngai. Krista chuan keimahni rawng kan bâwl theihna tûr ni lovin, kan thenawm khawvêngte tâna rawng kan bâwl theihna tûr zâwkin zalênna min pe a ni.

**ZIRLAI 12-NA**

**SEPTEMBER 9-16, 2017**

#### THLARAUVA NUNGIN

**CHÂNGVAWN:** “Chutichuan hei hi ka ti a ni: Thlarauvah awm rawh u, tichuan tisa châkna chu in zâwm dâwn lo nia,” (*Galatia 5:16*).

**SABBATH CHAWHNU**

*SEPTEMBER 9*

**Chhiar tûrte:** *Deuteronomy 13:4, 5; Jeremiah 7:9; Hosea 4:2; Matthaia 22:35–40; Rom 7:14–24; Galatia 5:16–25.*

KRISTIAN hlaa mîte duh rawn ber pakhat chu Robert Robinson-a phuah, “Malsâwm tinrêng hnâr, lo kal la” tih hi a ni. Amaherawhchu, Robinson-a kha rinna chak tak a ni reng bik hauh lo va. A pa thihna chuan a tithinrim êm êm a, chuvâng chuan nawmsipbawl na lamah a tlân ta vak mai a, zû a heh hle bawk. Thuhritlu lâr tak George Whitefield-a thusawi a ngaihthlâk hnu-ah a nun chu LALPA hnênah a hlân ta a, Methodist pastor lo niin, he hla hi a lo phuah chhuak ta a ni. A châng thumna leh tâwp ber ni bawkah chuan heti hian a sawi nghe nghe: “LALPA, i khawngaihna batu/Ka va ni êm, nî tin hian/Chutin ka thinglung bo hmang hi/Thlung la, i khawngaih hrui chuan.”

Kristian thinglung ni ve si, bo leh fo mai chu âwm ang lo riauva a hriat avângin mi tu emaw chuan heti hian a thlâk ta daih a: LALPA, nangmah chibai bûk tûr leh a rawng ka bâwl Pathian hmangaih tûr ka nihzia ka inhria e,” tiin. Hetianga thlâktu hian rilru tha tak pû-in a ti chu ni tho mah se, ama ziah dân hian Kristian nun awmzia dik tak chu a sawifiah tha zâwk a. Ringtute hian nihphung pahnih kan nei a, chu chu tisa leh Thlarau niin, hêng

nihphung pahnihte hi an inbei tawn reng bawk. Kan nihphung sual zâwk chuan Pathian bosan tum rân reng tho mah se, a Thlarau hruai tûra kan inpêk phawt chuan tîsa duhzâwng anga awmna salah kan tâng chuang lo vang. Hei hi tûn kâra kan thu zir tûrten an sawi ber pawh a ni bawk.

**SUNDAY**

SEPTEMBER 10

**THLARAUVA AWMIN**

**Galatia 5:16 chhiar la. “Awm” tih thu hian rinna nun nêh eng nge inzawmna a neih sawi rawh.** *Deuteronomy 13:4, 5; Rom 13:13; Ephesi 4:1, 17; Kolossa 1:10/*

“Awm” tih thu hi Thuthlung Hlui lehkhabu atanga lâk chhâwn niin, mihring nun dân tûr sawina atân hman thin a ni a. Paula pawhin, Juda mi a nih ve tho avângin, he tehkhin thu tawngkam hi Kristian nun kaihruaitu tûr nungchang sawifiah nân a lekhathawnahte hian a hmang fo va. He tawngkam a hman chhan hi kohhran hmasate sawina a nih vâng nêh pawh a inzawm niin a lang. Isua zuitute kha “Kristiante” (*Tirh. 11:26*) tia koh an nih hma chuan “Kawng zuitute” tia hriat thin an ni a (*Joh. 14:6; Tirh. 22:4; 24:14*). Heta tang hian, a tîr tê atang khân, Kristian sâkhua chu Isuaa inthlung thurin eng emaw fawm khâwm ni mai lovin, a zawha zawh tûr nunna “kawng” a ni tel nghâl bawk a ni tih a lang.

**Engtiangin nge “awm” tih chungchâng Paulan a hman dân hi Thuthlung Hlui lehkhabuten an hman dân nen a danglam?** *Exodus 16:4; Leviticus 18:4; Jeremia 44:23 te hi Galatia 5:16, 25; Rom 8:4 nêh khaihkhin rawh.*

Thuthlung Hluiah chuan nun dân tih hi “awm” ti maia sawi a ni ngai lo va, “dân anga awm”/”dân thute zâwm” tia sawi a ni deuh kher thîn. Juda-te chuan dân bu leh an thlahtuten an lo tih thin dân ziah khâwmna

lekhhabu te sawina atân tawngkam pakhat *Halakhah* tih an hmang thîn a. *Halakhah* chu “Juda-te dân” tia lehlin thin a nih tho rualin, a Hebrai thumalin a kawh tak zâwk chu “kal” emaw, “awm” emaw a ni a, a awmzia chu “kal dân” emaw, “awm dân” emaw tihna a ni.

Paulan “Thlarauva awm/kal” thu a sawi hi dân zawmna nêh a inkalh miah lo va. Kristiante chu dân kalh zâwng takin an nung tûr a ni a tihna a ni lo. Sawi fo tawh angin, Paula hian dân emaw, dân zawm emaw a dodâl ngai lo rêng rêng a. A do zâwk chu dân alo aluata zawm châwi vâwng a dân hman sualna hi a ni. Pathianin a duh dân zawmna dik tak chu pâwn lam lang theia intihluhna ni lovin, chhông lama Thlarauvin hna a thawh avânga zawmna a ni zâwk (*Gal. 5:18*).

**“Thlarauva awm” tih chungchâng a thil lo tawn tawhte chu eng nge ni? Chutianga i awm theihna tûr dâl thei thil eng engte nge awm?**

**THAWHTANNI**

SEPTEMBER 11

**KRISTIAN NUNA THIL PAHNIH INBEI TAWN RENGTE**

**“Tisâ hian thlarau dona lam a châk thîn, Thlarau pawhin tisa dona lam a châk bawk si thîn; thil tih in tumte chu in tih theih loh nân chungte chu a inkalh si a”** (*Gal. 5:17; Rom 7:14–24*). **Hêng thute hi a dikzia hre tûrin eng thilte nge i lo tawn ve tawh sawi rawh.**

Heti laia Paulan inbeihna a sawi hi mihring zawng zawngah a thleng vek lo va; Kristian nuna thil pahnih inpawt tawn reng awm chungchâng a sawi mai zâwk a ni tih hria ila. Mihringte hi tisa duhzâwng nêna inrem tûra piang kan nih hlawm tlat avângin (*Rom 8:7*), Thlarauvin mi a tihpianthar veleh thlarau lam indona tak tak chu a lo thleng ve chawpchilh nghâl mai thîn a ni (*Joh. 3:6*). Hetia

kan sawi hian Kristian ni ve lote chuan thil dik leh dik lo thliar hran thu-a rilru insual thîn hi an nei ve ngai lo kan tihna chu a ni lo. Anni pawhin an nei ve teh meuh mai a; mahse chu pawh chu Thlarau hnathawh avânga lo thleng tho a ni. Kristian nuna inbeihna erawh hi chu a dân a rawn dang ta hle a, a chhan pawh ringtute hian eng lai pawha inbei tawn reng nihphung pahnih-tisa leh Thlarau an neih tlat vâng a ni.

Kohhran chanchin kal tawh kan thlir kîr chuan he inbeihna atanga fihlim daih châk hi an tam hle thîn a ni tih kan hmu ang. Kristian thenkhat chuan he inbeihna hi mi dangte laka inlâk hranna hmanga tihtâwp an lo tum tawh thîn a, chutih laiin thenkhat dang chuan he nihphung sual tak mai hi Pathian khawngaih thiltih eng emaw hmanga tihreh theih niin an lo sawi ve thîn bawk a. Mahse a pahnih hian a dik lo ve ve. Thlarau thiltihtheihna azârah tisa duhzâwngte hi kan tudai thei ngei mai tak a; nimahsela Isua lo kal leh huna taksa thar kan put hma loh chuan he inbeihna hi kawng hrang hrangin a la kal chhunzawm zêl rih dâwn a. Khawtlâng atanga inlâk hran avâng ngawtin inbeihna hi a tâwp dâwn lo va, kan kalna hmun apiangah min rawn zui ve zêl zâwk ang.

Kristiante chuan chhûng lam indona an hmachhawn mêk avângin an duh ang thil tha pawh an tih theih loh thu Paulan a sawi hian, chu inbeihna chuan a huam zau hle a ni tih sawi a tum ber a. Nihphung pahnih kan neih tlat avângin a nihna takah chuan a khawi lam lamah pawh kan tang ve ve tihna a ni. Keimahnia thlarau lam chuan thlarau thilte a châkin, tisa thil erawh a ngaithei lo hle a. Chutih laiin, keimahnia tisa lam chuan tisa thilte a châkin thlarau thil erawh a do ve ngar ngar thung. Piangthar tawh ni tho mah ila, kan rilru hi amah maia tisa thil do tûr chuan a chak tâwk lo hlê sî a, tisa duhzâwng kan tukdawl theih dân awm chhun chu ni tina

kan nihna sual dodâl tûra Thlarau lama tan zêl a ni. Hei vâng tak hian Paula pawhin Thlarauva awm zêl tum tûrin min chah lawm lawm rêng a ni.

**Nangma nuna hêng nihphung pahnihte inbeih tawn dân atang khân ngaihtuah la, i Kristianpuite hnênah hemi chungchângah hian eng thurâwn nge i pêk theih awm le?**

**THAWHLEHNI**

**Tisa thiltihte chu**

*SEPTEMBER 12*

Tisâ leh Thlarau inbeih tawn reng thu a sawi hnuah Galatia 5:18–26-ah hian hêng nihphung pahnihte inan lohna chu a thiltihte ve ve-te târlangin a sawi zau leh ta a. Hetianga thil tha emaw, thil tha lo emaw ziah tlar duat hi Juda-te leh Greco-Roman te thuziakah chuan thil pangngai tak a ni rêng a. Paula thil ziah pawh hian kan pumpelth tûr nungchang tha lo leh neih ve kan tum tûr nungchang dikte chu min hrilh a ni.

**A hnuuia Bible châng târlanten nungchang tha leh nungchang tha lo an sawite hi ngun takin chhiar la. Engtiang kawngin nge Galatia 5:19–24-a Paula sawi leh hêng chângten an sawi hi a inan a, a danglam bawk sawi rawh.** *Jeremia 7:9; Hosea 4:2; Marka 7:21, 22; 1 Timothea 3:2, 3; 1 Petera 4:3; Thupun 21:8.*

Paula hian mi dangten nungchang tha leh nungchang tha lo hrang hrang an ziah chhuahte hi a hre Chiang ve tho nachungin, Galatia Leikhathawna a hman dân nêh hi chuan danglamna lian tak tak a awm a. A hmasa berah chuan, Paula hian hêng nungchang chi hnihte inlan lohna hi sawi ve tho mah se, a sawi dân phung erawh a inang lo va. Nungchang tha lote chu “tisa thiltihte” tiin a sawi a, nungchang thate erawh chu “Thlarau rah” tiin a sawi ve thung. Hêng nungchang pahnihte inan lohna hi

hriatthiam a pawimawh hle mai. James D.G. Dunn-a chuan ti hian a lo ziaak a: “Tisâ chuan thil phût a nei a, Thlarau erawh chuan a pe chhuak thung. A hmasa zâwk hi chuan mahni châk zâwng leh duhzâwng ringawt a ngaihtuah a, a hnuhnûng zâwk erawh hi chuan mi dangte a ngaihsak a, a dam thlap a, a dawhthei a, a rintlâk êm êm bawk. Pakhat hian mihringin kan duhzâwng anga thil kan siksâwi nasat thinzia a tilang a, pakhat dang hi chuan Pathianin min tanpui a, chhûng lama siam tharna hi nungchang rintlâk neih theihna hnâr a ni tih min hriattîr ve thung a ni.”—*The Epistle to the Galatians*, p. 308.

Nungchang tha leh nungchang tha lo a ziah chhuahte danglamna lian tak dang leh chu nungchang tha lote hi pakhat chauh anga sawiin, “tisa *thiltihte*” a ti a. Nungchang tha erawh chu pakhat anga sawiin, “Thlarau rah” a ti mai thung. Heta tang pawh hian tisaa nun chuan inthenhranna, buaina, inngirngona, leh inpumkhat lohna bâk a thlen thei lo tih a lang reng mai a. Chutih laiin, Thlarauva nunna erawh chuan Thlarau rah pakhat a chhuah ve thung a, chu chuan inpumkhatna thlentu nungchang pakua a lantîr ve leh chhâwng thîn a ni.

Hetiang hi a nih avângin, mi thenkhat chuan Pathian chungchâng kan rin dân chu thil pawimawh ber a ni lo, kan tih tak phawt chuan a tha vek tiin an sawi mai thîn a. Mahse a dik hauh lo. Paulan nungchang tha lo a ziah chhuahte hian chumi lehling chiah chu a nihzia a tilang zâwk a: Pathian chungchânganga ngaihdân dik lo neihna chuan mipat hmeichhiatna hman khaw lohnaah leh sakhaw biak dân dik lovah mi a hruai lût thîn a, chu chuan mihringte inlaichinna a tikehchhe vek thîn. Chu mai pawh ni lovin, nunna hial pawh min chantîr thei bawk (*Gal. 5:21*).

**Paulan “tisa thiltihte” tia a sawi hi en la. A zavai hian Thu Sâwm Pêka a khawi emaw ber tal bawhchhiatna a ni zêl tih i hmu thiam em?**

**NILAINI**

SEPTEMBER 13

**THLARAU RAH CHU** (*Galatia 5:22–24*)

**“Thlarau rah erawh chu hmangaihna te, hlimna te, remna te, dawhtheihna te, ngilneihna te, thatna te, rinawmna te, thuhnuairawlhna te, insûmtheihna te, a ni zâwk e; chutiang kalh zâwngin Dân thupêk rêng a awm lo ve”** (*Galatia 5:22, 23*). **Engtiangin nge Thu Sâwm Pêkte zawmna hian Thlarau rah chu a târlan le?** (*Matthia 5:21, 22, 27, 28; 22:35–40 en la.*)

Thu Sâwm Pêkte hi hmangaihna luahlân tûra pêk a ni lo va; hêngte hian Pathian leh kan mihringpuite kan hmangaihna chu engtianga *lan chhuahtîr* tûr nge tih min kawhmuh zâwk a ni. Hmangaihna chu dân ziaakna hawrap âia thûk zâwk daih ni tho mah se, dân nêna inkalh chu a ni chuang lo va. Pathian kan hmangaihna leh kan thenawm khawvêngte kan hmangaih tawh ber chuan Thu Sâwm Pêkte hi zawm a ngai hleinêm tih ang ngaihdân hi chu khawvêl leh a chhûnga thil awmte kan duat chuan leilung dân kan zah a ngai tawh kher lo tih ang vêla awmze nei lo a ni.

Tisa thiltihte nihphung hrang hrang chu thumal sâwm leh panga lai hmanga a sawi laiin, Thlarau rah erawh chu thumal tha leh mawi tak tak pakua hmangin a sawifah ve thung a. Mi thiamte chuan hêng nungchang tha chi hrang hrang pakuate hi hlâwm thuma then hran theih niin an ngai a; mahse hlâwm thuma then a nih chhanah erawh an ngaihdân a thuhmun vek chuang lo. |henkhat chuan hlâwm thuma then hian Pathiana minung pathum awmte a entîr niin an ngai a; thenkhat dang chuan Pathian kan hmangaihna te, kan thenawm khawvêngte kan hmangaihna te, leh a tâwp berah keimahni kan inhmangaihna te a entîr niin a ngai ve thung; thenkhat dang leh chuan Isua nungchang sawifahna niin a ngai bawk. Hêng ngaihdân hrang hrangte hi tha hlawm vek tho mah se, thil pawimawh

tak kan hmuh hmaih hauh loh tûr chu Kristiante nuna hmangaihna nain hmun pawimawh ber a chan thu Paulan a sawi hi a ni.

Paulan nungchang tha leh mâwi hrang hrang a sawia hmangaihna dah hmasa ber hi tihpalh thil thu a ni lo va. Galatia 5:6-ah leh 13-ah pawh Kristian nuna hmangaihna nain hmun a chan thûkzia a lo sawi tawh a, hmun danga nungchang tha leh mâwi hrang hrang a sawia pawh a telh ve zêl bawka a ni (*2 Korinth 6:6; 1 Timothea 4:12; 6:11; 2 Timothea 2:22*). Hêng nungchang tha a sawi zînga a dang zawng hi chu Kristian ni ve lote thuziakachte pawh a awm ve vek a; hmangaihna bik hi chu a Kristian hliah hliah a ni. Hei hian hmangaihna chu nungchang tha leh mâwi hrang hrang zînga pakhat ni ve satliah mai lovin, Kristianten an neih ngei tûr nungchang ropui tak, nunchang tha leh mâwi dang zawngte inngahna ni bawka a ni tih a tilang. Hmangaihna chu Thlarau rah hrang hrang zînga a langsâr ber a ni a (*1 Korinth 13:13; Rom 5:5*), hmangaihna lan chhuahtîr chu a harsat châng awm thîn tho mah se, Kristian tinte nun dân leh ngaihtuahna hrilhfiatu ber a ni zêl tûr a ni (*Joh. 13:34, 35*).

**Hmangaihnaah hian engtianga nasa nge mahni inphatna awm le? Mahni inphat miah lovin mi dang i hmangaih thei em? Hmangaihna leh mahni inphat chungchânga Isua min zirtîr kha eng nge ni?**

NINGANI

**HNEHNA KAWNG CHU**

SEPTEMBER 14

Tisâ leh Thlarau inbeih tawna chu ringtu tinte thlnlunga thleng mêk ni tho mah se, Kristian nun chu hneh, hlawhchham leh, suala tlu mai tûr a ni chuang lo.

**Galatia 5:16–26 chhiar la. Thlarauvin tisa chungahnehna a channa nun nei thei tûra thil pawimawh tak chu eng nge ni?**

Galatia 5:16–26-ah hian Thlarauvin a hruai ang zêla nungte awm dân sawifahna thumal panga kan hmu a. A hmasa berin, ringtute chu Thlarauva an “awm” a ngai phawt a (*châng 16-na*). He thumal hi a Grik tawng chuan *peripateo* tih a ni a, chu chuan “kal kual vêl emaw, zui emaw” a kâwk. Grik mi fing hmingthang tak Aristotle-a hnungzuitute chu “Peripatetics” tia a koh an ni a, a chhan pawh Aristotle-a kha a kalna apianga an zui thin vâng a ni. He thumal hi grammar dâna *present tense* an tih ang chi hi a nih avângin, Paulan a sawi awmzia pawh hi eng emaw châng Thlarauva awm zauh thin thu mai ni lovin, ni tina awm sawina a ni zâwk. Chu mai bâkah, Thlarauva awm tûra sawi hi thupêk a ni bawka a, Thlarauva awm chu ni tina duhthlanna kan siam ziah thin a ni tûr a ni tihna a ni. A pahnihna chu Thlarau “hruai” nih a ni leh a (*châng 18-na*). Hei hi chu kalna apianga Thlarauvin min hruai kan inphal tûr a ni tihna a ni ve thung (*Rom 8:14, 1 Korinth 12:2* en la). Hmahruaitu tûr kan ni lo va, a zuitu kan ni zâwk tûr a ni.

Galatia 5:25-ah hian thumal dang pahnih a lo lang leh a. A hmasa zâwk chu “nung” (Grik tawng chuan, *zao*) tih a ni. Heti laia nung a tih hian ringtu tinte nun tilangtu piantharna a kâwk a. Hetah pawh hian grammar dâna *present tense* tho kha hmang lehin, piantharna chu ni tina chan thar zêl tûr a ni tih a kâwk. Thlarauva kan nun avângin Thlarauva kan “awm” pawh a ngai rêng a. A Grik tawng lamah chuan heti laia “awm” tia lehlin hi châng 16-naa “awm” a tia lehlin nêl khân thumal hran a ni a. Heta “awm” tia lehlin hi chu *stoicheo* tih niin, chu chu sipaihovin “intlar” sawina atâna an hman thin thumal a ni. A awmzia chu Thlarau chuan nunna min pe a ni mai lo va, kan nun dân hi ni tin a kaihrui bawka tûr a ni tihna a ni.

Châng 24-naa Paulan thumal a hman chu “khêngbet” tih a ni a. Hei hi a mak angrêng hle. Thlarau hnung kan zui dâwn a nih chuan tisain a châk zâwng thilte ti-thi tûrin



thutlûkna kan siam ngei a ngai a. Kan thlarau lam nun châwm lian zêlin leh tisain a châk zâwngte paih bo zêlin tisa chu kan khêngbet dâwn a ni.

**Krista zâra i chan tûra tiam hnehate chu chang thei tûrin engtin nge i inthlâk danglam ang a, eng duhthlannate nge i siam ngai awm bawk le?**

ZIRTÂWPNI

SEPTEMBER 15

**NGAIHTUAH ZUI TÛR:** “Kristiante kawng zawh tûr hi a mâm purh lo khawp mai a. Buaina tam tak tawh tûr an nei. Thlêmna hautak tak takten an lo bei dâwn a. ‘Tisâ hian Thlarau dona lam a châk thîn a, Thlarau pawhin tisa dona lam a châk ve bawk si thîn a ni.’ He khawvêl chanchin hun tâwp lam kan lo hnaih deuh deuh hian hmêlmapa chuan min bumin nasa tial tial dâwn a. Mi a beihna pawh a hautakin a zing telh telh bawk ang. Êng leh thutak dotute chu an rilru a sak tial tial ang a, Pathian hmangaihute leh a thupêk zâwmtute lakah an thikthu a chhe telh telh bawk dâwn a ni (MS 33, 1911).”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1111.

“Thlarau Thianghlim hûhâng chu nuna Krista a lo chênna hi a ni. A hnêna Kristan thu a sawi lai chu kan hmu kher lo na-in, a Thlarau Thianghlim chu kan bul hnaiha a awm zêl thung a. Krista dawngtute chhûngah leh anmahni kaltlangin hna a thawk reng thîn. Thlarau chênchilh awmzia hriate chuan Thlarau rah, hêng—hmangaihna te, hlimna te, remna te, dawhtheihna te, ngilneihna te, thatna te, rinna te hi an puang chhuak ang (MS 41, 1897).”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1112.

**SAWI HO TÛRTE:**

- ❶ **Tisa duhzâwngte khenbeh chungchâng kha ngaihtuah zui la. Eng nge ni a awmzia? Engtin**

**nge kan khenbeh ang? Engtianga zinga khenbeh tûr nge? Eng vângin nge Paula hian tawngkam khauh tak a hman kher? Khengbet tih tawngkam a hmang hian mahni nihna beih hi thil hautak tak a nihzia engtin nge min hrilh le?**

- ❷ **Thlarau rah chhuahtîr kawngah hian mihringin tih theih kan nei ve em, kan nei a nih chuan eng nge ni? Hemi chungchâng hi nangma thil lo tawn tawhte atang khân i chhâng dâwn nia.**

- ❸ **Paula chuan tisa thiltihte tih hmangte chuan Pathian ram an luah loh tûr thu a sawi a. He thu hi amah Paula vêkin thiltih avâng ni lovin, rinna avânga khawngaiha chhandam kan nih thu a sawi nêl khân engtin nge i sawi rem ang?**

- ❹ **LALPA nêna in lên dunna kawngah khân eng nge i harsatna lian ber ni le? Pathian nêna in inlaichînna kha engtin nge sualin a rawn khawih chhiat? Kristiante zînga tu hian nge a nuna sual a awm avânga Pathian laka hrang ta riaua inhriatna te, hlauhthâwn-na te leh, beidawna te nei lo le? Chutiang kan neihna chhan pawh sual hneh thei tûra tiam kan ni tlat atin a ni. Sual kan hneh theihna tûr chuan kan chhandamna hi Kristan kan tâna thil a lo tih tawhah a inngat pumhlûm thak a ni tih kan hriat reng a ngai em?**

**KHAIKHÂWMNA:** Ringtu zawng zawngte nunah hian tisa duhzâwng thilte leh Thlarau duhzâwng thilte chu inbei tawn reng ni tho mah se, Kristian nun hi chu hlauhchham tûr a ni chuang lo. Sual leh thihna te hi Kristan a lo hneh vek tawh avângin Kristian nun chu Thlarauvin ro a rêlna hmun a ni thei a, Thlarau chuan ni tin Pathian khawngaihna min chantîr thînin, tisa duhzâwng thilte chu kan hnâwl zêl thei a ni.

ZIRLAI 13-NA

SEPTEMBER 16-22, 2017

**CHANCHIN | HA LEH KOHHRAN CHU**

**CHÂNGVAWN:** “Chutichuan, remchâng kan neih dân ang zêlin mi tin chungah thil tha ti thîn ila, rinna chhûngte chungah phei chuan i ti leh zual ang u” (*Galatia 6:10*, ESV).

SABBATH CHAWHNU

SEPTEMBER 16

**Chhiar tûrte:** *Matthaia 18:15–17; Luka 22:3; Johana 13:34; Rom 15:1; 1 Korinth 10:12; Galatia 6:1–10.*

LONEITU thenkhat chuan an thlai thar zînga a tha tha anmahni ei tâna dahin, a chhe deuhho hlîr chu a chî atân an dah thîn a. Chutianga tih an chîn avâng chuan an beisei ang thlai hnah leh rah tha an thar thei ta rêng rêng lo mai a, an thlai rah thenkhat phei chu saihlum tiat lek lek te a ni hlawm. He an thil tawn tha lo tak atang hian nunna dân zawm that pawimawhzia an lo zir chhuak ta a ni.

“Mihring nuna a tha ber berte hi keimahni’n kan pum bilh vek a nih a, a chî atân a chuang bâng chiah kan dah thîn a nih chuan, thlai hnah leh rah tha thar kan inbeisei thei bik lo vang.

“ A lehlamah chuan, tûnlai pawh hian thlai chi tha tâwk lo chîn hi kan la sim tak tak chuang lo. Mihring nuna a rah lian tha tha hi keimahni tân kan dah a, a rah chhia leh tê deuhho chauh kan tuh leh si thîn. Hetiang hi thlarau lamah pawh kan chîng tho niin a lang: mahni hmasialna kan neih hi mahni hmasial lohnaa thungrulh ni se ti deuh vek kan ni hlawm.”—*International Student Fellowship Newsletter*, March 2007.

Paula chuan Galatia khuaa mite hi thatna chu thatna vêka thungrûl thîn tûrin a hrilh a (*Galatia 6:1–10*). Kohhran chu a member-te “an inseh a, an inei tawinna” ni lovin, Thlarau Thianghlimin keimahni âia mi dangte dah pawimawh hmasa zâwk zêl tûra mi a hruaina hmun a ni tûr a ni a. Khawngaihna avânga chhandam kan ni tih kan inhriatna hian inngaitlâwm, dawhthei leh hriatthiamna ngah tak chung a mi dangte en thîn tûrin min siam dâwn a ni.

SUNDAY

SEPTEMBER 17

**TLU TAWHTE CHU KAITHO LEHIN**

Kristiante awm dân tûr nia Paula lo beisei hi chu a sâng angreng viau mai a (*Gal. 5:16*); chutih rual chuan ringtute hnêna a thurâwn Galatia 6:1-a kan hmuh hi chu a taka kan tih theih ngei tûr thil a ni ve leh tho si. Mihringte hi fel leh tha famkim kan ni lo tlâng vek a, Kristian tha ber ber nia kan hriatte meuh pawh hi sawisêl bo chu an ni bik hauh chuang lo. Galatia 5:16-a Paula tawngkam hman hian, a Grik tawng lamah chuan engtik hun emawa kohhrana lo la thleng ngei tûr chu a lo thlîr lâwk tih a tilang a. Chutianga thil a lo thlen huna lo dawn sawn dân an thiam theih nân chuan thurâwn tha tak a pe a ni.

**Kristiante hian an ringtupui tu emaw suala a tlûk chângin engtin nge an tih ang?** *Galatia 6:1; Matthaia 18:15–17.*

Galatia 6:1-a Paula thurâwn hi keini pawhin kan lo tangkaipui ve theihna tûr chuan Paula rilru-a thil awm kha eng nge ni chiah tih kan hriatthiam hmasak phawt a tûl a. Chu chu a thu (sentence) hmasa zâwka thumal pahnih a hmanahte hian kan hmu bawk. A hmasa zâwk chu *phâwk* (*nangchîng*, KJV) tih hi a ni a. He thumal a

hmanna chheh vêl boruak leh a awmze hrang hrangte ngaihtuahin Paula rilru-ah hian thil pahnih a awm niin a lang. Ringtu pakhatin ringtu dang tu emaw thil soal ti lai a va “man” thu mai ni lovin, a nungchangin a rawn “nangchîng” ta tih a amahin a hriatna pawh a kâwk ve tho a (*Thufingte 5:22* en la), rilru fim tak pu ni se, chutiang chu pumpelh a duh ngeiin a rinawm.

Heti laia Paulan thil soal tih a sawi hi chu duh rêng vânga kan tih soal ang chi hi chu a ni lo tih a tawngkam hman atang hian a chiang a. “Soal” tiha an lehlin hi Grik thumal pakhat *paraptoma* atanga lo kal a ni a, he thumal hian duh rêng vânga tih soal ang chi hi ni lovin, tihsual palh, inchnuih vâng tlu, petek tih a kâwk. A hnuhnung zâwk hi amah Paula ngei pawhin Thlarauva “awm” chungchâng a sawi nêh pawh khân a inrem zâwk a. Hei hian thil soal tih min ngampattîr sauh tûr chu a ni chuang lo nachungin, duh rêng vânga thil soal lian tak tih ang chi (*1 Korinth 5:1–5*) hi chu a sawi a ni lo tih a chiang hle.

Chutianga thil tisual palhte chu hrem emaw, thiam loh chantîr emaw mai lovin, thuhnuairawlh tak chung a tundin leh tum zâwk tûr an ni a. “Tungding” tia lehlin hi a Grik tawng lamah chuan *katartizo* tih a ni a, a awmzia chu “siam thar,” “thawm tha,” “a nih dân tûr anga rem” tihna a ni. Matthaia chuan he thumal hi sangha manna lên “siam tha” tih nân a hmang a (*Matthaia 4:21*), Grik mîte thuziak thenkhatah chuan ruh tliak zawm that leh thu sawina atân hman thin a ni baw. Chutiang deuh chuan, kan ringtupui tu emaw tlu a, a ruh hial titliak palh ta chu kan thlahthlam mai tûr a ni lo va, Krista taksaa member-te vek kan nih ang ngeiin Pathian ram pana kan zin ho mêknaa kan unau tlu palhte hi ngilneihna nêh kan dawm hrâm hrâm thin tûr a ni.

**Eng vângin nge Matthaia 18:15–17-a Isua thurâwn hi zâwm ta mai lo va, kan thin tirimtute chu kan sawi**

**chhiat vak vak a, kan thinrimna chu so liamtîr a, phuba lâk hial te kan tum ut tu mai thin le?**

THAWHTANNI

SEPTEMBER 18

THLÊMNA LAKAH INVÊNG RAWH

**“Chutichuan Nathana chuan Davida hnênah, ‘Nangmah hi i ni alâwm’ a ti a” (2 Samuela 12:7).**

Galatia 6:1-a Paulan thlêmna kan tawh ve loh nâna mahni invên that a tûlzia a sawi hi ngaihthah chî a ni miah lo va. He a thurâwn hi a hmanhmawhthlâkin, amah pawhin mi mal taka a vei êm êm thin a ni tih chu ngênna a siam dân atang pawh hian a hmuh theih. “Invêng tha” tia an lehlin thumal hian a kawh tak chu “fimkhur taka en” emaw, “ngunthlûk taka ngaihven” emaw tihna a ni (*Rom 16:17* leh *Philipi 2:4* te pawh en la). Paula thil sawi awmzia pawh hi “soal chuan a rawn nanchîn ve thut loh nân che nangmah kha inen reng thin rawh” a tihna a ni ang. He vaukhâna thu hi a pawimawhzia sawi nawn leh nân a tîr lam thua kohhran member zawng zawng huap anga a sawi kha thlâkin, mi mal kâwk angin a sawi leh ta thung a. Chuvângin he vaukhâna hi kohhran nâwlpui ni lovin, kohhran chhûnga member tinte tâna vaukhâna a ni mah zâwk a ni.

Paulan invêng fimkhur tûra Galatia mîte a hrilh hi eng ang thlêmna nge tih chu kan hre chiah lo va. A rilru-ah hian thil pakhat chauh ni lovin, eng ang soal pawh ni se, mi dangte an tundinna tûr dâl thei soal *ngai* baw an khawih leh thin chu a sawi pawh a ni zâwk maithei. Chutih rual chuan, Galatia 5:26-ah hian mahni “inngaihlu” lo tûra a hrilh thu kan hmu a, hei hian an tundin tûrte âia thlarau lama eng emaw ti kawng taka chungnung zâwka inhriatna nei lo tûrin vaukhâna a pe niin a lang.

**Eng vângin nge Paula hian Galatia khuaa mîte hi thlarau lama chapona awm thei laka fimkhur hle tûrin a hrilh le?** *1 Korinth 10:12; Matthaia 26:34; 2 Samuela 12:1-7.*

Kristian nun kan zawhna kawnga thil hlauhawm tak pakhat chu thil sual ti thei ve tawh lo nia min hriattirtu thlarau lam chapona neih hi a ni a. Thil lungchhiatthlâk êm êm mai, thu dik tak ni bawk chu, kan zavai hian kan nihphung rêngah mi sual kan ni a – chu nihphung chu Pathian nihphung nêna inkalh chiah a ni bawk hi a ni. Chuvângin min khuahkhirhtu Pathian Thlarau thiltihtheihna tel lo chuan eng sualah pawh tlu thei reng dinhmuna kan ding a. Chutiang chu Krista tel lova kan nihna dik tak a ni tih hriatna chuan mahni fel nia inngaihna sual laka kan tlûkna tûr lakah min vêng thei a, chutiang suala lo tlu palhte pawh hriatthiamna thûk zâwk min nehtir thei bawk a ni.

**Mi tuten emaw thil sual an tih avângin i lo sawisêl tawh thîn em (chu chu i sawi chhuak kher lo pawh a ni thei a)? An thil sual tih ang chu nang pawhin i tih ve leh tho bawk si châng a awm em?**

**THAWHLEHNI**

SEPTEMBER 19

**PHURRIT PHURIN** (*Galatia 6:2-5*)

**Paula hian Galatia khuaa ringtute kha suala tlute tungding tûra a hrilh mai bâkah eng thil nge ti thîn bawk tûrin a hrilh le?** (*Galatia 6:2-5; Rom 15:1; Matthaia 7:12 pawh en bawk rawh.*)

Galatia 6:5-a “phur[rit]” tih hi a Grik tawng lamah chuan *baros* tih a ni a. Chu chuan mi tu emawin hla deuh tak thlenga a phurh tûr thil rit tak a kâwk a. Amaherawhchu, hun a lo kal zêl a, buaina leh harsatna tehkhin nân te hman a lo ni ta a, ni sen sa hnuaia hna thawh chauhthlâkzia sawi nân te pawh hman a lo ni ve ta

zêl a ni (*Mat. 20:12*). Paulan “phurritte inchoawk tawn” tûra Galatia khuaa mîte a hrilh hian a hma chiah châng an ringtupuite thil sual eng emaw an tih thu a sawi pawh kha a huam ve tho nachungin, phurrit phur tih tawngkam hrim hrim hi chuan a huam zau hle a. A thil sawite atang hian Kristian nun kawng kan zawhna lama kan ngaihthah hauh loh tûr thlarau lam thil pawimawh eng emaw zât a awm a ni tih kan hre thei.

A hmasa ber chu, Timothy Georges-an a lo sawi angin, “Kristian zawng zawngte hian phurrit kan nei theuh a. Chu kan phurrit chu a len zâwng leh pianphung a inang hlawm lo va, tin, kan nuna nghawng a neih dân azirin a danglam thei hle bawk. Mi thenkhat tân chuan, châng 1-naa kan hmuh ang hian, thlemna leh an thil tihsual nghawngte a ni a. Mi dang tân chuan taksa natna emaw, rilru hrehawmna emaw, chhûngkuua buaina chhuak emaw, hnathawh tûr hmuh zawh lohna emaw, ramhuai hnehchhiaha awmna emaw leh thil dang eng emaw a ni thei bawk; chutiang chuan Kristiante zîngah hian phurrit nei lo tu mah an awm lo.”—*Galatia*, p. 413.

A dawtah chuan, kan phurrit *zawng zawngte* hi keimahni maia phur tûrin Pathianin min ti lo hi a ni. Vânduaitlâk takin, mi dangte phurrit chhâwk tum mang si lova kan phurritte chhâwk tûra mi dang beisei tho si kan ni deuh vek hlawm a. Paula chuan hetianga mahni chauh inngaihtuah a, keimahni pawhin mamawh leh chak lohna eng eng emaw kan nei ve tho tih pawm duh miah lohna rilru ang hi chu chapona niin a sawi a (*Gal. 6:3*). Chutiang chapona chuan mi dangte nawmsakna kan ngaihtuahsakna tûr kawng min dâlsak tlat a, chu mai chu ni lovin, an rawngbawlna tûra Pathianin a ruatsak pawh ti thei lo tûrin kan siam bawk a ni.

A tâwp nân, Pathian chuan mi dangte phurrit phursak tûrin min sâwm a, a chhan pawh kan thiltihte

hmang hian Pathian thlamuanna chu a lo lang chhuak thîn atin ni. He thu hi kohhran chu Krista taksa a nihnaa inngat a ni a. Chutiang a nihzia chu Paula thil sawiah pawh hian a lang chiang khawp mai: “Nimahsela Pathian, mi lungngaite thlamuan thîntu chuan Tita lo kalna hmangin min thlamuan a” tiin (2 Korinth 7:6, ESV). “Pathian thlamuanna chu Paula hnênah hian ama tawngtaina hmang leh LALPA a lo nghahna hmanga pêk a ni lo va, a thian kawm tûr leh chu miina chanchin lawmawm a rawn hrilh hmangin a ni zâwk a ni tih hi lo hria ila.

“Kan inthian thatna, mi dangte phurrit kan phursakna ni bawk hi Pathianin a mîte tâna a thiltum pakhat a ni.”—Joh. R. W. Stott, *The Message of Galatians*, p. 158.

**Mi dangte tanpuina i zawn lohna chhan kha eng nge ni—chapona, tlâwma lâkna, anmahni rin lohna, mahnia ti thei ve tho nia inhriatna i neih vângte em ni? |anpuina i mamawh a nih chuan, eng vângin nge i mi rin zâwng tu emaw hnênah i sawi mai loh vang a, a hnênah chuan i phurrit phurhte i hrilh loh bawk ang ni?**

NILAINI

SEPTEMBER 20

**KRISTA DÂN CHU** (*Galatia 6:2–5*)

**Paula chuan phurrit phurh leh Krista dân te chu thil inzawm tlat niin a sawi a. “Krista dân” a tih chu eng nge ni?** *Matthaia 22:34–40; Johana 13:34; Galatia 5:14; 6:2/*

Paula tawngkam hman “Krista dân” (Grik tawngin, *ton nomon tou Christou*) tih hi amah vêkin tawngkam dang deuha 1 Korinth 9:21-a hmang bawk tih loh chu Bible hmun dangah a lang ve miah lo va. Chutiang taka tawngkam danglam bik a nih avâng chuan hrilhfiahna chi hrang hrang pawh a tam hle rêng a. Mi thenkhat chuan Sinai tlânga pêk Pathian dân kha chu dân dang, Krista dânin a thlâk

daih tawh tih tilangtu niin an ngai a. Mi thenkhat dang chuan, he laia *dân* tih thumal hi thil nih dân phung tlângpui sawina ni maiin an ngai thung (*Rom 7:21* en la), chumi awmzia chu mi dangte phurrit kan chhâwksak hian Krista tih angin kan ti ve tihna a ni. A hnuhnûng zâwk hi chuan dikna chen eng emaw chu nei tho mah se, a sawina boruak leh Galatia 4:12-a hetiang deuh tawngkam dang a hman dân atang hian “Krisa dân zawm famkimna” chu hmangaihna hmanga Thu Sâwm Pêk zawm famkim thu sawina tho a ni tih a lang a. A hma pawhin Paula vêk hian Krista lo kal hmasakna khân thatna dân hi engmah lovah a chantîr loh thu a lo sawi tawh a. Chuti ahnehin, hmangaihna a hrilhfiah thatna dân hi chuan Kristian nunah dinhmun pawimawh tak a la chang chhunzawm zêl zâwk a ni. Hei Isuan leia rawng a bâwl lai zawnga zirtir thin leh a dam chhûng mai ni lovin, a thihna hmang pawha a lo tih thin khaikhâwmna a ni a. Mi dangte phurrit kan chhâwk hian Isua hniak hnûng kan zui a ni mai lo va, dân kan zâwm famkim tihna a ni bawk.

He lai thu-ah hian thil dang pakhat sawi fel tûr a la awm a, chu chu Galatia 6:2 leh 6:5 inkalh tlat nia lang hi a ni. Amaherawhchu, Paula hian thil pahnih sawifiahna atân tawngkam pahnih a hmang a ni tih kan hria a nih chuan awlsam tē-in kan ching fel thei mai thung ang. Kan hmuh tawh ang khân, châng 2-naa phurrit a sawina thumal (Grik tawngin, *baros*) hian lam hla deuh hleka phurh thlen tûr thil rit tak eng emaw a kâwk a. Chân 5-naa a thumal hman erawh hi chu *phortion* niin, chu chuan lawngin bungrua a phurh emaw, sipaiten an hnunga an ah thin iptē emaw, chhûl chhûnga awm nausên emaw a kâwk ve thung a. Hêng kan han sawi tâkte atang pawh hian mi dangten min phurhpui theih phurrit eng eng emaw a awm a, chutih rual chuan mi dangin min phurhsak theih miah loh phurrit pawh a awm tho bawk tih alang, entîr nân, mahni

inthiam lohna kan neih te, hrehawm tawrhna te, leh thihna te hi. Hêngahte hi chuan Pathian chauhin min tanpui thei rêng a ni (*Mat. 11:28–30*).

**I phurrit thenkhatte kha chu mi dangten an chhâwk theih lai chein, thenkhat erawh chu LALPA chauhin a chhâwksak thei thung che a. Nangmah maia i phurh zawh loh i phurritte chu engtin nge LALPA hnêna thlen mai nachâng i hriat theih ang?**

NINGANI

SEPTEMBER 21

**CHI THEH LEH RAH SENG** (*Galatia 6:6–10*)

Galatia 6:7-a “hmsuit” (Grik tawngin, *mukterizo*) tia an lehlin thumal hi Thuthlung Thar hmun dangah a lang ve miah lo va; mahse Grik tawnga Thuhlung Hlui an lehlinah chuan a lang nual thung. A awmzia tak chu hmsuit taka hnâr piâisak’ tihna a ni. Thuthlung Hlui lehkhawuahte hian Pathian zâwlneiten hmuhsit an hlawh thu sawina atân hman thîn a ni a (*2 Chronicles 36:16; Jeremia 20:7*), Pathian laka helna rilru put huatthlalâkzia sawina atân vawi khat chu hman a ni baw (*Ezekiela 8:17*).

Paula sawi tum chu mihringte hian Pathian ngaihthahin, a dânte pawh an hmsuit a ni maithei e; mahse Pathian chu an bum thei dâwn chuang lo tih hi a ni a. Ani chu a rorêltu tûr a ni a, a tâwpah chuan an thil tih sual rah chu a la sengtir tho tho dâwn a ni.

**Galatia 6:8 chhiar la. Heti laia Paula thil sawi awmzia hi eng nge ni? Bible-ah hian tisa hnêna thehte leh Thlarau hnêna thehte sawi tûr tute nge i hriat le?** (*Entir nân, Tirhkohte 5:1–5; Luka 22:3; Daniela 1:8; Matthaia 4:1 te hi en la.*)

Paulan chi theh leh rah seng chungchâng a sawi dân hi a danglam bîk vakna a awm hran lo. Hmanlaia hnam

hrang hrangte pawhin mihring nuna thil thleng thîn sawina atân an lo hmang ve thîn tho va. Kan hriat ngei tûr erawh chu, Paula hi chuan a hma lama tisa leh Thlarau chungchâng a lo sawi tawhte khaikhâwmna atâna a hmang hi a ni. James D.G. Dunna-a chuan ti hian a lo sawi a: “Hetiang deuha tûnlai mîten kan sawi ve dân chu, kan duh thlang thei tûrin zalêna ka nei a; mahse kan duhthlanna siamin nghawng a neihahte erawh duh kan thlang thei lo thung tih hi a ni.”—*Galatians*, p. 330.

Pathian chuan kan thil tihsual nghawngte lak ata min chhanchhuak zêl dâwn lo tho mah sela, duhthlanna tha lo kan siam tâk avânga lungngaihna chuan min hneh tûr a ni chuang lo. Pathianin kan sualte a ngaidam a, a faah vuah kan ni ta hi kan lâwm hle tûr a ni a. Tûna remchâna kan neih mêkte pawh hi rah tha tak tak chhuah thei tûr thilahte kan hmang tangkai baw tûr a ni.

Chutih rualin, Galatia 6:10 hian Kristian nun dân thain tinzâwn pahnih a neih thu a sawi a: pakhat chu mi zawng zawng chungah that chhuahna a ni a, chu chu, ‘Mi zawng zawng chungah thil tha i ti ang u’ tia insâwmna a ni; a dang chu mi thenkhat chungah that chhuahna a ni ve thung a, ‘A bîk takin rinnaa kan unaute chungah’ phei chuan thil tha kan ti ngei ngei tûr a ni’ tihna a ni. Mi tin chungah that chhuah tûra Paulan min ngenna hi khawi hmuna mi pawh ni mah ila, kan zavai hian Pathian anpuia siam vek kan ni a, a mithmuhah chuan hlu tak theuh kan nihnaa inngat a ni. He thu pawimawh tak, Bible pawhin a puan chhuah ngei mai hi Kristianten an theihngihl a nih chuan an thil thlir dân a dik thei tawh lo vang a, chi leh chi inthliarhranna sualah te, hmeichhia leh mipa inenhranna sualah te, hnam leh hnam inepna sualah te, hausa leh rethei, lehkhathiam leh thiam loh tih angreng zâwng a intihhranna leh hetiang lam hawi sual

dang chi hrang hrang, Evi leh Adama te hunlai atang tawha waviin thlenga kan khawtlâng nun tihrehawmtute thangah chuan an tlu lût dâwn a ni.”—Timothy George: *Galatians*, pp. 427, 428.

**Tûnah hian chi tha emaw, chi tha lo emaw i tuh mêk a. Nangmah kha han inen la. Rah tha nge i seng dâwn a, rah chhia zâwk le?**

ZIRTÂWPNI

SEPTEMBER 22

**NGAIHTUAH ZUI TÛR:** “Pathian Thlarau chuan soal hi chhia leh tha hriatna thununna hnuaiah a dah a. Mihring hi Thlarau kaihhruaina chung a indah chiah hian sualna rah chu a seng thîn. Chutiang mîte chungah chuan Thlarau pawh inhnûkdâwkin thuâwih lohna chi an tuh tûr pawh a dang duh tawh bîk lo va. Vaukhâna thu a pêkte pawhin awmzia a nei lo tial tial a. Zâwi zâwiin Pathian tihna an tla chham chho zêl bawh thîn a ni. Tisâ-a chi an theh avângin hlemhlêtna leh dik lohna rah an seng ang. Anmahni ngeiin an tuh chi rah chu tûnah hian a lo hmin ta mêk a. Pathian thupêk thianghlim takte pawh hi zahna an nei tawh lo. An tisa thinsung chu lung ang maia chang a lo ni ta a. Thutak chu an do tlat avângin dân bawhchhetu an nihzia a Chiang zêl dâwn a ni. Tui lêt hmaa chêng mihringte pawh khân thil tha lo chi an theh avângin an zîngah dân bawhchhiatna, inpâwng nêkna leh sualna dang chi hrang hrang a hluar ta hle a nih kha.

“Thlarau taboraltu hi eng nge ni tih thu-ah hian mi zawng zawng hi an fîng hle tûr a ni a. Chumi chu mihringte hremna tûra Pathianin thupêk a chhuahte hi a ni lo. Ani chuan mihringte hi thlarau thila mittel tûrin a siam ngai lo hrim hrim a. Thu dik lo atanga thu dik thliar hrang thei tûrin êng leh finfiahna tam tâwk min pe theuh a ni. Thu dik chu pawm tûrin mi a tilui ngai lo va. Thil tha emaw, thil tha lo emaw chu a thlangtu tûr kutah a dah mai a ni. Miin kawng dik a zawh theihna tûra finfiahna tam tâwk a

dawn chu a dodâl a, thil tha lo zâwk a thlang tlat a nih chuan, chutianga han tih nawn leh mai pawh chu a awlsam hle ang a. A wavi thumnaah pawh Pathian hawisan chu a harsat tawh miah lo vang a, Setana lamah a lo tang fel dêr ti tih tawh mai ang. Chutianga tih zui zêl pheii chuan dâwt thu pawh thutak anga ngaiin soal khurah chuan nghet takin a tâng tawh mai dâwn a ni (MS 126, 1901).”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1112.

**SAWI HO TÛRTE:**

- ❶ **Suala tlu tawh kan ringtupuite “tun din leh” tih hi eng nge ni a awmzia? Engtiangin nge a thil tih soal chuan intun din lehna kawngah nghawng a neih ve thîn? Chutianga kan intun din leh tawh hnu chuan tûn hma angin engkim a kal leh dâwn tihna a ni em? Han sawi ho teh u.**
- ❷ **Keimahni chauha kan phurh tûr phurrit eng eng emaw a awm a, chuvâng chuan engtin nge ringtute hian mi dangte phurrit an phurhpui ve dâwn nge dâwn lo tih thu-ah thutlûkna an siam ang?**
- ❸ **Galatia 6-a Paula thil sawi hi engtin nge in kohhranah a taka in kalpui le? Nangmah khân a mi mal tak pawhin, danglamna thlen tûra thil tih theih eng emaw i nei ve em?**

**KHAIKHÂWMNA:** Pathian chu a mîte zîngah a awm a ni tih a lanna chu kohhran chhûnga Krista rilru lan chhuahtîr a nihna hian a tilang thîn a. Chumi chu thil soal titute chung a ngaihdamna leh tun din lehna lantîr a nih dânah te, fiahna an tawh theuha an inpuih tawn dânah te, anmahni zîngah chauh ni lovin, ringtu ni ve lotute hnên pawha ngilneihna thil tih an lantîrnaah te hmuh theih a ni bawh.

ZIRLAI 14-NA

SEPTEMBER 23-29, 2017

**KRAWS CHU CHHUANGIN**

**CHÂNGVAWN:** “**Kei erawh chuan kan LALPA Isua Krista kraws lo chu ka chhuan loh tûrza mai chu, chumi zârah chuan khawvêl hi ka tân khenbehin a awm ta, kei pawh khawvêl tân khenbehin ka awm a ni,**” (*Galatia 6:14*).

SABBATH CHAWHNU

SEPTEMBER 23

**Chhiar tûrte:** *Rom 6:1–6, 12:1–8; 2 Korinth 4:10, 5:17, 11:23–29; Galatia 6:11–18.*

GALATIA Lehkathawn zir hi chu a hahthlâk angreng khawp mai. A chhan pawh he lehkathawn hi boruak rit tak hnuaia ziah a nih vâng a ni pakhat a. Paula hian koh a nihna chu eng nge tih leh a thu hril chu eng nge ni tih a hriat tlat avângin (a thu tak sawi chu Lalpa hnên atanga a dawn a nih thu pawh vawi eng emaw zât a sawi rêng hi) Thuthlung Hlui zâwlnei – Isaia te, Jeremia te leh, Hosea ten hmangaihna thinlung pu chung a lehkhabute an zia ang khan a ni pawhin a lehkathawn hi a zia ve a. Zâwlneiten an hunlaia mite chu an thil sual tihte bân san tûra an sâwm thin ang khan Paula pawh hian a hunlaia mite chu a sâwm ve thin a ni.

An rawngbâwl lai hun chu inang lovin, rawng an bâwlsakate pawh mi thuhmun an ni lo nachungin, Jeremia a hunlaia mite hnêna a sawi hi Galatia khuua mite chungah pawh a dik ve chiah tho mai. “LALPA chuan heti hian a ti: ‘Mi fing chuan a finna chhuang suh sela, mi chak chuan a chakna chhuang hek suh sela, mi hausa chuan a sum leh pai chhuang hek suh se. A chhuang

apiang erawh chuan hei hi chhuang rawh se, kei LALPA hi ngilneihna te, rêldikna te, khawngaihna te, felna leia hmang thintu chu ka ni tih mi hriat a, an hriatthiamna chu; hêng thilte hi ka lawmzâwng a ni si,’ tih hi LALPA thu chhuak a ni,” (*Jeremia 9:23, 24*).

Kan finna leh thiamna te, kan sum leh pai te leh, kan thiltihtheihna te pawh hi “ropui” ve hle mah se, Krista Kraws hmaah chuan engmah lo mai a ni tih a lang Chiang hle a–hei hi Paula pawhin kawng dik lo zawh mêk Galatia khuua a berâmte hrilh a tum chu a ni rêng a ni.

SUNDAY

SEPTEMBER 24

**PAULAN AMA KUT NGEIA A ZIAH**

**Paulan Galatia 6:11–18-a thukhârna a siam hi a lekhathawn danga thukhârna a siamte nêh khaikhin la. Engtiang kawngin nge Galatia Lehkathawn tâwp dân hi a lekhathawn dangte tâwp dân nêna a inan a, danglam bîk baw le?** (*Rom, 1 leh 2 Korinth, Ephesi, Philipi, Kolossa, 1 leh 2 Thessalonika khârna atâna thu hmante hi en la*)

Paulan a lekhathawn khârna atâna tawngkam a hmante hi inang diak diak vek lo mah se, thil thuhmun lo lang ziah thin erawh eng emaw zât a awm. Chûngte chu: 1) tu tute emaw chibai a bûkna thu te, 2) fuihna thu hnuhnûng te, 3) ama hming leh 4) malsâwmna thu te a ni. Galatia Lehkha-thawna a khârna tawngkam a hman hi han thlir ila, thil danglam bîk pahnih kan hmu ang. A hmasa zâwk chu, a lekhathawn dangte ang lo takin Galatia Lehkathawnah hi chuan mi mal taka chibai inbûkna a awm ve lo tlat. Eng vâng nge ni ang? A lekhathawn tîr lamah pawh khân lâwmthu sawina tawngkam engmah a awm hran lo a nih kha, hei hian Paula le Galatia khuua ringtute inkâra inlaichinna hi a tha vak lo a ni tih a tilang.



Pahnihna chu, Paula hian a lehkhathawn hi mi dang tu emaw ziahtîr a chîng hle tih kan hre reng tûr a ni a (*Rom 16:22*). Chu mi chuan a ziah zawh hnu-ah, amah Paula hian a khârna thu tâwi tê a ziak ve leh thîn (*1 Korinth 16:21*). Galatia Lehkhathawn a ziah tum erawh hi chuan a tih thin dân ang ni lovin a ti a. A lehkhathawn ziahtu kut atanga pen a lâk hnuah pawh Galatia Kohhrana thil thleng chuan a rilru a la luah hneh êm tho avângin a khârna thu pawh tum dang zawng âiin a ziak sei ta deuh rêng a. An kawng zawh mêk âthlâk tak atanga kîr leh tûra ngenna thu a ziah hma loh chuan a pen a dah thei ngang lo a ni ber.

Galatia 6:11-ah hian Paula chuan hawrawp hraw pui pui hmanga lehkhah a ziah thu a sawi deuh kher a. Mi thenkhat chuan Paula hian a hawrawp hman len leh len loh lam ni lovin, a hawrawp a chhiat hle thu a sawi zâwk niin an ngai a. Tihduhdahna a tawrhte avâng khân a kut a silawng zo tawh a, a nih loh pawhin, puan in a siamna lamah a kut sawrbâwk zo tawh pawh a ni mai thei baw, chuvângin a ziah duh dân ang tak pawhin a ziak hlei thei ta lo a ni an ti. Mi thenkhat dang chuan hetiangna liana a ziahna chhan chu a khawhmuh fiah tâwk tawh loh vâng niin an ring ve thung a. A khawi pawh hi a thil ni thei ve ve chu ni tho mah se, hawrawp lian tak tak a hmanna chhan hi a thusawi tum chu a pawimawh a, hre ngei se a duh vâng a nih a rinawm ber a. Keini pawhin kan thu ziaka a pawimawh lai chu a hnuaiyah kan rin phei a, *hawrawp âwnten (italics)* kan ziak bik a, a nih loh pawhin HAWRAWPPUI (CAPITAL LETTERS) te kan hmang thîn a nih hi.

A enga pawh chu lo ni se, Paula hian a lehkhathawn lo chhiartute chu a vaukhâna leh a zilhna thute ngaihsak tûrin a duh a ni tih a chiang hle a ni.

**THAWHTANNI**  
**TĪSĀ CHU CHHUĀNGIN**

SEPTEMBER 25

**Galatia 6:12, 13 chhiar la. Heta Paula thil sawi chu eng nge ni?**

Paula hian amah dodâltute thiltum ber nia lang chu a hma lamah pawh a lo sawi zauh tawh tho nachungin, Galatia 6:12, 13-a a sawi hi an chungchânga a ngaihdân chiang taka a sawi lanna hmasa ber a ni a. Chûng mîte chuan Galatia khuua ringtu awmte “taksaa chhuan tûr an neih theih nân” serhtan an sawi mâwi niin a sawi. Heta “chhuan tûr” a tih hi a Grik tawng lama a awmzia chu “lan mâwi theihna tûr” tihna a ni. Dik tak phei chuan, “hmâi” tih pawh hi Grik tawngah chuan lemchang thiamten (actors) an bun thin hmâikâwr nân hian thuhmun a ni a; chu chu lemchang thiamin tu emaw lem a chan sawina atân pawh hman thin a ni baw. |awngkam dang sawi chuan, hêng mîte hi lem chang thiamte ang mai an ni a, an thu sawi lo ngaithlatute lawm zâwng sawi chu an tum ber a ni a tihna a ni. Hnam thenkhatah chuan, mi dangten an pawm nih hi thil tûl tak thîn ve baw a, hêng mîte pawh hian Galatia khuua Juda awmte leh Jerusalem khawpuia an Juda Kristianpuite zah hlawh nih an duh avângin zirtîrna dik lo an zirtîr mêk a ni.

Paula hian an thiltumte zînga pakhat chu a sawi chhuak a—chu chu tihduhdahna pumpelh a ni. Tihduhdahna hi taksaa hrehawm intawrhîrna angah kan ngai deuh ber a, chutih rual chuan zak taka insiam leh huho zînga tel ve lova dah chhuah nih pawh hi tuar hrehawm tak chu a ni ve tho mai. Amah Paula leh Judai rama mi thahnemngai fâl thenkhatte pawh khân a hmasa zâwk ang hian, Kristiante chu an lo tiduhdah ve tawh thîn a nih kha (*Gal. 1:13*); mahse a hnuhnûng zâwk

ang hi hmanga intihduhdahna pawh hian Kristiante zingah nghawng a nei ve tho a ni.

Khawi hmun hmuhahate emaw chuan Juda sakhaw hruaitute khân huhâng an la nei ve reng tho a. Rom sawrkâr remtihna/pawmpuina nei an ni leh nghâl a; chuvâng chuan Juda ringtu tam tak pawhin anni nêna inlaichinna tha neih hi an duh rêng a ni. Jentail-te chu serh an tantîr theih a, Mosia dânte an zawmtîr thei a nih chuan Juda pangngaite nên pawh lungual tlânna an nei thei dâwn niin an ngai a. Chu chuan inkhâwmna in (sunagog) hotute nêna thian tha takah a siam theih dâwn mai bâkah, Jentail-te zînga hna an thawh mêk pawmsak thei chiah lotu Jerusalem-a Juda Kristiante nên pawh inlaichinna nghet zâwk a siamsak bawh ang (*Tirhkohte 21:20, 21*). Chu mai pawh chu a la ni lova, chutianga a tih chuan Juda pangngaite zînga rawngbawl pawh a hnip deuh hlek tawh dâwn a ni.

A eng ber hi nge Paula rilrua awm chu ni tih hre chiah lo mah ila, a sawi tum erawh a chiang hle: “Krista Isuaa Pathian ngaihsaka awm tum zawng zawngte chuan tihduhdahna an tuar ang” (*2 Tim. 3:12, NKJV*).

**Hêng mîten zirtîrna dik lo eng eng emaw an zirtîr nachhan hi ngaihtuah la. Anmahni ngaihdânah chuan tihâwm tak a ni ve tho mai. Heta tang hian kan tum chu “tha” hle mah se, kan fimkhur hle loh chuan min hruai bo daihtu a ni thei a ni tih engtin nge kan hriat theih ang? Tum tha tak neia ti i ni tho chung a thil dik lo tak tih eng emaw i nei ve tawh em?**

THAWHLEHNI

**KRAWS CHU CHHUANGIN** (*Galatia 6:14*)

**“Kei erawh chuan kan LALPA Isua Krista kraws lo chu ka chhuan loh tûrza mai chu, chumi zârah chuan**

**khawvêl hi ka tân khenbehin a awm ta, kei pawh khawvêl tân khenbehin ka awm a ni”** (*Gal. 6:14*).

Paula hian mi thenkhatin serh tan ngei a ngai nia an hriatna chhante chu a sawi chhuak a, chumi hnu chuan a tâwp nân a thuchah puan chu, a khâikhâwmna ni pah fâwmin, a sawi lang leh hrâm a. Ani ngaihdân chuan chanchin tha hi thil pahnihah a inngat a: 1) Kraws chu a laimu ber a nihnaah (*châng 14-na*) leh 2) thiam chantîrna thurinah te a ni (*châng 15-na*). Vawiin zirlai bikah hi chuan a hmasa zâwk hi kan khel ber tûr a ni ang.

Keini, kum zabi sawm hnih pakhatna huna chêngte tân hi chuan Kraws chungchâng Paulan a sawi a (*Gal. 6:14*) anmahni a thâwn nat dân tûr kha suangtuah thiam a harsa angreng a. Tûnah hi chuan Krista Kraws hi kan hmêlhriat tlâng tawh khawp a, mi tam tak tân chuan chhinchhiahna mâwi leh hmuh nuam tak a ni nghe nghe. Paula hunlai erawh kha chuan Kraws hi chhuanawm tlâk nia ngaih a ni lêm lo va, thil zahpuiawm tak nia ngaih a ni zâwk. Juda-te ngaihah phei chuan Messia ni ve si khenbeha a awm daih mai chu thil huatthlala tak a ni a, tin, Rom-ho pawhin kraws-a inkhenkeh kher hi chu thil tuihnai lo takah an ngai a, Rom khua leh tui nihna neite hremna tûr hrang hrang a ziahah pawh an telh ve lo.

Hmanlai mîten Krista kraws an hmuhsit tûrza chu an lemziak hlui tak pakhata mi an khenbeh lai lem an târlan dânah pawh hian chiang takin hmuh theih a ni a. Chu lemziak chu kum za bi pahnihna vêla mi niin, mi pakhat, a lû sabengtung chu khenbeh a ni a. Kraws hnuai chiahah chuan mi pakhat, a kut phar chhuak lai lem hi dah niin, “Alexander-an a pathian chibai a bûk” tih thu hi a intâr nghe nghe bawh. A awmzia chu: Krista kraws hi nuihzabûr a ni tihna a ni. Chutianga boruakah

hnuaiáh chuan huaisen takin Paula hian Krista kraws chauh lo chu thil dang engmah a chhuan loh tûr thu a puang ta a ni!

**Krista kraws hian Paula leh khawvêl inlaichinnaah eng danglamna nge a thlen le?** *Galatia 6:14; Rom 6:1–6; 12:1–8; Philipi 3:8.*

Kraws chuan ringtute tân thil engkim a thlâk danglam vek a. Keimahni kan inhmuh dân mai bâkah, khawvêl nêna kan inlaichin dân pawh chhût tha leh tûrin chona min pe bawk. He khawvêl hi chuan—a chhûnga awm sualna chi hrang hrangte nêh hian (*1 Joh. 2:16*)—Pathian an do tlat a. Krista nêh kan thih dun tawh avângin khawvêl hian a thu hnuaiáh min dah thei tawh lo va, khawvêl tâna kan lo nun thin nun hlui kha a bo ta bawk. Paula sawi ang hian ringtute leh khawvêl lo inthen hran tâk dân chu inthihsan tawh ve ve an nihnaah hian a ni tûr a ni.

**Kraws hian khawvêl nêna in inzawmnaah eng danglamna nge a lo thlen ve tawh le? I nunah eng danglamna nge a siam? I tâna thi LALPA tâna i inpêk hmaa i nun dân kha i inpêk hnua i nun dân nêh engtiang chiahin nge a danglam?**

**NILAINI**

**THIL SIAM THAR**

SEPTEMBER 27

Kristiante nuna Krista Kraws pawimawhzia a sawi hnuaah, a chanchin tha kena thil pawimawh tak dang chu a sawi leh a, chu chu: rinna avânga felna thu hi a ni.

Tûn kuartar chhûng zawnga kan hmuh tâk ang khân Paula hian a nihna takah chuan serh tan chu chanchin tha nêna thil inkalh tlat niin a ngai a ni ber a. Mahse serh tan hrim hrim hi a dodâl chu a ni chuang lo.

Serh tan kher chu tûl a tih lohzia vawi tam tak a lo sawi tawh a; mahse serh an tan loh mai avânga Pathian lawm hlauh ni tûrah erawh inngai lo tûrin a hrilh tho a ni. A chhan pawh, thil eng emaw kan tih avânga mi fela chhiar ni tûra inngaihna leh thil eng emaw kan tih loh avânga mi fela chhiar ni tûra inngaihna te hi a nihna takah chuan ang khat reng a nih vâng a ni. Thlarau lam thil zâwnga sawi chuan, serh tan chungchâng hi chu khel khel tûl pawh a ni lêm lo. Sâkhaw biak dân dik chu pâwn lam lang theiah ni lovin, mihring thinlung awm dân zung kaih zâwk a ni a. Amah Isua ngei pawhin a lo sawi tawh angin, pâwn lamah chuan mâwi leh ropui tak anga lang siin, chhûng lamah erawh kan tawih chhe hle thei tlat a ni (*Matthai 23:27*).

**Thil siam thar nih awmzia chu eng nge ni? Galatia 6:15; 2 Korinth 5:17. Engtiang chiahin nge chutiang chu i nunah khân i lo tawn ve tawh le?**

Grik tawnga “thil siam” tih an sawina chu *ktisis* a ni a. He thumal hian “thil siam” mal tê tê-te a kawh thei rualin (*Hebrai 4:13*), khawvêla thil siam awm zawng zawngte pawh a kâwk thei tho bawk a (*Rom 8:22*). A khawi ve ve-ah pawh hian Siamtu’n thil a tihte a kâwk zêl a ni. Chu tak chu Paula sawi tum pawh hi a ni a. “Thil siam thar” nih chu mihringte thiltih—serh tan a ni emaw, thil dang a ni emaw—avânga lo thleng thei a ni lo. Hetianga thil lo inthlâk danglam ta hi Isua chuan “piang thar” tiin a sawi thung a (*Joh. 3:5–8*). Pathianin thlarau lama thi tawh mihring a kaitho leh a, thlarau lam nunna thâw a pêk thar leh thu sawina a ni. Hei hi chhandam kan lo nih dân sawina niin, Paula hi chuan rinna avânga thiam chantirna tiin a sawi thîn.

Hetianga thil siam thar kan lo nih tâk dân hi Paula vêk hian chipchiar deuh zâwkin 2 Korinth 5:17-ah sawi a. Chutah chuan thil siam thar kan lo nih chiah hian

vânram lehkhateu kan dinhmun chu a inthlâk danglam ta a ni mai lo va, kan ni tin nun dânah pawh danglamna a thlen bawh thîn a ni a ti. Timothy George-a chuan ti hian a sawi zau va: “Thil siam thar tih awmzia chu a pum puia pian thar hlawkna tihna a ni ber: Thlarau Thianghlim hnathawh chuan sual simna leh rinna lamah mi a hruai a, ni tina tihthih ngaite tithi a, tihnun ngaite tinung zêl bawkin, Krista ang kan lo nih tak tak thlenga thianghlimna kawnga than chhoh zêlna a ni.”—*Galatia*, p. 438.

Thil siam thar kan lo nih tâk avâng maia thiam chang tûr erawh chu kan ni lo va. He inthlâk danglamna hi thiam chantîr tawh kan nihzia lantirtu tûr zâwk a ni.

#### NINGANI

SEPTEMBER 28

#### THU HNUHNÛNGTE (*Galatia 6:16–18*)

**Paula hian “chumi dân anga awm apiangte chungah chuan remna leh khawngaihna awm se” a duh hle a (*Gal. 6:16*). Heti laia “dân” a tih hi eng nge ni ang?**

“Dân” tia an lehlina thumal hian lungremtute leh mistiriten thil tehna atâna an hman thin tiang ngil tak a kâwk a. Hun a lo kal zêl a, thil eng emaw a dik leh dik lo tehna atâna hman tehfunge leh dante sawina atân pawh hman a lo ni ta zêl a ni. Entîr nân, Thuthlung Thar canon tia an sawi chuan, Thuthlung Thara lehkhahu awm sawm hnih leh pasarihte an sawina a ni a, hêngte hi kohhran thurin leh thiltih tehfunge atâna thuneitu sâng ber niin kan ngai bawh. Zirtîrna thar eng emaw lo chhuak ta se, chu zirtîrna chu hêng lehkhahuten an zirtîr dân nêna inrem lo a nih chuan pawm loh tûr a ni.

**Paulan a taksaa “LALPA Isua chhinchhiahna” a putte chu eng nge ni? Chûng chhinchhiahna a putte avânga mi tu mahin an tihbuai tawh loh tûr thu a sawi**

**hi eng nge ni a awmzia? Galatia 6:14 hian min chhânsak thei em?** *Galatia 6:17; 2 Korinth 4:10; 11:23–29.*

Heta “chhinchhiahna” tih thumal hi Grik tawng *stigmata* atanga lo kal a ni a. Paula hian hetih hunlaia an chîn thin, salte taksaa an pute hming an chhut kai ang kha a sawi a ni maithei a, a nih loh pawhin, sakhaw thenkhata a zuituten an zuia laka an inpêk zawhzia an tihlanna ang chi pawh kha a ni zâwk maithei bawh. A enga pawh chu lo ni se, “Isua chhinchhiahnate’ a put thu Paulan a sawi hian tihduhdahna leh harsatna eng eng emaw a tawh avânga a taksaa ser nung lo awm tate kha a sawi a ni tih rinhlel rual a ni lo (*2 Kor. 4:10, 11:24–27* en la). Chutih laiin, amah dotute hian Jentail-te chu Juda sakhuaah an inhnim lût ve ta a nih tih chhinchhiahna atân serh tan chhinchhiah nei tûrin an lo phût ve sek bawh si. Nimahsela Paula hi chuan tu sal nge a nih tih tilangtu chhinchhiahnate a nei a, ani hi chu Krista lakah chauh rinawm tûr a ni. . . . A pû rawng a bâwl laia a hmêlmâte hnên atanga a dawn serte hian Krista tâna a inpêk zawhzia a tilang Chiang hlê a ni.”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 989.

**Isua i rin avânga taksaa emaw, thil dangah pawh ni se, “chhinchhiahna” i lo neih ve tawhte chu eng nge ni? |awngkam danga sawi chuan, i rinna avâng khân eng thilte nge i lo chhân/tawrh ve tawh le?**

#### ZIRTÂWPNI

SEPTEMBER 29

**NGAIHTUAH ZUI TÛR:** “Kalvari kraws chuan lei leh hremhmun thiltihtheihna zawng zawngte hi a cho va, chu mai chu ni lovin, a la tiboral vek dawn nghe nghe a ni. Kraws-ah hian thil zawng zawng a inthlung khâwm vek a, heta tang hian an kal chhuak vek bawh. Mite mit fûk

rawna ber a ni a, hetah hian Krista chuan mihringte tân a nun a hlân a ni. He inhlanna hi a tîra siam an nih dân ang taka tha famkima mihringte awmtîr lehna tûr a ni a. An nungchang pum pui thlâksak hlawk a, hnehtu âia ropui zâwk dinhmuna siamna tûr a ni.

“Krista chaknaa Pathian leh mihring hmêlma hnehtu chu vânrâm an luh hunah suala tlu ve lo vântirhkohte dinhmun âia chungah dah a ni dâwn a. Krista chuan ‘Kei hi lei ata khaikâna ka awm a nih chuan keima lamah mi zawng zawng ka hîp ang’ tiin a sawi a. Kraws hian huhâng a hmu lo a nih chuan amah zâwkin a siam mai dâwn a. Chhuan pakhat atanga chhuan dang leh thlengin, a hunlai mil zêlin thutak hi puan chhuah a ni thîn a. Krawsa khaikân Krista kha khawngaihna leh thutak intawhna hmun a ni a, felna leh remna infawhna hmun a ni bawk. Hei hi khawvêl chêtirtu tûr chu a ni. (MS 56, 1899).”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1113.

#### SAWI HO TÛRTE:

- ❶ **Paulan a lehkhathawn sawi hawn nân leh khâr nâna Pathian khawngaihna tih thu a hmang thin hi eng nge a pawimawhna i hria em?** *Gal. 1:3* leh *6:18* te hi khaikhin la.
- ❷ **Paulan “khawvêl laka khenbeh” a nih tawh thu a sawi a, chuti a nih chuan, Kristiante leh khawvêl inlaichîn tawn dân tûr ni ta chu eng nge ni ang? Khawvêla an thih tawh si chuan kan chheh vêla thilte humhalh te, chi leh chi inthliar hranna do te, leh nau tihtlâk tihtâwp te hi thil tûl a la ni fo dâwn em ni?**
- ❸ **Paulan “thil siam thar” a tih hi kan lo chang ve tawh a ni tih engtin nge kan hriat theih ang?**

- ❹ **Tûn kuartar zirlai atang hian hêng thupui hrang hrang: dân, dân thiltihte, rinna avânga thiam chantîrna, thuthung hlui leh thar, Krista thiltih leh, Kristian nun chungchânga Paula thlîrna chu engtin nge i khaikhâwm ang?**

**KHAIKHÂWMNA:** Sâkhaw biak dân dik tak chuan pâwn lam lang thei chauh ni lovin, thinlung awm dân pawh a ngai pawimawh hle. Kan thinlung hi Pathian hnênah kan hlan tawh a nih chuan rinnaah thang lian chho zêlin kan nun pawhin Krista nungchang ang kha a lan chhuahtîr nasa telh telh ang. Thinlung chu Krista hnênah a intulût ngei tûr a ni a; chutianga a intuk luh hunah chuan thil dang zawng pawh a lo thleng ve chhawm mai dâwn a ni.

**MORNING WATCH  
JULY 2017**

171

172

**MORNING WATCH  
AUGUST 2017**

1.	Sabbath	2 Samuela	13:1
2.	Sunday	2 Samuela	13:19
3.	Thawhtanni	2 Samuela	13:3
4.	Thawhlejni	2 Samuela	15:3, 4
5.	Nilaini	2 Samuela	15:31
6.	Ningani	2 Samuela	15:32
7.	Zirtawpni	2 Samuela	16:1
8.	Sabbath	2 Samuela	16:5, 6
9.	Sunday	2 Samuela	17:27-29
10.	Thawhtanni	2 Samuela	18:19
11.	Thawhlejni	2 Samuela	15:21
12.	Nilaini	1 Lalte	2:5
13.	Ningani	2 Samuela	19:13
14.	Zirtawpni	2 Samuela	20:1
15.	Sabbath	2 Samuela	21:1
16.	Sunday	2 Samuela	21:15
17.	Thawhtanni	2 Samuela	23:16
18.	Thawhlejni	1 Chronicles	29:29
19.	Nilaini	2 Samuela	24:18
20.	Ningani	1 Lalte	1:3
21.	Zirtawpni	1 Lalte	1:5
22.	Sabbath	1 Chronicles	24:3
23.	Sunday	1 Chronicles	24:10
24.	Thawhtanni	1 Chronicles	25:1
25.	Thawhlejni	Sam	73:16, 17
26.	Nilaini	1 Chronicles	15:22
27.	Ningani	2 Samuela	23:20
28.	Zirtawpni	1 Lalte	3:8, 9
29.	Sabbath	HlaThlankhawm	6:13
30.	Sunday	1 Lalte	17:13, 14
31.	Thawhtanni	1 Lalte	10:1

1.	Thawhlejni	1 Lalte	11:14
2.	Nilaini	1 Lalte	11:26
3.	Ningani	1 Lalte	11:29
4.	Zirtawpni	1 Lalte	12:8
5.	Sabbath	1 Lalte	13:1
6.	Sunday	1 Lalte	14:13
7.	Thawhtanni	1 Lalte	14:25
8.	Thawhlejni	2 Chronicles	13:15
9.	Nilaini	2 Chronicles	14:2, 3
10.	Ningani	1 Lalte	15:25, 26
11.	Zirtawpni	1 Lalte	16:2
12.	Sabbath	1 Lalte	16:8
13.	Sunday	1 Lalte	16:9
14.	Thawhtanni	1 Lalte	16:23
15.	Thawhlejni	1 Lalte	21:25, 26
16.	Nilaini	1 Lalte	17:2, 3
17.	Ningani	1 Lalte	21:23
18.	Zirtawpni	1 Lalte	17:9
19.	Sabbath	1 Lalte	18:3, 4
20.	Sunday	1 Lalte	20:23
21.	Thawhtanni	1 Lalte	20:42
22.	Thawhlejni	1 Lalte	21:1
23.	Nilaini	1 Lalte	22:8
24.	Ningani	2 Chronicles	19:9, 11
25.	Zirtawpni	2 Lalte	1:2
26.	Sabbath	2 Lalte	1:13
27.	Sunday	2 Lalte	2:9
28.	Thawhtanni	2 Lalte	2:23
29.	Thawhlejni	2 Lalte	3:18
30.	Nilaini	2 Lalte	4:1
31.	Ningani	2 Lalte	4:9, 10

**MORNING WATCH  
SEPTEMBER 2017**

173

1.	Zirtawpni	2 Lalte	4:39
2.	Sabbath	2 Lalte	5:17
3.	Sunday	2 Lalte	5:3
4.	Thawhtanni	2 Lalte	5:20
5.	Thawhlejni	2 Lalte	6:6
6.	Nilaini	2 Lalte	6:17
7.	Ningani	2 Lalte	7:2
8.	Zirtawpni	2 Lalte	7:9
9.	Sabbath	2 Lalte	8:12
10.	Sunday	2 Lalte	8:19
11.	Thawhtanni	2 Lalte	9:6
12.	Thawhlejni	2 Lalte	9:27
13.	Nilaini	2 Lalte	10:15, 16
14.	Ningani	2 Lalte	11:1
15.	Zirtawpni	2 Lalte	11:2
16.	Sabbath	2 Chronicles	24:14
17.	Sunday	2 Chronicles	24:8
18.	Thawhtanni	2 Chronicles	24:20
19.	Thawhlejni	2 Lalte	13:4
20.	Nilaini	2 Lalte	13:14
21.	Ningani	2 Chronicles	25:2
22.	Zirtawpni	2 Lalte	14:25
23.	Sabbath	Jona	1:9
24.	Sunday	Jona	1:16
25.	Thawhtanni	Jona	3:6
26.	Thawhlejni	2 Chronicles	26:5
27.	Nilaini	Amosa	7:14, 15
28.	Ningani	Amosa	7:10
29.	Zirtawpni	Hosea	1:2
30.	Sabbath	Hosea	1:6, 8, 9