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31 : Reformation Day/ Sunday



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Rev. Dr. Khen P. Tombing

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THU TUUNTE

Pastor's Appreciation..	01
Bible Study	02
Hinkhua a tup leh ngim	06
The Hidden Place	11
Tuailai hinkhua	15
Tuailai hun.. hun manpha	20
Gingtu lungsim chidam.	22
La-te thu	27
PYF Day Message	29
Presbyteries khawmpi	31
Kipahthu genna	32

A sung a thu
kisuhte editorial board
ngaihnan ahivek
kei.



PASTOR'S APPRECIATION SUNDAY

Tukum i saptuam calendar ah “Pastor’s Appreciation Sunday” chih October 10 (Second Sunday) ah hong tuang hi. Thilthak hikei mahleh ei adia hong kitaklat masakna ahihman in lamdang sakna a om kha thei hi. Hiai bang genna ahita maizen a, pastorte pahtawi nak utna uh e, haihuai, chinchilou hiveh aw, hou maimai, leh a dangdang.

Hallmarks Card company, United States in 1992 kum in “Clergy Appreciation Day” chih hon pan ua, kumteng in October Pathianni Nihna a sehkhia uhi. Hiai hih Bible ah hih ding a thupiak chet omkei mahleh chiindan hoih leh Pathian thu toh leng kikalh tuanlou hi a theih ahihman in saptuam tampite’n chiindan in neita uhi (Mother’s Day, Father’s Day, Tuailai Day etc. i neihte uh dandan ahi.).

Huai ahihtoh kiton in, “Kua ahia Pastor?” chih theichian semle hang, a poimohna kimuthei semsem ding in ka um hi. Pastor tuh khalam a makai, a kep mite belampu bang a chingtu, Pathian thutak a mite hanthawn a khamuan, dohzou, itna toh kipia a sepsakna nna sem, Pathian’ deihdan semtu chihna ahi. Huan, saptuamte enkoltu leh melma akipan humbittu leng ahi a, mi poimoh mahmah ahi. 1 Timothy 5:17 ah Paul in Pastor Timothy kiang ah pastorte a lehnih a pahtawi tuak ahi uh chi hi. Himahleh, a taktak in pahtawina a phu uh i pezoukei ua, pahtawina sang in lunggimna i tunzaw uhi. Huaiziak mahmah in leng ahi amaute pahtawina ni khatvei neih himhim a poimohna.

Saptuam mipite' lungsim ah amaute niteng a hing a pahtawina piak gige ding himahleh hizoulou khasek ihihman un, nikhat amaute hihtheih tawp in pahtawi in, hanthawn in, tawsawn in khamuan ni. Pathian in leng vualzawltu hihna hon suaksak ding ahi chih ka lamem. "Nang, pastorte adia vualzawl na hi in". Hihtheih ding

tampi a om ding, kiman peuhle hang.

1. Midangte kiang ah na pastor uh hoihna thugukte hihlsawn in.
2. Amaute a ding in sehtuam thumna hun zang in.
3. Kipahna laikhak khak in (lekhka, message, voice, video, photo, etc.)
4. "Ka hon hihsak theih om hiam?" chih dong in.

Simtute' Toupa' n hon ompih hen.



HINNA LUI LEH HINNA THAK

(Ephesate 4:17-24)

Rev. Dr. G. Pau Muanthang

17 Tunin hiai ka genin Toupa ah kontheisak ahi, Jentelte a lungsim ginatlouhna uh pu a aom bangun na om nawn mahmah ding uh ahikei; 18 amau tuh a lungtang uh tak jiaka theihtheihlouhna jia kin Pathian hinna theihtheihna apan posiahin aom uhi; 19 a khenggawpta ua, sianglou chiteng hihna lama huaihamin jautatna ah akipumpiak uhi. 20 Nou jaw huchibangin Khrist thu na zil kei uhi. 21 A thu jaa amaha thuhilhna a om khin na hihpeuhmah uleh, Jesu a thutak aom bangin, 22 Na pianken lui uh, na nidanglai hindan uh segawpsa suahkhia unla, 23 na lungism kha uah a thakin

hongom unla, 24pianken thak, diktatna leh sianthouna a Pathian batpiha siampen silh un.

Hiai kikal sungah Paul in Jentel piangthaklou lungput leh, hinna thak, piangthak lungsim ahon genkak hi. Hiai pen gendan dangin genle, piangthaklou lungsim tuh a kikhekrou gentakrou lungtang tak leh khenggawp ahi. Huan, hinna thak, piangthak lungsim ahihleh sinsak theih lungsim, a siangthou leh Pathian batpih a khang lungsim ahi i chitheh hi.

Hinna Lui: Jentel Lungsim (t.17-19)

17Tunin hiai ka genin Toupa ah kontheisak ahi, Jentelte a lungsim ginatlouhna uh pu a aom bangun na om nawn mahmah ding uh ahikei; 18amau tuh a lungtang uh tak jiaka theihtheihlouhna jiakin Pathian hinna theihtheihna apan posiahin aom uhi; 19a khenggawpta ua, sianglou chiteng hihna lama huaihamin jautatna ah akipumpiak uhi.

Hiai ah Paul in piangthakrou lungsim a hon genna ah, 'Jentelte lungsim' chi in ahon gen hi. Hiai a chih in Jentelte tengteng amimal a pumhoihlou a mi kuapeuh Juda ahihleh piangthak chihna hipahlou hi. Huai hunlai a thil paidan etin Pathian awite Juda leh Pathian awiloute Jentel chi a kikhenna dan a ahon gen ahi. Himahleh, kua hiam Juda hihziaka piangthak chihna himawklou a apianthak kei uleh Jentelte banga lungput nei hiveve uh ahi chih i theih a deih huai (2:11-12; 15).

Paul in a thugen pen poimohsa leh awlmoh mahmah ahi chih a kilatna nih i muthei hi. Khatna ah 'Toupa ah ka hontheisak ahi' chi in ahon pan hi. Huai omdan tuh, hiai ka hon thugen zenzen ahihleh kei kithalop man, ahikheileh kei awlmoh thu hilou in Pathian apan ahi a chih nopna ahi. Huaiziakin kei thu hilouin Pathian apan ahizhiakin ngaipoimoh uh chi ut hi. Anihna ah Jentelte ginatlouhna lungsim pu a om bang un 'om nawn mahmah kei un' achi nawn hi. Hiai gendan nihte apan in Paul in

athugen poimoh leh awlmoh huai ahi hon chisak hi.

Huai piangthaklou lungput tuh, a hel hat lungsim, a gilou lungsim leh Pathian dou lungsim ahi. Huchibang ngaihtuahna leh hinkhua a neih gige zia kun, a lungsim uh 'tak, khenggawp leh sianglou chiteng ngaihtuaha huaiham leh jautat a om' ahi uh a chi hi. Hiai 'jautat' om dan ahihle kuamah sawlthu hiam ahihkeileh kuahiam makaihna a gamtang hilouin amau mah lungsim ngaihtuaha in a pi dandan a poisak neiloua khosa genna ahi.

Hiai thumal toh kisai omdan genchetna Judate khangthu suut siam a minthang Josephus in a gendan apan i en ding. Hiai bang gamtatna omdan ahih leh Rome sepaihten poisakna leh zumna himhim neiloua Judate Paikan Annkuang luilai ua a zahmoh uh mipi laka a lahkhiak uh gamtatna ahi chi hi (Whiston, 638). Huai bang zumtheihlouna hinkhua toh paikhawm tuh 'sa duhgawlina' ahi. Duhgawlina i chih chiangan a neilou hiam ahihkeileh a tangkhalou

chihna hilouin a neih leh a tante a lungkimlou, a ban deihlai. Huai tuh angmasialna toh mite tansik nasan laksak utna lungsim ahi. Hiai bang hindan in tuh zumna leh poisakna chih himhim omlou in khelhna mialnuai ah zalentakin a khosa uhi. Huchi ahihziakin hiai bang omdan in Pathian' thilte, Pathian kilakna leh Pathian deihdante theih na ding a khosakna leh lungsim ngaihtuahna chihte mawngmawng omlou hinkhua ahi a khelhna leh gitlouna in atuam mialgawpin gitlouna nasep sem dinga kipumpiak hinkhua chihna ahi (Rom. 1:18-27).

Hinna Thak: Khrist Lungsim (t.20-24)

20Nou jaw huchibangin Khrist thu na zil kei uhi. 21A thu jaa amaha thuhilhna a om khin na hihpeuhmah uleh, Jesu a thutak aom bangin, 22 Na pianken lui uh, na nidanglai hindan uh segawpsa suahkhia unla, 23na lungism kha uah a thakin hong om unla, 24pianken thak, diktatna leh sianthounaa Pathian batpiha siampen silh un.

Jentel lungsim leh khosak dan agen khit in, Khrist a hinna thak neite lungsim leh khosak dan a hon gen hi. Hiai hindan thak hon genna ah **'Himahleh nou jaw'** chih ding hinapi i Lai Siangthou in *'Nou jaw'* chi in hon pan a huai in a gen-ut a dausak hi. Hinkhua kibanglou nih a gen mai hilouin a kikalh hilhel (*opposite*) hinkhua gen ahizhiakin in *'himahleh'* chih atel ngeingei ding ahi, a paubul ah zong kigelh ahizhiakin. Huai banah gendan dangin genle *'Himahleh nou jaw Khrist thu na zil dan uh huchibang ahi kei hi'* chi a leng gentheit ahi.

Hiai hinkho nihte kibatlouhna genotna in *'himahleh nou jaw huchibangin Khrist thu na zil kei uhi'* a chi hi. Piangthakte hinkhua leh khosak dan bel Khrist a kibilphuh leh Khrist enton a hinkho siangthou sin kawmkawm a hinna ahi. Huaiziakin pianthakna pen khat a bukima neih ahi, himahleh Khrist batna nei hinna pen khatvei thu a bukim hilou gingtu hinkhuan a sintouhtouh ding ahi. Khrist batna neia a deihdante, ginna piching zawte apan leh Amah apan

sinkawm a hinkhua zangtoutou chihna ahi (1 Kor. 4:6; Matt. 11:29). Huai ah tuh *'lungsim kha a thakna'* leh hinkho thaka hinna a khosak ding chihna ahi.

Huai bang hinkhua ah tuh *'hinkho lui suahkhiaakna leh hinkho thak silhna'* ahi. Hiai hinkho lui leh hinkho thak baihlamtaka i theihshiam na dingin Paul in i kizepna vante banga genin *'suahkhia'* leh *'silh'* kichi thumal hon zang hi. Hiai thumal *'suah leh silh'* chih i zak chiangin i lungsim hong lang ahihleh i kizepna silh leh tente toh i bulhtuah thei pah hi. Hiai thumal apau bul a i etchiangin a gen-ut hong chiangzaw khat aom lai hi. Suahkhia leh silh chih thumalte ah *middle voice* a zang tuaktuak hi. Hiai *middle voice* i chihpen Greek grammar a tuamna deuh khat ahi a, huai in a gen-ut ahihleh *'a semtu in amah ading mah a nasep'* genna ahi. Huai omdan tuh gingtu khat Khrist batna nei in ka hing ding achihleh, amah mah in a hinkholui, a hihnok theithe peuhmah a suahkhiaak khiak ding (Heb. 12:1) leh hindan thak a silh touhtouh ding chihna ahi (6:11;

Kol.3:12). Huai omdan tuh eimah in i kilawm pih ding leh i deihdan kicheina vante a i silh a, a niin i silh luite i suahkhiak bang ahi. Huai tuh eimah hoihna ding leh kilawmpih ding eimah in i kisepa i kichei bangin, Jesu Khrist batna hinkhua pen kuahiam nasep ding hilouin eimahmah nasep leh hih ding chihna ahi.

HINKHUA A TUP LEH NGIM BANG HI HIAM CHIH ZONGSUAH TUAILAI

By: Esther Ngainunsang, Rayburn Presbyterian Church

Tuailai thahat i hihlai in ei mahni nopsakna ding kia zong in, a nuam ding lampi kia i zong uhi. I kim-le-kiangte lah gensiatna leh kha gilou in hon pumtuam a, hiai tuh i tenna khovel paidan hita maimah hi. Thakhat a thil hong kikheng zelzelte'n tuailaite naktak in hon subuai zou hi. Tuailai ihihmah ziak in thil tampi i dotnop i theihnop, i chepnop, i muhnop leh i khoihnop a om. Huaiziak in khenkhat tuailai kalsuan khiat didan le theizou nonlou, panpihtu di kisa sa lua, innkuante hi in khotang sung a tazou kisa nonlou tuailai tampitak om uhi. Amaute ahihleh hoih nuam kisa in alang lang diangta mai uhi.

Tuailai hun tuh a taksa hi in lungsim hitaleh naktak a akikheng ut ban ah piching hinkhua manoh a ki hi hi. Hiai stage ahihleh naupangte dan a thumang dia kithuhilh leh pichingte omdan a om dia kihilhna hun ahi.

Himahleh, hiai hun ah tuailai i hihlam bang le min hon pomthei leh kichi tangpi hi. Tuailaite ahihleh atangpi a min ei hon bang chi muh ua, ka ki chei dan bang achi a, kipilsak hun leh lawm i ngaih mahmah hun ahi.

Hinkhua bang hi hiam chih zonna

Tu hun a tuailai tamtakte a hinkhua ua a poimoh pen dia a koihte uh ahihleh khovel a hauhsak di huai zoh kiningching leh nuamtak a om d chih te hi. Banah a hinkhua ua tup leh ngim tuamtuam nei uhi. Khenkhat ahihleh nopsak na kia zong in, zu khawng hong dawn uh, nungak leh tanval kingaihna thaanghuai tak a hon om uh, branded van chauh deih in anu le pa te uh genthei mahmah, sum zatna sang mahmah leh lawm bang le a nei zou deuhthe chauh ngai, a laa ngaih te uh leh a etnopte un pathian phat kha mahmah lou, hilele nopsakna koi mah a muzou tuanlou uh hi.

I gamsung a national research bawl ten agen dan ua mi piching sa akim khat khong in hinkhua tup leh ngim

bang hi hiam chih zonna nei om lai akici hi. Banah tuailai piching phanailou deuh te le seh thum suah seh nih di khawng in. I theihsa mah bang in hiai tuailai hun hi a rate sang penpen hi. Buai hut lai mahmah ahihziakin niteng phial ah kim le kiang ah buai nadi kimu, tup taktak nei theilou, thil hih dia hitheithou hilele piang khe taktaklou, lungkim veve lah bukim hi tuanlou. Huaiziakin akichian mahmah ahihleh hiai stage a om kha ten hih Pathian kalal leh hondampa dia kasang achih hangun Pathian in bang dia amau abawl ahia chih thei lou uh hi.

Hinkhua tup leh ngim theih nadia tuh khalam theihsiamna ineih masak ngai hi. Tup leh ngim ichih chiangin kam zonna, siamsinna, sum muhna, mahni siamna te kia gen hilou ahi. Apoimoh penpen tuh Pathian ithei na hiam, iki naih mahmah na hiam, a ziak ahihleh amah toh kizopna taktak ineih chiangin I hinkhua hon kikhek lamdang mai hi.

Pathian sapna taktak nei ten bel niteng hunteng in amah tawh

kihouna hun zang zel hi. Ei lohchinna pathian tellou a inna panlak te hih bang mah tan hon tun kei a, lungkim louh na leh ningkitel na ngen in ahon pum tuam hi. Ahih hangin Pathian thu ngai a amah tawh ton khom te bel aman a hinkhua ah a lampi pai na diing amusak dia, vualzawl na leh lohchinna in avuk diing hi.

I mobile phones te lah pan deuh deuh, i khuak te uh lah sah deuhdeuh, i theihtheih na in ei te hon bawl zou lou ding hi chih kichian mahmah. I kihou theih na dia lah van zat tampi om ta huih khua hi in, tuipi leh lei nuai sung a hitaleh, ahi a lah i lungtang te uh khauh deuhdeuh in thil houcik kihou nadi bang le ki hou taak sa nawn lou. Asiam ahihnakleh hoih sa pah. Akin ahih nakleh ki pahpih. Tu hun ahihleh mi pha zouzou hampha, atou nadiam sawt akisen thei diam chih te ki en nonlou hi.

I lungsim uh lah tom deuhdeuh in mi ngak zohna te lah bei, tomcik mi ingak khak leh bang kining tel hipah. Huai Chiang achu phone

khawng a om leh adan om, i kim kiang a om te lah kihou sawm mahmah lou, huai hun a lawm poimoh i hihlam min ahon thei khak di bang kilau daih in, huai sanga a whatsapp/facebook/ instagram te a thu omte khawng awlmoh zaw dan a om. Ajiak tak chu lawm huai hun a lawm kipoimoh ahi, hileh eng kizum sel nadia phone bang vaki khoihkhoih mawk hi. Hiai tuh ikhan khat na dan ahizhiak ahi abik tak ah lauthawng na leh muangmoh hatna. I inn te ua lah buaina leh kikhen tuamna ngen a dim, kipanpih leh kitheih siam sawm lou a. I hinkhua uh tuh i lohchinna zahzah toh kiteh himai.

Hinkhua a tup kichiantak neihna dinga deihtelna

I hinkhua ah tup leh ngim taktak ineih louh chiangin ei leh ei nangon le kitheih siam haksa ahi, huai kia lou a Pathian i biak utna te bang le beitheih, mi ipanpih utna te khong le. Hiai in i hinkhua sesak thei ahi. Kipiak na taktak neilou a bel ki mangthang ding banah aloh didan theilou in kivak vai ding hi. Pathian in eite zalen tak a deihtel na thak neitheih ding leh kipiak na thak nei

thei dingin haphatna hon pia hi. Laisiangthou a kigen mah bangin eite belum za lak a khat banga Pathian in eite hinna thak nei thei diing leh deih tel na thak nei ding in hon sam gige hi, ahihziakin i lungtang i khauh sak le bel ki mutuan lou diing hi. Huaijiak a i hinkhua ah Pathian khat na a ikoih gige masak ding, hileh en Pathian itna ki mu deuhdeuh diing, ei le ki it didan khong leh i innkiang te it didan te kithei chian ding hi.

I laisiangthou in g pen a kigen tuh “Hinna tel un” kichi ahi. Pathian in deihtel na ding lampi nih hon pia a, lampi ahoih leh hoilou, hinna leh sihna hiai tuh zalen tak ah deih tel thei hi. Diuteronomi 30:15,19b-20a isim ding, “Tuni in ahoih leh hoihlou, hinna leh sihna na teel ding un, ka hon pia ahi. Hinna pen tel unla, Toupa na Pathian uh it unla, a thu mang un; amah a dingin ginom un, huchi in nou leh na suante damsawt ding...” Toupa’n thupiak zuih dia hon piak tuh *hinna tel diing* chih ahi, hiai in tu leh tangtawn gam hon tuun diing ahihmanin,

ahih hangin bukim nailou ihih manin khelhna lampi vatel khak thei ahi.

Hinna i chih bang ahia?

Tu hun a tuailai tamtak hih koi a kipan ka hia chih theilou, kuan hon bawl leh a hinkhua ua tupna neilou tampi ki om hi. Laisiangthou in agen bangin, “Toupa aw, ka hinna uh thununna leh, ka tunung diing ua thuneihna nei; kuamah ka om kei uh chih kathei hi” (Jer.10:23). I theihsa mah bangin I hinna ei a ahikei a, i nu le pa hiam, mi tuam a ahi tuan sam kei hi. Hinna tuh thupi tak a Pathian in abawl, lei leh van banah nang hon siam pa mah ahi, huai ziakin amah chouh ahi na hinna nei tu. Hiai thudik na gingtak a ahihleh na hinna pen nang ut dandan a paipih theilou ding, nahih khempeuh Toupa deih dan a om ngai ahi chih mang ngilh ken.

Detdou dinga tupna

Mihing khat in tupna tuamtuam inei thei a, khen khat tomchik sung daih ding tupna nei in mangthang tamtak ki omta hi. Huai ziakin hinkhua a tup ineih chiangin muan theih ding poimoh mahmah. Saupi

daih ding ingaih tuah Chiang in chu tu hinkhua chauh hilou a tangtawn daih diing tupna ineih ngai hi. Ahuchih keh laisiam hi in, pil kisa mawk lecin le det lou a kichim pah mawk theih ahihmanin.

Augustine in hichin ana gelh hi “Thou hast made us for thyself, and our hearts are restless until they find their rest in thee.” Hiai in agen tuh nang leh kei tuh Toupa ading a kisiam lel ihi, i lungtang in tawldamna a ngah theih na di mun tuh amah kiang lou ngal a om kei. I hinkhua tuh Pathian a kingak a i lungtang a Pathian koih a, tangtawn lampi zuan le hang i tup te tua hinkhua chauh hilou tangtawn tangtawn daih ding hi.

Kitheih tel tupna

Jesu Khris khovel ah ahon omlai in atup athei mahmah a i laisiangthou ah aman hicin ana gen hi, “ka hong kipatna leh ka zotna diing lam kathei ngal a.....Kei mah tuh lampi, thutak leh hinna ka hi; kei mah a tawn lou in kuamah Pa kiang atung ngei kei” (Johan 8:14; 14:6). Theih siam nop leh

kigen Chiang mahmah a, huai tuh i ginna Jesu Kris ah koih lehang aman I lampi pai nadi ahon hilh diing a, ihon kipatna leh bang jiaak ei hiai khovel ki om ahia chih thuguk te hon hilh ding hi.

Hilehleng Jesu Khris in huai kia lou le agen om lai a, huai tuh Jesu ah ginna nei te bel Pathian ta ahi ana ci ahi, huaiziakin ei te Pathian a ihi ua, amah gou luah tu leh nungzui ihi uhi (Romte 8:16). Gingtu khat in detdou diing tupna kia ngah phet lou a kitheih tel tupna le angah lai hi.

Thuneihna tupna

Tupna khat peuhpeuh hita in en azat dan itheih kei leh zatna bei himei ahi. Tun bel Pathian ta nahih taak ziakin unlimted thuneihna nang ah om khin ahi. Eiten itheih di chu bang ci bang in hiai thuneihna izat khiak ding chih ahi a. I laisiangthou ah, “Pathian ei lam a apan leh kua ahia hon dou thei ding?” (Romte 8:31). Gingtu tuailai khat ihihna na ah melma ituak tham ding, haksatna, khemna leh buaina tuamtuam te in hon tuam mah leh hiai hut Chiang

ahi i unlimited thuneihna in ana zouzou zel diing hi.

Pathian toh i kikal muhsuah ding

Na hinkhua nang adi chouh ngaihtuah a hing na hiam? Na hikhua mi adi kia a hing nahiam, na nungaknu/tangval/innkuan te adi kia a? Ahihkeh nang hon siamtu Toupa adia hing na hiam? Na hinkhua na ut dandan a zang mai na hiam, kei hinna ahi ci in? Hinna naneih kua ziak hidin nagingta a? Na hinna Pathian thupi nadia zang nahih leh adik mah ahi. Hilehleng hiai bang a na hinkhua zangkhalou nahih leh na hinna

zangkhal nahi. Tu mahmah inle Pathian kiah panpihna ngen in hileh aman hon bawl dik diing hi. Toupa na Pathian tuh akhatna a nakoih gige diing banah amah deih dan a na hinkhua na zat diing ahi, aziak tuh na hinna san ahih jiajin. Tu hun khong a na lungkim louh na te khong ziak a Pathian le phok khalou a khosak hun hinon lou ahi, tu hun a tuh amah toh hun atam thei lam nazat leh thil thupi leh natheih ngei louh thu kisel te hon thei sak semsem diing hi, huai jiajin eiten ideih telna izat dan a kinga mahmah diing ahih jiajin hinna I Toupa Jesus Kris mah bel tinten ni.

THE HIDING PLACE

(Kiselgukna mun)

- Elder Thuamson Hangzo, Rayburn PC

Corrie Ten Boom kichi kum 1892 April 15 in Harlem khua, Holland gam ah a piang hi. Unau 4-te lak a nautum pen ahi. 1937 a apu'n ana patkhiak Sana (watch) bawlina ah apa'n a sep zomtouna ah aman leng a sem hi. Agam ua numei sana bawl masapen ahi. Kum 1923 in nungakte ki pawlkhawmna pankhia a, anunglam in Triangle Club a hong kichi hi.

A unu leh apa toh a tengkhawm ua, kum 48 a upa ahih inleng pasal a nei nai kei hi. A inkuan un Dutch Reformed Church ah aom ua, a pa bel Harlem khopi sung a teng mite a kimkhat toh akimeltheih uhi. A nu ahihleh stroke ziakin a si a, huai lai in Holland gam Nazi (Hitler Sepaih)-te khut ah akipia uhi.

Nazite'n Juda mi peuhmah thahgam ding achi ua, a inn ua om ngamlou a taite kibukna (kiselna) ding gelsak in Corrie a pang hi. Khatvei a inn uah Juda Nupi khat nalh deuh a kizem singlem khat khai in ahong lut a, a pasal Nazi ten kha bangzah hiam paita a amat uh, a tapa leng kikumang ahihdan ava gen hi. Amah leng Nazi te'n ava enkhe gige ua, a inn uah a pai ngam nawn tak kei chih ahilh beh lai hi. Corrie-te inkuan toh genkhawm ding in a ngen a, amau leng lem asa ua, a inn uh chimoh beidongte kiselna asuah ziakin "Kibukna mun (The Hiding Place) chih min aphuak uhi.

Khopi pawlam khota neu chikchikte ah leng chimohte bukna

ding Corrie in a ngaihtuah sak zel hi. Kum khat leh kim chiangin Corrie-te inn tuh kibuk ngaite kithehtuahna munpi ahong suakta a, Corrie pa'n bel Pathian nam tel Judate a panpihna ziaak a si ding hileh vangphat huai penpen hi ding ahi chih a puang hi.

February 28, 1944 in Nazi CID khat in Corrie-te Sana khutbuh (watch) dawr ava enkhia a, Judate panpihtu dan in ava kibawl hi. Corrie in leng ana panpih ut a, himahleh ahihna aphawk khiak ma un Corriete inkuan tuh Gestepa Secret Service -te kiangah ana report a, a inn uh hong buluh ua, amau inkuan aman vek uhi. Corrie pa tuh Schevenigen suangkul a taang in ni 10 (sawm) khit in a si pah hi.

Corrie leh a unu Betsie ahihleh kha sawm sung in jail tuamtuam mun 3 ah a tang uhi. A tanna na nungpen uh ahihleh Ravenbruch a Concentration camp ahi a, suangkulh sung ah gentheihnate uh gengen sangin a saltanpihte uh kiangah Jesu Khrist tanchinhoih a tangkoupah zaw uhi. Amau unau

ziakin saltang numei tampite'n Jesu Khrist a gingtata uhi. Jail a tan sung un a unu kum 59 a upa Betsie tuh damlou in a sinawn ta hi.

Aguk in suangkulhsung a Bible ahon puaklut uh zangin Pathian biakna a nei zel uh chih hichi'n a gelh hi. "Betsie toh hichibang a kikhopna ka neih tunglai un ka lau thei mahmah ua, hilehleng nitak teng a kon neih gige chiangun vengtute leng a gamla omsim ziakun ka hong hangsan deuhdeuh ua, nitak min (roll call) khith chiingin Biakna kikhopna ka neih chiangun mi ahong tam deuhdeuh uhi. Barrack 28-na a kikhopna tuh lamdang sim tak ahi. Thil kihih zelte tuh Catholic hon khat in magnificat Latin pau in agen zel ua, Lutheran te tamlou in biakna la ngaihlo chik in a sa ua, huai khith in Eatern Orthodox numeite'n Bible tang ngaihkhollou in ahon gen zel uhi. Ka kiang uah a kimvel in midang tampipi a hong tel ua, ka dim phitphet zel uhi.

Betsie leh ken ka Bible uh ka phen zel ua, Dutch a kigelh German pau in ka let zelzel ua, hiai hinna siktui

thuing a banban in saltangte pau, French, Polish, Russian, Czech paute a kigen sawn in atawp in Dutch in ka kiang uah hong tungkik sek hi. Electric Bulb nuai ah tuh vangam cheplawkna ka nei zelzel uhi"

Betsie December 6, 1944 a si in Corrie kiang a thu a vai khak nanungpen tuh "Hiai mun a i thil sinkhiakte amau i hilh ding ahi. Pathian itna sang a thuk zaw kawkhuk dang aom hetkei hi. Hiai itna thu i theihchet ziakin Corrie i thugen ngaikhe ngeingei ding uh ahi" chih a laitah ma i gen malam hi.

A min ana gelh khelh ziakun Corrie suangkulh a kipan khakhhiakte lak ah atel a, amah pawtkhiak nung nipi kal khat sungin suangkulh tang numei tengteng thah in aom vek uhi. A zalen nungin Harlem ah a kiik nawn a, a nekzonna sana bawl sutzop a sawm leh alungkim thei kei hi. Kum 53 a upa hita in khovel gam chih a tangthupha gen dingin a kuankheta a, kum 33 vingveng gam tuamtuam 60 hial ah Jesu

Khrist vualzohnathu a tangkoupih ta hi.

Holland Kumpi nu'n Corrie nasepna ngaihsangna leh pahtawina in Gal hat (Knight) a puankhiakna a bawl hial hi. Jerusalem khopi ah Holocaust Musium ah tuh Garden of Rightouness mun ah amau inkuan in ana hutkhiak tengteng uh phawkgigena dia sing khat suan dingin ana chial hial uhi. Corrie laibu gelh minthang mahmah leh kizuak khe tampetmah The Hiding Place kichi world wide pictures ten cinema film in ana bawlta uhi. Tangthu tomchik "Tunitan in leng ngaihdam ka zil gige lai hi" kichi 1972 kum a guide post a kisuah tuh Corrie in a meltheih mahmah khat, Munich khopi ah biakin khat ah kum bangzah hiam nungin muh nawn in aom hi.

Kidoupi nihna ven nung kum 1947 a German gam a ngaihdamna thugen a va hoh lai in huai mipa talkolh velvol, puanakpitual gialkhat silh, uniform dum leh a lukhu a kheguh kikokalh leh luguh lim kitak a kithuam nak sek, Corrie suangkulh a tan lai ua

saltangte vengtu gilou mahmah a mu kha guih hi.

Corrie ten Boom tuh kum 91 a phak ni, a pianchampha ni geih in April 15, 1983 in Orange, California ah mual akhumta hi. A pianni geih a si tuh Judate ngaihdan in mi vangpha ahi hi.



Corrie Ten Boom

TUAILAI HINKHUA

“...Na Tuailai hun in nang honsiampa thei gige in” (Ekljiasti 12:1)

Thupatna: Tuailai Day melmu thei ding a damna honpia i biak Pathian min in Tuailaite Na vek un Chibai konbuk hi. Toupa Na kiang uah om hen. Tuailai hun i chih hun nuam leh poimoh mahmah hun ahihman in, hiai hun manpha zangkhial leh zang dikte hinkhua ah, a tunung hun ding uh kinga lian mahmah hi. Huaiziak in, I tuailai hinkhua ah maituah ding leh paisan ding melma tamtak om a, tuni in tamlou genkhawm leng ka chi hi.

Tuailai hun: Tuailai hun i chihpen mihing hinkhua a hun nuam leh khiak lah huai hunpen ahi chi leng kigen khial lou ding hi. Lawm-leh-Vualte toh ki-thuahkhomna hun, Lungsim-leh-Taksa hat mahmah hun, Nek-leh-Dawnmoh neihlauh hun leh Poisakna leng a tawm mahmah hun laitak ahi. Tuailai hun pen hun manpha, hun nuam, zalenna hun leh hatlai hun ahihman in, i nawkna lampeuh kizou zungzung thei hi. Huaiziak in, Tuailaite tuh Nu-leh-Pate a ding in

Lam-etna lianpi pia a, Saptuam leh Khotang mite a ding in Lungmuanna, bitna leh lam-ette hi ua, Gam-leh-Nam adia maban kingakna, Sumdawng mite adia vanzuak na/Vanleite leh Jesu Christ adia Gouselgukte i hi uhi.

Tuailai hun hoih leh manpha tak mihing te'n i damsung in khat-vei kia kituak kha ding hi. Tuailai thak chih i hinkhua tuakkha nawnlou ding ihihman in, I Tuailai hun a Pathian leh Satan in a nungzui ding

a, hondeih ahihman in, Tuailai hinkhua a Pathian leh Satan kuazui ding i hiam chih pen Nang Khut ah ki-nga liuliau hi.

Tuailai hinkhua ah Paukam

zatdan: Tulai in technology khang ah i omta ua; tutmun a khovel a thiltungte leh omte gen-leh-saktheih na khang ahita hi. I omna mun apan i genkhiak leh sakkhiak te' ei-ngaih in bangmah mahlou in, i koih ahi kha maithei ding hi. Himahleh, Khalam a piching nailou, kua hiam khat adia Khalam kalsuanna adia, kipukna hi thei gige ahihman in, midangte adia pukna tuntu hilou a, tung dingtu hi dia, I paukam zatdan pilvan mahmah ding poimoh hi. Tua hileh Christ deihdan hinkhua zang kihi dia, midangte adia vualzawl na tuntu leng kisuak ding hi.

Tuailai hinkhua a luck luat:

Tuailai hinkhua ah ngaihtuahna lamdang pipi piangthei mawk hi. Melhoih leh mi Lohchin louhna lam bang a, lohchinna bang i neih khak Chiang in, hinkhua ah chaphouna bang hongsuak thei mawk hi. Tuailai hun pen i paaklut lai hun

ahihman in, mel-hoih leh melsiat thu-hilou in, I luck mahmah lai hun ahi. Huaiziak in, Tuailai hun a khatvei bek luck lou kuamah omlou hi. Himahleh, Tuailai hun a nungak ki-luck sak khengvalte, a tunna ding tan uh tunglou tamtak om ua; a Luck lou tata khosuk ut vial uhi. Tuamah bang in, Tuailai pasal a luck lua-te, Innsung a zattak hetlouh khat hi nuam mahmah uhi. Tua ahihman in, Tuailai hun a, Kholai a luck viau toh Innsung Pa/Nu hihna kikhai nuam mahmah hi. Huaiziak in, Tuailai hunhoih lai nuamtak azat a, Pathian phawk ding ahi chih i mangngilh louh ding uh deih huai hi.

Huan, Tuailai hun izatlai-tak a, hinkhua kikep siangthou poimoh ahi chih i mangngilh louh ding uh ahi. Ahitak hileh bel, Kuamah a kilian sak leh kisathei tuam ding i omkei himhim uhi. LST in “...Leivui a kipan lakkhiak na hi ngal a; Leivui na hi a, Leivui ah na kikhawn ding ahi” (Gen 3:19) achi hi. Tuailai hinkhua ah LUCK mahmah leng zong, **Zingchia**, I taksa pumpi Lei-vui apan lakkhiak, lei-vui mah ah

kiknawn ding ahihman in ki-thupi sak luatna ding om lou hi. Huaiziaik in, i Nek zonna leh Khosakna a tuam dungzui in, I kicheina a kibang kei chihthu lel ahi. Leitung ah vuaktang in i piang ua; vuaktang mah a kiknawn ding ihi lel uhi.

Tuailai hinkhua a lawmpolh: Tuailai hinkhua a lawmpawlh neih a, Haksatna, Lungkhamna leh zawngaih sunglut hun a, hehnehtu ding leh Nu-leh-Pate kiang a, i genkhiak ngamlouh thuguk genkhiakna ding lawm pawlh neih ding ahihban ah, I taksa kepsiangthou theihna ding leh lungsim ngaihtuahnate buaisaklou ding lawm hoih i neih poimoh pen hi. Tuailai hinkhua a lawmte toh kitaitehna na ding a hoih pen tuh, Pathian gam nasepna, Siamsinna leh Na hoihsep a, kidem pih theih ding lawmpawlh neih tuh Khalam khanna leh hinkhua sekna hoih pen ahi chih i mangngilh louh ding uh ahi.

Tuailai hinkhua a Haksatna: Tuailai hun i chihpen mihing hinkhua a hun nuam leh khiak lah hunpen ahi chi leng kigen khial lou ding hi. Himahleh, Tuailai hun a haksatna

mahmah khat tuh thadahna ahi. Thadahna in i tunung hinkhua ding Khalam leh Salam ah nakpitak a sukha ahi chih i mangngilh louh ding uh deih huai kasa hi. Tunung hinkhua nuam izattheihna ding in, tuailai hinkhua nuam leh tawldam huai tak ahi kei chi thei inla, Setan khemna apan suakta ding in Pathian in hon deih hi. Hiai theology khangthakte'n i sinkhiak ding uh poimoh mahmah hi.

Sawltak Paul in a taksa tunga ling lakkhiatsak ding in Pathian kiangah thumvei a ngen a, Pathian in a lakkhiat sak kei a, akem sak hi. Tuailai hun a Haksatna leh setan khemnate i melma hilou in Pathian in i hat zawk na ding a ahon piak ahi zaw hi.

Tuailai hinkhua a hun zatdik: Tuailai hinkhua a i hunzatdan in maban khosakna ding saupi sawkkha ahihman in, tuailai hun apan hun zatdik poimoh mahmahte lak a khat ahi. Zingthoh hun, Lup hun theilou chihte'n, i phakna dingtan hontun lou ding ahihdan theih tel mahmah ding kism hi. Kholak a sep ding leh bawl ding

poimoh lua nei leng hiloupi a vakvak in zonna leh hausakna toh hon kigamla sak ahi chihthei a, a huntok leltheih a kholak vakpen pilna bul ahi chih i theih ding uh poimoh hi.

Tuailai Hinkhua a Contestant nih: Tuailai hinkhua a i zuih ngeingei contestant-nih om hi. Pathian leh Satan nungzuih ding ahi. Kuamah ka zui-ut kei chih om theilou ahiman in, thupukna khat na bawl ding poimoh hi. Huaiziak in Bible a Job hinkhua apan in saulou genkhawm leng ka chi hi. LST sung a Job tanchin theilou i om uh a gintak huai kei hi. Job in Pathian a muanna a koih ziak in, Job hinkhua ah, Satan leh Pathian nasatak in ki-contest uhi.

Hiai Contest na ah Job in a hauhsakna leh vualzawl na tengteng ban ah, a Tanu leh Tapate nasan in sihloh hithet uhi. Pathian in hiai bang a Job in haksatna leh mualphoua a tuah ding a deih pen hi kei mahleh, Job in Pathian a muanna leh Ginna a neih pen, Hauhsakna leh Thupi na ziak hilou ahidan Satan in theichian leh chih

adeihna ahi zaw hi.

I Tuailai hinkhua pen Job bang a, Pathian leh Satan ki-tuh gige ahi chihthei a, I hinkhua a thupukna i lakte in, I tunung hinkhua ding kia bawl hilou in, Pathian leh Satan ki-contest na a, vualzou hinkhua zang dia, thupukna bawltu hi gige ahi chih i mang-ngilhlouh ding uh deih huai kasa mahmah hi. Job bang a, i hinkhua a haksatna, nawlkhinna leh vangsiatna i tuah hun a, Pathian amasa pen a koih a, thilbangkim i hoih zawkna ding a, hongtung ahidan thei a, pomsiam di'n i kichial thak uhi.

Tuailai hinkhua ah Mihing leh Pathian mitmuh a etlawm hih sawm in: Tuailai hun in Siamtu' Pathian in hon deihna i phokpha ahikei maithei, himahleh Pathian adia Gousel gukte ihiman un lungsim leh ngaihtuahna siangthou i neih ding uh poimoh mahmah hi. Mihinpihte itna leh mitmuh a gamtat khohei kilawm nei inla, Na hinkhua in Pathian pahtawi henla, Na mihinpihte tung ah, Christ theihpihtu muan huai na hihna langsak din i kichial uhi.

Tuailai hinkhua a Et-ton ding: Tuailai hinkhua a Et-ton dia hoih mahmah tuh Jacob Tapa Tuailai Joseph ahi. Aman a hinkhua ah Toupa toh om khawm gige ding deih in lunggulh a, Awmleng om khawm taktak uhi. Genesis 39:1-23 sung kia ah leng Toupa toh Josep om-khawm gige uh ahihdan Li-vei mahmah muhtheih hi. **Khatna:** Toupa Joseph kianga a omziak in, a lamzang sak (Gen 39:2) a chi hi. **Nihna:** Toupa Joseph kiang ah a om a, a thilhih peuhm ah Toupa'n a lohchingsak (Gen 39:3, 23) a chi hi. **Thumna:** Toupa Joseph kiang a omziak in, mite hehpihna leh deihsakna a tang hi (Gen 39:4). **Li-na:** Toupa Joseph kiang a, a omziak in Suangkul ngakpa a kipak a, Suangkul sung a heutu pen in a pangsak hi ((Gen 39:21-22). Toupa toh om-khawm peuh mah a hinkhua ah lohchinna, vualzawlana, mite Hehpihna leh deih sakna in a zui teitei hi.

Huaiziak in, Tuailai Kua a lamzan utlou? Kua a lohchin utlou? Kua a mite deihsakna leh hehpihna ngah utlou? A utlou kuamah om din

agintak huai kei hi. A diak in tuailaite lak ah, omlou diak ding hi. Tua bang mi nahih utleh – Pathian toh omkhawm *tuailai* nahih ding kismah hi.

Thukhitna: Tuailai hinkhua tuh Ni-suk bang ahi a, Ni hongsuah a Nnasep i kipat bang in, Nang na tuailai hinkhua bang chinna pan dia? LST in “...*Na tuailai nite un Nang hon bawlpa thei gige un*” achih mahbang in Tuailai hinkhua a Pathian ana phawk “Mari bang a lungsim siangthou nei ding in, Tuailai Nungakte i kichial ua; Joseph bang a kidek thei leh thunuaulut zou hi ding in Tuailai Pasalte i kichial uhi” huchi leh na hinkhua uah na nahloh pek ding uhi. Danial leh a lawmte bang a Pathian thu-tak a kithunun ding in, Tuailai thahat taktakte iki-chial uhi. Hiai khovel siatak lak ah, Pathian Temple i hihna uh theisiam a; kemsiangthou zou ding in simtute Toupa Khasiangthou in hon ompihtha hen.

Dated:
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(Tuailai Day Message)

TUAILAI HUN HUN MANPHA

~ Vashti Kim

“Ka damsung nite uh simdan hon hilh in pilna lungtang ka neihloh hialna ding un.” (Sam 90:12)

Tuailai lia-le-tang hun, hun manpha leh hunnuam pen ahi. Paal lai amlou kua om dia? Kumkhat sunga October kha, khavak penpen kha, vansiang sitset, huihnung hiauhiau, ngaihgin hongnam, awllen kha, kuadang ngailou a hunnuam zatna kha, mutheidia i om manin Pathian kiangah kipahthu genmasa in, tuailaite leh simtute Tuailai Day chibai.

Tuailai hun/ khanlutlai hun:

Naupanglai a hoihkhallou bang, hongtuai khiak chiangun, hong hoih khemai hi, damsung ading a melhoihpen, etsuak/ etlawmpen hun ahi. Hiai hun tuh ki etlah hun, hoih honsa atam hun, kibuaipih hun, zumsim leh kisuanglah hun, kisoisel hun leh alehlah a fuh kisakhun ahi. Thahatlai hun, bangteng lungsim leh thain a ngap hun, kisakkholh hun ahi. Lungsim khentat haksa leh lungbuai hun ahi.

Saptuam, khotang, gamsung leh

innsung adia manpha taka kizat hun ahi. Lungsim hat lai, ngaih-tuahna sau pailai, lemgel theihna, sepkiak, kisin, tumpang hunlai ahi. Mipilte adia ‘tuailai hun pen damsung khosakna kisin hun’ ahi achi uhi. Kithuzoh, kidektheih, pilvang leh manphatak a zatsiam poimoh hun ahi. Huai hun zang dikte’n a damsung uh nuamsa leh thovengtakin a zangthei ua, azang siamloute’n lah gentheihna, lungkhamna leh lungzinna in a zang uhi. Tuailai hun khovel damsung adia hun manpha pen

ahi. Hiai hun tuh degree leh certificate sangtak laktheihna dia kisinna hun manpha ahi. Damsung khosakna kingakna hun, kum 18-30 kal, gentheihna hongtung mahleh kuhkaltak leh chi taktak a pal galkai a, thuak mualsuahte'n a damsung uh, nopsakna in a zangtangpi uhi.

Daniel a khouiding leh a khamding kuamah omkeileh le nek ding leh nekloh ding khentat in dingkip zou hi. (Daniel 1:8) Himahleh Daniel in kumpipa ann hiam adawn uain hiam a kihihthanghuailouh a lungtangan a tum chiltela: huaiziak in michilgeh Lalpa kiangah a kihihthanghuailouh na dingin a ngeta hi.

Joseph in khelhna tengteng Pathian tunga khelhna - a anagaihmanin, Ama' muhlouh leh theihlouna a khelh na diing mun mu zoulou hi (Sam 90:8). Kathulimlouhnate uh nama ah na koih a, ka khelhna gukte uh namel vak ah na koihta hi. Samson hat mahmah napi-in khelhna douna lamah, panzawhna ding thahatna nei hetlou hi (Hebrute 4:13).

Huaiziakin, thilsiam a amah mitmuh a langlou himhim a om kei, i tanchin i tutna ding mitmuh ah zaw bangkim vuaktang leh kihongsa in a omzaw hi. Pathian launa leh thumanna, thahatna sangin vualzou zaw hi. Gingtute leh tuailai lakah, Pathian in Joseph leh Daniel bangbang gingtu leh tuailai poimoh hi. Tuailaite muvanlai thahatna bangnei Pathian' kha leh thumanna toh Ama' adinga hingngap leh sih ngap poimoh hi.

Aw...lia leh tangte'n na tuailai ni in bang chi'n hun na zang ale...? Kingaihtuah thak in....

Simtu tengteng Tuailai Day zatnuam!

GINGTU

LEH

Lungsim chidamna

Gelhtu: Mercy Chingnunhoih

I tenna gam tuh nidanglai sangin medical leh technical lam ah I changkang mahmah ta ua, kum khat kumnih I nung etkik lel in leng I khan dan uh a muh zungzung theih hi. Huchih lailai in, Lungsim damtheihna (Mental Health) tuh hichi bang changkan na hun ah koih niam leh ngaihsak louh in om kha nak ahi. World Health Organization (WHO) te apa'n report I muh dungzui in, khovel pumpi ah mi billion 1 vel in hiai lungsim natna ana vei in, kumteng in mi tampi ten a hinna uh ana tan uhi.

Tu dinmun Covid-19 natna ziak inleng lungsim chidamlouhna tuamtuam tehna tuh a sang mahmah a, hiai natna intuh mite lungsim damtheihna sukha in a hoihlou lam ngaihtuahna a guan hi. Huchi komkal ah, hiai bang lungsim chidamlouhna ana tuak a kim khatte touh in treatment a la ua, a kimkhat te'n tuh mite'n a hai banga a koih ding lau in treatment a la ngamkei uhi. I lungsim natna I kep pah kei leh ki-etkolna ah I sen a sangnuam a, I siamsinna leh I sepna ah I ke niam nuam mahmah a,

mahni leh mahni kisuknatna leh zu leh khamtheih a kibualin, huaibanah, mahni leh mahni hinna lak a baihlam mahmah hi.

Huchi ahihleh, Bang a Lungsim chidamna? Bang a a poimoh na?

Lungsim chidamna I chih chiangin I lungsim ngaihtuahna lam genna ahi a, I hinkhua I bukkak siamna ding a poimoh mahmah ahi. Huai intuh hunhaksatna mun a I om chiangin I lungsim ngeina bang puthei dinmun a hon koih tu leh

hinkhua a I tuah te tengteng dohzohtheihna lam ah a hon panpih tu ahi. Lungsim chidamte'n tuh haksatna tuak lou bilbel chihna ahikeia, mitengin I hinkhua a puakgik, haksatna leh mahni ah lungkim zohlouhna leh a dang tampite ana ki tuak vek ahi. Lungsim chidamna ana poimoh khiat dan tuh I hinkhua a hunhaksa leh hun hongtung ding mailam muhkhohna ah pilvang taka ngaihtuah thei leh, a gentheih huai na mun ah etdan chiantak in a hon ensak thei ahi.

Lungsim chidamlouhna tuak lawm nei le hang bangchi panlak pih ding?

1. Huchi bang lawm I neih leh chiamnuh bawl mailou in a haksatna na theihshiam pih ding ahi.
2. Na lawm in muangtak a a haksatna a hon gen ngamna pen zahtaksak inla, milak ah amah phalna lou in gen thang ken. Himahleh, sih leh hin kal a adin a, a hinna lak dingtan hial a tun leh amah panpih thei ding mi zon sak pah in.
3. Na lawm pen kiang ah professional help zong dingin hasuan

in huaituh hiailam a siamna nei Doctor, Pastor, Counsellor te houpih din hasuan in.

4. Na lawm a dingin tawp lou in Pathian kiangah thumsak inla thumpih na hih dan theisak zel in. Huai in tuh ittu nei ahih dan a chiansak ding hi.

5. Kampau ah pilvang in. "Lungkhamna I chih na thuum hatlou man", ahihkei leh, "Na ginna a hatzou kei a ahi", chihte na zatlouh ding ahi.

6. Hiai natna pen a damthei natna ahih dan theisak zelzel in.

Ka lungsim chidamna ka suhat theihna dinga bang ahia ka hih ding?

Lampituamtuam I lungsim chidamna hon panpih thei a tam mahmah a, I ngaihtuahna leh I lungsim paidan hon domsang thei nasep tampi a om a, huaiten ah thuakzohna hon pia in I hinkhua haksatna kawmkal ah a nuam zaw in I khosa thei uhi. Huaite bang chi bangte ahiu ua chih point nih in I en ding.

I. Taksa lam ah panlak dingdan:

A khatna ah, lungsim natna toh kisai a kingaihsiatna leh patauhna banghiam na neih leh khattang lou na hi chih ki phawk in. Huchi bang natna na tuah gingu dangte'n leng ana tuak uhi ahi.

A nihna ah, huchi bang dinmun ah na din leh hiailam toh kisai a siamna nei Counsellors, psychologists leh psychiatrists te panpihna zong inla, iai ken.

A thumna ah, mitoh kizopna pi bawlin huaituh- na lawm muanhuai nasak kiang hiam, na it hiam te phone tungtawn a ki hou bang ahikheileh taksa mahmah a ki kum khawm dingin hun bawl inla; na lawm tak leh na inkuanpihte toh houlim haksa sak sawm ken. I haksatna I genkhiat theih leh huaiin hon panpih mahmah hi.

A lina ah, thanuam sawm in. Taksalam ki sukzoina tuamtuam te nei in, huai intuh I taksa a endorphins ki chi a khah khia a, huai in i mood leh i energy ah hon panpih hi. Taksa sawzoina neih gige in tuh i theihna hon hatsak a, I stress akiam sak a, huai kia leng

hilou in imut leng a limsak hi. Taksa sawzoi theihna tuamtuam te lak ah walking, cycling, gardening leh a dangdangte.

A nga na ah, Imut lampang ngai poimoh inla, quality sleep neih sawm in. Na hinkhua ah na buai mahmah lehleng, Imut kham sawm teitei inla, a tawm pen in dakkal sagih bek poimoh ka hi chiiin ngaihtuah in. Hiai in tuh na lungsim chidamna a hon panpih hi. Imut I kham louh chiangin I ning aki tel a, I lungtom hi. Na imut ma in tv, phone leh a dangdang te apan dakkal nih bek hun awl bawl in.

II. Khalam ah panlak dingdan
Gingu hinkhua I chih tuh a nuam kia hongtung ding leh Pathian in I buaina teng hon lak khiat sak ding ahi chih ngaihtuahna pen in Lam-etna diklou a hon piak ding a lauhhuai mahmah ahi. A ziak bel gingu lungkham na (depression) in a su na theikei chih I LAISIANGTHOU ah aki mu kei hi. Huainak sang in gingu a suk khak dan aki mu zaw hi (Rome-te 8:23). Kumpi Solomon in tuhun a I gengen uh "Symptoms of

depression-anxiety” pen midiktat leh diktatlou tung ah tung ahih dan ana gen kha hi (Eccl 9:2). Huaibanah, Sam 77:1-20 kikal gelh tu ngei leng hiai lungkhamna in ana su kha mahmah a, huai depression in a hinkhua a sukhak dan a hon gen suk in a ki ngaise mahmah leh ning mahmah ahi chih a Chiang mahmah ahi. Huchi ahih leh bangchi panlak ding:

A khatna ah, Hebrew 4:15 in, “*Siampu Lianpen I hatlouhdan kitheihnate hon theih pih phalou nei I hi ngal kei a; eimah bang a lam tuamtuam a khemna tuaksa, khelh bel khiallou, nei I hi zaw uhi.*” Ana chi hi. Pathian I hatlough dan thei, I lungkham hon theih pih, I haksat hon theih pih nei ihi chih I phawk gige ding ahi. Huaiziakin, I mitsuan ding tuh eilam hi zawlou in, Pathian hoih na, I tungah a chitna te ah I lungsim nga le hang I haksatna pen in hon zou kei dinga, huchi in etdan dang, thuaktheihna aki nei thei zaw ding hi.

A nihna ah, I point masa ah, “I haksatna hon theihpih” I chi khina, a hon theih pih kia leng hilou in,

gingtute haksatna tawp khawk I tunga, thuum dingdan le theizou lou, mittui tak ding le om zou lou, kia lou in lungsim munkhat leng pu thei lou a I om chiangin, Khasiangthou Pathian in ei a dingin, ei sik leh tang in, ei thuak thuak kawm in, I haksatna ei tang a hon puak sak in Pa Pathian kiang ah Pa’ deihdan in hon na thum sak ahi chih phawk le hang ka deih mahmah ahi (Rome-te 8:26-27). Panpihtu bei, hon thei siam ding omlou, khattang kisa a I omleh ki khattang lou hial ahi. Pathian mahmah ei a dinga hon thumsak ahi lunglel kei ni.

A thumna ah, I haksatna te meaningless lou hial ahi. Pathian in ei hoih na ding in thil bangkim hon sepsak ahi chih leng I theih uh hoih kasa hi. Hiai I problem pen amah purpose a tangtun na ding, ei ginna ah I din kip na ding, leh amah pahtawi sem ding leh amah I tung ah a hoihna I muh theih sem na dinga thil bangkim hon sepsak ahi chih thei le hang ut huai mahmah hi.

A lina ah, Pathian thu I sim mun

a, amah thutak te ah iki van kei leh hichi bang haksatna te, khemna, zetna te ki thuk zoulou ding ahi. A thu I theih tam a, I sut tam a amah galvan toh hiai gal douna I dou kei leh natna lauhuai tak ahihmanin I hinna hon nese ding a aki puk se ngei ngei ding ahi. I LAI-SIANGTHOU in “*Aman hon limsak ziak in na mangbatna (anxiety) teng teng uh amah tung ah nga vek un*” 1 Peter 5:7. Huaiziakin, Pathian kiang ah ki pumpiakni aman hon limsak ahi.

A nga na ah, Pathian mel batpih a bawla I omna pen denchiang in a hon hih kipsak dinga, huai hun ah haksatnate a om nawn kei ding hi. Hiai LAMETNA HING neite ihih man in lungke lou in huaihun I ngak teitei ding uhi. I khitui te hon nul hulsak dinga, sihna in a hon khen nawn kei ding hi. Ginglounge banga lametna neilou te aki hi kei a, LAMETNA HING neite aki hi zaw hi (1 Peter 5:10; Kilakna 21:4).

Thukhitna:

Na lungsim damtheihna tuh na taksa damtheihna poimoh zahzah

in a poimoh ahi. I lungsim tuh i ma hon kaitu pen ahihman in i poimoh ngaihding a, lungsim chidam tak in i omsawm ding uhi. Huaibanah, gingtuten hiai lungsim chidam louhna haina bang a i ngaih uh, dawimat ding bang isak uh, thumzohlouh/ginna hatzou lou bang a i na ngaihtuah te uh adiklou ahihman in huai ngaihtuah na pen i paihkhiat sawm ding uhi. Khat le khat ki hanthawn in hiai lungsim chidamna pen i suiding ua i laisiangthou in bang gen hiam chihte i ngaihtuah zaw ding uhi. Huaibanah, hichibang natna thuakte khentuam lou leh koihna khat a koihlou in itna toh ikem ding uhi.

Simtute tengteng Toupa'n hon vualzawl hen.



LA-TE' THU

Akaikhawmtu: Rev. H. Chinthiansong

I tenna khovel uh Covid-19 natna in hon pumtuam hi. A damloute kia hilou, a damte nangon thomhautak a ki-omchiat ahihman in hiai laa tungtawn in damna Pathian i naihchiat ding uh chiin i kichial uhi.

“JESU KIANG GEN NING, JESU KIANG GEN NING” chih laa thupi leh manpha mahmah tuh Rev. Elisha A. Hoffman in aphuah ahi. *“Jesu kiang gen ning”* chih thumal ahihlel damlou panpihngai, mikhial kisik a, lungtang kitamkhamte paukam ahi.

Rev. Elisha A. Hoffman tuh panpih ngai a buai mahmah khat kiang ah sap in a om hi. Aman huai a buai mahmah minu tuh Pathan itna thu a khamuan sak a tum hi. *“Huai itna in eite mihing in a hon piangsak a, tua itna mah in i damsung teng lamtawn in a hon zuizui hi”* chi a hilh in Pathian’ zahngaihna mai a kitahlut ding in thuhilh hi. A kiphatmoh mahmah panpihna pen, chih taktak a kisik a a om Chiang kia a ngahthei phet ding ahihdan leng a hilh hi. Huchi in, Rev. Elisha A. Hoffman in chihtaktak in tua minu a ding in a

thumsakta hi. Huchi a, a thumlai in tua minu a hong kikoukhe phut a, **“JESU KIANG GEN NING”** ahon chikhe phut mawk hi. Huchibang a Rev. Elisha A. Hoffman in Pastor ahihna toh kisai a mi a vehlai in, Kha lam thu hilhna apiak kawm in leh chihtaktak a athumsaknate ziaak in huai minu tuh Toupa Jesu kiang ah a hon pi lotta hi. Tua minu, huai nungteng Toupa’n api a khamangthang tampite mantu in a kizangta hi. Hiai *“Jesu kiang gen ning”* chih laa ahihlel Pastor pa’n khakhial, sa leh kha a damlou akepna gah

ahi. Tua minu kiang ah Laisiangthou a thuchiam muanhuai mahmah thute in lungmuanna thu a hilh hi. *“Nou semgem leh puakgik paw tengtengte aw, Ka kiang ah hong pai un, Keima’n khawlna k’on pe ding,” “I khelhnate thupha i tawi leh i khelhnate ngaidam ding in, amah a diktat in a muanhuai hi,” “Na puakgik Toupa tung ah nga inla, amah muang in, aman a hon hihhat ding”* chih khawng Bible tang Pathian thuchiam muanhuai mahmahte in a lungmuan hi. Huan, chihtaktak a tua minu a dinga a ngetsakna in tua minu tuh *“Jesu kiang gen ning, Jesu kiang gen ning”* chi in a kikousak hi.

Tua minu’n a taksa a ding in damna a muta a, himahleh a kha ading in muanna a tasam hi. Huchi in a lungtang sungnungpen apan a hong kikoukhe thei hi. Pathian in hichibang a kikou aw tuh a ngaihsaklou ngeikei hi. Hiai thil in, Rev. Elisha A. Hoffman lungsim a khoih mahmah a, huchi in hiai laa a kaih toh a phuakkhawm hial hi. Pathian la dang toh a kibatlouhna khat tuh, hiai laa pen a pumpi in kipuankhakna laa ahi. Kipuan-khiakna, hotdamna tuntu, leh hotdamna apan luangkha tuh *“Na kam a Jesu Toupa ahi chih na gintak leh hotdam in na om ding”* chih ahi.

JESU KIANG GEN NING

1. Ka lungkhamnate Jesu kiang gen ning, Hiai buainate kei kia’n ka zoulou; Ka lungkhamna ah hon panpih ding a, A it, a kem Amah tate teng.

Jesu kiang gen ning, Jesu kiang gen ning; Ka buainate kei kia’n ka zoulou, Jesu kiang gen ning, Jesu kiang gen ning; Jesu kia in kei hon panpih thei.

2. Ka buainate Jesu kiang ah gen ning, Amah lawm migi leh hehiphthei; Amah hilh leng Aman hon hondam dia, Ka buainate a beisak vek ding.

3. Khen leh sual a om Hondampa ka ngai, Aman ka buaina hon panpih thei; Jesu kiang gen ning, Jesu kiang gen ning, Ka buai leh lungkhamna hon dawn ding.

4. Khawvel in khial ding in kei a hon hip, Khelhna hih din khem in ka om nak; Jesu kiang gen leng a hon panpih ding, Khawvel in kei a hon zoulou ding.

PYF DAY MESSAGE

Presbyterian Youth Fellowship: PCI (R)

Amasa in munchih-mualchih a om ka tuailaipihite tengteng PYF Day chibai! Toupa na kiang uah om hen.

Makai masate panlakna ziaik in, PCI(R) pawlpi sung a kahiang poimoh mahmah Presbyterian Youth Fellowship (Tuailai Pawl) dinkhiak in om hi. PYF Day ahihtoh kiton in amaute zahna ka pia ahi. Huan, PYF adia Central level a ana kihelkhate tengteng, Presbytery leh Local level a ana kihelkhate tengteng ban ah Office a PYF lam ana enkaikhatute na vek ua tung ah Toupa min in kipathu ka hon gen hi. PYF hih salam leh khalam a Tuailaite adia khantouhna dia kalbi poimohtak, leh midangte adia vualzawlna hihna ding a nasepna vanzat hong suak hi. Ani toh kisai in tukum akipan a lemtangzaw ding ngimna in leh paidan khat kilawmzaw ahih ding lametna ziaik in **October Nipini Masapen** “PYF Day” chih minvoh ahi (Tukum in October 03 hikha hi). PYF Founding Day zang theiloute adia huai ni toh kikim a ngaihtuah ahi.

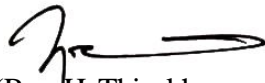
Laisiangthou in, “*Valnou in, bangchi’n ahia a omdan a hihsiangthou ding? Na thu bangzela a omdan venghoih in*” (Sam 119:9) a chi hi. Peter in “*nou hon sampa a siangthou bang in nou leng na tatdan tengteng uah hong siangthou zaw un*” (1 Pet. 1:15) a chi nawn hi. Tuailai Day 2021 i zatlai un/ zang ding a i kisaklai un, hiai a kigen siangthouna hinkhua ngaihtuah in neile hang uthuai ka sa hi. Toupa toh kituahna ding in tuh pumpi leng a siangthou a poimoh a, ngaihtuahna leng a siangthou a poimoh ahi, “*siangthouna lou in kuamah in Toupa a mu kei ding uhi*” (Heb. 12:14).

Tuailaite Ni poimoh hun a hasotna thu, lohchinna ding leh a sangzaw kaltouhna ding tampi omlai a hiai bangziak a hon kum ka hi hiam, na chih uleh – I saptuam sung ah kisui hilehang a dik kim kholkei maithei, himahleh tuailai 100 a 60 tuh taksa/ pumpi siangthouna (*nek-le-dawn*) ah i puk ngeingei ding uhi. Huan, a huaisezaw tuh 100 a 80-90 in lungsim leh taksa ban ah *electronic gadgets* zatte uleh zatdante tanpha ah siangthouna i kisam ding uhi. Huaiziak in,

siangthou ding a sap tuailai ihihna uh phawkkik thak ni chih deihna toh hiai thu PYF Day message ah ka hon gelh ahi.

Awle, PYF Day 2021 a manpha theipen a Local chih in i zat uh ka hon deihsak a, khalam a gah tampi suang ding thu-le-la te genkhiakna leh sakkhiakna hun hong hi henla, tuailaite tuh nu-le-pa, u-le-nau, lawm-le-vual leh saptuam-leh-khotang a dia vualzawlina hong hi un.

“Nang vualzawlina hi in” – Gen. 12:2



(Rev. H. Thiankhanmuan)
Youth Coordinator, PCI (R)

(Limlak lui)



PWF Central Board heutu masate tanggam bial PWF khawmpi uap a azin lai uh

**KUM 2021
PRESBYTERY ASSEMBLY NEIHNA DINGTE**

THUPI: "NANG VUALZAWLNA HI IN" - GEN. 12:2

THANLON PRESBYTERY KHAWMPI
KAIHLAM PRESBYTERIAN CHURCH
OCTOBER 09-11, 2021

SINGNGAT PRESBYTERY KHAWMPI
LUNGTHUL-T PRESBYTERIAN CHURCH
OCTOBER 15-17, 2021

SOUTHLAMKA PRESBYTERY ASSEMBLY
THINGKANGPHAI PRESBYTERIAN CHURCH
OCTOBER 16, 2021

LAMKA PRESBYTERY ASSEMBLY
ENGEDI PRESBYTERIAN CHURCH
OCTOBER 16, 2021

(Limlak lui)



PILAST ten kaihlam ah phatna la toh saptuam veh uh.. 1999

KIPAHTHU GENNA

Pathian, Head Office leh Singngat Saptuamte ban ah Sinsaktute pankhomna leh deihsakna ziaik in ka tanu uh Miss Niangngaihching in, i Saptuam School, Rayburn High, Singngat akipan tukum in Class-X, 1st Division a ahon zawhna tung ah kipahna lian petmah hi. Hiai bang deihsakna hon tangsak Pathian, Head Office heutute, Local Saptuam heutute ban ah, Sinsaktu-te tung ah Pathian min in kipahthu Messenger tungtawn in ka hon gen ahi. Gentheite machiang khankhua ding lemgelpih leh panpihthei zel ding in i biak Pathian in hon makaih in hon vualzawl chiatta hen.

Kakipak,

Pa Kaibiaklian leh Azi Nu Chingzalam
Singngat Presbyterian Church
Presbyterian Church in India, Reformed.



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To:



PRESBYTERIAN YOUTH FELLOWSHIP
Joint Conference 2021
UPCOMING PROGRAMME

- ◆ **SLP & LP PYF LEADERS WORKSHOP & FELLOWSHIP**
October 25, 2021 (Monday) | Mualkoi Presbyterian Church
Seminar on "Christian Ethics":
Rev. Dr. G. Pau Muanthang, Coordinator (Ministries)
- ◆ **THANLON PRESBYTERY YOUTH FELLOWSHIP**
October 30-31, 2021 | Sinzawl Presbyterian Church
Sermon: Rev. H. Thiankhamuan, Coordinator (Institutions)
- ◆ **SINGNGAT PRESBYTERY YOUTH FELLOWSHIP**
November 28, 2021 | C. Tuiveljang Presbyterian Church
Sermon: Rev. H. Chin Thiansong, Coordinator (Missions)
- ◆ **SPECIAL ADVENT CHRISTMAS**
December 10, 2021 (Tentative) | Rayburn Presbyterian Church
Sermon: Rev. Dr. Khen P. Tombing, Chief Coordinator