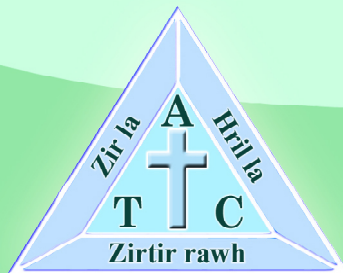


Vol. XLIII No. 2 March - April, 2014

Didakhe



Depression leh Suicide Phêk 19

A Bi-Monthly Journal of Christian Thought, Life and Work

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A chhûnga thu awmte

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Editorial:**LUNGNGAIH HAPTA**

Kristiante hunpui Lungngaih Hapta (*Passion Week*) hi Tumkau Nî (*Palm Sunday*) leh Isua Thawhleleh Nî (*Easter*) inkâr, khawvêl tlanna atâna Isuan a tuarna leh thihna hun a ni a. Saptawng lama ‘Passion’ tih hi Tirh. 1:3-a Lal Isua tuarna leh thihna chungchâng sawina Grik ãawng thumal ‘*pascho*’ (“tuar”) tih atanga lâkchhuah a ni. Kohhran hmasa atângin he hun hi Kristianten urhsun leh ropui takin an hmang thin.

Lungngaih Hapta-a Lal Isua chung a thil thlengte hi Chanchin Tha ziaktuten an ngai pawimawh a, chipchiar takin an ziaak vek (Mt. 21-27; Mk. 11-15; Lk. 19-23; Jn. 12-19). He hun chhûng hian Thuthlung Hluia zawlneiten an lo puan chhuah, Pathian chhandamna thu ril, hlu leh ropui tak chu Lal Isuan entîmate leh a nuna thil thlengte hmaning a rawn tifamkim ta a ni.

Tumkau Nî-ah Remna Lal Isua chu sabengtung chung a chuangin mipuite ‘Hosanna’ aurâwl nêh ropui takin Jerusalem-ah a lût a. Thawhtanni-ah Temple-a Jentail-te hmun thianfaiin Pathian biaknaa hnam tinte chanvo a tungding leh a. Thawhlelni leh Nilaini-ah Temple-ah a zirtîr a, Juda sakhaw lama mithiamte nêh inhnialin an hruaituten tihhlum tumin an phiarru a. Ningani (*Maundy Thursday*)-ah a inpêkna hmanga sual ata tlanchhuahna leh Pathian Ram lo thleng tur entîr nân Isuan a zirtirte chu Zanriah Hnuhnung a kilpui a. Getsemani-ah lungngaihna nasa tak tuar leh mantirin a awm a. Rorêltu hmaah dâwta hêk a ni a, namên lova tihduhdah a tuar zui a. Zirtawpni (*Good Friday*)-ah rilru, taksa leh thlarauva hrehawmna vawrtawp leh thihna chu krawsa tuarin a chhandamna hnathawh chu a lo tleitlâk ta a ni. Inrinni (*Holy Saturday*), thlân nghah nî chu Lal Isua tuarna thlîr kêrna hun leh beiseina nêna hma lam thlîrna hun a ni a. Pathianni (*Easter*)-ah sual anchhia leh hmelma hnuhnung thihna chu hnehin a nun kan ãawm theih nân Lal Isua chu chatuan atân a tho leh ta a ni.

Lal Isua chanchin hi nang leh keia chanchin a ni. Thawhlelna ropui avângin Lungngaih Hapta chu Lawmna Hapta-ah a lo chang ta. A va hluin a va ropui em!

KEIMAHNI

1. Prayer Week: NCCI-in min ngen angin January 18-25, 2014 chhûngin *A Week for International Prayer for Christian Unity (WPCU)* chu ATC Chapel zîng inkhâwmah hman thîn a ni.

2. Rawngbâwla chhuahna: Rev. Prof. Vanlalchhuanawma, Principal, ATC chu Synod Officers' Meeting-in a ruat angin Pastor Induction (dahnghehna) neiin January 11-13, 2014 chhûng khân Lungleiah a zin a, Rev. K. Lalrinmawia chu Lunglei Chandmari Pastor Bial vawng turin a dahnghet.

ATC zirtîrtute thenkhat Bial K. T. P Conference (January 26-27, 2014)-ah Speaker-a tângin hetiang hian an kal chhuak baw: Rev. Prof. Vanlalchhuanawma (*Ramhlun North Bialah*), Rev. Dr. Tlanghmingthanga (*Tlungvel Bialah*), Rev. Dr. H. Vanlalruata (*Kulikawn Bialah*), Rev. Vanlalrova Khiangte (*Phuaibuang Bialah*), Rev. B. Zohmangaiha (*Tlangnuam Bialah*), Rev. Dr. H. Lalrinthanga (*Chawnpui Bialah*), Rev. Dr. K. Lallawmzuala (*Sialsuk Bialah*), Rev. Laldintluanga (*Durtlang Bialah*), Rev. K. Lalchhuanawma (*Lungpho Bialah*), Rev. L.H. Rawsea (*Venghlui Bialah*), Rev. Malsawmzoliana (*Suangpuilawn Bialah*).

3. Medical Check-up: Rev. Dr. Vanlalnghaka Ralte, Registrar leh *Didakhe* Editor chu Doctor thurâwn ang leh TEB phalsak angin medical check-up neiin January 8, 2014 khân Medica Super Specialty Hospital, Kolkata-ah a kal a, ni 14-ah tluang takin a lo haw; a inentîrna result engkim a tha a, lâwmawm kan ti hle.

4. Khual tha: 1) Rev. Dr. Mani Chacko, BSI General Secretary chuan January 18, 2014 khân ATC a rawn tlawh a, Rev. Vanlalbela (President, BSI Aizawl Auxiliary) leh Upa C. Thangnghilhlova (Secretary, BSI Aizawl Auxiliary)-ten an rawn tawiawm. ATC Faculty te nêin inkawmhona hun tha tak an hmang a. BSI hruiute hian ATC zirlaite tân Hebrai Bible (bu 8) leh Greek Bible (bu 15) an pe a, kan lâwm hle mai.

2) Rev. Dr. Santanu K. Patro, Registrar, Senate of Serampore College leh Rev. Dr. H. Vanlalauva, Dean of SATHRI and Research, Senate of Serampore College te chuan February 24, 2014 chawhnu lam khân ATC an rawn tlawh a. Zirlaite leh zirtîrtute nêh inkâwmhovin zirtîrtuten zanriah an kilpui ngêh.

5. Visiting Professor: February 17, 2014 khân German mi Rev. Dr. Gudrun Holtz, Visiting Professor (New Testament) chuan ATC a lo thleng a, thahnemngai taka zirtîr hna thawkin March **20** khân an ramah a kir leh ta. Pi Gudrun-i pasal Rev. Dr. Rolf Noormann pawhin zin khawthawn pahin February 24 khân a nupui a rawn fin a, hun eng emaw chen History of Christianity zirtîrtu hna lo thawk tawh a nih avângin College tân a tângkai hle. Ama ho hian tum hnih seminar neih a ni a, March 9, 2014-ah a haw.

6. Video Conferencing: JJ Aerosports (Zemabâwk) huaihawtin ATC zirlaite leh Mizo zaithiam thenkhatten February 22, 2014 khân ATC-ah ‘Inspire Ireland Youths’ programme an hman a. National University of Ireland-a zirlaite chawh harh nâna tih a ni a, Ireland a tângin he programme hi internet hmangin an lo thlîr a ni.

5. D.Th. zir tur: ATC-a Thuthlung Thar zirtîrtute zînga mi leh *Didakhe* Manager tâng lai, Rev. K. Ramdinthara chu Senate of Serampore hnuaiah Doctor of Theology (NT) zir turin a tling a. May 2014 hian UTC, Bangalore panin an chhûngkuain an kal ang a, June 2014 a tângin zirna a tâng ang. ATC Faculty a tâng Doctorate zir tur kan nei thei hi a lâwmawm tak zet a, duhsakna kan hlân e.

6. Mawhphurhna inruat: Synod 2013-in kan zirtîrtu Rev. Lalthungnunga leh Rev. Lalthangpuia Fanai te rawngbawlna dang a thawhtîr tâk avângin ATC-a an mawhphurhna chelh thînte lo vuan turin hêng mite hi ATC Faculty chuan a ruat thar: Rev. Dr. H. Vanlalruata - Secretary, Campus Care & Security Committee; Rev. Dr. K. Lallawmzuala - Manager, *Presbyterian Review*; Rev. Laldintluanga - Internet & Website in-charge. Prof. T. Vanlalhlani chu TEB-in Director, Calvin Study Centre atân a ruat bawk.

MIZORAM PRESBYTERIAN KOHHRAN THURIN ZIRNA

- Rev. Dr. Tlanghmingthanga

1. Engvângin nge Presbyterian kan nih?

India ram Presbyterian Kohhran hi Welsh ram Presbyterian Kohhran ramthar rawngbawlina rah chhuah a ni. Welsh mission-in kum 1841-ah Khasi ramah missionary an tîr a, kum 1866-ah kohhran sâwm chuang a ding a, kum 1867-ah Presbytery hmasa ber tan a ni a, kum 1895-ah Presbytery panga a ding tawh a ni. Kum 1896-ah Assembly (tuna Synod) hi siam a ni. Khasi ram aţangin Welsh mission hi Sylhet lamah leh Cachar phaiah tihlen a ni a. Kum 1891-ah Mizoramah Rev. William Williams a lo kal a, thla khat dâwn lai a châm a. Kum 1892-ah Mizorama thawk hlen tura rêl fel a ni a, mahse, a thih tâk hlah avângin, kum 1897-ah Pu Zosalhluia (D.E. Jones) tirh leh a ni ta a ni.

2. Hming thlâk thu

Assembly pathum— Khasi & Jaitia Assembly, Phaitual Assembly leh Mizoram Assembly te an awm a. Kum 1926-ah Assam ram Presbyterian Church Synod a piang ta a. Kum 1953-ah Synod Inkhâwmpui Silchar-a thlen tumin Assembly leh Synod hming vuah dân hi Welsh ram hman dân milin siam rem a ni a. Assembly tih kha Synod tih a ni a, Synod tih kha Assembly tih a ni ta a. kum 1972-ah Presbyterian Church in Assam tih kha Assembly of the Presbyterian Church in North East India (APCNEI) ti-a thlâk a ni. Kum 1992-ah APCNEI chu Presbyterian Church of India (PCI) ti-a thlâk a lo ni leh ta a ni.

3. Thurin hi eng nge ni?

In ropui tak te hian inngahna lungphum nghet tak leh tha tak an nei thîn a, chu lungphuma nghet taka an inngat thîn ang chuan thurin tha leh dik chuan inngahna tha tak a nei thîn a ni. Kohhran pawh,

Sorkar pawh, thurin nei lovin a ding thei lo. Khawvêla mihring, eng hnam pawh mai hian thurin an nei a, an thurin an nunpui theuh a, an dam chhan pawh a ni bawk. Sorkar pawhin ram mi leh hnam awmho dân atâna tha ber tura ngaih, pawm ngheh leh ziaak chhuah dân a nei a, chu chu inngahhân a hmang a ni. Tuna tihpuitlin theih tur dân a awm a, nakina tih puitlin duh leh beisei a awm bawk a. Chutiang dân leh tihpuitlin a tumte chu sorkar thurin chhungah a inngah a ni.

Sakhua zawng zawngin thurin an nei vek a, an thurin atângin thil an thlîr a, an thliar hrang thei a. Mihring kan nihna kawngah leh sakhua kan zawna lamah hian thurin nei lova kan awm theih loh avângin thurin dik vawn chu nunna a ni a, a dik lo vawn chu boralna a ni. Miin sakhua a neih phawt chuan sakhaw thurin nei lovin a awm theih loh. Sakhua nei lo anga insawi te pawhin thurin eng emaw chu an nei vek a, mi dangten sakhua an zawn dân angin an zawng ve lo mai a ni zâwk.

Kristian zîngah thurin a tul lo ti-a, nei lo ang taka khawsa an awm. Thurin nei lo tak tak an nih chuan Kristian an ni lo tak zet a ni. Kristian thurin eng emaw vuan ve si, Kristian dangte rin anga ring lo, an pawm anga pawm lo, an khawsak anga khawsa ve lo an nih chuan, an thurin a dik lo tihna emaw, a tha tâwk lo emaw a ni ang. Chung mite chu Kristian hming pu an nih si chuan, thurin dik vuan leh zawm tura kaihhruai an ngai hle tihna a ni.

Kan Kohhran thurin hi kan mite kaihhruaina tura siam a ni a. Sâp tawngin “Ten Articles of Faith” tih emaw, “Confession of Faith” tih emaw a ni. Rinna kawnga kan Kohhran mite kan inhungna behchhana siam a ni. Kohhran thurin hi Bible zirtîrna tlângpui khaikhâwmna anga ngaih a ni a, Kohhranin Bible a hriatthiam dân leh a pawm dân, a kalpui dân leh hrilhfiah dân puan chhuahna a ni. Kan kohhran thurin hi Presbyterian thurin bulpui – Apostol-te thurin, Westminster thurin leh Welsh Presbyterian thurin behchhana siam a ni. Kum 1924-ah Dân bu nê, thurin sâwm hi kan nei tawh a ni.

4. Engvângin nge thurin sâwm chauh kan neih?

Kan Kohhran thurin hi Presbyterian thurin bulpui – Westminster Thurin leh Welsh Presbyterian Thurin behchhana siam a ni. Westminster Confession of Faith-ah chuan thurin sawmthum leh panga a awm a, Welsh Confession of Faith-ah chuan thurin sawmli leh pali a awm baw k a, mahse kan Kohhran thurinah hian sâwm chauh kan nei a ni. A chhan leh vâng tak hriat theih a ni tawh lo. Rev. Lalngurauva Ralte chuan, “Welsh Missionary-te khân Welsh Confession sei tak kha a kaihtawina angin thurin sâwmah an siam ta a ni,” a ti a. Rev. Zairema chuan, “Mizote, ringthar tê tê an nih avângin thurin sei tak leh chipchiar tak chu hriat reng a harin, an hriatthiam leh man phâk lohah missionary-te khân an ngaihsak ang a, an titawi a ni ang,” a ti. Rev. Lalsawma chuan, “Thurin sei tak siam ai chuan tawi fel, fiah baw k si, thurin chher nân leh hmasâwn zêl nân tângkaia an rin vâng a ni,” a ti.

Tuna Thurin sâwm leh Dân bu siam tântirh lai khân India rama Presbyterian Kohhrante leh Congregational Kohhran te chuan United Church of North India (UCNI) hming pua inzawm zai an rel lai a ni a; kan missionary-te leh Kohhran hruaitute pawh he inzawmkhâwm rêlhonaah hian telin, UCNI hman tur thurin siamnaah te pawh an tel ve a. UNCI thurin atâna an lo siam chu la chhâwnga tlêm tidanglamin, kum 1924-a chhuah hmanin tuna kan thurin sâwm hi an lo buatsaih ta niin a lang.

Kum 1924-a Dân bu an chhuah hnuah vawi sarih ennawnin siam that a ni tawh a. Thurin sâwm te chu ‘Dân Bu’ ennawn hnahnun ber tuma a tawngkam pahnih khat an tihdanglam bâk siam that a awm meuh lo. Dân bu lama Kohhran sawifiahna awm hi Sakramen chungchâng sawina leh ringtute tih tur sawina laiah hian belh rawtna chak tak a awm nân, belh a ni ta rih lo a ni.

“Tha lam vuan tlát tur kan nih chuan, Krista Chanchin Tha thurin ni lo chu kan pawmzam reng reng tur a ni lo.”

~ John Charles Ryle (1816-1900) ~

Thurin 1-na:**BIBLE CHUNGCHANG****Bible hi Pathian Thu a ni:**

Bible hi Pathian thu a nih dân kan sawifiahna tawngkam ber chu ‘Pathian thâwkkhum a ni’ tih hi a ni. Thâwkkhum tih hi Grik tawng a ni a, Thuthlung Tharah chauh kan hmu (2 Tim. 3:16) a, Thuthlung Hlui lamah a chuang ve lo. Bible ziaktute leh zâwlneite chuan an thu sawi chu anmahni ir-âwm chhuak ni lovin, Pathian thu ngei a ni tih hriat nân, “Lalpan a ti” (‘Lalpa thu chhuak chuan a ti’), an ti thîn. Mihring famkim lo thu leh hla hian Pathian famkim nihna dik tak a sawifiah phâk lo.

Amaherawhchu, Pathian inhriattîrna thu puanchhuahna hmanrua atân mihring tawng baw kha a pawimawh leh si. Pathian chuan thu arawn sawi a, a lo dawngtu chuan a lo dawng mai a, eng tawngarawn sawi nge tih pawh ngaihtuah tur a awm lo, a fiah uar mai a ni, mahse a dawng famkim zo hauh si lo. A dawngtu chuan ama pianpui tawng angin a lo dawng a, a hriat ang chiah chu mi dang hriat turin a thiam tâwkin angial anganin a zia chhâwng a, a tam ber hi chu Pathian sawi chu a ni ngei a, mahse, a sawi chhuah dan leh sawi dân hmang te erawh chu angial angana pawm mai chi chu a ni tawh hauh lo tih a lang. Chuvângin Bible hi Pathian thu a ni a, mihring thu pawh a ni baw ti-a sawi theih a ni. Mahni ațanga chhuak leh Pathian hnên ațanga kan dawn hi thliar thiam pawh a har fo rêng a ni.

Bible hi Dik lo thei lo a ni:

Kan thurin hian Bible dik loh theih loh thu lam emaw a sawi tum kan ti thîn a, rinna leh thiltih tehna dik lo thei lo a nihna lam hi a sawi tum zâwk chu a ni. Rinna leh thiltih tehna atân hian Kohhran thu chhuah te, Dân bu te, Inkhaihhruaina te, Inkhâwmpui thu leh Committee thurêl te pawh hman thîn a ni a. Hêng bâkah hian a tak taka kan tawn (experience) te, kan chhia leh tha hriatna thiag (conscience) te leh kan ngaihtuahna fîm (reason) te pawh hman a

ni bawk. Hêng zawng zawng hi rintlâk hle mah se a dik lo thei vek a, tihsual palh theih vek a ni. Bible erawh chu chutiang a ni lo va, a danglam ve ngai lo.

Bible hi dik lo thei lo ti-a kan sawi hian Bible hi kan rinna leh thiltih tehna kawnga rintlâk leh hlawhchham (tlawlh) ve ngai lo tur tihna a ni. Kan rinna leh thiltiha kan inenngilna tur ber a ni a, a aia pawimawh a awm lo va, kan tân thu tâwp a ni tihna a ni. Kan thurina ‘rinna leh thiltih tehna dik lo thei lo’ kan tih pawh hian a ziak dum zawng zawng leh a hawrawp tinrêng hi a dik fai vek e, tih lam a kâwk lo. A rintlâk a, innghah ngamna tur a ni. Lei ni se, kan zawh chhungin min chimsan dawn lo, kan tum ram min thlen ngei ang tihna a ni. Bible thu ziak dik lo thei lo tih hi a pawimawh lai ber a ni lo va. A pawimawh zâwk chu a thuchah laipui chhandamna (nunna) thu hi thudik (thutak) a ni a, chuta Pathian rilru leh duhzâwng kan hmuh chu dik lo thei lo a ni a, Pathian Thu a ni tih hi a ni.

Pathian inhriattîrna ziakna bu a ni a, hetah chauh hian Pathian mizia leh duhzâwng a hriat dik theih a, chuvângin he bu chauh hi thurin leh thiltih tehna dik lo thei lo a ni. Miten Pathian thu dawng thar zêl mah sela, Bible nêna inrem loh chuan hnâwl mai tur tihna te, miten zirtîrna thar tichhuak zêl mah sela, Bible zirtîrna nêna inrem loh chuan âwih loh tur tihna te a ni. Chumi awmzia chu Kohhran inrêlbawl nân leh inenkawl nân Bible hi hman tur a ni a, Bible thu nêna inrem lo chu tih tur a ni lo va, rin tur a ni lo va, âwih tur pawh a ni hek lo tihna a ni ber mai.

Dik lo thei lo kan tih hian Bible tawngkam mal leh hawrawp tin te kâwka sawi a ni lêm lo. Matthaia 5:18 leh Luka 16:17-ah ‘dân thu chhun han tê bo ai pawha vân leh khawvêl boral a awl zâwk’ tih thu khân Bible-a thu ziak hawrawp bo loh tur thu emaw, a thu mal tin dik lo awm lo tih lam emaw sawi a tum lo va, a thu awmzia, a sawi tum zâwk pawimawhna kha tarlan a tum a ni. A dik lo thei lo lai chu a hawrawp leh tawngkam ngau ngau ni lovin, chung hawrawp leh tawngkam, dik lo palh thei, lehlin sual palh theihten an sawi

chhuah tum Pathian thutak, a thuchah laipui zâwk chu a ni. Chu dik lo thei lo Pathian thu sawi chhuahna mihring tawng leh ziaik erawh hi chu sual palh thei a ni. Roman Catholic-ho ngaihdânah chuan ‘Bible chu Kohhran siam a ni a, Kohhran hi a dik lo thei lo a ni zâwk’ tih a ni. Hei hi a âwm zâwk em ni a tih rum rum theih. Mahse Bible emaw, Kohhran emaw hi dik lo thei lo anga sawi uar aiin, Isua Krista hi dik lo thei lo zâwk chu a ni tih uar a tha zâwk ang. Bible chungchâng thuah hian ‘Dik lo awm lo’ tih hi a pawimawh ber lo, “Pathian Thu a ni” tih hi a pawimawh ber chu a ni.

Rinna leh thiltih rêng rêngah Bible hi kan inenngilna tur a ni, kan pêng hlek emaw, kan âwnsan hlek emaw tur a ni lo. Kohhran tharte pawh lo ding se, an thurin chu Bible-ah a inngat tur a ni. Chutiang chuan kan rinna leh thiltih tehna tur chu Bible hi a ni a, kan tla hniam tur a ni lo va, kan khum tur a ni hek lo.

Bible hi Pathian thâwkkhum a ni:

Bible hi lehkhabu dang ang bawka mihringte ziaik a ni a, mahse a danglamna chu Pathian thâwkkhuma ziaik a ni. Pathianin hluma mihring a siam, nunna thaw a thâwkkhum a, mi nung a lo ni ta tih ang chi kha a ni lo. Pathianin lehkhabu a thâwkkhum ser ser a, thu nung a lo ni ta tihna a ni lo. Bible ziaik tawhsa zuk thâwkkhum lam aiin a ziaiktute chu Pathianin a kaihruai a, thu te ziaik thei turin a chawh harh a. Pathianin a ziaiktute a kaihruaina leh a pâwlina kal tlanga ziaik a ni. Chutiang chu a nih avângin Pathian a tanga lo chhuak tihna a ni ber mai. Chu chuan lehkhabu dang aia dang lam a nihzia a rawn tilang nghâl a. Miin lehkhabu dang an chhiar dân chiah pawhin chhiar se, an chhiar tam hnuah a danglamna an hre thîn a ni.

Bible-in thu a nei a ni:

Kan thurin pakhatna hi Bible thuneihna chungnunia puanchhuahna a ni bawh. Bible thuneihna hi rinna leh thiltih tehna sâng ber leh thuneihna vâwrtâwp (supreme authority) a nihzia puanchhuahna a nih rualin, Roman Catholic-hovin Bible (Pathian thu) aia Pope leh Bishop thuneihna sâng zâwka an lo zirtîr thîn hnâwlina a ni bawh a

ni. John Calvin-a zirtîrna zuin Westminster Thurin chuan Thuthlung Hlui leh Thuthlung Thar bu 66-te hi Pathian thu a ni a, rinna leh thiltih tehna atân Pathian thâwkkhuma ziaak a ni, tiin a zirtîr a. Thuthlung Hlui Hebrai tawnga ziaak leh Thuthlung Thar Grik tawnga ziaakte hi Pathian thâwkkhum tiin a sawi zui nghe nghe a. Pathian thutak, dik lo thei lo a ni tih hriat fiahna leh pawmna chu rilru lama Thlarau Thianghlim hnathawh aţangin a nih thu a sawi lang tel bawk.

Kan kohhran hringtu nu, Wales ram Kohhran chuan an thurinah Bible thuneihna leh a dinhmun hi “Pathian lehkhahu zawng zawng – Thuthlung Hlui leh Thluthlung Thar bute hi Pathian thu an ni a. . . Rinna leh thuâwihna tehna dik lo thei lo a ni” tiin an puangchhuak a. Pathian aţanga chhuak ngei an nih thu leh kan chhandamna atâna hriat tûl zawng zawng chuanna a nih thu puanchhuah tel a ni bawk. Bible thuneihna bul tak chu Bible hi Pathian hnên aţanga chhuak nia kan pawmna hi a ni a, chu thuneihna laipui chu Thuthlung Thara Lal Isua zirtîrna hi a ni.

Thurin 2–4-na:

PATHIAN LEH PATHIAN PAKHATA MINUNG PATHUM CHUNGCHANG

Pathian chungchâng:

Pathian chu Thlarau, mahnia awm chawp, tâwp chin nei lo, chatuan mi a ni. Thlarau a nih avângin a hmuh theih lo va, khawih theih a ni hek lo. Biak dân turah pawh thlarau leh thutak a phut a ni. Biak dân dik – thutak, a mizia leh a duhzâwng nêna inmil/inrema biak tur a ni. Pathian sawifiah tum hi thlipui na tak (Cyclone) thunun (control) tum ang deuh a ni. Thlipui kan thlung bet thei lo ang bawk hian Pathian nihna pawh hi mihring famkim lote finna leh theihna hmanga hlin beha mihring tawngka maia sawifiah zawh rual a ni lo. John Chrysostom-a chuan, “A comprehended God is not God,” (Hriatfiah vek theih Pathian chu Pathian a tling lo) a ti thlâwt mai. Hetiang hi a nih laiin Kristianten Pathian chungchângah thil tlenkhat sawi theih erawh chu kan nei a, chu chu amah leh amah a rawn

inhriattîrna hmangin a ni. A inhriattîrna Bible-a ziaik leh mihringa lo chang Isua aţang hian kan hre thei. Hetiang hi a nih avângin Thomas Arnold-a chuan Kristianna leh sakhaw dangte danglamna sawiin, sakhaw dang chuan pathian an zawn hnuah an hmu a, Kristiannaah chuan Pathianin min zawng hmu a ni.

Pathian chu mihringte finna leh thiamna hmanga chhui chhuah rual ni lo mah se, Pathian chu mihringte tân hriat theih loh a ni tihna chu a ni si lo. Pathian chu amah leh amah a inhriattîr avângin mihringte tân hriat theih dân kawng a awm a ni tih Bible-in min hrilh. Amah Isua Krista leh a thu leh thiltihin Pathian chu a inhrittîr a, chu aia inhriattîrna chiang leh tha zâwk a awm lo.

Bible hi Pathian inpuanna hriat theihna kawng leh hmanrua pawimawh tak a ni. Pathian zia hi kan hriat belh zêl a ni thei e, mahse mihring kan nih chhungin Bible-a a rawn inhriattîrna bâk hi beisei tur a awm lo, kan hriat phâk tur leh kan hriat theih chi chu a lang famkim a ni. Tun lai ang hian lehkhapuan man tlâwmin ziaik awlsam sela chuan Isua chanchin hi tam tham tak ziaik belh tur a awm ngei ang (Joh. 21:25). Amaherawhchu kan rina kan nun theihna tâwk tura ziaik a ni a (Joh. 20:31). Tam eng ang pawh ziaik se kan rin si loh chuan engmah a ni lo ang. Mihring kan nih chhunga Pathian chungchâng kan hriat theih tur zawng zawng chu Isuaah hian a lang famkim a. Isuan, “Kei mi hmu chu Pa hmu a ni,” (Joh. 14:19) a ti a, beisei lehchuan tur a awm lo. Kan tâna a ruat chin chu Bible-ah hian a lang kim a ni.

Trinity chungchâng:

Thuthlung Thar hian Thuthlung Hlui ang bawkin Pathian pakhat chauh awm thu a pawm a (Mk. 12:29; Rom 3:30; Galatia 3:20; 1 Tim. 2:5; 1 Kor. 8:4-6). Pathian chu Pa a nih thu te, Isua chu Pathian a nih thu te, Lalpa ti-a koh a nih thu te, Thlarau Thianghlim chu thiltihtheihna ang chauhva sawi lovin mi nung, mize nei, Pathian a nih thu te kan hmu. Thuthlung Tharah hian Pa chu Pathian, Fapa pawh Pathian, Thlarau Thianghlim pawh Pathian a ni tih a sawi.

Pathian pakhata minung pathum chu engkima intluk tlâng an ni chungin, hnathawhah chuan indawt âwm angin Bible-ah hian a lang. Fapain Pa a tîr tih kan hmu ngai lo va, Pain Fapa a tîr tih erawh chu kan hmu. Thlarau Thianghlimin Pa emaw Fapa emaw a tîr tih kan hre ngai baw lo. Pain Thlarau a tîr tih leh, Fapain Thlarau a tîr tih erawh chu kan hmu. Intluk tlâng chungin dinhmun erawh chu an nei niin a lang. Pain Fapa a tîr a, Fapain a Pa duhzâwng tiin a chawimawi a, Fapain Pa a puang chhuak a (Mt. 11:27), Pain a Fapa hnênah mipuite a hip khâwm a (Joh. 6:44). Isua chu he leia rawng a bawl lai khân Thlarau Thianghlima tihchak a ni a (Lk. 4:1); Tholeh Krista chuan a zirfîrte hnênah Thlarau Thianghlim a tîr a, Thlarau Thianghlim chuan Isua a chawimawi a (Joh. 16:7, 14). Thlarau Thianghlim atâng chauh lo chuan tuman Isua chu Lalpa an ti thei lo a ni (1 Kor. 12:3). Pa leh Fapa leh Thlarau Thianghlim chuan inlungual tak leh inrem takin rawng an bâwlin an thawkho va. Pa tel lovin Fapa rawngbawlna a kim lo va, Thlarau Thianghlim tel lovin Pa leh Fapa chauh rawngbawlna a famkim thei hek lo.

Pathian Pathum tihna a ni lo:

Tichuan Pa, Fapa, Thlarau Thianghlim chu Pathian pathum an ni lo va, Pathian pakhata mi pathum an ni a, pianfung chawiah an intluk tlânga, an ze puite thuhmun vek an ni a, duhzâwng leh an tum a inthuhmun a, an pawimawhna a intluk tlâng a, an zain tu mah thlei lova Pathian anga biak leh rin tur a ni.

Pathian Pakhat tih awmzia:

Pathian chu pakhat a ni tih hi chhut chian chuan chhiarkawp (*mathematics calculation*) lama pakhat ang ngawt chu a ni lo tih a hriat theih âwm e. “Taksa pakhat” (*one body*) tih hian taksa pêng hrang hrang inpumkhatna thu a kâwk a. ‘Ho khat’ tih te ‘Pâwl khat’ tih te hian mi chi hrang hrang pâwl khata inhlâwm khâwm tih a kâwk a ni. Kristiante chauh ni lo, Juda-te leh Muslim-te pawhin Pathian pakhat chauh awm hi an ring a. Mahse Pathian pakhat an pawm dân chu Kristiante pawm dân nên a inang lo. Muslim-ho chuan pathian pakhat ‘Allah’ an ring a, Juda-ho chuan Jehova an

be leh mai a ni. Kristiante rin anga Pathian pakhata minung pathum awm an ring ve lo. Chuvâng chuan Kristiante rinna hi a danglam bikin a chungnung ber a, a pawimawh ber bawk. Pathian chu pakhat a ni kan tih hian kawh tum leh awmze ril tak a nei a, chûngte chu:-

- 1) Pathian hi a awm ngei a ni tihna a ni. Hei hian Pathian awm ringlote rinna (Atheism) zawng zawng leh zirtîrna a kalh a, Pathian awm rinlohna a a hnâwl bawk a ni.
- 2) Pathian chu a awm ngei a, pakhat chauh a ni tihna a ni. Hei hian Pathian pakhat aia tam awm rinna (polytheism) a hnâwl a ni.
- 3) Pathian pakhatah chuan minung pathum, chhûngril lama inlai-chînna nghet tak nei, mi nung hrang si an ni tih a kâwk bawk.

Isua Krista chu Pathian inpuana vâwrtâwp a ni tih kan sawi tawh a. Isua Kristaa Pathian inpuanna hi Pathian pakhata mi nung pathum awm thu lan chianna pawh a ni. Isua thusawi hrang hrangah pawh Pa leh Fapa leh Thlarau Thianghlim thu hi a lo lang thîn. Thlarau Thianghlim chungchâng a sawinaah, “Pa ka dîl ang a, ani chuan Thlamuantu dang a pe ang che u,” (Joh. 14:16) “Pa hnên ata Thlamuantu in hnêna ka tîrh tur, Paa chhuak Thlarau dik tak chu, a lo thlen hunah, ani chuan ka thu a hriattîr ang,” (Joh. 15:26) tiin Pa leh Thlarau Thianghlim chu mi nung hrang an nihzia Fapa chuan a sawi a ni. Lal Isua nun leh rawngbawlinaah khân Pa leh Fapa leh Thlarau Thianghlim thu hi a lang fiah hle. Pa chuan Fapa chu a be thîn a (Mk. 1:11; Lk. 3:22), Fapa pawhin Pa a be thîn a (Mt. 11:25, 26, 26:39; Joh. 11:41; 12:27, 28), chutih laiin Thlarau Thianghlim chuan Fapa chu a hruai thîn a (Mt. 4:1; Mk. 1:12; Lk. 4:1f), Pa hnênah min dilsak reng bawk a ni (Rom 8:26).

Pentikos ni-ah leh Kohhran hmasa hunah pawh chiang takin a lang a, Stephana an den hlum lai pawh khân Thlarau Thianghlima khat a ni a, vân lam a en tlat a, Pathian ropuizia leh Pathian ding lama Isua ding a hmu a, “Ngai teh u, vân inhawng te ka hmu a, Pathian ding lama Mihring Fapa ding pawh ka hmu,” a tih kan hmu (Tîrh. 7:55-56). Pa leh Fapa leh Thlarau Thlianghlim te hi Pathian famkim an ni

theuh a, mahse Pathian hrang hrang an ni lo. An za hian Pathian pakhata mi nung pathum inpumkhat an ni. La Isuan, “Tupawh mi hmu chu Pa hmu a ni,” (Joh. 14:9) tiin amah chu Paah a awm a, Pa pawh amahah a awm a (Joh. 14:11), Pa nên chuan pumkhat an ni tih a sawi Chiang a (Joh. 17:11). Thlarau Thianghlim pawh Pa leh Fapa ata lo chhuak a ni bawk (Joh. 15:26; 16:14).

Pathian pakhata minung pathum (Trinity) thu hi sawifiah har tak ni mah se thudik a ni bawk si. Bible-in Pathian nihna a sawi dân a nih avângin hrethiam vek lo mah ila pawm loh theih loh a ni. Trinity hi hun hrang hranga Pathian lan dân hrang hrang sawina a ni lo va, Pathian hi pakhat ni lova pathum (Tritheism) anga pawm hi a dik lo va, Bible zirtîrna nên pawh a in kalh a ni. Hrefiah thiam lo mah ila Bible sawi dân hi kan pawm lo thei lo a ni.

Pathian chu hriat fai vek phâk ni sela, kan Pathian atân kan duh ang em le? Tha tâwk leh tling tâwk kan ti ang em? I Pathian chu i biak duh dân ang ang pawm mi ni sela, i anpui a ni mai lo'ng maw? Pathian chuan chibai bûk tlut tlut te, amah biakna tih ropui hum hum te ai chuan, awm dân tha leh thil tha tih hi a duh zâwk a ni tih sakhaw dang betute aia kan hriat bîk a awm em? Sakhaw dang betute aiin Kristiante biak dân leh hriat dân hi a dik bîk a ni kan ti thei em?

Engpawh Pa leh Fapa nêna inmawi lo chu Thlarau Thianghlim nên a inmawi lo va. Mihring hi a thiltihah a mizia kan hre thîn a, thlarau hnathawh kan tih engpawh hi Pathian mizia nêna a inmawi loh chuan, Thlarau hnathawh a ni thei lo. Thlarauvin mihringte tlin tâwkin a thawk thîn a, mahse mihringte ze remin a thawk ngai lo, ama ze remin a thawk thîn. Thlarau tam tak awm mah sela, Pathian chauh lo chu rin tlâk leh biak tlâk a awm lo. Pathian chauh lo chu Pathiana neih tlâk a awm lo a ni.

“Lainatna thuk tak nei Huatna a awm: Thurin dik lo huatna chu.

Dawhtheihlohna fak phungawih ngawih a awm:

Pulpit-a thrurin dik lo ngaihtheihlohna chu.”

~ John Charles Ryle (1816-1900) ~

Thurin 5–7-na:**MIHRING, SUAL LEH CHHANDAMNA
CHUNGCHANG****Bible-in mihring chungchâng a sawi dân:**

Bible-in mihring chungchâng a sawi dân kawngpui awm ruah a awm a. ‘Mihring chu Pathian siam a ni a, Pathian hawisanin sualah a tlu a, chhandamna kawng siamsak leh a ni a, chhandamna tura Krista ringtu chu chatuanin Pathian hnênah a awm ang a, ring lotu erawh chu chatuan hremhmuna a awm ang’ tih hi a ni. Bible zirtîr dân chuan mihring chu thil nung lo piang danglam zêl atanga lo awm a ni lo va, Pathian anpuia siam a ni. Pathian anpuia siam ni mah se Pathian them chu a ni lo va, Pathian tisa pêng atanga siam a ni lo. Chuvângin engti kawng mahin Pathian a ni lo; Pathian thilsiam, a siamtu rinchhana nung mai tur a ni. Hei hi mihring chungchâng Bible sawi dân khaihâwmna chu a ni.

Pathian anpuia siam awmzia:

Pathian anpui tih hi sawi dân chi hnih a awm a. A zau zâwnga sawi chuan mihringin chhia leh tha hriatna a neih te, ngaihtuah theihna a neih te leh thlarau thi thei lo a neihna hi a huap a, chung chu tluk hnuah pawh, sual hnuhma keng telin, a la nei zui zêl a ni. A zîm zâwng chuan Pathian hriatna dik a neih te, a felna leh a thianghlimna te a kâwk a, chung chu tluknaah khân a bo a ni. Pathian anpui awmzia dik tak chu Isua Krista-ah tihlanin a awm. Krista chu ‘Pathian anpui’ tih a ni a (2 Kor. 4:4; Kol. 1:15). Isua chu mihring famkim niin, Pathian anpui dik tak chu amahah chuan kan hmu a ni.

Sual hi engtin nge a lo awm?

Pathianin mihring a siamin sual sain a siam lo. Pathian hi engkim bul a nih chuan sual hi engtin nge a lo awm? Joba-bu-ah chuan, “Pathian chuan thil suaksual tiin, Engkim titheia chuan thil dik lo chu a ti lo vang,” (Job. 34:10) tih kan hmu a, Isaia 45:7-ah, “Eng ka siam thîn a, thim pawh ka siam thîn a...sualna pawh ka siam thîn a ni” tih kan hmu baw k a, heta sualna a tih hi mihring sualna ni lovin

natural calamity a sawina a ni, chuvângin sual hi Pathian siam a ni lo. Sual chu mihring zînga a luh hmain vântirhkohte zîngah a inñan a, chapona, Pathian anga ropui chåkna avângin Pathian lakah an hel a, Pathian anga ropui chåkna vêk chu mihring sualna bul pawh niin Bible-in min hrilh a ni

Suala mihring tluk thu:

Suala mihring tluk thu-ah hian mi thenkhatin Evi leh Adam-a te kha an duhthua tlu ni lovin pâwnng lâk an ni tiin an zirtîr a, rulin Evi thinlung a luah a, ei lo thei lovin a nawr a, thei ei duhna kha Evi thinglung a ni lo va, Setana thinlung, mihringa thawk zâwk a ni. Chuvângin tlukna kha rilru fîma thil tihsual ni lovin Setana mawina, ngaihawmna leh thiltihtheihna chuan an chhia leh ða hriatna a bumina ei phal loh chu a ei luihtîr a, anmahni duh thu rêng ni lo, bumna avânga nawr luih thila tlu angin an zirtîr a ni. Hei hi Bible zirtîr dân leh Kohhran pawm dân a ni lo. Kohhran zirtîr dân chuan ama (mihring) duhthu ngeia suala a tluk thu hi a ni. Mihringin ama duhthu ngei leh a duhna zalên ngei hmanga sual a thlan tâk thu hi zirtîrna tlânglâwn ber a ni.

Bum an ni:

Evi kha bum chu a ni ngei mai, bum a nihna chu thei rah a ei avânga Pathian ang ni tura thlêmna kha a ni (Gen. 3:1-6). An ei a, rulin ‘Pathian ang in ni ang’ a tih kha an ni leh si lo va, chu chu bumna chu a ni. Rulin a thlêm lai pawh khân Pathianin thei kha ei a phal lo a ni tih an hre Chiang êm êm a, chuti chung chuan an ei lui a. Chu chu Pathian thupêk bawhchhiatna a ni a, chu chu an duh thu ngeia tih a ni.

Thlêmin an awm:

Thlêmtu khan mihring rilruah Pathian rinhlelhna leh helna rilru neihîr turin a thlêm ngei mai a, mahse duhthlanna hmanga thu pawt chattu chu amah mihring ngei kha a ni. Chuvângin sual thiam lohna pawh a chungah a tla a, sual avânga inthiam lohna pawh a nei nghâl a ni. Chuvângin mihring chuan ama duhthu ngeiin Pathian dân a

bawhchhia a, chhiatna leh thiam lohnaah chuan ama duhthlanna ngei hmangin a tlu lut ta a ni.

An lo soal ʔan dân:

Mihringa soal bul chu Evi leh Adama te bawhchhiatna kha a ni. Genesis 3-ah Eden huana Pathianin thei rah ei phal loh an ei avânga Pathian dân an bawhchhiat thu leh chu soal avânga mihringte chung Pathian hremna lo thleng thu kan hmu. Soal inʔanna lai leh a soal lai ni bera lang chu Pathian thupêk an awih duh lo va, Pathian an ringhlel a, ropui lehzual leh Pathian ang nih an châkna kha a ni. An thinlungah soal chu a awm der tawh a, chu soal chu thei an ei khân tihlan leh tihfiahin a lo awm ta a, a taka chantîr a lo ni ta a ni. A ʔawngbul lama a awmzia chu ‘tum ʔelhel’ tihna a ni. Mihring chu Pathian nêna lêngdun a, Pathian chawimawi tur kha a ni a, mahse a tum tak ʔelhelhin Pathian ang nih a tum ta tlat a, a lo soal ta a ni.

Tluk hnua mihring dinhmun:

Suala an tluk khân mihringah soal chuan eng thil chiah nge a thlen tâk? Lo lang nghâl mai chu Pathian leh mihring inlaichînna lo chhiat tâk thu hi a ni. Pathian aw an hriatin Evi leh Adama te khan bihruksan an duh a (Gen. 3:8), saruak an nih inhriain an zak a ni (3:7). Hetah hian an serh tihlana a awm avânga zak ni satliah lovin, an dinhmun pangngai an phâk tawh loh avângin an zak a ni ang. Zahna hi miin kan awm dân leh nihna ʔha lo an hmu nia hriatna aʔanga lo awm a ni. Mihringin Pathian laka rilru a put chu hlauhna, zahna, soal avânga thiam lo intihna leh tlan bosan duhna a lo ni ta. Chu chu vawiin thlengin a la ni zêl pawhin a lang.

Kohhran zirtîr dân tâlŋpuiah chuan tluknaah khân mihringin a tîra a felna bulpui (original righteousness) a hloh a, Pathian a anna pawh tikhawloh a ni a, a chhe lailet der a ni. Calvin-a pawhin tluk hnua mihring chu ʔatna leh duhawmna pawh nei tawh lo changpat ang lek niin a sawi ve hial a ni. Chuti chung chuan ngaihtuahna fîm (reason), chhia leh ʔha hriatna (conscience), hriatthiamna (understanding) leh duh thlan theihna (will) a la nei a, sualin tikhaw

lo tawh mah se a chhe vek lo. Pathian hriatna pawh eng emaw chen chu a la nei thei a, mahse Pathian hnêna hawikîr tur leh a duhzâwng ti tura chakna erawh a nei tawh lo.

Sual chuan mihring a tikhaw lo a ni. William Temple-a'n, "Ka duh chuan thil tha ka ti thei teh meuh mai; mahse ka harsatna chu ka duh thîn lo a ni," a tih ang deuhin mihring chu sual avângin a khaw lo zo tawh a. Sual lam a awn a, sual lam chu a tha lo zâwk tih hre chung pawhin a thlang zâwk tlat thîn. Paula'n, "...thil tha tih ka duh laiin sualna ka hnênah a lo awm thîn," (Rom 7:21) a tih angin mihring chu sual lam awn leh sual hnuaia hrehawm tuar a lo ni. Chu dinhmun chhe tak ata la chhuak a, sual leh a hremna zawng zawng laka chhandamtu chu a mamawh ngawih ngawih a ni.

Mihring siamthar lehna/chhandamna:

Pathian anpuia siam mihringte chu sualah an tlu a, chhiatna leh thiam lohnaah an inbarh lut a, mi zawng zawng mi sual an ni vek. Mahse chu chu a tâwpna a ni lo, Krista-ah mihringte chu siam thara awmin Pathian faa vuah leh theihna kawngka chu hawn a ni leh ta a ni. Pathian chuan tu mah thlei bîk lovin Krista-ah mi zawng zawng tân chhandamna a siam a, Kristaa Pathian khawngaihna dawng turin Thlarau Thianghlim chuan mihringte a pui a, chu a puihna leh sâwmna chu âwih a, sima Krista pawm chu Pathianin a sualte ngaidamin thiam a chantîr a ni. An sualte sima Krista ringtute chu siam thar an ni a, an sualte ngaihdam niin Pathian faa vuah an ni a. Sim duh lo leh ring duh lote chuan Pathian hremna an tuar ang.

(Issue dawt leha chhonzawm tur...)

DEPRESSION LEH SUICIDE

- Rev. Dr. H. Vanlalruata

Zohmangaihi chuan an pastor hnênah, “Hmân deuh aţang khân ka awm a nuam lo riau mai a, engtih mah hi ka phûr lo va, ka chaw ei a tui lo va, zanah ka mu tlêm thîn êm êm a, ka nun khua hi a ngui ruih reng mai a, engtin nge ka tih dâwn le?” a ti a. Pastor chuan Zohmangaihi awm dân te ngun taka a ngaihthlâk hnu chuan rilru lamah harsatna a nei a ni tih a hria a, a rilru hahna leh nguina chu saptawnga ‘depression’ a ni tih a hria a. Chuta ʔang chuan damna kawngah an inkaihruai thei ta a, Zohmangaihi pawh a dam chhuak ta zêl a. Hetiang pastor/rawngbawltu, mi dangte harsatna leh rilru hahna lo ngaihvenpui thiam leh ngaihven hman hi tun lai kan khawtlâng leh kohhran hian a mamawh hle.

Lalramthara chuan amah a intihhlum hmain lehkha a ziak a, “He khawvêlah hian damchhan eng mah ka nei lo va, beisei tur pawh ka nei hek lo. Pathian leh mihring hian min tidam zo tawh lo va, ka nun hi tâwp mai se ka hlim zâwkin ka ring, mangʔa u le,” tiin.

Pathian hi beiseina Pathian a nihzia hre lo mi tam tak an awm laiin keini a rawngbâwltute hian khawvêla beiseina thuchah kengtu (*agent of hope*) kan nih hi kan hai fo thîn. Khawvêl hian beiseina thuchah hi a mamawh a ni.

Mizo leh Mahni Intihhlum

Mizote hi mahni intihlum (*suicide*) hnam kan ni ngai lo va, mi dangte tâna inhmang nasa (*communitarian society*) hnam kan nih avâng hian rilru hah leh hrehawmna pawh hnam dang (*individualistic society*) ai chuan kan nei tlêm a. Kan chênna sik leh sain a zir êm avângin rilru hah (*depression*) pawh hi kan tuar nêp bîk niin a hriat. Ram thenkhat, a bîkin ram vawt leh thlasik hun chhûng rei tak hmang thîn, entîr nân North Pole-a chêng te, Sweden, Norway ram vêla miten thlasik laia an tawrh nasat êm êm *depression* te hi kan ram hian kan tuar meuh lo va, a lâwmawm hle a ni. Official

record-a a lan dân chuan Mizorama mahni intihlum hmasa ber chu kum 1960-a Nepali pakhat, anmahni chhûngkaw intihbuai avânga lungawi lo a intihlum chu a ni. Mizoram buai lai (1960-65) khân Zoram mipuiten nasa takin an tuar a, chûng zîngah chuan tualthahna te, inpawngsual te, inngaisak te a tel a; eizawnna leh buh leh balah harsatnate a lo thleng a, ẵm a lo tlâk hnu phei chuan rilru hah avânga mahni intihlum an awm ta zeuh zeuh a. Kum 1970 hnuah phei chuan mahni intihlum chu a lo hluar chho ta niin a hriat. Tun hnaivaiah phei chuan mahni intihlum chu thihna tânglawn leh langsar tak a lo ni chho ta a ni. Mahni intihlumna chhan langsar pakhat chu rilru hah (*depression*) hi a ni mêk a ni.

Mahni intihlum sâwngbawl dân

Thihna leh mitthi vui chungchângah hian Mizote hi kan puithu hle a. Mitthi sâwngbawl dân pawh fel takin kan nei a. Mahni intihlumte vui dân pawh hi fel takin kan nei. 1976 Synod inkhâwmpui chuan a vawikhatna atân mahni intihlumte vui dân a ruahman a, chutah chuan hetiangin a sawi a, “Mahni intihlum hi sual a ni a, mahni intihlumte chu kohhran dân a vui loh tur a ni a, mitthi dân pawh vuak loh tur,” tiin. 1986 Synod-ah mahni intihlum vui chungchâng hi sawi leh a ni a, Assembly-ah thlen tura rêl a ni. Assembly chuan mahni intihlum chu upain emaw pastor-in emaw an vui thei ang a, thihna pangngaia thi nên chuan a sâwngbawl dân a danglam tur a ni, a ti a. Kum 1990 Synod chuan Mahni intihlum vui dân kaihhruaina a siam a, hriat tur pawimawhte hetiangin a sawi a.

- 1) Mitthi dân vuak a ngai lo.
- 2) Vuitu tur chu minister leh upate
- 3) Hla sak leh sak loh chu vuitu thu a ni e.
- 4) Vuinain a tum ber chu tuartute thlamuan a ni

(ResIn. No. 10: SEC 119:28(2)).

India sawrkar pawh hian mahni intihlum hi a khap hrim hrim a (section 309; Indian Penal Code), mahse mahni intihlum chu an awm reng tho va, dânin a khap avânga khap rêm theih loh thil hi a awm ve hrim hrim a ni. Dânin a khapna chhan pakhat chu mahni

intihhlum hi mahni tân leh mi dang tân a ța lo va; chhûngkua leh khawtlâng a nghawng a, nunhona boruak a tihchhiat theih vâng a ni.

Mahni intihhlumna chhan

Mahni intihhlum tam tak hian rilru lam harsatna/natna an tawrh vâng a ni a, a bîkin rilru hah lutukna (*depression*) vâng hi a ni fo. Enkawl loh rilru hahna (*undiagnosed depression*) hian harsatna nasa tak a thlen țin a, ngaihthah leh sum lam harstana avâng a enkawl loh hian mimal nunah chhiatna a thlen țin a ni. Mizote hian *depression* hi kan hre fuh chiaah lo deuh niin a lang a, *depression* natna nei pawh hian *depression* kan nei tih kan inhre lo fo țin. *Depression symptom* chi hrang hrang – nguina, engmah tih phûr lohna, mut theih loh leh chaw ei tui lohna, chauh ngawih ngawihna neih te hian ngaihthat lohna châng kan hre lo va, kan tuar tlawk tlawk țin a ni. Chutianga hun rei tak *depression* nei tawh, enkawl si loh chuan a tâwpah harsatna lian zâwkah min hruai lût țin a, mahni intihhlum a thleng țin a, a pawl hle a ni. Chutih rualin rilru hah leh hrehawmna neih chu miten min hmuhsit hlauvin mi dangte hnêna hrilh leh enkawl na lâk chu kan zak țin a, chu chuan damna kawng zawh thei lovin min tihnat belh chhah țin a ni.

Depression hi amah ngawt hian sual a ni lo va, mimal țin len nân ẵngkaina chen a awm. ‘Mihring siamthat nân khawdur a ngai’ tih ang khân puitlinna kawngah hian harsatna paltlang tur a awm țin. *Depression is necessary evil* te pawh ti ila kan sawi sual âwm lo ve, Bible-ah pawh mi langsar tak tak *depression* tuar kan hmu a. Chûng zîngah chuan Joba lungngaihna te (Joba 7:3-11), Davida lungngaih leh hrehawmzia te (Sam 32:34; 38:68), Elija pawh a *depressed* lutuk a, thih a dîl ringawt a nih kha. Saula pawh a *depressed* tho. Greek mifing Hippocrates pawh a *depressed* țin a. Khawvêla mi ropui leh hmingthang tak tak hêng – Napoleon te, Martin Luther te, Winston Churchill te, Abraham Lincoln te, Theodore Roosevelt te pawh hian *depression* natna hi an lo tuar nasa hle a ni âwm e. Ian H. Gotlib & Constance L. Hammen te chhût dân chuan khawvêl mihring 25% hian an dam chhûng hun

eng emaw lai hian *depression* hi an tuar vekin an hria. Howard Stone chuan *depression* chu rilru lam natna hri lawn (*common cold of mental and emotional disorders*) a ti. Mi thiamte chhût dân chuan mi kum 25-40 inkârah hian *depression* hi a hluar a, khawvêl mihring 6 zînga pakhat hian *depression* nei vekin an chhût hial a (104). WHO chhût dân chuan kum 2020-ah chuan *depression* hi khawvêla natna tlânglawn ber, rilru natna (*heart disease*) dawttu a nih an ring a ni.

America rama rilru lam zir miten natna chi hrang hrang an thliar hranna bu, *Diagnostic Statistical Manual of Mental Disorder (DSM)-IV*-ah chuan *depression* hi chi hrang hrangin an thliar a, *major depressive disorder (unipolar disorder)* te, *dysthymic disorder* te, *bipolar disorder-I & II* tein an then hrang hlawn a. Hêng natnate (*disorder*) hian rilru leh taksaah harsatna a thlen thîn a, phûrna (*mood*) danglam thut thut te hi *depression* chi khatah ngaih a ni.

Asia ram hi khawthlang ram ang bawka *depression* tuartu tamna a ni a, mahse khawthlang ram angin mi dangte hriatah (open takin) kan rilru hrehawmna hi kan sawi chhuak ve ngai lo va; taksa lam natna, pum nâ te, awm nawm lohna tein a lang chhuak tlângpui thîn.

Theory of Depression

Depression awm chhan leh a enkawl dân *theory* hrang hrang a awm a. Tlêm han sawi ta ila: Psychoanalytical school chuan *depression* hi thinrimna chhungril lama thawk (*aggression turned inward*) a ni an ti a. Sigmund Freud-a chuan *depression* hi mahni leh mi dangte laka thinrimna chhungril lama thawk niin a ngai a, ‘melancholia’ tiin a sawi thîn a. A enkawl na pawh hun kal tawha thinrimna awm tawh te chhui chhhuah a ngaiin a hria. Behavioral school chuan *depression* chu zalên taka nun theihna daltu hi niin an ngai. Nungchang leh chetzia hmanga *depression* hi hneh theih niin an ngai a. Existential school ve thung chuan *depression* chu dam chhan hriat lohna (*lost of meaning of existence*) avânga awm niin an ngai a, a enkawl nan pawh beiseina nei tura tanpui leh nun hian

awmzia a nei tih hriattîr hi a ni. Damdawi lam (*psychiatric medication*) ngaihdân chuan *depression* hi natna chi khat a ni a, damdawi hmanga enkawl dam theih niin an hria a ni.

Mahni Intihhlum hi a vên theih em?

Mahni intihhlum tum tak tak chu vên an harsa hle thîn. Amaherawhchu mi tam tak, mahni intihhlum tumte hi rei lo tê chhûng chauh intihhlum duhna leh châkna nei an nih avângin a hun taka enkawl leh vên ngun an nih chuan intihlum lovin a vên theih thîn a ni. Mi harsatna tawh laia tanpuina pêk (*crisis intervention*) hi a pawimawh êm êm a. Ronald W. Maris chuan harsatna tâwkte tanpuina pêk dân indawt (*steps of crisis intervention*) a sawi a:

- 1) an bul hnaiah hriamhreih dah loh tur
- 2) anmahni chauha awmtîr loh tur
- 3) rilru hah leh thinurna tihnêp dân ngaihtuah tur
- 4) a khât tâwka anmahni biak reng tur
- 5) anmahni nêna harsatna sutkian dân ngaihtuahho tur
- 6) hmun thawvengah awmtîr tur
- 7) anmahni chhûngkuate hman tângkai tur
- 8) an himna tur ngaihtuaha ruahmanna fel tak siam tur a ni.

Kan sawi tawh ang khân hetiang rilru lam harsatna neite enkawl nân hian *Cognitive Behavioral Therapy (CBT)* a tângkai khawp mai a, CBT chuan chhûngkaw mawhpurhna te a sawi a, damlo chu a tam thei angin a chhûngte zîngah khawsa se a tha. Kalpan J Kaplan & Matthew B. Schwart te chuan '*CBT family therapy*-in a tum ber chu mahni intihhlum duh chhûngkua a tângka beiseina chhûngkuaa tihdanglam a ni' an ti. Chhûngkua chu anmahni member theuh in tanpui tawn theia (*selfhelp group*) siam tur a ni.

Depression hi sual a ni em?

Howard Stone chuan Kristianten sual kan tih hi kawng 4-in a then theih a, chûngte chu: hriat lohna (*ignorance*), rilru dik lo (*corrupt morality*), tlûksanna (*broken relationship/alienation*) leh saltanna (*bondage/oppression*) niin a ngai a. *Depression* pawh hi saltanna

(bondage/oppression) ni mah se sual erawh a ni lo. Mihring nungchang pêng khat ve maiah ngaih tur a ni a, hneh hnuah chuan hmasâwnna rahbi pawimawh tak a ni thei.

Depression enkawl dân (Treatment of Depression)

Depression natna hi enkawl dam theih a ni a, a hun taka enkawl na tha pêk a pawimawh hle. Mahni intihlum tam tak hi a hun taka enkawl na tha pêk chuan vên leh dan theih a ni a, a chhan chu *depression* leh mahni intihlum duhna thinlung hi rei lo tê chhûng chauh lo awma reh leh mai thîn a nih vâng a ni. Tute tân pawh dam beiseina hi neih theih a ni a, chu mi inhrilh hriat chu rawngbâwltute mawhphurhna a ni. *Depression* enkawl na hi chi hnih a awm a, damdawi (*medication*) leh *counseling/psychotherapy* te an ni. Rilru lam enkawl na (*Counseling*) atân chuan *Cognitive behavioral therapy (CBT)* hi a tângkai leh hman lar ber a ni a. Mihring chetzia hi a ngaihtuahna a tanga lo chhuak a nih avângin ngaihtuahna tha lo chu paih bo va, ngaihtuahna hrisel leh tângkai neih tîr hi CBT tum chu a ni.

Depression leh Rawngbâwltute

Rawngbâwltu ngei pawh hian *depression* hi kan nei nasa thei a, mahse kan inhre lo fo thîn. Kan rawngbawl na pêng hrang hrangah hian beidawnna, hrehawm tihna, nguina, tui lohna, huphurhna te kan nei nasa thîn a. Pathian rawngbâwltu, Bible-a mite pawh kan hmu fo a ni. *Depression* nei mêk enkawltu chuan tawng taina tâwi tê nên Rom 8:39 thu, “Krista hmangaihna ata chu eng mahin min then lo ang,” tih te hi sawi lan a tha.

Kohhran hian naupangte a tanga puitling, tar thlengin, mi mal nun zirtîr leh kaihhruai hi a thawk nasa êm êm a. Mi tam tak chuan mahni chhûngkua ai pawhin Kohhran kan ngai pawimawh a, chutiang khawp chuan Kohhran kan dah pawimawh a ni. Mahse Kohhran hian mi mal nun tâng lian zêl kan enkawl leh kan tanpui dânah hian kan *wholesale* lutuk a, mi mal harsatna nei kan luhchilh leh hman si lo va, hei hian kan rawngbawl na a tipumhlum

(wholeness) lo a ni. *Wholesale* ni lovin *wholeness ministry* kan kalpui a pawimawh. Psychoanalyst Winnicott-a'n 'good enough mother' a tih hi Kohhran hian kan chanvo a ni a, 'holding environment' a tih phei hi chu Mizoram Kohhranten kan rawngbawl mêk dân nên hian a inlaichin êm êm a, chulai tak chu kan ngaih pawimawh a tûl khawp mai.

Suicide Prevention Center

Suicide Prevention Center hi neih a hun tawh hlein a lang. Mahni intihhlum duhna thinlung nei, mahse la ti chiah lote hian an thiltih tum hi tawngkamin emaw, chêtziain emaw, zia kin emaw an sawi lang tlângpui tîn a, a chhan chu chhantu an mamawh vâng a ni. *Signal* leh *sign* an pêk chhuah rêng rêng hi tanpui dîlna (*cry for help*) a ni tîn. *Suicide prevention center*-a thawkte chuan hêng hi an hriat reng a tûl:

- 1) Mahni intihhlum tum nên inlaichinna t̃a tak neih a tum ngei tur a ni.
- 2) Intihhlum duhna chhan dik tak leh harsatna bul ber zawn chhuah ngei tur a ni.
- 3) Mahni intihhlum a t̃at lohna leh hlauhawmna te fiah taka hrilh tur a ni.
- 4) Mahni intihhlum tumten harsatna su kiang tura chakna leh theihna an neihna lai zawn chhuahpui tur a ni.
- 5) Mahni intihhlum tumten an thiltih theih apiang ti tura fuih leh an theih loh chuan tanpui an peih reng a ni tih hriattîr tur.
- 6) Anmahni nên damna kawng zawh tur thil ruahmanna siam a, bawh zui ngei tum tur a ni.

Mizoram Pastor leh Rawngbâwltute tân Training.

Kan khawtlâng leh mimal nun hi a khirh sâwt viau mai a, tun hma anga a huhova pianthar dual dualna boruak kha a awm meuh tawh lo va, mimal ngaihdân ngaih pawimawhna leh duhthlanna a langsar telh telh a. Hêngte avâng hian harsatna tam tak hi a huhova chinfel theih loh a ni a, mimal nun inluhchilh zâwnga kan kal a ngai chho zêl

dâwn niin a lang a. Pastor leh rawngbâwtuten training-na tha kan neih a pawimawh zêl dâwn a ni. *Clinical pastoral education (CPE) program* te hi kan Kohhran hian kan kalpui thuai a tûl a, heta tang hian rawngbawlna pawh tha leh zau zâwk kan neih ngei a beiseiawm. CPE chu Hospital behchhana damlote rilru leh thlarau natna zirchianna leh enkawlna pêk a ni a. Enkawlna dân fel (*clinical*) tak zir chhuahna a ni a, chu chu pastor bial leh Kohhran malah pawh tangkai taka hman chhunzawm theih a ni a, a pawimawh khawp mai.

Agent of Hope

Beiseina hi mihringte dam chhan pakhat a ni a, miin beiseina a neih tawh loh chuan dam reng awmzia a awm tawh lo. Beiseina hi Pathianin mihring nêna inremna a siam thuthlung a tanga lo awm tan a ni a. Pathian hi mihringte beisei a ni a; mihringin Pathianah beiseina a ngath baw a. Beiseina chu Pathian hnathawh leh mihringten an chhânna a ni. Thuthlung Hluiah chuan Pathian chu ‘Israelte beisei’ (Jer. 14:8) a ni a, Amah chu inhumhimna lungpui a ni (Deut. 32:4,15,18; Sam 18: 2,31,46; 62:2,6-7; Isa. 26:4; 30:29). Pathian chu beiseina hnar a ni a, Pathiana innghat, Pathian enkawl, leh Pathian kaihhruai a ni.

Jürgen Moltmann-a chuan ‘beiseina’ chuan hun lo la awm tura Pathian thutiamah zung a kaih tur a ni a ti. Moltmann-a ngaihdân chuan beiseina leh beidawnna hi a kalkawp a, a inkawlkalhin a thleng tawn thîn a ni. Kristian beiseina chuan natna te, harsatna te, beidawnna te chu a hmachhawn a, nun kawnga thil thleng tur pangngaiah a ngai thîn a. Thihna leh natnate pawh hi Pathian a tanga lo chhuak vek niin a pawm thîn a ni. Nun hrisel tih pawh hi lungngaihna hmachhawn ngai lo tihna a ni lo va, harsatna kârah pawh hlim taka awm theihna nun kha nun hrisel awmzia chu a ni zâwk a.

Pastoral theologian pakhat Paul W. Pruyser chuan beiseina dik chu thlen tum bîk (*goal-oriented*) a ni lo, eng mah thu ken bîk leh hmanrua bîk a neih loh avângin a ti thung a. Beiseina (*hoping*) leh duhna (*wishing*) hi a inang lo a ti. Beiseina chu thil bîk nei lo,

khawvêl pumpui huap a ni a, duhna (*wishing*) leh châkna (*dream*) erawh chu thil bik leh hun bik nei a ni a, beiseina dik tak zâwk chu chhanchhuahna engtikah emaw a lo thleng dâwn a ni tih a rinna kha a ni a, chu beiseina chuan ni tin hma lam pan turin phûrna leh chakna a pe thîn a ni.

Donald Capps chuan pastor leh rawngbâwtute hi beiseina meichher chhi êngtu (*agent of hope*) kan ni a, beisei bote chhanchhuak tura khawvêla tih kan ni a ti. Capps ngaihdân chuan beiseina hi a *risky* hle mai a, a lo thlen leh si loh hian zahna leh mualphona a thlen thei a ni a ti. Beidawnna hi beiseina hmêlma a ni a. Beiseina dik lo chuan beidawnna a thlen thîn a, chutiang beiseina dik lo neite chu an beiseina kaihhruai dik an ngai a, chu chu pastor leh rawngbâwtute hna a ni. Donald Capps hian beidawng te, mahni intihhlum hial duh tawh te tanpui nân hian *method* a hman chu – harsatna chin felsak (*solution-focused method*) a ni a, chutah chuan thil pahnih a hman a, chûngte chu hma lam thlirna (*future envisioning*) leh hun kal tawh en that (*revising the past*) a ni a. A êng zâwna hma lam thlirna chuan beiseina thar a pe thîn a, chu chu mihring dam chhûnga kan mamawh a ni. *Agent of hope* rawngbawlna chu beidawngten khawvêl leh nakin hun pawh hrehawm leh hlawchhamna hun anga an thlirna mit kha hma lama hlawhtlinna lo awm tur leh rintlâk Pathiana beiseina nei tura tanpui hi a ni.

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Chhiatpui tham dinhmun harsaah i ding em? Himna lungpui chanchin hi chhiar rawh le...

Wales tuipui kam atanga hla lo tē-ah chuan lawng pakhat hi a chhe hlauih mai a, Irish tlangval sa tha nelh nawlh tak tih chauh lo chu tuipuiah chuan an tla vek a. Vāneihthlāk takin he tlangval hi chu khawmual atanga mēl khat vēla lungpui tohlāwtah chuan a inham kai hlauih a ni. Lungpuia invuan tang hrām hrām chung chuan khawmuala amahrawn thlirtute chu beidawng takin a va hui a, tuipui fāwn nasa lutuk avāng chuan tu mah anrawn thleng thei si lo va. Tuifāwnin a theh huh reng avāngin vawt a ti a, a hlau ēm ēm bawk a, khūr zawih zawihin lungpuiah chuan a invuan tātng zankhua ta zak mai a ni.

A tūkah tuifāwn te a reh hnu chuan chhanchhuahna lawng a lo thleng a, chaua khūr hlawk hlawk chungin lawngah chuan an dah lūt a, chhanchhuah a ni ta. An zīngah pakhat chuan, “Tlangval, vawt ti leh hlauin i khūr zankhua ngei ang maw?” tiin a zāwt a. Ani chuan, “Khūr tehrēng mai. Mahse lungpui kha a nghīng (khūr) ve miau lo va, a chungah ka awm chhūng kha chuan ka him dāwn tih ka inhre chiang hle thung asin,” tiin a chhāng a ni.

Bible hi nunna lungpui, nghīng ve ngai lo a ni a. Bible-a inngah ngamna hian thlipui hrāng, buaina, rinhlēlhna leh lungngaihna lak atang tein thlarau himna min pe thīn. “*Kan Pathian thu erawh chu chatuanin a awm reng ang*” (Isa. 40:8). Bible āwiha a kawng min kawh hmuh apiang kan zawh ngam phawt chuan kan him zēl thīn.

Sermon:

PUANZAR ROPUI A THLER

(Matthaia 27:51)

- Rev. Lalchama

Lal Isua thihna chungchângah thil thleng pangngai bâka thil lo thleng tam tak a awm a. Mathaia 27:45 han en ila. Ni lo thim thu te; Temple puanzar chung lam ațanga hnuai lam thlenga thler chhuak thu te; lir lo nğhng leh lungpui lo khi chat thu te; thlân lo inhawnga mithianghlim muhil tawh taksa kaihtawha awm khaw thianghlima lût, mi tam tak hnêna an inlar thu te kan hmu.

Hêng thil lo thleng te hian awmzia leh pawimawhna chi hrang hrang an nei vekin a rinawm. Chûng thilmak zînga Temple puanzar a chung lam ațanga a hnuai lam thlenga lo thler chhuak vek thu hi lo thlîr bîk ila.

He puanzar thler hi Juda te Temple-a hmun thianghlim ber luhna tura puanzar a ni e, tih a ni a. Hmun thianghlim berah hian Juda-ten rangkachak rimtui an hâlna bâwm leh thuthlunna bâwm rangkachak tî-a luan chu a awm a. Chumi thuthlunna bâwm chhûngah chuan Mana dahna rangkachak bêl te, Arona tiang lo chawr te, thuthlunna lung phêk te a awm a. Chung lamah zahngaihna thutphah hliahin cherubte an awm baw k a. A zahawmin a serhawm êm êm mai a. Pathian chênna leh awmnaa ngaiin heta lût tur Puithiam Lalber pawhin kum khatah vawî khat chauh thisen kengin Israel fate sual thawina a hlân thei a ni. A va serhawmin a va zahawm êm! (Hebrai 9:1-10).

Lal Isua thih hun kher khera he hmun thianghlim ber Pathian awmnaa an ngaih daidanna puanzar lo thlera, a chanve leh a then mai pawh ni lo, a chung lam ațanga a hnuai lam thlenga a lo thler chhuak vek mai chu a va mak êm! Tu ma zai thler leh pawh thler a ni lo. Zirtîrten emaw, Lal Isua zuitu dangten emaw, an Lalpa an khenbeh avânga thinurin an pawt thler a ni ang han ti dawn ila, mahni lo maha Petera ngei pawh Juda-te leh rorêltute hlauva a Lalpa phat

hial kha a ni a, chutiang thil han ti ngam tur ziazâng an ni lo tih a lang Chiang a. Engpawh ni se, he Temple puanzar lo thler chhan hi tu mah zawh tur an awm lo a. Zâwt mah ila an hre hek lo ang. Amaherawchu, Lal Isua thihna avângin he Temple puanzar hi a lo thler ta a ni tih erawh chu rinhlelh rual a ni lo.

Temple-a hmun thianghlim, Pathian chênna daidangtu puan lo thler ta hian hêng thu pawimawh te hi mi a ngaihtuahtîr lo thei lo:

1. Pathian awmna hmun hmuh harsa êm êm leh khirh êm êm daidanna chu Isua thihna hian arawn tibo ta.
2. Puithiam, Pathian rawng bâwl tura serhhrante leh Zâwlneite hman chauha miten Pathian an dawr theih thinn chu Isua thihna hian arawn thiat ta (Heb. 1:1-2).
3. Hnam leh hnam inkâr daidanna awm avânga Jentail-te tâna Pathian hnên thlen harsa thîn chu Isua thihna hian arawn tibo ta (Eph. 2:11-18). Lal Isuan, “Hêng lungte hi Abrahama thlahah te a dintîr thei e, ka tih che u hi,” a tih ang khân (Luka 3:8).
4. A tâwp berah chuan mi zawng zawngin Pathian kan hnaih leh theihna turin Isua thihna hian Pathian hliahtu daidanna puanzar a tithler ta.

Mi rethei leh hnuaihnung berte pawhin hlim taka Pathian an hmuh theihna turin khawvêl chhandamtu chu ranthlêngah a lo piang a. Mi tinin Pathian hnên an thlen theihna turin Isua chu kraws-ah a lo thi ta.

Isua kraws-ah chuan misual ber krawsa khenbeh mêk pawhin, “Isu, i ram i thlen hunah mi hre reng ang che,” a lo ti thei a. Mi zawng zawngin, *“Ka Pathian ka hmu ta, a aw nem chu ka hria; a fa atân min duh, ka hlau tawh tawp lo vang,”* kan tih theih nân Temple hmun thianghlim ber daidanna puanzar ropui chu a chung lam aţangin a hnua lam thlengin a lo thler chhuak ta vek a ni.

He dinhmun aţang hian mi thianghlim mit fîm te chuan inlarna leh thil mak thang dang ni hauh lovin nakina kan famkimna tur hmun vanram te hial pawh an hmu thei thîn a ni.

*Jerusalem thar khi a lanna tlâng dang a awm lo e,
I thlîr ang Kalvari tlângah;
Tah chuan a lang Chhandamtu nâkah chuan.*

Kumin Good Friday lo thlengah hian Pathian hmuh i duh chuan Isua thihna kraws hi thlîr ang che. A hmangaihna hmuh i duh chuan Isua thihna kraws hi thlîr ang che. Pathian finna leh hriatna ro zawng zawng hmuh i duh chuan Isua thihna kraws hi thlîr ang che. Sual avânga lungngai leh manganga chhandam tlâk ni lova inhriatna hial neiin i awm a nih chuan Isua thihna kraws hi thlîr chiang thîn ang che. Lal Isua chu, “*Ka Pa, anni hi ngaidam rawh,*” titu a ni tih hre reng ang che. Keini Pathian rawngbâwltu zawng zawngte pawhin inpêkna awmzia kan hriat thar leh theih nân Isua thihna kraws hi i thlîr ang u. *Amen.*

[Kan sâwmna anga Good Friday sermon tha tak minrawn ziahsak avângin Rev. Lalchama chungah kan lâwm takzet a ni - Ed.]

KRISTIAN NI PAWIMAWH THENKHAT

Ash Wednesday - Isua thawhleh hma kêr ruk leh a chanve inţanna Nilaini a ni a, Lent inţanna a ni. Hemi nî hian sual vanga lungngaiin an rûm a, inchhira an sim takzetzia entîr nân an lu-ah vaivut an phul thîn a. Chuvangin, *Ash Wednesday* an ti a ni.

Epiphany - Grik ţawng *Epiphania* tih chu puanna, tarlanna, inlârna tihna a ni a. Lal Isua baptisma chan lawmna kût leh khawchhak mifingte hnêna Lal Isua inhriattirna lawmna kût atân an hmang.

Maundy Thursday - Isua thawhleh hma Ningani, Lal Isua leh a zirtirten Zanriah hnuhnung an kîl ni kha a ni a. Lal Isuan zirtirte ke a sil chawia ke sil hla, Latin ţawnga an phuah tlar hmasa ber *Manda tum novum* aţanga he hming hi an phuah a ni.

Whit Monday - Pentikos zawh Thawhtanni hi *Whit Monday* a ni.

HRIATTIRNA

Synod Theological Education Board chuan ATC Faculty Development atân a hnuaia Department tarlanah te hian kum 2015 atân M.Th. leh D.Th. dîlna a hawng a. Synod mirawih laite zînga dîl duh te chuan Dt. 17.4.2014 (Thursday) aia tlai lovah a hnuaia hming ziaak hnênah dîlna theh luh tur a ni.

M.Th : Old Testament
New Testament
Christian Theology
Christian Ministry (Homiletics)

D.Th : History of Christianity
Missiology
Religions

Sd/-
(REV. PROF. VANLALCHHUANAWMA)
Secretary,
Synod Theological Education Board

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Didakhe lâkna man i pêk hnunng ber
chu kum _____ a ni a, rawn tithar
leh ta che.

Manager

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