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A sung a thu
kiswahte editorial board
ngaihndan ahivek
kei.

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Editorial 



SUAHTAKNA

Galatia-te 5:1. *“Noplen dingin Kristin a honsuaktasaktaa, huaijiakin ding kip unla, bawi hakkol ah jaw lut nawnta kei un”*

Sapte'n India gam ah 1600 lak vel in East India Trading company chiin sumsinna khukpi khat a hongpankhia uhi. Sepaih thahatna zangin India gam sung a Kumpi tuamtumte dou in lalgam hon tungkhia ua, huchiin India tuh amau thunuai a om honghi maimah hi. Sapte thunuai a om ninhuai lua ahibban ah khantouhna omngeilou ding ahi chiin Pu Mahatma Gandhi, Pu Nehru, Pu Netaji leh mituamtum te panlakna leh makaihna in suahtakna /zalenna hon sual ua, sisan naisan tampi aluan nung, luang leh ban tampi akikham nung August 15, 1947 in suahtakna / Indipendent honngahpihta uhi. Mahni kitoudelh zoulou a midangte thunuai a koltan kik khak ding lau in India kumpi te'n banglam peuh a mahni kitoudelh zoh ahihna dingin theihtopin pan honla ua tuni chiangin India tuh gam khangtou, leitung a mite theihphak leh etton ahonghita hi.

Awle! Eite leng itanna uh Setan sal apan suahtakna Jesu Krist in hon bawlsak a, hiai isuahtakna uh / izalenna uh mahni utzawng hiam mahni deihdan mai a zatding hilou in Jesu Krist a dia atamthei pen zatding, setan sal a itankik louhna ding ua Jesu Krist a om gige ding, dinkip ding ahi chiin LaiSiangthou in hon hilh hi.

Setan sal apan suahtaksak in iom hiam, tuni chiangchiang iding kip na hiam kivelchiatni chiin ikichial uhi. Simtute tengteng Toupa' hon vualzawl hen.

India **Khristiante** *theih dingin*

Thupatna: Christian kichi AD 52 kum a, Saint Thomas in Chennai State a Gospel khovak honpuak lut apan in, India gam ah Christian chi a kimin lohna hong kipan hi. Hinduism biakna ahieh BC 3000 lam apan in ana kipan a, tuni tan in India gam ah masuan mahmah uhi. Hindu sahkua in thuneihna liantak a neilai in, Muslim te India a honglut in, Thuneihna leh Muslim lenggam lian tak hongtung khia ua. Sapkangte'n 1608 vel in Bristist East India Company chi a ki-minloh in, India gam a sumdawng ding in honglut ua, amaute Portuguese leh Danish leh gamtuam tuam in, honzui in, 1891 tan in British in India gam ah sumdawwna leh Gamsung kivaihawmna tengteng amau thunuai a koih in, kum 200 val vingveng thuneihna tengteng india gam ah kilak uhi. Huchin, 1857 kum a kipan in, Rani Laxmi Bhai, Subash Chandra Bose, Mahatma Gandhi, Jawaharlal Nehru te makaihna in zalenna ana sual ua, August 15th, 1947 in Britishte khut apan zalenna ngah in, tuni in Eimah thuneihna nuai ah i omta uhi. Himahleh, Tua zalenna i ngah ma-leh-nung in leng, India gamsung ah sahkua leh Mi-Naam a, kihuatna in nasatak in zung ana kai a, tua in igam uah muanna leh lemna taktak om theilou in, i khosa denlai uhi. Banghang a tua bang ki huatna, ilak a om hiam chih saulou genkhawm leng i chi hi.

India gam a sahkua lian deuh:

India gamsung ah sahkua (Biakna) tamtak om a, a om teng leng ginseng ding ahi kei hi. Hiai biakna neite lak a, sahkua lian mahmahte tuh Hinduism, Jainism, Buddhism, Sikhism,

Sanamahi leh a dang tampi om hi. Huan, India gam i chih sahkua thak din khiak/Muh khiak na munpi khat ahi hi. Tuni Chiang a, sahkua biakna neite lak a, a lian mahmah bangzah hiam "Operation World" in 2014 kum in hiai bang in gen hi.

Serial No	Sahkhua	Population	Percentage %
01	Hindu	902,711,323	74.32 %
02	Muslim	172,453,932	14.20 %
03	Sikh	22,589,036	1.86 %
04	Buddhist	9,958,607	1 %
05	Christian	71,011,000	5.84 %

Hiai a i taklat louh leng sahkua tamtak om lai hi. Hiai apan bang i muthei hiam i chih leh, Christian kichi India Gamsung a, a tawm dan leh Pathian hing theilou ban ah, milim biakna nei a tam dan mukhiak theih hi. Tuabang a hihlai in, India gam a, biakna nei peuhmah in khanlam nawt chiat uhi. Tuabang biakna omte lak a, khang hat mahmah tuh Hindu fundamentaliste ahi. Huan, hiai Hindu fundamentaliste'n Ei-Christian gingtute leh sahkua tawmte a ding in, I khang ding uh nasatak in hondal ua, maban ah tuasang a nasazaw in dal/Nan honsawm lai uhi. Hiai in sahkua vai ah, kihuatna nasatak in khang sak a, tua in igam ah lemna leh muanna dengdel sak hi. Adiak in Hindu sahkua apan dalna hontunte, RSS, VHP BajrangDal, Shiv Shena chihte ahi uhi. Achihleh RSS i chihkuate ahia, chih saulou i enkhom ding uh.

Rashtriya Swayam Sevak Sangh (RSS) tup-leh-Ngim:
Rashtriya Swayam Sevak Sangh

(RSS) kichin 1925 in Madhukar Dattatreva @ Keshav Baliram Hedgewar in Nagpur ah phutkhia hi. Keshav Baliram Hedgewar zoh in heutu hihna M.S. Golwalker, a tangpi a theihdan in "Guruji", kichi in hon makaih a, Tup-leh-ngim kichiantak Guruji makaihna in honbawl khia uhi. Huaite bel: India gam Nam khat (Hindu nam) ana piching sa, puahphat a India gam a om teng, Hindu naam suahsak ding; Sahkhua khat (Hindu sahkua) India gam a teng peuhmah in zuih chiat ding, azui utloute India khua-leh-tui diktak hilou chi a pom ding, chihte ahi hi. A makai lian pen ding un, "Sarsang Chalak" chi in min vuah ua, amau Political wing a kithuah pih ding in BJP nei ua, BJP toh kithuzak gige in, India gamsung pumpi ah nasep pan uhi. M.S. Golwalker, @"Guruji", in a gen dan in, hindu hilou; Muslim, Christian leh Communiste tuh hiai min pia hi.

- a) Khualzin mi,
- b) Tenna mun kip neiloute

- c) Galtaite
- d) Galbawlte
- e) Mi lauhuaite
- f) Mi khem hatte
- g) Amah tenna gam doumite-leh Amah tenna gam douna a pang mite.

Mahatma Gandhi ana that ua, December 1992 kum in Babri Masjid ana susia ua, tuni tan in India gam buaina asuak den lai hi. Christiante a huatna mahmah uh khat tuh Hindi leh Sanskrit limsaklou a, English i ngaihsan ziaak leh English pau i hahzat ziaak uh ahi hi.

Adiktak a gen in M.S. Golwalker, @"Guruji", in amah hunlai in, BJP makai tallang mahmah LK. Advani, Atal Behari Vajpayee, M.N. Joshi chihte RSS training centre ah, nasatak in sinsakna ana pia hi. Amau India Constitution kichi India mite deihdan toh a kituahlouh ziaak a, Indian Constitution bu etthak ding ahi chi ua, British in 200 India a thuneih khum sung a, India adia asuksiatte sang in, Indian Constitution in India te adia, asuk siat a tamzaw chi uhi. Huaiziak in, Atal Behari Vajpayee India Prime minister ahihlai in, siamsinte text book review honbawl ua, Astrology kichi

school leh College a sinsakna piak ding in lem honsa uhi. Hiai text book review honbawl uh mitamtak in a deihlouh thu hontang koupiah uhi. Tuni chiang in Narendra Modi Govt. nuai ah, nasatak in ma honsawn ua, E-ite'n na Manipur tan ah BJP in Government honbawl zou uhi.

Government toh pangkhawm in, a tup-leh ngimte uh sepsuahna ding in hiaite ah pan honla uhi.

1) Education Tungtawn in: Hindu sahkua laibu a atamthei pen lehkhiaak a, School naupangte syllabus a guanglut ding tup pen in nei uhi.

2) Ram Krishna Mission: Khotang a dia na hoihsepna tungtawn a gamlakna ahi, India malsak State mun tuamtuum ah hiai na sepna dingin Ram Krishna Mission achi ua, mun tuamtuum apat in omta hi, Meghalaya a om Sohra, Cherapunji ah Center liantak a nei ua, Meghalaya State kia ah leng center 37 sang a tawmzaw lou hon in omta hi.

3) Damdawi Tungtawn in: Damdawi lam ki etkolna tungtawn a malak na tuh a khauh paipih

mahmah uh ahi. Tulai a AYUSH kichi tuh a malakna uh liantak khat ahi chih ngaihdan nei om uhi, AYUSH kichi tuh “ Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homeopathy” chihna ahi. Tulai in State sorkal nuai ah Directorate of Health Services ten AYUSH kichi Wing khat a aneih uh a thangkam na uh ahi thei mai diam?

Tuni a i ngaihpoimoh ding ua, deih huai tuh RSS te tup-leh-Ngim lak a tel, India a Christiante, Hindu Christian suahtak ding, Muslimte Hindu Muslim suahtak ding chih ahi. Hiai ding a utloute, Hitler in Jews te a bawl bangbang Hindu sahkua leh tawndan zui utloute tung a piak ding chih ahi hi. Himahleh, Pathian in hunhoih honpia lai a, tuni tan in Ei-te’n nagam Manipur ah, thagum a kinohna omnailou hi. I kim-leh-kiang a thiltungte i etchiang in, maban ah hiai bang kinokna hongtung kei ding i chi ngam tuan kei hi.

Thumna in i pang ding uh:

Hiai khovel siatna lak apan i suahtak theihna ding un, Paul in Timothy kia a chihbang in, “...a masapen in, thilnget thumnate,

thumna himhimte, thumsak-nate, kipahthu genna te, mi tengteng ading a bawl sak dingin ka hon hasuan hi; Kumpipate leh thuneite teng teng ading inleng; Pathian limsak leh zahtakhuai taka kituaka khamuang a I om theihna dingin” (2 Timothy 2:1-2).

1) India gam a vaihawm:- MP, MLA, MDC/ADC, Panchayat member leh Govt. Nasemte, Sepoyte, Doctor te’n a sep ding bang ua, a septheihna ding un.

2) Pastorte, Missionaryte, Bible School leh College te, Pathian thugen a kuante, Pathian phatna Lasa te, Sum-leh-Pai saite’n ahihna bangbang ua, aseptheihna ding un.

3) Lungmuangtak a Pathian na isep theihna ding leh om theihna ding un, Neneveh khopi ngaiipoimoh Pathian in India leng s ngaiipoimoh chi hi mangngilh louhna ding un.

Thukhitna: Igam sung ua thiltungte theih chetna, thumna leh Nasep a Pathian deihlam zong a, pan ilak ding uh kisam hi. Nang thumna zia a, India gam a gingtu a kibehlap a, bittak a om ua,

Gospel a khan semsem ding ahi. I gam (India) a thiltungte thei a, Pathian adia pang semsem di'n simtute Toupa'n hon ompih chiatta hen.

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Indian Independence

- Elder Emeritus Thuamson hangzo, M. A
Rayburn Presbyterian Church



A.D 1600 in East India Company min in India ah sapgam a England mite sumdawng in hong lut pan uhi. A lohching mahmah ua, gam lianpi a hon neita uh. Sumsin company a dia etkol vual ahiah nawn louh ziakin British kumpinu kiang ah a pekheta uhi. Bristish kumpite'n India a leng (hausa) 500 val omte gam abanban in a laksak ua, lenggam nih a kinak chiangun khatpen panpih in a vuallel pen a thunuai uah a koih ua, a panpih pen uh lei man tampipi a ki pe sak uhi. Mi kinasak in a gam uh laksak in a gam leh thuneihna uh a keklian tultul ua, tawp in India gam pumpi neitu a suak uhi.

Kum 200 khawng a ukkhum nungun Indiate'n leng chimtak gawp in kiphinna chi tuamtuam, non-violence khawng zang in a hel nilouh uhi. Chimtak huai mah zaw ahi. Etsakna in Punjab a Jalianwala mun bang a lutna leh pawtna lampi khat kia om, Bristish sepaihte'n General Dyer makaih in a buluh ua, mi tampi petmah a kaplum uhi. India te leng Mahatma Gandhi, Jawaharal Nehnu leh leader dangdangte makaih in Independence (mahni ki-ukna) hon phut (demand) ta ua, sisan tampi luan nung leh mihin gluang tampi kikham nung, banah haksatna gen vuallouh a thuak nung un kum 1947 August 15 in Independence a ngahta uhi.

Independence a kum 1947 – 1950 kikal amau leh amau kivaihawm sungun dan bawl pawl (Parliament) in thupukna abawl chiangun Bristish Kumpinu' suai (signature) a thu passed uh lemsakpihna a ngai hi. Danbupi (constitution) khovel a sau pen, Article 144 leh Schedule 10, Dr. Ambedkar, Chairman na nuai ah hon draft ta ua, khovel a gam tuamtuam, Bristishte, America-te, Irish-te leh gamdangdangte' constition hoihna teng a lakhawm

uhi. Leitung a constitution saupen ahi a, kaihkawi theihna ding a tam ziakin dansiamte paradise (lawyer's Paradise) a chi hial uhi.

Kum 1950 January 26 in Republic a hon mu ua, A dan bawltute uh amau mah in kitel uh, India President in lemsakpihna in suai kaihkhum hi, Bristish kumpinu suai lak ngainawn lou in. A gendan tuam deuh in gen leng, khang kiguizuih kumpi omlou chihna ahi.

Hiai akipan zil tuak khat tuh Aigupta gam akipan a Mosi in Israelte a pi-khiak lai in, tuipi san hon kan chiang un, zalen ahita ua, Aiguptate a lau nawn kei uhi. Mihingte'n leng Jesu Khrist i mimal adia Hondampa leh Kumpi dia i pomchiangin setan thuneihna akipan suakta a, zalen (independent) ihita hi. Himahleh theihtuak khat tuh Israelte'n tuipi san hon kan zoh un gamdai-gamkeu ah nopna leh haksatna tampi, tamveipi hon tuak ua, Aigupta a piangte tengteng Kanan gam ava etkhiakna ua report diktak leh hangsantak a pete Joshua leh Kalep chih louh siah gamchiam, Kanan gam tunglou in a pullum sipsip uhi.

Eite'n leng Jesu hon gupna gingta a, pom taktakte kia in khovel Aigupta nusia in Pathian in hon chiam vangam i tung ding uhi. Jesu

gingta in huchi'n Hotdam in na om ding a, setan thuneihna akipan in independence (zalenna) na mu ding. Halleluia! Amen.

TOUPA'N

Nang adi'n sehsa a nei

- Minlun,
Delhi Presbyterian Church

“Nou a dia ka thil gel, siatna hilou a, lamzanna, tu-nunga adia lametna na neih uh, kei kia theih ahi” Jeremia 29:11

Khovel a mihing khat hi dia i piankhiak ngal leh vual toh tanbang kim a len sam ding ki ut chiat hi. Huai mah tuh nu-le-pa'n hon deihsak pen leng ahimmanin huai dingin neu akipan in chiil in ki om pah hi. Himahleh i hong khanglian hiai-hiai a, hinkhua lamsuk leh tou tawn a, bah leh ngui a i hong puk hun in thou tou a dingtang nawn kichi tamtakte adi'n haksapi suak hi.

“Ka hihkhial a ka pukta, kei zaw lohchinna ngah di'n ka chin nawn kei, ka khelhnate ziakin nawlkhin in ka omta ding. Ka hinkhua khimbang in a zing” chi in lametna himhim nei nawn lou a hinkhua zat hong baihlam mahmah hi. Hiai bang hun in bangchi'n ma i sawn zel ta dia le?

Mak ka sak mahmah khat ahiehleh hiai laigelh thu patna ka zoh toh kiton in ka whatsapp group khat ah message hong lut a, ka et leh Rev. Dr. Kh. Khaizakham in unaunu Hoineilam Haokip, Gospel singer testimony a genna hon khak ana hikha chet hi. Ka laigelh khawlsan in hiai testimony ka ngai a, mittui luang zoihzoih kawm a agen ahiehziak le himai thei, ken leng mittui pawt hial in ka ngai sam hi. Joel Osteen leh a tapa tanchin pansan a hiai thupi gelh ka sawm tuh unaunu testimony gen in hon zoh luat ziakin ama tanchin pansan a gelh zaw ding in ka ngaihtuahna ka kheng hial hi.

BA a simlai a apa'n natna liantak a neih ziaak a si ding dinmun a lupna ngak a aom lai in inkuan khosak haksatak a Pa tellou a khosak ding a ngaih ngam louh ziakin a Pa damna ding ngetsak in thumna mual khat ah ni 7 sung hilhial ann ngawl in a naunu toh thumna hun zang uhi. Zingkal khat lel ann ngawl kichi leng haksapi himahleh a Pa damsuaah ding deihna in theihtawp in thum hi. Himahleh a lungkiat huai mahmah tuh, huai thumna dawn in aom kei a, sawtlou nungin a Pa'n a mualliam san veve hi.

“Hichitel a na thilhihtheihna hon ngen i nga, na zahngaihna hon ngen i nga, na zahngaihna mu dia lawmlou ka hiam? Kei di'n kingakna tham Pathian na hikei” chi in Pathian kiang ah ana chi hial hi. Himahleh a Pa luang tung a Pastorpa thugen in Pathian tung a vui thei ahieh louh dan theisiamsak thak hi.

Tagah hinkhua haksatak a hon zat touh lai in ni khat a Pa'n a damlai a ala deih mahmah khat sa in studio ah hon khum hi. Huai a lasak tuh minthan khiakna ding ngimna a asak ahieh louh dan a gen hi. “Ka thiltup tuh ka Pa ka phawkgigena ding hizaw ahi” chi hi. Huai la in lamdangtak in a ngaikhetute lungtang ah nna hon sem a, huchi'n “Hiai nu'n la dang a sa hia?” chih mite kansui hong hita hi. Huai akipan in Pathian in sensaktu ding mi kiphah a pia a, huchi'n Pathian' la tamtakte sakteihna ding kong lianpi honsak in hong omtou hi.

Pathian vualzawlina tang in ka album masa copy 7000 ka khawng chi in gen hi. Ei mite lak a album zuaktam lawi hi ding in ka gingta mawk. Tu'n India gam tuamtuan, Guwahati, Chennai leh gamdang Malaysia chihthe tanpha a Pathian' lasa ding in chialna mu hi.

Insung khosak haksat ziak leh nu-le-pa hat louh ziak a numei sia kichilou a Jugali hial a kuan a, mi'n 300/- a loh hun ua, aman 200/- a loh dante a gen a, lung hon khoih khopmai. Bangteng hileh tua adinmun toh huai lai hun tehtheih vual ahi nawn kei. Athumna dawn louh bangin kilang in lungkiakna tanpha tun mahleh a hinkhua a Pathian Thuchiam tuh a lohsam ngei himhim kei chih hon musak hi.

Thil khatpeuh a salam a om bangin a hoihlam leng om hi. Huaiziakin lungkia leh bah a i om hun chiangin leng huai lampi pai galkai theih ding dan om ngei ding hi chih ngaihtuahna a koih a, i paitang geugeu uh ngai ahi. Ahihleh huai galkaina ding dan bangchi theih ding? Huai dia tha thak koi a la ding? Chihte dotna liantak hong hita hi. Jeremia 17:7-8 ah hiai dawnna i mu thei "Himahleh a muanna uh kei a nga te bel, ka vualzawl ding hi. Amau tuh tui

luanna lui kiang a sing pou, a zung tui in a vak bang ahi uhi. Khawkhal hong tun in leng a lau kei uh, a teh a hing gige ziaikin; vuah zukeimahleh a patau kei ua, gah a suang gige uhi"

Lohsap ziak a lungke gawp, khelhna thilhihte ziak a ngaihdamna tang zou nawn lou dia i kikoih khak a leh tuni'n Toupa ah muanna ngai in lametna vak lam mitsuan thak ni. Damna ding i nget lai i sihna hong tung mai thei, lohchinna ding i nget lai in lohsapna thupitakte'n hon tuamkha mai thei, thamlou in khelh nawn louh i sawm hun in i thuklut semsem kha mai thei hi. Hiai hun chiangin ei mihing hihtheihna ah bangmah aom nawn kei chih thei in Pathian kiang lam zuan lehang huai ah bangteng a bukim ding hi. TOUPA'N NANG A DINGIN SEHSAANEI, SIATNA HILOU IN, LAMZANNA HIZAW.

Toupa'n hon vualzawl hen.

Mihing i hih ziak a aloutheilou himahleh sih nung Chiang a a kizang thei hetlou

By. LamkhanLian Hangshing

(An mangthang thei lel zongin phiaphia kei un, Mihing tapa in nou ahon piak ding taangtawn hinsung daih an zong zaw un..(John 6:27) Kei hinna an kahi; kuapeuh kakiang a hongpai tuh agilkial ngei kei ding..(John6:35) Kei hinna an kahi..(John6:48) Mihing Tapa sa nanek ua, asisan nadawn kei uleh nou mau in hinna nanei kei uh..(John6:53)...Hiai ahi niteng an... Niteng an nek ding mu gige lehang adang teng le afel sa ahi.)

‘Mihing ihih ziak in inek leh idawn ding iten ding ikhosakna ding buaipih louh theihlouh khat ahi hi. Ahih hang in ngaihtuah vengvengle hang tuate isih nung in apanna khat mah zong omlou hi chileng kikhial lou ding in gingta ing.

simtel sak hile uchin lauthong in omlou ding hi inga, ka degree leh kalaisimte in vangam hontunthei hile zaw mite zahtak loh ding hive’ng, aih hang hiaite khovel kadamsung hun chauh ading himai hia mo chi hi”.

Nitak imutheilou aka omlai in mikhat kalungsim ah hong kilang hi. Amah aPa leh aNun School kaisak in Doctorate Degree ngahsak uhi. Ahih hang in angah khit kal masa in damlou gimsia in lupna ah sihsual in lau mahmah in omhi. Aman a Pa kiang ah tawldamtak in “Pa aw, ka laisim hunsung in BIBLE leng honna

Unaute, khovel ihinsung in siam isin ha’ng vangam hontunthei tu dingpe’n pilvekvukna zong ana hilou a “JESU AH GINNA” ana hi lel hi veh aw maw- Romte 6:23.

Khovel ah ithupi ngaihbang ahia? Ina sep ah igin om bang in Pathian ibiakna ah igin om ding uhi. Siangthou na mihing in

ideih a, hi mah leh ikhial khanak i BIBLE sim manghilh keini. Tulai
 zel mihing ihihziak in ihih zohlou khovel a laibu omte sang in a muan
 ding thei a i Toupa'n honsawl ana huai zaw ngal a.
 hi zaw hi amah ah ikingak ding
 adeih luat man in. Ei ma na isep Simtute Toupa'n honvualzawl
 komkom in i Toupa manghilh keini hen aw. Ka kipak.

TOUPA' VUALZAWL HINKHUA

(Ezra 7: 1 – 10)

- Pastor (Int.) K. Muanlal

“Hiai Ezra bel Babulon apan hong pai ahi. Amah Tangtawn Toupa, Israel Pathian' piak Mosi' Dan thei mahmah a sinsakpa ahi. Tangtawn Toupa a Pathian' khut in amah a ompih manin a nget peuhmah kumpipa'n apia hi”. – Ezra 7:6, (BI)

THUMAPI:

Ezra hinkhua Laisiangthou in agen ka sim chiangin enna in ka kidim a, amah hinkhua bangbang keimah hinkhua hileh ka chi hi. Huai mah tuh ei Gingtute' hinkhua leng hi mahmah leh ka chi nawn hi. Bang ziak hiam ichih leh Laisiangthou in, *“Tangtawn Toupa a Pathian' khut in a ompih manin...”* achih pen thupi kasa hi. Hiai thu ngaihtuah lehang tuhun a gingtute'n leng Toupa' ompihna itan uh poimoh mahmah ahilh dan hon musak hi. Toupa' ompihna tuh nangmah ngei inleng na hinkhua a tankhak na ut ngei dinga, na inkuan te'n leng atan ding uh na dehsak ding hi. Huai mah tuh Toupa' gam nna isepna ah ideih a, Saptuam-te'n leng itan ding uh ideih hi. Huaiziakin, Toupa' ompihna/Toupa' vualzawl hinkhua ineih theihna dingin Ezra hinkhua bang hinkhua ineih uh poimoh hi.

I. BACKGROUND:

Laisiangthou ah mi etton ching Abraham, Jacob, Joseph, David leh adangdang imuh bangin Ezra leng Pathian in a vualzawl mite lakah tel pha hi. Amah tuh **Bung 7na** ah hong kigen a, Seraiah' tapa ahi. Babulon apan Jerusalem a hong pai ahi (t. 6-9). Temple masa 586 BC a Nebuchadnezzar in a suksiat lamkikna Zerubbabel leh Jeshua makaih a panpihtu Haggai leh Zechariah te'n asep lai un Israel kikhawn te'n Pathian theilou Namte kitenpih a, a tenpolh ua, Pathian a ngaihsak louh lai un Pathian in Ezra tuh amaute lakah sawl hi. Amau te'n Israel-te tuh khalam a bah mahmah uh ahi dan thei a pawna in Babulon a nopsaknate nusia in Pathian' mite tunding na'ng ahih peuh leh haksa thuak ngap in panla uhi. Ezra ngei leng tuabanga sem thei dinga sawl ahihna ziaik tuh Laisiangthou a imuh banga, "*Pathian' khut in a ompih*" ziaik ahi (t. 6). Pathian in a ompih mite tuh A'nna seem dingin achin (qualified) ua, Toupa'n a zang nuam hi.

II. TOUPA' VUALZAWL HINKHUA DEIH HUAINATE:

Gingtute' hinkhua tuh Toupa' vualzawl hinkhua ahing ding ahi.

Huai tuh Ezra hinkhua ah kimuthei hi. Gingu kichi a i hinkhua a Toupa' vualzawl na muh ding omlou a hinkhua vantang zang nilouh ihih khak ding lauhuai hi. Huaiziakin, Toupa' vualzawl hinkhua a deihhuainate i en ding.

1. Tuhun leh tununga dinga manpha ahi:

Toupa' vualzawl hinkhua tuh tuhun leh tununga dinga manpha ahing manin deihhuai hi. Himahleh, hiai theih ahoih – Toupa' vualzawl hinkhua zang himahlechin hinkhua nuam na zang teitei ding, chihna hilou thei hi. Hinkhua a haksa thuakna hiam, Martyr hiam, haksa taka sihna hiam tuak ding leng kihithei hi. Joni Eareckson Tada kichi numei tuileuh (Swimming) siam tuh vangsiait huaitakin Chesapeake Bay (tuipiau) ah tangkhial kha in Cervic Damage (ngawng guh) ziaik in zeng (paralized) hi. Himahleh, Toupa' tungah vui mailou in Christian Literature toh kisai Laibu 48 bang bawlkhia hi. Christian tam takin leitung goute delh in Toupa' vualzawl na ahi, chi uhi. Laisiangthou in, "*Mi'n leitung pumpi nei henla ahinna mansuah leh bang a phatuam dia?*" chi hi (Mk. 8:36). Leitung goute nei a Toupa'

vualzawl louh hinkhua toh na sih leh **Hamsia** ahi a himahleh, leitung goute neilou napi Toupa' vualzawl hinkhua zang a na sih leh **Hampha** na hi. Tuhun a Toupa' Hotdamna na tan tuh tunung chianga Van gou luah a hinkhua manpha tak na zatna hong hi ding ahihmanin Toupa' vualzawl hinkhua tuh manpha ichi ahi.

2. A khang-akhang a kizui vualzawl na ahi:

Toupa' vualzawl hinkhua tuh akhang-akhang a kizui vualzawl na ahihmanin deihhuai hi. Tang 1-5 kikal en lehang Ezra inkuan khangthu kimu hi. Hiai ah Aaron akipan Seraiah chianga khang 13 tan in Toupa' vualzawl hinkhua zang uhi. Seraiah tuh Kumpi Nebuchadnezzar hun a Siampu ahi. Pathian a dinga thaunilh in tuh Pathian ading mah khang a bawlkhia hi. Huchibang ahih lai in khenkhatte a dinga patauhna leh dotna omthei tuh – “*Koute kapu – kapa khangua kipan Pathian theiloute ka hihmanun Pathian' vualzawl na ka tang thei nawn ding ua hiam?*” chih mai theih ahi. Lunkham ken! Huchibang khang na hita mah lechin nang khang pen “**Pathian' vualzawl na khang hong kipatna**” hithei na hi. Amen!

kipahhuai lua. (*Pathian na neih peuh leh*). **Sam 128:1** in “*Toupa' lau peuhmah te'n nuam asa uhi, a lampi tawn te'n*” chi hi.

3. Mihingte' hihtheihna khenlam a thilhih theihna ahi:

Toupa' vualzawl hinkhua tuh mihingte' hihtheihna khenlam a thilhih theihna ahihmanin deih huai hi. Mihingte' hihtheihna kichiangtan (Limited) a, Pathian' thilhih theihna kichiangtan lou (Unlimited) hi. Huaizaiakin, Toupa'n i tunga nna lamdang asepe theihna dingin i hinna tuh Toupa' vualzawl ahih ngai ding hi. Huai dingin eite'n tuh bangmahlou ihih dan kithei a Toupa' adia i ki piakkhiak (Surrender) uh ngai hi. I Toupa' Jesu'n mipi 5000 avaak ma in Philip kianga “*Hiai mite' nek ding tanghou koi a lei ding ihi ua?*” chiin dong hi.

Huai tuh Philip ze-etna dinga agen ahi. Hiai hun takah Philip in bangmahlou ahih dan kiphawk khia in mipite' nek ding tanghou makhai zanih man in daih zoulou ding ahih dan gen a, huai takin Jesu'n Tanghou 5 leh Ngasa 2 vualzawl in pungsak hi (Jn. 6:5-13). Tuni'n eite leng Toupa' adia ikipiakkhiak ngam chianga Toupa'

vualzawl hinkhua nei thei kihipan ding hi.

III. TOUPA' VUALZAWL HINKHUA NEIH THEIHNA:

Toupa' vualzawl hinkhua a dei huai dan igen kawmkawm in aneih theihna ding lampi leng om ahi, chih phawk leng uthuai kasa hi. I Laisiangthou in, "*Tangtawn Toupa' khut in amah (Ezra) a ompih manin a nget peuhmah Kumpipa'n apia hi*" chi hi. Ahihleh, Toupa'n a ut ziaka Ezra vualzawl a ompih mawk ahi diam? Hilou hial ! Toupa' khut Ezra tunga a om theihna dingin Ezra in thil poimoh tak ana hih chihna ahi. Huai tuh bang hi hiam ichihleh, Ezra in Toupa' Dan suut a, zang a, tua Dante sinsakna a kipumpiak ana hi ahi (t. 10). Hiai in Toupa' thu zuihna ah vualzawl na om ahi, chih

hon musak. Eite'n leng Ezra mah bangin Toupa' thu lunggulh lehang A' vualzawl na mu ding ihi. Huai dingin hiai thil 3-te ihih ngeingei ding – (1) Toupa' thu suut, (2) zang khia, leh (3) mite sinsak.

THUKHITNA:

Unaute, mite'n Toupa' meel a zong ua, A' hehpihna a mu zel uhi. Toupa lau in A' lampi atawn ua, vualzawl in a om uhi. Tuni'n eite'n leng Toupa' vualzawl hinkhua ideih sam kei dia hiam? A' vualzawl na tuna mite laka khat hih sam ding i ut kei dia hiam? Jacob in Pathian abuan a "*Na hon vualzawl kei ding leh ka hon khah kei ding*" achi a vualzawl na a mu hi. Eite'n leng Toupa' vualzawl hinkhua ineih theihna dingun Amah buan in A' thu suut leh sin tawpsan kei nihang. Toupa'n hon vualzawl hen.

THUMNA A THEIH DING

August 3-5, 2018 sung Covenant Presbyterian Church, N.E Khawdungsei, Mizoram ah crusade followup & seminar om ding. Huai dingin heutunu Rith Tombing makaih in kuan ding uh. Lohching tak a zat ahih theih na dingin i thumna uah phawk chiatni.

DEPRESSION BANG AHIA ? BANG CHIKI KEP DING?

Mrs Chiinsuanching @ Chingboi, MA (Clinical Psychology)
Principal, Little Gems Academy

Mihingte, Pathian in lungkham thei kipakthei dia ahonsiam ahih dungzui in, lungkham hun, lungkiat vungvung hun omthei zel mah hi. Himahleh hiai lungkham leh lungkiat vungvung na pen depression hipah lou hi. Depression ka hi ichih theih na dingin omdan tuamtuam (Criteria) leh hun (duration) ah kinga hi. Tuate bang hi hiam chih i en suk ding.

DEPRESSION KILAT KHI AK DAN:

ineih chiang in om nuam mahmah hi.

TAKSA A AKI LAT KHIAT DAN TANGPITE:

- Ih mutdi haksa sa or zan a khanloh chianga ihmu thei nawn lou.
- Thadah, bangmah sem peihlou, tha tawl pahpah, zoi ngeingui.
- Ann kam limlou ahikheh leh ann duh lua a om.
- Kihahsiang peih lou.
- Tha-le-zung khamnat, tawl demdum, lung-am thei zel, dipko huhut, awm bing, luna na, kho-ul nel pawtpawt, om tengtung, thil mangngilh ngilh, ning kitel, khophawklou a puk phut, nak haksa sa, chii hik, ekkhal chih te leng depression

LUNGSIM LAMA KILAT DAN TANGPITE:

- Lungkham vungvung or lungkham na changle thei nawnlou.
- It le ngaih le ngaihsak peihlou, kuamah ngailou, mahni kia a om ut.
- Dah ngetngut, chianmnuh le sang theilou, min achianmnuh chia hehtha suak mawk.
- Aziak omlou pi a kahtha suak mawkmawk.
- Thangpaih tha bang suak mawk, kisiamtanlouhna lianpi nei banga om mawk.
- Mahni hoih kisaklouhna a pumdim

- Bangmah lunglutna leh kithalawpna nei lou, nopsakna himhim nei theilou.
- Lam etna bei hit-het.
- Hinman om salou or hing peih nawnlou.
- Lung lel leh kingaise vungvung
- Mi khenkhat te'n, depress ahilam uh mi theih khak ding lau uh ahihman in, amel uah kilangsak hetlou in om thei mawk uhi. Hichidante polam mite a din theih haksa mahmah a, amah toh kinel mahmahte loungal in depression nei ahilam ki theitheilou hi. Huan, mi depress khenkhat-te lah, lam-etna neinawn lou sih louh ngal lam-et ding nei lou ahilam man un, sih ngeingei sawm ua, kipak mahmah banga lawm-le-vual lak a om in, thu hoih pipi gen in om ua, a lawmten chidamta asak laitak un ahinna uh la nuam mahmah uhi.

Tua atung a point gelhte lak a 4 bek na neih a, Pathianni kal nih sanga sawtzaw huchi banga na-om leh depression nei kahi nakichitheilou hi.

Huan Depression / kingaihshiatna sawng (Stage) 3 in a khen theih hi.

1. MILD DEPRESSION :

Eipau a alehkhiat didan hoihtak a-om khollouh ziakin Sappau mah izang mai ding a, hiai stage ah ahihleh a kilatdante akal laklak in hong om zeuhzeuh ding a, niteng hinkhua ahon nawngkaisak lawmlawm kei ding hi.

2. MODERATE DEPRESSION:

Hiai stage ah ahong kilat dan ahihleh ahong uang sim mahmah ding a, niteng na hun zat dan ahon nawngkaisak pianpianta ding hi. Thil himhim kithalawp louhna, lungkhamna, lungkiatna chihte ahong uang sim mahmah ding a, na om ahon nuamsak hetkei ding hi. Hiai hun tuh patauh hun mahmah ahilam in, hoihtaka na ki etkol leh sukdam abaihlam deuh ding hi. Himahleh, hiai hun nangeingaih kei leh a suukpi in ahonlap ding a, sukdam ahong haksa mahmah ding a, hun leng sawt aladeuh ding hi. Hiai hun tan a leng mihing in reasoning power (sia leh pha theihna) hoihtak nei lai ihihman in damkhiak baihlam deuh hi.

3. SEVERE DEPRESSION

Hiai tuh depression last stage ahi a hiai tan ihonglut khak chiang in, lametna tengteng abeita a, kithalawpna nengchik leng a

omthei nawnkei a, sihlouh ngal lampi omlou banga kingaihna ahong uang mahmahta hi. Hiai hun atun nunga ki-etkol pen lam-etna bei chihbel ahi tuansam kei hi. Ahihang in Medication tellou a ki-etkol bel ahak sa mahmahta ding hi. Huaiziakin, hiai stage tantung a na kingaihtuah / na kitheih ngeingei leh Psychiatrist kianga vahoh ding hu-phulh het ken. Huan Psychiatrist kiang vahoh chauh in hunsak kenla, Psychological Counsellor te / Spiritual Counsellor te kiang a leng hoh a ki etkol sak ngeingei ding ahi. Aziak bel, hiai natna nataksa natna ahikei a, nalungsim natna / chidamlouhna ahihman in, damdawi kia in adamsiang sak zou kei ding hi. Hiai natna giltak tuh, Pathian tellou in adamsiang ngeingei kei ding hi. Na ngaihtuahna, na lungsim pilna leh siamnate Pathian apan ahihman in, Pathian deih dan toh akituah kei leh dam ngeingei lou ding ahi. Khovel in bangteng gen mah leh abawltupa deihdan toh akituahma siah lungsim damna bukim omthei ngeilou ding hi.

Psychiatrist leh Psychologist te'n lungsim chidamte' kuate / bangchibangte hihiam chia ana gelh khiakte toh Pathian deihdan akituak mahmah hi.

Huaiziak in, "Tanchinhoih leh namdan kituaksak photphot le chin" chih Bible in agendik mahmah hi.

BANGZIAK A DEPRESSION KICHI NEI THEI MAWK IHIA?

Depression kichi hiaiziak chet a hong om / hiaiziak chet a kivei (aziak khatkia) ahi chih omthei mawk lou hi. Aziak bel – Aziak tampi omthei a, khat kia ziak a thilpiang leng ahi kei hi. Aziak tampi aom a, huaite avek in isuiseng kei ding, himahleh ataangpi itaklang ding –

- (i) I khuak a chemical te akichuplough ziak.
- (ii) Vitamin khenkhat taksap ziak.
- (iii) Khuak meima(Brain tumor) om ziak.
- (iv) Gawl natna chikhat(Hypo/hyper thyroid) ziak.

Hiaite ziakin leng depression kineithe mawk hi. Huaiziak in, angaihzawng toh akikhen ziaka kingaise zok a kithat chih pen dik khollou ding hi. Aziak bel, mi tampite leng ngaihzawng toh kikhen kha ngei ihih uh gintak huai hi, ahihleh eilah kithat lou hanga bangziak a huai tangvalpa / huai nungaknu amah leh amah kithat

sese a de aw? Hiai dotna apan thil tampi itheihbeh ding om in kathei hi. (v) Naupan lai apan kikepdan in leng thu pomahmah hi.

(vi) Innsung chidamlou tuh eilak a depression omsak te lak a thupi pen hi din a gintak huai mahmah. Depression kichi pen thakhat a thiltung ahi zenzen kei a, ineu apan ilungsim paidan leh khankhiakdan ah kingalian mahmah hi. Mihing pianken ah lungsim paizia chi tuamtuam kinei mawk a, huaipen ikhankhiat dan zil-in hong kibawl hoih tou hiam / hong kibawl setou hiam in omthei hi. Ngaihtuahna chidamlou deuh himhim (Prone to depression / Anxiety) bang leng ikhankhiatdan zil a ki omtou pah dan ahi. Huan mihingte iki etkol dan dungzui in, thil himhim ahoihlam a enthei zodeuh bang ki om hi. Ahoihloulam ngen muthei bang leng ki om veve hi. Huaiziakin, mi kuahiam in depression natna avei theih na ding in, amah mihinzia ah leng kinga mahmah hi. Huai banah, itheih dia hoih mahmah khat nawn tuh, lungsim chidamlou kichi chitampi om leuleu a, Depression te chauh lungsim chidamlou hilou hi. Depression lama pailou vanglakte ahieh Anxiety disorder, lungsim kinoh thethu lam ah paiin sihding

lauh chihtakin lau taget uhi. Hiaite lou leng lungsim chidamlouhna chitampi om a, himahleh huaite tuin igenman kei ding hi.

A tunga igentak mah bang in, Depression kichi ahong kipatdan a process sau mahmah ahihman in, mi kuahiam alungsim luat ziaka sih ut ana himawk lou hi. Huchi ahihman in, kiven theih luat ahi. Severe stage itunma in mahni kienchian in, ki enkol thei zel leng phatuam mahmah ding hi.

Depreesion nei te bangchi ki et kol ding:

1. Ki enchian masa in –

- i) Depression kilat khiak dan tangpate akipan in nang leh nang ki enchian masa in.
- ii) Na lungsim paizia enchian nawn in thil himhim aselam in namu masa hia?
- iii) Na emotion / Feelings uanglua in a om sek hia?

2. Bang stage ah na om a chih theichian in –

- i) Bangchi ki etkol ding chih pen bang stage ah na om a chih na kitheihchetna in ahon panpih mahmah ding.
- ii) Severe stage a om nahi chih na ki theihchian nadia hoih mahmah tuh – bangmah kithalawpna om

nawnlou ban ah lam etna bei hit-het a sih mai utna ahi.

3. Depression nei a naki muanmoh ngeingei leh counselorte naihpah in. Amau na stage dungzui in na ki-etkol dingdan hon kawkmuh pah ding uhi. Self Testing Scale ah leng ki-etkhiat theih ding hi.

4. Depression nei nahi chih nakitheihchian a ahimakhahi chih napom ngam leh huai in na ki-etkol dingdan a baihlam sak mahmah ding hi. Tua igente zuitheilai na hihleh severe stage ah na om naikei chihna ahipah hi.

5. Ki etkol ding dante –

i) Depression sign leh symptoms te atamzawtham nei a nakitheih leh Psychiatrist kiang zuanpah inla, huaizoh chiang in counselor kiang zuan mangngilh ken. Nadam taktak nading huai a kinga ahihman in.

ii) Huai teng nazohchiang in Counsellor kianga hoh chauh in kinga kenla, mahni in leng panlak dan kisin in.

iii) Mahni panlak dingdan tuamtuum te –

a) Nang kitheihchian sawm inla, na hoihna lam kia muhsawm photphot in.

b) Thil himhim na-etna mun / angle khek khiak sawm teitei in – Tumlam kia en gige / mu gige nahihleh suahlam etdan kisin in.

c) Apoimoh dan zil in, na dinna mun khek in – na dinna mun ngeingei a na omom leh na etna leng khek ahaksa maithei hi (hiai omdan bel literal tak a omna khen ding chihna hi sese lou, ahih ziaak a, thil hithei ahih le bel hoihsem.

d) Mihiam/Thilkhat hiam na muhdan negative a na theih leh, positive a et theihdan kisin teitei in.

e) Na dinmun / situation hiam na muhdan kheksawm teitei in. Thil himhim ahoihlou lam a-om bang in ahoihlam leng om lotel ahi chih theih sawm inla, ahoihlam muhsawm teitei in.

f) Nang hinkhua a, na chitlouhna tampi na muhmah bang in, na chitna tampi na muhlouh om ahi chih theihchian sawm inla azon in zong in.

g) Na hunpaisate'n ahon hihhat keiding leh, huaite ngaihtuahtuah lou in maban etdan kisin teitei in. Hiai thupukna nang chauh in la thei nahi chih thei inla, kuamah ah kinga ken.

h) Nang a meikuang (power) om pen mutkuang sawm teitei in. A mutkuang theitu nangchauh nahi chih thei in.

i) Na lunglut lam khat hihsawm gige inla, huaite ah na lungsim zang khia in.

j) Pathian toh na kizopna hatsak semsem in.

- k) Midang te toh na kitanauna bawloih semsem in,
 l) Midangte panpihna nna uang bawl in.
 m) Thilteng ah Pathian kianga kipahthu gen dan kisin in.
 n) Pathian gam leh a diktatna zongmasa gige in.
- Midang Depression neite bangchi panpih ding:**
 Midang depression nei natheih a-om leh, atung a kigente a pan, panpih theihdan lampi a-om hi. Anuai a bang in:
1. Na theihciamna atung uah langsak inla, ahieh nana uah pomsiam in.
 2. Na huchilua na khachilua chi'n dem ken.
 3. Na lungkhamna aneplua chi'n kou sak ken.
 4. Na dohzohna na latsakin amau ah lungmuanna apia chih theigige in.
 5. Na ta ahieh leh it nahihdan leh amahlou a nang hitheilou nahihdan langsak gige in.
 6. A hoihna lam genmun zaw in.
 7. A om dingdan uleh pan alak dingdan uh na hilh zihzeh sang in, na theihciamna langsak mun zole chin, amau a di'n nakpitakin apha tuam zotham ding hi.
 8. Abaihthei bang pen in Counselor kiang ah tonpih ngeingei in.

THUMNA A THEIH DING

New Kangkap Presbyterian Saptuam a crusade lohchingtak a neih zoh ahieh toh kiton in crusade followup & seminar neih hi ding.

Ahun : August 17-19, 2018

Hiai dia kuan ding team memberte:

01. Rev. H. Chin Thiansong
02. Lialian Hangshing
03. Rith Tombing

Gam leh Nam adia

MIHANGSAN

- Pastor H. Thiankhanmuan

August kha a hong hih chiangin, India khua-le-tui hihna neite a dingin kipahna thuguk liantak khat om hi. Aziak ahihleh, August 15, 1947 in British kumpi in kum 200 val hong uk khum nung un, India in zalenna ngahta ahizhiak in, ahi. Hangsantak a zalenna sualtute tung ah kipahhuai i sa ua, huan hon zalensaktute tungah i kipak sem uhi.

Gam-le-nam vai a kigenkhak chiang in dotna hong kilangsek om hi. Saptuam a semtute' a ding in gam-le-nam khat adia hangsanna/guptuam neihna kichi poimoh mah ahi diam? Ahihkeileh, *politics* a sai hoih ahi diam? chih ahi.

Kum 1947 in United Nations in khovel a mahni kivaihawm gam khat hi dingin Israel ana pomta uhi. Huai akipan Palestine in amau gam ahi chi in lakik dingin panlaktheihna chiteng ah panla uhi. Khovel gam tuamtuum a helpawl khenkhat in leng kithuahpih uhi. Kum 1976, Yitzhak Rabin Prime Minister ahihlai in, Juda minautangte tung a khutkhakna uang mahmah hi. Huchihlai in, mi 250 (*Juda mi 106 telkha*) tuanna Air France kichi Paris akipan Tel Aviv zuan a leng *hijack* in om hi. Entebbe, Libya *airport* ah amaute hentang in om

uhi. A tomlam a gen in, Israel sepaihte'n *Operation Thunderbolt* minvuah in ni 7 ni in lamdangtak in Entebbe *airport* ah va hunkhia uhi. Huai ah lenna a tuang minautang 4 leh Lt. Colonel Yonathan Netanyahu in sihna ana tuak hi. Hiai sihna ziakin, a sanggampa Benjamin Netanyahu *politics* ah hong lut loh hial hi. Benjamin Netanyahu ahihleh tulel a Israel *Prime Minister* ahi. March 14, 2018 ni a hon khiat a om, US *Embassy* Tel Aviv akipan Jerusalem ah suan ahihna ding a panlatu poimoh mahmahte laka khat ahi. Israel gam dinkhiat nung a kum 70 tukum in chingta hi.

Khovel a gam-le-nam beite bang a kikoih khak ding a lauhuai mahmah hi. Pathian in nam hi dingin hon bawl a, huan luahna mun (*gam*) neilou in a hon koihkei hi. Pathian nam tel Israelte nangawn in leng gam nei in, gam-le-nam itna ziakin hangsan ana suah uhi. Nam lianzawte nendetna ana tuak toutou mah-le-uh, Pathian in amaute tungding hi. Eite leng, Pathian in hon luahsak gam ah zalentak in i om ua, nam dangte hon suhsak ding i phalkei uhi. Gam-le-nam humbitna dingin panlak a poimoh chihna himai ahi. Huai ah kua i val thei ding ua?

Himahleh, huchibang a i panlakte uah pilvanna ding a om kha ding hi. *Khatna*; Pathian itna sanga gam-le-nam itna a letzawklouh ding ahi. *Nihna*; Pathian' thupiak sang a gam-le-nam it i kichihna uh sangzaw/ thupizaw bang a ngaihtuah khak baihlam mahmah, pilvan ding ahi. Pathian thupiak in tualthatken a chih lai in, gam-le-nam itna in tual hon thahsak leh huai tuh Pathian' deihdan kalhna ahi.

Thumna; Rome 13:1-7 in gamsung makaite nung a kiphahniam ding, 1 Timothy 2:1-4 in amaute a dinga thum ding ahi hon chihthe nelhsialouh ding ahi.

Gam-le-nam itna toh kisai in sepkhiatdan a kibangvek kei hi. Ei North-East India a khawsate bangin i theihdan un mihangsan (*salpha/ ngalliam*) chih a omna dingin "galvan tawi" ding hileh a kilawm hi. Hiai hih mit a i muhbat uh galvan tawipawl thupi taktak omte'n lungsim hon zou uh ahihman leng ahikha ding hi. Demna dan hilou in, amaute mahmah leng gam-le-nam adia mihangsan pen bang a kingai uh ahi khamohkei ding. Tuma deuh thu ah en leng, ei Zomi-te (*Zoumi-te*) tangthu bang ah leng mihangsan Pu Goukthohtang Guite bang, Zou Gal ana sattute leh mi dangdang i na nei uhi. Amaute hangsan gam-le-nam itna ziake ahi. Ahihkeileh, gam-le-nam adia hangsan i gen Chiang un a mang theilou *India Nampa* chih a theih Mahatma Gandhi bangin 'non-violence' thupi a nei in zalenna ana suah hi. South Africa a chi-le-sa a kideidanna beina dinga panla Nelson Mandela nasepte leng hangsan ngenta mah ahi.

Saptuam khangthu ah hiai bang ana om hi. Kum 1073 AD in Pope Gregory VII kichi in saptuam kivelthakna dingin *Cluniac Reform* kichi hon pankhia hi. Hiai

in a ngim tuh, saptuam kichi khalam nasepna ding ahi, makaite khovel vaihawmna ah a kisukbuahlouh ding uh ahi, chih ahi. Huan, saptuam' thuneihna kichi Pathian' siangthouna taklatna ahihman in kumpi inleng a zuih ding, chih ahi. Hiai in saptuam leh khovel vai adi'n gamgi ana khung hoih mahmah hi.

Thukhun Lui hun in bel ana semkop tham uhi. Joshua tanchin bang sut leng gam-le-nam adia mihangsan mahmah ahihna kimu hi. Pathian in Mosi thakhengtu ding in a tel hi. Joshua tel a omna tuh etkhiatna tamtak nung a gam-le-nam makai dia chin ahihman in Israelte makaitu in hong pangta hi.

Joshua 10:1-43 pumpi hih Kanan gam mallam a nam omte leh Gibeon gam leh Joshua makaih Israelte kidouna, leh Israelte vualzohna thu ahi. Jerusalem kumpipa Adoni Zedek makaih in, kumpi 5 – Hoham (*Hebron kumpi*), Piram (*Jermuth kumpi*), Japhia (*Lakis kumpi*) leh Debir (*Eglon kumpi*) in Gibeon a om Israel mite sual ding in kipunkhawm uhi (1-5). Hiai thu ziakin Gibeonte'n Joshua kiangah huhna

a ngen uhi. Vualzou ding a Pathian' thuchiam Joshua in hangsantak a lenkip in, amaute sual ding in a kuan hi. Huchiin, Pathian in lamdangtak in amaute vualzohna pia hi (6-15). Hiai kidouna hun in, khovel khangthu a omsun "Ni" tuh Gibeon khaw tung ah ding nilouh in, "Kha" leng Aijalon guam ah om nilouh hi. Huan, kumpi 5-te Joshua in Maked kokhuk a kibu uh ahi chih a theih in kokhuk a hu/ dal sak a, Israel sepaihte'n melmate a thah chimit khit un, hiai kumpi 5-te hong pikhia ua, Joshua ma ah hon tonpih ua, Joshua in a that vek hi (16-27). Huan, Pathian in a ma uh pi ahihman in, Joshua makaih in Amorte gam pumpi (*Makkedah, Libnah, Lakis, Bezer, Eglon, Hebron, Debir*) leh Kadesh-barnea akipan Gaza pha in Goshen gam tengteng a hihsevek hi (28-43).

Joshua hinkhua akipan mihangsan ahihdan a chiang mahmah mai hi. Sepaih hau ahihlam kigenkhalou hi. Himahleh, kumpi 5 kigawmte'n sual dinga, a kisaklai un, aman hangsantak in ana lehsual a, zouvek hi. Joshua hangsanna leh vualzohna koi akipan ahi

peuhmah dia aw! chih na ngaihtuah kha ngei uhia? V. 42 in tuh a hon hilh ahi: “*Toupa, Israelte’ Pathian in Israelte a doupih ziak in*” a chi ahi. Daniel laibu in leng hiai bangin taklang hi: “...*himahleh, mi a Pathian uh theite bel a hat ding uh*” – Daniel 11:32b. Joshua in gam-le-nam adia samtou Toupa ahi chih a theihchian zia kin hangsantak in semsua h i.

Toupa’n eite ama’ nasem ding in hon sam hi.

Panmun leh mohpuakna kibang in bel a hon sam kei hi. Himahleh, hon sapna dawng peuhmah a dingin sep ding hon pia hi. Gam-le-nam adia sem dinga Toupa sap mite’n, Joshua bang in, ginom leh hangsantak in semsua h chiat ni.

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Hiai article gelhtu Pastor H. Thiankhanmuan ahihle h ReACH: Gospel Writing Ministry kichi co-founder ahi. Hiai Ministry in thugelh tungtawn a khalam taksapte muh ding, leh khat-le-khat thutak a kihantoh tuah ding lunggulhpen in nei hi.

PCI CENTRAL CHOIR IN LA 2 KHAHKHE DING

August kha sung in PCI Central Choir in phatna lapawl,- Ka ging zel ding leh Kon pahtawi uh chih la khahkhe ding uhi. Hiai la-te mi tampi adia khalam vualzawl na ahihna dingin i thumna uah thei zui ni.



PCI Messenger

Tribal UNITY DAY

- Ginlun Valte

Nop kei na khemkhem e maw... Kum khat, kum nih bek daih di kisa a, a Day pen zat ngam huailai di mah ahi diam? Poikei bangteng hileh *Variety Store* kitaak nateng a le dehteng kim chihna hituanlou hiven, **Unity** hong ging khat theih le kipahhuai chi ni mo? Buai hong kipat tunglai in homeground advantage nei Lamka te ihi ua, sih, liam leh bai leng itam mahmah, amaute Zahna sangpen i pia hi.

A sakminthang hiai Bill Thumte:

- 1) THE PROTECTION OF MANIPUR PEOPLE BILL, 2015
- 2) THE MANIPUR LAND REVENUE AND LAND REFORMS (7th AMENDMENT) BILL, leh
- 3) THE MANIPUR SHOPS AND ESTABLISHMENTS (2nd AMENDMENT) BILL, 2015

Buaipih tham hiai bill thumte deih selua hinapi Meitei-te'n 10th MLA (10th Session) a Bill khat '*Manipur Regulation of Visitors, Tenants & Migrant Workers Bill, 2015*' kichi zang in phupan ua, Manipur Assembly in leng

passed hi. State solkar in March 20, 2015 ni-a Governor kiang a apiaktouh himahleh *Indian Constitution Article 201* pansan in President dongphot ding chi'n Governor in assent pelou hi. Huchi'n JCILPS min in helna phaizang mite'n hon pan uhi. State Assembly in July 15, 2015 in huai bill tha-khek ding Bill dang puaklut ding ngim in zukkik thak hi.

August 2015 buaina tuh lamet louh pi a Pathian in hunlem hon bawlsak ahi, ka chi a. Pathian in tuh mihing zia ngaklou aka. Mihing deih hunhun a gamta le hilou. Huaiziak a, ni li bang a zekai lele a hunlap hi thouthou dan ahi amah tuh. I buaina ah Nute'

panlakna thupi kasa mahmah mai, thilhoih mahmah ahi a adiak in sai-ip puansilh kawm a thumkhawmna neite kamuh chiang in nikhat tei Toupa'n Igam uh hon damsak ngeiding ahi kachi ngam hi. Khovel a i om sung in, ei Khristiante galvan thupipen tuh thumna ahi a, i Laisiangthou a Israelte le sai-ip puan silh kawm a kiniam khiak tak in Toupa a na buanzel ua huchi'n Toupa'n a gam uh a damsak zel hi.

Ka ngaihtuah sek a, *Saptuam* kichite le kituak theilou, bang ziak **Tribalte** kituak thei mahmah di! *Three Bills* ziak liauliau a *Unity* hon gingthei, Saptuamte i chih *Doctrine* kibanglou a, kituak theilou di mah ihi uh chi'n kei leh kei solution ka kibawl suk mai hi. Bangteng sukha a, bangchituk a lauhuai hiam chih thei chiangloute le tu muangthei ki omnon lou, ki awlmoh chiat zaw ahi ngei di, Shillong aka omlai ahi a, ana om muangtheilou zaw ka hisam di, awlmohthu social media te a kana gen ekek sek a **Whatapps Salpha** title bang kana tangkha hi. Pathian in zaw i poimoh uh hon theilua eive, diktatna lunggulh a om heutute ading in hun lemtang mahmah hon suak, diktakna thu nakpitak in genkhiat ngam in hong om

khongkhong hi. (Nasepte:2:1-4) Vualzawlna muhtheih a om Tuailaite lak a diktakna chi tuh in hon omkhia hi "*Tuallai 1434Pro*" Pathian tuh gam leh leitang ah a lunglut mahmah hi, Ami tel Israelte Aigupta gam a gentheitak a suak leh sal a omlai un, Mosi zang in ana pikhia hi. Pathian nangawn zong betheilouin '*bangchi*' n migam a Zion laate kasathei ding ua' chi' n agamte uh ngai in ana kap uhi. Eite leng i gam hong buai a, Pathian i biak di pen leng betheilou phial in i om uhi. I thiltuah ziak in Unity ahong ging khia a, meima damtheilou bang in, alanglang ahon pehtou a, atuamtuam in i ki Unity vengvung uhi. Tua i thiltuahte ziakin buaihuaina a thuahtuah in hong om khia abang hi. Manipur solkar tunga i hehna toh, I palaite tunga I lungkimlouhna toh, singtangmite unauteng deihbanga kituak diamdiam theilou Ibatna utoh, I buai vingveng ua, bang thilhoih le hong piang mah diam maw? Kikhekna zaw hong omzek na ei ve maw!. I dinmun buaihuai vingveng (complex/chaotic) apat thilsiam thak, kipatna thak, a hoih mahmah Pathianin hon bawlsak hi! Eilam ah Pathian muangin tawplou in thum in, sem ni. Ngaihtuah mah

dih.. nungzuite' tuanna long huihpi in a nawk ekek takin, Jesu ihmulai a phawng ua, honkhe di'n a sam ua, huchi'n Jesu'n huihpi tuh a khaam dai, chih imu (Matt 8:23–27; Mk 4:35–41). Thummite I tawl nga theikei hi. I huihpi tuahte Jesu in hon khaam daih sak dinga, thil bangkim ahoihpen in ahong kihei ngei ding lam et huai mah di ahi diam....

KIPUMKHATNA tuh mihingte a ding kia a poimoh hilouin Van Pathian in leng poimoh asa hi. “Eimah pumkhat ihihmah bangin”(Jn.17:11) chiin, Jesu leh Pathian pum- khat ahihna dungzui ua mihingte (saptuamte) kipumkhat ding in ahon ngen hi. “Huan keizaw khovel ah ka omta keiding, hiaite bel khovel ah aom ding uh, kei na kiang ah ka hongpai dekta, pa siangthou aw, nang kei non piakte namin humin, PUMKHAT ahih theihna ding un, eimah pumkhat ihih mahbang in”(Jn. 17:11). Hiaite banah, kipumkhatna tuh Pathian thu a kinga ahih- dan ana gen hi. “Na thu akiang uah kapeta hi. Huan khovelin amau ahua a, khovel a ahihlough ziakun, kei khovel a kahihlough mahbangin, Nang amau khovel akipan nalak khiak dinga ngen kahi kei a, migilou

lakah na hum ding kachi ahijaw”(Jn. 17:12-16). Kipumkhatna Pathian thu ziakin Paul in leng, “Navek ua THU KIBANG nagen ua, nalak ua kikhenna himhim a omlouhna dingin LUNGSIM MUNKHAT leh NGAIHTUAHMUNKHAT a diktaka nakizop tinten jawk na ding un, Toupa Jesu minin kon ngen ahi” (1Kor.1:10) ana chi hi. Hiai in Pathian thupiakte maha kipumkhatna mah poimoh ahihdan ahon musak hi. Huan, Jesu'n, “Nou non it uleh ka thupiakte na jui ding uh”(Jn.14:15). “Kuapeuh ka thupiakte neia zui tuh kei hon IT ahi. Min hon IT leh ka thute azui dinga, kapan amah a it dia—amah toh kateng khawm gige ding uh”(Jn.14:21-23). Himahleh, “Kuapeuh hon it louin kathu a jui kei”(Jn.14:24). Hiai apan thujuihlouhna tuh Pathian toh kipumkhat louhna leh it louhna ahi chih a chiang mahmah hi. Aziak tuh, “Pathian i itna tuh a thupiakte i zuihna ahihziak in”(1Jn.5:3). Pathian thupiak bang a izuihna in Pathian toh pumkhat kihi hi. Huchi ahih dungjui in, thupiak omsate bangbanga Khristian ten i zuih chiat a, thu kibang gena, lungsim mun khat a oma, ngaihtuah munkhata iom chiangin, Saptuam kipum-

khatna hon tun hi. “Huan, hiai kipumkhatna pen Pathian thil gel ahildan ahon hilh hi. Huaiziakin, noute sapa na omna uhtoh kikhawma om dingin kei Toupa a henta in kahon ngen hi. Kingaih niamna leh migitna tengteng, thuaktheihna toh, itna a kithuakzou zaw chiat a, lemna a KHA a kipumkhatna vom chinten dingin, ahon sapna pen lametna munkhata sap nahih mah- bang un pumpi khat leh Kha khat kia a oma, Toupa khat, Ginna khat leh Baptisma khat bangkim Pathian leh Pa khatkia a oma, amah tuh bangkim tungah a oma, bangkim a musuaka, bangkim sung ah aom hi” (Eph. 4:1-6) chi hi.

Aaaa saulaw man aka maw... I tuppentak zaw... Tribal Unity omtheih louh topin le ei lam (Ei saptuamte) bek kipumkhat in omle deihhuai mahmah ahih man in...atawpna lam ah...I thulu bang taisan khak dek in om ve aw.....*hitheile eilam bek midangte tengteng toh kituak in omthei chiatta le maw.. Vualzawlna lamkhat bek hon hihtheihna dingin Pathian saptuamte ihi ua..*

Hiai Article gelhtu Mr.Ginlun Valte ReACH: Gospel Writing Ministry kichi co-founder ahi. Hiai Ministry in thugelh tungtawn a khalam taksapte muh ding, khat-le-khat thutak a ki hantoh tuah ding lunggulh pen in nei hi.

SAPTUAM SUNG THU

Pathian in i saptuam hong veh in kha leh salam ah khanna tamtak muh theih ding aom ziakin kipah huai mahmah hi. Tukum 2018 sung in saptuam 12 ah chialpi/crusade/camp chihte neih zoh hita a, hiai munte ah a nungthuapna (followup) neih touh zel ahih manin Coordinator (Ministries) makaih in mun tuamtuam ah a vangkim in neih touh zel in om hi.

REFORMED BIBLE INSTITUTE (RBI) SUNDAY MESSAGE

Rev. G. Pau Muanthang, Principal

Saptuam memberte khempeuh RBI Sunday Chibai!

Awle, Pathian' pina leh makaihna tangin kumkhat khit kumkhat ah Pathian in hon pikaitou zel in tukum in zong RBI Sunday melmu thei nawn a i om manin Pathian' min i phat hi. Kumkhat paita sung a Pathian' hon pina leh i pankhawmnate uh ziaka i khanna leh masawnate uh hiai a nuai a bangin ka hon taklang nuam hi.

1. RBI Sundaythohlawm: Kum paisa 2017 in RBI Sunday thohlawmRs. 5523/- hong luta, huai sumte zangin RBI library a dingin labu bangzah hiam kilei thei kipah huai mahmah hi. Tukum a thohlawm i piakkhawmte un leng RBI office vanzat poimoh mahmah Desktop Computer khat ki lei sawm hi.

2. RBI vanzat ding thoh khawm: Tukum 'Ginomtak leh Kiphaltaka ThilpiakKum' i chih u toh kizui in ataktak a gahsuahna pen RBI in kihoih don kha mahmah hi a ka theih man in kipahna lian mahmah hi. RBI a dia van, sum le pai leh tha-le-zung i thohhawmte uh amalmal a genkim sipsip haksa khop in i pekhawm ua kipahna lian mahmah hi. Hiaiteziakin tuin RBI in vanzat ding kiningching, um le

bel apan tutna leh lecture stand tanpha in kineita ahihmanin i kipak mahmah hi. A tamsem pethei dingin Toupa'n a leh tampi in hon vualjawl chiat hen.

3. RBI building: Kum 2016 akipan RBI campus a building i lam uh paitou zel in, kumlui leh tukum pailen sungin nasatakin ma ki sawn hi. Tuni chiangin main building pen a nuailam teng kizou a, room lian huntawk 5 zat theih dingin ki neita hi. Huai roomte ahihle: library 24 X 30 feet a lian, Class room 12 X 24 a liankhat, 12 X 12 a lian nih, leh 8 X 24 a lian khat ahi. Tukum bul a pan in hiai roomte manphatakin kizang hi. RBI campus a Upa training neih masakna pen hi dingin tumkum April kha in hiai roomte zangin Upa training kinei hi.



Elders leh Deacons traning April, 2018

4. Dining Hall kilam lallel : Tukum 2018 in project thak khat kipan a huai ahileh “Anhuan Inn” (dining hall) bawl ahi. Dining hall let dan ahileh a dung feet 60 leh a vai feet 20 ahi. Hiai kpatna ziakehileh, tu le tu a i zat pah ut mai hilouin hun sawt adia leng poimoh mahmah ding ahizhak ahi. Bang hiam saptuam vai a, amun amual zang utte a dia kizen ding leh lemtang ding ngimna leng ahi. Hiai dining hall i zoh chiangin khatvei thu in mi 50 – 100 in annetheidingangim ahi. Huan, summer vacation leh winter

vacation sung a chialpina, camp hiam ahikeileh hun khatpeuh a saptuam leh department in a retreat neih ut hun chiang ua zat theih ding ngimna leng ahi.

5. Ministerial Foundation Course: Tukum a RBI masawna mahmah nawn khat ahileh Bible Galzilna chia i theihmai uh Ministerial Foundation Course kichi i patkhiak uh ahi. Tu in hiai course a student 45 kinei lallel hi. A course ahileh kum nawn in zou ding ua, amaute first batch ahih ban uah i Bible school ua graduate



RBI campus Dining Hall kilam lellel

masapente hong hi ding uh ahihmanin a zohkal uh i ngaklah mahmah hi. Hiai course ah sinsaktu tuamtuum ei sung a pan ngen kizang a amaute tungah leng i kipak mahmah hi.

6. Maban I sep ding omte:

Maban ah sep ding tampi mahmah omlai a (lampi, tuinek, meivak, campus cheimawina, staff quarters, library, computer, printer, leh adangdang), huaite a vek in i genseng nai kei ding. Himahleh tu le tu a poimoh masa leh ei toh kituak a i sep theih khomkhom omte i taklang ding hi.

i. Campus Chapel: Heutupa Khen panlakna leh amah hon

chiam dungzuiin tukum sungin RBI Campus ah Chapel khat tunkhiat kisawm hi. Hiai ding a heutupa Khen panlakna leh lunglutna i kipahpih mahmah a, Pathian hatna toh a tak a i lamkhiat zoh ngei leng i lamen hi.

ii. Thumna Buk (Prayer Cabin):

I campus uh ahihleh Kham a kilamkhiakna mun leh halhthakna i ngah na mun leng suahsak utup hihmanin, hiai nasepna pen Ei sung mah panlakna toh sepkiat kisawm hi. Huai ahihleh, RBI campus sung a “Thumna Buk” prayer cabin mun tuamtuum a lamkhiak ding chih ahi nawn hi. Hiai dingin mimal lunglutna nei, leh local saptuum lunglutna nei

kuapeuh in Principal kithuzakpih in thuchian kimzaw theih theih ding hi.

iii. *Bachelor of Theology (B.Th)*
Program: Pathian' pina mah lamem in kum 2020 a Bachelor of Theology pat kisawm hi. Hiai ding in lungsim leh taksa a kisakkholhna kineitou lellel a, sintu ding leh sinsaktu ding a-utte lungsim a kisakhawldingin i kingen hi. Sinsaktu ding lunglutte a ding in laisiamna lamah, Bible degree a niampen in master degree (M.Div) nei leh secular a Bachelor degree

nei kideih ding hi. Huchibang sinsaktu nasep sep utna nei ei saptuam sung mi i omleh Principal thuzak theih ding hi.

I thumnate uh, i pankhawmnate uh leh i thohkhawmte tengteng uh tungtawn a masawmna m uh theih a omte ziakin navek ua tungah kipahtu ka hon gen hi. Maban a leng nasa zaw sem a pangkhawm a, i Bible school uh pichinga a hong gahsuah na dia pangkhawmk touh zel ding in i kingen hi. Toupa'n hon vualjawl chiat hen.

THUMNA A THEIH DING

01. Pastoral Care & Counselling neih hi ding.

Amun ding : *Reformed Bible Institute Campus, Mata.*

Ahun sung : *August 6 - 8, 2018, zinglam dak 9:30 apan nitaklam dak 3:00 tan hi ding hi.*

A tel dingte : *Pastorte ban ah midang lunglutna nei teng tel theih.*

Pitu ding : *John Lewis, ITEM, USA*

02. Presbyterian Church in India (Reformed a sem pastor te'n kha teng in fellowship nei khawm zel uh. Huai dungzui in August 1, 2018 in leng PCI Head Office, Conference Hall ah neih nawn ding uh. Hiai programte lohching tak a zat ahil theih na ding in thum chiat ni.

If undelivered, please return to:

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Manipur, INDIA



To:
