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Kristian chhungkua kan dam tlang em?

Phek - 2

Pathian tilawm nun

Phek - 9

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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Editorial

Beihrual kum 100-na (Centenary) chu Pathian hruainain kan lo thleng ta reng mai, a va lawmawm em! Agape chanchinbu chhiartu zawng zawngte Beihrual Centenary chibai u le.

Kum 1918 March thlaa Presbytery Inkhawmpui Aijal-a neih chuan June thlaa Beihrual neih dan tur a rel a. Chumi bawhzui chuan hemi kum (1918) hian Beihrual kan lo hmang ṭan ta a ni.

Beihrual hman reltute zinga mi, kan Zosap, Pu Sandia khan Beihrual hi a ngai pawimawh hle a, *“Kan beihrualna hi tiṭha tur leh Pathian hming tiropui turin nasha takin ṭawngṭaiin Pathian malsawmna kan dil tur a ni....kan kohhranho tinin malsawmna ropui tak an hmu ang tih kan beisei....”* tiin kohhranho hnenah hriattirna a chhuah hial a ni.

Hun a lo kal zel a, Beihrual kan hman dan a lo danglam ve zel a. Ramthar hapta leh chungkaw hapta bikte siamin Pathian thu zir hona leh khawtlang inrelbawlina kawnga inzirtirna hun atan te kan lo hmang ta zawk a.

Kum 100 zet kan lo hman takah hian ngaihtuahna thar hmangin, Beihrual kan hman dan pawh hi kan ram leh kohhran mamawh mil lehzual thei tura her rem zel a ṭha awm e. Synod ruahmanna zawm chungin kan kohhrana ‘mi hlate’ – sual bawiha tangte chhanchhuak thei tur zawnga beihpui thlak ni se, chutiang mite chu an in chungah luhchilh leh a ṭul anga camping leh crusade te pawh an puala buatsaih ni ta se a ṭha viau awm e. Hei bakah hian a tira Beihrual an hman chhan pakhat, ringlomite Pathian hnena hruai hna hi tharthawh leh ila, ruahmanna fel tak siamin ringlomite Lalpa hnena hruai turin thawk chhuak ila, chu chuan kan kohhran thlarau lam nun pawh a tifimin, a chhawm nung lehzual ngeiin a rinawm.

Synod-in kan kohhran pum hman dan tur a ruahman hi ngaiah neih mai lovin, ṭahnemngai takin, kan sawtpui ngei theih nan theihtawp i chhuah zel ang u.

*Kristian Chhungkua***KRISTIAN CHHUNGKUA KAN DAM TLANG EM?
(2 Lalte 4:26)**

– *Lalthanruali*
Central Committee Member

Pathian mi chuan a chhiahhlawh Gehazia hnenah, “En teh, sawta saw Sunem nu kha a ni, amah hmuak turin va tlan la, a hnenah, ‘I dam em le? I pasal a dam em? Naupang kha a dam em?’ lo va ti tawh khai,” a ti a. Tin, ani chuan a lo chhang a, “Dam e,” a lo ti a. Tin, tlanga Pathian mi hnen a han thlen chuan a ke a han vuan ta tlat a.

Kan thupui – “Kristian chhungkua kan dam tlang em?” han tih chuan chhungkaw tin leh mi tinin a chhanna chu kan thinlungah a Chiang mai awm e. Mi thiamten Kristian chhungkua an sawi fiah dan chuan, “Pathian rorelna hnuaia lungawi tak leh thlamuang tak, hahdam leh hlim tlang taka chhungkuua awm te, Lalpa avanga rilru hlim leh dam tlang taka awma, ni tina chhungkuua Pathian be ho thinte hi an ni,” an ti a.

Hetiang hi Kristian chhungkaw dinhmun tur a nih si chuan, kan ram Kristian chhungkuate hi kan va damlo nasa awm si em! Thang khat lian zet Kohhran Hmeichhia leh kohhran pum huap pawhin lo buaipui tawh mah ila, duh anga hmasawn a va har tak em! Sualna lah hi a pung tial tial emaw tih mai tur a ni si a. Setana hian kan chak lohna lai te, kan inthlahdah hun te hi a chang reng mai bawk nen. Hmanraw chi hrang hrang hmangin kan tu leh

fate, kan pasal, keimahni ngei pawh hi min chang reng a, a ei theih tur zawngin, sakeibaknei angin a phi ruai reng a ni tih hi kan hriat reng a tul.

Kan ram ringtu, Kristian chhungkuate hian kan chhungkaw dinhmun hi kan inen chian a pawimawh hle mai. Dam hauh si lo hian, dam anga lan kan duhin dam tlang lo nia lan kan hreh em em a, Sunem nu ang hian, “Dam e,” kan ti liam ve mai lo maw? Nge, kan damlohna tak tak hrih tur leh

hrilh ngamna tur kan inhmu zo ta lo. Rawngbawltute ngei pawh, kan rawngbawlsakate hian an chhungkaw dinhmun dik tak min hrilh ngam em? Hrilh ngamna turin kan pawh tawk em? Kan chhungkua theuh hi inen fiah ila, kan chhungkaw zingah damlo an lo awm a nih pawhin, Sunem nu ang hian khawvel doctor leh mi thiamte rawn hmasa lovin, Pathian mi Zawlnei Elisa hnena a tlan vang vanga, a ke vuan tlata, *'Kathlah dawn tawp lo che'* tia, tihdamna an chan thlenga Elisa a vuan tlat ang hian, kan Lalpa, amah ringtuteti hlawhchhamlohtiamtu ke vuanin, a hnen ata damna famkim kan chan thlengavuan tlat tur kan ni dawn lawm ni?

Chhungkuaa kan damlohna zawn theuhvah hian Lal Isua Krista leh a taksa, kohhran hi vuan tlat ila, kan fate natna, ngawl veina kawng hrang hrang avangin kan rawngbawlnaah hian inkiltawiha, inthlahrungin kan tha kan ti thum mai dawn em mi? Hnai lo ve, heng kan chhungkaw dam tlanlohna tak hi, eng tik lai pawha min thlahthlam lova min thlir rengtu kan Pathian hnaih nan leh nghet lehzuala a ke vuan tlata, a rawngbawlna uar

sauh sauh zawk tur kan ni zawk. Kan chakloh lai leh harsatna lai beh chhana min chang rengtu, Setana kan hneh zawk theih nan, "Lalpa, lo cheng la kan run chhungah, Ihmangaih chhungkua kan dam theih nan; I thlarau thianghlimin min thuam langin, Hnehna hla sain sual ral lian kan ngam ngei ang." tia hnehna puang zel chungka kan rawngbawlna hlen zel tur kan ni.

Ni khat chu kan ram ringtu nun hi ka ngaihtuahnaah a lo lut ngut ngut mai a. Kristian chhungkua, mahse, chhungril nuna 'takna' nei si lova rawngbawltu leh ringtu inti kan tamzia te, sualna tûr chi hrang hrangin min rûn a, min fan a, kan boral mek sizia te, Kristian chhungkua/Pathian mite kan harh a hunzia te, Lalpa laka kan ro chan fanaute, an taksa leh an rilru, thlarau nun kawng dika hruai tura nu leh paten mawh kan phurh sizia te leh ni tinin sualna doral angin lo lian mah se, 'maicham' -a mei mit lova nung rengin, chhungkaw maicham kan chhawm nun reng a pawimawhzia te ka ngaihtuah mek lain ni 25, September 2014-ah he hla hi Lalpan min pe ta a ni.

KRISTIAN CHHUNGKUA KAN DAM TLANG EM

Doh is E.

Composed by Lalthanruali

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2. Kristian chhungkua kan dam tlang em le ?

Lalpa laka kan ro chan fanaute,

An taksa leh rilru, thlarau nun, kawng-

Dika hruai turin, mawh kan phur, chun leh zuaten.

3. Kristian chhungkua kan dam tlang em le ?

Ni tin sualna doral ang lian mah se,

Maichama mei mit lova nung reng chuan,

Lalpa tan i din thar zel ang, Kristian chhungkua.

4. Lalpa, lo cheng la, kan run chhungah,

I hmangaih chhungkuate kan dam theih nan,

I Thlarau Thianghlimin min thuan langin,

Hnehna hla sain, sual ral lian kan ngam ngei ang.

*Sermon***PATHIAN TILAWM NUN
(Sam 139:23-24; Sam 51:10)***– Lalbiakhluni**Joint Editor**Agape Editorial Board*

Pathian tilawm nun han tih ngawt mai chu eng nge a awmzia, Pathian tihlawm chu mihring tisuāl th̄inte hian kan thei dawn em ni, tihte hi kan rilruah a awm mai thei. A nih loh leh Pathian chu engtin nge kan tihlawm theih ang, kan tih chuan a chhanna chu, “E le, a thu awihin,” tih a ni. Ringtute chu Pathian duh zawng, a lawm zawnga nung tur kan ni a. A mi siamte kan ni a, a thu awih chu kan tih tur a ni tlat, sawi buai thei dinhmunah kan ding lo a ni. Tichuan, kan thupui hi Davida chanchin aṅanga zirin mahni inenfiah nan hman kan tum dawn a ni.

1. **Lalpan thinlung lam a en th̄in** : Davida chanchin hi Samuela lehkhbuah leh Chronicles buahte kan hmu a, Israel lal hmasa ber dawttu a ni. Lalpan Samuela chu Bethlehem mi Jesaia hnenah Israel-te lal atan hriak thih turin a tir a. Jesaia chuan fapa rual a nei a. Chung zinga tu ber chu nge hriak thih tur Samuela pawhin a hre lawk lo. Jesaia fapa Eliaba chu a lo kal a, Samuela chuan a lo en a, hriak thih tur chu a nih ngei a ring a; nimahsela, Lalpa chuan Samuela hnenah, “*A hmel lam emaw, a san lam*

emaw en suh; ani hi chu ka duh loh a ni; Lalpa chuan mihring en dan angin a en ve si lo va; mihring chuan pawn lama lan dan an en th̄in a, Lalpa erawh chuan thinlung lam a en zawk th̄in a ni,” a ti a. Chutiang chuan Jesaia fapate pasarih ngawt an lo kal a, Samuela chuan a lo en zel a, Lalpa mi ruat an ni lo zel. Hetah hian Davida chu a awm ve lo va, beram vengin a awm bo a ni. A beram veng lai chu zawlnei Samuelan a kohtir a, Lalpa tirh angin lal atan hriak a thih ta a.

Mihring chuan pawn lam lan dan kan en a, miin min fakna te kan lawm thin; nimahsela, an thinlung chhung kan hmu thei lo, an sawi chhuah ang kha an thinlung awm dan a ni lo thei fo. Tunlaiah social media-ah te thiam tak takin mi thil post an comment kan hmu thin a, hei hi an thinlung taka an tih a ni ang em aw, tih te rilruah a awm fo a ni. Kan tawngkam thlum leh tha ang hi kan thinlung chhung awm dan ni sela chuan mihring nun ho hi a nuam awm mang e, tih tur a ni a; mahsela, mihring kan nun honaah chutiang chu a ni leh si lo hian a hriat baw k a ni.

Tin, Pathian thu awih hmel takin pawn lam lan danah chuan kan lang pawh a ni thei a; mahsela, kan thinlung chhungril takah Pathian tihna leh a duh zawng ngaih pawimawhna tak tak kan neih leh neih loh chu Lalpan min hmu chiang hle a ni.

2. Lalpa Thlarau/Thlarau Thianglim luah nih a pawimawh : Hriak thih a nih atang chuan Lalpa thlarau chu Davida chungah nasa takin a lo thleng ta a. A hmain Israel

lal Saula chungah pawh Lalpa thlarau a thleng a; nimahsela, Lal Saula chuan Pathian thu a awih kim loh avangin Lalpa thlarau chuan a chhuahsan a, ‘Pathian tirh ramhuaiin a tibuai’ tih kan hmu. Davida chungah Lalpa thlarau lo thleng erawh chuan Davida a chhuahsan thu kan hmu lo va, a chenchilh reng zaw k a ni. Thuthlung Hlui hunah chuan Lalpa thlarau hi mi mal chungah, Lalpan a hman duhte chungah a thleng thin niin mi thiamten an sawi a. Lalpa thu an awiha, Lalpan a hman duh chhung chuan a thlarauvin a chenchilh thin ni awm tak a ni. Lal Saula chu Pathian thlarauvin a chhuahsan a, Samsona pawh chutiang baw k a ni. Mihring hi Lalpa thlarauvin a luah loh chu sualin a luah mai thin a ni tih hetah hian a lang baw k. Keini pawh hi Lalpa thlarauvin min luahin min chenchilh em tih inen ila; min chenchilh a nih chuan mahni kan inhre ngei baw k ang. Keimahni mihring zia hi chuan Pathian a tilawm thei lo va, Pathian tilawm nun nei tur chuan a Thlarauvin min

chenchilh kan mamawh a ni. Tin, a chenchilh theih tur chuan a thu awih mi kan nih a ngai bawk. Chuti lo chuan, Saula ang hian Lalpa thlarauvin min chhuahsan mai ang tih a hlauhawm.

3. Ringtu nun kawng chu a bumboh thin : Davida chu lal tura hriak thih a ni a; amaherawhchu, lal a ni nghal mai lo. A nunah harsatna tam tak a tawk a, a kawng a bumboh hle mai. An lal, Lal Saulan a thik a, vawi tam tak tihhlum a tum. Lal inah feia khawh hlum a tum a, Davida chu a kiang hman hlauh zel. Khatia an lal berin thah a tum thin avang khan Davida chu a tlan bo va, Saula chuan a zawng zel a. Davida erawh chuan Saula thahna hun remchang a hmu fo va; mahse, a that lo. A hoten thah mai an tum pawhin a khap zawk zel a. Heta Davida nuna entawn tlak em em chu, Lalpa hriak thih chungah kut a thlak duh lo, Lalpa kutah a dah mai hi. Chu chu Lalpa a ñih vang a ni a, chu chu Lalpan a hmuh hmaih hauh lo a ni. Mihring

rilruah chuan kan chungah ñha lem lote chu eng emaw ti taka han tih a chakawm thin; mahse, Lalpa kuta dah mai a ñha a ni.

Ringtu nun kawngah harsatna, han mangan ram ramna tur thil a awm thei, rawngbawlina kawngah te pawh harsatna kan tawk thei, chungah chuan Lalpa kuta dah thiam mai hi a finthlak a ni. Tichuan, Lalpan min chin felsak mai ang. Nun kawng bumboh leh harsa kan zawhin Pathian duh zawng rilru kan put zel a pawimawh.

4. Davida, Lalpa hmaah a lâm : Davida chu Lalpan hun a tihah lal a lo ni ta a. Lal a lo niha Hebron a ñanga Jerusalem- a thuthlung bawm a lak luh ni chuan Davida chu a theihtawpin Lalpa hmaah a lâm a. A nupui Mikali, Saula fanu chuan tukverh a ñangin a lo thlir a, a hmusit rilru a. Davida a lo haw chuan a hmuak turin a va chhuak a, *‘Vawiiina Israel lal chu a va ropui ve le! Mi ho tak, zah nachang hre lo, saruaka awm ang maiin vawiiinah a chhiahhlawh nulate mit hmuhah saruakin*

a awm kha le!” a lo ti a. Davida chuan, *“I pa leh a chhungte zawng zawng aia mi thlanga, Lalpa mi, Israelte chung a lala mi ruattu Lalpa hmaah asin: Lalpa hmaah chuan lâ m awm reng ka ni alawm. Heng ai mah hian ka la zahpuiawm ang...”* tiin a chhang. Davida, Israel lal meuh chu Lalpa a Pathian hmaah a lâ m a, ‘Lal ka ni a, ka tan lam chu a zahthlak,’ a ti miah lo. Lalpa, amah chawisangtu fak chu a zak hauh lo a ni. Tin, mihring mit hmuha lâ m ni lovin, Lalpa hmaah a lâ m thu amah ngeiin a sawi a ni. Kan lâ m hian Lalpa hmaa lâ m kan ni em tih te pawh kan inen fiah fo a ngai a ni. Israel lal ropui meuh pawh Pathian hmaah a lâ m a nia, Lalpa hmaah hian a tlawm a ni. Chu vang chuan Davida chungah hian Pathian a lawm tlat. Tin, Pathian hmaah miin a nihna dik tak a inhmuh phawt chuan a tlawm thin a, amah faka lam te chu har a ti ngai lo.

5. Davidan Lalpa paw i a taw k : Lal Davida hian thil tihsual paw i tak a nei a, chu

chu mi nupui a uire a, a pasal a tihhlumsak baw k; chu chuan Lalpa a tilungni ta lo va. A thil sual tih chu zep theih a inring pawh a ni ang; mahse, Lalpa hian engkim hi a hmu vek a, a hmaah eng mah zep theih a ni lo. Zawlnei Nathana hmangin Davida hnenah a sawi a, chu a thiltih avang chuan ‘khandaihin a chhungte a kiansan tawp lo vang’ a ti a ni. Chu thu a hriat chuan Davida chuan paw i ti takin, *“Lalpa chungah thil ka lo tisual ta a ni,”* a ti a. Nathana chuan, *“Lalpa pawhin i sual chu a dah bo ve ta e; i thi lo vang. Amaherawhchu, he i thiltih hian Pathian sawichhiatna remchang tak Lalpa hmelmate tan i siam avangin naupang i laka piang chu a thi ngei ngei ang,”* a ti. Ringtuten thil kan tihsual hian Lalpa hmaa tisual kan ni a, mi dangte lakah Pathian sawichhiatna remchang tak kan siam thin a, a paw i thin a ni.

Tin, mihring kan nih avangin thil tihsual palh chu a awm thei khawp mai. Chutah tak chuan Davida anga simna thinlung dik tak, Lalpa hmaa

thil tisuat tih inhriaa, a hnena ngaihdam dila kan tluk luh mai a pawimawh. Lalpa hmaa inchiirna chuan simna a thlen thin. Chuti ni lova, puhmawh tur zawnga tan kan khawh chuan Lalpa tan chuan ngeiawm mai kan ni ang.

David a chuan a thil tihsual avanga a inchiirna leh Pathian hmaa a tawngtaina chu Sam 51-ah khan kan hmu a, heta Lal David a tawngtaina hi a ngaihnawm khawp mai. *‘I chungah, i chung chauhvah thil ka tisuat a, i mit hmuha thil sual chu ka lo ti ta a.... Aw Pathian, keimahah hian thinlung thianghlim tak siam la; Ka kawchungah hian thlarau dik tak siam thar leh ang che. Inthawina chungah lawmna i nei si lo va; chuti ni suh sela chuan, ka pe ang....Pathian duh zawng inthawinate chu thlarau lungchhia hi a ni’*. Lalpa chuan a laka thil tisualte chung a duh ber chu inchiirna sim a ni. Inchiirna sim aia thil dang pek a duh lo, inthawina chungah Lalpa a lawm lo. David a pawh hian a thil tihsuala Pathian ngaihdamna chan nan

inthawina hlan mai chu a duh khawp ang; mahse, Lalpa lungawina a ni si lo va. Chuvangin, thil kan tihsual hian kan tihsual zep lova, tan khawh lova Lalpa hnena inchiirna tluk luha, a ngaihdamna dil mai hi a kawng tawi ber a ni.

6. David a chungkaw chung a thil thleng : Zawlnei Nathana sawi ang chuan David a chungkaw chungah thil tha lo tak tak a lo thleng ta a. A fa lo piang chu nausenin a thi a, a fapa Amnonan a farnu Tamari, nu dang laka mi a pawngsual a; chu vang chuan Tamari pianpui Absaloman Amnona a that bawk a, a raphlak hle mai. Heng zawng zawng hi David a tan chuan tawrh a har hle ang tih a rinawm. Chu mai a la ni lo, a fapa Absaloma chu a lakah a hel a, David a chu a phiar ru a, mahni rila rah hlauvin lal ropui David a chu Jerusalem atangin a raltlan a ngai ta hial a; a va hrehawm dawn ve aw! Mahni fa hrin ngei hlauva raltlan a n ngai ta chu, pa, Israel lal meuh tan chuan a thanatthlak ngawt ang. Chutia a raltlan chu Olive tlang chhohnaah a lawn chho

va, chhoh pah chuan a ṭap zel a, a lu a khum a, ke lawngin a kal tih kan hmu a. He laia Davida ṭap chung a kal chho hi a khawngaihthlak hmel ngawt mai; a chan a chau a ni.

Bahurim a thlen chuan Saula chhungte zinga mi Simeian anchhia a lo lawh a, lungin a deng bawk a. A hote zinga miin Simeia chu va thah mai a duh thu a sawi chu Davida chuan hetiang hian a chhang a, *“Lalpan a hnena, ‘Davida anchhia lawh rawh’ a tih si chuan lawh mai ang hmiang....Ngai teh u, ka fapa, ka rila rah ngei chuan min thah a tum a ni a; he Benjamin mi hian a va tum nasa lehzual dawn em! Eng mah tih suh ula, anchhia chu lawh mai rawh se; Lalpa tih tir a ni si a. Lalpa chuan ka hrehawmzia hi a rawn hmu ang a, Lalpa chuan vawiina anchhe mi lawh hi a ṭha lamin min rul leh mai pawh a ni thei e,”* a ti thei a ni. Aropui khawp mai. Lalpa a ring a, a hrehawmnate chu Lalpa kutah a dah mai a ni.

Tin, Davida chung a thil lo awm dan aṭang hian, thil kan tihsual hian kan tihsual hi Lalpan a ngaidam lem lo niin a lang. A tisualtu chuan inchhira kan sima, ngaihdam kan dil chuan min ngaidam a; mahsela, kan tihsual chuan nghawng a nei tho a ni tih a hriat a ni.

Tichuan, Davida chu Jerusalem-a a kir leh hun chu a lo thleng a, Israel-te lalah chuan a ṭhu leh ta a, amah anchhe lawhtu ngei pawh a ngaidam a ni. Kan duh loh zawng thil kan chung a lo thlen hian eng angin nge kan lo dawn sawn ṭhin le? Ka chung a thil lo thleng hi ‘Lalpa tih a ni ang’ tih chu a harsa duh khawp mai. Mahse, Lalpa hian amah ringtuten kan chung a thil lo thlengte hi eng angin nge kan lo dawn sawn tih hi a hre duh pawh a ni mai thei e. Eng pawh ni se, kan chung a thil thlengte hi Lalpan min hriatpui ṭhin a ni.

Davida chuan a nunah Pathian a dah pawimawh ber a, thil a tihsual palh pawhin inchhira simin Lalpa a Pathianah a tlu lut vat ṭhin, chu chuan Lalpa a tilawm a ni. Lalpa chuan a hnena a tiam

angin a hmelmate a um bosak a, chhungkua a din nghehsak a, a lalna chu amah leh a thlahteah a tihnghehsak a ni. Tin, Davida thlah atangin Lal Isua Krista a lo piang bawk.

Aw le, Davida nun atang hian zir tur kan neih a rinawm. Pathian tilawm nun nei tur chuan kan nunah amah dah pawimawh ber hi a ni; mahni inpe lovin kan neih sumte Pathian hnenah kan pe thei; mahse, chu chu Lalpa duh ber a ni lo; a duh chu keimahni zel hi a ni. Lalpan chuan thinlung lam a en thin a, kan mihring nun chu a thianghlim loh thin avangin Thlarau Thianghlimin min luaha, min tihthianghlim kan mamawh a ni. Tin, ringtu

nunah kawng buhboh leh harsa kan zawh a ngaih chang a awm thin. Lalpa lam en tlat a va tul em! Thil tusual thei kan ni. Kan tihsual chang pawhin mahni inhmua, Lalpa hnena kan tluk luh vat zel hian a ngaih-damna kan chang thin a ni.

“Aw Pathian, ngun takin mi en chhuak la, ka thinlung hi hria ang che: Mi fiah la, ka ngaihtuahnate hi hria ang che: Tin, keimahah hian suahsualna kawng reng reng a awm nge awm lo, en la, Chatuan kawngah chuan mi hruai ang che,” tiin Pathian hmaah i inen fiah thin ang u.

Lalpan a thu malsawm rawh se.

☐ ENKAWLTUTE LAMAṬANGIN...

Kohhran Hmeichhiaten thuziak hmanga kan rawngbawl hona pawimawh tak, Agape chanchinbu hi tunah copy 40,600 lai kan lo chhu ta reng mai. Hmun hrang hranga hruaitute leh thahnemngai taka Agent hna thawktute thawh rimna leh inpekna avangin tuang takin a kal zel thei a, a lawmawm takmeuh a ni.

Chanchinbu hi amah leh amah intodelh tura tih a nih avangin, a man bâ kan awm chuan a kal zelna turah harsatna a awm thei dawn a. Chuvangin, kum hlui lama a man la bâ leh kumina latuten pek fel thuai ni se, tiin kan han inngen leh e. – Cir. Manager

TAWNGTAI HLAWHTLIN THEIH DAN

– Rev. L.B. Pachuau
Ramhlun North

Thlarau chuan kan chak lohnaah te min pui thin a, engtia tawngtai tur nge tih kan hre si lo va; nimahsela, Thlarau chuan rum sawi hleih theih lovin min tawngtaisak thin. Tin, Pathian duh zawng ang zela mi thianghlimte chu a tawngtaisak thin avangin, rilrute entu chuan Thlarau duh zawng chu a hre thin a ni (Rom 8:26,27).

Tawngtai hi ringtu leh a rin Pathian indawrna a ni a. Tawngtai a hlawhtlin chuan ringtu leh a rin Pathian chu an inpawh tha tihna a ni a. Tawngtaiin awmzia a neih loh chuan ringtu chuan Pathian a be pawp lo tihna a ni. Tawngtaia Pathian dawra, pe pawp rengtu nun chu a thlamuang a, a hlim reng thin. Chuvangin, Pathian be pawp mi kan nih theih nan, a hnuaia thuchah kan tar lante hi uluk takin, chik takin i zir teh ang u.

1. Kan dil dik tur a ni : Chanchin Tha bu liahte hian, Lal Isua tawngkam ngei atangin, duh duh dila, hmuh mai theih ni awma a lanna a tam mai a (Mt. 7:7; 21:2; Mk. 6:22; Lk. 11:9, etc.). Mahse,

Jakoba 4:3-ah chuan, “*In dil a, in dil dik loh avangin in hmu lo,*” tih kan hmu thung a. Chuvangin, tawngtainaah hian, a bik takin thil dil tur leh tur loh kan hriat thiam a ngai tih a lang reng mai. Mahni hmasial taka, naupangchhia ang maia kan tana tha tur leh tha lo tur pawh thliar hrang thiam lova, kan duh apiang dila kan tawngtai hian, kan hmuh chhuah chu beidawna mai a ni duh khawp mai. Chu chuan Pathian min hnaitir aiin, min hlattir zawk thin. Thlarau chuan kan chak lohnaah te min pui thin a, rum sawi hleih theih lohvin min tawngtaisak thin, tih hi pawm ila, Thlarau min hruaina hmuh thiam leh zawm kan tum zawk tur a ni.

2. Pathian kan ring ngam tur a ni : Pathian chu engkim hmu thei, engkim hre thei, hmun tina awm, min hmangaihtu, dik taka roreltu, kan thatna tura kawng tinrenga min thawhsaktu a ni a. Chutiang Pathian kutah chuan kan awm a, amah zawkin kan tana tha tur leh tha lo tur a hre vek zawk a. Hmangaihnaa khat a nih avangin mi tinte hmangaihna in ro min relsak thin a, kawng tinrengah kan thatna turin min thawhsak thin a. Chuvangin, a kuta awm kan ni tih hriain, kan duh ang anga thil min tih sak tura beisei lovin, aman tha a tihna ang anga min thawhsakna chu pawmin, tha a tih anga min thawhsak ang chu lawm takin kan ring ngam mai tur a ni. Tlang sawn theihna rinna pawh hi kan duh ang anga thil awmtir theihna aiin, kan chung a thil thleng apiang chu a nih ang anga pawm ngamna a ni zawk fo. Pathian chu kan duh ang ang ti tura rin vak aiin, kan tana tha tur ang anga min thawhsak tura rin hi a hlawhtling duh zawk a, a dik zawk bawk.

3. Engkimah lawm thu kan sawi mai tur a ni : Kan chung a thil thleng tawh leh thleng mek zawng zawng hi hmangaih Pathian chuan dik taka ro min relsakna, kan thatna tura min thawhsaknaah kan pawm ang a, lawm thu kan sawi mai tur a ni.

Fate ngawl veina avangin kan mangang mek em? Eizawna kawngah harsatna kan tawk mek em? Leiba rit takin min delh mek em? Chhungkuaah natna khirkhkan tak tuar mekte an awm em? Chung ang thil reng reng chu Pathianin dik taka ro min relsakna, a hmangaihna nasa tak avanga kan thatna tura min thawhsaknaah kan pawm hmiah ang a, chung kan phurrit zawng zawngte avang chuan min hmangaihtu Pathian hnenah chuan bang lovin lawm thu kan sawi mai tur a ni.

4. Pathian hmangaihna angchhungah kan tlu lut ang a, a kut ropuah rinna famkimin kan chawl mai tur a ni : Khawvelah nungdama kan awm chhung chu thlemna eng pawh tawh thei, harsatna

eng pawh hmachhawn thei, damlohna eng pawhin a chim theih kan ni. Mahse, heng zawng zawng hi Pathian hriatpuina leh remtihna lo chuan kan chungah a thleng ngai lo vang. Joba kan hre reng awm e. Chung thilte chu kan chungah a lo thleng ta a nih pawhin Krista zarah hnehna chu kan ta a ni.

Chuvangin, kan ṭawng-ṭaina tur ber chu, “Lalpa, i hmangaihna ang zelin, i thiltihtheihna ang zelin, ka tana ṭha tur ang zelin min thawhsak rawh,” tih hi ni mai se.

Hla phuahtu chuan -

*Ka Chhandamtu min vengin a hnai reng,
Thil eng pawh lo thleng se ka him a ni,
Thlipui leh ruahpuiah min thukru a,
A kutphah ropui chhungah, a ti a.*

Eng ang fiahna pawh kaltlang ila, Lal Isua nen lawm takin, thlamuang takin a hmachhawn theih a. Thihna Jordan lui meuh pawh lawm tak leh thlamuang takin kan dai kai thei dawn a ni. Lalpa chu fakin awm rawh se.

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- ☐ ṭawngṭaina hian Pathian a tidanglam lo va, keimahni min tidanglam a ni.

– *Finney*
Kristian Encyclopaedia
by Lalngaihawma

- ☐ ṭawngṭainaa pawimawh ber chu, eng nge kan sawi tih aiin Pathianin eng nge a sawi tih a ni zawk. Kan ṭawngṭai hian kan hmanhmawh em avangin Pathian chhanna kan nghak hman lo ṭhin a ni.

– Christian Advocate
Kristian Encyclopaedia
by Lalngaihawma

BEIHRUAL CENTENARY

– *Laldawnkimi*
Asst. Co-ordinator
Synod Office, Aizawl

THUHMA : Kum 1918 atanga kan hman ṭan Beihruwal chu kumin hi a kum 100-na a lo ni ta der mai. Pathian hnenah lawm thu i sawi ang u. Kum 2016 Synod Inkhawmpui chuan Beihruwal kum 100-na hriat rengna hlawk zawka hman dan tur siam a rel a, chu chu SEC leh OM-in bawhzuiin Beihruwal Centenary hman dan tur duan a ni a (2018 Nilai leh Beihruwal Thupui bu phek 161). Ruahman ang hian kohhranhoten hlawk taka hman ṭeuh i tum ang u.

Kum 1906-ah harhna ṭum khatna a lo thleng a, a ṭum hnihna pawh kum 1913-ah a lo thleng leh a, ringtu an pung hle. Mahse, hun eng emaw chen hnuah harhna chu a lo reh a, kohhran a lo nguiin a lo chak lo leh ta. Rinna kawnga an la ngheh tawk loh avangin han ban leh puk puk te a awm a, khawvel miten nuihzatin, “*Pathian thu awih leh aichhia chuan ṭhal an hua a nia,*” an ti ṭhin. Mahse, mi eng emaw zat rinnaa mi nghet leh rinawm an awm a, phurna hloh mah se ṭhahnemngaihna hloh lovin an thawk zel a. He harhna

hnua kohhran han ngui leh chuan mi tam tak hnungtawlhna leh zuaina a siam mai bakah, thawhlawm pawhin a tuar nghal bawk. Tichuan, ringtute intihchak tawna leh ringlote beihna chu hna puia neih an duh ta a ni (Mizo Kohhran Chanchin Rev. Saiaithanga, phek 54-56, 58).

BEIHRUAL NEIH RAWT LEH NEIH ṬAN : Aijal Kohhran Upahote chuan Beihruwal neih chungchangah – “*He thu hi a ṭul em em a ni a, mahni intiharhna tur leh khawvel mite tiharh nan*” tiin a beih dan tur rawtnate an

nei a (Aizawl Kohhran Upahothuremna 9.3.1918). Hetih laihian Mizoram Hmar chan pum pui hi Khasi Synod hnuaiiah Presbytery pakhat kan ni a, kum khatah vawi hnih (March & Oct) inkhawmpui an hmang \hin. **March 15-18, 1918 Presbytery Inkhawm-pui Aijal**-a neih chuan hetiangin a rel ta a-

“Kristian Beihruual-na hi June, 1918 a hian lo awm tan turin kan ruat a. Thla chawhma lam chu mahni Kohhran ho tan a, in tih chak na tur leh in tih thianghlimna leh in tih ngah lawk na atan kan hmang theuh ang a, tin, thla chawhnu lam chu ring lo te tan a hman tur ani ang, mi hrui hram turin. Tin, Kohhran tin in an thawh-zia dan theuh tur an ngaihtuah ang”.

(Presby. 1918, No. 10, Kristian Tlangau, May 1918 phek 94).

Rev. Sandia pawhin hetiang hian hriattirna a chhuah a—

Hmar-Chan Presbytery

thil-tih chhiar ilang-in, thil pawimawh em em an ruat a ni. Tun June thla chung hian Hmarchan khaw-tin-ah Pathian Ram tizau turin leh Isua mi zawng zawng tithianghlim turin kan beirual ang. Hetiang-in tunlai-in India ram pumpui-ah an ti mek a ni. Malsawmna tam tak an hmu tawh a ni. Tin, unaute u, heng thil hi hriatreng a tul a ni. Kan beihrualna hi ti tha tur leh Pathian hming tiropui turin, heng thil hi i ti ang u:-

a) *Nashatak-in tawngtai-in Pathian malsawmna kan dil tur a ni, June thla hma pawhin rei fe an.*

b) *Kan ngaihtuah fo tur a ni.*

c) *Kan in-en tur a ni. Kan rilru kan buatshaih tur ani. Sualna zep ilangin malsawmna a dal ang. Isua hnena fel takin kan inpe tur a ni.*

d) *Engtinng e beihrualna hi kan tanpui theih ang, kan ngaihtuah tur ani. Tin, a tumna ber kan hre reng tur a ni. Hapta hnih*

*hmasa chhungin, kohhranho mi ti-harh leh ti-thianghlim turin kan beihram ang. Tin, chu mi hnuah chuan awihlote hnena kal-in kan bei-rual ang. Heng thil pahnih hi kan Pathian duh zawng ani tih kan hria. Taimatakin i ti ang u. Tin, kan Kohhranho tin in malsawmna ropuitak an hmu ang tih kan beisei. **Beihrual thatna tur chu tawngtaiin i dil fo ang u.***

(Kristian Tlangau, May 1918 phek 99)

Hemi tuma an hman dan Lalhnawka khua Lung-sum leh Lalzika khua te chuan an report baw k a, a ngaihnawm hle (Kristian Tlangau, Sept 1918 phek 172, 180). Aizawl hmuna an hman dan report Sandia Sap leh Liangkhaia-te ziak hetiang a ni:

“...June nikhat zan atang khan inkhawm kan lo tan ta a, Pathian in mal min shawm shak a, keini Kohhran a mawi lovin kan inkhawm chu kan lo hlim ta hle mai a, zan khat zan a pang chuan inkhawm kham

lovin kan lo tin ta hial mai a; chumi Kohhran chhunga inkhawm chhung chuan, mi in ah emaw, Biakin ah emaw inkhawm mah ila, kan hlim hle fo thin a, uar hauh lova shawi pawhin hlim reng rengin kan tum tla, tih theih a ni e.

Tin, thla chanve a lo ral dawn Pathianni vawi thum zan ah chuan Inpumpekna inkhawm kan nei a Chu mi inpumpekna ah chuan “Inpumpekna lehkha” an ti a, Pathian hnena kan thu tiam zawng zawng kan lo thlah thlam tawh shi kha chaw kharh leh turin In tiam na lekha te tak te mi zawng zawng hnena an shem a. Tin, mi pakhatin Pathian hnena inpek tharna lam thu a shawi a; han ngaih thlak meuh chuan kan Pathian thu awina hi a lo pan deuh tak a lawm maw ! tiin kan in shit theuh mai a “Tun hma lam ai kha chuan ka va bei nasha deuh tawh dawn em” kan ti rilru theuh a ni. Tin, thu shawi zawh a chuan “In-pum-pek thawh-lawm”

an ti a, thawh-lawm kan upa ten an khawn bawk a, chu tah pawh chuan ni dang ai chuan kan thawh tam zawk theuh a ni awm a, chu mi tum maiah chuan cheng 14/- lai kan ngah a. Tin, chu tah chin a chuan Pathian thu awi lo ho kan bei tan ta a. Mi lian deuh in mi lian deuh an bei a, mi te deuh in mi te deuh kan bei a, nula in nula, tlangval in tlangval, pitar in pitar, putar in putar, naupang in naupang, mahni tum tawh theuh kan bei a. Pathian in chakna min pek avangin tumahin hlau lo leh zak lo leh ning lovin kan bei theuh va: ruah sur chung te pawh hian kan bei zel a kan lawm em em vek a ni.....”

Khaw hrang hrang aṅanga Beihrial vanga hming pe thar mi 344 an ni (Kristian Tlangau, Oct. 1918 phekk 194-195).

Hetianga June 1918-ah hlawhtling taka an hman avangin October, 1918-a Champhai Hmunhmeltha khuaa Presbytery chuan

“Beihrialna hi awm leh sela kan ti tlang a, kum 1919 September a ni ang, a tih dan tur chu hmana mi ang bawk khan a ni ang,” tiin a rel leh ta a ni (Presby. Oct. 1918 No. 11).

Ringtuten ṭahnemngai taka an ṭawngṭaina leh an beihna chu Pathianin mal a sawm a, kum 1919-ah chuan harhna tum thumna a lo thlang leh ta nghe nghe a nih kha.

HMAN HUN : Kum 1918-ah June, 1919 leh 1920-ah September, 1921-ah January, 1922–1924-ah April thlaah te hman ṭhin a ni a, mumal taka September thla kan hman hi 1925 atangin a nih hmel e. (Presby., Oct. 1920, No. 25; Oct. 1921, No. 33; Assembly , 1925 Jan. No. 18).

THU ZIR : Standing Committee rel angin kum 1937 aṅangin ram pum huap thu zir bik siam ṭan niin a lang, “Kan kohhran kum tin Beihrial hi fel zawka kan tih theih nan Beihrial programme ram pum tan siam ila....” (SC dt. 28.6.1937 No.

7). Thupui bua a lan danin hapta hmasa ber ramthar hapta hi 1981 atanga hman tan a ni a, hapta lina Kristian Chhungkaw hapta hi 1983 atanga hman tan a ni.

BEIHRUAL THLA HMAN DAN TIHDANGLAM

Kum 2001 Synod chuan Beihruual hman dan en that a rel a, SEC bawhzui turin a dah a, hetiang hian rel a ni:

- 1) Beihruual hi September thlaah hman zel ila.
- 2) Tualchhung kohhranin remchang leh tha a tih angin biak in leh in lamah hman pawlh thin a ni ang.
- 3) Thupui hi ram pum huapin Synod-in a la siam zel ang a; amaherawhchu, a thupui leh

Bible chang tar lan bakah a kaihhruaina thuziak hi chu tuna kan hman lai aia tawi fel zawka siam tur a ni ang.

4) Mahni kohhran tan tangkai leh sawt zawka hman duhte tan zau zawka zalenna pek a ni ang.

5) Kan kohhran hmalakna pawimawh – Kristian chhungkua, ramthar leh vantlang nun siam thatna (Social concern) lam thilte hi hlamchhiah loh tur a ni ang (2001 Synod Gen. 5; SEC 185:7; SEC 186:7; SEC 187:29).

Beihruual hlawk taka hman turin duhsakna ka hlan vek a che u.

-
- ☐ Kum zabi 18-naah khan pheikhawk siamna dawrah ringtu tha deuh mai John Warr-a hi a awm a. John-a chuan an thawktu thar chu Pathian thu a hrilh thin a. Chu thawktu thar chuan John-a nun awhawmzia a hmuh chuan a lo piangthar ta a. Chu pa chu William Carey-a, missionary ropui, Serampore College dintu kha a ni.
 - ☐ Mihring taksa cell hrang hrangten an tih tur theuh an ti a, mi chak hrisel a lo ni angin, kohhran member hrang hrangten kan tih tur kan tih that hi kohhran chakna hnar a ni.

– *Kristian Encyclopaedia*
C.H. Thangkhuma

THLARAU HNU TETUI KAN NGAI

– Rev. C. Thalai

“Nausên piang hlimte angin thlarau lam hnutê, eng mah pawlh loh chu châk rawh u, chumiah chuan chhandamna tling khawpa in than len theih nan” (1 Petera 2:2).

Mihring tana pawimawh tak pakhat chu ei leh in hi a ni a, kan fimkhur erawh chu a pawimawh em em thung. Kan duh ang zel eiin in ta ila, kan taksa tan a tha lo mai ni lovin, kan nunna pawhin a tlin awm lo ve. Kan hriat angin thalai tam tak an thihna chhan chu zu leh ruihhlo vang a ni. Taksa thihna aia nasa zawk thlarau thihna, chatuan meidil hremna hmun chu a nat turzia jawngkaa sawi leh rin phak a ni lo.

Kalna kawng pawimawhzia

Aizawl lama kal kan duh chuan kan khua kan chhuahsan a, chumi atanga kan kalna tur kawng kan zawh loh chuan Aizawl a thlen theih dawn loh. Chuvangin, kawng pawimawhzia chu Bible-in min hrih a, *“Mi ngaiha kawng dik ni awm taka lang, a tawp chu thihna kâwng ni si a awm”* (Thufingte 14:12), *“In kawngte chu chhut ngun rawh u”* (Hagaia 1:5).

Lei leh vana thuneitu Lal Isua ngeiin *“Kei hi kawng leh thutak leh nunna ka ni; keimaha kal lo chu tu mah Pa hnenah an thleng ngai lo,”* a ti (Joh.14:6). Bible-in kawng

zawh tur a tih chu Bible thu a ni, hemi avang hian hla phuahtu pawhin –

*Pathian lehkha ka ring e,
Isua Thutak a hril e;
Van kalna kâwng ber a ni e,
Vanah kan lâwn thei e,
a lo ti.*

Kristian chungkaw chakna thuruk – Bible

“He dan bu hian i kê chu chhuahsan hlek suh se; chumi thuziak zawng zawng chu i zawm tlat theih nân chhûn leh zân i ngaihtuah zâwk tur a ni; tichuan, i kawngte chu i lo titluang zêl ang a, i lo hmuingil zêl dawn nia” (Josua 1:8).

Bible hlutna kawnga entawntlak ber chu Mary Jones, Welsh rama hmeichhe tleirawl kum 15-a upa a ni. Bible a neih theih nan kum 6 chhung teh meuh mai harsatna tam tak paltlangin, mittui tla chungin a bei a, Bible a nei thei ʔawk. Bible Society din chhan pawh Mary Jones hmalakna vang a ni a, mi tinin Bible chatuan nunna thu hlu ber mai an lo neih theih phah hial, ava ropui em! Mary Jones-i Bible thu duh ber chu Sam 119 chhung thu zawng zawng hi a ni a, a thuvawn an ti hial.

Sam ziaktuin Pathian thu pawimawhzia hetiang hian min hrilh: *“Aw, i dân hi ka va ngaina êm! Nilenga ka ngaihtuah ʔhin a ni”, “I thute hi ka tân ava thlum êm! A ni, ka kê atân chuan khawizu aiin a thlûm zawk”, “I thu hi ka ke atânte hian khâwnvar a ni a, ka kawng atan êng a ni”, “I dan ngainatute chuan thlamuanna nasa tak an nei a; Thukna reng reng an nei lo”* (Sam 119:97, 103, 105, 165).

Bible ngainatute chu Kristaa mi ropuite an ni

Spurgeon-a te, D.L.

Moody-a te, Billy Graham-a te hi Kristaa mi ropuite an ni a; an nuten Pathian thu chu hnutetui anga an naupan lai aʔanga an lo chawm sei len te an ni.

Bible thiltihtheihzia : England lalnu Elizabeth-i pawh khan hetiang hian a sawi a: *“England ram ropuina chhan chu Bible hi a ni,”* tiin. America President 7-na Andrew Johnson pawh khan heti hian a sawi bawk: *“Bible hi kan ram inngahna lungpui a ni a, chu chauh ni lovin Bible hi America hrilhfiahna a ni a, State-a thu neitu ber pawh a ni,”* a ti bawk. An ram pawisaah pawh hetiang hian an ziaak a; *“Pathianah kan rinna kan nghat,”* (In God We Trust) tiin.

British leh America hausakna chhan

Pathian ringtu an nih avangin Pathianin khawvelah a chawimawi bik. British-ho ropuina chhan chu an ʔawng English chu khawvel ʔawng azawnga lal ber, khawvel ram tin ʔawng atana Pathianin a hman an ni.

America hausakna chu Pathian thil ʔha ti tura an

intlansiakna ber a ni tlat hi a ni.
 Khawvela missionary tir tam
 ber an nih avang hian Pathianin
 hausakna leh ropuina a pe a,
 khawvel sawrkar chak ber leh
 hmingthang a ni ta reng a ni.

chungka zia hi mi tinin Bible
 hlutzia leh pawimawhzia te, kum
 200/300 nunna tur thu chauh ni
 lo, chatuan nunna thu a nih
 avanga beng nei apiangin an
 hriat theih nan leh mi tinin an lo
 hriat thiam vek theih nan Lalpan
 malsawm rawh se. Amen.

Thlarau hnutetui kan ngai tih
 thupui hmanga tling lo tak

HARSATNA I NEI EM? TANPUI I NGAI EM?

Kawng hrang hranga harsatna - Nupa kara harsatna, Fanau enkawl kawnga harsatna, in chhungkhur harsatna, nulat tlangval/ ngaihawng chungchanga harsatna, Piantharna leh chhandamna thua harsatna, ruihlo chungchanga harsatna leh kawng dang danga harsatna neite tan Mizoram Synod chuan Family Guidance & Counselling Centre a siam a. Heng Centre-te hi Counsellor (*Pastor*) 9 leh Clinical Counsellor (*Hmeichhia*) 1-in an lhutchilh reng a, mamawhtu apiangte tan pan theih reng a ni. A hmuna kal remchang thei lote tan pawh telephone leh internet hmang pawha biakrawn theih reng a ni.

MISSION VENG

Counsellors	Rev. Lalsangbera	(0389) 2324443
	Rev. C. Lallungmuana	9862672390
	Rev. Ramngaihawma Kiangte	9862611319
	Ni. Esther Lalkhawngaih dawngkimi	8730042225
		8257901078

BAWNGKAWN

Counsellor:	Rev. Lalhleia	(0389) 2306693
		8131959003

VAIVAKAWN

Counsellor:	Rev. J. Vanlalhnuna	(0389) 2344324
		9612567609

CHAMPHAI

Counsellor:	Rev. Jonathan Pachuau	(03831) 234055
		8014619667

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Counsellor:	Rev. R. Ramnginglova	(03838) 226128
		9629794446

KOLASIB

Counsellor:	Rev. Samuel Lalrinsanga	(03837) 220180
		8414831543

LUNGLEI

Counsellor:	Rev. Lalrintluanga Ngente	(0372) 2322484
		8787430980

email : synodfgcc@gmail.com

Hriselna Huang

RILRU HRISEL NEITEN NUN AWMZIA AN HRIA

– *Saidingliani Sailo*
Psychiatric Nurse
Directorate of Hospital &
Medical Education

‘Rilru hrisel’ kan tih hi a awmzia han sawi hmasa ila, mihring tungchhova kal, taksa hriselna mai piah lamah mahni theih tawk leh phak tawk hria, an ni tin nunah harsatna neuh neuh lo awm ve ðhinte pawh paltlang thei leh chungte leh khawtlang tan pawha mi hman tlak kan tih te hi mi rilru hrisel kan tihte chu an ni a.

Nun awmzia kan tih chu eng nge ni?

Nun awmzia kan tih ber chu ‘*kan nun hman mek hian awmzia a nei a, he khawvela kan awm hian chhan a nei a, pawimawhna kan nei,*’ tihna a ni ber awm e”.

He khawvela kan awm a, kan ni tin nun pangngai taka kan hman hi a tawk ringawt lo va, chu vang chuan chhan pawimawh takin ka nung a ni tih hi a tharin kan inhrilh nawn fo a ngai a ni.

Kan nun awmzia hre tur hian mahni intheihngilh palh hi a awl em em a. Mi tu pawh mai hi kan ni tin nunah buaina leh harsatna neuh neuhvin min

tlakbuak hian, mahni nun inen fiah nan kan hman ðhin hi a pawimawh em em a, chu chuan rilru hlimna leh taksa hriselna min pe ðhin a lo ni.

Kan rilru leh taksa hrisel nan leh nun awmzia kan neih theihna tur hian kawng pathum pawimawh em em an awm a, chungte chu a mal malin han sawi ila:-

1. Stress level (Rim-tawngna) tihhniam

Zir mite chuan mahni inhriat chianna kan neih dan a zirin kan nuna buaina lo awm ðhin te pawh hi kan su kiang awlsam ðhin a ni an ti. Entir nan, hotu soal leh vin tak neih te leh

thil hmanhmawhthlak kan hnathawhna hmuna lo thleng thin te pawh hi, kan phak ang tawkin thawk mai ila, chu chuan kan rilru buaina te pawh a tiziaawm thei thin a ni.

Kan nun hi awmze nei lo tlata kan hriat emaw, kan hman emaw chuan kan stress level pawh hi a sang thin niin zir mite chuan an sawi a ni.

2. *Harsatna a eng zawnga hmachhawn:*

Zir mite'n an thil hmuh-chhuah chu nun awmze hriaa nungte chuan an nunah harsatna/chona a lo thlen pawhin tal chhuah dan tur hmanrua hi an hre nge nge thin. Nun awmze hre lova nung ve tawpho erawh chuan an harsatna tawhna atangin tal chhuah dan an hre lo tlangpui thunga, mahni nunna hial lak duh phahin an lo awm ta thin a ni. Entir nan, ruh chuktuah na/ ruhseh veite zingah hian zir chianna an nei a, khup ruh thlak ngaite zingah an khup an zai hmaa rilru nghet tak leh anmahni nun awmze hriate hi chu an inzai zawh hnuah pawh an thil thlir dan a engin, an dam chak bik a ni tih an hmuchhuak a ni.

3. *Hriselna nei tura mahni inthunun*

Mi anmahniah an chian chuan nun awmzia an hriain anmahni pawh an inenkawl zo a, a chhan ni bera lang chu an nun khan awmzia a neih bikzia an hria a ni. An nunah khan thil hlen chhuah tur an hria a, hriselna kha an nun lungphum pawimawh tak a nihzia an hre bawk a, chu chuan hrisel tak a an nun theihna tur a nihzia hriain, taksa leh rilru tihrisel lo thei tur lakah an inthiarfihlim thin a ni.

Zir chianna pakhatah chuan nun awmze hriat leh taksa sawizawi hi thil inkung-kaih tlata a ni tih hmuhchhuah a ni. Tin, taksa bawrhsawm lai pawhin rilruin tumruhna a neih phawt chuan an dam hma thei thin a ni.

Aw le, tunah chuan nun awmze hre tura min pui thei tur thil pawimawh tak tak te lo sawi ila.

1. *Inkungkaihna awmze nei* : Inkungkaihna awmze nei kan neih hi a pawimawh, entir nan, thiante, chhungkuaah leh nupui/pasal inkarah.

Ṭhian ṭha hian kan nun min kaihruaiin, harsatna leh lawmna kan chung a lo thlen pawha kan hrilhriat hmasak berte an ni ṭhin. Ṭhian ṭha leh rinawm chuan kan nun an tihlim a, mualphona lakah pawh min humhim ṭhin a ni.

Chhungkuaah hian inkungkaihna ṭha kan neih chuan kawng engkimah hmasawna a thlen ṭhin a, chhungkaw rethei te pawh an inkungkaihna a ṭhat chuan an ding chhuak ṭhin a ni. Chhungkaw inpawh lo chuan tlakranna a thlen thuai ṭhin.

Nupui/Pasal inkarah pawh inkungkaihna ṭha, inzah tawna leh inrin tawna a awm chuan nupa an hlim a, chu chuan chhungkaw hlim a thlen ṭhin a ni.

2. Chenna leh awmna nghet neih

Mi tu pawh mai hian chenna in leh lo leh khaw hmun nghet neih hi kan thupui ber awm e. Chenna nghet kan neih chuan kan thiltih kawng engkimah ṭhahnem kan ngaiin, kan in leh lovin hma a sawn theihna turin ṭan kan la ṭhin. Awmna nghet kan neih loh chuan mikhual leh mi cham mai

angin kan inhria a, kan rilru leh ngaihtuahna khan awmze nei lovin kan hun hlu tak kha kan khawh ral ta mai mai ṭhin a ni.

3. Awmze neia ni hman

Kan ni tin hun hman reng reng hi awmze nei takin kan hmang tur a ni. Ni tin hi a pawimawh em em a, ni khat lek kan hman ṭhat pawh hian a belh khawm chuan ni 365 awmze nei takin kan hmang a, chu chuan nun awmzia kan hriatzia a tilang bawk a ni.

4. Taksa hrisel tak neih:

Nun awmze hre tur chuan kan taksa hi hrisel takin kan vawn reng a ṭul takzet a, taksa hrisel chuan rilru pawh a tihrisel a. Kan hriat reng tur chu kan taksa leh rilru hi thil inzawm tlat, lak hran theih miah lo a ni tih hi.

5. Sum leh pai lamah dinhmun nghet neih

Mi tinin sum leh pai ngelnghet neih a pawimawhzia chu kan hre ṭheuh awm e. Sum leh pai ngah pawh hi a hmangtu lamin awmze nei taka kan hman loh chuan buainaah min hruai lut thei a; chu vang chuan sum leh pai kan thawh chhuah te pawh hi dik taka kan

thawh chhuah chuan a hman-naah pawh kan fimkhourin, sum leh pai hlutna min hriattirin awmze nei takin kan hmang thin. Sum khawl khawm te pawh hi a pawimawh khawp mai, sum khawl nachang kan hriat chuan mi dangte tibuai lovin kan intodelh thei dawn a ni.

6. *Mite zah thiam tak leh mi dangte pawhin an zah tur nun neih*

Mi tin hi zahawm takin kan nung tur a ni a, nun zahawm taka kan nun hian kan rilru pawh a tihriselin, chu chuan kan taksaah pawh nghawng a nei thin. Mi dangte pawh kan zah tur a ni a, mi rethei emaw, hausa emaw, piangsualte pawh zah takin be thin ila, chu chuan kan khawtlang nun pawh a tinuam ang.

7. *Duhthlan thiam*

Mi zawng zawng hian nun kawng dik leh dik lo thlan tur kan nei vek a. Kawng dik kan thlan chuan kumkhuain kan nunah hlimna a thlen ang a, kawng dik lo kan thlan erawh chuan kumkhuain kan nunah inchoirna leh thahnain hun kan hmang thung dawn a ni. Chu vang chuan, he kan duhthlanna hi hman thiam a

ngai em em a ni. Rilru hrisel chuan duhthlanna dik hmangin a nun chu awmze nei takin a hmang thin a ni.

Aw le, rilru hrisel neite hian nun awmzia an hria tih pho lanna chu an nunah hlawhtlinna an neihin, mahni inhaivur nan hmang mai lovin mi dangte tan pawh an luang chhuak thin a, mi dangte tan malsawmna an ni thin a ni.

Keini National Mental Health Programme (NMHP), Mizoram te chuan rilru lama harsatna tawkte hi kan enkawl thei a, district hrang hrangah pawh kan programme hi tan tawh a ni. Civil Hospital, Aizawl, OPD Room No. 309-ah rilru lama harsatna tawkte tan pan theih reng kan ni. Mahni intihlum duhna rilru neite tan leh rilru lama harsatna neite tan eng lai pawhin Phone Number 9366193094, 9366191341 leh 9366193094-ahte hian biak pawh reng theih kan ni e.

A tawp berah chuan, rilru hrisel nei tur chuan taksa hrisel neih a ngai a, rilru hrisel neite chuan nun awmzia an hre nge nge a ni.

*Ei siam dan***1. BEHLAWI LEH ANTHUR REPDAN**

Rep tura sih sa chu dekchi-ah emaw, bel mawng chhah deuhvah emaw thil dang eng mah tel lovin kang la, uluk takin chawk ang che. A lo uai deuh hunah thlangraah emaw bun chhuak la, i kutin puan suka kan nuai ang hian nuai vak la, ni saah pho ro tawh mai tur a ni. Rapa rep chu a tui duh loh mai bakah a hrisel loh avangin, ni saah tihro tum hram tur a ni.

2. RAWTUAI REPDAN

Rawtuai chu sin te tein, sei sing sengin chan la, dekchiah minute sawm vel chhum ang che.

A tui chu thli hul la, ni saah a ro that vak thlengin pho tur a ni. Rawtuai ang bawk hian samtawk leh bawkbawnte pawh chan sin deuh la, tuiyah chhum so sawk la, ni saa pho rovin a rep ve theih.

3. TAMPUI UM DAN

Tampui chhum hana kan ei thin hi sil faia, chan sinin emaw den sawmin emaw hnaha fun tur. Duh chuan a tui sawr tur a ni a, Rap nei chuan rapah rep tur a ni a, neih loh chuan ni saah pho tur. Ni thum hnuah a lo tho vang. A hange tui em em a, hmarcha muh hmui leh chi nen chawtani tui tak a ni a, duh hun hunah hmeh tawh mai tur a ni.

4. CHHAWHCHHI UM DAN

Chhibung dum emaw, a var emaw chu tel tel lovin kang hmui la, deng dip rawh.

I umna tur burah thun la, tui sa a tikawi tawh tur leih rawh. Ni saa pho emaw, thil chhumna dekchi chungah hun emaw, a bur tui luma chiah emaw a tha. Ni thum hnuah a tho mai ang. Chhi um hi a tho thar lo chu a tui vak lo va, a uih veleh fridge-ah dah tur a ni.

Chhi um tho hlim hi hmarcha muh hmui phul ila, a hlang pawhin a tui hle a, baia pawlhah pawh a tha hle.

*Source : Ei tur buatsaih dan
by Ramthianghlimi*

HMANGAIHNA INA NAU CHAWMTUTE LEH CHAWM ZAT

81.	Chhing Veng Bial	8
82.	Bawngkawn Bethel Kohhran	4
83.	Hunthar Bial	3
84.	Hunthar Kohhran	2
85.	Darlawn Bial	3
86.	Republic Veng Bial	4
87.	Zemabawk Bial	4
88.	Aizawl Kohhran	4
89.	Keifang Bial	2
90.	Sateek Bial	3
91.	Chalrang Bial	1
92.	Lunglei Chanmari Bial	3
93.	Ramthar Veng Bial	3
94.	Chawnpui Bial	4
95.	Kawlkulh Bial	1
96.	Kawlkulh Kohhran	1
97.	Chawnpui Vengthlang Kohhran	5
98.	Kawngthar Veng Kohhran (Vairengte)	1
99.	Thingsulthliah Bial	1
100.	Pi Zohmingliani, Electric Veng	1
101.	Luangmual Bial	3
102.	Darlung Bial	1
103.	Tlungvel Vengthar Kohhran	2
104.	Chhing Vengthlang Kohhran	1
105.	Lawngtlai Chanmari Bial	1
106.	Bawngkawn Kohhran	8
107.	Khawzawl Dinthar Bial	2
108.	Aibawk Bial	1
109.	Thingdawl Bial	3
110.	Vaivakawn Bial	4
111.	Ramhlun North Bial	5
112.	Sihphir Vengthar Bial	2

113.	Hliappui Bial	2
114.	Maubawk Sikul Veng Kohhran	2
115.	Chhinga Vengthlang Kohhran	3
116.	Lungpho Kohhran	1
117.	Airfield Vengthar Bial	2
118.	Hlimen Bial	2
119.	Khawlailung Dinthar Bial	1
120.	Bethlehem Venglai Bial	3
121.	Venghlui Bial	3
122.	Mamit Hmunsam Kohhran	3
123.	Zonuam Kohhran	4
124.	ITI Veng Bial	1
125.	Phulbial Kohhran	3
126.	Tanhrlil Bial	4
127.	Bungkawn	1
128.	Zonuam Bial	3
129.	Kolosib Venglai kohhran	4
130.	Chanmari West Hmar Veng Koh.	1
131.	Pi Thanthuami, Hmuntha	1
132.	Zohmun Bial	2
133.	Vairengte Chhim Veng Bial	4
134.	Farkawn Kohhran	1
135.	E. Lungdar Kohhran	1
136.	Tlangsam Kohhran	1
137.	Chhingehhip Mualpui Bial	2
138.	Kawrthah Bial	3
139.	Bawngkawn Hmar Veng Kohhran	2
140.	Kolasib Diakkawn Kohhran	5
141.	Kolasib Diakkawn Bial	2
142.	Bilkhawthlir Bial	1
143.	Bawngkawn Bial	2
144.	Maubawk Bial	2
145.	Baktawng Venglai Kohhran	1
146.	Nursery Kohhran	4
147.	Sihphir Bial	2

**2018-A MISIONARY-TE TANA
AGAPE LAKSAKTUTE (Chhunzawmna)**

<u>Sl.No.</u>	<u>Bial/Kohhran/Mi mal</u>	<u>Lak zat</u>
103.	Pi Phirkhumi Varte, Durtlang	25
104.	Bethlehem Vengthlang Kohhran	20
105.	Chhiahtlang Kawn Veng Bial	10
106.	Armed Veng Kohhran	30
107.	Tlangnuam Bial	50
108.	Kawlkulh North Bial	25
109.	New Serchhip Kohhran	15
110.	New Capital Complex Kohhran	60
111.	Dulte Kohhran	5
112.	Bungkawn Bial	30
113.	Tlungvel Vengthar Bial	10
114.	Luangmual Kohhran	10
115.	Salem Kohhran	20
116.	Lenchim Kohhran	10
117.	Phuaibuang Bial	20
118.	Tuikual South Kohhran	10
119.	N. Vanlaiphai Damdawi Veng Kohhran	10
120.	Aibawk Bial	15
121.	Thingdawl Bial	20
122.	Ramhlun North Bial	100
123.	Sihphir Vengthar Kohhran	10
124.	Kolasib Diakkawn Kohhran	120
125.	Ramhlun Vengthar Bial	40
126.	Maubawk Sikul Veng Kohhran	20
127.	Maubawk West Kohhran	30
128.	Lungleng I Bial	20
129.	Leitan South Kohhran	30
130.	Kanan Kohhran	25
131.	Bethlehem Venglai Bial	10

*Hruaitute chanchin***PI ZONUNSANGI**

Pi Zonunsangi hi Pu Thangbuta (L) leh Pi Biaksailovi te inkarah ni 13, July 1972 khan Hnahlanah a lo piang a, unau pathum zinga a upa ber a ni. Kum 1988-ah Upa C. Lalengzauva, Chhiahtlang nen inneiin fapa pathum leh fanu pahnih an nei a, tu pakhat an nei tawh bawk. An pa hna-thawhna avangin Aizawlah an pem a, tunah hian Hlimenah in leh lo neiin an khawsa mek a ni.

Rawngbawlna lamah chuan kum 2002-ah Hlimen Dam Veng Kohhran a indan atangin Kohhran Hmeichhe Committee-ah a tel nghal a. Kum 2003 atangin Office Bearer-ah awmin Secretary leh Assistant Secretary hnate a chelh thin a, tunah hian Secretary hna a chelh mek a ni.

Kum 2008-ah Bial Kohhran Hmeichhe Committee-ah tel tanin, kum 2009-ah Assistant Secretary hna a lo chelh tawh a, tunah hian Hlimen Bial Buhfaiham Ziaktu tang lai a ni.

Tualchhung Kohhranah chuan Naupang Sunday School lamah Beginner leh Sacrament Department-ah zirtirtu leh Leader-te a lo ni tawh thin. Tunah chuan Inrinni zan thuhritu a ni a, Kristian Chhungkaw Committee-ah member a ni mek bawk.

Bible chang a ngainat em em chu Johana 3:16, *“Pathianin khawvel a hman-gaih em em a; chutichuan, a Fapa mal neih chhun a pe a, amah chu tu pawh a ring apiang an boral lohva, chatuana nunna an neih zawk nan,”* tih hi a ni. A hla duh tam tak zingah KHB No. 57-na, *“Krista thisen hlu tak chhuak chu, ka tan a hlu a ni,”* tih hi a duh ber a ni.

“Kristian chhungkaw tha tak din turin chhungkaw tinten nasa lehzualin tan i la thar zel ang u,” tiin min chah a ni.

*Hriat atan***HRUAITUTE ZINNA**

A hnuaiata lan ang hian Leadership Training leh Kristian Chhungkaw campaign neihpuiin an feh chhuak:

- | | |
|---------------------------------------|--|
| 1. Bawngkawn Bial
12-13.5.2018 | 1. Pi K. Lalliantluangi
2. Pi Sailuti
3. Pi Lalpianzami |
| 2. Bawngkawn Bethel Bial
12.5.2018 | 1. Pi Rinchawii
2. Pi Lalrinpuii |
| 3. Aibawk Bial
1-3.6.2018 | 1. Pi Liansangi
2. Pi Lalrinpuii
3. Pi C. Lalrimawii |
| 4. Saitual Bial
1-4.6.2018 | 1. Pi Lalduhthangi
2. Pi Lalbiaksangi
3. Pi Chuauhmingliani
4. Pi Lalremruati |
| 5. Edentharr Kohhran
9.6.2018 | 1. Pi Liansangi
2. Pi Lalremruati |
| 6. Ramthar Veng Bial
15.6.2018 | 1. Pi Lalpianthangi Hrahssel
2. Pi Lalngaihzuai |
| 7. Sihfa Bial
13-15.7.2018 | 1. Pi B. Bualchhumi
2. Pi Lalhliapi
3. Pi Vanlalrovi
4. Pi Lalsangluaii |
| 8. Damparengpui Bial
13-15.7.2018 | 1. Pi Lalnunsiami
2. Pi R. Lalrampari
3. Pi Zodingliani |

KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Lalliantluangi
Vice Chairman	:	Pi Lalnuntluangi
Gen. Secretary	:	Pi Lalpianthangi Hrahsel
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Lalrinpuui
Finance Secretary	:	Pi Lalbiakhluni

COMMITTEE MEMBER-TE

- | | |
|-------------------------|------------------------|
| 1. Pi Lalsangliani | 2. Pi C. Thanthuumi |
| 3. Pi Zangeni | 4. Pi B. Bualchumi |
| 5. Pi Lalthanzami | 6. Pi Denghmingliani |
| 7. Pi Lalinghzuai | 8. Pi Biakchungnungi |
| 9. Pi Zoluri Sailo | 10. Pi F. Lalsangmawii |
| 11. Pi Liansangi | 12. Pi Chuauhmingliani |
| 13. Pi Zonunsangi | 14. Pi Thanghlupui |
| 15. Pi Lalpianzami | 16. Pi Lalnunsiami |
| 17. Pi Lalhliapi | 18. Pi Lalthanruai |
| 19. Pi Sangthuumi | 20. Pi Zasangliani |
| 21. Pi Lalrinpuui | 22. Pi R. Vanlalruati |
| 23. Pi R. Lalrampari | 24. Pi Zodingliani |
| 25. Pi P.C. Lalmangaihi | 26. Pi Lalremruati |
| 27. Pi Vanlalpari | 28. Pi R. Nuzawni |
| 29. Pi Lalduhthangi | 30. Pi Rothangliani |
| 31. Pi Lalsangluaii | 32. Pi Lalramthangi |
| 33. Ni. C. Lalrimawii | 34. Pi Vanlalrovi |
| 35. Pi Vanlalnghaki | 36. Pi Lalbiaksangi |

Ex-Officio Member-te

1. Rev. F. Lalrinnunga, Synod Moderator
2. Upa R. Dengzikpuia, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Rinchawii, Ex-Chairman
5. Pi Sailuti (PWF)

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohran rawngbawina tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2018 – 2020 RNI Regn. 40876/ 88



Aibawk Bial Kohhran Hmeichhia : Leadership Training



Bawngkawn Bethel Bial Kohhran Hmeichhia : Leadership Training



Mission Vengthlang Kohhran Hmeichhia : Leadership Training

To

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