



Chhuah tan

1986

AGAPE

Vol. XXXVIII No. 396 JULY 2025



Inah eng nge i neih?

Phek - 2

Rorelna lo thleng tur

Phek - 6

SERMON / KRISTIAN CHHUNGKUA / ARTICLE / EI SIAM DAN / HRISELNA

Lak man : Kum khatah ₹ 100.00
Copy khat ₹ 8.33

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Account hming : Agape MPC Kohhran Hmeichhia
Account No. : 35578510786
Bank : SBI, Mission Veng Branch
IFSC : SBIN0007058

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Editorial**MIKHUAL LEH KHUALZIN**

1 Pet 2:11 Duh takte u, mikhual leh khualzin in nih avangin , thlarau do thintu tisa chaknate bansan turin ka ngen a che u.

Mikhual leh khualzin chu a awmzia a inang reng a, Bible-ah pawh hian a sawi dun deuh zel a, a awmzia chu kan hre theuh awm e. Aw le, keini ho pawh hi kan zin foin mikhual kan ni fo tawh awm e. Kan va zinna hmun kha kan awmna nghet a nih loh avangin haw thuai thuai kan chak thin. Zin kawng thui tak zawh hnuah phei chuan in thlen vat vat a, mut hahchawlh kan chak a. In kan thleng a, hahchawlh hma hauhin kan hahdam siai siai thin.

Kan Bible hian mikhual leh khualzin kan nih hi min hrilh ngun hle mai. Kan chatuan In chu Lal Isuan min buatsaih sak Vanram a ni tih kan hre theuh awm e. Tirhkoh Paula pawhin vanrama Pathian hnena awm a chak a; mahse, rawngbawlna tur tam tak a awm avangin tisa a awm chu ñul a tih zawk thu Philipi-ah kan hmu. Chutiang bawkin hla phuahtute hian vanram chu an hre chiangin chuta kal chu an chak a, an ngaihtuah fo a ni. KHB 501-ah chuan “Vanram ngaihtuah hian min tilawm a, kan thlen khawmna tur khi” tih te, no 484-na ah “Vawiin chuan ram nuam tak chanchin ka ngaihtuah a, ni tlak huna ka thlenna tur chu” tiin an lo phuah.

Aw le, chu hmun chu kan awmna nghet tur a nih avangin chuta kal chu in thlen kan chak ang hian kan chak a, kan ngaihtuah fo a pawimawh. Bible chang kan tar lan tak ang hian he khawvela kan cham chhung hian thlarau do thin tisa chakna hrang hrang kan bansan a pawimawh hle a ni.

Kristian**INAH ENG NGE I NEIH?**

(2 Lalte 4:1-7)

*P/P R. Lalnunkûnga
Zamuang*

Kan Bible-ah hian helai bung kan târ lan hi, “Elisan hmeithai rethei a ãnpui” tiin thupui a dah a. Zawlnei Elisa leh hmeithai chungchâng a ni a. Zawlnei Elija chu meisakawr leh meitawlailîrte lo langin, ðhawngaleivir hmanga vâna hruai chhoh a nih hnuah a ai aw h tûrin zawlnei Elisa chu a lo lang ve ta a. Ani hi zawlnei fapate hotu niin zawlnei zîngah thil mak ti hnem bera ngaih a ni a; thil mak ðum 16 vel zet tia sawi a ni. Kum 50 chhûng zet Israel-te zawlnei hna a thawk a ni.

Hetih hun lâia Israel lalte chu Jorama te, Jehu te, Jehoahaza te leh Jehoasa te an ni a. Hetih hun lâi hian zawlneite dinhmun a chêp a, a râlmuang lo hle a. Khawtlângah ni se lalten an zir loh avangin mipui an rethei a, hmeithaite chan lek phei chu a chau leh zual hle a ni. Kan Bible chhiara hmeithai ðawngkam a ðang hian a pasal, Elisa hnuai a zawlnei ni ngei tûr chu a thih tâk thu leh, a dam laia a leibat a rulh tlâk theih loh vâng a fapate pahnih chu bawih atân a leibatnaten an rawn hruai mai tûr thu kan hmu a. Hêng hun lâi hian miin an leibat a rulh theih loh chuan an leibatnate bawihah an

awm mai ðhin a. Mahse, kum ruk hnuah erawh chhuah zalên a ni thei chauh ðhin a ni. Chutianga hmeithai rethei tak, a inngahna awm chhun, a fapate, bawia han hruai leh chu a manganthlâk tak zet ang tih a rin theih awm e. Chutiang dinhmun harsa taka a awm lâi tak chuan zawlnei Elisa hi a lo lang ta a, he hmeithai hian Elisa ãnpuina a ngên ta tawp mai a ni.

Chutah Elisan chhâng nghâl mai lovin thu a zâwt phawt a, “Eng nge ka tihsak ang che? Mi hrilh teh, inah eng nge i neih?” a ti a. Hmeithai rethei, mangang taka ãnpuina zawng leh ngên

mêkin Elisa ṭahawh a, ṭanpuina a dil mêk laia anin, “Inah eng nge i neih?” tih a han zawt lêt ta daih mai chu a va intu lo ve tih mai tûr hi a ni. Mahse, Elisa hian he thu hi a zâwt miao va, chhâna a beisei bawk a. Chutah hmeithai chuan, “I bawihnu hi sahriak ûm khat chauh lo chu inah eng mah ka nei lo,” tiin a chhâng ta a.

Keini hi Elisa dinhmunah hian ding ve chhin ta ila, he hmeithai hi eng thu nge kan zawh ve ang aw? Mi tam zâwk chuan he hmeithai hnênah hian, “Eng nge i neih loh? Eng nge i tlâkchham, mi hrilh teh?” kan ti mai awm e. Mahse, Elisana a tlâkchham, a neih loh lam zâwt lovin, “Mi hrilh teh, inah eng nge i neih?” tiin a neih zâwk a zâwt lêt tlat thung a ni.

Pathian hian kan thil neih loh lamah ni lovin, kan thil tlêm tê neih chhunah hian a beng a dawh zâwk châng a awm fo va, chu lam chu min thlirpûi zâwk châng a awm ṭhin a ni. Eng vâng nge ni ang? Kan thil neih tlêm tê, hmuhsitawm taka lang ṭhin hi

a ropui puan chhuah nân tihpun a tum zâwk ṭhin a ni.

Pathianin thil mak hmanga a ropuizia puan chhuahna hmanrua ṭhenkhatte hi mihring ngaihah chuan a ropui lo ve ṭhin khawp mai. Chu thil chu kan hmuh hmaih ang tih a hlauhawm ṭhin khawp mai. Hruaitu ropui Mosia hmanga Lalpan Israel fate a hruai chhuah khân Mosia hmanrua kha a mâwlmang ve khawp mai. Tiang narân ni mai awm kha Lalpan thiltihtheihnaa a thuan chuan Israel-te hruai chhuahna hmanrua atân chuan chuan a tling tâwk si a ni. Davidan Philistia mi, mi lian pachak, Goliatha beih nâna a hmanraw neih awm chhun chu virvawm leh lung tê mai kha a ni a. Davida khan thil dang a neih loh hmanrua a zawng lo va, a neih chhun, Lalpan a pêk kha Lalpa rinchhanin a thawh chhuahpui tawp mai a, Lalpan thil ropui tak a tihsak a nih kha! A thil neih loh, Saula ralthuam ropui erawh a hmang thei lo.

Isuan mipui sângnga a hrai khân a duh phawt chuan Isua

khân khâng mipui sângha hrai puar tur khân hmanrua a mamawh kher lo ang a, chawp leh chilhin a tihpung thei êm êm ang. Mahse, helai thu hi Marka chuan, Tin, a ni chuan an hnenah, “Chhangpêr eng zât nge in neih, han en teh u?” a ti a (Mk.6:38) tiin a ziak kher a. Zirtirte khân khatiang mipui zozai hrai puarna tûr chhangpêr an neih kha a rinawm loh hrim hrim a. Lal Isua khan Petera hnenah, “Peter, chhangpêr an mamawh zât tûr i lo chhut chhuak tawh em?” pawh a ti lo va; “Eng zat nge in neih? tiin a zâwt zâwk a nih kha? Chu an thil neih tlêm tê hmang chuan a ropuina puan chhuah a duh a ni.

Elisa leh hmeithai thua kan hmuh leh chu, “Bêl rûak va hawh khawm tawh khai; tlêm tê mai zawng hawh suh,” tih hi a ni. Elisa khân kha hmeithai kha Lalpan sahriak a tihpunsak dâwn tih a hria a. Mahse, a malsawmna dawn thlêng lam a nei chau si a, chuvangin a neih bâk, a thenawmte bêl a hmuh theih zawng zawng hawh tûrin a hrilh ta a ni.

Hetah hian a dawn thlêng lam lo inbuatsaih a tulzia kan hmu thei awm e. Sam 81:10 “In kê ângh zâu ula, ka tikhat dawn nia,” tih kan hmu a. Pathian ropuina hmu tûr hian engti ang takin nge kan lo inbuatsaih ve? Mat. 9:29-ah Lal Isuan mitdel pahnih a tihdam dâwn khan, “In rin angin in chungah thleng rawh se,” tih kan hmu bâwk a. ***Pathian hi kan rinna ang zêla kan chung a hnathawh kan hmuh châng a awm fo thin rêng a ni.*** Engti anga nasain nge Pathian hi kan rin ngam ve dawn le?

Chu sahriak bûr, an thenawmte ta an va hawh chu tihkha a ni dawn ta. Helai thua thil pawimawh tak lo lang tel chu, chang 5-na, “Chutichuan, a hnen ata chu a kal ta a, amah leh a fapate nêh chuan kawng an inkhâr khum a; anni chuan bêlte chu an rawn la a, ani chuan a lo thun zel a,” tih hi a ni. ***Pathian thil mak tih kha he hmeithai leh a fate khân chungkuuaa hmutu leh changu an ni vek mai hi a ropui lâi tak chu a ni.***

Hmeithai khan kha sahriak lo pung ta kha amah maiin a hmu hauh lo, fatu-ah an vaiin an tang vek a, a hmutu an ni vek mai a ni. Chu chu keini Kristian chhungkuate hian kan entawn tûr lâi tak a ni awm e. He hmeithai hi chuan fatu hotu chan changin a faten bêl ruak an rawn la a, anin thahnemngai takin bêl ruakah chu tui, sahriaka lo chang ta mai chu a lo thun zel a ni. Nu chauh emaw, pa chauh emaw hian Lalpa thil tih ropui hi hmu a, chang mai tur kan ni lo va; kan zavaia dawng leh chang tlâng tûr kan ni. Chu mai ni lovin, Lalpa thil tih ropui, kan chhungkua leh mi mala thleng thinte pawh hi tî tiah neiha, sawi thin zâwk tûr kan ni tih hi i hre thar ang u.

Kan sawi tâk zawng zawng khaikhawmna chu, **“Inah eng nge i neih?”** tih zawhna hi a ni. Kha hmeithai kha chuan sahriak

ûm khat zawng a lo la nei ve hrâm hrâm a, chu chu an chhungkaw ei bêl ber, an intun nunna awm chhun a ni. Mahse, Chu chu Lalpan mal a sawm a, an ei sen loh khawp malsawmnain a vûr a, mi dangte zâr zo tham khawp leh an lêibat zawng zawng rulh theihna khawpah a lo chang ta a ni. Kan in chung khurah leh kan chhungkuaah hian eng hi nge kan neih ve chhun ni le? Hêng Pathian malsawmna - sum leh pâi te, silh leh fên te, in leh lo te, fanau malsawmna te leh hriselna te min petu bulpui zâwk, sahriak ûm, kang ve thei lo Lalpa hi, **“Lalpa, nang chauh lo hi chu i bawihnu, i bawihpa hian inah neih rêng ka nei lo ve,”** kan ti ve thei dawn em le? **Lalpan, “Inah eng nge i neih? Kei mi nei em? I neih chhun ka ni ve em?”** tiin min zâwt a ni. Engtin nge kan chhân ve dawn le?



Sermon**RORELNA LO THLENG TUR**

Mathaia 25;31-46.

*Rev. Biaksailova
Tuikual*

Thil lo thleng tur chi hrang hrang an sawi zingah hian ringtute tana nghahhlehawm ber chu rorelna lo thleng tur hi a ni ngei ang. Chu rorelnaah chuan khawvela mi zawng zawng hi tu mah bang awm lovin kan tel kim vek dawn a ni. Thil danglam tak chu roreltu tur chu mi pakhat chauh a ni dawn a. Mi dang tu mah an inrawlh thei lo vang. Rel nawn leh ngai awm miah lo rorelna fel fai tak a ni ang. Roreltu rel dan chu tu man hnial lovin thu awih takin kan pawm ang. Rorelna sang zawk a awm tawh loh vangin rorelna dang hmachhawn tur a awm tawh dawn lo.

1. Rorelna lo thleng tura roreltu tur chu Lal Isua a ni: Lal Isua nihna ropui leh chungchuan tak Chanchin Tha Johana ziak bung 5:27-a kan hmuh chu, “Mihring fapa a nih avangin a hnenah rorelna tur thu a pe” tih hi a ni. Kan Kohhran Thurin 5-naah chuan, “Kraws-ah a thi a, phumin a awm a, ni thum niah mitthi zing ata a tho leh a. Pathian ding lamah a han chho va, chutah chuan a mite tan a dilsak reng a, chuta țang chuan mitthite kai tho tur leh khawvel rorel turin a lo kal leh ang.” tiin kan hmu a ni.

Hemi țuma rorelna hi a mak danglam hle dawn a ni. Roreltu tur chu mi pakhat chauh a ni dawn tlat mai. Mi dang tu mah an inrawlh a rem dawn lo va, an inrawlh thei dawn hek lo. Roreltu tur hian thuneihna tawp a nei tlat mai a, member dang ngaih dan lo sawi tur an awm dawn miah lote hi thil danglam tak chu a ni. Rel nawn leh a ngai tawh dawn lo va, sawisel tur pawh awm lo ang a, sawisel ngam pawh an awm lo vang. Rorelna sang zawkah thlen leh a ni ang tih thawm pawh a awm dawn miah lo a ni.

2. Khawvela mi zawng zawngte an kim vek dawn :

He rorelna lo thleng tur a lo thlen hunah chuan khawvela hnam tin leh chi tinte hi a bo a bang awm lovin kan kim vek dawn a, hnam aiawh leh ram aiawha intirh chi a ni lo vang. Khawvela mi zawng zawng kan awm kim vek dawn a nih chu. Matthaia 25:32 ah chuan, “*A hmaah chuan hnam tin an inkhawm ang a;*” tiin kan hmu a ni.

He hun hian danglamna tam tak a nei. Inkhawmpui ropui ber leh inthenna inkhawmpui a ni dawn a ni. Group hnihah fel takin min then dawn a, kan awmna tur lam group hi tu man kan thlang thei dawn bawh hek lo. Thu awih lo ngam kan awm lo ang a, mi tin mai hi roreltu rel ang zelin thu awih takin kan awmna tur lam lamah chuan kan awm mai dawn a. Thu awihna erawh chuan kan dinhmun tur thil thar min thlenpui tawh lo vang. Rorelna a lo thlen hmaa kan tuh rah kha kan seng ang a, Lalpa tih tuten Lalpa an tih man an tel ang a, Lalpa tih lotuten Lalpa an tih loh man an tel tawh ang. Inthenna

inkhawmpui kalhmang tur hi a zia a dang hle dawnin a lang a, han sawi hlek ila. He inthenna inkhawmpuia kan inthen hi kan inthen hlen vang vang tawh dawn a; mahse, inggai takin kan inthen dawn lo tlat thung. A bik takin, Lal Isua ringtute chu kan hmangaih theihna zawng zawng te, kan duhna zawng zawng te kha Isuan a hip khawm vek tawh dawn a ni. He lei hring nun hian min tibuai tawh lo vang. Kan hmangaihte nen pawh lo inthen dawn mah ila, chumi hunah chuan ngawi teh emaw, lo hawi leh lawk teh tiin emaw inchibai leh duhna pawh a awm dawn lo niin a lang. **“Beram vengtuin kel zinga beramte a hliir angin anniho chu a hliir ang a; beramte chu a ding lamah a dah ang a, kelte erawh chu a vei lamah a dah ang.”** Nupa te, pafa te, nufa te, unau te, thian te, leh chhungkhat laina induhsakna leh inhmangaih bikna te a bo vek ang. Hun kal tawh leh khawvel ngaihna zawng zawng hi a bo vek dawn a, a makin a danglam em em dawn a ni.

3. Tihdanglam kan ni

dawn a, thil bo tur a awm bawk ang: Rorelna lo thleng tur a lo thlen hunah chuan lei thuam hi a bo vek ang a, van thuamin kan inthuam tawh ang. Kan silhfen chu chhe thei tawh lo silhfen a ni ang a, thlakna tur a thar dang a ngai tawh lo vang. Thil bawlhhlawh zawng zawngte pawh a bo vek tawh dawn a ni. Lungngaih leh tahna te, hrehawm zawng zawng te, mittui tlak te, hlauhna te, riltam tuihal te, tlakchhamna te zawng zawng hi an kiang vek tawh ang. Chak lohna te leh zel a awm tawh lo tur hi a nghahhlelhawm tak zet a ni.

Famkim lohna te a bo tawh ang a, buaina thawm ri leh chanchin hriat nuam lo tak tak te hi a reh vek tawh dawn a ni. Thlarau lama chak lohna te zawng zawng pawh hi a bo vek dawn. Rualawhna te chuan min tihrehawm tawh dawn lo. Itsikna te, huatna te, elrelna te, lungawi lohna te, dawt sawina te leh anchhe dawng sulhnu zawng zawng hi a bo dawn a, bo tur a tam khawp mai. Heng zawng zawng hi han ngaihtuah chian

chuan rorelna lo thleng tur hi lo thleng thuai thuai se tih hi rilru chhungril luahtu a ni lo thei lo.

4. Rorelna lo thlen hun tur chu : He rorelna lo thlen hun tur chu Isuan a sawi angin, “Pa chauh lo chuan tu man an hre lo” (Marka 14:1-3). A hun thuah hian buai lawk vak a ngai lovang. Roreltu tur a lo kal hun chuan Tawtawrawt a ri dawn a, êng a lo awm bawk dawn a ni tih Pathian Thuin min hrilh kha rinhlelh chi a ni lo. Khawvel hnam tin hian kan hre vek dawn a ni. A ni awm e, niin ka hria, a ni lo mai thei, a ni mai thei tih a ngai lo vang. A chiangin a fiah em em dawn a, tu man an hai lo vang. Inzawh nawn leh inzawh fiah a ngai dawn lo reng reng.

5. Kan chhungkua engnge kan chanchin ni ang le ? Hemi tuma rorelna hunah hian kan chhungkua theuh hi group khatah nge kan awm dawn a, group hrangah kan inthen darh dawn le? Kan kutah hemi chungchang thu hi a awm asin. Roreltu thu awihnain Lalpa vohbik chanvo min

chantir theih tawh loh hun a thu awihtu nih chauh chu a pawtawh dawn. Kan inhmangaihna a tawp hun, induhsakna a tawp hun leh inngai leh thlahlel reng reng lova inthenna hun a thlen hma hian chhungkua hmangaihna leh duhsakna tak taka rawng inbawlsak a va hun ta em. Roreltu lah chuan nupa, pafa, nufa, unau etc. in ni si a, tiin ngaihnhathiam in ni ang, a ti dawn der si lo. Fakna hla siamtuin, *“Hmangaihtu leh hmangaihte pawh inthen a tul tawh ang,”* a tih kha a tak takin a lo thleng dawn a ni. Ihmangaih ber berte hnenah roreltuin, *“Anchhe dawngte u, kumkhaw mei, Diabola leh a tirkhohte tan an buatsaihah chuan mi kal bosan rawh u,”* a tih hun a thlen hma hian mahni inphatin, engkim huamin hmangaih rawngbawl hna hi i thawk thuai thuai ang u. Kan chenpui ngeite zingah hian thlarau bo an la awm em le? A chhanna chu i kutah a awm. Chhan chhuah hna thawh pawh i mawhpurhna a ni e. Lalpan

chakna min pek te finna min pek te, hmangaih theihna min pek te, chhelna min peke hi a taka kan hmanna tur chu a ni dawn lawm ni? Rorelna lo thleng turah hian Group khata awm vek kan duh tak zet chuan muan a hun ta lo va. **“Ka Pa vohbikte u, lo kal ula, khawvel siam tantirh ata in tana buatsaih chu chang rawh u:”** (Matt.25:34) tia Lal Isuan vohbik chanvo a chantirte zingah kan chhungkua kan tel kim theih a va tha dawn tak em. Kan ram leh khawvel chanchin kal lai mek te han thlir hian muang thei chu kan ni ta lo. Vawiin an tih chhung hian tlai mai theihna remchang lah chu a tam hle si. Bumin kan awm loh nan Kan Pathian hmaah kan chhungkua hi tluk luhpui thuai thuai a ngai a nih hi. Beiseina nung nei tura hrin kan nih kha, kan lo beidawng hlauh dah ang e. Beiseina nena nghak fan fana bei fan fantute chuan ram chu an luah dawn si a.

Lalpan a thu malsawm rawh se, Amen



Sermon**NEBO TLANG KA CHUAN****(Hruaitu ropui Mosia)***Hmanah chuan Mosian Kanaan a thlir a,**Luah zo lovin lal thuthlung a phur a.**Deut. 32:44-52, 34 : 1-8**Pi K. Zachhingi
Pawlrang*

2023 September thla, Israel ram buai hma lawk khân, Mango Tours & Travels-in Ram thianghlim fan a buatsaihah ka tel ve hlauh mai a, chumi tuma kan fan hmasak ber chu lung tilêng êm êm mai a ni a. Kan kal aţang hian ka rilruah Mosia dinhmun leh a ropuina, a nuna zir tûr tamzia te min ngaihtuahir nasa êm êm a, Kohhrante tan malsawmna a nih beiseiin ka han ziaak ve rawih a ni.

NEBO TLANG CHU:

Nebo tlâng hi Jordan rama awm, Amman khawpui aţanga KM 34 vela hla a ni a. Hmanlaia Moab ram, Ruthi te khawsakna ram kha a ni awm e. Mizorama tlâng sâng anga lawn chhoh ngai ang chu a ni lo. A tlâng chhip takah chuan Biak in an sa a, a bulah Israel ram thlima chu hmun nuam takin an siam a, chumi bul maiah chuan Mosian dâr rûl a khai hriat rengna ban sâng taka rûl lem inkhai pawh an siam bawk. Mizo lêngkhâwm hla, ‘Hmânah Mosian Kanaan a thlir a...’ tih kan sak châng pawha lung a tihlên sa tawh nak alaiin, a hmun ngei aţanga kan han thlir

ve chuan, Kanaan ram chuan lung a tilêngin ngaihtuah a tithui duh hle mai.

MOSIA KOHNA CHU :

Mosian Israel fate hruai chhuah hna a thawh dawn hian Pathian hnênah a dil lo, Pathian-in a ko zâwk a ni. A kohna hmanruate kha a va mak êm! Hnim buk kâng hmangin a ko a, a hnim buk erawh chu a kâng ral si lo. Mahse, Mosia kha a pha nasa hle tih kan hria, “*Thu ka sawi thiam lo*” a ti, a miten an lo awih loh a hlau bawk. A kohna dawn dân a Chiang a, a ropui tehluul nen, tisa zâwnah ngaihtuah ta ila, induh larhna tûr

a ni zâwk si a. Kohna ropui tak dawnga Pathian nêna an indawrnaah hian Mosia ingaihtlawmzia kan hmu Chianghle.

HRUAI HAR ISRAEL-TE CHU :

Aigupta ațanga Kanaan pana kalte hi patling chin ngawt pawh mi nuai ruk an ni a, hruai an harsat tûrzia chu kan ngaihtuah thiam âwm e. Mipuite hruaitu nih hi thil awlsam a nih lohzia chu kan hre țeuh âwm e. Ram hruaitute, Kohhran hruaitu nih te, p̄awl hruaitu nih te pawh, dem, sawisêl leh huat hlawnhna a ni fo mai, chu pawh hruaitu atana kan duh tak mipuiten kan thlan an ni zâwk a. Mosia erawh a hruai Israel-te thlan a ni lo, an hnampui, an mi leh sa mah ni se, ram danga nupui fanau neia khawsa a ni a, eng ang mizia nge a nih tih mi tam takin an hriat lêm loh tûr kha, anmahni hruai chhuaktu atân Pathianin a ruatsak a ni a, mipuite tân chuan han lâwm viauna tûr a awm kher awm lo ve. Pharoa thinlung khauh wawi tam han dâwr te kha a ninawm duh ngawtin a rinawm. Keini ni ta ila, kan thinrimin kan titau

nghawng nghawng duh ngei ang. Aigupta an chhuahsan chauh va, Tuipuisen ațangin harsatna an tâwk nghâl a. Thlalêr an thleng a, tui an nei lo, chaw an tlachham, an phunchiar, an vuivai, milem an bia, an hruaitute an itsik bawk, Mosia an bei nasa hle a ni tih kan hmu.

HRUAITU ROPUI CHU :

Khati taka hruai harsa mipuite lakah khân a va dawhthei êm tirawh u. A thinrim thu kan hmu tlêm em mai. Milem laka an tlûkin Pathian thîknain a thîk a, Pathian dân pêk lungphêk pahnih a paih keh tih kan hmu. Israel-te khawlohna avânga Pathianin tihhlum veka amah Mosia ațanga chi thar siam a tum pawhin, a mite chhan nân lehkhawua a hming thai bo zâwk tûrin Pathian hnenah a ngên zâwk a ni. Amah an itsik vanga Miriami phâr pawh Pathianin țawnğtaisak tûra a tih angin a tawngtaisak a, a lo dam leh ta tih kan hmu. Khati khawpa an harsatna tawh apianga an dem a, an mawhpah a, tihhlum hial pawh an duh chung khân, a mite lakah a thin nelzia te, a hmangaihzia te kan hmu zêl a ni.

Tun huna hruaitute hian Mosia hi kan va tluk lo nasa tehlul êm !

KANAAN RAM LUH VE LALPANAPHALLO:

A luh ve phal lohna ram ða, khawizu leh hnute tuia luang ram thlir tura a kotu Lalpan a tirh angin, Nebo tlang Pisga tlâng chhip chu a han lawn ta a. Hetah tak hian zêldinnain Mosia rilru tûr hi ka chhui a, a thlen ve châk êm êm thleng thei ta lo tûr chu mihring tak pawhin lainatawm hlein ka hria. A hruai Israel hnam, hel hmang, dân bawhchhe ðhin, phunchiar, hruaitute zah lo leh mi sual takte ram ðaah an lût ang a, a nawmna an chén ang a, an hruaitu ber erawh Bible-a kan hmuh angin a wawi khat Pathian a chawimawi loh avângin a lût ve dâwn ta lo mai chu hriat thiam pawh a har viau ang le. Mosia hian a ngaihtuahnain, “Ka hruai Israel fate ram nuam Kanaan-ah an lut ang a, a nawmna an chén ang a, kei an hruaitu zâwk hi ka lût thei lovang maw? Hei chen ka lo hahpui, huat leh diriam, vau te kha zât ka tuar a, ka hnunga mite an lût ang a, kei hruaitu hmasa

hi ka lût thei lovang maw,” tia Pathian lakah pawh vui rilru pu hial tûra ngaihte pawh a âwm rum rum mai. Mahse, Mosia hian a vui thu a chhâk chhuak lo, Kanaan ram lût tûrte a itsikin a thîk thu a sawi lo, lungawi lovin thurualpui dang a siam chuang lo va, pawl thar a din phah chuang lo. Hruaitu ropui nih a va tling tehlul em!

KALUT VETHEIANGEM?

Krista thisen sil faina avanga mi sual ngaihdam, tlen fai tawh ringtute chuan vân Kanaan thar kan beisei a, kan thlir ðhin a nih lai hian, Mosia anga wawi khat tihsuala Kanaan ram luh phalsak ve loh mai nih hi a va hlauhawm em! Pathian chhandamna lawmawm kan chang a, kan hlim êm êm a; mahse, thlalêr ram ro, tui awm lohna hmun te, chaw leh sa awm lohna hmun te, râldo tûr tam tak kan nunah a lo thleng a, kan chau ðhin. Beidawnnaten min chim pil lek lek fo mai. Galatia 3:3 ah chuan, **“Thlarauva ðan tawh siin, tisain in zo dâwn em ni?”** min ti a. Tin, Hebrai 4:1-ah **“Chuvangin i hlau ang u,**

chutilochuan a chawhnaa luhna thutiama la awm reng siin, in zingah tu pawh tling lo angin in lo awm mial dah ang e.” min ti bawk a ni. A awlsam leh a nuam chin chauhva Lal Isua zuia, a hrehawm leh harsa china bânsan leh mai, a hming chauhva ringtu kan nih chuan, Vên Kanaan hi thlir ve ÷hin mah ila, kan lût ve hauh lovang le!

KANAAN RAM I THLIR VE ÷HIN ANGU :

Khawvêl Nebo tlâng aţang hian Vên Kanaan ram kan thlir fo hi a va pawimawh em ! Keini Kohhran Hmeichhiate hian, khawngaih rawngbâwl hna kan thawh vena kawngah te hian tuar leh chên tûr a awm ve fo mai, budget tuakin ni sen sa hnuaiah kan inhlawh a, sum kan tlâkchham laiin talent ip kan thun a ÷ûl fo. Kristian Chhungkaw Campaign-in insit tak chungin kan chhuak a, min lo dawngswng ÷ha duh vak lote inah kan lên tho a ngai a, lên chilh ÷ûl ti lote an lo awm bawk

chângte hian rilru a hrehawm fo ÷hin. Tin, ÷ha taka min lo dawngsawngtute pawh kan thu sawite ngai pawimawh chuang lo, zawm tum miah lote an awm chângte hian, a va beidawnthlak ÷hin êm tirawh u. Kan chhungkuaah pawh, kan pasalte leh kan fate, kan rawngbawlna thai chhe zawnga an awm chângte pawh hian bei a dawng rum rum fo mai. Ringtute hi harsat mangan buainaten min chim fo ÷hin a nih hi. Kolossa 3:2-ah chuan, chung lama thil awmah te rilru nghat tlat a, leia thil awmah te ngat lo tûrin min ti a. Pathian ding lama ÷hu, Krista awmnaa thil awmte chu zawng tûrin min chah a ni.

Chuvangin, Mosia anga Pathian thu awih, a hruai mipuite hmangaihtu, tuarna tam tak pal tlanga, rinawm taka Lal Isua zui tlat tûrin, vên Kanaan thleng ngei tûrin ***Khawvel Nebo tlâng aţang hian rinna leh beiseinain Van Kanaan I thlir ve ÷hin ang u.***



Article

KOHRAN KAN HMUH DAN HI

Rev. Dr. Lawmsanga

Tunlai hian social media-ah kawng hrang hrangin Kohhran duh khawp lohna a ri zing ta viau a, a chhan hrang hrang pawh a awm thei awm e. Kohhran hi a tha famkim hauh lo va, kawng hrang hranga siam that ngai a ni.

Chuti chung chuan rem chang a awm chuan thu sawi leh titinaah Kohhran han khak deuh talh talh kan pung ta zel mai hian Kohhran kan hmuh dan leh ngaih dan hi en that deuh kan ngai niin a lang.

Kohhran hi khawvela pawl pakhat ang mai hian kan hmu ta mai ni te pawhin a lang. Chuvangin, Kohhran hian eng ang takin nge a mite, khawtlang leh ram tan a thawh thin tih te hi ngaihtuah a, inhriat thartir te pawh a tul a ni awm e.

Kohhran din chhan leh a hna pui ber chu mi sual chhandam an nih theih nan

Lal Isua chanchin tha hril hi a ni a. Chutiangin mite chhan dama an awm theih nan chuan Kohhran hian hmân lai atangin vawiin thlengin hma a la reng a. Nausen mai kan nih lai atangin nau hualna hun min hmanpui thlap a. Chutah tlemin kan lo leikang deuh a, beginner pawlah min han seng lut a (kohhran thenkhat pheii chuan pre-beginner pawl pawh an siam). Sunday school-ah chuan Pathian thu leh thu tha tinreng min zirtir a. Tichuan, tleirawl kan nih thlengin zirtirtu tha tak zirtirna hnuaiah kan that theih nan Pathian thu min zirtir reng a. Sunday school bakah CFC (Children for

Christ) leh YFC (Youth for Christ) pawl te min la siamsak bawk a, chungah chuan sual lama kan pen bo loh nan leh ruihhlo kan tih ve loh nan zirtirna tha tinreng nen min enkawl zui zat bawk a. Chu chu duh tawk mai lovin, thalaite suala kan pil bo mai loh nan kawng kal fel tak neia Kristian Thalai Pawl, rawngbawltu tangkai leh Kohhran kut ke puitling kan lo nih theih nan min dinsak te hi a va hlu em! Heng bakah hian Kohhran Hmeichhia leh Kohhran Pavalai Pawl tangkai dan leh an rawngbawlna pawimawh dan te hi kohhran chhungkua hian kan chhawr nasa em em a ni. Chumi piah lamah kohhran mi zawng zawng kan len vekna kohhran pui rawng bawlnate hi a chhut Chiang duh tan chuan Kohhran hlutzia leh tangkai dan chu kan hre Chiang thei awm e.

Chutianga kohhranin kan têt lai aţanga kawng tha leh dik kan zawh theihna

atana a thawhnate chu mi tam takin kan ngai pawimawh duh lo va. Keimahni duhthlanna ngeiin kawng tha lo, sual kawng kan zawh zel a. Chuti chung chuan kawng dik kan zawh theih nan kan kohhran hruaitute leh thalai hruaituten min ngaihtuah em em a, min len chilhin vawi duai lo Kohhrana tel turin min sawm bawk thin. Chu bakah chuan chhan-chhuahna camping leh crusade te buatsaihin, a tul ang zawng zawng, kan bedding thlengin min putsak thin a nih kha. Chuti chung pawh chuan tam tak hi chuan kawng dik zawh kan tum chuang lo hi chu Kohhran tan chuan a manganthlak ve bawk thin a ni. A tawpah Kohhran hian min ngaihsak lo, Kohhran hian a tih tur ang a ti lo tiin Kohhran kan sawisel ta mai thin. Kohhran hian sum chauh a ngaihtuah a, Biak In tha leh committee room nuam a neih thu te chu Kohhran tangkaina lam sawi

ai chuan kan sep ring ta zawk mah a. Kohhran hian hetiang thil hi ngaih pawimawh hmasaah a neih ngai lo tih te hi Kohhran mite hian kan hriat a ÷ul hle. Tuten emaw Kohhran an sawiselna te Kohhran mi ÷henkhatte hian a dik lutuk, a ÷ha lutuk kan lo tih pui ve nghal zung zung te hi chu ngaihtuah chian deuh a ÷ha khawp mai.

A nihna takah chuan Kohhran tluka suala kan pen bo lohna tura inpe leh thawk nasa hi khawvelah an awm em aw! Nausen kan nih a÷anga kan thih ni thlengin Kohhran hian min ngaihtuah tluan chhuak zak a ni zawk lo maw? Chuti chung chuan Kohhran chuan mi mal, chhungkua leh khawtlang tana a thawh nasat dan hi

puang zar ngai lem lo va, puan zar leh sawi chhuah vek hi ÷ul an ti lem lo zawk ni pawhin a lang. Pathian thu chuan “Sual dovin thisen chhuak khawpin in la ÷ang lo va” (Heb 12:4) a ti a. Kohhran hian sual dona kawngah a ÷ul ang zelin hma a la zel ang. Tun hmaa an tih ngai loh mamawhna avanga tih thar ngai te pawh a awm ngei ang. Amaherawhchu, Kohhran hian pawl dangin an tih ang zawng zawng hi a ÷ha e tih vanga tih ve vek tum chu a fuh ber lo thei. Eng hi nge kan Kohhran hian kan tih awm leh kan tih theih tawk tur tih te uluk taka ngaihtuah pawh a ÷hain a rinawm. Eng pawh ni se, Kohhran kan hmuh dan hi a mihring a zirin a lo danglam hlei hle dawn a lo ni.



***Kohhran hi thlarau thianghlimin a
kalsan ngai lo.***

- Rev. Saiaithanga

Article**CHHUNGKAW ECONOMY***Philipi 1:27**Rev. Benjamin Lalrinmwia**Cambodia*

Economy awmzia : J.F Laldailova chuan – ‘Inrenchem taka pawisa hman, inrenchem thiamna’ a ti a. Ei leh bâra intodelhna tihte pawhin a sawi theih awm e. Tûn tumah chuan Kristian chhûngkua sum leh paia kan inrêlbâwl dân tur kan sawi dâwn a ni.

1. Consumerism fever lakah i invêng ang u: Consume tih chu mizo tawng chuan ei ral, hmang ral tihna te a ni a. Consumer kan tih chuan ei raltu, hmang raltu tihna te a ni a. A awmzia chu electric current te kan hmang a, Gas te kan hmang a, kan hmang ral zêl a. A hmangtute pawhin pâwlte kan indin a, Consumer union te kan inti a. Harsatna a lo awm pawhin an tângkai hle a ni. Mahse, tûnlai thil awmzia thlîr hian consumerism tih hi a awmzia dangin kan sawi dâwn a ni. Social Analyst ho chuan cunsumerism chu ‘Mamawh ni miah lo awhna’ sawi nân an hmang. ‘Thlêmna’ ti te pawhin an sawi hial a ni. Consumerism fever kan tih chuan mamawh ni lo awhna bawiha tân sawina a ni. Thlahtu bul nu ber Evi kha Consumerism fever-in a tihbuai hmasak

ber chu a ni awm e. Pathianin Eden huanah khân thei ei tûr chi hrang tam tak a dah a. Apple te, sêrthlum te, balhla te, grape te pawh a ni ang. An duh tâwkin an ei thei a ni. Ei loh tûr pakhat erawh a dah a, chu chu a chhia leh a t̄ha hriatna thei a ni. Eng ang takin nge a awm tih a hriat loh va; mahse, mit la tak a ni tih chu kan hria. Tûk khat chu Evi chu an pa tel lovin chu thei ei thian loh bulah chuan a kal a ni. An pa hi khaw nge a awm ang le? An pa nên inrâwn dûn se. Thlêmtu hian thlêm hun tûr a hre khawp mai. A ril̄tam lai tak pawh a ni mahna, chu thei lah chu mit la tak a ni bawk si. Thlêmtu thlêmna chu a do zo ta lo va. Anchhe dawng an lo nih phah ta a ni. Keini pawhin he natna (fever) hi kan vei thîn a ni. Chhûngkuain a mamawh ni lo kan duh zâwnng lei maite hi kan

chông thîn a. Insûm theih a tha khawp mai. Pa pakhatin ti hian a sawi, “Bazarah ka kal a. Mobile an zawrhna zâwn ka thlen chuan mobile chhuak thar mawi tak mai kha an lo pho chhuak vâng mai a. Ka duh khawp mai. Mahse, ka’n ngaihtuah chianga hman lai ka nei a, ka mamawh lo tih ka hria. Chuvâng chuan, ‘Kal mai teh,’ ka inti a, ka kal vang vang mai a ni” a ti. Evi pawh khan, “Kal mai teh,” in tihna châng hria se, a tuchhuan zawngte hian consumerism fever hi kan vei lo tûr. Mî thênkhat chu China-ah khian sumdâwngin an han kal thîn a. Nuai chuang fe man thawmhnaw an rawn hawn thla thîn a. Hmânni khân sumdâwng thînte rawn haw tirhin Aizawl nu pakhat chuan payment thlapin sîng chuang man a lei riap mai. Eng atân êm êm nge maw a tih ni? Thawmhnaw ringawt mai kan han buaipui êm êm mai hi chu kan ram retheihzia ngaihtuah chuan a manganthlâk thîn. Pawisa nei ho tih dân hi a nei lo deuh paw’n kan thîk ve zêl si a. Khua a va vâw lo êm! Mizo Kristiante tân hian thahnemngaih a na hle mai. Consumerism fe-

ver vei hi nun nghet lo awmzia a ni a. Mizote hi nawm chen duh mi kan ni. Rev. Lalsawma chuan, “Mizo ze nghet deuh mai chu kan ze nghet lo hi a ni e,” a ti. Keini hi nei chhun chhuna ît zâwng leh awh zâwng lei pawp duh mi kan ni em? Intodelh lo ho hian kan nun dân hi ngun taka kan inen a va ngai êm! Nei zawng zawng hmang zêl lo va, security (invênna) tûr nei hna châng hria kan nih hun chu kan din chhuah tan hun tûr chu a ni.

2. Inren thiam, insûm theihna kan mamawh: Miten inren lutuk tia min hriat chu a tha lo va, uikawm pawh a tha bawh hek lo. Sum hi lâk luhna tûr kan zawng nasa a. Mî tam tak chuan lâk pawh an la lût nasa a ni. Mahse, thil pawimawh tak chu a hmanna lam kan uluk a ngai. Pawisa ngah ringawt a ni lo va, a hman leh thiam si loh chuan a nun tichhetu a ni thei. Sâp thufing pawhin 'sum hmang thiam lo chhiat vekna chu sum pêk belh' a ti hial a ni. Kan inren thiam chuan sum la lût tlêm mah ila a khawsak ve theih zêl a ni. Tin, kan sum hmuhna a thianghlim tûr a ni a, kan hmanna pawh a thianghlim tûr a ni. . . .

Article

PUAN SENDUK ZUARTU LUDI

*Lalremruati Tlau
Chaltlang*

Ludi chanchin hi Bible-ah kan hmu tlem hle a; mahse, belh chian a dawl khawp mai. Tirhkohte Thiltih 16: 14,40-ah a hming a lo lang a, a bak chu a chanchin hmuh tur a awm lem lo. Paula'n a zin vawi 2-na tum khan Sila a hruai a. A tum hmasak dan chuan Barnaba a sawm a, an zin hmasakna lama ringtute tlawh a rawt a. Mahse, Marka hruai leh hruai loh chungchangah Barnaba nen an inhnia, an kal hrang ta a ni a. Paula leh Sila pawh an tum danin an awm zui chuang lo.

Pathian Thlarau Thianghlim chuan tirh duhna a lo nei a, Asia minor-a an luh a phal lo va, Bithunia ram luh an tum leh pawhin Isua Thlarauvin a phal lo tih Bible-ah kan hmu a. Troas khuaa an awm laiin Paula chuan zanah inlarna a hmu a, Makedonia (Greece) ramah kal tura tih an ni a. An la thlen ngai lohna ram Europe khawmualpui chin, Makedonia ram bial chhunga Philipi khua an va thleng ta a ni. Philipi hi hetih lai hian Rom sawrkar awpna hnuai a awm a ni a. He khuaah hian Paula te thian dun chuan rawngbawl tan nan Sabath niin lui kamah hmeichhe ho tawngtai tura kal khawm hnenah Isua chanchin an sawi a. An tawngtai

a, heng hmeichhe ho zingah hian puan senduk zuartu Ludi chu Pathianin a rilru a hawnsak a, a chhungte nen Baptisma an chang ta a ni. Paula te thian dun chu Pathianin a tirhna hmuna an kal avangin Philipi-ah hian ringtu Ludi bakah Sal hmeichhia ramhuai zawl thin leh tang vengtu Kornelia te chhungkuain kohran an din ta ni awmin a lang a, a ropui hle mai. Mahni duhang emaw, mahni nuam tihna anga rawngbawl aiin Pathian min tirhna hmun ngeia rawngbawl hi a hlawk hle tih a hriat theih. Philipi khuaah hian Juda tlan darh te chu an awm ve ngein a lang a; mahse, mipa an tlem a ni ang Sunagoga awm lo. Juda-te chuan Sunagoga a

awm lohna hmunah chuan lui kamah Sabath niin ṭawngṭai turin an kal ṭhin an ti. Ṭawngṭai tura kal khawm hmeichhe ho chuan Chanchin Ṭha an dawng hmasa ber a, Philipi kohhran dintu pawimawh tak zinga mi an lo ni ta a ni.

Puan senduk chu eng nge ni le? Ludi hi Thuatira khaw mi tiin Bible-in a sawi a. Thuatira chu Asia minor, tuna Turkey ram chhunga awm a ni a. Hmanlai chuan puan rawng thlakna (dye) siamna hmun pui a ni ṭhin a ni awm e. Ludi hi Thuatira aṭanga he sumdawna avanga Philipi khuaa awm pawh a ni a. Mizo ṭawnga puan senduk kan tih hi, rawng pawl duk, violet rawng duk lam pawl mah (Royal blue) a nih hmel a, lal kawr fual (Royal robe) leh mi hausa ho thuamhnaw atan bika an siam puan rawng thlakna niin an sawi. A rawng siam dan mi thiamte sawi dan chuan, Hnapkhawn/ Piring chi khat, Murex snail hi Mediterranean tuipui kam velah khuan a tam hle a, an rawng pawh senduk (purple) rawng te a ni hlawm a, mawi tak an ni.

Chu Piring (gland) aṭang chuan tui hnâng an sawr chhuak a, tuipui tui al (salt water) nen an chawk a, ni saah ni hnih vel an pho a, rawng sendukah a lo chang a, puan manto rawng thlak nan an hmang ta ṭhin a ni. Gram 1.4 vel lek la chhuak tur pawhin, Piring 12000 vel a ngai an ti. Chutiang hna hautak taka puan rawng thlak chu a man a to lo thei lo a ni. Rom leh Grik mi hausa ho chuan an ngaisang hle an ti.

Ludi zawrh pawh hi chutiang puan man to chu a ni a, Rome leh Grik mi lian te, mi hausa hovin an dawr ṭhin ngeiin a rinawm a. Ludi chu a khawsak a sâng a, vantlâng chung lam, nu khawsa thei tak a ni tih a Chiang a ni. Hetianga mi khawsa thei tak Ludi hi Bible chuan, Pathian ṭih (Tirh 16:14) tiin a sawi kher a. Pathian zawng tlat mi, ṭawngṭai ṭhin mi a ni a, Juda tlem tein an Pathian biao an ṭawngṭai ṭhinna hmun lui kamah Pathian chhandamna thutak Isua Krista a chhar ta hi a ropui hle mai! Hemi atana Paula leh Sila, Pathian Thlarau tirha thu awih

taka kalte kha an hlawhtling bawka ni. Khawvel intih hlimna hmuna kal ai chuan, Pathian biakna hmuna kal thin te, Pathian hnaihna lam hmuna awm thin mite hnenah Pathian a inpuang awlsam zawk thin tih pawh a langchiang.

“Ludi hi Europe khawmualpui pum puia ringtu hmasa bera record a ni. Ludi chu a chhungte nen Baptisma an chan thu kan hmu a (Tirh.16:15). Pasal a neih leh neih loh Bible-in a sawi lo va; mahse, chhungkua chu a nei a ni. Sumdawng a ni a, ei zawngtu a ni. Hah taka ei zawng chungin chhungkua kawng dika hruaitu a ni a, amah vangin a chhungte chhandamin an awm hi a entawntlak hle a ni. Chhungkuaa hmeichhiate hian kan chhungkaw tan tih theih kan nei, kawng min kawhhuhtu mipa fel kan nei lo a nih pawhin, hmeichhiate hian chhungkua Isua Chhandamna kawnga hruai turin hma latu kan ni thei tih a tilangchiang hle mai. Ludi chuan

Paula leh Sila chu a ina thleng turin a sawm a, (Tirh 16:15) phal tak leh inhawng takin rawngbawltute a dawngsawng a, a neih a ui lo va, an mamawh a pe a ni. Pathian ram zau zel nan ui lova insêngso ngam kan nih a va tul em! Paula ten tawh sual an tawka, jail an lut a, tan in atanga an chhuah leh pawh khan Ludi in hi an tlawh leh phawt a (Tirh.16:40). Ringtharte an thlamuan a, Philipi an chhuahsan ta a nih kha. A hnuah, Philipi khuaa mite hnena Paula'n lehkha a thawn lehah pawh, Makedonia a chhuahsan hnuah Philipi kohhran chauhvin a sum hman tur an ngaihtuahpui thu te a sawi a. Thilpek wavi hnih lai an thawn avanga a lawm thu a sawi bawka (Philipi 4:15).

Puan senduk zuartu, nu thawk rim, Isua leh a rawngbawltute tana inpe Ludi hian, Paula mamawh puhru tura kohhran hote chetnaah pawh hian a thawh hlawk ve hlein a rinawm a ni.



Hriselna**PRE-CONCEPTIONAL COUNSELING***Dr Vanlalkima**Obstetrician and Gynaecologist**Synod Hospital, Durtlang*

Pre-conceptual counseling hi mi tam zawkina kan la hriat ngai loh a nih a rinawm a. A nawlpui chuan kan naupai kan chian (confirm) hnuah chauh Damdawi in leh Sub-Centreah te kan kal thin a, damdawi ei turte leh test tur hrang hrangte pawh hemi hunah hian kan ti thin a ni. A ruka natna leh taksa hrisel lohna nei chung a nau pai hian a tha lo zawngin nghawng nasa tak a nei thei.

Pre-conceptual counseling in a tum ber chu hmeichhe nau pai tumten hrisel taka nau an pai theih nan leh, harsatna awm mek leh awm thei te lo hriat lawka, lo inenkawl lawk a nih theih nana doctor hnena lo inentir, ti ila kan sawi sual awm lo ve. Nu hriselnain a nau paiah a tha zawng leh tha lo zawngin nghawng a nei thei tih hi mi thiamte chuan an hriatna a rei tawh a. Khawthlang lam ram changkang zawkte chuan kum 30 chuang kal ta khan hetiang kawngah hian hma an lo la daih tawh nghe nghe a ni.

Pre-conceptual counseling-in ken tel hrang hrangte lo sawi zau deuh ta ila –

- Nau pai laia natna leh harsatna thlen theitu hrang hrang (risk factors) lo hriat lawk. Entir nan, thau lutuk (overweight) emaw, rihna hniam lutuk (underweight) te, kum upa lam lo hriat lawkte hian a enkawl na kawngah nasa takin a pai thei a ni.

- Nau pai tibuai thei natna zawn chhuah. Entir nan, BP sang, zunthlum, thyroid natna, thisen tlachham / Hb hniam te leh a dangte lo hriat lawka, a tul anga damdawi leh a tul dang hmanga lo inenkawl lawk.

- Damdawi hmanga natna enkawl lai mek a nih chuan damdawiin a natna a control tha em tih finfiaha, a damdawi en that leh a dose siam rem te.

- Nau pai tana thil tha lo tur (zuk leh hmuam, damdawi hman sual leh ruihtheih thil etc) tih thin kan nei a nih chuan a tihtawp emaw, a sim dan kawng zawn.

- Nu leh pa aţanga nautein natna tha lo a kai chhawn theih chi lo chhui lawka, a ven dan kawng lo zawn.

- Nu taksain nau pai laia a mamawh ngei ngei tur tlakchham a nei em tih lo enfiah te.

Pre-conceptional counseling-a kan tih thin tlangpuite chu –

- Nau pai hma aţanga folic acid lo ei tan hi a pawimawh hle a. Nu nau paiin folic acid a tlakchham chuan nauteah piansualna chi khat, neural tube defect awmna chance a sang em em a ni. Tin, folic acid tlakchham hian Hb hniam a thlen thei bawk.

- Rih zawng leh san zawng teh a nih hnuah BMI (Body Mass Index) kan chhut chhuak leh a. BMI hmang hian rit lutuk (overweight/obese) emaw, zang

lutuk (underweight) an nih leh nih loh a hriat theih a. Taksa rihna a san hian BP sang leh zunthlum neihna chance a sang bik tih fianfiah a ni tawh nghe nghe.

- Blood Pressure (BP) check-sak vek thin an ni a. BP sang control loh hi kan hlau hle a; taksa peng hrang hrang – kal, mit, thin, thluak leh thisenah te nghawng tha lo leh hlauhawm tak tak a awm phah thei a. Kaih (seizure) hial te pawh a thlen thei thin. Thi put tih lovah chuan BP sang hi nau pai laia nu leh nautea harsatna thlen theitu langsar ber te zinga mi a ni.

- Thisen tlachham (Hb hniam) nia kan rinhlelh te chu thisen test-tira confirm ngei ngei a ngai a. Nau neih lai hian thisen chhuak (blood loss) a awm tel ngei ngei avangin Hb hniam saa nau pai hi a hlauhawm bik a, thisen inpek a ngaihna chance a tisang a, nu hriselna rei tak thlengin a nghawng thei a ni.

- Fa nei tawh an nih chuan a hmaa an nau pai chungchang

(history) uluk taka zawh an ni a. Natna awm nawn thei ang chi bakah, nau neih laia harsatna awm leh thei ang chite chhui zui niin, a ven theih chin chinah ven dan kawng zawn thin a ni.

- Heng natna - zunthlum, thyroid leh natna dang hrang hrang nei thei dinhmuna dingte chu test tiha confirm thin an ni a. A tul chuan damdawia lo enkawl lawk thin an ni.

- Natna nei sa leh damdawi ei mekte chu an damdawiin an natna a control tha em tih te, an damdawi ei lai nau pai tan a him dawn em tih te enlawk thin a ni a, a tul chuan thlaksak an ni thin bawk.

- Chhengkuaa natna inthlah chhawn theih (genetic disease), nautein a dam chhuahpui loh tur emaw, a hriselnain nasa taka a tawrh theih tur ang chi a awm a nih chuan genetic counseling tih a, test hmanga confirm turin thurawn pek thin an ni a. Mahse, hetiang tih theihna leh enkawl na bik (genetic clinic) hi kan ramah a la awm loh avangin hmalak tak tak erawh a la harsa deuh.

- Lung lam natna (heart disease) neite chu lung doctor hnenah nau pai turin an hrisel tawk em tih finfiah tura tirh thin an ni.

- HIV natna vei an nih chuan HIV damdawi (Anti Retroviral Therapy – ART) an ei tha em tih te zawh fiah thin an ni.

Heng point hrang hrang kan tar lan atangte hian Pre-conceptual counseling lo neih lawk hi a pawimawh hle a, lo inenkawl hma hian nasa takin nu leh nauteah a tha zawngin nghawng a nei tih hi a chiang hle a ni. Nausen thla kim lova piang te, nausen piang hlim rihna hniam lutuk (lowbirth weight) leh nausen piang hlim, an nih tur ang aia lian lutuk te bakah an puitlin hnua heng natna - cancer, zunthlum leh lung natna thlang thei lakah te a veng thei tih hi finfiah a ni tawh a. Chuvangin, hmeichhia nau pai tumte bakah fa nei tawhte pawhin nau pai leh hmaa inentir nachang kan hriat deuh deuha kan dinhmun chiang taka kan hriat hi a pawimawh hle a ni.

Eisiam**KHANGHU LEH AIDU BAI PAWLH**

Mamawhte : Khanghu, Aidu, Hmarchapui
Chi, Soda, Saum

A siam dan:

1. Khanghu : tel 1 leh a chanve (Bazar-a Rs 50 mana tawn)
Aidu : 250 grams
Hmarchapui : Pum 4/5 (thak ngam lo tan a mu paihin)
Chi : A al tur tawk
Soda : Tlem (sawh khat)
Saum: Tlem (fianta khat tling lo deuh)
Aidu hi Aidu-ria leh Aidu-sentil a hman theih ve ve. Aidu kha a no chinah kan kheh ang. Fai taka silin kan chhum hmin hmasa ang. Aidu a hmin hnuah kan la chhuak ang.
2. Khanghu kha a no chin kan la ang. Fai takin kan sil ang. Bai theih turin kan dah ang.
3. Hmarchapui sil fai a, thlak mai theih tura dah tur
4. Bai belah tui kan chhuang ang (tui hi bai tur nena inawm tawk vel). Chi, a al awm tawk vel kan telh ang. Hmarchapui kan sil fai sa kha a dung zawngin kan zai phel ang a, kan thlak ve nghal ang (thak ngam lo tan a mu hi ziah fai mai tur a ni).

Bai tui tur a so bawrh bawrhah Aidu kan chhum hmin sa leh Khanghu sil fai sa kan thlak ang. A lo so leh bawrh bawrh hnuah Soda a awm tawk vel leh Saum kan telh ang. Uluk takin kan chawk ang. Khanghu kha a hmin veleh suan tawh mai tur a ni.

Theih hram chuan Bai hi mei saah (high heat) a rei lo thei ang ber chhuan hian a rawng a nalh duh bik. Bai hi mei kan off hnuah hring paw pheta awm reng tura kan duh chuan, chhin phui nghal lovin tlema inhawng deuhin chhin tur a ni.

**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE (Chhunzawmna)**

SNo.	Bial/Kohhran/Mi mal hming	lak zât
130.	Kolasib Diakkawn Kohhran Hmeichhia	127
131.	Khatla South Kohhran Hmeichhia	50
132.	Hliappui Bial Kohhran Hmeichhia	20
133.	Zamuang Bial Kohhran Hmeichhia	20
134.	Bethlehem Venglai Bial Kohhran Hmeichhia	20
135.	Ramhlun Kohhran Hmeichhia	30
136.	Phullen Vengthar Bial Kohhran Hmeichhia	10
137.	Saitual Chhimveng Bial Kohhran Hmeichhia	10
138.	Maubawk Bial Kohhran Hmeichhia	30
139.	Zemabawk North Bial Kohhran Hmeichhia	20
140.	Khawbung Vengpui Bial Kohhran Hmeichhia	10
141.	Sihfa Bial Kohhran Hmeichhia	20
142.	Tuikual South Kohhran Hmeichhia	20
143.	Darlung Bial Kohhran Hmeichhia	10
144.	Hnahlan Bial Kohhran Hmeichhia	20
145.	Nursery Veng Bial Kohhran Hmeichhia	30
146.	Tlangnuam Kohhran Hmeichhia	20
147.	Ramhluan North Bial Kohhran Hmeichhia	150
148.	Chanmari W Hmarveng Kohhran Hmeichhia	30
149.	Chanmari W Hmarveng K.H. (mi mal laksak)	65
150.	New Champhai Kohhran Hmeichhia	10

chhunzawm tur

NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT

Chhunzawmna

Sl.No	Bial/Kohhran/Mi mal hming	Chawm zât
115.	Maubawk Bial Kohhran Hmeichhia	3
116.	Zemabawk N Bial Kohhran Hmeichhia	4
117.	Sihphir Vengthar Bial Kohhran Hmeichhia	3
118.	Chanmari West Kohhran Hmeichhia	4
119.	Thenzawl Kohhran Hmeichhia	2
120.	Kanghmun Bial Kohhran Hmeichhia	1
121.	Vaivakawn Bial Kohhran Hmeichhia	4
122.	Zonuam Bial Kohhran Hmeichhia	4
123.	Kanan Kohhran Hmeichhia	3
124.	Airfeld Vengthar Bial Kohhran Hmeichhia	2
125.	Lungpho Kohhran Hmeichhia	2
126.	Nursery Veng Bial Kohhran Hmeichhia	2
127.	Durtlang Bial Kohhran Hmeichhia	3
128.	Tlangnuam Kohhran Hmeichhia	4
129.	Chhingchhip Mualpui Bial Kohhran Hmeichhia	2
130.	Baktawng Bial Kohhran Hmeichhia	2
131.	Ngur Vengsang Kohhran Hmeichhia	1
132.	Sairang Kohhran Hmeichhia	2
133.	Chhinga Veng East Kohhran Hmeichhia	6
134.	E. Lungdar Bial Kohhran Hmeichhia	3
135.	Darlawn Bial Kohhran Hmeichhia	4

chhunzawm tur

**NORTH EAST INDIA CHRISTIAN COUNCIL WOMEN
ASSEMBLY (NEICC-WA)**

BIENNIAL ASSEMBLY Vawi 15-na

*Vanlalthlamuani
Vice Chairman
Central Committee*

NEICCWA Biennial Assembly vawi 15-na hi ni 22-25 May, 2025 chhung khan Shalom Bible Seminary, Sechu Zubza, Nagaland ah neih a ni a, kan thupui chu “Lalpaah leh a chakna thahruiah chuan thiltihtheihna nein lo awm rawh u” (Eph.6:10) a ni.

NEICCWA-ah hian India hmarchhaka Kohhran/Pawl unit 37 kan awm a, tun Inkhawmpuiah hian Unit 31 aṅging Palai 505 kan kal a, Mizoram Presbyterian Synod atanging Central Committee leh Bial aiawh 58 kan kal a, kal tam ber kan ni. Mizoram Palai te hi Bus 2 hmanging kan kal a ni.

Mizoram Synod aṅanga Agenda kan theh luh “*Ram leilung leh lui tui chhe zel tur venhim nana plastic aṅanga thil siam chhuah hman tlem inzirtirna neih ni rawh se*” tih chu Executive Committee lo bawhzui turin dah a ni. Agenda 13 zingah 12 pawm a ni a, hengte hi thurel langsar zualte an ni :-

1. Executive Committee Member awm sa aṅging 5-a tihpun.
2. Executive Committee-in Inkaihhruaina leh Dan ennawnna (Revision of Guidelines and Constitution) a lo duan chu tlema siam that hnuah pawm a ni.
3. Hmeichhiate nemngheh (ordain) rawtna ECM aṅanga lut chu NEICC-WA chuan tha tiin, Kohhran enkawl hna (pastoral ministry) thawk tura hmeichhia Pathian thu zir leh qualified-te nemnghet turin Kohhran hrang hrangte hnenah NEICC-WA hmingin ngenna lehkha pek min remtihsak turin NEICC Committee sangah thlen ni se tiin rel a ni.

4. Kum 2025-2027 NEICC-WA Budget atan Rs 7,75,000 /- pawm a ni. Mizoram Synod thawh tur chu Rs 15,500/- a ni.
5. Kum 2027 Biennial Assembly wawi 16-na chu Church of God, Assam & Meghalaya-ah nghah a ni.

Inrinni zan dar 7-ah inkhawm banah Cultural/Variety Programme kan hmang zui a, hnam hrang hrangten mahni hnam ziarang pho lang thei item kan nei a, keini Mizoram Synod pawhin Kristian Chhungkaw hla Female Voice neiin mawi takin kan sa ve a ni.

Ni 25.5.25 (Pathianni) zing dar 7:30-ah Lalpa Zanriah Sakramen kan kil ho a, thehtu hi Rev.Kakheli, Nagaland Baptist Church Council (Hmeichhe Pastor) a ni a, rawngbawltu hmeichhe Upa hoten Sakramen thehtu an tawiawm a ni.

2025-2027 NEICC - WA HRUAITU THLAN THARTE

President : Mrs Wellorich Anderson Sohkhet
(KJP Synod Sepngi)

Vice President : Mrs Lalnunfeli (LIKBK)

Secretary : Ms Jessie Lalramneli (BCM)

Asst. Secretary : Ms Hannah Lalthanhnieng (EFCI)

Treasurer : Ms Rupelties Synjri (Church of God - M&A)

Finance Secretary : Mrs Ngonlih Konyak (Assam Baptist Church)

Executive Committee member 9 ruat zingah Mizoram Synod atangan Mrs Lalthansangi, Assistant Secretary, Central Kohhran Hmeichhia chu ruat a ni.

Kan Inkhawmpui chhung hian zaipawl 4 - Synod Mission Choir, Nagaland Baptist Church Choir, Ribhoi Synod Standing Choir, Aizawl Area Baptist Choir te zai tura sawm an ni a, inkhawm apiangan an inzai chhawk thin a, an zai thiam hle. Synod Mission Choir an zai thiamin khawmpui palaiten an lawm hle.

Inkhawm apiang hian mi 700 vel kan inkhawm thin tlangpui a, Inkhawmpui neihna hmun Shalom Bible Seminary hi a hmun hma a nuamin a remchang hle a, thlengtu NBCC-ten hneh takin min thleng a, palaite min duat thiam a, nuam kan ti hle.

Pathianni zan inkhawm ban zanlai pelhah Mizoram Synod Palai te kan lo haw a, zan khuaa tlanin a tuk thawhtan zanlai pelhah tluang takin Aizawl kan lo thleng a ni.



PRESBYTERIAN BIBLE SCHOOL ADMISSION NOTICE

Presbyterian Bible School, Mission Vengah Certificate in Theology (C.Th.) zir tur lak a ni leh dawn a, dil duh chuan heng hi hriat tur a ni e:

1. Admission Form hi Office hun chhungin PBS Office-ah Rs. 10/- a lei tur a ni.
2. Dil hun chhung : August ni 21, 2025 (Ningani) tlai dar 3:00 thleng
3. Dil thei chin : Class VII/Middle School exam pass, kum 16 aia naupang lo, Kohhran dan chhunga awm.
4. Interview hun August ni 26, 2025 (Thawhlehi) zing dar 10:00, PBS Lecture Hall-ah neih a ni ang.
5. Class tan hun September ni 1, 2025 (Thawhtanni)
6. Zir hun chhung thla thum (September - November, 2025)
7. Zir hun chhungin zirlaite hnenah thla tin Stipend pek an ni ang.

Hre chiang duh tan **P.No 8415852442/8794157618**-ah zawh fiah theih a ni. Hostel a awm lo va, zir turte chu awmna tur inngaihven mai tura ngaih an ni.

Hruaitute Chanchin**LALMALSAWMI SAILO**

Pi Lalmalsawmi Sailo hi Pu Lalthankima Sailo (L) leh Pi Ziakkungi (L) te fa niin ni 25th January, 1965-ah Jorhat Civil Hospital-ah a piang a, Aizawl, Armed Vengah seilian in Pu Lalţanpuia Sailo nen ni 17th October 1991-ah an innei a, fa 6 (paruk) mipa 3 leh Hmeichhe 3 neiin Armed Veng atangin Bawngkawn Hmar Vengah In leh lo dinin kum 2008 aţanga tun thlengin an awm a ni.

RAWNGBAWLNA LAM : CENRAL-AH: Central Kohhran Hmeichhe Comt. -ah 2023-2025-ah leh tun term 2025-2027-ah Committee Member a ni mek a.

BIAL-AH : Bawngkawn Bethel Bialah Buhfaitham Ziaktu, Chairman, Vice Chairman, Secretary leh Treasurer chanvo achelh tawhani.

KOHRAN-AH: Bawngkawn East Kohhran Hmeichhiaah 2011-ah Committee member niin Treasurer, Secretary, Asst. Secretary, Finance Secretary- te lo ni tawhin tunah hian Bial Chairman a ni mek a ni.

Bawngkawn ‘E’ Kohhran-ah Puitling Sunday School Zirtirtu, Inrinni Zan thuhritu, Kristian Chhungkaw Committee Member a ni.

BIBLE CHANG LEH HLA DUH ZAWNG : Chanchin Ţha Johana 15:4–8 leh Habakuka 3:17–18-te hi a duh hle a, K.H.B. No. 367 “*Ka sual rit tak phurh leh lei ninawm hi*” leh K.H.B. No. 189 “*Ka Lal duhawm ka zahpui lo ’ng*” tih hla te hi a duh em em a ni.

THUCHAH : Pathian hian mi tling leh Ţha zawkte thlang lo va, kei mi tling lo leh finna nei lo a rawngbawl tura min thlang ve hi a ropui ka ti a, Pathian Malsawm tlak turin kan theih tawka rawngbawl zel turin Ţan i la thar zel ang u.

Hriat atan

1. Ram pum huapa tu leh fate Biak Ina hruai uar leh zual tura inzirtirna chungchang Pi Lalripuii, Mission Veng ziah *Leaflet* chu Synod Press-ah chhut a ni a, tunah hian Bial tinah thawn chhuah mek a ni.

2. FEH CHHUAHNA-

(1) **NEICCWA 15th** Biennial Assembly, May 23-25, 2025 chungha Shalom Bible Seminary, Sechu Zubza, Nagaland-a neihah Mizoram Presbyterian Kohhran Hmeichhia atangan mi 58 an kal.

(2) May 31 - June 1, 2025 khan Keifang Bialah Leadership Training leh Kristian Chhungkaw Chhungkaw Campaign hmangan Pi K. Vanlalrawni, Chairman, Pi Lalthansangi, Asst. Secretary, Pi Lalnghakliani leh Pi Lalramngaii Renthlei, Committee Member te an kal.

(3) June 12, 2025 khan Tanhril Kohhran Hmeichhe Centenary lawmna hmanpui tura minrawn sawm angin Central Committee member mi 17-in an hmanpui.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	: Pi K. Vanlalrawni
Vice Chairman	: Pi Vanlalhlamuani
Gen. Secretary	: Ni. H. Vanlalruati
Asst. Secretary	: Pi Lalthansangi
Treasurer	: Pi Vanlalhluni
Fin. Secretary	: Pi Zohmingliani

COMMITTEE MEMBER-TE

- | | |
|-----------------------------------------|----------------------------|
| 1. Pi C. Lalnunpari | 2. Pi C. Rosangpuii |
| 3. Pi Chuauzikpuii | 4. Pi H. Lalthasiami |
| 5. Pi H.C. Lalfakawmi | 6. Pi Hranghmingthangi |
| 7. Pi J.C. Ronghaki | 8. Pi K. Lalrinpuii |
| 9. Pi K. Remmawii | 10. Pi Lalthanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
| 13. Pi Lalmalsawmi Sailo | 14. Pi Lalmani |
| 15. Pi Lalmuanpuii | 16. Pi Lalrammawii |
| 17. Pi Lalramngaii Renthlei | 18. Pi Lalramthangi |
| 19. Pi Lalrawngbawli | 20. Pi Lalrindiki |
| 21. Pi Lalrizapi | 22. Pi Lalrokimi |
| 23. Pi Lalhangmawii | 24. Pi Lalthanzami |
| 25. Pi Lalthanzami | 26. Pi Lianhnuni |
| 27. Pi P.C. Lalmalsawmi | 28. Pi R. Tlanghmingthangi |
| 29. Pi Soni Pun | 30. Pi Tlangthanpari |
| 31. Pi Vanlalchhuangi | 32. Pi Vanlalduhi |
| 33. Pi Vanlalnunsiami | 34. Pi Vanlalsangi |
| 35. Pi Zodinpuii | 36. Pi Zohmangaihi |
| 37. Pi Lalnghakliani, Asst.Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Modertor
2. Upa Vanlalsawma Siakeng, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Dr. Lalthansangi Fanai, PWF Chairperson

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhling tura thawh ho.
 2. Kristian chhungkaw tha din tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2024 – 2026 RNI Regn. 40876/ 88



NEICCWA 15th Biennial Assembly 2025



Tanhrii Kohran Hmeichhia kum 100 tlin lawmna



Keifang Pastor Bial Kohran Hmeichhia Leadership Training

*Published by Rev. Dr. K. Lallawmzuala, Aizawl, Mizoram on behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies – 45,700*

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