



Chhuah tan

1986

AGAPE

Vol. XXXV No. 362

SEPTEMBER 2022



Kristian Chhungkua

Phek – 2

Ngaihdamna

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

Lak man : Kum khatah ₹ 100.00
Copy khat ₹ 8.33

EDITORIAL BOARD

Editor : Zothansiami
Joint Editors : Vanlalhruaii
R. Lalrempuii
Circulation Manager : Ruth Lalhmangaihi (98623 06787)
Member-te : 1. Dr. Lalthansangi Fanai
2. Lalthmingliani
3. A. Nazi
4. Lamchhingi
5. H. Lalfakmawii
6. Rev. Lalbiaknia
Publisher : Rev. V.L. Luaia Hranleh
Agape Phone No. : 0389-2326372 (Heng number-ah hian
email : agapechanchinbu@gmail.com office hun chhungin
biak theih a ni.)

A chhunga thu awmte

1. **Kristian Chhungkua** : Kristian Chhung 2
2. **Sermon** : Ngaihdamna 6
3. **Sermon** : Hmangaihte tana inpe - Nute 9
4. **Sermon** : Isua hmingin 12
5. Dil rawh u 16
6. **Article** : Tawngtaina chhângtu Pathian 17
7. **Article** : Lungawina 21
8. Kum 2022 chhûng atâna Hmangaihna Ina nau chhâwmna petute leh an chhâwm zât 25
9. **Hriselna Huang** : Damdawi chungchanga kan hriat fuh tawk loh thenkhat 28
10. **Hruaitute Chanchin** : Lalhlimpuii 32

*Editorial***BEIHRUALAH THO CHHUAK ILA**

Kohhrana rawngbâwltu pakhat chuan, “Hripui vanga rei tak kan inkharkhip hnuah nunphung pângngai kan zawh chhoh ãan leh mêk lai hian infiamna khawvêl te, rimawi khawvêl te leh punkhâwmna thil dangte chu an tho chhuak suau a ni ber a; kohhran erawh kan la tho chhuak thei ve rih si lo a!” tiin a ãhahnemngaih thu a sawi a. Hei hi ngaihtuah zui tham tak a ni âwm e.

Inkhawm kan pung thei rih lo va, kohhran chêt vêlna pawh a muang ruih mai emaw tih tûr a ni a. Pathian faka zai thawm pawh a la ring tâwk lo! Zu leh ruihhlovin na takin min nuai a, mahni nuam tih zawng leh duh zawngin min thunun thûk hle mai bawk a. Social media (an tih)-ah te chuan phunnâwina lam thil a langsâr êm êm a, kan inpumkhatna leh ãanrualna te a hniam tulh tulh emaw tih tûr a ni. Pathian ãihna rilru, ãha leh chhia, dik leh dik lo, mawi leh mawi lo thliar thiam tûra Pathianin rilru fîm tak min pêk chu thil dangin a pawlh khawlo zo ta mai emaw tih tûrin mi tam tak hi chu kan khawsa niin a ngaih theih hial bawk.

Beihrial thla kan hman mêkah hian hnungtawlhte hnuk hnâi tûr te, chaute hnêna chakna Isua Krista kawhhmuh tûr te, kun ngawih ngawiha awm mêk leh beidawngte hnêna damna famkim Krista kawhhmuh tûr te, khaw hmu lêk lova duhâm emaw tih mai tûrte hnêna mamawh chhâna Krista hriattîr thar leh tûr te, sual hnathawh hrang hrang avanga chhûngkua rûm mêkte ãanpui tur tein i inbuatsaih ang u. Beihrialah hian Kohhranhote hi i tho chhuak ang u. Kan khawvêl hian a chhandamtu Lal Isua a mamawh ê mai!

Kristian Chhûngkua

KRISTIAN CHHUNGKUA

Joshua 24:14-18, II Timothea 1:5

- *Pi Saiṭhuamluaili*
Kulikawn West

Pathian thu kan chhiarah khan Josuan Israel-hote thlahna thuchah – Mosia dan lehkhahua ziak zawng zawngte pensan hauh lo va, huai taka pawm tlát turin a chah a. Heng hnam an zinga la awmte nen inchiah piah lova an pathian rawng pawh bawl lo va, kûna chibai an buk lohva Lalpa an Pathian chu vuan tlát zawk turin a chah a. “Lalpa in Pathianin thuthlung pawm tura a pek che u hi in bawh chhiata, pathian dangte rawng in bawla, kuna chibai in buk chuan Lalpa thinurna chu in chungah a ling ang a, ram ṭha tak a pek che u ata hi in boral thuai mai ang” a ti a.

Lalpan Aigupta ram aṭangin Mosia leh Arona hmangin a hruai chhuak a (a thawnthu chu kan hre theuh va), malsawmnain a vur a, an thawh chhuah hauh loh ram leh an siam hauh loh khawpuite a pe a, an phun hauh loh grep leh olive-te an ei a. Chuvangin, Lalpa chu ṭiṭha, tih tak zet leh dik taka a rawngbâwl turin an thlahtuten Aigupta rama a rawng an bâwl ṭhin pathiante pah vek a, Lalpa kan Pathian

rawng chauh bâwl turin a fuih a, “Kei leh ka chhûngte erawh hi zawngin Lalpa rawng a ni kan bâwl dawn ni” a ti a.. Mipuite pawhin, amah Lalpa kan Pathian ngei chu alawm kan thlahtute nena Aigupta ram bawih ata min hruai chhuak a, chhinchhiahna ropui tak takte ti a, kan kalna apianga min venghim zeltu chu. Chuvangin, keini pawhin Lalpa rawng a ni kan bawl dawn ni, amah chu kan Pathian a ni si a” an ti a.

Pathian rawngbâwl turin an duhthlanna an siam fel a. Pathian dangte rawngbâwl lova an awm chuan Lalpan a ngaihtuah a, an dote a hnehsakin an mamawh apiang a pe a, mal a sawm thin a ni. Lal an han nei a, Lal Saula, Lal Davida, Davida fapa Solomonan ro a rawn rêl a, Pathianin finna leh hausaknain a thuum a, khawvelah a aia fing leh hausa an awm lo hial a ni. Chu chuan a nupui Pharoa fanu pathian a lo be ta a, milem Pathian lama a kun tak avangin Solomona chu Lalpa thutiam angin kum khuua a thlah leh zel pawh lal tur kha an tlu chhe ta. Mi ramah te salah an tang ta a nih kha.

Chutiang chuan keini pawh Lalpa lam kan en a, a thu kan awih chhung chuan kan hnenah a awm ang a, kan chhûngkuaah a cheng reng dawn a ni. Amaherawhchu, kan hawisana, khawvel sum leh pai hausakna lama kan rilru kan pek chuan Lalpa thlarauvin min chhuahsan mai ang Solomona ang hian.

Lalpan chhûngkaw tinte hi a din a ni a, a duh anga awm turin min duh a ni. Keini chhûngkuaa ‘Nuho’ hian kan chhungkua hi eng angin nge kan kaihhruai inchhut ila, kan fate, kan tute kan enkawl danah hian Lalpa a lungawi ang em inngaihtuah ang u. Israel faten Lalpa rawng chauh bâwl an tum a, hun a lo kal zel a, milem pathian biain an hawisan leh thin. Keini erawh hi chuan kan Lal Isua hnung i zui tlat ang u. Khawvel ropuina leh sanna te hi kan thinlung luahtir lo ila, Lal Isua i hliahtir lo ang u.

Kan fate kan enkawl danah hian thil pawimawh tak tak pathum han tar lan ka duh a. Chungte chu :

1. Bible chhiar leh zir:

Bible chhiar chhuah kumah kan puang thin a, chhiar chhuah theuh pawh tum ila. Kan Kohhranah hian kan tih dan tha ka tih êm êm chu – Naupang chang kan zirtîr a, Sunday School-ah an thawh thin hi a ni. An by-heart a, Sunday School-ah an zirtirtuten an lo zawt a, an

sawi par par mai hi an thinlungah an lo khawl a, a hun taka an hman turin Lalpan a rawn hriat chhuahtirin an mamawh tak kha an thinlungah a rawn sawi thar thin, keini nuho pawh kan thinlunga Lalpan thu a sawi ang hian.

Kan fate lehkha zirin hmun dangah kan hmuh phak lohah te an han awm a, dam lohna te leh harsatna te an han tawk a, chung hunah te chuan an Bible chang by-heart hmang te khan Pathianin a pawl thin.

“Ka rilruah Pathian thu – Lalpa chu min vêngtu a ni a, ka tlachham lovang...tih te, Pathian chu kan inhumhimna leh kan chakna, mangan laia tanpui vartu hnai reng a ni...tih te a lo lang a, Pathian thlarauvin min awmpui reng a ni tih ka hria a, ka thla hi a muangin ka hlim veng veng thin” an han tih te hian nu rilru chu a hlim thin a ni ti rawh u. Chuvangin, Bible chang vawng thei turin kan tu leh fate hi i zirtîr uar lehzuang u.

2. Ṭawngṭai: Keini nuho hi ṭawngṭai tam hi kan mamawh hle mai. Ṭawngṭai uar kumah te kan puang thin a, nikum aiin ka ṭawngṭai tam em mahni inzawt ila, kan ṭawngṭai hun te kha kar khatah vawi khat talin ti tam thei ila a va duhawm êm! Zing ṭawngṭai kal te hi uar deuh deuh ang u. Chhûngkaw chanchin han sawi lawk ila, (chapo thu ni lo se, Lalpa ropui nan) Hri a lo len avangin lockdown a nih lai khan Biak Inah kan inkhâwm thei lo va, mahni inah kan inkhâwm thin kha.

Pathianni vawi khat chu chawhnu sharing hun kan hmang a, kan fapa hmun danga lehkha zir lo haw kha a rawn ding a, chuta a thu sawi chu ka thinlungah hian a châm reng a, ṭawngṭai hi a lo va pawimawh em tih ka hriat chian lehzuang phah a ni. A thu sawi chu - “Phaiah te lehkha zirin kan han awm a, mi fel tak takte an awm laiin zu han in maite an awm bawk a, zu han in mai te hi a awl êm êm a, birthday lawm leh eng emaw han tih khawm chang

te hian thianten an han in a, in ve mai chak chang te hi a awm thin; mahse, ka nu leh ka pate ka tan an tawngtai reng a, chaw nghei ten ka tân an tawngtai thin tih ka thinlungah a lo awm thin a, chuvangin ka in thei thin lo a ni. A hnua ka ngaihtuah leh te hian ka in loh avang khan ka inchhir lo va, ka hlim phah zawk thin” a ti a ni. Chuvangin, nu leh pate hian kan fate, kan tute tan hian tih tak zetin, theih tawpin thahnemngai takin i tawngtai ang u.

3. Inkhawm: Kan tu leh fate hi Pathiannah an inkhâwm em? Chawhma an inkhâwm a, chawhnu inkhâwmte hi kan tlem leh viau thin a, an awmna chin kan hria em? Keimahni kan inkhâwm a, kan fate, kan tute an inkhâwm em? An inkhawm loh avangin kan hau thin em? Pawi tihna kan nei em? Nu thenkhat hi chuan an inkhâwm leh khâwm loh te hi kan hre thin lo niin a lang, sual hi i hua ang u. Puithiam Elia pawh khan a fate sual an ti reng chung pawha a zilhhau loh avangin Pathian thinur an

chungah a lo thleng a nih kha, kan tu kan fate an inkhâwm loh avangin hau ila, Pathian hian an thatna tur a nih chuan vuak pawh a phal a ni.

Vawi khat chu kan fanu pakhat hi Intermediate an nih lai khan Pathianni chawhnu inkhawm lovin an thiante nen an lo inkawm a, a inkhawm lo tih ka hriat chuan a lo haw hnuin inkhawm loh pawl a tih theih nan a inkhawm loh avangin ka vua a ni. Chuta tang chuan exam lai leh lehkha zir ngawrh a ngaih hun tih lohah chuan Inkhawm a thulh ngai ta lo. An inkhâwm loh fo chuan inkhâwm loh zel kha nuam an ti thin. Puitling pawh kan nih hi tiraw u. Hri avangin kan inkhâwm thei lo va, lockdown tirah chuan kan khua a har a, inkhâwm kan châk a, hun a lo kal zel a, inkhâwm loh kha nuam kan lo ti tawlh tawlh mai a nih kha. Inkhâwm a'n theih a, kan han inkhâwm tir kha kan va tlem thin em! Amaherawhchu, tunah chuan inkhâwm pawh kan tha leh ta. Tan i la thar zel ang u.

Timothea kha Tirhkoh Paulan rinna tak tak nangmaha awm chu ka hre reng si a, chu rinna chu a tirin i pi Loisi-ah chuan a awm a, i nu Euniki-ah chuan a awm bawk a, nangmahah pawh a awm tih dik takin ka hria a ti a. Chutianga Loisi leh Eunikite nuna Lal Isua hmuh

tur a awm ang khan keini pawh kan nunah miten Isua hmu se, kan tu kan fate nun ațanga enkawltu Nute nunah hian miten Lal Isua an hmu ve em? Rinna tak tak keimahnia awm miten an hmuh theih nân Lalpan a thu mal min sawmsak rawh se. Amen.

Lo neitu pakhat hian a fapa hi an thenawm thingtlâng khaw pakhat a hruai a. Kalkawngah chuan lui lian leh khauh tak mai hi kân a ngai a; lei (bridge) lah chu a hluiin a rawih tawh hle mai a. A fapa chuan a hlau hle mai a, an haw leh hun tûr mawlh mai chuan a rilru a kap a. A pa chuan a fapa hlauhthâwnzia chu a hre reng a. An haw lama chu lei an thlen chuan khua a thim tan tawh a. Chu pa chuan a fapa chu a pawm mu a, tui takin a muhîl a. A tûka a han harh chuan an mut pindanah him takin a lo mu reng mai a.

Thihna luipui kan kân hunah ringtute chu Chhandamtu ângchhûngah tui takin kan muhîl ang a; a ram nuam leh ropui tak, zân thim leh hlauhna awm tawh lohnaah chuan kan harh tawh dâwn a ni.

Lunggaihna tuipui fâwn a lo thlen hunah,

Ka lei hringnun a lo tâwp hunin;

Ka lunggai lo chhandamtun min hruai dâwn vângin,

Jordan lui malin ka kâi lo vang.

Sermon

NANGNIN TU NGE A NI MI TIH?

- Rev. Lalhmachhuana Ralte
i/c Nisapui Pastor Bial

Tin, Isua leh a zirtirte chu an kal chhuak a, Philipa Kaisari khawperahte chuan an kal a; tin, kal pahin a zirtirte hnenah, “Miten tu nge a ni mi tih?” tiin a zawt a. Tin, anni chuan, “Baptistu Johana a ni,’ an ti chia; mi dangin ‘Elija a ni,’ an ti chia; thenkhat erawh chuan, ‘Zawlnei tua emaw a ni,’ an ti che,” tiin an hrilh a. Tin, ani chuan an hnenah, “A nih leh, nangnin tu nge a ni mi tih?” tiin a zawt a. Petera chuan a hnenah, “Krista chu i ni,” tiin a chhang a (Mk 8:27-29).

Mizote hian mahni inthiam chawp hi kan ching hle mai a, ringtu nunah pawh hian ‘mi dang en lovin’ tih te, ‘mahni inen lovin’ tih hi kan uar hle a ni. Amaherawhchu, hei hi ringtute than mawh bâwk a ni ve châwk thin a ni. Mahni dinhmun pawh hre mumal lo hian rawng kan bawl a, Kristian nunkawng hi kan zawh a, mahni pawh kan dinhmun kan hriat chian loh em avang hian kan buai leh fo thin. Paula chuan II Korinth 13:5-ah chuan, “Rinnaah chuan in awm emaw, nang

mahni ngei inchhin thin ula; nangmahni ngei infiah thin rawh u. A nih loh leh, nangmahniah Isua Krista chu a awm tih nangmahni ngeiin inhre fiah lo vem ni? Duh loh in nih nghal loh chuan,” a ti a ni. Mahni thlarau nun Chiang lo tan chuan, “Miten tu nge a ni mi tih” tih hi kan ngaihtuah ngam lo fo thin.

Isua khan a zirtirte a fiahna leh a bula awm ni lo mi dangten tu nge a nih an hriat dan hriat kha a chak tlat a. A rawngbâwlina leh a thil tih ropui tak tak hmutute

pawh khan an hre chiang lo hle a ni. Baptistu Johana emaw, Zawlnei Elija emaw, zawlnei tu emaw ber ni tlat tur tein an ngai a. Petera erawh chuan, “Krista chu i ni” a ti chat mai.

Krista hnung kan zuinaah hian Krista kiangah ka awm em? Krista ka hriat dan hi a dik em? tih hi kan infiah fo a tul a ni. “Miten tu nge a ni mi tih” tih hi kan ngaihtuah tel a ngai reng thin. Mahni lam tha leh fel nia kan inhriat lai hian, kan chenpui te, kan thenawm khawvengte hian Krista ringtu kan nihna hi an

hre lo fo thin hi a pawl a ni. Petera chuan Krista a zui tlat a, a ke bulah awm a duh tlat a, Isua nihna hi a Pa vana miin a hriattir zawk a ni. Krista duh zawng hre tur chuan Krista kianga awm a ngai a, kan pawl a ngai a, kan pawl fo thin chuan a duh zawng kan hre fiah a, miten Krista hnung zuitu kan nihna hi an hre mai. Isua Krista hian amah hre fiah a, a duh zawng ni turin min duh a ni.

“Aw ringtu tu nge hruai thin che, i nunah tu nge lal ber le?”

LALISUA EN

George Mueller-a chu Canada ramah Chanchin Tha hril turin a kal dawn a. Atlantic tuipua lawnga an kal lain chhum chhah mup hian a dang a, an ding ta reng a. Captain hnênah chuan a hmanhmawh thu leh a tuk lawka thu sawi tur a nih thu a sawi a. Captain chuan, “Eng mah a tih theih loh. En teh mah, saw chhum a zing phui tlat a nih saw,” a lo ti a. Ani chuan, “Kei chuan chhum chhah mup saw ka en ve ngai lo, chhum siamtu Pathian ka en zawk thin,” a ti a, a tawngtai a. Chhum a kiang a, an kal leh thei ta a.

Sermon**HMANGAIHTE TANA INPE - NUTE**

(1 Sam 25:28; Rom 5:6-8)

*- Upa Vanlalphena
Kanan*

Maon khuaa mi, Nabala, Karmel tlanga ran vulhtu; mi hausa tak, kel 1000 leh beram 3000 lai neitu chuan, ni khat chu a beram hmul a met a. Hetiang hunah hian ruai an ðeh ðin a ni âwm e.

Chu thu chu thlaler awm Davidan a lo hriatin, a mite 10 lai chu thlamuanna thuchah nen a hminga chibai buk tur leh; a neih ang anga tlangvalte lo pe ve turin, inngaitlawm takin a han tîr a. Chutianga a tih ngamna chhan chu, a ran rualte leh amah Nabala leh a chhiahhlawhte chungã ðatna lantira; an tân chhun leh zanah kulh ang maia himna an lo nih ðin tawh vang a ni. Nimahsela, Nabala chuan chu ngenna chu hnawlin, chaltlai takin, “Ka sa talh chu tute nge an nih pawh ka hriat hleih loh te chu ka pe teh lul ang maw” tiin a lo hnial fithla a.

Chu thu chu Davidan a lo hriatin chu mihring, Davida

leh a hoten a chungã ðatna an lo lantîr ðin, thil ða lova thungrultu, lawmna chang hre lo chungah chuan a thinur chu a alhin a alh ta a ni. A sipai zali rual, an ralthuamte nen chuan Nabala leh a chhûngkuate that chimit barh turin an thawk chhuak ta rup mai a. Nabala leh a chhûngkua chu chhiatna nasa takin a hmuak mek a ni tih hriain, chhiahhlawh pakhat chuan Nabala nupui Abigaili, nu bengvar tak leh hmelðta tak chu thil awm dan a hrih thuai a. Ani chu rang taka che nghalin, engkim huamin, ralthuam nena lo thawk; Davida leh a hote thinur chu, a pasal leh a chhûngkaw tâna hmachhawn turin, thilpek

thahnem tak nen a thawk chhuak ta nghal a. Nabala neih zawng zawng mipa naupang pakhat pawh zuah lo tura thinura chhechham tawh Davida chu a lo hmachhawn ta a ni. A pasal leh a chhûngkua a hmangaihna chuan hlauhawm a pawisaktir thei lo va, huphurhawm hle mah se, a pasal leh a chhûngkua a hmangaihna chuan a tîr lui a ni.

Leisekawtah an intawk ta. Eng anga hlauhawm pawh lo thleng se, ding lamah emaw vei lamah emaw, tlanchhiatna tur reng a awm lo. Abigaili chu a sa chung ata chu chhukin, inngaitlawm takin Davida chu hmaia lei sia chibai bukin, a ke bulah a bawkkhup a. “Keiman, ka pu, keimah ngeiin khaw lohna chu ka hlauh mai ang e” tiin, a pasal âtna leh سوالنا zawng zawng chu amah inbelin, a mawh zawng zawng pawh phurh huamin, “I chhiahhlawhnu سوالنا hi khawngaih takin ngaidam ang che” tiin Davida ngaihdamna chu a dil ta a ni.

Abigaili inpekna thukzia leh nasatzia a hmuhin, Davida chuan chu a thil tih zawng zawng chu amah aţanga chhuak ni mai lovin; Pathian remruat leh rorelna hnuaia lo thleng, Lalpa tih tirah pawmin: “Vawiina mi lo hmuak tura tirtu che LALPA, Israel-te Pathian chu fakin awm rawh se” tiin, Lalpa chu a fak ta hlauh mai a ni. Davida thil thlir thiamzia hi a ropui hle mai. Abigaili thil tihah khan Pathian hnathawh zu hmu tlata maw le. Kohhran chet velna zawng zawngah hian Pathian ropuizia te hi hmu thiam ve ila a va tha dawn em! Tichuan, “Thlamuang takin i in lamah haw chho ta la, tin i thu chu ka awih a, i dilna chu ka pawmsak a che aw” tiin a kaltir ta a ni.

Abigaili inpumpêkna chuan amah leh a pasal leh an neih zawng zawng chu Davida thinurna meipui lak ata a chhhandam ta a ni. Nabala chu a ngai reng. A nupuiin a tuar ai a tuar tih pawh a hre lo. A sim thu emaw a inchhir thu emaw pawh kan hmu lo.

A awm ang angin, a tana tuartu, a nupui tuarsakna avangin thihna angchhûng ata chhanchhuahin a awm ta. Ngaihdam dilsaktu, amah hmangaihtu azarah; a hriat loh hlanin ngaihdamna changtuah siamin a lo awm ta a ni. A va ropui em! Hmangaihnaa thawhsakna chuan thil a va ti thei em! Hmangaihtu'n hmangaihte tana a thawhsakna hian eng anga kawli lian pawh a khêng thla zo a lo ni e.

Khawvel sual tlan nana Pathian hnathawh, a fapa kan Lalpa Isua Kristaa lo lang nen pawh a inrem hle mai. Tirhkoh Paula chuan kan Lalpa Isuan kan tana min lo tuarsak thu ti hian min hrih a. "Kan la chak loh lai khan, a hun tein Krista chu mi sualte ai chuan a lo thi ta si a" tiin (Rom 5:6). Kan fak hla siamtu'n,

"Mihring ka nih hma pawhin Lalpa Isu,

Thisena man dang beisei lova min tlan"

a tih angin; hmanah Pathian ngaihdamna changa, amah nen

kan lo inrem leh theih nan Isua Kristan kan aia a lo tuar tawh avangin, ngaihdamna changtuah siamin kan lo awm ta a ni. Ama zarah Pathian thatna kan lo chan ve theih nan, sual rêng rêng hre lo kha, keimahni avangin sualah siamin a lo awm a ni (2 Kor 5:21). Chu Pathian hmangaihna chu fak tlak a tih chhan pawh "Mi sualte kan la nih laia Krista kan aia a thih avang khan" tiin a sawi zui a ni (Rom 5:8).

Kohhran nu hote, mahni tu leh fate, pasal fanaute tâna mittui tam tak senga; a thim a var pawh sawi lo va; theihna zawng zawng an hmangaihte tana hlan thintute inhlanna leh inpêkna hi a thlawn lo vang. Tlawmsan duh lo, Grik hmeichhe pakhat; a fanu damna a nih dawn phawt chuan ui dinhmuna din pawh hnial lotu, a hmangaih tân a hlawhtling ang khan (Mt 15:21-28); Lalpan an hmangaihte tâna an rawngbawlna a hlawhtlinter ngei theih nan, a thu mal min sawmsak rawh se. Amen.

Sermon**ISUA HMINGIN****(2 Kor 5:20, Tirh 3:16, 16:18, Lk 1:31)**

- Pu R. Lalnuntluanga
Co-ordinator, Synod Office

I. Krista aia palai :

2 Kor. 5:20-ah chuan Krista aia Palai kan ni tih min hrilh a. He laia ṭawngkam ‘Palai’ tih hi a awmzia chu kan hre vek awm e, ‘Miin an aiawh tura an tirh’ ti ila a dik mai awm e. A sapṭawng chuan ‘Ambassador’ tih a ni. Sawrkar hrang hrang hian ram dangah aiawh tur Palai (Ambassador) a tir ṭhin a. A mawhphurhna chu a tirtu ram duh dan leh ngaih dan te, a awmna ramte hriattir te, a awmna rama a chipui awm vete venhim te leh thil chi hrang hrang a tirtu ram tih tur a pek apiang tih a ni. Palai chu a tirtu duh zawng ti mai tura beisei a ni a, ama duh zawng anga tal mai tur a ni lo va, a thil tih rêng rêng chu a tirtu hminga ti zêl tur a ni.

A tirtu Sawrkar a chak leh thiltihtheih dan azirin Palai tih theih kha a tamin a tlêm mai. Khawvela Kristan tih a duh apiangte Krista aiawha ti tur kan ni. Keimahni duh dana nung mai tur kan ni lo va, min tirtu, ai kan awha duh dana nung tur kan ni. He khawvel tân eng nge kan tih theih tih lam chu min tirtu thiltihtheihnaah a inngat.

2. Isua aiawhtuten Isua hmingin an ti :

Bible kan chhiar chuan Isuan a aiawh tur, palaia a tirhte chuan Isua hmingin thil mak tam tak an tih theih kan hre awm e. Tirhkohte Thiltih 3:1-6 ah chuan mi pakhat, pian tirh aṭanga kebai Petera’n a tihdam thu kan hmu a. Petera hian engtia tidam thei nge a nih? A tihdam theihna

chhan chu Nazareth Isua hming avang a ni. He laia Petera'n 'Isua hmingin' a tih hian Isua aiawhin a ti tihna a ni. Isua hming lo chuan Petera hian thil mak tih theihna a nei lo.

Tirhkohte Thiltih 16:18 ah pawh Paula'n Isua hmingin ramhuai a hnawt chhuak tih kan hmu, Paula hian ramhuai hnawh chhuah nan Isua hming a hmang." Isua Krista hmingin a kawchhung ata chhuah thu ka pe a che," a ti. Helaiah pawh hian Paula hian Isua aiawhin, Isua hming avangin ramhuai a hnawt chhuak thei a ni. Krista palai chuan Krista hmingin thil mak an ti thei tih kan hmu.

3. Petera te, Paula te khan Isua hminga thil mak an tih khan tu nge chawimawi tur?

Petera te Paula te khan damlo an tihdam theihna chu Isua vang chauh a ni a, Isua tel lovin, Isua tirh ni lo se, tihdam theihna an nei hauh lo. Chuvangin chawimawi tur chu Isua a ni. Lal Isua Jerusalema ropui taka lal anga

a luh chungchang thu atang hian a chiang mai awm e. Isua Jerusalema a luh khan Sabengtung no chungah a chuang a. Mipuite chuan Sabengtung rah tur kawngah chuan an puante an phah a, a thenin chhawlte an phah bawktih kan hria. Tu tân nge puan te, chhawlte kha an phah? Isua nge Sabengtung? Sabengtung tân em ni? Ni lo. A chungah chuang Isua tân a ni. Kha Sabengtung kha a chungah Isua chuang lo se Sabengtung kalna turah puan an phah hauh lo vang. Petera te, Paula te, sabengtung te hi chu a hmanrua mai an ni. Chawimawina dawng tur tak an ni lo. Chawimawi tur dik tak chu Isua a ni.

4. Isua chawimawia a awmin a rawngbawltuten chawimawi kan hlawh ve.

Isua hi chawimawia a awm phawt chuan a hmanrua, rawngbawltu chu chawimawiin a awm mai thin Isua avanga chawimawina kan dawn hian keimahni thawh chhuah emaw kan ti a, kan chawp thin. Isua

chawimawia a awm lohvin rawngbawltuin chawimawina a hlawh tak tak ngai lo. Isua chawimawi tur kan nih laiin mahni inchawimawi kan châk thin. Ringtute hi Isua tel lo chuan chawimawi tlak kan ni lo. Isua avang chauh hian mite fak leh chawimawi kan hlawh thei. Petera te, Paula te pawh kha Isua avang chauha thil ti thei an ni. Isua tel lo chuan eng mah an ni lo. Ringtuten chawimawina kan dawn rêng rêng hi keimahni vang ni lovin Isua avang a ni tih kan hriat reng a tul. Keini chu hmanrua mai kan ni.

Thawnthu pakhatath chuan (Luka zia anga pawm tlut tur erawh chu a ni lovang a) Isua Jerusalema lal anga a luh tuma Isua chuanna Sabengtung chanchin kha ti hian an sawi a. Sabengtung kha a chungga Isua a chuan tâk lovah khan a awmna lamah a kir leh a, tu ma ngaihsak a hlawh ta si lo va, a lung a lêng ta riau mai a, ti hian a ngaihtuah ta a. Jerusalema khan min duhsak em kha maw, khawi nge

Jerusalem lamah kan kal teh ang a ti a, Jerusalema chuan a kal leh ta a. Mahse, a beisei angin tu mah rengin an lo ngaihsak ta lo. A chungga Isua a chuan lai kha chuan mipui khan a kalna turah puan te, chhâwl te an lo phah a nih kha. Mahse, tunah chuan ngaihsaktu leh duhsaktu hmêl a hmu ta lo. Eng nge a chhan? A chungga Isua a chuang tawh tlat lo alawm. Mipuite khan Sabengtung an chawimawi duh a ni lo va, Isua a ni an chawimawi duh zawka chu.

Isua avanga chawimawia i awmin inngai hlu ve ringawt suh. Nang kha miin an ngaisang hran lo che. Nangmaha awm Isua a ni an ngaihhlut thin. Nang ni lovin Isua kha chawimawi thin rawh. Isua aiawhtu kan nih avang chauh hian mite duhsak leh chawimawi kan ni thin. Keimahni ringawt zawng eng mah kan ni lo. Thil eng pawh Isua hminga kan tihin ropuina Isua kan pe thin tur a ni. Isua i chawimawi phawt chuan chawimawii i

awm ang. Hla siamtu'n, 'Amah a lan hun apiangah ropuiin kan lang ve ang' a tih ang khan keimahni kaltlanga Isua chawimawia a awm phawt chuan keini hian chawimawi kan hlawh mai thin zawk a ni. Hei hi nghak zo lovin Isua aia lansarh hmasak kan tum thin a, keimahniah Isua chawimawia a awm phawt loh chuan chawimawi kan hlawh tak tak thei lo. Krista aia palai kan nih angin engkim kan tih hi

'Isua hmingin' ni sela, Isua chawimawia a awm chuan chawimawiin kan awm mai dawn a ni.

Lal Isua hming i fak ang u

Angel chawimawia chu

Lalber lukhum la chhuak ula

Lalber khumtir rawh u.

Chawimawina zawng zawng pe ula,

Lalber khumtir rawh u.

(KHB No. 52)

KRISTA HI ENKGIM A NI

- Artist - A kam a thlum ber a ni (*Hla Thlankhawmte 5:16*)
 Architect - A kila lung pawimawh ber (*I Pet 2:6*)
 Astronomer - Felna Ni a ni (*Mal 4:2*)
 Baker - Chhang nung a ni (*Jn 6:51*)
 Banker - Hausakna chhui chhuah rual loh a ni (*Eph 3:8*)
 Builder - Lungphum a ni (*Is 28:16, I kor 3:11*)
 Carpenter - Kawngkhar a ni (*Jn 10:9*)
 Editor - Chanchin Tha lawmawm a ni (*Lk 2:10*)
 Electrician - Khawvel êng a ni (*Jn 8:12*)
 Farmer - Buh neitupa a ni (*Mt 13:37, Lk 10:2*)
 Florist - Saron rose par leh phaizawl lily a ni (*Hla Thlankhawmte 2:1*)
 Jeweller - Lung nung a ni (*I Pet 2:4*)
 Lawyer - Roreltu, sawipuitu a ni (*Is 9:6, I Jn 2:1*)
 Labourer - Chawlh petu a ni (*Mt 11:28*)

DIL RAWH U

Dil rawh u, tichuan, an pe ang che u; zawng rawh u, tichuan, in hmu ang; kik rawh u, tichuan, an hawnsak ang che u; tu pawh a dil apiang chuan an hmu thin a; tu pawh a zawng chuan an hmu thin a; tu pawh a kik chu an hawnsak dawn a ni (Mt 7:7-8).

Lalpan kan duh kan hmuh theihna kawnga kan tih tur a sawi chu - dil, zawn leh kik a ni. Amaherawhchu, kan dil leh duh ang apiang min pek a tiam kher lo, kan dil dik lo thin, chung chu pek theih a ni lo. A chang chuan lo nghak rih turin min ti. Heta 'dil', 'zawng' leh 'kik' hian tih zui zel a kaw. 'Dil zel rawh, zawng zel la, kik zel bawh rawh,' tih a ni. Hmeithaiin beidawng lovin roreltu hnenah a mamawh a dil ngat ngat mai ang khan, keini pawn beidawng lova dil zel mai tur a ni.

Pain a fa a hmangaih a, a thil dil a pe thin. Kan Pa, vâna mi chuan kan mamawh a hria a, kan thil dil chu kan ti tak tak em tih a hre duh a ni. Charles H. Brent-a chuan, "Ṭawngṭai i harsat lai ber hi ṭawngṭai i mamwh ber hun a ni," tiin a sawi a, "Ṭawngṭai a sak tlat chungka ka tihluh hram hram hian a chhâna ka dawng châwk," tiin Hudson Taylor-a chuan a lo sawi bawh a ni. Kan ṭawngṭaina hi Pathianin ngaithla se kan tih chuan kan hnena a thu sawi ngaithla turin kan inpeih ve tur a ni.

*Ka ṭawngṭai ngaithla la,
Ka dil malsawm ang che;
Iaw nem nghakin ka lo thu,
Ithlamuanna, ithlamuanna aw chu.*

Dil la, zawng la, kik rawh.

Article

ṬAWNGṬAINA CHHÂNGTU PATHIAN

(Ka tawnhriat)

- *Upa K. Rosiamliana
Khatla*

Pathian hi amah ringtute ṭawngṭaina chhangtu a ni a, a mite ṭawngṭaina te chu a lo ngaithlain an mamawh dan ang zêlin an ṭhatna turin a chhang ṭhin tiin kan sawi ṭhin a, kan ring bawk a, churang chuan kan ṭawngṭai ṭhin rêng a ni. Chutih lai chuan kan ṭawngṭaina chu chhan a nihin mak kan tiin kan ringhlel leh deuh roh a, kan awih lo lek lek ṭhin a, ṭawngṭaina vang ni chiah lova thil lo thleng pangngai ve mai anga ngaih chang te hi a awm leh fo ṭhin nia. Kan dilna te hi a hlawhtlin ring lêm lo hian emaw, Pathianin a chhang duh tak tak dawn em ni tih rilru te hi kan pu emaw ni a tih theih âwm e.

Ṭawngṭaina chhangtu Pathian a nihzia hi ka tawnhriat aṭangin han sawi ve ka duh a, ka tawnhriat ka ti na a, keima ṭawngṭaina ni lovin mi dang ṭawngṭaina chhân a nih dan ka hmuh leh ka tawn chu han hrilh che u ka tum a ni. Chu ṭawngṭaina chu tu dang ni lovin ka nu ṭawngṭaina a ni a, churang chuan a chanchin tâwi tê ka han sawi lawk ang e.

Ka nu chu lehkha zir sanna leh khawvel thiamna

lam aṭanga finna nei a ni lo va, Pathian ṭihna leh rin tlatna aṭanga Pathian finna leh thiamna nei a ni. Kohhran Hmeichhe hruaitu-ah te a tel ve ṭhin a, an zingah mawl ber leh pawl hniam ber ni ṭhin mah se, mawl taka Pathian a ṭih leh a rin tlatna chuan Pathian finna a cho chhuak ni ngei tur a ni, mi dangte hian a thu an ngaichang ve fo ṭhin. A rinchhan Pathian thiltihtheihna chuan huaisenna leh inrin tawkna a pe a, Pathian thuneihna hmangin

huaisen takin a rinna chu a puang chhuak ve tawp ṭhin. Ṭawngkam thiam lo taka a thu sawi ve chhun te chu mi rin zawng tak te a lo ni ve a, duhsakna avanga mi a zilh leh fuihna te chu huat enah an en lo va, an lâwm zawk tlat ṭhin. Central Kohhran Hmeichhe Committee Member ni ve tawh pakhatin tun hnua min hrilh chu, “I nu kha min bialtu a ni ṭhin a, kan chhangchhiat berh lai kha a ni a, chhûng inkhâwm pawh kan nei thei ṭhin lo va, Kristian chhûngkaw chhiarna an rawn neihin a chhuah pahin ka hmingin min rawn ko a, ‘I fate tet lai aṭangin chhûng inkhawm neihpui ngei ngei rawh, in chhûngkua leh i fate tân a pawimawh lutuk’ a ti a, duhsak taka min hrilh avâng khan tih ngei duhna ka nei ta a, chuta ṭang chuan kan nei ve ta zel a ni,” tiin min hrilh.

Kum 1990 khan ka nu leh ka farnu fa kum 14 mi hruaiin Guwahati-ah in-check-up pah leh dawr bungrua (motor parts) lak

pahin keimahni Maruti car in, driver tel lovin kan kal a, motor khalh hi ka thiam ve hrâm hrâm a, a chhe siam leh a khawl lam thil chu a mik a mak pawh ka hre lo a ni. Hetih lai hian Shillong leh Jowai inkarah Gunda an tih te an hrângin mi suam mai mai te a tam avangin khualzinte fimkhur tura thu chhuah te a awm a. Shillong-a riak a, a tuka chhuak leh tura kan inbuatsaihna kha a remchan tak loh avangin kan zan chhuah ta kha a ni a. Zan dar 9 velah Jowai thlen hma km 10 velah kan motor chu a thi ta tlat mai a, khua lah chu a thim nasa mai si a, ka han chhuak a, Bonnet cover te chu ka han hawng ve satliah ringawt a, awmzia a awm lo kher mai. Motor parts chu ka phur ṭeuh a, mahse a eng bera chu nge chhia ka hre si lo, ngaihtuahna a bîng mup mup a. Gunda hlauh nen ka mi hruaite ngaihtuah nen tih tur ber pawh ka hre lo va, mang a ang êm êm ringawt mai a ni.

Chutih lai chuan ka nu chu a rawn chhuak a, “Mangan

laia tanpui vartu hnai reng kan nei alawm, i tanngtai ang u,” tiin kawng sirah chuan a tanngtai nghal mawlh mawlh a. Kan dinhmunte Pathian hnênah a hriattir a, min tanpuitu tur rawn tîr turin a dil a. Tichuan, kan lo nghak ta tawp mai a ni. Tun hnua ka ngaihtuah hian kan rinna a chak vanga lo nghak tawp pawh chu kan niin ka hre lo, eng mah tih theih dang kan neih loh vangin kan awm tawp a ni ta ber awm e.

Rei vak lo hnuah chuan motor tam tak tlan zinga truck lian pui mai pakhat chu kan hma chiahah hian a rawn ding a, a khalhtu pa chu a rawn chhuk a, kan chanchinte mi rawn zawt a, min han enpui thuak thuak a. Motor lian driver a ni ve mai a, Maruti car chungchang eng mah a hre lo va, tih ngaihna a hre bik lo. Tichuan, “Kan hnungah khuan ka unaupa motor dangin a lo kal mêk a, lo nghak ila, keiin in motor hi ka motor-in ka hnuk ang a, ka nauin a hnung atangin a rawn chhawm ang che u, workshop awmna Jowai-ah kan

kal nghal a ngai a nih hi,” tiin rem a han ruat a. A hnuhna tur hruizên a rawn la a, min hnuk ta a, hnung lam atangin a nau-in motor-in min rawn chhawm bawk a, km 10 lai mai chu zan khaw thim hnuaiyah min hnuk a, Jowai-a motor workshop awmna an zawng chawp a, tah chuan min hnuk lut a. Mechanic mu tawh, hmun danga riakte chu min kaih thawhsak a, zanlai dar 12 lai a ni tawh mah se Mechanic-te chuan a zan a zanin kan motor chu an khawih nghal a, siam that mai theih a lo ni awzâwng lo mai a, overheat vangin engine chu down a, a valve te tih that a ngai a lo ni a, tlaivar zakin an khawih a, a part thlak ngai Rs. 100/- vel lek man chu ka part phurh zingah a lo tel loh avangin Shillong atanga va lei a ngai a, motor hire-in khawvar hnuah chuan ka va tlan vang vang a, tlai lamah chuan kal theih turin an peih chauh a ni. Heng Mechanic-te hian tlaivar leh nilengin min buaipui char char a, an workshop rate pangngai bak min charge lo.

Heta ka nu ṭawngṭai chhâna – Samari mi ṭhate hi Sardarji unaute an ni a, an hming kan hre lo va, an motor number pawh kan hre lo, kan buai but a talângin chu tiang hriat tumna pawh kan lo nei lo va, a thim em vangin an hmel pawh kan hmu Chiang lo. Kan hriat chhun Chiang em em mai chu kan ṭawngṭai chhâna, ‘Pathian mi tirhte an ni’ tih zawng chu a ni. Pathian rawn tirh ni lo se, kawng sira motor lo ding, kal thei lo han hnuha han buaipui kha an tihna chhan tur a awm lo. Tin, Jowai workshop-a Mechanic leh helper-te kha zanlai dar 12-a motor siam tura han kai tho tur khan kan pawimawh tawk lo tih kan hre Chiang; mahse, phûr tak khan an thawk tlat a ni.

Kha mi ṭum khan Pathian chu kan inhumhimna, mangan laia ṭanpui vartu hnai reng a ni tih kha a ‘theory’ ni lovin, a ‘practical’-in ka va han hre Chiang tehlul e aw! Ka nu ṭawngṭai ri ka hria a, a tawp rual deuh thawin a chhâna Motor lian ri kan hre nghal

a, kan sawi leh dil ngai miah lovin khang Samari mi ṭhate khan an hna an thawk nghal mawlh mawlh mai a ni. Mihring ṭhatna leh felna pangngai aṭang ringawt chuan han tih ngawt chi a ni lo, tih tirtu an awm Chiang a ni. Kan kal leh theih hnu chuan anni zawk hian min lo hria a, Vairengte daia kan intawh leh khan min lo tiding a, hlim êm êmin an bân an vai a, kan motor a ṭha leh tih an hmuh khan keini aiin an lâwm zawk emaw tih tur a ni, an va duhawm tehlul em! Punjab state aṭangin Rengtekawn FCI Godown-a dah tur buhfai an rawn phur a lo ni.

Hmun hlauhawm, manganthlak leh thimtham kara ka nu ṭawngṭaina chu Pathianin a lo hria a, Punjabi driver unaute chu kan mangan lai taka min ṭanpui tura thleng tawk tur takin a lo buatsaih a. Kan Pathian chuan amah ringtute ṭawngṭaina a chhân loh chuan “ Ṭ A W N G Ṭ A I N A CHHÂNGTU PATHIAN” a ni thei dawn tlat lo a ni.

Article

LUNGAWINA**Chhiar tur : Philippi 4:11-13; Tirth 22:3***- Pi H. Lalfakmawii**Co - ordinator, Synod Office*

Lungawina hi khawvelin a zawn ber a ni a. Kan lungawina turin theih tawpin kan bei a, kan thawk thin. TV-ah te hian sumdawngte chuan an thil neih an infaksiak a. Lungawina min pek tumin an tang nasa hle thin. Thil mawi leh nalh tak tak te an rawn tilang thin.

Lungawina kan neih theihna tura min nawrtu hi a chak thei hle. Kan theihna zawng zawng nen lungawina nei turin kan bei a. Lungawina zawng reng si e ti lo chuan kan ni tin khawsakna leh kan chhungkaw chen honaah te, kan hna thawhnaah te kan vui vai fo a. Keini aia mi dangten chan tha changa kan hriat te hian kan thik a, an lawmna tawmpui harsa kan ti thin.

1. Mahni dinhmuna lungawina

Sikul kan kal laia kan poem zir pakhat chu - Hmanlaiin England rama Dee

lui kamah mi hlim thei deuh mai a awm a. Zing ni chhuah atanga a tlak leh thlengin rim tak leh hah takin hna a thawk thin a, a hnathawh lai chuan hlim takin a zai thin a. A kianga awmte pawh hlim takin a awmtir thei a. A chanchin chu mi tam takin an hria a, an sawi thin a, England lalber beng hial a lo thleng ta a, ‘*He pa hnenah hian ka va kal chhin teh reng ang, hlim taka awm dan te pawh min lo hrilh thei mial mahna*’ a ti a.

Khawl chu a lo ri hlut hlut mai a, khawl ri a reh rual rual chuan ‘*tu mah ka awt lo va, tu mahin min awt hek lo*’

tia hlim taka zai ri chu a hre ve ta a. Khawl neitupa kiangah chuan a va kal hnai a. *‘Thianpa, i hla sak hi a dik hauh lo mai. Kei hian ka awt hle che asin, nangmah anga hlim hi ka chak ve em em a ni’* a ti a. Ani chuan nui seih chungah lukhum phawkin lal hmaah chuan a kun a. *‘Ka pu, i hlim loh chhan ka hre lo va. Kei chuan ka nupui leh ka fate hi ka hmangaih a. Ka fate chawmna turin hna ka thawk thei a, tu ma pawisa ka ba lo a, Dee lui tui avangin ka khawl hmangin hna ka thawk thei bawk a’* a ti a. Lal chuan, *‘A tawk e, lo hlim zel ang che. Nangmah ang hi mi tam deuh zawk chu awm se, khawvel hi a va nuam dawn em. Ka thian, mangtha le’* a ti a, a kalsan ta a - tih a ni a. A lungawina hi a ropui hle mai a. An lalber dinhmun pawh awt lo khawpin a dinhmunah khan a lungawi thei a.

2. Rualawhna

In mawi tak kan hmu a, kan awt a, ‘Enga ti nge hetiang in hi ka neih ve phak

loh le’ kan ti a. Hmeltha tak tak kan hmu a, enga ti nge hetiang ka awm ve loh le kan ti leh a. Mi fa fel tak takte kan han hmu a, kan fa ni ve se kan ti a. Eizawna kawngah pawh kan rualawt thin. Mi hausa deuhte kan hmu a, ‘Keini hi kan va rethei tak em’ kan ti a. ‘Enga ti nge khawvelah hian rethei leh rualawt tur hian em ni ka lo pian ve ngawt?’ kan ti a. Chu rualawhna chuan kan nun hi a pawt hniam thin.

Hetiang hian ngaihtuah ve thung ila - Ka neih lohah lungawina ka zawng a; chuvangin, lungawina hi ka hmu thei lo a ni. Kei aia vanduai zawk tam tak an awm a, anni dinhmun chu kan ngaihtuah ngai lo va, an tawrhna leh an manganna te, an hrehawmna leh retheihna te chu kan ngaihtuah tha duh bawk hek lo a. Pathian malsawmna kan dawnte hi kan lo chhiar thin lo a, chhiar nachang pawh kan hre lo. Malsawmna leh thil tha zawng zawng neih vek kan duh a, chu chu keimah ka

inhmangaih vang leh ka duham vang mai mai a lo ni. Mi dangte malsawmna dawnah hian kan lung a awi thei lo a, itsiknain kan khat zawk thin. Lungawina neih hi mihring nuna zirlai pawimawh ber leh zirlai harsa tak a ni a.

3. Paula nun atangin zir ila

Heti taka mi ropui, engkima lungawi ching thei hi tu nge a nih tih hi han bel Chiang teh ang - Paula hi Isua aiin kum 10 vela naupang niin an sawi a. Paula Hebrai hming chu Saula a ni a, Israel lal hmasa ber Saula ang bawkin Benjamin hnam a ni.

Tarsa khuaah a piang a, a pa hi Juda a ni a, mahse Rom mi nihna a nei a, chu chu Paula pawhin a hmang tangkai a nih kha. Rom khua leh tui nihna nei ni mah se Juda fir tak ni turin, Juda dan khirh tak hnuai enkawl seilen a ni a. Amah pawhin Hebrai-te laka Hebrai a inti hial a ni. Hebrai tawng leh Grik tawng chu a pianpui tawng angin a thiam a. Juda sakhaw lama duhtui leh fir ber

mai Pharisai zingah a tel a. Mosia dan thua felna lama sawisel bova inchhal hial khawp a ni (Phil 3:5-6).

Mi inzir zau tak a ni a, a hun laia zirtirtu ropui bera an sawi Gamaliela bula zir chhuak ngat a ni a, amah pawhin a chhuang viau reng a ni. Pharisai niin Judate dan zirtirtu ni mah se an hnam danin eizawmna kawng eng emaw tal an thiam a ngai a, chumi atan chuan Puala hian Puan in siam hna a thawk thin.

Chanchin Tha hrila a kalnaah pawh puan in siam hna thawkin a mamawh a phuhru thin. Juda sakhaw tana thahnemngai tak thin khan, Isua zuitu a lo nih chuan Krista tan thahnemngai takin a bei leh thung a. Chanchin Tha nasa takin a hril a. A tihduhdah thin Isua chanchin sawiin thahnemngai takin a hmanhlel a. Chu chuan Judate a tithinur em em a, tihhlum an tum ve ta zawk a, mahse a pumpelth thei hram thin a.

‘Engkima lungawi zel ka ching tawh si a’ a tih hian a hun hmasa lamah chuan lungawi lohna leh tlak chham a nei a inti thin tih a lang a, Krista zuitu a nih chinah chuan lungawina a nei ta niin a lang. A rawngbawl chhungin mi dangte a tih hautak loh nan rim takin hna a thawk a. A chang phei chuan a khawsak pawh a harsa tih a hriat theih a, hriselna lamah pawh harsatna a nei thin. Krista avangin khawsak harsa taka a awm thu a lehkha thawn hmun thenkhatah a lang a; amaherawhchu, engkima lungawi a ching tawh hi a ropui hle a ni. Amah lam a ral zelna leh Krista a dah pawimawh zelna kha a nuna lungawina thlentü a ni.

4. Tlangkawmna

Pathian thu lovin eng mah hi kan chungah a thleng ngai lo va, a thu kan awih a, a hnung kan zui tlat chuan kan mamawh hi min pe ngei ang tih hi a chiang a ni. He

thu hi kan Lal Isua ngei pawhin min hrih a. Paula vekin, ‘*Ama fapa ngei pawh zuah lo va, kan zaa aia petu chuan thil zawng zawng pawh a thlawnin min pe tel lo vang em ni?*’ a ti (Rom 8:3). Ring ngamtu tan chuan buaina tur hi a awm lo a, kan rin ngam thin loh vang hian malsawmna kan dawn tur hi kan hmuh loh phah zawk thin.

Kan dam chhung hian keimahni duh zâwng zawnga lungawi kan tum chuan eng tikah mah lungawina tak tak kan hmu zo ngai lo ang. He kan chenna khawvel tana siam kan ni lo va, van khua leh tui nihna neitu kan nih avangin he khawvelah hi chuan lungawina kim hi kan hmu lo vang. Hlimna thuruk chu kan Lal Isua hnenah chauh a awm a, lungawina kim nei turin Krista pan zel ang u, a hnenah chauh chu chu a awm si a. A thu kan sawite Lalpan mal min sawmsak rawh se. Amen.

**KUM 2022 CHHÛNG ATÂNA
HMANGAIHNA INA NAU CHÂWMNA
PETUTE LEH AN CHÂWM ZÂT**

SN.	Bial/Kohhran/Mi mal hming	Chawm zât
92.	E. Phaileng Bial Kohhran Hmeichhia	1
93.	Khawzawl Venglai Bial Kohhran Hmeichhia	2
94.	Champhai Zote Kohhran Hmeichhia	1
95.	Champhai Zote Bial Kohhran Hmeichhia	1
96.	Phullen Bial Kohhran Hmeichhia	1
97.	Thingsulthliah Bial Kohhran Hmeichhia	3
98.	N. Vanlaiphai DD Veng Bial Kohhran Hmeichhia	3
99.	Bethlehem Veng Bial Kohhran Hmeichhia	4
100.	Tlangnuam Kohhran Hmeichhia	2
101.	Bualpui Kohhran Hmeichhia	2
102.	Maubawk West Kohhran Hmeichhia	6
103.	Maubawk Kohhran Hmeichhia	2
104.	Tlangnuam West Kohhran Hmeichhia	1
105.	Ramhlun North Bial Kohhran Hmeichhia	5
106.	Bawngkawn Chhimveng Kohhran Hmeichhia	8
107.	Chanmari West Chhimveng Kohhran Hmeichhia	2
108.	Sairang Kohhran Hmeichhia	2
109.	Champhai Vengthlang Bial Kohhran Hmeichhia	2
110.	Rengdil Bial Kohhran Hmeichhia	1
111.	Rengdil Kohhran Hmeichhia	2
112.	Zaite Bial Kohhran Hmeichhia	1

113.	Cherhlun Bial Kohhran Hmeichhia	1
114.	Kulikawn Bial Kohhran Hmeichhia	8
115.	Tualbung Kohhran Hmeichhia	1
116.	Hlimen Bial Kohhran Hmeichhia	2
117.	Hunthar Bial Kohhran Hmeichhia	3
118.	Hunthar Kohhran Hmeichhia	2
119.	Lungleng - I Bial Kohhran Hmeichhia	1
120.	Kawkulh North Bial Kohhran Hmeichhia	1
121.	Chawnpui Bial Kohhran Hmeichhia	6
122.	Vaivakawn Bial Kohhran Hmeichhia	4
123.	Vaivakawn Vengthlang Kohhran Hmeichhia	4
124.	Tuithiang Kohhran Hmeichhia	3
125.	Phulbial Kohhran Hmeichhia	1
126.	Assam Rifles Kohhran Hmeichhia	1
127.	Bungkawn Kohhran Hmeichhia	1
128.	Bairabi Bial Kohhran Hmeichhia	1
129.	Republic Veng Bial Kohhran Hmeichhia	4
130.	Sairang Bial Kohhran Hmeichhia	3
131.	Thuampui Bial Kohhran Hmeichhia	3
132.	Venghnuai Bial Kohhran Hmeichhia	5
133.	Chhingang Veng Bial Kohhran Hmeichhia	10
134.	Kawrthah Kohhran Hmeichhia	3
135.	Chanmari West Hmarveng Kohhran Hmeichhia	2
136.	Maubawk Bial Kohhran Hmeichhia	3
137.	Champhai Vengsang Bial Kohhran Hmeichhia	3
138.	Luangmual Vengthlang Kohhran Hmeichhia	2
139.	Bukpui Bial Kohhran Hmeichhia	1

140.	Lawngtlai Bethel Kohhran Hmeichhia	1
141.	Electric Veng Kohhran Hmeichhia (belhna)	1
142.	Mamit Hmunsam Bial Kohhran Hmeichhia	3
143.	Lallen Bial Kohhran Hmeichhia	2
144.	Zemabawk ‘N’ Bial Kohhran Hmeichhia	3
145.	Sihphir Vengthar Bial Kohhran Hmeichhia	2
146.	Ramhlun Vengthlang Kohhran Hmeichhia	4
147.	Upper Republic Kohhran Hmeichhia	1
148.	Sateek Bial Kohhran Hmeichhia	3
149.	Chawnpui Kohhran Hmeichhia	10

Chhonzawm tur....

KRISTIAN NUN

Thil tē tham tē hi, ropui taka angin ti la, a chhan chu Pathianin a ngai pawimawh. Thil lian tham tak hi tē leh awlsam tak angin ti la, khawi hmunah pawh a awm Pathianin a ṭanpui che avangin. *~ Blaise Pascal*

Kraws kawng hi kawng zalên a ni lo. Chhiah châwi a rit lutuk.

Kristian nu pakhat hian Kristiante awm dân a fapa a hrilh a. A tâwpah chuan a fapa chuan, “Ka nu, chûng ang mi chu ka hmu tawh em?” a ti a. A nu chu a kun ngawih ngawih a. *~ Ralph Brewer*

Tihdikna: August thla chhuaka ‘Naupang Ṭahbelh’ tih article ziaktu Pi Malsawmi, Kulikawn tih chu Mission Vengthlang tih zawk tur a ni e.

- Editorial Board

Hriselna huang

DAMDAWI CHUNGCHANGA KAN HRIAT FUH TAWK LOH THENKHAT

Pumpui chakna : Damdawi kan hman nasat ber zinga mi chu Mizoten ‘Pumpui Chakna’ kan tih mai hi a ni âwm e. Pum tha lo enkawlina atân hian damdawi chi hrang hrang, damlo natna leh dinhmun azirin hman a ngai thin a. A ei hun, ei hun chung leh ei dan tur pawh a damlo leh a damdawi azirin a danglam nawk a ni.

Pumpui chakna hi kan uarin kan ei nasa hle a; amah-erawhchu, mi tlanglawnin pumpui chakna tia a hming kan vuah hi a dikhlel deuh a. Mizo tawnga kan leh fuh tawk loh vang te pawh a ni ang, pumpui chakna tia kan sawi zingah hian pumpuia chaw pai tawihna atâna tângkai êm êm thûr/acid (HCl) insiam tur dangtu, *proton pump inhibitor* (*pantoprazole, omeprazole, rabeprazole, etc*) te leh pumpui thûr pawlh daltu, antacids (*sucralfate, magalgrate, aluminium hydroxide etc*) te a awm a. Company brand kan hriat lar zingah chuan Digene, Ulgel, Oxygel tih ang chi kan huamtir

vek mai a. Pumpui chakna anga kan hriat miau avângin mi tam tak chuan chaw ei khamah te kan tlak leh pup mai thin. A nihna takah chuan pum tha lo tan pum hnathawh, thûr siam chhuah tihniamtu leh pawlh daltu, pumpui hnathawh tichak lotu a ni zawk a. Chu chu pum tha lo nei tana tângkai êm êm a ni a, heng damdawite hi kaw ruah laia ei tura duan a ni (*dexlansoprazole* tih loh chu).

A hming pu zo leh dik chu pumpui chakna tia kan sawi thin zinga mi tho chaw pai tawih puitu, *digestive enzymes* ho a ni thung. Heng ho erawh hi chu chaw ei

khama ei ðhin tur a ni a, a siamtu company a zirin sumdawna hming hran hran an nei thei a ni.

Nachhawknâ : Hei pawh hi kan hmang nasa khawp mai, na chhawknâ tih mai chuan a huam zau thei êm êm a. Paracetamol aţanga morphine thlengin a huam thei. Mipui nawlpuiin na chhawknâ kan tih mai hi chu NSAIDs damdawi ho hi a ni a, *paracetamol, diclofenac, aceclofenac, etc* te hi a ni. Hei pawh hi damlo leh a natna a zira hman tur a ni a. Nâ zawng zawngah ei tur a ni chuang lo. Mi ðhenkhat chuan hetiang na chhawknâ hi pum naah te an ei mai ðhin a ni âwm e. Hetiang na chhawknâ hi pumin a haw êm êm zawk tih hriat a ðha hle a. Pum na enkawlâna atân chuan damdawi dang daih hman a ngai zawk ðhin. Tin NSAIDs na chhawknâ tam zawk hi pumin a huat avangin kaw ruakah ei loh a him ber a, loh theih loh a kaw ruaka ei ngai a nih chuan tui thianghlim no hnih/thum tal

nen ei/in ðhin tur a ni. Tin, tunlaiin mi tam tak zu in mi zîngah, zu in tûk *penţawng(hangover)* chhâwk nân paracetamol an ei ðhin a, thil ðha lo tak a ni. Zu leh paracetamol hi thin tân a ðha lo êm êm a, hun inhnaih lutuka miin a ei/in ðhin khan a thin tan a hlauhawm zual a ni. Chutih rual erawh chuan na chhawknâ tlanglawn kan lei mai theih zîngah hian paracetamol hi rai lai tan emaw, naupang leh pum ðha lo nei sa tan pawha him bera ngaih a ni thung.

Side effect awm lo: Chanchinbu, TV leh hmun dangah damdawi side effect awm lo tih kan hmuin kan hre ðhin âwm e. Tunlai science thiamna hmanga damdawi zirna, *Allopathy* thlirna aţang chuan damdawiin hna a thawk a nih chuan taksaah eng emaw nghawng dang a nei ngei tura rin a ni. *Side effect* a awm loh chuan effect/hnathawh pawh a nei lo tura ngaih a ni a. Side effect awm lo tia sawi ðhin hi chu a dik hlel deuh a, zir chianna a awm loh vang zawk pawh a

ni thei. Allopathy damdawi reng reng (food supplement ni lo) chu a damdawi hnathawh bakah nghawng tha lo eng emaw a neih palh theih thin avangin mipui hman theiha chhawp chhuah a nih hmain nasa taka zir chian a ni thin a. A nghawng tha lo tlem thei ang ber, hnathawk tha si, a dose dik thei ang ber, a hman dan tur dik thei ang ber leh a tul dangte zir chian a nih vek hnuah chauh mipui hman theiha pawm a ni thin. Mipui hman theiha a awm hnuah pawh *pharma-covigillance* hmanin zir chianna neih zui a ni reng thin a ni.

‘Side effect awm lo’ tih thin hi a dik lo a, ‘*side effect* a awm hriat a ni lo, zir chianna a awm lo’ tiin puangzar thin ila a tha zawk ang. Hetiang damdawi ho hi thlai leh thil dang chi hrang hrang atanga siam a ni tlangpui a, tha tak tak pawh a awm nual ngei ang. Mahse, fimkhur erawh a tul hle. Tin, damdawi pangngaia inenkawl mek kan nih chuan hetiang damdawi kan ei avang khan kan

damdawi hman lai kha thlah chuan loh tur a ni.

Chaw ei khama ei: Damdawi hi ni khata vawi khat ei, vawi hnih ei, vawi thum ei te a ni tlangpui a. Ni khata vawi hnih ei a tam ber a ni awm e. Eng vangin nge hetia vawi khat aia tam ei a ngaih thin kan tih chuan a damdawi nih dan phung, thisena a luh hun leh a hnathawh chhung leh damlo natna azira bithliah a nih thin vang a ni.

Mizote hian ni khatah vawi hnih ei a ngai a nih chuan tukthuan ei khamah leh zanriah ei khama ei turah kan ngai mai thin a. Mahse, chaw ei kham ni mai lovin a darkar bia ei thin zawk tur a ni. Ni khatah vawi hnih a nih chuan darkar 12 danah, vawi thum a nihin darkar riat danah chutiang zel chuan. Hei, a bikin natna hrik thahna atana hman *antibiotics*, *antiviral*, *antiprotozoal* leh *antifungal* hovah a pawimawh zual em em a. *Na chhawkna*, *vitamins*, *calcium* leh damdawi thenkhat chu chaw ei kham veleh emaw, kua a ruah loh

emaw laia ei ngei ngai ni mah se, damdawi kan hman tam ber zawk hi darkar bi thliaha hman thin tur a ni. Hei vang hi a ni damdawi ina awm nge nge chu hun biah chat chat damdawi min pe thin a, kan dam hmain kan ngaih a tha kan tih thin hi.

Hritlang damdawi: Ziah lan tur tam tak awm mah se, a tawpna atâna pawimawh êm êm chu mi tam takin hritlang damdawi kan hriat dan leh kan hman dan chungchang hi a ni. Boruak inthlakthleng hun lai hian hritlang neih hi a awlsam bik êm êm a. Engtik hun emaw aţang khan Mizote hian *antibiotics* zinga ţangkai tak pakhat *Azithromycin* hi hritlang damdawi hriatin kan hre tlat mai a, thil pawik tak a ni. A ţula hman hun chu a awm ngei mai; mahse, hritlang damdawi a ni lo tih kan hriat a tha. Natna hrik - bacteria thattu damdawi tha tak a ni a, miin a chuap emaw a awm bawrah emaw natna hrikin harsatna a thlen hunah chauh *azithromycin* emaw *antibiotics* damdawi dang hmanga enkawl tur a ni.

Hritlang satliaha mi tam takin ei mai kan ching hi thil tha lo tak a ni, hritlang enkawl na atân chuan a nat dan a zirin damdawi dang tha tak a awm. Tin, hritlang emaw antibiotics hmanga in enkawl chi a ni lo a, a taksa tihchak that a, taksa raldo khawl (*immunity*) tichak thei tura ei leh in leh thil danga inenkawl mai a tawk êm êm a ni. Tunlaia damlo enkawl na harsatna thlen nasa êm êm chu kan tar lan tawh thin antibiotic resistance hi a ni a. Azithromycin dik lo taka kan hman hian antibiotic resistance a tihluar zel thei a, hei vang hian natna hrik, azithromycin emaw antibiotic damdawi dangin emaw a tihlum theih loh, enkawl harsa tak a thlen phahin a tipunlun zel thei a ni.

Thu lâkna:

***‘Damdawi leh a
kaihnawihte’***

Dr. Laldusanga Pachuau
&

Dr. C. Zothanmawia

Hruaitute chanchin

LALHLIMPUUI



Pi Lalhlimpui hi Upa Chalhmingthanga leh Ralkapthangi (L) te fa 6 zînga 3-na a ni a. Kum 1992-ah Upa Lalfakzuala Colney nênn inneiin fa 2, mipa 1 leh hmeichhia 1 an nei a, Ramhlun Venglai PWD Tlangah chêngin Ramhlun Vengchhak Kohhrana lawi a ni.

Rawngbâwlna :

Ramhlun Vengchhak Kohhran Hmeichhia-ah Secretary leh Asst. Secretary lo ni tawhin, Treasurer a ni mêk a. Bial Committee-ah Secretary,

Asst. Secretary leh Treasurer te lo ni tawhin tûnah hian Asst. Secretary a ni mêk a ni.

Primary Department-ah Leader niin, Inrinni zân Thuhritu a ni mêk bawk a ni.

Bible châng/Hla ngainat zâwng :

2 Korinth 5:14-15, KHB No – 261 'Isua neih ka duh zâwk.'

Thuchah :

Nute hian Lalpa rawng kan bâwlna kawngah leh chhûngkua kan enkawlina kawngah Pathian chakna rinchhanin thahnemngai takin tan la thar leh ila, tûnlai sualna chi hrang hrang lo sâng zêl kârah hian kan tu leh fate sual kawnga an pil bo lohna tûrin theih tâwp chhuah ila, kan ram leh hnam a lo dam leh theihna tûrin chhûngkuaah bul i tan thar leh theuh ang u.

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Salluti
Vice Chairman	:	Pi Vanlalhruali
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Dr. Lalthansangi Fanai
Treasurer	:	Pi Lalrinliani
Finance Secretary	:	Pi Lalhmingliani

COMMITTEE MEMBER-TE

- | | |
|---|---------------------------|
| 1. Pi Zothansiami | 2. Pi C. Thanpari |
| 3. Pi Lalṭhakimi | 4. Pi R. Lalengmawii |
| 5. Pi Lalchhingpuii | 6. Pi Sailothangi |
| 7. Pi Lalengzami | 8. Pi A. Nazi |
| 9. Pi Siampuii Pautu | 10. Pi R. Lalnunluangi |
| 11. Pi Lamchhingi | 12. Pi R. Lalroliani |
| 13. Pi R. Lalrempuii | 14. Pi Zochungnungi |
| 15. Pi H. Zachhingpuii | 16. Pi Laldingliani |
| 17. Pi Zothanpari | 18. Pi H. Lalrintluangi |
| 19. Pi Lalhlimpuii | 20. Pi Hmangaihzaui |
| 21. Pi C. Lalbiaktluangi | 22. Pi Lalramzaui |
| 23. Pi Lallungmuani | 24. Pi Lawmkimi |
| 25. Pi K. Lalṭhakimi | 26. Pi Lalnunhlimi |
| 27. Pi Lianzampuii | 28. Pi K. Rosiamliani |
| 29. Pi Lallawmkimi | 30. Pi Sawithangi |
| 31. Pi Lalrotluangi Sailo | 32. Pi Lalhmachhuani |
| 33. Pi Vanrammawii | 34. Pi F. Lalhmangaihzuai |
| 35. Pi H. Lalhlunpuii | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalhmangaihi, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. Dr. Vanlalngbaka Ralte, Synod Moderator
2. Rev. Z.D. Lalhmachhuana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Lalrinkimi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



Postal Regn. No. MZR/ 53/ 2021 – 2023 RNI Regn. 40876/ 88



Khawbung Vengpui Bial Kohhran Hmeichhia - Leadership Training



Durtlang Venghlun Kohhran Hmeichhia - Leadership Training leh Kristian Chhungkaw Campaign

To

*Published by Rev. V.L. Luaiia Hranleh, Aizawl, Mizoram on behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies – 43,000*

www.MIZORAMSYNOD.org