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Nu, nu tak leh zirtirtu rinawm

Phek 2-na

Thlarau Thianghlim leh a hnathawh

Phek 6-na

Kristian Chhungkua ♦ Sermon ♦ Article ♦ Hriselna

*Editorial***THLARAU THIANGHLIM CHANGTUTE**

Lal Isua a thawhleha, vana hruai chhohva a awm hmain Olive tlangah, a zirtirte hnenah, "...Thlarau Thianghlim in chung a lo thlen hunah thiltitheihna in la nei ang; tichuan ...ka thuhretute in ni ang," a ti a. A sawi zawh chuan, an hmuh lai rengin vana hruai chhovin a awm ta a.

Zirtirho te, Isua nu Mari leh hmeichhe dangte chu Jerusalem-a pindan chungnungah an awm khawm a, thahnemngai takin an tawngtai a. Chutih lai chuan Thlarau Thianghlim a lo thleng phut mai a, an awmna in pawh chu a khat vek a. Thlarauvin a tawngtir ang zelin tawng dangin an tawng a, hnam tinin anmahni tawng ang theuhvin an hria a, mak an ti hle a. Petera chu a ding a, huai takin, "Nangnin Isua chu in man a, in kheng bet a, in tihlum a. Chu Isua ngei chu Pathianin Lal leh Krista ni fawmin a siam ta a ni," tiin a sawi a. Petera thusawi an hriat avang chuan mi sangthum laiin Isua an ring a, baptisma an chang ta a.

Mi, a nunah Thlarau Thianghlim a lo thlen meuh chuan hai rual a ni lo. Sual inhriatna leh sual sim duhna a lo awm a. An tih ngai lohte an ti tawh zawk thin. An ngaihtuah leh duh zawng a lo danglam a, thinlunga ngaihtuahte kain a sawi chhuah thin avangin an sawi duh zawng leh an sawi dante pawh a lo danglam thin. An tana hlauhawm leh ralhtitna hmun pawh tlansan lovin, an chak zawng leh an thil thlan fo thin pawh hnar ngamin, Krista thuhretu an ni zawk thin. Mi dang sawisel leh mi dangte chanchin tha lo sawi hman an ni tawh lo va, Krista darthlalanga an hman avangin mahni aia mi dangte thatna an hmu lian tawh thin.

Thlarau Thianghlim changtute chu tawng dangin – ringtute tawngin kan tawng ang a, ringtute awm dan turin kan awm ang a, ringtute nun dan turin kan nung ang a, kan thusawi hre thiam lo pawhin kan nun atangan an chhiar thiam dawn a ni.

Kristian Chhungkua

NU, NU TAK LEH ZIRTIRTU RINAWM

– *Lalrinchungi*
Mission Vengthlang

Ngaihtuah leh sawi mai hi chuan 'Nu' tih hi tawngkam naran tak mai a ni a. Hmeichhia, fa nei tawh phawt chu 'Nu' kan ti mai zel a. Naupang te pawh ni se fa a nei chuan, "Nu a ni ve tawh alawm," kan ti thin. A dik chiah mai, tu han sawisel theih leh chhuhsak theih lah a ni lo. A nau hrin chu enkawl sei lian lo mah sela, a hnutetuiin chawm kher lo mah sela a nihna hi chu a bo thei ngai dawn lo a ni. Hetiang a nih avang tak hian fate tan chuan nu hi an hluin an va pawimawh tak em!

Kum upa tawh tak, Mizovin tar kan tih tawhte pawh hian na tawpkhawk an tawrha, thil dang sawi peih tawh loh pawhin 'Awi ka nu!' an la ti hram thin. Rilru lam thiamte chuan 'Ka nu' han tih ringawt pawh hian thinlung nâ a chhawk thei a, thawpiknate pawh a tikiang thei an ti thin. Chu chuan nu leh fa inzawmzia a tilang chiang hle. Nu chu fa hringtu a ni a, chu a fa hrin chuan khawvela mihring nihna chauh a rawn chhuahpui lo va, chatuana thi lo tur thlarau a rawn nei tel nghal a ni. He chatuana nung tur thlarau kan

tih mai hi vei zui a va han ngai tak em! Mihring timihringtu a ni a. Pathian leh mihring inzawmna ber pawh nunna kan tih ber mihringa thlarau awm hi a ni a. Gen. 2:7-ah chuan 'Lalpa Pathianin leia vaivutin mihring a siam a, a hnarah chuan nunna thaw chu a thaw lut a; tichuan, mihring chu mi nung a lo ni ta a' tih kan hmu. Tirhkoh Paula chuan, 'Pathian in in nih leh Pathian Thlarau nangmahniah a awm reng tih in hre lo vem ni? ...chu in chu nangmahni in ni e,' a lo ti a ni. Pathianin nunna thaw mihringa a thawk luh hian

hluma siam mihringte a chhuahsan hun chuan nunna thaw neitu, Pathian hnenah bawk a kir leh dawn a, he khawvela kan awm dan a zir zela rorelsakin kan la awm dawn a ni.

Kan tu kan fate hi kan ta an ni lo va, an nunna neitu Pathian ta an ni a; Chuvangin kan fate Pathian hnena hruai theitu kan nih a va ÷ul tak em! Kawngka zim, nunnaa kalna kawngkaa lut ngei tur hian kan fate hi kan zirtir a va ÷ul em! Bible-in, “Nunnaa kalna kawngka chu a zim a, a kawng pawh a chep hle a, a hmutute pawh tlem te an ni,” a ti a, chu kawngkaah chuan kan chhungkuaa luh len ve ÷alh i tum ang u.

Inngaitlawm taka a fa damna tura mualpho leh zah pawh dawn lova Lal Isua pantu chanchin Bible-ah kan hmu a. A fa dam nan Lal Isua hmaah a tlawm ral ÷hak a ni ber. He hmeichhia hi Kanaan hmeichhia tih a ni a, Grik nu tia sawi a ni bawk. Kan sawi tum ber chu a inngaih-tlawmna kha a ni. He

hmeichhia hian fanu naupang t  a nei a, a kawchhungah ramhuai a luh avangin a mangang hle a, Lal Isua hnenah a fanu tidam turin a ngen a, ‘Lalpa, Davida Fapa, mi khawngaih rawh; ka fanu ramhuaiin a man tlat a ni,’ tiin a au va. Ani erawh chuan kam khat mahin a chhang lo.

Lal Isuan natna tinreng tuarte a tidam ÷hin a, tu pawh a hnen pan chu a hnar ngai si lo va. Bethesda dil kama damlo hnenah pheih kha chuan, ‘Tihdam i duh em?’ a ti zawk hial kha a ni si a. He hmeichhiain a fanu tidam tura a dil, kam khat maha a chhang lo hi a mak hle mai. A zirtirte pawhin an lo manganpui deuh a ni ang, a hnenah, ‘A au a au si a, kaltir mai ta che,’ tia an ngensak pawhin, ‘Israel hnam beram bo hnenah lo chuan tirh ka ni lo ve,’ tiin a chhang a nih kha. Nimahsela, hmeichhia chuan, ‘Lalpa, mi pui rawh a!’ tiin chibai a buk a. ‘Fate chhang laksaka, uite hnena paih chu a mawi lo ve,’ tiin a la chhang fan a. A fanu chu Lal Isuan a tidam thei tih Chiang takin a hria a. Lal Isua chhan dan erawh a na khel

khawl hle ang. Ui chu ran thianghlim lo leh bawlhhlawha an ngaih a ni a, ui tluk leka han intehkhin chu a dinhmun a hniam takmeuh a ni. Keini ni ve ta zawk ila, 'Min hmusit lutuk' tiin kan kal bo daih mai thei a ni. Nimahsela, he nu inngaitlawmna hi a va ropui tak em! 'Lalpa, nih zawng a ni a; nimahsela, uite pawhin an pute dawhkan ata chhang nawi tla chu an ei thin a lawm,' tia inngaitlawm leh thuhnuairawlh taka a dil avangin, 'Rilru inngaitlawmte hnenah Krista a rawn inlar ta' tih chu a taka changtu a lo ni ta. Lal Isuan engtin nge a chhan kha, 'Hmeichhia, i rin a nasa em mai! I duh ang takin i chungah awm rawh se,' a ti a, naupang chu a lo dam ta a. Pathian hmaa tlawmna tak tak aţang ngei chuan Pathian hi kan ko ei thei dawn a lo ni. Rilrua ngaihtuah leh tumte pawh hre vek theitu a ni si a.

Kan faten emaw, kan chhungkuain emaw eng natna

nge kan vei ve le? Natna eng pawh, taksa lam a ni emaw thlarau lam a ni emaw, Pathian hnenah kan ţawngţaiin min chhang lovin kan hre thin em? Kan bei a dawng nghal mai thin em le? He hmeichhia ang hian Pathian hnenah beidawng lovin i dil thin ang u. Tidam theitu, damna famkim pe theitu a ni tih hre chungah beidawng lova tihtakzeta dil tlat thinu chu kutbengin a chhuahitir ngai si lo va. Amah ngeiin, "Nangni thawk rim leh phurrit phur zawng zawngte u, ka hnenah lo kal ula, keiman ka chawlhthir ang che u" a ti si a.

Taksa damna hi a ţha e, dam rei pawh a hlu takzet a ni; amaherawhchu, taksa damna ai chuan thlarau damna hi thupui bera kan neih a pawimawh a. Taksa chu khawvel atan mai a ni a, thlarau erawh chu chatuan atan a ni si a. 'A ram leh a felna chu zawng hmasa zawk rawh u; tichuan, chung zawng zawng chu a pek belhchhah dawn che u nia,' tih ziak a nih kha. Kan

mamawh, a tel lova kan nun theih lohna tur chu kan Pa, vana mi hian min pek i ring ngam ang u, amah ngeiin 'chung zawng zawng chu in mamawh tih in Pa vana miin a hre reng a ni' a tih kha. Duh zawng kan ngah lutuk hian kan nun hi a tibuai thin a ni. Khawvel hi a nuam a, a chaknate leh a mawinate hian na takin min hip a. Tui tla chu livir thuk takin a hip tawh chuan chhuah leh a har tawh ang hian, khawvel nawmna leh chakna tuifawn hian chhuak leh hlei thei tawh lo tur khawpin min chim pil mai ang tih a hlauhawm a ni.

Sodom khaw sualzia kha kan hria a, khati khawpa khaw sual, vantirhkoh hial pawh pawl tuma Lota in chhung luh tumarawn tibuai ngam kha an ni. Chutiang khawpa sualna karah Lota te nupa khan an fanu pahnihte kha nula thianghlim, tlangval la pawl ngai miah lohva an enkawl thei kha an entawn tlak hle mai.

Nu ni tlakah Pathianin min thlang a, dinhmun sang

takah min dah a, a ro enkawltu atante min ruat a, a va han ropui tak em! Khup tinreng a hmaah an la thingthi dawn a, lei tinreng pawh a hmaah an la inpuang dawn si a. Chuvangin, Pathian ro enkawltute kan nih hi i theihngilh lo vang u. Theihtawpin i vawng fimkhur ang u khai, rukruin ruk tumin a veh reng si a. Mihring mahin kan in leh lo enkawl tur pawhin mi rinawm kan duh thin a, kan ro kan tih te, tangka, rangkachak leh lunghlute phe chu mi rinawm lo kutah kan dah ngam ngai lo vang. Chutiang ro chhe thei, tuiék thei leh tui ral vek thei, thih huna chhawm theih loh tur mah kan ngaihhluta kan uluk chuan, amah anga siam mihringte chu Pathian tan chuan kan va hlu dawn tak em! Pathian mit hmuha nu, nu tak leh zirtirtu rinawm, fate nunnaa kalna kawngkaa hruai luttu ni theuh turin nu zawng zawngte hian theihtawp i chhuah thar leh theuh ang u.



*Sermon***THLARAU THIANGHLIM LEH A HNATHAWH***- Rev. Vanlazuata*

Kan thupui hi pawimawh tak leh sawi hlawh tak, sawi fiah har tak, sawi loh theih si loh a ni a. Thlarau Thianghlim leh a hnathawh chungchangah hian kan ram Kristian len tlak pawh a rual lo hle a. Thlarau mi kan tih te, thlarauva khat kan tih te, thlarau chang kan tihte hi kan teh dan a hrang nuaih a. Thlarau Thianghlim duh theuh theuh hi kan inpumkhat hlei thei lo va, kan chan dan hi kan tan tham hlawm a, kohhran pawl hrang lo chhuahna chhan pawh hi thlarau pawm dan inchen lohna avang a ni pakhat hle. Chuvangin, mahni chan dan aiin Bible sawi dan kan zir a pawimawh bawk ang.

1. **Thlarau Thianghlim chu tu nge ni** : Mi thenkhat chuan Thlarau Thianghlim hi rau ruai mai, nu deuh phut niin kan hria a. Min pawl loh chuan ro ngawih ngawihin kan inhre thin. Thlarau Thianghlim chu mi nung (person) niin kan hre lo va, thiltihtheihna (power) angin kan ngai bawk a. Min rawn pawl chuk chuka min kalsan leh daiha, auh lawm lawm ngai niin kan hria a. Phurna te, tuina te, hlim so mup mupna te kan neih loh chuan thlarau pawl loh kohhran niin kan inhre tlat a. Harhna a lo thleng a, kan hlim mup mup

a. Mikhual, eng emaw chen min chamchilha, min kalsan leh daih ang hi kan ngaih dan chu niin a lang.

Thlarau Thianghlim chu Pathian pakhata Mi nung pathumte zinga pakhat a ni a, Pa leh Fapa nena inpumkhat, Mi nung a ni. Thlarau Thianghlim hi thiltihtheihna ringawt a ni lo va, Mi nung a nih avangin sawichhiat theih a ni a, koh theih a ni a, dodal theih a ni a, tihvui theih a ni a, tihlungngaih theih a ni bawk. Eng lai pawha min chenchilhtu a ni. Kan taksa hi Thlarau Thianghlim in a

ni a, keimahnia thlarau cheng chuan kan nun hi a thunun thin a ni. Thlarau changtute chu an mizia azirin nu deuh ruai te, maksak tak leh dangdai tak taka che velin an awm thei a; nimahsela, Thlarau Thianghlim changtute chu an buai mai zawk a ni. Ringtute hi min chenchilh reng a, keimahni kan inpek tawk loh avang erawh chuan a hnen atangin kan hla fo thin.

2. Thlarauva khat : Thlarauva khah awmzia hi eng nge ni ang? A mawi leh mawi lo pawh dawn hlei thei lova rik bawrh bawrh te, “Ka sawi loh chuan min tur ut ut,” tia no thum bela no ruk chhum ang maia khatte hi em ni ang? A nih leh kohhran programme chhunga leng lova inhria, tulna chi hrang hrang nei, “Kohhranah ka thlarau a leng lo,” ti thinte hi thlarauva khat chu em ni? Ngaihtuah ngun a tul a ni.

Zac Poonen-a chuan, “Thlarauva khahah hian luipui leh luitê khaha khah

hi a awm a. Luitê chu ni khat lek ruah surah a kuang a khat mai a, a thawm a bengchheng a, a ri hawk hawk a; nimahsela ni khat lek ni saah a kang chat leh mai bawh a. Luipui erawh chu ni tam tak ruah surah pawh a kuang a khat lo va; nimahsela, a kang ve mai mai lo va, a luang cham dur a, eng lai pawhin tuihalte tan in tur a pe chhuak thei reng a ni,” a ti. Chutiang deuh chuan luipui khaha khatte chu eng emaw hlekah tui thar thut ve bawh mah se, an ngui thut thut ve lo. An nun a nghet a, an phili ruai lo va, a nuam leh a hlimawm ringawt tuipui lovin, a tlo leh a nghet te, a belh chian dawl leh a rin tlakte an tuipui a. Anmahni chu phur tehchiam lo mah se, an chhungrila thlarau tuihna chu a kang loh avangin phur lo chung pawhin an hlim thin.

Thlarauva khatte chuan Kristian nun hi a chenin an chen lo va, a tulna hmunah an hmang tangkai thiam a, an hlimna chauh zawng lovin mi dangte hlimna an zawng a. Kohhran chak loh lai ber

pawhin a tui kang nghaktuah an țang peih a, neitu chan an chang thiam a, an hlimna aiin mi dang hlimnaah an lawm zawk mah țhin a ni.

3. Thlarau thilpek : Thlarau thilpek hi kan pawm dan a rual thei lo. A chhan chu mahni chan dan țheuh dik bera kan hriat tlat vang a ni ber. Lâm mite chuan lâm ve lote kan hmu thlarau lo duh viau va, tihdamna thilpek changtute pawhin tidam ve thei lote chu thlarau chang lo ang hialin kan sawi duh a. Maksak tak leh dangdai taka che țhinte hian fim kara che țhinte hi kan hmu khawro duh phian bawk a, chang ve lote aia indah chungnun a awl khawp mai.

Heng hi thlarau thilpek leh thlarau hnathawh kan chawh fin vang niin a lang. Kan sawi takte kha thlarau thilpek a ni a, chung zawng zawng chu thlarau hmun khat ațanga chhuak vek a ni. Thilpek hi chi hrang hrang a awm a, thlarau erawh chu pakhat chauh a awm a.

Chuvangin, thilpek eng emaw chu kan dawng vek a, kan thilpek dawn ang dawng ve lote chu kan ngainep thei lo vang. Kan thilpek dawnte hi inang ta vek sela chuan kan buai phah hle zawk dawn a ni. Thlarau thilpek chu a petu duh anga hman tura pek a ni a, khawngaih thilpek a ni a, chumi rualin mawhphurhna rit tak a keng tel tlat bawk.

4. Thlarau Thianghlim hnathawh : A hnathawh chungchangah pawh hian kan lèn tlat a rual thei meuh lo va, a chhan eng nge ni ang? Keimahnia thawktu Thlarau chu pakhat ni mah se, a dawngte nuna a lan chhuah dan a thuhmun vek lo va. Mize hrang hrang kan nihna angin thlarau hnathawh chu kan mizia ang țheuhvin kan dawng a. Mi țhenkhat chu an lâm a, an țê țhawt țhawt a. Chutih laiin mi țhenkhat chu an ding ngil zaih a, kut takngial pawh an bêng lo. Keimahnia thawktu thlarau chu pakhat a nih laiin kan chan dan erawh chu sawi sen loh khawpa danglam a ni.

Hetah hian kohhran hausakzia chu a lang thei. Kan mizia hi Pathian siam a ni a, chumi mila thlarau hnathawh kan chan dan chuan Pathian a chawimawi vek a, kohhran hausakzia a lantir a ni. Amaherawhchu, mahni chan dan kha a thlarau bera ruattu apiangten kan tisial ang. Chuvangin, Bible leh kohhran kalhmang mil zela kan mizia hi her rem a pawimawh a ni. Mahni nuna a thawh ang zela kohhran kalhmang rema kan chet erawh chuan kohhran a hausa a, Pathian a ropui thin a ni. Thlarau Thianghlim hnathawh hi keimahni hriat dan lam ni lovin Bible sawi dan atanga hrilhfiah tur a ni. Kohhran leh Bible huang chhunga zalen tak si, kalhmang fel tak neia hung a nih loh chuan thil paw a thleng thei a ni. Thlarau Thianghlim hnathawh tlang-pui han sawi ila.

1) *A tinung* : “Tinungtu chu thlarau a ni,” tih a ni a. Chhungril lam nun a tinung a, kan thinlungah tuihna kang ngai lo a awmtir a ni. Rawngbawl hna pawh hi

thlarau tihnunna tel lo chuan kan finna te, kan hriat zauna te, kan inbuatsaihna te hi chuan kan rawngbawlsakte nun a khawih thei lo. Thu mawl t  pawh miin sawi sela, thlarauvin a tihnun phawt chuan mite thinlung a tiv r a, mi cho tho va, nunin a vawng zui thin a ni.

2) *Kan sualzia min hriattir*: Thlarau Thianghlim chuan chhandam ngai mi sual kan nihzia min hriattir a, tuna kan awm dan pangngai hi chu rorelnaah thiam chang lo dinhmuna ding kan nihzia min hrilh.

3) *Pathian fa nih min hriattir* : “Thlarau ngei chuan keimahni thlarau nen Pathian fate kan nih min hriattir,” tih a ni a, “Chhandam ka ni,” kan tih theihna chhan te, kan pianthar theihna chhan te hi Thlarau Thianghlim hnathawh vang a ni.

4) *Ringtu nun a thunun* : Paula rawngbawlina kan en chuan, “Lalpa thlarauvin a phal lo,” tih a nei thin a. Kohhran hmasate chuan chaw ngheia an  awng ai laiin

Thlarau Thianghlimin an hnenah Saula leh Barnaba chu rawngbawla tir chhuak turin thu a pe tih kan hria a. Kohhran nun leh mi mal nun hi Thlarau Thianghlim chuan a thunun hle tih kan hmu. Chuvangin, kan châk zawnga kal vak emaw, kan hreh zawng tak tih loh emaw hi a tha lo va, thlarauvin min hruai a tum dan kan hriat chian a pawimawh a ni. Thlarau phal chin leh phal loh chin ramriah kan nun chu thu awih takin a ding tur a ni.

5) *Tanpuitu leh thlamuantu* : “Thlarau chuan kan chak lohnate a pui thin” a (Rom 8:26), ‘Thlamuantu’ a ni bawk (Joh 16:26). Kristiante hian chak loh chang kan nei a, kan chak lohnate chu thlarauvin min puih avangin kan chak thar leh a. Inkhawm tha tho loh hunah inkhawm turin min tur chhuak a, thilpek kan uiin pe turin min nawr tho va, thlarau chu kan peih loh min peihtirtu, kan theih loh min theihtirtu a ni. Thlaphangte

tan thlamuantu a ni a, mi dawihthe a tihuaisen a, beidawngte tan beiseina nung a thlen thin a ni.

6) *Lal Isua a chawimawi* : Thlarau Thianghlim chuan Lal Isua a chawimawi a, thutakah a hruai thin. Thlarau eng pawh Isua tan lo chu Pathian laka mi a ni lo. Miin thlarau hnathawh a chan reng reng chuan a awm dan leh Lal Isua duh zawng chu a inmil thlap tur a ni. Thianghlima te, dikna te, felna te, inngaihtlawmna te, thil dang dang Lal Isuaa awm kha amahah thlarauvin a dah a ni. Thlarau chang inti si, Lal Isua thupek awih loh a awm thei loh.

Thlarau Thianghlim chunungin kan hnenah a awm a, min kalsan ngai lo va. Hna a thawk a, a dawngtuten kan mizia chi hrang hrangin kan dawngsawng a. Thilpek min pe a, thilpek dawngtute kan chapo thei lo va, mi dangte dawn nen chhung khawmin kohhran kan tihausa tur a ni.



PENTIKOS THUCHAH

(Tirhkohte Thiltih 2:1-4)

– *Lalduhawma Chhangte
Chanmari, Aizawl*

Mizo Krsitiantie hian Thlarau Thianghlim hi kan duh zual em maw ni chu aw tih theih a ni a. Kan duh hle a, duh tur pawh a ni nameuh mai, thil tha tak a ni. Chutih rual chuan thlarau hian chi hrang hrangin hna a thawk reng tih hi chu kan hriat chian a pawimawh hle a ni. Thlarau Thianghlim chu Pathiana Mi nung pathum, kan thurin pawm tinghettu a ni a (2 Kor 13:14); Pathian a ni tih chiang takin kan hmu baw (Jh 4:24).

Thlarau Thianghlim zia leh a hnathawh, ringtutea lo lang chhuak thin hi chiang taka kan hriat a pawimawh takzet a ni. Pentikos hi Juda-te kût ropui tak pakhat a ni a, a awmzia chu 50-na tihna mai a ni a; Kalthen Kût ni atanga ni 50-naah hman thin a ni. Hemi Pentikos Ni tak hian Jerusalema ringtute hnenah Thlarau Thianghlim a lo thleng ta a, nasa taka tihdanglam an ni tih kan hmu baw. Heta tihdanglamna kan han tih hi harhtharna tih te pawhin han dah ta ila a sual awm lo ve. Kan sawi seng dawn lo va, Thlarau Thianghlim chu nun tidanglamtu, sual nih hriattirtu, nunna petu, thlamuantu,

thinlung tidanglamtu, thlarauva thusawi leh tawngtai theihna petu, Pathian thu hriat fiahna petu a ni. Thuhritlu pakhat thusawi ka hriat reng thin chu, "Inkhawm duhna kan nei hrim hrim pawh hi Thlarau Thianghlim hnathawh a ni a, inkhawm tura biak in kawnga i kal kha Thlarau Thianghlim hnathawh lang chhuak, a taka tihhlawhtlina a awmna chu a ni," a ti a, dik hlein ka hria. Keini Kristiantie hian engtin tak hian nge Thlarau Thianghlim hi kan lo mitthla a, eng angin nge a hnathawh hi lo lang chhuak tura kan beisei thin aw, tih hi zawhna pawimawh tak niin ka hria.

Thlarau Thianghlim hi thil mak leh dangdai tak ata kan hnenah lo thlenga, a hnathawh lo lang chhuak ta ni turah hian kan ngai a ni mai thei e; amaherawhchu, chutiang ngawt chu a ni mai lo. Kan Kohhran Thurin VI-na hi kan zir chian chuan ti hian Chiang takin kan hmu "Thlarau Thianghlim, Pa leh Fapa ata lo chhuak chuan mihringte chu chhandamna changtuah a siam a, an sualzia leh chungpikziate a hriat chiantir a. Krista hriatna kawngah an rilru a tivar a, an duhthlannate chawkw thovin, Isua Krista chu an Lalpa leh Chhandamtua pawm tura ngenin, pawm thei turin a pui a, anmahniah felna rah chi tinreng a thawk chhuak thin."

Kan thurinte pawh hi kan belh chiana, nunpui a ngai takzet a. Kohhran dan zawh kim nan emaw rawngbawltute nemngheh dawn atan emaw chauh kan ti ta em ni chu aw a tih theih awm e. Chhiartu

duhawm tak, eng angin nge Thlarau Thianghlim hi i lo beiseia, nangmaha a hnathawhte i lo dawnawm thin le? Lo inngaituah thin ang che. Thlarau Thianghlim duh inti ve em em si, a tak taka kan ni tin nuna duhthlan turawm rengah hian duh kan thlang soal leh fo. Kan hnathawhnaah te, office kalnaah te, mi dangte nena kan awm honaah te hian felna rah chi tinreng hi hmuh turin a awm em le? Pentikos Nia Thlarau Thianghlim Petera te chung a lo thlen meuh chuan Gethsemane huana sipaiho hmaa tlancheho kha, mipui hmaah huaisen takin an lo ding ta. A hmaa phat tawhtu Petera ngei khan, 'In khen beh kha ka Krista a ni!' a lo ti ngam ta a nih kha maw le. Mi dawihzep tan Thlarau Thianghlim chu huaisenna a ni ngei mai, 'In khen beh kha ka Lalpa a ni, ka Lalpa thih anga thi tlak pawh ka ni lo, a letlingin min kheng bet rawh u,' ti khawpa huaisennain a thuan ta a nih kha.

Tling in tih vanga rawngbawl hi kan awm ka ring lo va, Rev. Lalchungnunga thusawi ka rilrua riak reng thin chu, "Tling lo leh fel lo inti tak chungatheihtawpa Pathian rawngbawl hna thawk hram hram thintute rawngbawl na hi kan Lalpa hian a duh a, mal a sawm thin a ni," a ti. Tling ve tawk, tha leh thiam nia kan lo inhre thin a nih chuan kan inen fiah a ngai hle awm e. Mahni sualzia leh chungpikzia pawh kan lo la hmu fiah ngai lo a nih chuan Thlarau Thianghlim tihvarna leh Krista hriattirna dik tak kan la chang lo te pawh a ni thei ang. Kan sawi tak Petera te hnena Thlarau Thianghlim lo theng kha a ni kan Zoram hian kan mamawh ni. Huaisenna thlarau te, tuar ngamna thlarau te, chawimawina leh ropuina mai ni lo, mite fak hlawnna mai ni lo, tuarna leh mualphona leh thihna te, chutiang zawng zawng huam khawpa Lal Isua Krista tantu an lo ni ta a nih kha.

Thlarau Thianghlim a lo thlena, kohhran a lo din khan remna a keng tel a ni. Thlarau Thianghlim chuan remna a keng tel thin. Kohhran ding tir kha an thil neih intawm thei khawpin thlarauvin a phuar khawm a. Thlarau rah hmangaihna te, remna te nei khawpin thlarauvah an nung a ni. Khawvel lam ni lovin Krista lamah rilru hmun khatin ni tin biak inah thahnemngai takin an awm a, Pathian pawlin an hun tam zawk an hmang thin. Elrelna te, itsikna te, inhuatna ten hmun a chang lo. Mi dang rem theih loh i la neih chuan inngaituah a ngai hle ang. Thlarau Thianghlim hnathawh ringtutea lo lang chhuak chuan remna a keng tel, kan hnena pek tawh Thlarau Thianghlim; felna kawnga rah chi tinrenga min kaihruai thin, Krista hriatna kawnga kan thinlung min tihvarsak thintu hi kan pawma, kan nunin a lan chhuahtir phawt chuan kan beisei harh tharna pawh kan chang ngei ang. Kan lo peng

bo thui deuh tawh a ni mai thei e. Lalpa lama kan kir leh hun hunah pain a fapa tlan bo, ralkhat aṅanga a lo thlir a, a hmu a, a tlan a, a kuah a, a fawp ngawih ngawih a, tih ang khan Thlarau Thianghlim chuan min la nghak reng a ni.

Ngun tak leh chik taka ngaihtuaktu tan chuan

Thlarau Thianghlim chu hai rual a ni lo. A hnen pan ila, chutah chuan damna leh harhtharna chu a awm. Kan dila, kan ṭawngṭai chuan keimahniah Thlarau Thianghlim leh a hnathawh a lang chhuak ngei ang.

Lalpan a thu malsawm rawh se. Amen.



NANGMAHNIIN EI TÛR PE RAWH U

(1 Lal 17:14-16, Jh 6:53-56; Mat 14:15-18)

– R. Rengkhumi

Central Committee Member

‘Nangmahniin ei tûr pe rawh u’ tih hi kan Lal Isua ṭawngkam a ni a, a zirtirte hnena a thupek chauh ni lovin, ringtu zawng zawng hnena a thupek a ni.

Kan Bible chang tar lan, 1 Lalte-ah khan Israel ram leh a chhehvelah khawkheng leh ṭam nasa tak lo thleng tur avanga Zawlnei Elija himna tur leh dam khawchhuahna tur Pathianin a hriattir a. Chuta Pathianin a hriattir anga Zarephath hmeithai nena an inbiakna thu leh Pathian hnathawh ropui tak lo lang kan hmu a. Ṭam tlak hun lai hi Israel lal Ahaba rorel lai a ni a. Ahaba chuan nupui sual tak, ringlomi Jezebeli a nei a, milem pathian Baala chu Israel ramah la lutin, a pasal leh Israel mipuite chu milem pathian a biaktir a. Nasa takin Pathian a tithinur ta a. Chutianga Pathian an tihthinur avang chuan Pathianin an chungah hremna a lekkawh ta a ni.

1. **Zawlnei Elija leh Zarephath hmeithai** :
 Zawlnei Elija leh he hmeithai chanchin aṭang hian kan Pathian hian mi chak lote, mi hnuaihngte leh mi inngaitlawmte, thil awm lote nen lam chanchin ṭha hriattirtuah, a hmanrua atan a hmang duh a ni tih a hriat theih a ni. Tisa leh thlarau lamah tlachhamte leh mi harsa zawkte ei tur petu leh chanchin ṭha hriattirtu ni turin Lal Isuan kohhranhote min duh a, kan chhandamna hlu tak hi mahni tana pumbil mai lovin, mi dangte pe chhuak turin Lal Isuan min tir a ni. Israel mipuiten Jehova ni lo, Baal pathian biaa an hawisan avangin, Lalpa chu Pathian a ni tih an hriat theih nan Israel ram pawna hmeithai rethei leh tlawm chu Pathianin a hmang ta a ni. Keini pawh Pathianin a thuhretu atana min thlan chhan hi zir tur leh sawi tur tam tak a awm thei awm e. Kan pi leh pute thing bul lung bul bia an nih aṭanga Pathianin a thuhretu atana min lo buatsaih dan te a ropui em em a ni.

2. **Lal Isua leh a zirtirte inkarah** : Lal Isua thusawi ngaithla turin mipui tam tak an kal khawm a, khua lah chu a tlai tawh si a, zirtirte an buai ta, engtin nge chung mipui zozai ei tur chu an tih tak ang? An ril a ṭam awm si a. An ei turte lei tura kaltir turin Isua hnenah an ngen ta ringawt mai a. Mahse, Isuan, “Nangmahnin ei tûr pe rawh u,” a ti ta mai a. Chhangper panga leh sangha pahnih chauh an nei si a, mipui sangnga chuang tlaipuar nan chuan a tih ngaihna a awm lo a ni. Helai thu-ah hian ringtute laka kan Lal Isua rilru leh duh dan chiang takin min hirih a ni.

1) Lal Isuan zirtirte leh mipuite hnenah tu nge a nih inhriattir a duh a ni. Tin, a thu ngaithla duh leh amah mamawh ngawih ngawihtute chu ei tûr inzawn chawp tura kal botir a phal lo, thlarau lam nunna chaw tak an mamawh tih a hria a ni. Tisa lam chaw leh thlarau lam chaw chu amahah a awm vek a ni tih hriattir a duh a ni.

2) Ei tûr pek hna chu zirtirte kutah a dah a. Tunlaih hian ei tûr pek hna chu tu kutah nge a dah tak le? Kohhranhote kutah kan Lal Isuan a dah a ni.

3. Engtin nge ei tûr kan pek ang : Ka testimony tlem han tar lan ka duh a. Kum 2009 khan kan fanu te ber M.Phil. zir lai buaipuiin, Bru hnamte thlawhhma neih dan leh an buh thar zat te, anmahni inah ngei zawt turin kan kal a, kalkawng thlangah chuan theipui hmin tuar mai, itawm tak hi a lo rah ÷euh mai a, tih tur kan ngah em avangin, “Haw lamah kan lo dawn nia,” kan ti a; tichuan, haw lamah chuan kan han lo ta a, mahse, theipui kan keu phel chiah chu ei tûr reng reng a awm lo, a hut vek mai hi a lo ni a. Ka thin chu a tirim khawp mai a, ‘in hmin that vei nen ei tur reng reng in awm si lo’ ka ti a. Mi tam tak a lo tithinrim tawhin ka ring a, lawh tumin an zuk kal ÷hin a ni tih hriat tak mai hian a kawngte chu a bel hun mai si a. Mahse, chu theipui hût

chu keima nun ngei mai hi niin ka hre ta a. ‘Pathianin hnam tin chi tin, ringtute, ringlote tana malsawmna ni tur leh ei tur petu ni turin, an tana ‘Nu’ ni tura min hunnaah leh rawngbawlna kawng peng hrang hrangah, mite tana ei tur petu leh mite tana hahchawlhna ni lova, tibeidawngtu, tithinurtu mai ka lo ni ang a,’ tiin, ka nun entirna ni tlat hian ka hria a, Pathian hnenah ngaihdam ka dil ta mawlh mawlh mai a ni. Kan haw kawng tluanin chu theipui hut ringawt chuan ka nun min vel a, ÷ap zawih zawihin Lalpa hmaah min tluk luhtir a ni. Ka fate lah chuan, “Theipui hut kan hmu chu a va lawmawm ve!” an ti a, ka testimony chu kawng tluanin ka hrilh mawlh mawlh mai a. He theipui hût hian keimahni, ringtute nun hi Chanchin Ṭha puan darh nan a pawimawh ber chu a ni tih min zirtir a ni.

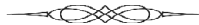
Mite tana ei tûr pe tur hian ringtu zawng zawngten tih tur kan nei ÷euh va. Nilai zan thupui kan zir tawhah

tuichhunchhuah hmangin tehkhin thu sawi a ni a, a sawi fiah hlein ka hria. Tuichhunchhuaha tui khai chhuak tur chuan a khaitu mihring a ngai a, a khai chhuah nan hruizen leh baltin a ngai bawk a ni. A pawimawh em em vek mai. Thlarau bote chhan-chhuak tur hian missionary tura mi inpe a pawimawh ber a, a tirtu, chawmtu tur kohhran/mi mal a ngai a, tawngtaia tan lo la fan fan tur a pawimawh em em bawk. Khawi laiah hian nge kei hian mite tan ei tur ka pek ve theih ang?

Zarephath hmeithai khan an nufaa an nunna tur leh an ei tur aiin Pathian zawlnei a dah pawimawh hmasa a, Pathian mi a nih avangin huaisen takin thil a ti ngam a ni. A hnu lamah chuan Zawlnei Elija chu an nufatan dam khawchhuahna a lo ni ta.

Lal Isua zirtirten ei tur pe turin eng mah an nei lo, an neih chhun chu chhangper panga leh sangha pahnih chauh a ni. Mahse, a pe theitu Lal Isua an hre Chiang a, tlachham leh eng mah nei lo an nih inhre chiangin, Lal Isua an pan ngamna avang chuan, anmahni leh mipui sangnga chuang ei tur petu an lo ni ta ang khan, Chanchin Tha la hre ve lote tana ei tur tak petu ni turin kohhrante hi Lalpan min tir a ni. Engtin nge kan chhan ve dawn le? 'Nangnin mi thlang lo, keiman ka thlang che u a, va rah tur leh in rah awm reng turin ka ti a che u,' min ti a ni. Lal Isua thupek anga rah chhuaka, ei tu petu ni turin kohhrante i inbuatsaih thar theuh ang u.

Amen.



Khawngaihna hi Pathian thilthlawnpek, a phu hauh lote dawn thin a ni.

ZU IN DAN KAN THIAM ANG EM?

- R. Zomawia
Tuikhuahtlang

Zu hi kan va buaipui tak em! Sawrkar chuan zu a zuar ta a, zu chungchanga kan ngaih dan kan tar lang nasa khawp mai. Tihzalen duhtuten zu zawrh an sawi mawi tlangpui a, "Zu in ve lovin zu an buaipui lutuk," tih ri te hial a ri nawk nawk mai. He ṭawngkam rawn chhak chhuaktu hi zu in mi nge ni anga in ngai lo, tih hi ka lo ngaihtuah mai mai ṭhin a. Zu zawrh sawi mawituten, "Nakinah chuan zu in dan kan la thiam mai ang," an ti bawk. Kan la thiam mai ang em maw chu le?

Heti taka kan buaipui hi? - Keini ram chauh hian kan buaipui a ni lo va, khawvel ram changkang leh changkang lote pawhin an buaipui a, a ṭhat lohzia pawh Bibleah a lang tam hle. A sawi mawina ni awma lang pawh hmuh tur chu a awm ve a. Tirhkoh Paula khan Timothea hnenah, "Tui chauh in mi ni tawh suh la, i pum avang leh i damloh fo avangin uain tlem te hmang ṭhin ang che," (1 Tim 5:23) a ti. Tirhkoh Paula vek hian, '...zu ruihna te, zu hmun hlimna te....chutiang thiltih hmangte chuan Pathian ram an chang lo vang,' (Gal 5:21) a ti nghal bawk. Paula'n zu chungchanga a ngaih dan

chu a thusawi pahnih aṭang hian a chiang viauvin ka hria. Zu ngawt hi chu sual a ni thei lo va, mihringin an siam loh chuan a awm thei lo va, a hmang sualtu pawh mihring tho a ni. Khawvel ram zau zawka an khuahkhirh dan hlawhtling leh hlawhtling lo lam sawi ka tum lo va, zuin a nghawng ṭha lo zet mai hi sawi ka tum zawk a ni.

Zu hi a tawk chauhva hman chuan damdawi atan te pawh a ṭha e, an lo ti ni awm tak a ni a, a tak takin ka hre thui miah lo. Keini ram angah chuan damdawi atana a tawk chauhva hmang chu an tlem viau ang. A tawk chauhva zu in hi tam sela chuan kan buaipui mup

mup ka ring hran lo, zu in ve lote pawhin an buaipui peih teuh lo vang le. Han buaipui turin a tawh chauhva zu inte chu khaw-tlang leh chhungkua tan an hnawk lo va, buaipui an ngai dawn lo tihna a nih chu. Kan buaipui tham tawh hi chu mi dang tana hnawk a lo ni zel thin.

Zu in ve lote pawhin zu an buaipui em emna chhan chu - zu ruite hi mi dang tana an hnawksak vang a ni. Miin rui khawpa zu a in tawh chuan a chhia leh tha hriatna fim takin a hmang thei tawh lo va, a harhfim laia a tih duh loh kha ngampa takin a ti ta mai thin a, a sawi duh loh loh a sawi a, mi huat thu awlsam takin a sawi a, buaina siam pawh a hreh lo. Zu an ruih tawh chuan "kei ber emaw" tiin an huai em em tawh mai a, hei tak hi mi dang tana an hnawksakna chu a ni. Nu leh pa leh chhungte tan phurrit an tling a, thenawm leh khawtlang tan mi hnawksak an ni. Mahni fate, naute leh chhungte zu rui an

awm chuan tu nge kut kuangkua reng peih ang? Khawtlang tana an hnawksak miau chuan tu nge inkuangkua reng peih ang? Zu ruiin mi dang tana pawh lian tham a khawih chuan tu nge ngawi reng ang? Dan lam kengkawhtute pawh an ngawi dawn em ni? Hetianga buaipuitute zingah hian zu in lo mi an tam zawk asin. Kan buaipuina chhan chu zu in thin tam zawkin an in thiam lo va, pawh an khawih a, zu avanga mualphona leh khawtlang, chhungkua buaina leh rumna a tam phah vang a ni. Zu hi sawi mawi a har a ni e.

A khap burna dan a hlawhchham, hlih a ngai a ni : Zu khap burna dan kum hei leh chen kan hmang tawh a, a hlawhchham kan ti nuaih nuaih mai. A dik lo tih loh rual a ni lo. A dik a ni. Zu khap burna dan a hlawhtling lo titute ngaih danah chuan zu an zuar reng tho va, a duhin zu an in reng thei a, thiltitheihovin zu tha an la lut reng thei tih

aṭangin an teh a ni. A hlawhchhamna bul ber chu dan kengkawhtu, mipui thlan lalten kan aiawhin India dan hmaah thu an tiam a, democracy rama secularism leh socialism tungding tlat turin chu khuahkhirhna dan chu an humhim zo lo va, a lo hlawhchham ta a ni mai. Chuti a nih chuan kan hlip ang a, kan ṭhat phah dawn em ni? Kan hlawhtling dawn em ni le? Heta thu rawn langsar ta em em mai chu, "Nakinah chuan zu in dan kan la thiam chhawm ve mai ang," tih hi a ni ta a ni. "Sapho pawhin zu an in thiam a, hnam changkangte pawhin zu an in thiam a, nakinah kan thiam lohna bik tur a awm lo," kan ti ta mai a. "Thlah zalen ila, zu ṭha chauh kan la lut ang a, a in miteah a nghawng pawh a ziaawm ngei ang. A khap burna avanga zu in duh si, zu vang bawk si karah zu chhia a tam phah a, mi tam takin nunna an chan phah," kan ti. "Zu khuahkhirh nat lutuk avangin damdawi ṭha lo pui pui, hlauhawm tak tak a rawn chhuah phah," tiin thinrim

engphiarin mi ṭhenkhat chuan kan sawi a, heng kan thusawi zawng zawng hi "a dik lo vek" tih tur chu a ni hauh si lo.

Zu in thiam hnam hi sawi tur an va han vang ve aw ka ti. Hmanlai kan pi leh pute hunah kha chuan zu a tam a, an khuahkhirh lo va. Sawi tur ting chuan zu rui chu awm ve mah se, khawtlang inenkawl na kha a ṭhat em avangin zu an rui ngam lo mai niin a lang. Tlangval zu rui mi dang tana hnawksak an awm chuan hremna a na hle ṭhin a ni. Khawvel hnam hrang hrangah hian zu in thiam sawi tur hi an vang ngawt mai, khawi lai laiah emaw mi mal in thiam sawi tur chu an awm thei ang, a tlangpui chuan zu in thiam loh avanga kan buaina hi khawvel hmun hrang hrangah a awm a ni.

A lo hmang tawh ramte aṭanga a lan danin an khuahkhirh hun lai leh thlahdul a nih hnu thlenga an zir chiannaah chuan, a lo zalen hnuin zu in mi an tam sawt a,

in thiam lo an tam zawk zel tih hi a ni. An zir chianna hlimthla hi USA-ah Chiang takin a hmuh theih a ni.

Zu a zalenna hmunah zu in mi an naupang sawt : Tawnhriat ngah tawh ramte aṅga a lan danin, tuna kan ram dinhmun leh nakina kan hma lam hun tur i han thlir teh ang. Khuahkhirhna hlip tura thawm a awm aṅg khan ṭhalai zingah titi a tam hle a, hmun pakhata ṭhalai rual awm khawmna an titi ka hriat chu: "Zu a zalen hunah chuan duh duhin kan in ve thei tawh ang a, kan ban phakah a awm tawh dawh alawm. Tunah chuan in ngam chi a ni lo, keini tan a vang lutuk, hlip thuai thuai se ka duh," tih a ni. Nghakhlel fe fe an tam teh a nia. "Sawrkhar chuan rui buaite tan dan khauh tak a siam dawn tho va, hlauthawnawm eng mah a awm lo," an ti. Tunah pawh a ruite tan chuan dan khauh tak a awm reng tho va, khawlaia pai ṭang ṭang pawh police-te pawhin an hmu lo a ni chuang hlei nem.

Kan hunpui lo thleng turte hi nghahhlel ahnekin ṭhalai nei nu leh pate chuan an huphurh a ni. A chhan chu zu hmuh a lo awlsam tawh dawn a, khuahkhirh chung pawha thunun hlei theih loh an awm lain a zalen hnu phei chuan engtin tak ni ang maw? ṭhalai zawng zawng an sual e, chhungkua an tibuai e, kan tihna chu a ni lo.

He hun lo thleng turah hi chuan zu in ṭhin rau rauvah pawh zu in an naupang ang. Nakin lawkah chuan zir laite zingah a in an pung tual tual ang, naupang te tea in pun tual tualna hmunah zu in thiam sawi tur an tlem khawp nia. Zu a lo zalen chuan hmeichhe tam takin an in phah bawk ang. Sikul kal lai aṅgin an in ṭan ang a, hmeichhe naupangten zu an in chuan eng nge a nghawng tur le? Hun lo taka mipat hmeichhiatna hman a ni. Sum an mamawh ang a, an mamawh puhru turin sum an theih ang angin an zawng tawh mai ang.

Zu ṭha kan la lut ang a, zu chhia a tlem phah kan beisei maw : Zu chhia in avanga thihpui an tam thu kan hre ṭhin a, a dik ang. Zu ṭha chi kan tih hi eng nge a nih bik chuan le? Zu ṭha in tam avanga nunna chan hi an tam teh asin. Zu ṭha kan tihah hian alcohol a tam tho si a, chu chu mihring tan a ṭha chuang lo. Zu ṭha in avanga buai leh thihpui hi an tam a, zu ṭha a rawn luh hnem chuan a ṭha lo a tlem phah kan beisei baw a, hei hi chu a rinawm loh. Local zu hi chuti mai maiin a rem hauh lo vang le. Zu ṭha nia kan hriat kan lak luh ṭeuh ṭeuh chuan zu chhiaa kan ngaih siamtute eizawna a lo chhe dawn tihna a ni a. A hma ai mahin an ṭang zawk ngei ang tih a rinawm.

Kan ram tan zu hi sawi mawi chu a har deuh a ni : Khawvel ram hrang hrang an buai a, an tan pawn a ṭha lo; ka ram ka hmangaih em avangin kan ram tan zu sawi mawi a har a ni, kan ti teh ang aw? Zu chanchin zia

hrang hrang kan chhiar hnem ta viau mai, sawi mawi tumtute thu ṭan chhan lah kan chhiar tam, buaipui loh theih loh zu hi a mawina ka hmu thei lo a ni.

Zu hi kan thlen lohna hmun tura min hruai thlengtu a ni a, hlauhawmah te, hmun ṭawp takah te min hruai thleng a, kan taksa hrisel pangai tak kha hrisel lova min siamtu a ni. Zu in thiam loh nghawng avangin chungkua tam tak an tlakran phah a, an buai a, chhungkaw inṭhen darhna a thlen ṭhin a ni.

Ringtute tan chuan Tirhkoh Pual'n a sawi hi a chiang thawkhat viau ve : Zu ruih ching te, zu hmuna nuam tawlte...chutiang mite chuan Pathian ram an luah tawp lo vang, a ti. "Zu in hi sual a ni lo," tih te, "Zu rui mite hremna a zia lo" tih mai mai a ni lo. "Vanram an luah tawp lo vang," tih tluka chiang a awm dawn em ni le. Chuvangin, zu hi eng ti kawng mahin sawi mawina a awm lo.

Zu hi in thiam atana siam a ni lo va, zu hi in zawng-chhang zel atana siam a ni zawk. Miin zu a in chuan a lehpek a hring thin a, a in tam telh telh chuan a taksa tana tha lo tih hre reng mah sela a inthunun thei tawh lo. Mi pangngai, ringtu tha chuan

zu i in lo tawp ang u. Zu hian nupa inthenna a siam tam tawh a, zu avanga motor chetsualna sawi tur a tam tawh a, zu rui rilru fim loh avanga tualthahna a thlen tam tawhzia ngaihtuah chungin zu hi nel lo ila, i tlanchhiatsan ang u khai.



HMANGAIHNA IN

– *Laldawnkimi*
Superintendent

Mizoram Presbyterian Kohhran Hmeichhe rawngbawlna peng pawimawh tak Hmangaihna In lo indin dan leh than zel dan te, a inrelbawl dan te AGAPE-ah hian tar lan a ni thin a. Tun tumah hian tawi deuh zawkin kan han tar lang leh e.

Kum 1980 Synod Inkhawmpui chuan, “Synod huapa Nau Hnuchham Enkawlna neih ni se,” tiin a rel a. Durtlanga Synod Hospital Compound-ah in sak a ni a, February 15, 1986-ah hawn a ni. A tirah chuan SEC Sub-Committee-in a enkawl a, Hospital Board-in a enkawl leh a, kum 1992 atangin Central Kohhran Hmeichhe kutah dah a ni a, Management Committee member 10-in a enkawl mek a ni.

Budget : Synod Inkhawmpui chuan department dangte ang bawkin kum khat chhunga pawisa hmuh leh hman tur a ruahman a, kum 2015-2016 chhunga Budget hi Rs. 63,28,000 a ni. Hmuhna turah hian Synod Grant Rs. 50,94,000/-, nau chawmnaah Rs. 12,00,000/- leh thil dangah Rs. 34,000/-

hmuh tum a ni. Nau chawmna hi naute pakhat tan thla khatah Rs. 500/- a ni. Nikumah khan nau chawmnaa hmuh tum hi Rs. 7,00,000/- a ni a, kuminah Synod-in min beiseina a sang ta hle a, ñan kan lak a ñul hle dawn a ni.

Naute dah theih dan : Hnam leh sakhua, kohhran pawlah inthliarna a awm lo. Nu thihsan te, naute enkawl thei lo khawpa nu natna khirh bik tuar te, nu âtsan te, ei zawngtu ber pain a thihsan chhungkaw harsa bik te, nupa inñhen emaw, innei lo emaw, fa enkawl harsa te, heng bakah harsatna tawkte dinhmun azir leh seat awm dan azirin, a chungsa sawi bak pawh dah theih a ni.

Naute dah tumte chuan Child Welfare Committee-ah interview phawt tur a ni a, annin phalna an pekte chauh admit theih an ni. Admit tura phalna pekte hian Synod Hospital-ah naute hriselna dinhmun enfiah hmasaktir leh tur a ni a. Doctor-in uluk

taka a en hnua admit tlaka a ngaihte chauh admit tur a ni.

Enkawl mekte : Nau piang hlim añanga kum 6 thleng enkawl theihna a ni a, tuna awm mekte hi hnam hrang hrang – Mizo, Vai, Chakma leh Bru-te an ni a; Kristian, Hindu, Muslim leh Buddhist-te an ni. Tunah hian mipa 13 leh hmeichhia 15, an vaiin mi 28 an awm a ni (As on 14.2.2015).

Lawm thu : Kohhran, pawl leh mi hrang hrang hnen añangin pawisa leh thilpek kan dawng ñhin a, in ñawngtaina leh thilpek avangin tluang takin kan kal thei zel a, kan lawm takmeuh a ni. Naupang chanhai leh ñanpui ngai zawkte tana insengso zawng zawngte Lalpan tisa leh thlarau lamah a let tam takin mal a sawm ngei ang che u tih kan beisei. Engkimah Pathian ropui ber zel rawh se.

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– 8575019011

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INKHAWMPUI LIAN VAWI 46-NA REPORT

*- Lalrindiki
Ex-Jt. Editor, AGAPE*

Mizoram Presbyterian Kohhran Hmechhe Inkhawmpui Lian vawi 46-na chu GSA Playground, Mamitah Mamit Pastor Bial leh Hmunsam Pastor Bialte țang kawpin thlengin March 6–8, 2015 chhungin hman a ni. Inkhawmpui thupui, "I nunna turin tlan chhuak rawh," (Gen 19:17) tih chu Rev. Vanlalzuatan țum thum a sawi a. Pathian hruaina leh awmpuina dawngin tuang tak leh hlim taka hman a ni a, a lawmawm hle.

Mamita inkhawmpui neih a nih dan : Inkhawmpui Lian neih hi duh mah ila, inkhawmpui thlen a lo hautak tak zel avangin sawmtu nih kan huphurh tlang ta viau niin a lang a. Chutianga sawmtu an awm loh pawhin inkhawmpui neih a nih theih nan Central Committee-in hma la rawh se, tia thu dah a nih angin, Central Committee-a kan hotute chuan bial thenkhat inkhawmpui thlen chak an awm ang a, tia an dawr kualna lamah Mamit leh Mamit Hmunsam Pastor Bialte hian thlen an tum deuh tih thawm hriatna lo awm chu bawhzuiin, hetiang hian Mamit GSA Playground-ah ngei mai Inkhawmpui Lian Vawi 46-na chu hlim takin kan hmang ta a ni. Mamit leh Mamit Hmunsam Pastor Bial pahnihte inpekna avangin inkhawmpui ropui tak kan hmang thei a ni a, an chungah kan lawm takzet a ni.

Thlengtu lam inbuatsaihna : Inkhawmpui thleng tura inbiak fel a nih hnu chuan Inkhawmpui Lian thlengtu lam chu an inbuatsaih ta nghal char char a. Organizing Committee siamin, chumi hnuaiah sub-commmittee hrang hrang 13 lai siam lehin senso atana Budget Estimate pawh Rs. 28,27,000.00 lai an ruahman a ni.

Inkhawmpuina PANDAL zau zawng hi ft. 200 x ft. 170 a ni a, mi 7,000 vel leng thei tura ruahman a ni. Stage hi ft. 60 x ft. 20-a zau a ni. Pandal hi Chakkeswari Bhandhar, Silchar-a miten Rs. 11,79,000.00 zet senga an sak a ni a, ceiling, light leh generator 50KV chhawpin current hi 40,000 KW hman tura ruahman a ni. Palaite awlsam nan leh inkhawma felfai zawk nan usher pawh mi 262 lai ruat an ni.

Palai kal dan : Inkhawmpuia kalten an hman lirthei chu chhiar theih chinah – bus 164, sumo 207, car 72 leh a dangte nen, a vaiin 217 nia hriat a a ni a. Palai in-report hi mi 8,138 kan ni a, in-report ta lem lo pawh kan awm nual niin a lang. Inkhawm zat chu – Zirtawp zanah 6,120, Inrinni zanah 8,450, Pathianni chawhmaah 10,150, chawhnuah 7,600 leh zanah 9,950 a ni.

Hun hman dan tlangpui : March 6 (Zirtawp) zanah palai lawmna neiin, General Secretary report leh Bial report khai khawmte ngaihthlak a ni a. Rev. Lalrinmawia, Synod Moderator-in "Inthawina nung hlan a tul" tih thuchah ropui tak a sawi a ni. Inrinni 9:30 am - 4:15 pm thleng Hmunsam Kohhran Biak Inah rorel inkhawm neih a ni a, Rorel Palai 459 leh chhimtu 126 kan ni a, kum 2015–2017 chhunga hruaitu tur thlan nghal a ni. Rorel hlanin Pandal-ah inkhawm a ni a; chawhma inkhawmah Pi Lalzuiliani, Missionary, Karimganj-in thu a sawi a; chawhnuah Bible Study neiin Thupuan bung 2 & 3 zir a ni a, Zirtirtu chu NI. Lalzuimawii Tlau, MA, BD a ni. Inrinni zanah "Thawh harh a hun ta" tih thupui hmangin Pi C. Lalhmangaihi, Chairman-in Pathian thu a sawi. Pathianni chawhma inkhawm atanga zan inkhawm thlengin inkhawmpui thupui, "I nunna turin tlan chhuak rawh" tih chu Rev. Vanlaluatan a sawi a ni. Pathianni chawhma inkhawmah Kristian Chhungkaw intehnaa tiṭha ber NE Khawdungsei Bial hnenah chawimawina trophy leh certificate Rev. Lalramliana Pachuau, Executive Secretary i/c Kohhran Hmeichhiain a hlan a, inkhawm apiangin Bial Hmeichhe Zaipawl an zai ziah

a, Pathianni inkhawm apiangah Synod Choir an zai òhin a, Pathianni zana Hmunsam Bial leh Mamit Bial Zaipawl infinte an zai baw. Zaipawl zawng zawngin Pathian fakna hla ropui takin an rem òhin a ni.

Tin, Pathianni chawhma inkhawm banah inpawl hona neih a ni a, "Women Centre" chungchang report kimchang takin Pi Lalfakmawii, Co-Ordinator, Kohhran Hmeichhiain a pe a ni. Inrinni zan leh Pathianni zan inkhawm banah lenkhawm a ni baw a, palaiten kan hlut hle.

Thurelte : Inkhawmpui Lian vawi 46-na thurel tlangpui –

1. Kum 2017 Inkhawmpui Lian chu March 10-12, 2017 chhungin Serchhipah nghah a ni a; Serchhip, New Serchhip leh Serchhip Vengchung Bialten an thleng ang.
2. Kum 2015-2016 Project leh Budget hetiang hian pawm a ni:

1) Women Centre	–	30,00,000.00
2) Central Budget	–	10,00,000.00
Total	–	40,00,000.00
3. Inkhawmpui Lian thlengtu òanpuina – 10,00,000.00
 Rorel Inkhawm thlengtu òanpuina – 2,00,000.00
 Hei hi Synod Finance Committee-in rem a tih chuan kum 2016 aòangin hman òan tur a ni ang.
4. Thla thar Thawhleleh zan òawngòai thupui kan hman lai bakah, “Kan rama ruihhlo zuar leh ruihhlo ngaiten an sim theih nan,” tih belh a ni.
5. HIV/AIDS chungchangah Central-in hmalak dan ngaihtuah rawh se.
6. Human trafficking chungchanga inzirtirna ram pum huapin neih ni se
7. Kohhran Hmeichhe Inkhawm òum khat thawhlawm lak khawm Synod Hospital, Durtlangah Blood Donation khum lei nan pek ni se.

8. Mi dangte nena kan inkarah rilru thianghlim, ṭawngkam mawi leh hawihhawm inzirtirna Central-in buatsaih se.
9. Ram pum huap ṭawngṭai tlaivar kan neih ṭhin hi a hun en ṭhat ni se, Central Committee-in lo bawhzui se.
10. Inkhawmpui Lian neihna hmun tur chungchangah a ṭul angin Central Committee-in lo ngaihtuah lawk ṭhin se.
11. Social networking hman dan ṭha inzirtirna neih ni se; Central Committee-in ruahmanna lo siam se.
12. Kum 2015 chhungin Synod Hospital Charity pualin Thawhleleh zan inkhawm thawhlawm vawi hnih lak khawm ni se; a hun tur Central Committee-in rawn ruat rawh se.
13. Kan rama sualna chi hrang hrang leh tualthahna rapthlak thleng ṭhin a reh theih nan leh, sual thupha chawina leh ngaihdam dilna ram pum huapin ṭawngṭai rualna neih ni se; a hun tur Central Committee-in ruahmanna lo siam se.

Heng bakah hian Bial aṭanga thulut, Central Committee-in a hrilhfiyah nghal agenda 18 lai a awm bawk.

Bial Report khai khawmna : Kum 2014 chhungin Mizoram chhung leh pawn, Mizoram Synod hnuai a awm Kristian chhungkaw intehnaa tel Bial 177 aṭangin Bial 176-in report an theh lut a, hetiang hi dinhmun a ni:

- | | |
|----------------------------------|-------------------|
| 1. Kohhran zat | : 803 |
| 2. Branch Church | : 70 |
| 3. Total | : 873 |
| 4. Presbyterian hlang chhungkua | : 97,672 |
| 5. Inawmpawlhna chhungkua | : 4,588 |
| 6. Chhungkua zawng zawng zat | : 1,02,260 |
| 7. Ni tin chhung inkhawm nei zat | : 60,179 = 58.85% |
| 8. Buhfai ṭham ziah zat | : 99,727 = 97.52% |
| 9. Hmeichhe member zat | : 1,61,449 |

Kristian chhungkaw intehnaah 1-na NE Khawdungsei Bial, 2-na Dawrpui Bial, 3-na Tlangnuam Bialte an ni.

Kum 2015-2017 hruaitu thlan tharte

Chairman	: Pi Rinchawii (Synod ruat)
Vice Chairman	: Pi K. Vanlallawmi (Ramhlun Bial)
Gen. Secretary	: Pi H. Lalpianthangi (Synod ruat)
Asst. Secretary	: Pi Sailuti (Mission Veng Bial)
Treasurer	: Pi Maria Lalchhanhimi (Khatla Bial)

Heng mite bakah hian khawpui chung bial aiawh 38 leh Ex-Officio Member – Co-Ordinator, Ex-Chairman, Synod Moderator, Synod Secretary (Sr.) leh Exe. Secretary i/c Kohhran Hmeichhiate chu Central Committee an ni.

Tlangkawmna : Kum 2015 Inkhawmpui Lian a ropuiin, Zoram dung leh vang, ram pawn thlengin inkhawmpui kan hlutzia a lang chiang hle mai. Zoram Drivers Union-in tluang taka inkhawmpui neih a nih theih nan duhsakna min hlan a. Inkhawmpui palai hruaitu motor khalhtu zawng zawngte pawh tawh sual tawh palh theih a nih avangin fimkhur tura chahin lehkhate an lo sem a, Drivers Union chungah pawh kan lawm hle a ni. Thlengtu lam inbuatsaihna a thain, an inpekna leh mikhualte chung a thaitna a ropui takzet a, Lalpan malsawmna tam takin vur let se tih kan tawngtaina a ni. Chanvo neitu leh zaipawlten nung takin an chanvo an hlen theuh mai te kha a ropuiin a lawmawm takzet a. He inkhawmpuia hian Thlarau Thianghlim a zalenin, mipuiin Pathian fak leh chawimawi kan kham lo hle. Thupui sawituin nunna tura tlan chhuah a tulna leh, tlan chhuaha ram tiam thlen ngei a tul thu a sawite kha hre rengin, ram tiam thleng ngei turin kan thu ngaihthlakte kha kan awmna hmun theuhvah a taka nunpui i tum tlat ang u. Inkhawmpui hlawhtling tak leh hlimawm tak min hmantirtu leh min kaihruaitu kan LALPA PATHIAN fakin awm se, a thisena min sil faia kohhran ropui tak min dinsaktu kan Lalpa ISUA KRISTA chu chawmawiin awm zel rawh se.

Hriselna Huang

ZUNTHLUM

Zunthlum (Diabetis) natna hi mi tam takin kan neiin kan buaipui ta. Tunlai phei chuan mi tam takin an thihpui ta hial mai. He natna hi tihdam hleih theih loh, enkawla thunun (control) theih chauh a nih avang hian kan vei hmaa kan inven lawk a ngai a ni. Tun tumah hian zunthlum natna laka inven dan tur tlangpui kan sawi dawn a ni. Tin, heng mite hian zunthlum natna hi an vei duh bik a:

1. Thlahtu aṅanga zunthlum vei awm te,
2. Thau luttuk te,
3. Mei zu ṭhin te,
4. Thisen sang nei te,
5. Zu in ṭhinte.

Chuvangin, heng group- a telte chu mi dang aiin fimkhur lehzual a ngai a ni.

Zunthlum natna vei leh vei loh zawn chhuah

* Kum 30 leh kum 70 inkarah hi chuan zunthlum kan neih leh neih loh in-check a ṭha a ni.

* Insawiselna nei lem lo pawh an nu leh pa zunthlum vei an nih chuan in-check a ṭul lehzual a ni.

* Naute pai lian lutuk te pawh hi zunthlum vang a ni

thei a, inentir thuai tur a ni.

Hetiang mite tan hian inentir fo tur a ni.

Exercise lak hi a ṅangkai em em a, zunthlum veite tan a ṅangkaina ṭhenkhat han sawi ila:

1. Zunthlum a control ṭha a, kan tihrawlin a mamawh glucose kha thisen aṅangin tam lehzual an la lut a, chu chuan zunthlum (blood sugar) a tihnam thei a ni.

2. Kan thisen leh taksa a *in-*

sulin hnathawh daltu a bik takin thau a tiral thei a, *insulin* hnathawh a tichak a ni.

3. Diet control leh exercise hian zunthlum a enkawl theih.

4. BP sang leh zunthlum hi an inkawpin, an inkaihhnawih ve a. Exercise lak hian a tihnia thei a, kan thisena thau chhia a titem thei.

5. Thau tha a titam thung.

Mi zawng zawng kan inang lo ang bawkin zunthlum vei theuh theuh pawh kan inang lo va. Kan damdawi ei pawh ngeih zawng a inang lo va, heng avang hian exercise hi mihring leh natna mila chawh thin a ngai a ni. Hengahte hian fimkhur a ngai zual a ni:

1. Sugar control a tha tur a ni a; amaherawhchu, exercise hahthlak lutuk ang chi chu fimkhur tur a ni. Blood sugar control loh lutuk emaw, control lutuk emaw hi a hlauhawm ve ve thei.

2. Zunthlum lo vei rei tawhte zingah lung na kan

tihho ang hi zunthlum vei lote angin a na a lang chhuak ve lo va, a ruka a awm thin avangin fimkhur a ngai bik.

3. Mit (Eye) tha lo te, kal (Kidney) lam tha lo te, hriatna thazam chak tawk lovah te hian exercise lak hi fimkhur tur a ni.

4. Over exercise hian tamchhawl a thlen thei a; chuvangin, fimkhur a tha.

Tamchhawl pumpelh nan hengte hi hriat tur a ni:

1. Insulin-a inchiu tan inchiu hnu darkar 3 leh 7 bawr velah exercise lak loh tur a ni.

2. Insulin inchiuna hmun tha ber chu dulah a ni a, vun leh ti inkarah chiu tur a ni. Malpui leh banah hi chuan dula a remchan loh chauhvah tih tur a ni.

Zunthlum vei tan chuan hun leh hmun thawl deuhvah, remchan hun apiangah chak lutuk lo muang lutuk lova kea kal hi a him ber a ni.



Hriat atan

1. March 24 – 1 April, 2015 chhung khan Phai Synod (Myanmar) Hmeichhe Inkhawmpui hmanpui turin Pi H. Lalpianthangi, General secretary; Pi Sailuti, Asst. Secretary leh Pi C. Lalhmangaihi Ex-Chairman-te an kal a. Pathian hruainain tluang takin hun an hmang thei a, a lawmawm hle.
2. Ni 27.3.2015 khan Bethlehem Bialah Leadership Training neihpui turin Pi Lalfakmawii, Co-ordinator leh Pi R. Rengkumi, Committee Member-te an kal.
3. **WDP huna chhiar tur tihdikna** : Kumin World Day of Prayer-a Bahamas ram chanchinah khan, a ram zau zawng sq.m. 1,100 tih kha 1,100 sq.mile tih zawk tur a ni e (Phek 1-na tlar 2-na).

* **Dan rangkachak**

1. I hawn chuan khar leh rawh.
2. I hmeh en chuan tithim leh ang che.
3. A kalhna i hawn chuan kalh leh rawh.
4. I tihchhiat chuan a titu i nih zep suh.
5. I siam theih loh chuan a thiam pun mai rawh.
6. I hawh chuan pe kir leh ang che.
7. A hlutna i hriat chuan enkawl rawh.
8. I tihhnawk chu tifel leh ang che.
9. I lak sawn chuan dah tha leh rawh.
10. Mi ta i hman duh chuan phalna la hmasa ang che.
11. A hman dan i thiam loh chuan kalsan mai rawh.
12. I inrawlhna tur a nih loh chuan eng mah zawt buai kher suh.

-
- * I inngaitlawm takzet a nih chuan nangmah i inhre chiang ang a, fakna emaw, elsenna emaw, eng mahin a tibuai lo vang che.

– *Mother Teresa*

KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Rinchawii
Vice Chairman	:	Pi K. Vanlallawmi
Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Sailuti
Treasurer	:	Pi Maria Lalchhanhimi
Fin. Secretary	:	Pi Rallianthangi

COMMITTEE MEMBER-TE

- | | |
|-----------------------|---------------------------|
| 1. Pi B. Zomawithangi | 2. Pi C. Romawii |
| 3. Pi Lalsiammawii | 4. Pi Lalbiaki |
| 5. Pi C. Zopari | 6. Pi R. Rengkhumii |
| 7. Pi Tlangmawii | 8. Pi Lalhmingmawii Sailo |
| 9. Pi Zothanpari | 10. Pi P.C. Nuzawni |
| 11. Pi Lalpianthangi | 12. Pi Lalbiakengi |
| 13. Pi Lalfeli | 14. Pi C. Chawngpuii |
| 15. Pi Vanrammawii | 16. Pi Zopari |
| 17. Pi Lalrokimi | 18. Pi C. Thanthuami |
| 19. Pi B. Bualchhumi | 20. Pi Denghmingliani |
| 21. Pi Lalrinpuii | 22. Pi Liansangi |
| 23. Pi Lalnuntluangi | 24. Pi Lalhmingthangi |
| 25. Pi Lalnunsiami | 26. Pi Lalhliapi |
| 27. Pi Sangthuami | 28. Pi Lalbiakhnaihi |
| 29. Pi Lalbiakhluni | 30. Pi P.C. Lalmangaihi |
| 31. Pi Vanlalpari | 32. Pi C. Nuntluangi |
| 33. Pi Lalduhthangi | 34. Pi Rothangliani |
| 35. Pi Vanlalnghaki | 36. Pi Lalmuanzuali |
| 37. Pi Sawithangi | 38. Pi Lalbiaksangi |

Ex-Officio Member-te

1. Rev. Lalrinmawia, Synod Moderator
2. Rev. B. Sangthanga, Synod Secretary (Sr.)
3. Rev. Lalramliana Pachuau, Executive Secretary i/c Women
4. Pi Lalfakmawii, Co-ordinator
5. Pi C. Lalmangaihi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh. 1:8)

- Din chhan :**
1. Kohran pum rawngbawlna tihlawhtling tura thawhho.
 2. Kristian chungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



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Bukupui Bial Inkhawmpui



Siphpir Bial Inkhawmpui



Bethlehem Bial Leadership Training

To _____

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