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hriattir tur a ni.**Kum khat lak man ₹ 50.***Kristian Naupanga thu chhuahte hi Editor ngaih dan a ni vek kher lo.*

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BIBLE HI

Kan Bible hi a tirah bung leh chang nei sa a ni lo va, chhiar a awlsam zawk nan tlaikhawhnuah mi thiamten an siam a ni.

Bible-ah hian lehkhabu 66 a awm a, chung zinga bu lian ber chu Sam a ni a, hla 150 lai a awm. Lehkhabu te ber chu 2 Johana a ni a, chang 13 chauh a awm.

Bible-a bung sei ber chu Sam 119-na a ni a, chang 176 lai a awm a. Bung tawi ber chu Sam 117-na a ni a, chang hnih chauh a awm thung. Chang sei ber chu Estheri 8:9 a ni a, chang khat chauhvah chuan a sei khawp mai.

Bible-ah hian 'Lalpa' tih hi vawi 1,855 vel lai a chuang a; chutih laiin Pathian hming awm miah lohna awm chhun chu Estheri lehkhabu hi a ni.

Bible hi mihringte lo awm ÷an dan leh, kan khawsak mek dan leh kan thlir phak loh thil lo la awm tur thlenga min sawi lawksaktu awm chhun a ni.

Mihringte chanchin hi a chhe lai pawh pehhel nei miah lovin a sawi a, mi ÷hate awm dan te, mi sualte awm dan te a sawi nasa hle a ni.

Bible hi ngun taka chhiara, ÷awng÷ai chung a zir zel tur a ni. Pathianin kan hnena thu a sawina a ni si a.

DUHTHLANNA

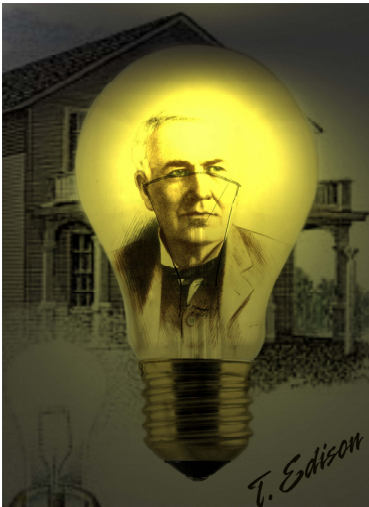
– *Dr. Rinpari Ralte*
Chanmari, Aizawl

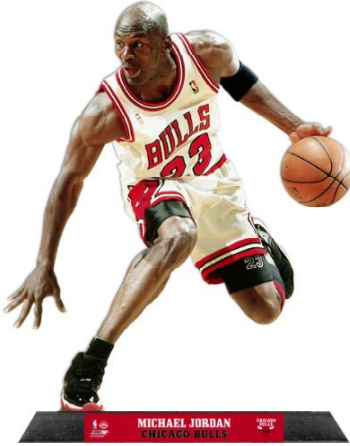
Duhthlanna kan siamin nasa takin kan nunah nghawng a nei thin a. An nuna thutlukna dik an siam avanga khawvela mi ropui tak tak leh hriat hlawh tak tak ni ta tam tak sawi tur an awm.

Electric light bulb siam chhuaktu Thomas Edison-a chu an sikul zirtirtuten lehkha zir turin a chut lutuk tia an sawi a ni a. Vawi sang tam tak hlawhchhamin light bulb siam a tum a. A hlawhchham nasat laia a rilru awm dan an zawh meuh chuan heti hian a chhang a, “Vawi sangnga ka

hlawhchham hlei nem. A siam theih loh dan vawi sangnga lai ka hmuchhuak zawk a ni,” a ti. A rilru put hmang atang chuan hlawhchham ngai lo turin thutlukna a siam tihna a ni. Mi ngaihsanawm tak a ni kan ti thei ang.

Khawvela basketball player ropui ber nia an sawi Michael Jordan-a pawh high school a zir laiin (Kum 15 mi a nih laiin) Varsity Basketball Team-a tel turin a inbeisei em em a. Mahse, an telh si lo. Rilru na em em inah a tlan haw a, a tap hial a ni. Amaherawhchu, a nu fuihna thu zawmin basketball khel chu a bansan duh lo va. Rilru tihnuual duh hauh lovin Junior team-ah a khel chho tang tang a, a tawpah chuan





basketball player ropui leh hlawhtling ber tia sawi a lo ni ta a ni.

Ringtute hian kan nunah thutlukna dik engtin nge kan siam ang? Kristian thalaiten thutlukna dik kan siam hian nun kawng dikah min hruai mai bakah hlawhtlinna a thlen fo thin tih hriat a tha. Tin, thianghlimna kawngah min vawng nasa em em a ni. Entir nan, thiante nawrna (Peer pressure) avanga sex hmang tur te, film tha lo en tur te, zu, damdawi hman sual theih chi leh ruih theih thil dang te, mei zuk te, sahdah, kuhva leh thil dang te ti ve tura nawr kan nihin, kan tih ve leh ve loh chu tu mawhphurhna nge ni le? Tu duhthlanna, /thu-

tlukna siam tur nge? NANGMAH kha a ni tiraw?

Eng anga nasa pawhin thianten min thlem thin mah se, a thutlukna, duhthlanna siamtu tur chu nangmahni kha in ni. In pawimawhzia hi inhriat chian a ngai a. Thiante nawrna avanga tih ve maia, a hnua, 'Ka thiante vang alawm,' tia puhmawh leh daih te hi chin loh a tha. A chhan chu, thutlukna siamtu leh thiante tih ang ti vetu chu nangmah kha i ni tho tho. Thianten eng anga nasa pawhin min thlem mah se, mahnin thutlukna dik siama, ti ve duh hauh lo khawpa mi huaisen kan nih a thul hle a ni.

Thutlukna dik chuan kawng dikah min hruai a, chu chuan rah duhawm tak tak heng – nun thianghlim, nun awhawm, hlimna, thlamuanna, hlawhtlinnate hi a thlen a. Thutlukna dik lo erawh chuan kawng dik lo lamah min hruai a. Chu chuan nun thianghlim lo, awhawm lo, hlauhthawwna, lungngaih-nate a thlen thei a ni.

Ringtutena kan thutluk-na, duhthlanna (Decision)

siam zawng zawngte hi Pathian thu mila kan ngaihtuah hmasak phawt zel a pawimawh em em a ni. Rom 12:2-ah Tirhkoh Paulan, *"He khawvel dan ang hian awm suh ula, Pathian duh zawng, a tha leh lawm tlak leh that famkim chu in hriat fiah theih nan in rilru a thara awmin lo danglam zawk tawh rawh u,"* a tih kha kan hre reng tur a ni.

He khawvel dan hi kan entawn (copy) tur a ni lo, mi tih dan ang zawng zawng ti ve thei kan ni lo tih hi kan rilruah kan vawn reng a ngai a ni. 1 Jn 3:13-ah chuan, *"Unaute u, khawvelin an huat che u chuan mak ti suh u,"* tiin a ziaak a. Mi nuihzat leh ensan nih kan ngaih chang a awm a nih pawhin Pathian thu mila thutlukna dik tak siam ngam zel tur a ni.

Heng Bible chang atangte hian kan Pathian hian khawvel kal anga thle ve dual dual turin min duh lo a ni tih a lang. Pathian chuan heti hian keimahni infuih thar reng turin min duh a. He thutiam hi kan nunah kan

vawng reng dawn nia. Ka nungchang, ka rilru, ka taksa leh ka nun hi ka thuhnuaiyah ka dah dawn a. Pathian thu awih chungchangah leh a chhia leh a tha thliar hran chungchangah te, tha taka lehkha zir leh, ka taksa enkawl that chungchangah te mawhphurhna lian tak ka nei. Miin min nuihzata min hmusit a nih pawhin a pawilo. An nui reng bik lo vang. Ringtu nun thianghlim ka neih theihna tur kawng daltu reng reng ka dodal tlat ang a. Thutlukna dik tak, Pathian thu milin siam ka tum zel ang.

Deut 11:27&28-ah chuan *"Lalpa, in Pathian thupekte, tuna ka pek che u hi in zawm chuan malsawmna; Lalpa in Pathian thupekte chu in zawm lohva, in hriat ngai loh pathian dangte be tura ka thupek che u in pensan erawh chuan anchhia,"* tiin a inziak a. Pathian thu mila duh-thlanna leh thutlukna dik kan siam chuan malsawmnain min hmuak a; chumi lo lam kan thlan erawh chuan anchhia tih hi kan hre reng dawn nia.

NGAIHZAWNG

– H. Lalramzawma
Sacrament Dept. ztu.
Khatla, Aizawl

*“Tleirawlin engtin nge a awm dan a tihthianghlim ang?
I thu ang zela a awm dan veng thain” (Sam 119:9).*

Tleirawlte leh thalaite zinga thu (Word) lar deuh pakhat chu ngaihzâwng tih hi a ni. Ngaihzâwng tih hi sawi fiah ngai lovin kan hriat sa vek a nih ka ring. Kan rilru luahtu, kan mi duh zâwng tak, hmuh phat atanga kan mi ngainat zawng tak te hi an ni ber ang chu!

Ngaihzâwng kan nei ve tawh em? Tu nge i ngaihzâwng? Keini Kristian naupangte chuan Ngaihzawng kan la neih pawh ka ring lo. Ngaihzawng neih hi eng nge a thaitna tih kan sawi dawn a ni.

Aw le, mipa leh hmeichhia inkara inngaihzawna hi a pawimawh em em a, mihring nuna bet ve ang hial a ni. Nupui pasal innei tur pawhin inngaihzawna ngai ve tlat thin. Inngaizawng kher lo pawhin a inneih theih tho tih erawh kan hriat a tha. Nupa hlim tak leh nupa inpawh tak ni tur chuan thianghlim taka

inngaihzawna hi a pawimawh hle. Nupui/Pasal tha kan duh theuh va, chumi tur chuan keimahni theuh hi kan pawimawh. Brazil Kristian tlangval, footballer lar deuh Kaka khan ngaihzawng a nei ve a, thianghlim takin an inzui thin. Sual lam eng mah an ti duh lo a ni. A ropui hle.

Tleirawl fel deuh Timothea hnenah Tirhkoh Paula chuan heti hian a hrilh a, *“Tleirawl châknate chu tlansan la, thinlung thianghlima Lalpa lam apiangte zingah chuan felna te, rinna te, hmangaihna te, remna te um ve rawh,”* a ti (2 Tim.

2:22). Kan tleirawl lai hi kan hun tawn pawimawh lai tak, Hun Rangkachak (Golden Period) a ni. He kan tleirawl hun hi kan hman that phawt chuan kan thih ni thlenga kan hlimna a thlen thei a. Chutih laiin kan hman that loh



hlahu chuan chatuana kan inchhirna hun rapthlak tak a ni ang. Chuvangin, tunah naupang leh tleirawl te pawh ni mah la, tuna i hun hman mek kha nakina i awm dan tur hriltu, kawhmuhtu a nih avangin i hman that a ngai takzet a ni.

“Ka la naupang a, duh dan danin awm ila, inkhawm

vak pawh a ngai lo, ka nulat/ tlangval hunah fel deuhvin ka awm ang a, nu leh pa ka nih hunah taima deuhvin ka inkhawm mai ang,” i tih chuan i tisual der tihna a ni. Lal Davida chuan, “Tleirawlin engtin nge a awm dan a tihthianghlim ang?” tiin zawhna a siam a, amah vekin heti hian a chhang nghal a:



“I thu ang zela a awm dan veng thain,” tiin. A pawimawh hle mai. Pathian thu ang zela a awm dan veng tha chu an nihlawh ang a, Pathian malsawmna an dawng dawn a tihna a ni.

Thuhritlu tam takin tleirawlte zawhna tam ber chu ‘NGAIHZAWNG neih hi a tha em?’ tih hi a ni an ti. Mi tam tak chuan kan tleirawl tirh hian ngaihzaung neih ngei ngei tur emaw kan ti a, hmeltha deuh leh chhe ve deuh te, pian nalh deuh leh nalh vak lem lo te pawhin ngaihzaung hi kan melh ve ringawt thin. Chutih rualin inngaizawng zawng zawng an innei vek kher lo va, innei zawng zawng an inngaizawng vek bik lo tih hi kan hriat a tha.

Tleirawlten kan hriat tur pawimawh ber chu – ngaihzaung neih hi hmanhmawh loh tur tih hi a ni. Dik tak chuan, tleirawl laia ngaihzaung nei hrat deuh te hian pasal tha tak an hmu lo chawk. Tleirawl laia inti-*luck* deuh te, intizei deuh te,



intiþhian nei tha deuh te hi an ziktluak mawh hle a, tifuh an tlem hle.

Bible kan en chuan mi ropui leh mi hlawhtling tak tak – Davida te, Mosia te, Josefa te, Daniela te, Josua te pawhin an tleirawlin ngaihzaung an neih kan hre lo. Ruthi te, Estheri te, Rebeki te khan tleirawl ngaihzaung an neih kan hre lo. Mahse, Pathianin nupui/pasal tur tha deuh a lo pe daih. Naupan lai, tleirawl chhoh laia Pathian þih leh a duh dan anga a awm dan veng tha chuan malsawmna tam tak an dawng dawn a ni.

THU AWIHNA

– *Ngurthanthuangi Ralte*
Primary Dept. ztu.
Champhai Vengthlang

Tunlai khawvela naupangte nunin a mamawh berte zinga mi chu 'thu awihna' hi a ni awm e.

Bible chuan, "*Naupangte u, Lalpaah chuan in nu leh in pate thu zawm rawh u, chu chu thil dik a ni si a,*" (Eph 6:1) a ti a. Kan hmuh theih loh Pathian thu kan awih theih dan chu Bible thu anga kan hmuh theih kan nu leh pa te, zirtirtu te thu zawm te hi a ni. Kan nu leh pate thu kan awih hian Pathian thu kan awih a ni.

Pathianin thu awihna hi a ngai pawimawh em em a ni tih hi hriat reng tur a ni. Nu leh pate thu kan awihin kan ngaichang thiam tur a ni a, ei leh in chungchangah te, zirna kawngah te, kan ni tin khawsaknaah te min enkawltute thu kan awih tur a ni.

Tin, zirtirtu leh aia upate thu awihin kan zah thiam tur a ni. Zirna

kawngah phei chuan thu awih hi a pawimawh khawp mai. Zirtirtute thu awih lo tan zirna kawnga tih that a har viauin ka ring. Keini Kristian naupangte chuan kan lehkha zir lai atangin Pathian thina nen rinawm takin kan tih turte tha takin kan ti thin tur a ni.

Thu awih loh pawizia :
 Tunlai khawvelah chuan naupang tam takin nu leh pate thu awih lovin, sual kawng zawhin inkhawm te ngaihsak lovin anmahni nuam tih zawngin an nun an hmang a,



a tawpah an inchhir leh ðhin. Nu leh pate thu awih hi harsat chang awm mah se Pathian thu a nih tlat avangin kan tan a ðha a ni. Pathian thu, kan nu leh pate thu kan awih loh hian tu dang mahin an tuar lo va, keimahni ngeiin kan tuar ðhin.

Thu awih ðhatna : Thu awih ðhatna hi tam tak a awm a, kan sawi seng lo hial zawkin a rinawm. Amah-erawhchu, Bible-in Pathian thu awih ðhatzia min hrilh langsar zual tlem te kan sawi dawn a, hriat reng kan tum dawn nia.

Dam reina a ni : Thu awih hi dam reina a ni tih kan Pathian thu chuan min hrilh a, *“Naupangte u, Lalpaah chuan in nu leh in pate thu zawm rawh u, chu chu thil dik a ni si a, i nu leh i pa chawimawi rawh; chutichuan, i tan a ðha ang a, leiah hian i dam rei bawk ang”* (Eph. 6:1-3). Tunlaia tleirawl leh ðhalai ðhenkhat an thih hma chhan chu thu awih loh vang niin a lang. Pathian leh nu leh pate

duh loh zawng ei leh in te, zuk leh hmuam leh ruih theih thil an tih luih ðhin vang te, an phal lohna hmuna an awm luih ðhin vangtein mi ðhenkhat chu an dam rei loh phah a ni. Chuvangin, Kristian naupang fel tak takte hi chuan nu leh pate thu awih hi dam reina a ni tih hre rengin, thu awih takin kan awm zel dawn nia.

Thu awih chu vanram kaina a ni : Bible-in vanram kai tur a tihte chu Pathian duh zâwng ti ðhinte an ni tih min hrilh a. Thu awih hi Pathian duh zâwng a ni a; chuvangin, vanram kai kan duh chuan Pathian thu, nu leh pa thu kan awih tur a ni.

Keini Kristian naupang fel tak takte hian, a hnung kan zui Lal Isua ngei pawhin thu a awih avangin hetia awm thei chauh hi kan ni tih hria ila, Good Friday kan hman theihna chhan hi a thu awihna rah chhuah a ni. Chuvangin, thu awih hi dam reina te, vanram kaina te a ni tih hriain, engkimah thu awih i zir zel ang u.

TAWP CHIN NEI LO

- *L.P. Mapuia*
Primary Dept. zirtirtu
Ramhlun North

Zanah pawnah chhuak la, han maimitchhing vang vang la, van lam hawiin uluk takin han en teh le. Arsi leh thlate chu an lo êng iar ang a, a changa arsi thlawk lo phe zeuh thin te, a changa thlawhna (Airbus) lo thlawk te pawh i hmu mai thei a ni. Uluk lehzuala i en phe chu thil êng phe miah lova thlawk i hmu mai thei. Chu chu rocket an ti a, thil zir chiang tura mi thiamhovin vana an kah chhuah a ni.

Mihringte kutchhuaka rocket thleng hla ber leh zin thui ber chu 'The Voyager' an tih chu a ni. He Voyager hi NASA-in universe zir chiang tura kum sawmli zet kal ta, kum 1977-a an kah chhuah a ni. Gravitational force hmangin darkar khatah km. 35,000-a chakin a thlawk pur pur mai a, a thlawh chakzia kan hriat thiam theih nan, racing car te hi an tlan chak ber pawhin darkar khatah km. 300-400-te a ni pha tawh thin a ni. Chu Voyager chu tunah pawh hian arsi chanchin zir chiang turin van boruakah a la thlawk kual zel a, mihringten kan la thlen loh

leh tlawh ngai reng reng loh hmunte tlawhin data leh thlalak pawimawh tak tak lei lamah an rawn thawn thin a ni. Khawvel atanga tehini heti khawp hian thlawk chakin thleng hla tawh mah sela, van zau tak nena tehkhin chuan a thlen chin hi a la tawi em em a. Scientist-te pawhin a tawp chin leh a len zawng pawh an la hriat chhuah theih loh 'universe'-ah hian he lei hi chhunhan (Dot) khat ang lek hian kan leng ve nal nal a ni.

He Voyager hian kan solar system a kalsan dawna kan khawvel thlalak a rawn thawn hnuhnung ber chu 'A pale

blue dot' tih a ni. He thlalak hi internet leh youtube velah chuan a lar hle. He thlalakah hian boruak zau tak leh chhah mup maiah chuan kan lei chu chhunhan (Dot) tiat lek hian a de ve ve a, Astronomer Carl Sagan-a chuan, "Saw chhunhan te reuh te saw i ngaihtuah Chiang em? Saw saw he lai hmun hi a ni. Khawvel pum pui chu saw chhunhan te saw a ni a. Sawtah sawn i hmangaihte zawng zawng leh i hmelhriat zawng zawng te, i chhung leh khatte leh i thenrual zawng zawngte pawh an awm vek. Khawvel thil chi hrang hrang hi a her chhuakin a her liam tawh a, lal te, mi fing te, mi mawl te, mi pangngai te, mi hausa leh rethei te pawh saw chhunhan te reuh tea awm vek saw an ni," a ti a ni.

He pa hian a sawi dik zet mai. Universe zau lutuk mai leh tawp chin nei lo hian a entir Chiang em em mai chu a siamtu Pathian awmzia hi a ni. Presbyterian thurin II-naah chuan, 'Pathian chu chatuan mi, tawp chin nei lo,

danglam ngai lo a ni,' tih kan hmu. He van boruak zau em em mai leh a tawp chin pawh hriat loh hian Pathian nihna a lantir a ni. Kum sang tam tak kal ta khan Lal Davida chuan, '*Vante khian Pathian ropuizia chu a entir a,*' a lo ti daih tawh a. Mihring finna hian Pathian ropuizia a chhui chhuak thei lo ang bawh hian, van zauzia pawh khi a chhui chhuak ngai lo vang.

He universe ropui leh zau tak mai hi a mak a, chhui chhuah leh hriat fiah ngaihna awm lo khawpa zau leh ropui a ni. Chung zawng zawng aia la mak ta ber mai chu – chung zawng zawng siamtu Pathianin keini mihringte min hmangaiha a Fapa min pe hi a ni a. A hre Chiangte chuan mak an ti a, ropui an ti a, theihtawpin Pathian rawng hi an bawl thin a ni. Keini naupangte leh tleirawlte pawh hian Pathian ropuzia leh min hmangaih nasatzia hi hre thar leh ila, tawp chin nei lova min hmangaihtu Pathian thu chu awihin ni tin fel takin hun i hmang thin ang u.

PATHIANNI SERH

– *Lalthlanawma Khiangte*
Senior Dept. zirtirtu
Armed Veng South

Ramtea chuan a nu leh pate thu leh zirtirtute thu a awihin, Sunday school-ah pawh a ninhlei ngai lo va, hauh ngaiin a awm ngai lo. Kum tawp exam-ah pawh a titha thei hle a ni.

Vawi khat chu a thiante pahnih – Sanga leh Mawia-te chuan Pathianni tlaiah sikul kawtah inkhelhpuiah anrawn sawm a; mahse, Ramtea chuan a nu leh pa leh zirtirtuten Pathiannia inkhelh an phal loh thuin a chhang a. A thiante chuan, “A ho lutuk! Mite pawh an inkhel ziah tho alawm,” tiin an thlem a; mahse, a duh lo va, inkhel tur chuan an kalsan ta a.

Sanga leh Mawia-te chu an inkhel ta a, nuam an tiin an hlim hle mai a; mahse, an inkhelha ball an inchuhna lamah Sanga chuan a ke chu a tiulh ta a, a kal thei ta reng reng lo mai a, a thianten in thleng an paw haw ta ringawt mai a. A ke chu a dam hlei thei ta tlat lo mai a, sikul pawh a kal thei lo va, in-exam

lah a hnai tawh si a, sikul pawh kal mumal lo chuan a in-exam ta a, a tichhe hle mai a. An zirtirtuten an khawngaih a, pawl erawh chu an sawntir ta hram a ni.

An \hianpa Ramtea erawh chuan a nu leh pa thu a zawm a, Pathianni a serh tlat avangin exam-naah pawh chuan an class-ah pakhatna a ni ta a ni.

Ramtea chuan a \hianpa damlo chu a va kan ve a, Pathianni tlaia inkhelh leh infiam \hat lohzia te chu a thiam ang tawkin a \hianpa chu a hriih a. Sanga chu a inchhir hle mai a, “Tun a lang chuan vawi khat mah Pathiannah ka inkhel tawh ngai lo vang,” tiin Pathian hnenah \awng\aiia ngaihdam dilin a intiam ta a ni.

MI DANG TANA MALSAWMNA

- *Zingengmawii*
Champhai Vengthlang

Thian inkawmngeih êm êm hi an awm a, naupan lai ațanga inkawm an ni a. Chu mite chu Zuala leh Tluangtea-te an ni.

Vawi khat chu Zuala leh Tluangtea chu chakai khawrh turin luih an kal a, nuam an tiin an hlim êm êm a. Chutia hlim taka chakai an khawrh lai chuan saphai lian deuh hi an awmna lamah a rawn tleng a. Tluangtea te tan han tlanchhiatna hman a awm tawh si lo va, ngawi rengin an ding ta char char a. Tluangtea leh Zuala chu an hlauthawng em em a, an rilruin an țawngțai char char a.

Tluangtea chuan, "Aw Lalpa, Zuala'n a țawngțainaa a dil apiang che hlawhtlinter la, kan pahniha dam taka kan haw leh theih loh chuan Zuala tal hi eng na mah tawrhțir lo hram ang che," a ti a. Zuala ve thung chuan saphaiin engtin mah a tih loh nan a dil a. Chutia an rilrua an țawngțai mawlh mawlh lai chuan mi pakhatin saphai chu a rawn kap hlum a. Zuala leh Tluangtea-te chu dam takin inah an haw leh ta a.





Zanah chuan dam taka in an thlen theih avangin Pathian hnenah lawm thu sawiin an ṭawngṭai a. Zuala ṭawngṭainaah chuan vantirhkoh arawn inlar a, “Zuala, nang chuan dam taka i haw leh theih nan i dil a, Tluangtea ve thung chuan i ṭawngṭaina a hlawhtlin theih nan a dil a. Pathianin mahni pawhin ngaihtuah hmasa lova mi dangte tana dil kha a ngaihlu a, a tihlawhtlinsak a ni,” tiin arawn hrilh a.

Nang pawh mi dangte tan ṭawngṭai ṭhin la, kan Pathian

pawhin Amah be tam turin min ti a. Mahse, mahni hmasial loh tur a ni. Mi dang i hmangaiha, i dah pawimawh chuan Pathianin engkimah a pui zel ang che,” a ti a.

Zuala chu a inchhir em em a, amah chauh a inngaihtuah avangin a ṭhianpa a chan ṭep chu pawh a ti a. A inhmuchhuak a, a ṭawngṭainaah te, thil a tih reng rengin mi dangte tana ṭha tur tih zel a tum ta a ni.

LALPA ṬIHTU AN NIHLAWH ṬHIN

– R. Lalhmingmawii
 Beginner Dept. zirtirtu
 Ramhlun North

Josefa chanchin aṭangin Pathian ṭih thatzia i lo zir teh ang.

Josefa chu Jakoba leh Rakili-te fapa upa zawk a ni a. Josefa hian u mipa sawm lai a nei a, nau mipa pakhat a nei bawk. A pa Jakoba chuan ran rual tam tak a nei a, chung ran rualte chu Josefa ute chuan an veng ṭhin a.

Josefa chu Jakoba tar lam fa a nih avangin a unaute zawng zawng aiin a pa chuan a hmangaih zawk a; tichuan, kawrfual ze hrang hranga zia a siamsak a. A ute chuan Josefa chu an pain a hmangaih bik tih an hriatin ani chu an haw ta a, an be ṭha duh ta lo va.

Vawi khat chu Josefa mumangah chuan Josefa buhphal chu a ũte buhphal chuan chibai an lo buk a. Tin, ni leh thla leh arsi sawm leh pahnihte chuan chibai an lo buk bawk a. Chung a mumang te chu a unaute a hrilh chuan an haw zual ta êm êm a ni.

Ni khat chu, a pain Josefa chu a ute ran rual vennaah a tir a. Josefa chuan a pa thu hnial miah lovin a kal ta nghal a. Nu leh pate'n min tirhnaah te hnial lovin thu awih takin Josefa ang hian kan ti ve ṭhin tur a ni.

Josefa chuan a ute chu Dothan-ah chuan a va hmu ta a. A unaute chuan hla tak aṭanga Josefa lo kal an hmuh chuan, “Saw, mang neia a lo kal,” tiin a thah dan tur an ngaihtuah a. Josefa chu an hnen a lo thlen chuan a kawrfual an hlihsak a, khuarkhurumah an thlak ta daih a.

A ute hian Josefa hi an hmangaih hlawl lo va, hei hi Pathian duh zawng a ni lo. Pathian chuan kan unaute pawh ni lo mi dang pawh hmangaih turin min ti a ni.

A unauten chaw an ei lai chuan Ismael sumdawng rual, Aigupta rama chhuk thla tur an hmu a. Josefa chu that lova chung sumdawng hnena hralh thu an rel ta zawk a, Josefa chu khuarkhurum ata la chhuakin tangka sawmnhinin an hralh a. Ismael sumdawngte chuan Aigupta ramah an hruai ta a ni.

Josefa chu Pharaoa hnuai hotu pakhat Potiphara chuan Ismael sumdawng hnen aṅang chuan a lei a. Pathianin Josefa chu a awmpui tlat avangin a hmuangil em em a. Pathian chuan a thiltih apiangah a hlawhtlintir zel tih a pu chuan a hmu a, a in chhung thil zawng zawng enkawltuah a dah ta a. Josefa chuan Pathian a ṭih avangin a hlep ru duh lo va, rinawm taka awmin a pu chungah thil soal eng mah a ti ngai lo. Hetiang hian keini

Kristian naupangte pawhin Pathian kan ṭihin, rinawm takin kan nung ve tur a ni.

Josefa chu hleitling tak leh hmelṭha tak mai a ni a. Potiphara nupui chuan a ngaizawng a. Ni tin mai hian mutpui turin a thlem ṭhin a. Nimahsela, Josefa chuan, "Hetiang thil soal hi engtin nge Pathian lakah ka tih theih ang?" tiin a hnial ṭhin. Tu mahin min hmu lo mah sela, Pathianin min hmu reng a ni tih hriain Josefa ang hian Pathian kan ṭih tur a ni.

Ni khat chu tu ma awm loh laiin, a pu nupui chuan mutpui a sawm leh a. A pi chuan a puanah a pawt a, Josefa chuan a tlansan ta daih a. Potiphara a lo haw chuan a pi chuan Josefa chu amah mutpui tumah a puh let ta hlauh va. Potiphara thinrim chuan Josefa chu lung inah a khung ta a.

Lung inah pawh chuan Pathianin a awmpui zel a, tang vengtu chu a khawngaihtir a, tan inah chuan Aigupta lal Pharaoa no

kengtu leh chhang siamtu an tang ve a. Zan khat chu an pahnih chuan mumang awmze hrang nei an mang ve ve a. Zing a lo nih chuan Josefa hnenah an mumang chu an sawi a.

Josefa chu Pathianin mumang hrilhfiyah theihna a pek avangin an mumang chu a hrilhfiyahsak a. A hrilhfiyah ang tak chuan Pharaoa chhang siamtu chu an khai hlum a, a no kengtu erawh a hna ngai an thawhtir leh a. Josefa chuan no kengtu chu amah hre reng turin a chah bawk a.

Kum hnih lai a vei hnu chuan Aigupta ram lalber Pharaoa chuan mumang a nei ve ta a. A mumang avang chuan a mangang em em a, tu man an hrilhfiyahsak thei bawk si lo. Pharaoa no kengtu chuan Josefa chu a hre chhuak a, Pharaoa hnenah chuan a sawi ta a. Lalber chuan Josefa chu tan in aṅanga la chhuak tur leh, a hmaa dinga a mumang hrilhfiyah turin thu a pe ta a.

Josefa chuan Pharaoa mumang mak tak mai chu hrilhfiyahin, Aigupta ramah kum sarikh chhung buh tam tak an thar ang a, chumi zawh kum sarikh chhung chu ram pum puiah ṅam nasa tak a tla dawn a ni. Chuvangin, Pharaoa chuan mi fing leh remhria, Aigupta ram enkawltu tur ruat sela, kum sarikh chhung, buh ngah kum chuan ṅam kuma ei tur buh chhek khawl turin thu a rawn a. Pharaoa chuan a hote hnenah chuan, "Ani ang Pathian thlarau awmna hi kan hmu zo dawn em ni?" a ti a. Aigupta ram zawng zawng hotuah a ruat ta a.

Josefa chuan Pathian a ṅih tlat avangin a nunah miin Pathian hmel an hmu ṅhin a. Josefa hian harsatna chi hrang hrang a paltlang a, Pathian ṅih tlatin rinawm takin a awm bawk a. A tawpah chuan Pathianin mal a sawm a, Aigupta ram hotuah a siam ta a ni. Keini pawhin Josefa anga Pathian kan ṅih tlat chuan Pathian malsawmna kan dawng ve dawn a ni.

SOCIAL MEDIA LEH KRISTIAN NAUPANGTE

– Linda Lalrinpari Sailo
Chandmary

Social Media kan tih – Instagram te, Facebook te, Twitter te, Snapchat leh a dangte hi tleirawl aṅanga ṭhalai, puitling thlengin an hmang nasa em em a. UK-a Royal Society for Public Health (RSPH)-in tleirawl kum 14–24 mi hnen aṅanga an zir chiannaah chuan thlalak leh video clip inthawn kual theihna app 'Instagram', khawvela mi maktaduai 700 chuang hmangtu awmna chu social media hrang hrang zinga hlauhawm ber leh ṭha lo bera puan a ni.

Instagram hi Face-book ta a ni a, tunah hian khawvela Instagram hmangtu hi Facebook hmangtu let 15 aia tam mah an awm a ni. Royal Society for Public Health (RSPH)-in a zir chiannaah an hmuhchhuah chu Instagram



hian tleirawl leh ṭhalaite zingah depression te, mahni intihlum duhna te, mahni inzahpuina te, mahni inhmuhsitna te, mi dangte tih anga tih ve chakna te, rilru

hrisel lo leh rilru natna chi hrang hrang te, mut theih lohna te bakah thlauhthlak bik hlauhna (Fear of missing out) te a thlen thei a ni.

Instagram hi kum 13 chin chung lam hman tura duan a ni a. Amaherawh-chu, Mizoteah chuan kum 13 tling lo tam takin Instagram-ah account te neiin nasa taka hmang an awm a ni.

Zir chiannaah chuan ni tin darkar hnih emaw, a aia rei emaw heng Instagram leh social media hmangtute-tan depression leh rilru lam

natna hrang hrang neih a awl êm êm a ni.

Instagram-in a nghawng tel pakhat, ram hrang hrang pawhina an buaipui nasat êm êm chu – a tak aia ða, mawi leh hmelfhaa thlalak pho chhuah duhna hi a ni. Hei hi hmeichhiaah a nasa zual em em a, follower leh like-tu neih tam duh vangin mahni nihna aia nasa leh turu zawkten an intar langin an inpho chhuak ta ðin a. Hei hian kan sawi tawh rilru natna chi hrang hrang a thlen nasa hle a ni.



24hcomputerrepair.com

Heng kan sawi tak aþang te hian keini Kristian naupang leh tleirawlte hi engtin nge kan invenin kan him theih ang? Instagram leh a dang, social media-te chu an kum bithliah chin kan pelh tawh chuan kan nu leh pate phalnain kan



hming theiin kan nei thei a ni. Amaherawhchu, keimahni kan inthununtir tur a ni lo va, kan nun tihchhiat phah nan kan hming tur a ni lo.

Kan nun tichhe tur laka kan inven theihna ða ber chu Bible chhiar leh ðawngtaï hi a ni. Bible hi hun bi neia chhiar tum hram tur an a, heng Instagram leh a dang khawih nana darkar tam tak tak hun khawh ral ai hian Bible chhiar nan te hming zawk ila, chu chuan nun hlimna thuruk, tu ma mi pek theih loh kha min pein kan nei thei zawk dawn a ni.

Keini Kristian naupang leh tleirawlte hian kan hun awlah Instagram-a pho chhuah tur thlalak buaipui lovin, Bible chhiar leh ðawngtaï nan kan hun awl hi i hming tlat zawk ang u.

LEHKHABU CHHIAR

– C. Lalrammuani
Bethlehem Venglai

Mi pakhat, a hming Alfredo Pareira an tih hi Mexico ram khawpui pakhat Guerrero-ah a awm a, amah chu sumdawng hausa deuh mai a ni a, a chanchin ngaihnawm deuh mai heti hian a sawi.

Ka naupan lai chuan kan rethei em em a, Mexico ram khawpui zingah pawh a rethei ber dawttu Guerrero-a veng tlabirh deuhvah kan chhungkuain kan cheng ve a. Ka pa chu ni tina inhlawhfa a ni a, kan ei khawp hi a thawk chhuak ngawr ngawr a ni. Kan unau hi mipa hliir paruk kan ni a, a naupang ber dawttu ka ni. Kan rethei viau na a, kan hlim ru tlat a ni. A chhan chu, ka pa chu Pathian tih mi a nih bakah a chhungkua a enkawl thiam em em a, kan zahin kan ngaisang em em a, a thu kan hnial ngai lo. Pathiannah biak inah kan inkhawm vek thin. Ka pa chu rilru hausa tak mai a nih avangin a beiseina hi a thi ve ngai lo, tuna hetia ka lo hlawhtlinna pawh hi amah vang liau liau

a ni. Ani chuan sum dek chhuak tam thei lo mah se, eng tik niah emaw chuan a fate zinga pakhat tal chuan an chhungkaw dinhmun chu a siam tha ang a, nuam takin an la awm ve ang a, lehkhabu chhuar changtlung deuh pawh an la nei ve ngei ang tih a beisei tlat a ni.

Kan unau chu home school-ah vek kan kal a, sikul pangngaiyah tu mah kan kal lo. Kan awmna atanga a hlat bakah sikul fee tur te kan nei lo. Mahse, ka pa chuan lehkhabu hi a sum neih ang



angin a lei ðhin a, chu chu kan ro hlu neih chhun a ni. Kan hun awl apiangah lehkha kan chhiar a, kan lehkhabu chhiarte chu lehkhabu ðha tak tak a nih avangin kan tet lai aþang daih tawhin kan thil-tihna reng rengah tumruhna te, huaisenna te, mahni inrin tawkna te, beiseina te min pe ðhin. Chuvangin, kan in chhung bungruaa kan ngaih pawimawh ber chu kan 'El estante' (Lehkhabu chhuar) chu a ni. Kar tin a inchhawkin kan tifaiin kan inrem ðhat chhawk ðhin.

Kan unau chu kum 13 kan tlin chuan tum mumal kan nei deuh vek tawh a. Kei chuan khawpuia kala, sumdawn ka tum a ni. Kan upa ber Luciano chuan *farm* siam a chak a; mahse, sum kan neih loh avangin ka pa chuan theihtawpa puih a tiam a, keini pawhin theihtawpin kan lo pui bawk a, a hlawhtlinna hmuh hun chhung a rei ngawt mai. Sik leh sa a lo inþhen chuan a ran vulhte an lo thi a, a ðhen an lo piang bawk a, kan chhungin kan buaipui ðhin. Mahse, chuti khawpa

hahthlak leh hlawk lo chu ni mah se, ka pa fuihna, "Mi in tihtakzeta neih duh a neih phawt chuan lei leh van hi a lamah an þang zel ang," a tih kha a hre reng a, eng tikah emaw a âr te, a vawk te, a bawng te chu an lo pung ang a, sum tam tak a la la lut ang tih a beisei tlat a. Chutia theihtawp takmeuh a chhuah takah chuan lei leh van chu a lamah an þang nameuh mai. Tunah chuan chhiahhlawh pawh tam tak a lo nei ta.

Ka nu leh pa leh ka unaute chuan rim takin hna an thawk vek mai. Naupang lam pawh kan tih theih tawkah kan awm mai mai ngai lo. A tlangpuiin tlai dar 5 aþanga dar 6 inkarah lehkhabu ka chhiar ðhin a, a chang chuan darkar hnih te pawh ka chhiar ðhin. Tlai khat ka lehkhabu chhiar chu sawi thiam si loh hian engtin emaw ka awm riai riai mai. Chutia eng emaw ti taka ka awm lai chuan ka mitthla nge ka suanguahnaah chuan mi pakhat, ip khai puar zet mai kenga ka lam pan ang than hi ka hmu a, ka mitvai emaw

ka tih kha a lo kal hnai zel a, chu pa chuan a ip khai chu min pe a. Nui ni chiah si lo, a hmuia nui hmel pu deuh si hian a mit meng thiltihtheih hmel em em hian ka mitah min en a, heti hian a han ti a: "I tih tura lum hlen chhuah i tum tlatna hi i chanvo chang tura ke i penna a ni. I la naupang a, mi tin hi nang ang rual kan nih lai chuan kan tha a za a, engkim hi a fiahfai a, engkim hi a chiang bik a. I nuna thil lo thleng reng reng, a chhia emaw a tha emaw lo hma chhawn zel tura i huaisen vanglai tak a ni. Mahse, i upat hunah chuan i nun a zuai ang a, i tha a lo thum ang a, i chanvo tur pawh i chang phak lo emaw i ti ang. Tu pawh ni la, eng pawh ni rawh, duhthlanna eng emaw i lo nei a nih chuan chu i duhthlanna chu tihtakzeta nei tura mamawh leh duh i neih phawt chuan lei leh van hi i lamah a tang zel ang," a ti a, a kal ta a (*A thusawi dan leh a tawngkam chhuak zawng zawngte chu ka lehkhabu chhiara putar tawngkam chiah tur ni hian ka lo suangtuah hman pek a, a*



thusawi tawp ber tlar phei chu ka pa pawhin ka u Luciano hnena a lo sawi thin ngei kha a ni tih ka hria). A kal tak hnu chuan a ip khai min pek chu ka'n hawng ta a, lehkhabu hlir mai hi a lo ni a. Chutia ka thlir reng lai chuan thawklehkhatah lehkhabute chu pawisaah a lo chang ta mai a! Mak ti em ema ka thlir lai chuan ka nu awin, "Alfredo, Alfredoo," a tih ri chuan chu ka suangtuahna mumang atang chuan min kai harh ta. A tak emaw ka tih kha ka mumang mai a ni tih ka hre ta a.

Chutia mumang angreng mitthla angreng ka neih hnu chuan ka rilruah chuan a cham ta reng a. Ka lehkhabu chhiar lai chu ka chhiar chhunzawm zel a, ka lehkhabu chhiar atang chuan ro hlu chhar tain ka inhria. Chu chu 'tumruhna leh beiseina' a ni. Ka pa hnenah chuan kum 16 ka tlin kum

c h u a n
sumdawna lam
buaipuia bul ñan
ka duh thu ka
sawi a. Ka pa
chuan ka la
naupanzia te,
harsatna tam tak



ka tawk dawn tih te, ka
nung khawchhuak lo mai thei
tih te pawh a hre vek; mahse,
ka rilru hnualna turin eng
mah a sawi lo. A sawi erawh
chu ka lehkhabu chhiara mi
bawk kha a ni.

"Miin tihtakzeta neih duh
a neih phawt chuan lei leh van
hi a lamah an ñang zel ang,"
tih khan min thlah a; tichuan,
khawpui lam panin tleirawl
kum 16 mi chu ka chhuak ta
a. A tir añang rengin harsatna
ka tawk nghal pang mai;
mahse, ka pa hnena
beidawnga let leh chu ka tum
hauh lo. Ka rilruin Isua
hnenah ka ñawngñai ñhin.
Khawpuiah ka la chetla ñhang
lo bawk nen, mi ningkhawng
ka hre lo va, an khawsak dan
ka hre hek lo. Chutah sum ka
la nei tlem em em zui bawk

nen. A chang chuan ka in
luahah chuan ei tur pakhat
mah neih loh chang ka nei
ñhin. In luah man pek theih
loh chang pawh ka nei ñhin.
Ka ñap duh lo va, hun inher
dan tur ka ngaihtuah a,
engkim hian chhan leh vang
a nei.

Pathian hian ho mai
maiin eng mah a siam lo tih
ngaihtuah te hian ka
hrehawmna theihnghilhin tui
takin ka lo muhil ve leh ñhin.
Chutia beidawng duh lo na na
na chu lei leh van chu ka
lamah ñangin, ka mumanga pa
pakhatin a ip khai min pek
kha a takah a lo chang ta zel
a. Ka lehkhabu chhiar khan
tumruhna leh beiseina min
siam a, theihtawpa ka chanvo
nei tura ka beihna chu
Pathianin mal a sawm ta a ni.



Hriatzauna Huang

Lalremmawia

Mizote hian hma kan sawn ve hle tawh a. Keini naupangte hian kan nu leh pa, kan pi leh pute khawsak harsat leh hrehawm dan kha kan hre thiam tawh lo zawk hial awm e. Kan vannehzia kan hriat theih nan chung chu thenkhat han sawi ila.

Chaw : Kan chaw ei ber buh chungchang han sawi ila. Hmanlai chuan lovah buh an tuh a, an seng a, a hûmin mahni in theuhvah buhzemah an dah a. Chu chu tuk tin hmeichhe puitlingten an ei khawp te tein sumah an deng fai chawp thin. Chutianga den chawp reng ngai chu a hahthlak em avangin kan pi leh pute khan, “Pialralah chuan fai sa ringin kan awm tawh ang,” an ti thin. Vanramah chuan buh hi a hum ni lo, chhum mai theiha den fai sa kan nei tawh ang, an tihna a ni. Chutianga kan pipute duhthusam chu tunah chuan kan thleng ta reng mai. Chaw ei thleng pawh chhungkaw tinin pakhat, lian pui an inawm mai a, a sirah chaw dah kualin a laiah chawhmeh an dah a, antui

chhawpna chu an nei ve tho va; tichuan, chhungkuain chu chu an kil tlang mai thin.

Ek in : Hmanlai chuan tu man ek in an nei ngai lo! An in aţanga hla lo te, daiah, ramhnuaiah an va kal a, an va e mai thin. Chu vang chuan, e sawi nan daikal/daileng tih ţawngkam hi a lo piang a ni. Mawng ek thiar nan hnimhnah leh hmawlwte an hmang thin a. Kangthai hnah hman palh chang chuan mawng a thak thei hle awm e. Ek in neia a banga dap an hman thin hnuin mawng ek thiar nan bang chu an thliak nasa thin bawk. Daia an ek thin lai chuan an ek chu vawkin a ei zo thuai thin. Ropui lo tak a ni! Tunlai nen chuan a inang lo hle.

Faina : Hmanlai chuan tui a harsa a, a dah khawlna an nei mumal lo bawk a, khawsak relna khawp ngawr ngawr an chawi a ni deuh mai a. Tui an chawina hmanrua pawh tuium te a ni a, tun hnai deuhvah tel tin hman a ni a. Tui chawi leh dah khawl a harsat vang te pawh a ni ang,

insuk leh inbualte pawh tuikhurah an ti mai òin. Tunlai angin sahbawn te a la awm ve lo va, sahbawn aiah chingal an hmang òin. Tui a harsat avangin an inbual khat a, an bal òin hle. Tunlaih chuan naupang tam tak chu bual inah tui lum herh haw theihah, sahbawn leh sham-poo rimtui ber ber nen duh hun hunah kan inbual thei tawh a, kan vannei teh e.

Mutbu : Tunlaih chuan mi tam takin rizai leh blanket òa tak tak leh lum nuam tak tak kan nei tawh a, khaw vawh chang pawhin vawt hre hauh lovin kan mu thei tawh a. Hmanlai chuan chutiang chu a awm ve lo va. Chhung tinin zana sin tur pawnpuin an nei theuh va, chu chu an inzawn put mai òin a ni. Pawnpuin hi tah a hautak avangin a tah turin nuho an inlâwm òin a ni. Pawnpuin atan hraw puin puin la an kai a, a chhung lamah chuan a pawr an zep a, lum òa ve tak a ni.

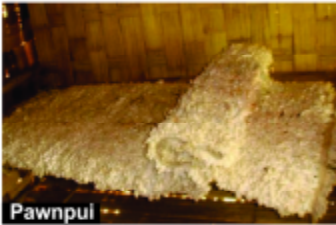
Chi : Chawhmeh leh ei tur dang tituitu chi hi tunlaih chuan man tlawm tein dawrah lei mai tur a awm a. Hmanlai chuan chi hi a vang em em a, khaw khata mi hausa deuhte

chauhvin duhtawka chi liah tur an nei òin. Chi siam (Chi teng) tur chuan ramhnuai hla takah zan eng emaw zat an riahchilh òin.

Thawmhaw : Hmanlai chuan tunlai angin puanthan te a la awm lo va, chhung tinin mahni thawmhaw tur insiam chawp vek a ngai a. Lovah la an ching a, la chu a seng theih hunah an en a (La chu an lo tihna). Chu chu inah hawnin ni saah an pho òang a, a mu paih fai turin herawtin an her a, chumi hnuah la sainain an sai dip leh darh a, chu chu an han chawn leh a, chu chu hmuiin an han kai leh a, latui hlum a lo ni ta a, latui chu la dinlekin an han dinlek leh a, laduang a lo ni ta a. Laduang chu buh tuihnângin an chhâm khir a, pawnah an zar ro va, a ro òan tirhah lakhuihin an khuih hniar ta sang a, a ro hnuah in chhungah an seng lut a, an hun remchangah sùvêl (La hlumna)-in an hlûm a, la chu zai neiin hlûm theihin a lo awm ta a ni. Lahlûm chu thembu-ah an bâng leh a, puanah an tah a, chung chu kawrah te, iptepuiah te an òui leh ta òin a ni.

(Phek hnungah a lem a awm.)

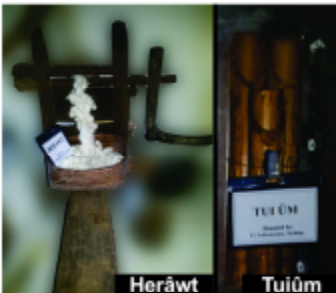
Hriatzauna Huanga milemte



Pawnpui



Chaw bêl



Herâwt

Tuiûm



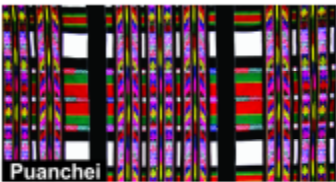
Buh deng lai



Hmui



Sûvêl



Puanchei



Khuhhriang

HRE THEI RAWH

1. Mizoram State Chief Minister hmasa ber tu nge?
2. Bible-a mihring hming lang hmasa ber tu nge?
3. Isua thlahtute hming tam tak, Chanchin Tha Matthaia ziakah a lang a. Chung zingah chuan Jentail mi an tel ve a, tute nge?
4. Kristian Naupang chanchinbu Editor hmasa ber tu nge?
5. Kristian Tlangau chanchinbu Editor hmasa ber tu nge?
6. Bible-ah hian bu 66 a awm a, eng bu nge lian ber?
7. Khawvel ram hrang hrangah hian khawi ram (Area) nge zau ber?
8. Bible-ah hian bu 66 a awm a, bung eng zat nge awm?
9. Bible-ah hian kum 900 chuang dam mi pasarih an awm a, chung mite chu tute nge?
10. Bible-ah hian hmeichhe hminga lehkhabu ziak bu hnih a awm a, eng bute nge?

1. Laldenga 2. Adama 3. Rahabi, Ruthi 4. K. Lalituangkima
 5. R. Dala 6. Sam 7. Russia 8. Bung 1, 189
 9. Adama, Enosa, Jareda, Kainana, Methusela, Nova, Seta
 10. Ruthi, Estheri

Naupangte thuziak

ṬHIAN ṬHA BER

– *Mawingaihawmi (Omomi)*
Intermediate Dept.
N.E. Tlangnuam

Khaw pakhatath hian naupang fel tak mai hi a awm a, a hming chu Andrew-a a ni a. Nu leh pa thu awih thei tak a ni a. Sunday School kai kim lawmman pawh kum tin a la ziah ṭhin. Ni khat chu sikul banah lehkha zir a tum a, chutih lai chuan Lawma leh Sanga-ten mi huana thei ru turin an sawm a.

Andrew-a chuan, “Ka duh lo, thil ruk chu Pathian duh loh zawng a ni asin,” a ti a. Ani chuan, “Lehkha ka zir dawn,” a ti a. Lawma chuan, “Nang te chu Pathian thu awih alawm i nih. I Pathian hnenah dil la, a thiamtir mai dawn che alawm,” a ti vel a. Andrew-a chuan, “Chutia i tih ringawt! Thiam nan chuan zir hmasak phawt a ngai asin,” a ti a. Sanga chuan, “A nih leh lo kal lo mai rawh. Tun aṭang chuan inkawm tawh lo vang,” a ti a. Andrew-a chu a rilru



a na em em a, lehkha pawh a zir ṭha peih lo va, a ngui bawk si a, a nu chuan ni dang ang lo a ti a. A nu chuan, “Mama, engati nge lehkha i zir miah loh va?”



a ti a. Andrew-a chuan, “Vawinah ka thianten mi theihai ru turin min sawm a, ka duh lo va, ‘Thian pawh kan ti tawh lo vang che,’ min tih khum lehngal a,” a ti a. A nu chuan, “E, Bawihte, lungngai reng reng suh, anni aia thian tha ber Isua i nei alawm,” a ti a. A tukah chuan a thian dangte nen an inkhel a, an haw kawngah chuan an ril a thamin an tui a hal em em a. Chutih lai chuan theihai hmin tui tha tak mai an hmu a, a thiante chuan ruk tumin theihai kungah chuan an lawn a. A thiante chuan, “Andrew, lo ve

la,” an ti a. Andrew-a chuan, “Ka duh lo,” a ti a. A thiante chuan, “Kan lawh kep ve dawn miah lo che a nia,” an ti a. Andrew-a chuan, “A paw lo, thil sual tih ai chuan riltham tawrh ka thlang zawk,” a ti a. Riltham chung chuan inah a haw ta a.

Andrew-a ang bawh hian keini pawh thil sual tih duh loh avangin thian kawm tur nei lo mah ila, thian tha ber Isua kan nei a ni tih hi hre reng ila, thil sual tiha hremhmun kal ai chuan, riltham tuihal tuar pawh ni ila Isua hnen thlen a hlu zawk a ni tih i hre reng ang u.

HETIANG MITE TA A NI SI

– *Upa Lalhriata*
Jubili, Mission Vengthlang

“Hetiang mite tâ,” han tih tawp chu a chhumbung hle mai tir’u? Mahse, chhiar zel ila, naupang fng chuan kan hre thiam ngei ang.

“Hetiang mite,” Lal Isua’n a tih chu ‘naupang tète’ an ni. Keini pawh naupang kan la ni si a, kan tâ pawh a ni ve dawn a nih chu. A nih leh kan tâ tur chu eng nge ni? A chhanna chu ‘Vanram’ a ni. Vanram neitu han nih mai chu a ropui teh e. Puitlingte tan chauh ni sela chu kan awt ngawtin ka ring. Mahse, Pathianin vanram chu naupangte tân a lo phal ve a, hmanah khân min lo pe daih tawh a nih chu. Kan vannei hle mai tir’u?

Vanram chu eng ang nge kan sawi fiah thiam lo. Bible-in min hrilh danin ‘chatuan hmun’ a ni tih kan hria, eng tikah mah tâwp ni awm lo tur chu. Tâwp ngai lo ringawt a ni lo va, a nawmzia sawi sen rual loh a ni bawk. Nuam lo sela chu a rei zawh poh leh a hrehawm mai dawn a ni si.

Chutah chuan rilțam te, tuihal te leh hrehawm rêng rêng a awm ngai lo va. Tin, khua a thim ngai lo bawk. Khaw thim hlau țhin tan pawh hlauh tur a awm miah lo a nih chu. Tu mah an damlo ngai lo va; chuvangin, damdawi ei a ngai lo va, damdawi in leh doctor-te pawh an awm a țul hek lo. Thlanmual a awm dawn lo. Vanah mitthi an awm ngai loh vang a ni.

Chutah chuan lehkha zir a ngai lo va, kan thiam sa vek mai dawn a ni. Pitar leh putar leh naupang pawh awm lovin, țhalai hmelțha em em an ni vek tawh a. Vantirhkoh thla neite nen hlim takin an leng za a. Tu mah an inhau ngai lo va, zu rui leh mi sual reng reng pakhat mah an awm miah lo a ni. A va’n nuam dawn êm tir’u maw?

Chu hmunah chuan kal ve i châk em? I châk chuan i kal thei e. Mahse, chu hmun chu Isua ta a nih avangin a thu zawmtute chauh an kal a phal. Naupang mah ni se, a thu zawm duh lo, nu leh pate thu pawh awih duh lo chu an kal a phal dawn lo a ni.

Mihring tan vawi khat thih ruat a ni a, chumi hnuah rorelna a awm ang. Chu RORELNA NI chu a lo thlen hun chuan Isua ringtute leh ringlote chu an la thliar vek dawn a. Kan thiante, kan nu leh pate vanramah an kaltir a, keini hremhmuna min kaltir mai teh chuan le! “Kan nu, ka pa, in hnena lo kal ve ka duh, min hruai ve rawh u,” tiin tap lawm lawm mah ila, “Bawihte, a pawl lutuk! Kan thu a ni si lo. Isua kha lo ring ve ni la chu i lo kal ve mai tur. Tunah chuan a tlai tawh si. Bawihte, ka va ngai dawn che em!” tiin tap chungin kan la inthen dawn a ni. Ni khat lek pawh an awm lohva kan ngaih em em thin kan nu leh pate kha chatuanin kan hmu tawh dawn lo tih kan hriat chuan a

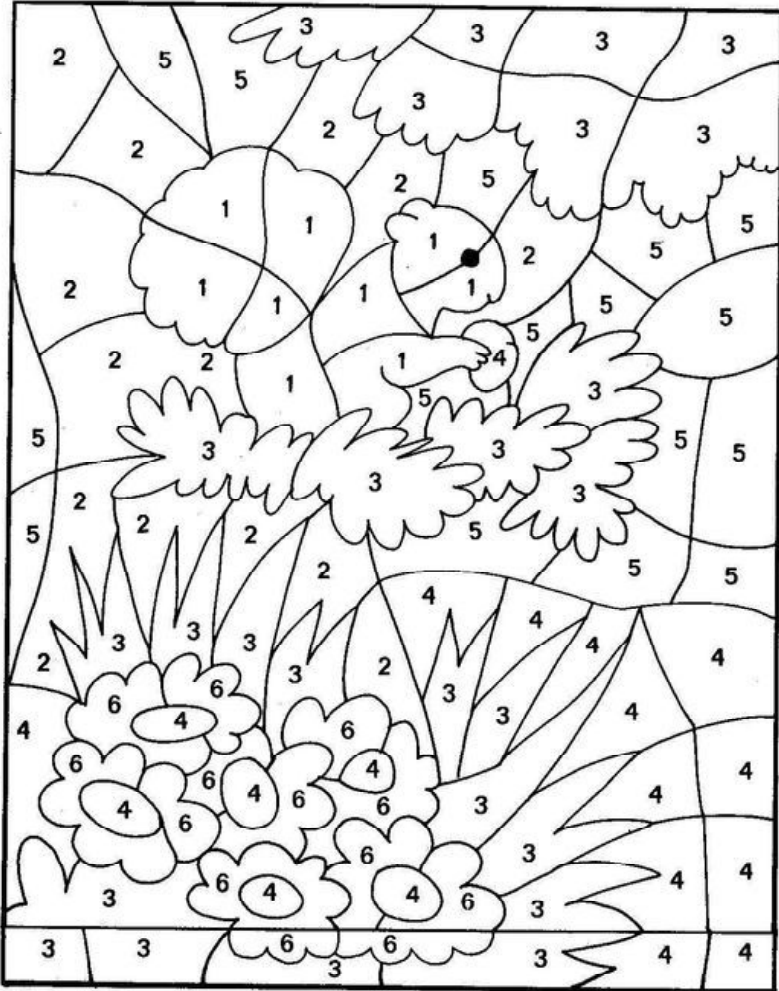
va hrehawm dawn tak! “Hmangaihtu leh hmangaihte pawh inthen a tul tawh ang,” tih hla ang khan, min hmangaihtute nen kan la inthen dawn a nih teh chuan le! “A rapthlak turzia chu aw ka sawi thei lo,” tih hla kha kan chan tur a ni dawn a ni. Hremhmuna chuan chungkaw kim pawhin kal mah ila, kan tap chuah chuah ringawt mai dawn a nia, a nuam chuang hauh lo vang le.

Vanrama kan kal theih nan Isua chu kan sual vangin kraws lerah tuarin kan tan a lo thi tawh a. Chumi ring apiangte tan chuan vanram kawngka chu min hawnsak ta a ni. Lal Isua i ring duh em? “Lal Isu, min hmangaihtu i ni a, i hnenah ka inpe e. Ka thinlungah hian Lalber ni turin lo cheng ang che,” tiin amah chu kan sawm duh em? Kan duh loh chuan a hnenah kan kal thei dawn lo a nih chu.

Vanrama i kal theih nan duhsakna sang ber ka hlan che a. Vanah inhmuh leh ngei kan tum dawn nia. Vanram chu naupangte tan a ni si a.

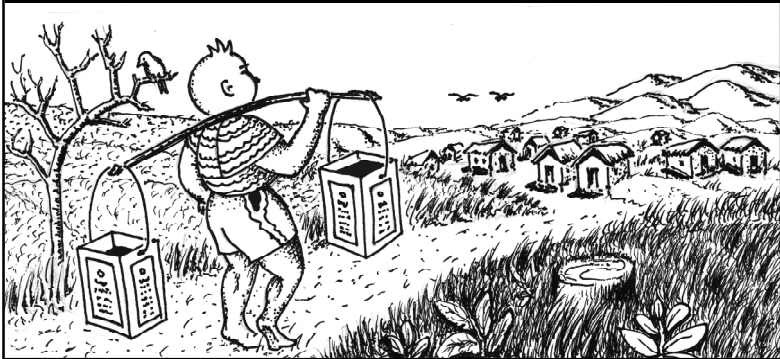
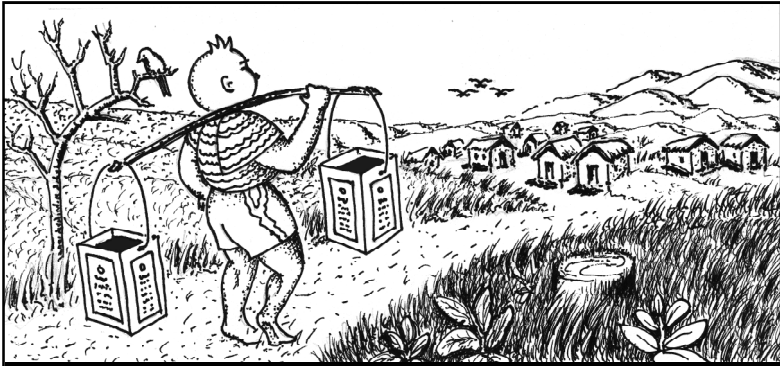


CHEI CHHUAH



- | | | |
|-----------|----------|-----------|
| 1. grey | 2. brown | 3. green |
| 4. yellow | 5. blue | 6. purple |

KA HMUH ANG HMU THEI RAWH



A chung a lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

A hnuaiah hian a chhanna lo ziaak la:

1.
2.
3.
4.
5.
6.

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To



**Albawk Kohran
Naupang Sunday School**

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