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Vanduai mah se, Pathian a ring tlat a

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Temple atanga tui luang chhuak

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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Editorial**INKHAWM**

Kan kohhran hian inkhawm kan ngah tiin kan sawi fo mai. A bikin nuho tan phei chuan Hmeichhe Inkhawm zanah inkhawm a ngai a. Kohhran inkhawm pangngaiah inkhawm a ngai bawk a, thil dang chhuahna tur t̄ul dang lo awm bawk nen, phur rita lak phei chuan buai map châng a awm fo mai.

Tu leh fa enkawl a ngai, feh a ngai, pisa kal a ngai, in chhung sekrek khawih fel ngai bawk, hna hlir hna hlir, taksa nawmsam loh nen... “Inkhawm lo mai teh ang” tih mai a awl t̄hin. Chutih laiin ziaktu pakhat chuan “Kristian tam takin Lal Isua kan phatsan fona chu inkhawmah hian a ni” tiin a sawi.

Sam ziaktu chuan Pathian Biak In a ngainatzia leh a thlakhlelhzia sawiin, Pathian Biak In hung chhung kawtlaia ni khat awm chu ni sangkhat aia a t̄hat zawkzia te, suahsualna puan ina awm ai chuan Biak In kawngkhar vengtu nih a duh zawk thu mawi tak leh rilru hneh takin a phuah a (Sam 84:4-10). Hman lo chung chung a kan inkhawm te, damsam lo chung a kan inkhawm hram te, dar nawn hnu fea kan lut hman hram te hi Pathian ropuina tizualtu, Pathian kan chawimawina sang tak leh chibai kan bukna ropui tak a ni a, rinna kawnga chakna min petu pawimawh tak a ni.

Vanderbilt University, USA chuan mi chi hrang hrang - Kristian leh ringlo mi, Pathian awm ring lo, pawla inhmang leh inhmang lo mi 5449 nun dan a zirchiannah, Inkhawm t̄hinte hi inkhawm ngai lote aiin an dam rei zawk. Inkhawm t̄hinte hian inkhawm ngai lote aiin 55% -in damna chance an nei sang zawk. Pathian betute hi Pathian awm ring lo aiin kum 5-in an dam rei zawk tih leh nupaa inkhawm t̄hinte hi inkhawm ngai lo aiin an dam rei a, an hlim zawk bawk tih an hmu chhuak an ti. Inkhawm hi Sam ziaktuin a sawi angin, engthawlna leh nihlawhna a ni a. Zirchianna a t̄ang pawhin dam reina leh hlimna a lo ni reng mai. ‘T̄henkhat tih dan anga kan inkhawmte bansan lovin, infuih tawn zawk ang u; ni chu a lo hnai telh telha in hriatin infuih tawn nasa lehzual sauh rawh u’ (Heb 10:25).

Kristian

VANDUAI MAH SE, PATHIAN A RING TLAT A

*- Laldinpuia Tlau
Kanan, Aizawl*

Court-a thubuai nei (accused) zingah hian nutling leh nu valai deuhte hi an tel ve fo thin a. Thenkhat chu zu sak emaw, zawrh emaw phurh emaw avanga man te an ni a. Thenkhat chu phalna lova damdawi lo kawh emaw phur emaw, zuar emaw te an ni. Ruihhlo khapna dan lian ber ND & PS Act hnuaia thubuai siamsak zingah hian mipa nge tam ang hmeichhia tih hi inhnial tham a tling ang. Nu thenkhat erawh chu rukruk vang te, mi bum vang te leh chhan hrang hrang avanga case neite an ni.

Thubuai nei tam tak chu, an hmel en ringawt chuan case neih an inhmeh loh hlih hlih. Thenkhat phei chu, an lan dan atang mai chuan, veng/khaw khat nu fel,rawn tling, Kohhran hmeichhe hruaitu ni awma mawi te an ni. Thubuai an neih chhan hi ka zawt mai mai thin a, chhanna tlanglawn tak chu, pasal sun tawh emaw, pasal then tawh emaw an ni a, an fate enkawl a tul si a. Chuvang chuan, chhungkaw chawm nan, an duh loh chungin, loh theih lohna

avangin sawrkar dan bawhchhiain kawng an zawh ta a ni.

Nutlingin hniak phawi hauh lova an sawi a nih avangin a dik turah ngai ila. An vanduaiin an khawngaihthlak hle a ni. Chutih lain ka rilrua awm fo chu, anni ang bawka nu vanduai leh chan chhia, mahse, case nei ve duh lo leh nei ve ngai lo tur tam tak an awm a ni.

Mizo khawtlang nunah hian buaipui tham khawpin mipate hi kan nep a. Zu leh

ruihhlo avangin hmeithai tam tak an awm a. Kristian ram ni siin inthenna a tam em em. Tin, chhungkaw tam takah chuan nupa inthen lo mah se, pa ber chu nep tak, eng mah thawk thei lo emaw thawk peih lo emaw a ni. Chuvang chuan, nu ber thawh chhuah ringa khawsa chhungkua hi an tam em em a ni. Heng nu chi thum kan sawite hi nu vanduai tiin han sawi ta ila, na an ti em lo ang chu maw?

Rev. Vanlazuata chuan “Hlawhchhamna te, beidawna te, natna chi hrang hrang te, thihate pawh hi pumpelh thei bik kan awm lo va, zawhna thumun kan dawn a ni” tiin a sawi a, a dik hle a ni. Chu zawhna chu eng tin nge kan chhan ang le? Kawng danga sawi chuan, kan hmaa harsatna awm hi engtin nge kan hmachhawn ang?

Mi tam tak chuan dan bawhchhiat phah nan an hmang tih hi hnial rual a ni lo. Hei hi Mizoramah chauh a ni lo a, khawvel hmun dangah pawh thil nih dan a

ni âwm e. Ngaihdan tlanglawn tak chu, mi thenkhat chu an retheih em avangin thil sual ti lo thei lo dinhmunah an ding a ni. He ngaihdan hi sap ramah meuh pawh an ngaihdan an ni thin. Mahse, an han zir Chiang a, rukruk chingte chu hna neite an lo ni a. An thil rukte lah an mamawh lem loh emaw an neih ve tho emaw te a ni. Chuvangin miin thil sual a tih chhan ber chu ama duhthlanna vang chauh a ni.

Mi thenkhatin harsatna an hmachhawn dan erawh a dang daih. Khawvela nu piang tawha zingah hian DL Moody-a nu Betsy Moody anga chan chhia leh phurrit phur hi an tam kher lo ang. Betsy-in harsatna a hmachhawn dan hi nu vanduai nia inngai zawng zawngin entawn se ka duh em em leh he thu min ziahtirtu a nih avangin han sawi chipchiar deuh ila. A pasal Edwin hi lung mistiri thiam tak niin a nupui fanaute ngaihsak tak a ni a, chhungkaw hlim tak pawh an

ni âwm e. Mahse, Edwin hian zu in a chin hnuah an sum thawh chhuahte chu a khawh ral ta hiau hiau a. Ram chhengchhe taka in tereuhtê lei tur pawhin sum puk an ngai ta hial a. An pawisa ba chu a pung chho ulh ulh a. Amah lah chu rei dam lovin heart attack avangin a boral zui a.

râwn a. Ani lah chuan, “Kut pahnih ka neih chhung chuan ka ti lo ang” a ti bur a. A ðhiante chuan, hmeithai pakhat tan mipa naupang 7 enkawl chu a har lutuk dawn a, a tlinin an ring lo a, nakinah a ðhen jail-a tang, a ðhen inawkhlum an awm an hlauhpuì hial a ni.

A pa a thih lai hian DL Moody chu kum 4 mi a ni a, unau 6 a nei a, a nu hian nau a pai mek a. A nuin naute a neih chuan phir a nei a. Tichuan unau 9 an ni ta a, an upa ber pawhin kum 14 a la tling lo a ni. Ba an ngah em avangin an batnate chuan an in chhung bungrua, danin a phal chin chu an rawn laksak ta vek a. An thingfak tlemtê chu an chan a ni ta deuh mai a. Mei lum ai tur thing an ngah tawh loh avangin, a chang chuan DL Moody te unau chu sikul kal hun thlengin a nuin a muttir ðhin. An batnate lah chuan an ba an rawn ðhing chhen mai bawh si a. Betsy ðhiante chuan a fate chu an chhungte hnenah awm darhtir turin thu an

Thil chhinchhiah tlak tak mai chu, khawi hmunah pawh Samari mi ðha hi an lo awm zel. An chhungte chuan an thil dahkham ðhenkhatte chu an khulhsak a. An ðhenawma awm Congregational Church Pastor Oliver Everett chuan a ngaihsak hle a, chaw leh thil ðul dang kengin a tlawh fo a. Betsy chu a fate kuah khawm tlat turin a fuih ðhin a. Betsy chuan a theih ang tawkin lei a let a, thlai a ching a, an ðhenawmte hnenah a inhlawh a. A fate thawmhnaw tur chu amahin a tahin, a phiar vek a. A innghahna chu “Lalpa chu ring la” tih hi a ni. A fate hmuh lai chuan intipachang viau mah se, zanah amaha ðah chang a nei fo ðhin. Kum 91 a dam a, kum 54 chhung a

hmeithai a ni. A dinhmun harsa hle mah se, Betsy chuan inkhawm a thlahthlam ngai lo a. A fate lakah thununna a vawng khauh em em a. Chhungkaw tan a tam thei ang ber hun hman a tum tlat a. An in chhunga lehkhahu pathum awm – Bible, thu inchhang leh Pathian pawlna lehkhahu hmangin a fate chu Pathian thuin a chawm thin.

Betsy nuna langsar em em te chu - Pathian a ring tlat, kohhran inkhawm a ngai pawimawh, chhungkaw inthununna a vawng uluk, rim takin hna a thawk. Tin, Pathian thuin 'kan kut thawh rim rah ei tura min tih' hi a nunpui tlat a ni. A rilru huaisenna leh paukhauhna hi hmuh hmaih theih rual a ni lo.

DL Moody-a nu leh pate hi an thlahtute chu Puritan mi, America rama cheng hmasate an ni a. Puritan-te hi fir taka Pathian thu nunpui duh, England chhuahsana America a ramthar zuan an ni a. John Calvin-a zirtirna zuitute an ni. America ropui chhan zingah

a kila lung pawimawh ber pakhat an ni ngei mai. America dintute chu Rev. Lalnghinglova'n – 'mi tak, zaidam, sakhaw mi, taima taka hna thawk tlut tlut mai, Pathian tih em em mai, ren taka pawisa hmang thin, engkim Pathian tan' tia a sawi hian a phawk chhuakin ka hria.

Rev. Vanlalzuata vekin "Zawhna harsa chhan thiam theihna awm chhun chu Lal Isua sikula luh a ni" a ti a. Mizo khawtlang nunah hian nu vanduai tak tak an awm e. An vanduaia hi indawm kun reng nan emaw sual kawng zawh phah nan emaw hmang lovin Pathian hnaih nan hmang zawk se a va tha dawn em! DL Moody-a nu Betsy anga Pathian ring tlata, huaisen taka fanau kil kawia, rim taka hna thawk thin turin ka duhsak a ni. Nu vanduai Hagari te, Naomi te chu Pathianin a thlahthlam lo. Nu vanduaite hi Pathianin an vanduaia a hriatpui a, amah an rin tlat phawt chuan a la khaichhuak ngei ngei ang tih ka ring tlat a ni.

Sermon**TEMPLE ATANGA TUI
LUANG CHHUAK****(Ezek. 47 : 1-12, Thup. 22 :1-2, John. 7 : 37-38)***- Pi Lalthapari**Central Kohhran Hmeichhe Committee (1999-2002)*

Tuhmahruai: Ezekiela inlarna hmuh thu a ni a. Jerusalem Temple kha Israelten an tihbawrhbân avangin Pathian ropuinain a chhuahsan a, chumi hnuah tihchhiatin a awm zui ta a. Chu Temple tihchhiata awm tawh chu tun dîn a nih leh tur leh Pathian ropuinain a luah leh tur thu Ezekiela hnenah inlarna hmanga hmuhtir a nih leh thu a ni. Hetia Pathian ropuinain Temple a luah leh tâkah chuan Ezekiela inlarna hi tawp tawh mai âwm, thil pawimawh tak hmuhtir leh tur a la awm avangin inlarna chu tawp mai lovin, Temple ațanga tui luang chhuak hmuhtir leh a ni.

Tui: Kan hriat angin tui pawimawhna leh țangkai dan te chu mi pangngai tan chuan hai rual a ni lo va, pawisa neih loh leh tui neih loh hi an in-unau viau nghe nghe. Tui kan ngah chuan pawisa ngah ang deuh hi a ni a, a nuam riau a. Tunlaiah pheii chuan tui a harsa a, țhenawmte tui hawng te pawh kan tui hawng aiin a tam bik deuh tein hriat a awl khawp mai, tin, tui avang te pawhin kan

inhau lek lek țhin a ni. Chutiang taka tui țangkai chu he Temple ațang hian a lo luang a. He tui hi tui danglam tak a ni. A hnar neihna te, a luan dan te, a țangkai dan te awmze nei tak a ni. Tin, tui hi hun thar lo thleng tur entirna atan, Pathian malsawmna sawi nan te hman a ni baw țhin.

Tui hnathawh: Temple ațanga tui lo chhuak hi tuna

keinin a tui kan tih, inbual nan, in atan leh tui danga kan hman ang ngawt hi chu a nilo deuh niin a lang, Chite lui nen ngawt chuan danglam tak a ni.

- Damna a thlen,
- Tuipui thi a tithianghlim,
- A kam tluana thing an duah hluah hluah,
- A luanna apiangah rannung tinreng ten an dam phah,
- A kiang vela theipui reng reng an rahlo ngai lo. A rah mai nilovin, a hnahte chu tihdam nan a ni.
- Tuipui thi a tihthianghlim bakah Chi ei atan a ni.

Lui chu teh a ni: He Temple atanga lui lo luang hi tum 4 teh a ni a.

- Tawng sangkhat tehah kheimit thleng
- Tawng sangkhat dang teh lehin khup thleng
- Tawng sangkhat dang teh lehin kawng thleng
- Tawng sangkhat dang teh lehin dai kai rual loh hleuh thama tam a ni.

Thlarau lam nun nen: Temple tui luang teh a nih

hian Thlarau lam nun kal zel dan nen pawh tehkhin remchang tak niin a lang a. Hetiangin, kan han pianthar hlim khan Thlarau lam luipui chu keimahniah a rawn luang tan a, kheimit thleng chauh a la nih avangin tui thiltitheihna khan min la thunun lo, amaherawhchu pheikhawk bun chung a kan dai erawh chuan a huh vek. Duh duh danin kan dai kual vel thin, tui chakna aiin keimahni chakna chuan hnehna a chang lian zawk hle a ni.

Tawng sangkhat dang kan han kal leh a, lui tui chu a lo tamin a lo thuk ta sawt a, khup thleng dai a lo ngai ta. Khup thleng a tui i dai chuan i kekawr hak te, i puan ven te chhing taka hlim a nih loh chuan a lo huh thei ta a, chu bakah tui chakna chuan nasa takin keimahniah awmzia a nei tawh a, duh zawng zawngin a dai pur pur theih tawh bik lo va, tui hnathawh kha a lian tawh hle tihna a ni.

Tawng sangkhat dang kan han kal leh ta, a thuk ta

hle mai, kawng thleng a lo ni a, taksa zatve lai mai chu tui chan a lo ni tawh a, tisa thawmhnaw inbel chung a dai tum chi a ni ta hauh lo mai. Hmeichhia leh naupang tan pheih chuan tanpuitu tel lo chuan dai kai mai mai theih pawh a ni tawh lo.

Tawng sangkhat dang kan han teh lehah zet zawng, hringnun hian awmzia a nei thei ta lo. Tui khan min chim pil vek tawh a, hleuh thiam lo tan chuan thihna ngei ngei a ni a. Tui hleuh thiamte tan erawh chuan mahni chakna hmang tawh lovin Tui chakna ringin hahdam takin tui chhungah an leng ta zeuh zeuh mai a, inthlau tak a ni. Tui chakna ring thiam lo va, mahni chakna rin tum apiangte an talbuai tawh mai a ni.

Temple din tum: He Temple hi eng ang taka din leh tur nge ni ang le? Jerusalem-ah din leh tumin nasa taka hma lak a ni a. Amaherawhchu keima ngaihtuahna danah chuan, Leilungah din tumin eng emaw chen, a zau zawng

te, a bula puithiamhovin awm dan tur leh Tui te pawh chu han luan luhtir ve thei teh reng mah ila, Ezekiela'n a hmuh ang lui nung hi a ni ve thei ang em tih chu zawhna lian tak a ni.

Lal Isua: En teh Kalvari tlang chungah Thukna puite a keh chhia, Pathian hmangaihna khuahte a puakdarh a va tihzia, he Temple lui hi khawiah nge a luan le, Kalvari tlangah a lo luang chhuak ta, a luanna apiangten damna an hmu a ni ti raw? Nangpawh chu Kalvari tlanga lui luang chuan a rawn luan tlang che avangin chu lui thiltihtheihna avang chuan mi dang ten nangmah kaltlangin damna an lo dawn ve tawh te kha i hria a ni.

Hla siamtu pawhin Hmangaihna Tuifinriatah ka cheng ang i zarah tiin an aupui tawh asin.

Tui nung lui: Johana 7:38 ah Lal Isuan eng thu nge a sawi le, 'Tu pawh mi ring chu Pathian lehkha sawi angin

tui nung luite a pumah a lo
luang chhuak ang', tia a sawi
kha a lo thleng ta.

kawchhûngah tui hna a lo
awm ang a, chatuana nun
thlengin a chik chho vang".

Johana 4:13-ah pawh
"Tu pawh he tui in apiang an
tuihâl leh ang; tu pawh an
hnêna ka pêk tûr tui in apiang
erawh chu kumkhuain an
tuihâl lo vang, keiin an hnêna
tui ka pêk tûr chu an

Lal Isua hi temple aţanga
lui luang chu a ni, a luanna
apiangten damna an chang,
chu luipui chu i hleuh thamin
Lalpan khawvelah a rawn
luanţir ta, Lalpa chu fakin
awm rawh se.

Mahni inen...

Innei tharte hi mi inbulah an indang ve a. Tûkţuan an
ei kham chuan an nu zâwk chuan ţhenawm nu pâwna
insû chu a va hmû a. "A insûk chu a fâi lo hlê mai,
insûk a thiam lo a nih saw," a ti a. An ţhenawm nu
insûk apiang chuan a lo sawisêl hman ziah a.

Thla khat hnûah chuan, "En teh pa-a, thawmhnaw sûk
fâi tak a pho ta. Tûin nge lo zirtîr ta le?" a ti a. "A pasal
chuan, "Zîng takah khân ka tho a, kan tukverh dârthlalang
hi ka tifâi a," tiin a lo chhâng a.

Thlarau mi chuan mi dang a tehna mit a siam ţha hmasa
ţhîn a. Rilru ţha tak a pu zâwk ţhîn.

*Matthaia 7:5 Mi vervêk! I mit ata khanchhuk kha la
chhuak hmasa rawh; chutichuan i unau mit ata hmawlh
te tak tê lak chhuah tûr chu fîah takin i hmû ang. Amen.*

Sermon**ISUA KRISTA CHAUH****(Jn 3:16,17)**

- Rev. F. Lalchhuanawma
i/c Chhing Veng Pastor Bial

‘Isua Krista chauh’ tih hi kum zabi 16-na hun laia kohhranin Isua nun, a thihna leh a thawhlehnna kal tlanga Isua chauh hi Lalpa leh chhandamtu a ni tih an nemnghehna a ni. Vawiin atan pawh hei hi a pawimawh, thu dik ding reng, innghahna tlak a ni. Isua Krista chauh hi Lalpa leh chhandamtu, kan nun atana pawimawh ber, innghahna tur leh min kaihhruaitu tur a ni tia puang chhuakin kan nemnghet ve thei em le? Isua Krista chauh tia kan din ngheh a va tul em!

Isua Krista chauh hi chhandamtu a ni:

Bible-ah mihring suala an tluk thu kan hmu (Gen 3:6). Kohhran Thurin pawhin mihringte chuan anmahni duhthu ngeiin Pathian dan an bawhchhia (PCI Thurin V) tiin min hrilh a. Pathian hremna chu mihring chungah a lo tla ta; Pathian nen an inzawmna a chat a, thihna a lo awm, Pathian laka an chanvo zawng zawng an hloh ta a ni. Mihringte chu sualin a thunun a, sual kawng an zawh; Paula phei chuan tu

mah mi fel an awm lo, pakhat mah an awm lo, Pathian zawng pawh an awm lo, eng maha tlaktlai lovin an awm a, Pathian tihna pawh an nei lo a ti hial a nih kha (Rom 3:10-18).

Pathian hmangaihna chuan suala tlu mihring chu a um zui zel a, chhan chhuah dan kawng a buatsaih leh ta. Pa Pathian chuan min chhandam turin a fapa neih chhun Isua Krista khawvelah a rawn tir a, a ring apiang an boral lohva, chatuana nunna

kan neih nan Isua a lo kal (Jn 3:16). Mi dang tuma hnenah chhandamna a awm lo; van hnuaia mihring sak zingan, min chhandam tur hming dang reng a awm lo (Tirh 4:12). Isua Krista zarah chauh mihringte hi chhandamin kan awm thei a, Krista chu ringa a thu zawmtute chu chhandam kan ni, tiin PCI Thurinah kan hmu. Isua Krista chauh hi khawvel chhandamtu a ni.

Isua Krista chauh hi lungawina a ni:

Mihringte hian lungawi kan thlahlel a, lungawi dan kawng kan zawng thin. Kan duh ang leh beisei ang erawh chuan engti kawng mahin, khawiah mah lungawina kan hmu si lo. Khawvelah hian eng mah lungawina kim min pe thei an awm lo, Lal Isua neitu erawh chuan lungawina a hmu thin. Paula pheii chuan kei zawng eng ang pawhin awm mah ila, lungawi zel ka ching tawh si a, a ti (Phil 4:11). Isua a nei a, eng pawh tawk se, hun harsa leh hrehawmah pawh a pawm thiam a, nun dan a thiam a, a

hmachhawn thiam thin. Isua Krista chauh hi lawmna leh lungawina kim chu a ni.

Isua Krista chauh hi chakna a ni:

Mihring hi chu kan chak lo va, kan lo chau leh mai thin. Sam ziaktu chuan Pathian chu kan inhumhimna leh kan chakna, mangan laia tanpui vartu hnai reng a ni, a ti a (Sam 46:1). Kan Pathianah chauh chakna sual hneh theihna kan nei. Paulan mi tichaktu Isua Kristaah chuan engkim ka tithei a ni (Phil 4:13) a ti a, Isua Krista chauh hi kan chakna sual hneh thei khawpa min tichaktu, min tanpuitu kan Pathian chu a ni. Isua Kristaah chauh innghat ila; kan rinchan thinte chu kalsan ila, kan lo chak dawn a ni. Nun ngui leh chaute, harsatna tawkte, hnungtawhlhte, thlaphang leh hrehawm tuarten Isua Krista tanpui vartu hnai reng, min tichaktu hi pan ila, chakna thar kan nei leh ang. Isua Krista chauh hi sual hneh tur leh hma lam pan tura min tichaktu a ni.

Isua Krista chauh hi inremna a ni:

Pathian thilsiam zawng zawngten kan mamawh chu inrem taka nun ho hi a ni. Mahse, mihring chu duham, mahni hmasial leh mi dang ngai thei lo kan ni a, remna leh muanna a awm thei ngai lo. Isua chuan mi dang a tanpui a, hmelmate pawh a hmangaiha, mi tan a nun hial a pe. Isua neitu nunah chuan chutiang thinlung chu a awm avangin inremna a awm thei. Isua chuan thinlung na leh hliam a tuam dam a, sualin a tihbuaite a chhan chhuak a, inhuate a inhmangaihtir a, mi rilru

kawite a tingila, mahni hmasialte mi dang a ngaihsaktir a; chuvang chuan inrem ngai lote an lo inrem thin. Isua lalna leh rorelnaah chuan remna a awm a, Isua Krista chauh hi inremna a ni.

Isua Krista chauh hi damna leh nunna a ni a; kan ram hi Isua Krista chauh lalna leh thuneihna lo ni se. Nupa karah, chhungkuaah, khawtlangah, Kohhranah, ram rorelnaah, ram leh hnamah, mi tin nunah Isua Krista chauh lo lal ber se, Isua Krista chawimawiin a awm ang a, Isua ram a zau zel dawn a ni. AMEN.

HLIMNA

Lungawi taka awm mi chu hlawh hmu tha a ni mai.

- *William Shakespeare*

Mi tin hi an nuam tih zawng thil hian a hnuk kal reng a ni.

- *Virgil*

Thil hlimawm ber mai nia ka hriat chu, a ruka thil tha tih hriat chhuaha a awm leh si hi a ni.

- *Charles Lamb*

Sermon**LAL ISUA A LO KAL HUNAH MI TIN
RORELSAKIN AN AWM ANG**

- *Saiṭhuampuii*
Sesawng Vengthar

Tin, lalṭhutphah lian pui, var tak leh a chung a ṭhu chu ka hmu a, a hma ata chu lei leh van an tlanbova,...Nunna bu chu an hawng baw a, Tin, mitthite chu lehkhawba zia an thiltih ang zela relsakin an awm ta a... Tin, mi tin an thiltih ang zela relsakin an awm ta a.. Thupuan 20:11-15

Lal Isua rorel hun tur hi Bible thua mi hnehtu leh ka chhiar hnem ber a ni a. Huphurh tak leh insit takin ka rawn zia ve tawp a ni e.

1. Lal Isuan thlei bik nei lovin ro a rel dawn: Mihring tungchhova kal ta chu hnathawh leh ei bar zawnga ṭul vek kan ni a. Sum kan duh luattuk dan leh kan duham dan em em hi chu inenfiah kan ngai niin a lang a ni. Lal Isua lo kal huna thiam loh min chantirtu tur hi a tam viau lo vang maw.! Chik taka ngaihtuahin mahni thawhchhuah ngei ring chu mi tam tak kan awm ngei ang a, amaherawhchu pawisak nei mang lo va sum

hmuhna tur a nih phawt chuan tih hreh neil o tur hi kan tam hmel a ni. Lal Isuan ṭawngṭai dan min zirtir angin, ni tin kan eikhawpa min pe turin kan dil ṭhin a ni. Duham luattuk hi Pathianin a phal lo a nih kha. Tin, sum ngainat hi sual tinreng bul a ni a ti a, chuvangin rorel nia min tihnawktu leh van khawpui kawngka daltu a ni palh thei ang em? Roreltu hi a duhtui dawn sia, thil tenawm tite leh dawt hmangte an leng

dawn lo va. Mi tinin kan awm dan leh kan thiltih hi rorel niah fiah takin Lal Isua hmaah tihlan leh puanchhuah a ni vek dawn a, mihring chu bum thei mah ila, bum theih loh kan nei tih erawh hria ila, kan bul velah hian ni tin tih tur leh tih loh tur hi a inbuan reng a, kan tan zawk zawk hi a ding chang anga, thiam min chantirtu leh thiam loh min chantirtu tur erawh kan thlan thiam loh chuan Meidila min hruai luttu tur a la ni dawn a ni.

2. Mit tinrengin an hmu ang (Thup 1:7): A hmaah chuan hnam tin an inkhawm ang a, khawvela mihring zawng zawng hian a tê a lianin kan mit ngeiin kan la hmu dawn a ni. He rorelna ni leh danglam bik tak lo thleng tur hi mi tam tak tan nghahhlelhwam tak ni mah se, thenkhat tan erawh zawng a va huphurhawm dawn em! Ringlote hlauvin an khur ang, kan lâwmna ni-ah chuan tih hi sawi mai ai hian a raphlak dawn a ni. Chhungkaw tam

tak inthenna, pa fa, nufa leh khum khata mute pawh kan la inthen dawn a ni.

Lal Isua lo kal hun tur hi Pa chauh lo chuan an hre lo tih Bible-ah kan hmu a. Paula'n, "Ngaiteh u, thuruk ka hrilh dawn cheu hi, kan zain kan muhil kher lo ang, nimahsela kan zain tawtawrawt hnunung ber rik hunah chuan reiloteah mitkhap kar lekah tihdanglamin kan awm vek tawh ang, tawtawrawt chu a ri dawn sia", (1Kor.15:52) a ti a ni. Ni tihthimin a awm ang a, thla a eng tawh lo ang a, tuifinriat rûm leh a fawn avangin mite an thidang ang a, bihrûkna leh tlanbona a awm dawn lo a ni. Lal Isua hmel hi hmu chak lote pawhin mit ngeiin kan la hmu dawn a ni. He hun raphlak tak hmachhawn tur hian kan rilru, kan thlarau leh kan chakna zawng zawngin Lalpa i hnaih ang u.

3. Thu tâwp kengtu tûr chu Lal Isua a ni dâwn: He dam chhûnga kan thiltih that leh

that loh hi Lal Isua tehfung pawimawh ber a ni dâwn a. A rêl sual dâwn lo va, rêl that leh ngaiin thu dah a awm dâwn lo bawk a ni. Thil tithei te, rethei leh hausa berte pawh angkhat veka rorelsak kan ni ang. Tu ma sawisel theih loh, a rel dan apiang kha kan awm dan tur a ni mai dawn a ni. Kan chung a roreltu tur ngaihtuah lek lova tâl mai mai hi a hun tawh lo va. Rorel huna thil thleng tur hi kan ngaihtuah ngai em le, Khawmualkaikuangin mi a seha, a tihrehawm thin ang hi a ni ang a. Miten thihna an zawng anga, an hmu hauh si lovang a, thih an chak anga, nimahsela thihna chuan a tlansan tawh ang a (Thupuan 9:6). He hun lo thleng tur kan tawn ngei ngei tur ni si, thiam loh changte chan tur hi a aia rapthlak hi eng thil mah a awm dawn lo a ni.

Ringtute tan erawh *damna famkim* kan chan hun tur a ni ve thung ang a, piansual leh natna chi hrang hrang daktawr-ten an tihtam

theih lohthe pawhin damna changin van khawpuiah hlim tawp lovin Tlantu fakin kan zai tawh ang.

Kohhran Thurin 10 naah chuan, “Ni hnunngah chuan mitthite chu kaihtawhin an awm ang a, mi zawng zawng Krista rorelna thutphah hmaah an lang ang a, he dam chhunga an thil tih that leh that loh ang zela relsak an ni ang. Ringlote leh mi sualte chuan thiam loh changin an sual hremna an tuar ang a, Krista ringa a thu zawmtute erawh chu a lang changa thiamchantirin an awm ang a, ropuinaa lawm luhin an awm ang”, tih a ni a. A va thlamuanthlak si em!

Unau duh tak, Lal Isua Krista lo kal leh hun hi i nghakhlel ve em, nge i hlau zawk le, tunah hian a lo kal nghal lo a nih pawhin keini hi kan thi hmasa thut thei a nia. Simin a tharin a hnen lam i pan leh ang u hmiang.

Lalpan malsawm rawh se. Amen.

Ser-

LAWMTHU SAWI**(Sam 118:28; 1Thes 5:18)***- Lalpianthangi Hrahsel**Ex- General Secretary**Central Kohhran Hmeichhia (2011-2019)*

Hnam hrang hrang hian zeizia, hnam culture kan nei theuh a. Mizo hnam nunzia hi Pathian thu nen a inhmeh riau hian ka hre thin a. Hman lai kan pi leh pu te kha lo neia ei zawng an ni a, an khawsak dinhmun pawh a inang tlang a. An khawtlang nun chu Rinawmna, Tlawmngaihna leh aia upa zahna ten a phuar khawm tha hle a. Inthenawm khawvenna lamah induhsak takin, an hnahte inpe tawnin, ‘Sem sem dam dam, ei bil thi thi’ tiin inpawh takin an khawsa ho thin a ni. ICS (1931-1943)-a Bawrhsap, Major M.C Call, khan, “An hman lai nun hun eng emaw vel lai khan hnam ropui zawk China zingah hian an awm tawh a ni ang a,” te pawh a lo ti hial reng a ni an ti a.

Chutihrual erawh chuan kan pi leh pute nunah khan a tlabal lai a lo awm ve a ni. Tawngkam thlum an hmang ngai mang lo niin a hriat. Nupa pawh bak deuh hlaka in be thin an ni a, an infak zen zen lova, lawmthu pawh an lo inhrilh tawn ngai vak lo a ni. Indopui 2-na laia Silchar motor kawngpui lai tlangtu Engineer khan Mizote

min hriat dan chu ‘Unthankful Mizo’(Lawmna chang hre lo Mizote) tiin a lo sawi chhuak hial a ni an ti a. Hnam dang min hmuh dan chu a dik hmel viau a ni. Mahse khawvel hmasawn zelna avangin, tawngkam mawi kan lo hmang uar ve ta deuh niin a hriat a. Eizawna peng hrang hrang kan zawh tak hlawm avangin hman lai

ang em chuan kan inpawh ta lo deuh thung niin a lang.

pawh kan sawi lo a nih chuan Pathian pawl sawina a ni tih kan hriat a ngai.

1. Lawmthu sawi awmzia:

1) Pathian leh mi dang nena kan inkar thu sawina a ni a. Thil eng emaw avangin lawmna kan neih khan ngawi bo mai lova kan lawmna chu thu te, tawngka te, thilpek te emawa lantir, tihna a ni. Thenkhatin an lawmna chu an ngawihbopui baw k a.

2) Lawmawm lohna thilah pawha lawmthu sawi tur kan ni. Phillipi 4:6-ah chuan, **“Engah mah mangang suh u, engkimah tawngtai leh dilin, lawmthu hril tel zelin”** a ti a . Kan hreawmnaah te, lungngaihnaah te, pawh lawmthu sawi thei zel turin kan Pathian thu chuan min ti a ni. Chu chu **Lawmthu sawi** chuan a huam vek a ni.

2. Eng vangin nge lawmthu kan sawi ang?

1) **Pathian thil phut a ni:** Lawmthu hi hreawmnaah pawh sawi tura beisei kan nih laiin kan lawmna ngeiah

Thuthlung Hlui lamah Lawmthu sawi inthawina chi hrang hrang an hlan thu kan hmu a (Lev 22:29; Is 12:4; Sam 118:28). Thuthlung Thar lamah pawh **“Mi tin engtia chhan theuh tur nge ni tih inhriat theih nan in tawngka chhuak chu chia al, khawngaihna tel ni fo rawh se”**(Kol 4:6) tih kan hmu a. **“Engkimah lawmthu hril fo rawh u; chu chu nangmahni lam thuah Krista Isuaah chuan Pathian duh zawng a ni si a”** (I Thes 5:18).

Isua, Samari leh Galili ram pana a kal kawngah phar 10 a taw k a, **“Isu, zirtirtu, min khawngaih rawh”** an ti a. Ani chuan **“Puithiamte hnenah va inentir rawh u”** a ti a. Tichuan an kal laiin an lo thianga ta mai a. An zinga pakhat chuan a dam ta tih a inhriat ve leh aw ring taka Pathian fak chungin a kir leh ta a. A ke bulah a baw k khup

a, lawmthu a sawi a. Isua chuan, “mi sawm kha an lo thiang ta a ni lawm ni? pakuate kha khawiah nge? Mi dang kha Pathian fak tura lo kir an awm nange?(Lk 17:11-18) tiin a lo zawt chat chat ta mai a ni.

Vawiinah hian Pathian hnena lawmthu sawina tur kan va ngah em, kan tih theih tlemzia ngaihtuaha Pathian malsawmna kan dawn tam si zia ngaihtuah ringawt pawh hian lawmthu sawina tur hlir a ni.

3. Lawmthu sawiin thil a ti thei: Lawmthu sawi thiltihtheihna hi sawi tur a tam thei âwm e. Keini Mizote ngei pawh hian tawng kauchheh, **‘Tawngkam thain sial a man’** tih te chu kan lo nei venaa, a chuti taka a lo Pathian thuzia leh pawimawhzia te hi kan ngaihtuah fo lo mai thei a ni.

1) Damna a thlen: Thufingte 15:1-ah chuan **“Chhanna nemin thinur a tikiang thin a, tawng**

huatthlala erawh chuan thinur a chhawk tho thin. Chang lar em em a ni a, mahse a pawimawhzia leh thil a tihtheihzia kan ngaihtuah ngai vak lo hlawm mai thei a ni. Isaia 12:1-ah chuan, **“Aw Lalpa, lawmthu ka hrilh ang che, ka chungah lo thinur ta mah la, i thinur chu a reh ta a, nangin mi thlamuan ta a nih hi”**

Pastor pakhat chu a fanu a mit a na a, damdawi chi hrang hrang an hnawih a. Pathian hnenah tidam turin an dil bawk a. A dam thei mai si lova, an tawngtai dan an thlak ta a. An fanu mit na avang chuan Pathian hnenah lawmthu an sawi ta zawk a. Chumi hnuah chuan damdawi pawh hnawih zui tawh lovin Lalpan a tihdamsak ta a ni.

2) Hlimna a thlen: Hlim duh lo kan awm lovang, Chhungkaw tin hian hlim tak leh lawmtaka awm kan duh theuhin a rinawm. Kan Pathian thu chuan, **“Miin a tawngka chhuak rah chu a**

seng ang a, ama kut thiltih ngei chu a hnenah hlan a ni ang”(Thuf.12:14) tih kan hmu a. Hlimna hi kan thawh rah a lo ni.

Lawmthu sawi hi thil tui tak ang a ni a, inhrilh tawn a nih hian a tui leh zual a. Kan thil tihin mi dang a tilawm tih kan hriat hian keini pawh kan hlim a, chutiang bawh chuan kan lawmna kan sawi chhuah hian mi dangte kan tihlim a ni. Kan lawmthu sawina dawngtu chuan min tanpui tur leh kan mamawh tak min pek tuma tan a lakna chu kan lo sawtpui a ni tih a hria a. Chu chuan, kan inkar a tinghet a, kan lo hlim a, kan lo inpumkhat sawt ta thin a ni.

Chuvang chuan mi mal hlimna te, chhungkuaa hlimna te, kohhranhlo hlimna tur te hi kan kutah a innghat thui hle a, kan thawh chhuah tur a ni. Kan mi mal chhungkua, kohhran leh khawtlang te kan hlim tlang em le?

4. Engkima lawm zel nun nei tur kan ni: Lal Isuan

zanriah hnunng a buatsaih naah hian no a la a, lawmthu a sawi zawhin an hnenah a pe a, tichuan an zain an in ta theuhva (Mk 14:23; Lk 22:17; Matt. 26:26) Synoptics Gospel hian **‘lawmthu a sawi a’** tih hi a ziaak tel vek a ni. **“Hei hi ka thisen, mi tam tak tana chhuak tur, thuthlunna chu a ni. Thtak meuhin ka hrilh a che u Pathian rama a thar ka in ni a thlen hma loh zawng, grep hrui raha mi ka in leh tawh lovang”**Isua hian a thih tur thu a hre tawh a...a mihrinna chuan pawm harsa a ti tih pawh kan hria a..chuti chung a **lawmthu** a sawi thei hi a va han ropui em, entawn tur min va hnuhchhiah tha em!

Engtin nge zawlnei Habakuka chuan, “Theipui thing par vul dawn lovin....Raninah ran awm lo mah seng; ka lawm zel ang, Lalpaah chuan, ka chhandamna Pathianah chuan ka lawm cheu dawn”(Hab 3:17-18) a ti a. Tirhkoh Paulan Thesalonika khuua

mite hnenah “engkimah lawmthu sawi fo rawh u’ (1Thes 5:6) a ti a.

5. Lawmthu i inhrilh thin

ang u: Mizote hian kan chungah that chhuah leh fak phute han fak te leh chawimawi âwmte han chawimawi te hi harsa kan ti thin. Kan han infak ve dawn te hian kan la inthiam lova “**han inpawi fak lawk ila**” kan han ti tê tê a. Infak hi i tîm tawh lo ang u, mi i fak te, lawmthu i hrilh te kha an lawm a, mahni inrintawkna a pek belh a, chu chuan thil tha tih zel duhna rilru a siamsak a, chu chu soal hnehna hmanraw tha tak a ni.

Kan tu leh fate enkawl tur hian Counseling Skill te hi mi tam zawkin kan thiam ve si lo va, lawmthu hrilh zâwng hian tan la ve thung ila, a sawt

ngeiin ka ring tlat a ni. Soal kawng thuk zawk dai tawhte tan chuan hmanraw dang lak pawh a ngai thei.

6. Lawmna chang hre tura inzirtir a pawimawh:

Tirkoh Paula chuan Kolossa khuua mite hnenah “Lawmna chang hre bawh rawh u,” (Kol 3:5) tia a lo fuih ang hian Pathian chungah leh kan mihringpuite chungah lawmna chang hriat te, lawmna tur zawn hram hram te hi ringtute tih ngei tur a ni.

Mizo Society nun mawi **Lawmthu sawi** hi Kristian chhungkaw nuna bet tlat tur a lo ni reng zawk a. Tawngkam thin sial chang a a lo man lo va, soal hneh thei, van kawng min kawhhuhtu a lo ni reng tih i hre thar ang u.

Mi fing chuan hmelma lak atang pawhin finna a zir thei a ni.

- *Aristophanes*

*Article***TAR (UPAT) KA THIAM LO VANG**

- *Lalpanliani*
Ramthar Tlangveng

Kum tam tak kal taah khan tum khat chu titi khawchang kan sawi naah, “Kei chu tar ka thiam ve lo vang” ka han tih chuan ka bula mite nuih a tiza hle a, chumi laia ka rilruah chuan tarte awm dan leh an silhfen inbel ang te kha mawi ka ti lo va, tar ve kha ka huphurh a ni ber mai.

Hun a lo kal zel a, kum 60 ral han kai meuh chuan tar chu kan duh emaw, duh lo emaw kan hmelah leh ziaah a lo thleng mai a ni. Kan tawng a ban ta charh a, kan ke pen a lo muang ta. Mi hming leh hmêl te kan hre reng thei lo va; keimahni ngei ina kan thil dahna te kan hre thei lo ta fo a, kan lo buţu ta hle mai. Khawi ilo chhuah dawnin han lan young ve nan tiin kekawr/shalwar te ha ve bawk mah ila, City Bus-ah kan han lut chu t utna min kian leh sawk sawk thin a, chu chuan kan lo naupang tawh lo tih min hriattir nawn leh thin.

Hetiang dinhmuna han din t kah chuan heti hian ngaihtuahna a lo awm a. Mihring tungchhova kal zawng zawngte hi t hang lian zel a, upat lam pan z l tur kan ni si a, chu chu Siamtu remruat a ni a; tar thei lovin nula ta reng ila piangsual kan ni zawk  wm e. Chuvangin kan hmel leh pian te a lo danglam a, upat lam kan pan z l han hmuh te hian rilruah he hla ‘*Pathian ruat ang z lin, engkim a thleng*’ tih hi a lo lang thin.

Tar hrim hrim hi chu zir ngai lovin kan kum tamin a lo keng mai a, mahse zir

ṭul ta êm êm chu hlim tak leh duhawm taka upat chhoh zel hi a ni. Mihringte hi pian aṭanga thihni thlenga inzir tur kan ni an tih angin, upat chhoh zêl dan tur ṭha mi thiamte sawi aṭang tein tlem azawng lo tarlang ila, a aia kimchangin mi thiam zawkten lo chhonzawm se ka duh hle mai.

1. Tar intih loh tur: Kum te lo tam zêl mah sela, hlim taka upat lam pan chung zêlin tar intihna rilru put loh a ṭha, “Keini pitar/putar” tih fo te hian mi a tihtar hmêl ṭhin. Chutih laiin kan lo upat zêlna hi chu lawm takin pawm ila, rilru a hahdam duh a ni.

Upat zel hi mi fel chanvo a ni: Kan Bible-ah hian Nu leh Pa thuawih chu dam reina a ni tih kan hmu a. Tin, Thufingte 16:31-ah chuan heti hian kan hmu bawk, Lu ṭuak chu ropuina lallukhum a ni a, felna kawngah hmuh a ni ang tiin. Heta ṭanga kan hmuh theih chu upa lu ṭuak vau theia dam te chu mi fel, felna kawng zawhte an ni tih hi. Kan lo upa zel a, lua kelsam

ṭo bama kan han awm thei te hi lawma Pathian fakna tur a lo ni e.

2. Mahni hlutna hria ila:

Kan lo upa zel a, tun hmaa kan thawh ang te thawk thei lovin kan chhungte leh ṭhenrualte tan pawh kan lo hnemhnâng tawh lo a ni thei e. Hetiang dinhmuna kan din lai hian kan nihna inhriain insit mai lovin, mahni hlutna inhriat a pawimawh. Kan tal-ent kawl te tinung zêlin mite tan malsawmna nih i tum tlat ang u. MUP thupui pawh ‘Mite tana malsawmna’ tih a nih kha. Tu leh fate hnênah Pathian thu leh thu ṭhate hrilhin, kan thiam thil mi dangte zirtirt ur kan neihte zirtir bawkin, mi dang tan malsawmna kan ni thei a. Heng bakah hian mi dangte tana ṭawngṭaiin mi tam tak tan malsawmna kan ni thei.

3. Chenpuite chung lawm thiam:

Chenpuite laka lawm thiam hi thil ṭha tak tihmakmawh a ni. In hranga tu leh fate kan chenpuite aia khawsa thei leh min duat

thiam tak pawh an ni thei e, a lawmawm a, chutih lai chuan a chhun azana kan chenpui min buaipuitute, kan chhiat kan thata mawhphurhna latute hlutna hi i theihngihl suh ang u. Mamawh neih te inthlahrung lova tlang taka sawi te hi a thatna lai a awm bawk. Tin, tu leh fate chung a lawma fak peih te hi a Pathian thu êm êm a ni.

4. Hun kal tawha chen reng loh tur: Kum a upat tulh tulhin sulhnu hlui leh tawnhriat kan ngah tawlh tawlh a, hetih lai hian tun hma hun leh tun hun a lo danglam zêl ta si a, insiamrem tulna a lo awm ta zêl mai. Hun kal tawh ngaia kûr reng lova tun hun zêla Pathian malsawmna chhiar thiam a tha bawk. Tun lai thangthar thil kan rilrem lo tam tak pawh a awm thei e, thil pawl a nih lem loh chuan sawisel lova enliam zir pawh a tul thei e.

5. Mahni tawka inchei leh intuaihnûm: Upat zêl hian mawina te a lo chuai a,

intuaihnum a pawimawh hle. Manipura kan awm laiin tum khat chu Meitei pitar nen Auto Rickshaw-ah kan chuang dun a, “Ka rim a chhia em?” a ti leh thin a. Mi zinga rimchhiat a hlau ve aniang. Kan vanglai hmel mawi laiin inchei kan uar lo a nih pawhin, upat hnu hian hmai hnawih te, lotion te hman peih a tha khawp mai. Sam pawh mahni inhmeh zawng hriata enkawlin mi a timawi zual thei a ni.

6. Lal Isua nen engkim a ropui: Lal Isua neitute tan chuan kum lo tam zêl leh tar chak lo dinhmuna awm pawhin lâwmna tur a lo awm zêl thin a, he lei hi kan khualzinna mai a ni tih a Chiang deuh deuh thin. Ni tin kan chatuan hmun kan hnaih deuh deuh a, taksaa harsatna lo thleng zel te chuan chawlhna hmun min ngaihtirin, khawvel thil aiin Van lam thlakhlelhna a lo lian ta zawk a. Tirhkoh Paula sawi angin, kan pawn lam mihring chu lo awngrawp telh telh mah sela, kan chung lam

mihring (thlarau) chu ni tin siam tharin a awm zel thin a ni.

Engtik niah emaw chuan kan hun tawp a lo la thleng ang a, mihringin thihna kan tih chu kan la paltlang ve dawn a ni. Amaherawhchu, Sam ziaktuin a sawi angin ‘Thihna hlimkawr ruam zawh mah ila, thil tha lo reng reng ka hlau lo vang; Nang ka hnênah i awm si a’ kan ti thei dawn a ni, a va ropui em!

Hla pakhat chuan heti hian a lo ti a, ‘Jordan lui malin ka kai lo vang, ka thih ai Lal

Isua a thi si’. Thihna luipui chu Lal Isua nen kan dai kai ang a, engtianga ropui ni ang maw!! Tuna kan dinhmun chu har deuh mah sela, Pathian chu a tha a, a rinawm a, a rinawmna chu chhuan zawng zawng thlengin a awm reng dawn tih hi hre tlat chungin, a hmangaihnaah chuan i innghat tlat zel ang u. He Bible chang hian tlang ilo kawm ang u. “Matheilovin thatna leh ngilneihnain ka dam chhûng zawng hian mi zui zêl ang a; Tichuan, LALPA inah kumkhuain ka awm reng ang (Sam 23:6).

Article

NAUPANG ZIRNA KAWNGA NUTE HRIAT ATANA PAWIMAWH

- Pi Chuauzikpuii

Central Kohhran Hmeichhe Committee (2025-2027)

Tunlai khawvelah thil thar, technology sang tak tak te, Faebook, Instagram, etc karah kan tu leh fate an seilian a ni a, an tan zir tur, hmachhawn tur khirh tak tak, soal lamah pawh tun hmaa hriat ngai loh mak leh rapthlak tak tak te, nunphung leh rilru sukthlek thlenga awm thei tura ngaih loh an tawng chho mek zel a ni. Heng kara kan fate kaihhruaina tha kan pek theih loh chuan a tuartu chu anmahni mai ni

lovin, chhungkua leh khawtlang a nghawng vek tawh thin. Engtin nge kan fa tleirawlte chu kan kaihhruai ang tih hi ngun taka kan ngaihtuah a tul tak zet a ni.

Zirna kawngah hian thil thar tam tak a awm reng tawh avang hian hriatthiam pawh nu leh pa tam tak tan chuan a harsa viau mai thei baw. Chuti chung chuan tih theih erawh kan nei vek. Kan fate hian eng ang theihna nge an neih? Eng lamah nge an tui a, a chemkalna ni ang? Eng ang mizia nge a nih hriat tumin chik theuh ila. A tuina leh nuam tih zawng kan thlanpui theih ngat chuan eng kawng pawh zawh se la an hlawhtling tlangpui ang. Nu leh paten kan fate tuina leh tih theih zawng ngaihtuah hauh lova mahni duh zawng leh it zawng zir tura fate kan nawr hian, kan fate beidawna khurah kan hnuk lut thei a ni. Naupang thenkhat, mahni kawng zawh duh thlang thiam lo, kaihhruai ngai tam tak pawh kan nei ang. Chung hunah chuan nu

leh pa te pawimawhna a lo lang thin. Thenawmte fain MBBS a zir vang ngawta kan fate zir ve ngei tura kan nawr chuan kan ti sual ang. Naupang mizia, theihna leh tui zawng ngaihtuah chung a thutlukna siam thiam a pawimawh hle a ni. Nu leh pa tam tak chuan an zir laibu pawh kan keu pui lo mai thei, School-ah eng nge an zir a, homework te an ti em tih te hi ngaihven ila, exam lai ngat pheih chuan an lehkhah zir menpui a, ei tur lo siamsak te hian naupang a tiphur thei hle a ni. Tin, an zir zelna kawngah kan sawi tak an theihna leh tuina te rilrua hre reng chungin kaihhruai a tul a, keimahni ringawta decision siam mai lovin, mi thiam zawkte rawn fo a tha. Kan tu leh fate hi Lapa laka kan rochan, kan rohlu an ni tih hre reng ila. Khawvel thila an hlawhtlin theih nana theih tawp kan chhuah rual hian chatuan nunna an chang lovang tih hi i hlau ber zawk baw ang u. Pathian thu zirtir leh rawngtai hi kan venpui theih dan tha ber chu a ni.

Hriselna huang**MIT ENKAWL DAN**

- Dr Vanlalhruaii
MS(Ophthalmology)

Kan taksa peng pakhat lian lo tê, mahse a tet anga en chi ni miah lo chu kan mit hi a ni. A len loh vang nge ni ngaihthah a hlawh hle thin a, nimahsela tun hnaiah ngaih pawimawh nachang hria kan pung ve telh telh niin a lang. Khawvel changkanna kan tih maiina a ken tel zinga kan chhawr pawl tak chu mahni taksa peng hrang hrang te hriselna vawn that hi a ni reng a ni. Mit hrisel leh hman tlak kan neih reng theihna tura min pui thei thil chi hrang hrangte leh inven dan tur te han tarlang dawn ila.

1) Mit hrisel nan thei leh thlai ei tam tur:

Mit tana pawimawh Vitamin A awmna kawlbahra, artui kawr var, thlai hring chi hrang hrang, sa thin, carrot etc te, Vitamin C awmna serthlum, nimbu, tomato etc te, Vitamin E awmna avocado, badam, nihawi chi te, Lutein leh Zeaxanthin awmna anam, lettuce, broccoli, artui, chana hring, iskut etc, Zinc awmna bean chi hrang grang, kabuli chana, dhoi etc te ei thin tur. Kan thil ei hrim hrimah thau(fat) a tam tur a ni lo.

2) Phone, computer leh êng pe chhuak thei hmanraw chi hrang hrangin kan mit a tihchhiat loh nana inven dan tur:

Tun lai kan nun dan tlangpuiah hian phone tel lovin thil kan ti thei tawh lo chu a ni ber a, kan men chhung zawng hian kan bul hnaiah awmin kan hun tam zawk hi phone bih nan kan hmang tlangpui tih chu zep rual a ni ta lo va. Hei hian nasa takin mi tam takah mit lama harsatna chi hrang hrang a thlen thei tih kan hre theuh awm e. Khawih lovin

kan awm thei chuang si lo va, a hman dan kan thiam mai a lo ngai ta zawk a ni, hetiangin:

- Mit khap nachang hriat tur.
- Minute 20 dan zelah feet 20 vela hla second 20 chhung melh tur. Rei tak tak screen en loh tur.
- Screen thim lutuk emaw eng lutuka thil en loh tur, kan chhehvela eng leh kan phone screen eng a inthlau lutuk tur a ni lo.
- Computer kan hmang a nih chuan hlam chanve emaw inches 25 vel bawra hlatah thut tur. Phone pawh hnai lutuka en loh a tha.
- Mit a lo khama, a lo ro viau chuan lubricating eyedrops mitah thlawr tur a ni.

3) Taksa natna dang leh mit inkaihnnawihna:

Kan taksa natna (systemic disease) heng zunthlum, BP

sang, ruhseh, SLE, Thyroid natna, TB leh a dangte hian mitah harsatna nasa tak an thlen ve theih thin avangin natna benvawn leh taksaah infection nasa emaw benvawn deuh nei te kan nih chuan mit a lo khawih chhe ve em tih hriat nan mit entir tel thin tur a ni. Heng natna mai bakah hian natna hrang hrang damdawi atana kan hman thenkhat te hian mitah side effect an nei ve thei thin a ni tih hriat tel a tha hle a ni. A bikin damdawi rei tak ei ngai chi ang te phei chu mit an khawih chhe tel thei em tih kan daktawr te zawh thin tur a ni.

4) Mit hrisel nan meizial nghei rawh:

Meizuk hian mit ro te, mit naute paw te a thlen theih mai bakah mit nerve te a ti tha lo thei a, zunthlumin mit a khawihchhiat nasat zawng te pawh a tihzual theih mai bakah mit pressure sang te a thlen thei a ni. Chuvangin meizial zuk hi mit tan a paw em em a, a lo zu thin tawh pawn nghei hram a tha a ni.

5) Ni zung hlauhawm laka mit ven nan sunglass bun thin rawh:

Ni zungina kan mit hi direct-a a em nasat chuan mit cancer te, mit naute paw te leh mit parda thalo mai bakah mit bawhtu hamdâ te a insiam thei a, chuvangin nisaa awm nasa thin tan chuan mit ven nan sunglass hi bun thin tur a ni.

6) Mita thil lut ngaihthah suh:

Mitah thil eng pawh lut se ngaihthah loh tur a ni. Heng harpic, bleaching powder, chinai, fevicol, dendrite etc te hi mita lo tilut palh an awm chawk a. Tihfai nghal a nih loh chuan mitdelna hial a thlen theih avangin mi thiamte râwn nghal tur a ni. Daktawr te kan pan nghal mai thei lo a nih pawhin a rang thei ang bera kan tui thianghlim neih anga lo tleuh fai tur a ni. Tui chhuan so thianghlim kher ngai lovin, tui herh haw emaw drip tui (RL,NS) te pawn kan remchan dan anga lo sil vat tur. Chuti lo chuan mit a ei chhe thei a, mit ulcer te, mit darthlalang

paw te leh mitdelna hial te a thlen thei a ni.

7) Mit ven nan tarmit bun thin tur:

Mita thil lut a awm hian enkawl a buaithlak duh hle a, chuvangin kan hnathawhnaah mita thil lut palh thei a awm chuan a ven nan, a bika siam tarmit vuah thin tur a ni. Entirnan: welding hnathawk thinte hi an welding tihna êng hi mit lâwnga en chuan mit tan a hlauhawm theih avangin tarmit a bika siam vuah ngei ngei tur a ni a. Chumi piah lamah welding tihna si per thir sa hi mitah a thlawk lut duh em em a, a tang/bet nghet duh phian lehngal a. Hemi a nih avang hian lak chhuah dawn pawn dimdawi leh uluk taka enlenna nena mi thiamten an tih a ngai thin a ni. A huna lakchhuah a nih loh phei chuan mit ulcer leh mit delna hial te thlen thei a nih avangin mita thil lut tur ven nan tarmit vuah ngei ngei tur a ni. Infiammi te tan pawh kan infiamna chi hrang hrangah mit tih hliam palh

hlauhawmna ang a awm chuan lukhum khum a, tarmit te vuah thin a tha.

8) Mit nuai/nem loh tur:

Mit a thak emaw a mim changa ngaihtuah Chiang hman lo va kan nuai mai thin hi mit tan a lo pawl thei em em a, chin than loh a tha hle a ni. Mit nuai hian mitah infection te a lut thei a, mit hnuai dum (dark circle) te a thlen thei bakah mit darthlalang te a tihpilh thei avangin mit nuai loh hram hram tum tur a ni.

9) Engtikah nge hlauhthawn tur?

Mit hnathawh ber chu hmuhfiah a ni a, chuvangin

kan thil hmuh a fiah loh chuan mi thiamte rawn nghal zel tur a ni. Khawhmuh phir te, melh na zawn apianga hliahtu emaw thil dum hmuh tlat te, khawhmuh pherh emaw kawisawi te, khawhmuh paw/thim te a awm chuan daktawr te rawn vat thin tur a ni. A bikin a hmaa awm ngai lo thawklehkhata rawn awm thut hrim hrim, a fiah lo emaw, a na emaw, a sen pawh nise ngaihthah loh tur a ni.

Heng kan han sawi tak te hi a kimchang lo hle a, sawi kim sen a nih loh avangin mit lamah mahni inrinhlelna leh harsatna kan neih chuan a rang lama mi thiamte rawn zel a him ber a ni.

THIHNA

Keimahni damna tur kalh zawngin kan thawkrim theuh va, natna zawng zawng damna chu thihna hi a ni si a.

- *Sir Thomas Browne*

Thihna khuma inlamletna chuan ngai awh lehna a thlen khat hle.

- *Junius*

Hruaitute chanchin**PI VANLALNUNSIAMI**

Pi Vanlalnunsiami hi Lalzema leh Lalthangpuui te fa upa ber niin December ni 26, 1969-ah a lo piang a, pan lai hunte Kelkangah hmangin, kum 1992-ah Lalamvela Bethlehem nen Biak in hawnga innein fapa 1, fanu 2 leh tu 1an nei.

Zirna leh eizawna lam : P.S leh M.S te Kelkangah kalin H.S Lungleiah a kal leh ah, P.U (tuna CI XI & XII) leh B.A.chu Hrangbana College ah a zir chhuak a. Kum 2018-2022 ah ATC Durtlang atangin BCS a zir a, Pathian zarah a zirzo ve leh a ni.

Kum 1989 April thla atangin Mizoram Civil Secretariat-ah P.A hna a thawk tan a, kaisang ve zelin tunah hian Planning Dept. ah Private Secretary hna a thawk mek a ni.

Rawngbawlna lam:

Bethlehem Kohhran Hmeichhe Comt.-ah kum 2010 ah lut tanin, 2013 atangin OB post hrang hrangte chelhin tunah hian Secretary a ni mek. Kum 2013-ah Bial Comt.-ah awm tanin 2015 atang khan O.B ah lutin Secy. & Asst. Secy hna te inchelh chhawkin tunah hian Bial Chairman a ni mek. Kum 2025-2027 chhung atan Central Committee atan a tel mek a ni.

Bethlehem Kohhranah 2011 atangin PSS Zirtirtu leh 2015 atangin Inrinni zan leh Pathianni Chawhnu Thuhrlitu a ni mek. Kristian chhungkaw comt. Secy & Asst. Secy. hna te chelh tawhin, tunah hian Comt. member a ni mek.

Bible chang & hla duh:

Matthaia 16:24, II Chro.7:14
KHB No.453 & KHB No.133

Thuchah: Tun hi inpeih hun a ni, tun hi tawngtai hun a ni. Chhanchhuah ngaite chhan chhuak tura Lalpa hmaah Abrahama a ding tlat ang khan, nu leh pate beidawng mai lovin kan din tlat a va tul em.

**ONLINE / BANK KALTLANGA ṬANPUINA
(DONATION) PE DUH TAN :**

1. Hmangaihna Ina ‘NAU CHAWMNA’ pekna

Account hming : Hmangaihna In Synod Grant
Account No. : **97002177873**
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

2. Hmangaihna In ‘Ṭanpuina / Donation’ pekna

Account hming : Hmangaihna In Donation
Account No. : 97001711333
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Hmangaihna Ina pawisa thawn tum tana biakna - Phone
7085257549**

3. Synod Hospital, Durtlang ṭanpuina (inkhawm thawhlawm ni lo)

Account hming : Synod Hospital
Account No. : 25026013652
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Pawisa thawn tum tana biakna - V.L. Zonuntluanga,
Accountant, Synod Hospital, Phone 9862340364**

**4. John Williams Hospital, Lunglei ṭanpuina (inkhawm
thawhlawm ni lo)**

Account hming : John Williams Hospital
Account No. : 002501870000003
Bank Name : Apex Bank
Branch Name : Chanmari Branch, Lunglei
IFSC : YESB0MAB001

**Pawisa thawn tum tana biakna - Lungmuana, O/A,
J.W. Hospital, Phone 8575305974**

KOHRAN HMEICHHE BUDGET PEK THEIHNA ACCOUNT NUMBER

Account -a pawisa dahtu chuan a dah zat, eng tur nge tih leh dahtu Bial / Kohhran hming chiang taka ziakin *phone no.* **9233437689** -ah WhatsApp message hmanga inhriattir ngei ni se.

1. Central Budget, Inkhawmpui Lian (IKPL) member fee, WDP, PWF, Rahbi Tleu Tanpuina pekna tur

Account hming	:	MPC Kohhran Hmeichhia
Account No.	:	35918210644
Bank Name	:	SBI, Mission Veng Branch
IFSC	:	SBIN0007058

2. Inkhawmpui Lian Special Budget, Hospital Pual Inkhawm Thawhlawm, Kohhran Hmeichhe Ni Thawhlawm

Account hming	:	MPC Kohhran Hmeichhia
Account No.	:	97015036270
Bank Name	:	MRB, Khatla Branch
IFSC	:	SBIN0RRMIGB

3. Women Centre Budget/ Donation pekna tur

Account hming	:	MPC Kohhran Hmeichhia Women Centre
Account No.	:	35576785404
Bank Name	:	SBI, Mission Veng Branch
IFSC	:	SBIN0007058

4. Agape chanchinbu man pekna

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

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

Committee Member-te

- | | |
|-----------------------------|----------------------------|
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| 3. Pi Chuauzikpuii | 4. Pi H. Lalthasiami |
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| 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 |

Ex-Officio Member-te

1. Rev. John Raldosanga, Moderator
2. Rev. B. Zohmangaiha, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Pi Ruth Lalhmangaihi, Asst.Co-ordinator

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

Thiltumte : 1. Kohhran rawngbawlina tihlawhtling tura thawh ho.

2. Kristian chungkaw 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



HIV/AIDS Trainers' Training, Lunglei District



Rabung Pastor Bial Kohhran Hmeichhe Inkhawmpui Wavi 46-na



Hnahthial Pastor Bial Kohhran Hmeichhia : Leadership Training

To

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