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Didakhe



TUNLAI HUNA PATHIAN BIAK INKHAWM - Phek 4-na

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A chhûnga thu awmte

Phêk

- 1. Editorial.....1**
- 2. Keimahni.....2**
- 3. Tunlai huna Pathian biak inkhawm.....4**
- 4. Pathian chhandamna leh thil tha tih.....14**
- 5. Rilru hriselna.....20**

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EDITORIAL

PATHIAN BIAK INKHAWM HI

Covid-19 avangin kum hnih dawn Pathian Biak Inah kan inkhawm thei lo va. Hrileng avanga lockdown kan han ni kha chu kan zâm a, Pathian pawh kan au nasa a, chhungkaw tin mai khan chhung inkhawm kan nei a, kan urhsun tlang hle a. Kohhran thenkhat chuan biak hmuh theih (online) inkhawmte an buatsaih a, thenkhatin Biak In aţangin aurinna (mic)-in sermon te an tichhuak a. Thenkhatten quarantine center-ah te mual inkhawm (open air) an neihpui bawk a. Theih ang ang leh remhriat ang angin hma kan la thin kha a lawmawm tak zet a ni. Sawt pawh a sawt hlein a hriat a.

Mahse hun a lo kal zel a, kan zalen leh ta deuh a, chhung inkhawm pawh kan inthlahdah leh telh telh niin a lang a. Inkhawm hun bi pangngaia kan inkhawm leh theih tak hnu hian Biak Ina inkhawm kan tlem leh hle mai hi a mak ang reng a. Kohhran tin hian Covid-19 hma inkhawm zat kan tluk lo tlangpuiin a hriat a. Hei hi eng nge a chhan ni ang?

Kan la dam kim lo va, damkawr dinhmunah kan la ding a, puipunna leh pun khawm luih luihnaa kal hi kan la zuam lo a ni thei ang em? Nge kan Pathian biak inkhawm hi thatpui nan kan hmang lo va, kan sawtpui chuang lo zawk? Inkhawmah hian mipui chanvo a tlem a, mi tlemte chauhin hun an hmang zo va, mi tam takin inkhawm an peih loh phah em ni? Nge, mahni in lamah kan awm thatchhe rei tawh a, inkhawm tura kal chhuah kan peih lo va, mahni in lam aţangin Pathian thusawi tha tak tak kan ngaithla thei tho va, Biak Ina kal kher a ngai lo kan ti em ni zawk? A chhan leh vang hrang hrang a awm thei ang a, mi mal leh Pathian inkar pawh a ni thui hle bawk ang.

Kan Pathian biak inkhawm hmanruate hi damlo tan damna, lungngaite tan thlamuanna, beidawngte tan beiseina siamtu a nih zel theih nan chanvo neituten tawngtaina nen tan la chhonzawm zel ila. Pathian be tura lo kal te zingah hian rilru, taksa leh thlarauva hliam tuarte an awm ang, chutiang mite tan pawh chuan inkhawm hlawhtling, inkhawm zel chakawm a nih theih nan tan i la zel ang u.

KEIMAHNI

1. **ATC-ah D.Th. hawn belh tum a ni:**

July 27, 2022 (Nilaini) khan ATC-a Department pathum – Old Testament, Counselling leh History of Christianity – a Doctorate zirna hawn kan tum chungchang thuahrawn zir chiangarawn en fiahin Senate Evaluation Commission Team member pangaan lo kala, chungte chu – Rev. Dr. M. Justin Moses (Acting Registrar), Rev. Dr. Limatula Longkumer (Dean, Department of Resarch/SATHRI), Rev. Dr. A. Israel David (UTC, Bangalore), Rev. Dr. Imsu Longchar (TTC, Dimapur) leh Dr. Narola Imchen (HTC, Tura) te an ni.

2. **D.Th. Degree hmu thar te:**

(a) Rev. H. Lalnunmawia, ATC-a Assistant Professor (Missiology) chuan July 20, 2022 khan *viva voce* exam hlawhtling takin a zo a, Senate of Serampore Convocation hmasa berah Doctorate degree hlan a ni ang.

(b) ATC-a Missiology subject-a Doctorate zir lai pahnih Mimi Lalruatsaki leh A. Watimongla Jamir te pawhin *viva voce* exam July 18 leh 20, 2022 khan hlawhtling takin an zo a, Senate of Serampore College Convocation hmasa berah Doctorate degree hlan an ni ang.

3. **Thawktu zirleh:**

Pu Lalsiamkima, Music Teacher, ATC chuan Master of Music zir turin Singapore Bible College, Singapore-a pan a, July 2, 2022 khan tluang takin an chungkuain an thleng.

4. **Mobile Theological School (MTS) neih a ni:**

(a) June 23-25, 2022 chhungin Siaha-ah MTS neih a ni a. Hetah hian Rev. Dr. B. Lalnunzira, Rev. Dr. Lalawmpuia Hauhnar leh Rev. H. Lalbiakhluna te an kala, mi 52 lai he School-ah hian an in register a ni.

(b) July 6, 2022 khan Maubawk Sikul Veng Kohhranah MTS neih a ni a, Faculty member atangin Rev. Dr. R. Vanlalthuanga, Rev. Rosiamliana Tochwang, Rev. P.C. Vanlalhruaia, Rev. Dr.

F.H. Liansangzuala, Rev. Michael Zorinpuia leh Rev. V. Khai Rodinga te an kal a, mi 37 lai he School-ah hian an in register a ni.

(c) July 9, 2022 khan Zemabawk Bial KTP te pualin MTS neih a ni a, Faculty member atangin Rev. Dr. Vanlaltluanga, Rev. Prof. L.H. Rawsea, Rev. Dr. Lalrokhuma Hmar, Rev. Dr. Laldingluaia, Rev. K. Lalchhuanawma leh Dr. Rosy Zoramthangi te an kal a, mi 117 lai he School-ah hian an in register a ni.

5. ATC BD leh M.Th Final year Result:

GRADE	B.D.		M. Th.	
First Class	A (75% & above)	2	A (75% & above)	1
	A- (70%)	9	A- (70%)	15
Second Class	B+ (65%)	14	B+ (65%)	13
	B (60%)	1	B (60%)	0
	B- (55%)	0	B- (55%)	0
	TOTAL	26	TOTAL	29

6. Annual Retreat:

July 1, 2022 (Zirtawpni) khan ATC Chapel-ah ATC Annual Retreat neih a ni a, Speaker-ah Rev. Prof. Lalsangkima Pachuau, J.W. Beeson Professor of Christian Mission & Dean of Advanced Research Programs, Asbury Theological Seminary, Kentucky, USA chu hman a ni. Kan Retreat thupui chu “Salvation from the Pews to the Lecture Hall” tih a ni a, Faculty leh zirlaiten kan hlawkpui hle.

7. India Independence Day hman a ni:

August 15, 2022 (Thawhtanni)ah India Independence Day lawm a ni a, khuallian chu Er. K. Lalsawmvela, Adviser to Chief Minister (Techincal) a ni. Programme hi ATC Quadrangle-ah hman niin, programme zawh hnuah Faculty member, Students’ Body leh SCM Office Bearers-ten thingpui inho pahin kan kawm nghal a ni.

8. Senate Registrar thar:

Dr. Limatula Longkumer, Dean, Department of Resarch/ SATHRI thawk mek chu Senate of Serampore College Registrar atan ruat thar a ni.

TUNLAI HUNA PATHIAN BIAK INKHAWM

- Rev. Dr. B. Lalnunzira

1. SAWI HAWNNA

Kum 2021 Mizoram Presbyterian Kohhran Synod inkhawmpui chuan, ‘Kohhran Pathian biak inkhawm kal hmang zir chian,’ tih leh, ‘Kohhran inkhawm leh inkhawm dangte tihltlem dan ngaihtuah ni rawh se,’ tih chu Synod hmalakna turin a rêl thlu ta a.¹ Hei hian kan Kohhran inkhawm chungchang hi ngaihtuah a hun ta tih a tilang a ni. Kohhran nuna thil pawimawh tak chu mimal leh a huhova Pathian biak hi a ni awm e. A hun leh hmun a zir te, kohhran hotu leh mipui suktlek azir tein inkhawm kalphung a lo danglam thin a. Pathian biak dan pawh a thang zel a. Vawiina kan biak dan hi hmana mi ang a ni tawh kher lo. Chuvangin tunlai hun, khawsak phung danglam tak mai leh thalaite boruak hip lo danglam chak tak karah hian engtin nge Pathian kan biak hona, kan inkhawm hi kan kalpui zel ang tih hi ngaihtuah a thul a. Chu chu he thuziaka kan luh chilh tur chu a ni.

2. PATHIAN BIAK LEH INKHAWM

Pathian biak tih hi ‘mihringin Pathian a chhan letna’ tiin an sawi thin a.² Kawng dangin sawi ta ila, a chung a roreltu Pathian hmaa mihring a kuna, chibai a bukna tiin a sawi theih ang. Westminster’s Confession chuan ‘mihring awm chhan chu Pathian chibai buk leh kumkhuaa amah hlim taka pawl hi a ni,’ tiin a sawi a.³ Mihring chu a huhova cheng kan nih avangin a a huhovin Pathian kan bia a. Sakhaw tinin tih dan leh kal hmang neiin - tawngtai te, inthawi te, inpawl hona te neiin an thiam dan angin Pathian biak hona an kalpui a. Thuthlung Hlui hun ata tawh Pathian mite chuan a huhova Pathian biain hmun ruat bikah an kalkhawm thin tih kan hmu. Thuthlung Thar a lo piang a, Kohhran hmasa a lo din khan Kristianna sawh nghettu leh tinungtu chu a huhova Pathian biak hi a ni. Chu chu inkhawm kan ti bawh. Ringtute chakna hnar a nih avangin uluk taka kalpui a ni thin a. Vawiin thlengin hmasawna kawng kan dap ta zel a ni.

3. INKHAWM KALHMANG A THANG DANGLAM ZEL

Kohran inkhawm than zel dan leh hmasawn dan hi sawi tur a tam hle. Mizo zinga he lam chhuitu Rev. Lalchawimawia chuan “Kohhran siam that a nih hma chuan Khawthlang Kohhran (Roman Catholic) leh Khawchhak Kohhran (Orthodox) Pathian biak phung reng reng kha phuah sa leh ruahman fel thlap zui (liturgical worship) veka kalpui a ni” a ti. Chutiang chu ni mah sela hun a lo kal zel a, kohhran pawh lo pungin pawl hrang hrang pawh kan lo awm ta zel a. Chuvang chuan kohhran inkhawm dan hrang hrang - phuah sa hmanga inkhawm (liturgical) te, tlachawp hmanga inkhawm (non-liturgical) te, inkhawm zalen (congregational worship) te, rau uar inkhawm (charismatic) te a lo chhuak ta zel a ni.

Mizoram Presbyterian kohhran hian kal dan mumal tak nei chungin phuahsa kan zui em em lova, Pathian biak dan hrang hrang rem taka chuktuah khawm a ni deuh ber mai tiin Rev. Lalchawimawia chuan a ziak a ni.⁴ Kan inkhawmah hian tihdan phung nghet tak kan nei a, chutih rualin a boruak azirin kan tihdan hi kan pawt fan viau bawk. Tha tawk viaua a lan laiin kan Kohhran inkhawm en vang vang hian zir chian deuh chu a ngai ta niin a lang a. Hei vang hian 2021 Synod inkhawmpui chuan zir chian nise tiin a rel ta a ni. Tunlai khawvel hun inher zelin a ken inkhawm dan kalhmang chi hrang hrang te hi kan hriat a, thangthar leh thalaite tuiptui zawnga inkhawm kalpui pawh a tul tial tial niin a lang.

4. TUNLAI KHAWVELA INKHAWM DAN KAL HMANG

Brian and Kevin Drapper-ten kum 20 vel zet chhung kohhran inkhawm chungchang an zira an chhut dan chuan, UK-a Church of England leh Roman Catholic kohhranah khuan 40-50% zetin Pathianni inkhawm thin an tla hniam a. Pawn lam atanga nawrtu – secularization leh postmodernism te chu a chhanah puh ni mah se, Pathian biak inkhawm kal hmangin kawngro a su em em nia sawi a ni.⁵ Urhsun taka inkhawm leh boruak zangkhai tak nena inkhawm, fellowship kal hmang zui deuhva inkhawm thua hian ngaih dan a

inchen lo. Khawthlang lam (Europe & America)-ah pawh khuan tih dan a inang lo. A tlangpui chuan kohhran ngelngetho - Roman Catholic, Anglican/Episcopal leh Methodist kohhrante khuan phuahsa zuia inkhawm an uar a. An ngheet viua naa an thang vak lo niin a lang. Chutih lain Baptist, Congregationalist leh thianho leh thahnemngai ina an din ho (ministries/independent churches) khuan tla chawp, boruak zangkhai tak nei chung a inkhawm an uar a, heng pawl/kohhran te chu an thang viau.⁶ A chhan eng nge ni ang tih hi zir chian tham tak a ni.

India rama kohhranho, upa tawh leh ngelngheet hote hi inkhawm kalphung ngheet tak nei an ni deuh vek.⁷ Hetih lai hian pentecostal lam rawngkai kohhran leh mimal leh thianza hovin an din, kohhran pawh inti chiah lo, ministires kan tih te hian urhsun lam ai chuan zalen deuh zawka inkhawm an uar a. Tihdan phung ngheet tak aiin tunlai boruak mil deuh zawk (contemporary worship) hi an uar zawk. India rama kohhran/pawl lian leh thang duang tak- Ankur Narula Ministries (The Church of Signs and Wonders) - Punjab a mi-ah chuan kar tin mi nuai thum (300000) vel an inkhawm thin nia sawi a ni a. Biak In lian tak, Andhra Pradesh-a Dr. Satish Kumar-a kohhran Calvary Temple (church)-chuan member 160,000 vel a nei a ni.

Mizoramah pawh kan inkhawm kalhmang a dang hret hret a. Kan kohhran inkhawm kalhmang phei hi chu chawhpawlh a ni ber mai. Urhsun taka sakramen inkhawm leh hunpui inkhawm kan kalpui lain thlarau boruak thar a awm chuan kan ri ve hlut tho mai a. Biak in tam takah hian urhsun chauh ni lo, phurna leh tla chawp hmanga Pathian biak kan ching ve ta zauh zauh. Camping leh crusade-ah phei chuan rimawi chi hrang hrang nen, kan biak in hmelhmang her danglam bawih khawpa insiksawi chang pawh kan nei. Tunlai hian khawthlang lam tih ang deuhvin kohhran pawl ni lem lo, thahnem ngaia rawngbawl ho (ministries)-ten tlachawp leh phurna chawk tho zawnga zalen taka inkhawm an rawn ching chho ta viau bawk.⁸

Tunlai Pahtian biak inkhawm dan kalhmang hrang hrang hi zir chiana a ʔul anga kan seng luh ve pawh a ʔul thei e.

5. PATHIAN BIAK INKHAWM KAN KALPUI DAN TUR

James F. White-a chuan a lehkhabu, “Protestant Worship: Traditions in Transition,”-ah chuan tlipna ngaihnawm tak, “The future of Protestant Worship” tih a ziaak a. “Kum 500 vel zet chhunga Siam that Kohhrante inkhawm dan kalphung chuan a hun lai mil zelin tih dan thar arawn tichhuak zel a ni,” a ti a.⁹ Protestant kohhran inkhawm kal hmang chu a hun lai mila her rem zel a ni a ti. A chunga inkhawm dan kalhmang chi hrang kan sawi tak aʔang khian Pathian kan biak ho dan hi a inang diak diak lo va, a hmangtu a zir leh a hun leh hmun a zira danglam ʔhin a ni tih kan hmu. Hma lam thlirin hetiang hian Pathian biak inkhawm kan kalpui dan tur atana rawnate siam ve ta ila.

(1) Urhsun taka Pathian chibai buk: Kan Pathian biak hona chu urhsun tak, Pathian hnena intukluhna a ni tur a ni. Pathian biak inkhawma thil pawimawh ber chu ‘Pathian nena inpawlna’ (feeling divine presence) hi a ni a.¹⁰ Hemi thua hian Roman Catholic te, Anglican kohhran te leh kohhran ngelnghet zawk te chuan kalphung nghet tak an nei a, inkhawm kaihhruaina fel tak duan sa hmangin urhsun takin inkhawm an kaihruai ʔhin. Kan inkhawm chu a dahlau tur a ni lova, mumal lo tak, chîl phûl mai mai theih a ni tur a ni lo. Kan biak Pathian hi a zahawm a, a hmaa ding kan nih avangin urhsunna nen kan ti ʔhin tur a ni. Alvin Dueck-a chuan Pathian biak inkhawm hian ringtu nunah danglamna chi hrang hrang - Pathian hriatna, himna leh phurna, nungchang tihdanglamna leh inlaichinnaa danglamna te a thlen a ni a ti.¹¹ Chuvangin biak ina kan lawi luh tawh chuan kan nun khawih danglam a nih theihna turin Pathian hnenah kan intulut ang a. Thu te, hla te, ʔawngʔainate hmangin tihtakzetna nen Pathian kan be tur a ni.

(2) Inkhawm nuam leh hlimawm: John Calvina khan a hun laia kohhran inkhawm puithu uchuak kha ʔha a ti lova, hetiang hian

a sawi hial a ni: “Pathian chibai bukna chu serh leh sang thil chi hrang hrang leh puithu uchuak taka sakramen (mass) an kilna chuan a tihmelhem vek a. Kohhran thurin chu phum bo leh um chhuah a ni a, mipui inkhawmna te chu a khawvelin, milem biakna sikulah a lo chang zo ta,” tiin.¹² Inkhawmin a tum ber chu Pathian hnena intukluhna ni mah sela, phur taka Pathian fakna, inkhawm hlimawm ni se a tha a ni. Tihdan ngai ngawr ngawr (traditional worship) hian kan mite thlarau lam nun a chawm zo lo thei. Chuvangin kan inkhawm chu hlim taka zai hona, Pathian thu ngaihtlak leh sawi hona, tawngtai hona ni se la. Mipui chanvo a tam thei ang ber awm se a tha a. Tunlaia kohhran thang duang ho hian zalen taka Pathian biak an uar a, a urhsunna tibo chuang si lova mipui zai ho, tawngtai ho leh rimawi chi hrang hrang hmanga Pathian biak an uar hle. Keini pawhin zir tur kan nei ve awm e.

(3) Chawhpawlh tawh thiam: Ziaktu pakhat David Whitcomb-a chuan a lekhabu *True Worship: Traditional, Contemporary, Biblical* tihah chuan Pathian biakna chu Bible zirtirna dik taka zui, zahawm tak leh thinlung lama phurna leh thahnemngaihna inchawh pawlh - ‘thlarau leh tihtakzet’ inchawih tawh a ni tur a ni a ti. ‘Thlarau’ tih hian mihring thinlung chhung ril atanga lo chhuak, phurna a keng tel a, ‘tihtakzet’ tih hian Pathian duh dan Bible-a inzam te zah taka zawm chung a Pathian biakna a kawh a ni a ti.¹³ Inkhawm chu Pathian nena inpawl, ringtute inpawl hona, thutaka inngat, thahnemngaihna luang chhuak (thlarau) ni se la. Inkhawm leh fellowship-te hi thil hrang daih ni mah se, Pathian kan biaknaah hian kal dun thei se a that a rinawm. Kan inkhawmah chuan thuhiril te, zai te, tawngtaite hi inchawhpawlh tha hle se a tha ber awm e. Urhsunna bo si lo, kohhran mipuiten zalen taka Pathian an pawlna ni se la. Kan inkhawm chu thinlung leh tihtakzeta Pathian hnena inpekna a nih rualin ringtute inchhem alh tawna, thu leh hlaa hlimna leh lawmna luan liamna hmun ni se a duhawm hle a ni.

(4) Mipui chanvo tamna inkhawm: Pathian Biak Inkhawm Kaihhruaina bu hian zai ho leh thuchah bakah thu chhiar inchhawn

te, Thurin chhiar rual te leh hla chham mi te pawh kohhran inkhawma a tul anga hmang tel turin min duh a. Hei hi kan hmang meuh lo. Kan inkhawmah hian mipui chanvo tam leh zual se a pawimawh hle. Tuna kan kal danah hi chuan mipui tel vena chu zai ho hi a ni ber mai. Thuhiril ngaih thlak a manhla viaua zai boruak a nawm viau loh phei chuan inkhawm hi a hlawk vak lo thei. Tawngtai inkhawm zana tawngtai rual leh Nilaini zana thupui sawi ho te, rilru sawi zana kan sawi ho liam liam te hi a tha hle. Mipui chanvo tam zawk awm theih dan kawng zawng zel ila. Sawi hona leh tawngtai hona hun tam zawk te hi siam thei ila. Zaipawl leh group zai te, a huhova Pathian fak te hi tun ai hian tam leh zual se a tha lo'ng maw?

(5) Tun aia chhangchhe zawk inkhawm: Kohhran member pumpui huap inkhawm hi kan nei tlem ta viau mai. Hun pangngai chu sawi loh, hunpuiah pawh a hranpaa naupang inkhawm programme siam a ni a, chhangchhe deuh taka Biak Ina inkhawm ho a awm ta meuh lo. Naupangten biak in an hmu khat telh telh a, Naupang Sunday School an zawha puitlinga lawi a hun hian an lai ta riau niin a lang. Tunah chuan naupang tan biak in hi 'an biak in' a ni ve ta meuh lo. Hetiang renga kan kal chuan thangtharte hian biak in an ngaina lo mai ang. Biak ina naupang hruai leh an tana chanvo siamsak te hi uar thar leh ila. Biak in chu 'an inkhawmna in' a ni tih hriattir hi a tul ta hle mai. Inkhawm laia naupang tap leh lo ninhlei deuh pawh awm se lawmawm lamah ngai ila, chhangchhe deuh rap hian inkhawm ila, kan inchhir lovin a rinawm.

(6) Sunday School hi le! Kan kohhran hian Sunday School nei tha niin kan inhria a, kan inchhuang viau thin. Chutih lain Sunday School inkhawm hi ennawna tihhmasawn a ngai hle mai. He rawngbawlna hlawn lian tak, mi tam berte inkhawmna, hi 'a thlarau em?' 'kan mite nun a chawm tak meuh em?' tih ngaihtuah chung a kan kalpui a tul.¹⁴ Sunday School hi sikul ni mah se inkhawm a ni baw a. Kan pawl lak dan, ri nuai nuai mai te hi a tha taw em? 'Awm' tih bak hawn mang lova haw leh ta mai hi an awm nual ang tih a hlauhawm. Tun ai hian pawla sawi hona tam se, zirtuten thuchah

hlawm fel tak an hawn ngei theih nan zirtirtute t̄ang leh zual ila. Kum upa zawk (senior adult) leh puitling naupang zawk (your adult) pawl tan te hian zir tur hran awm thei hial se a t̄ha ang em? Sunday School-ah hian zai hona nuam tak awm se la; rimawi chi kim nen te hian inkhawm kalpui ta ila, kan phur leh zual lo'ng maw? Naupang Sunday School lam pawh a kalphung (system) kan duh uluk tluk zetin naupang thlarau lam nun luhchilh zawnga kalpui deuh deuh ni se a t̄ha ang.

(7) Hnam ze mila Pathian biak: Mizo Kohhranin harsatna a tawh t̄hin pakhat chu hnamze mila Pathian biak chungchanga ngaih dan phir hi a ni. Kohhran hian tihdan leh kalphung nghet tak nei a, insiam rem duh ngai lo nia hriat avanga kan kohhran chhuahsan ta an awm nual awm e. Africa ramah khuan tual chhuak, mahni duh dana kohhran kalpui mai t̄hin (independent church) an t̄hang duang hle nia sawi a ni a. 1970 vel phei kha chuan kohhran chhuah sana pawl thar lo ding hi an pung nasa hle a ni.¹⁵ Kohhran an chhuahsan chhan hi tih dan phung nghet bur an nin vang leh an hnam zia leh phurna suih zawma Pathian biak an duh vang a ni deuh ber. Hemi chungchangah hian Mizo kohhran hi Pathianin min buatsaih t̄ha hle a tih theih ang. Kan inkhawm hian khawthlang tihdan zuiin lang mah se, kan hnam ze mil, zai leh lam, khuang nena Pathian fak te hi kan kalpui t̄ha em em a ni. Hetih lai hian tute emaw, kan tih dan kham khawp lova hnam ze mila Pathian biak duhna sawi vawng tak tak an awm reng a. Heng mite hi thlauhthla lova kan kuah khawm thiam a pawimawh hle a ni.

(8) Inkhawmnaa zai leh rimawi hman: Zai pawimawh zia sawitu Ralph P. Martin-a chuan, “Pathian mite an zai t̄hin a, Kristian kohhran pawh hi hlaa lo piang a ni,” a ti.¹⁶ Kan Bible-ah pawh hian fakna hla a tam em em a, faknaa Pathian be tura sawmna kan hmu tam hle. Pathian mite an zai t̄hin a, rimawi chi hrang hrang hmangin Pathian an fak a, an inkhawm t̄hin tih kan hmu. Zai hi inkhawmah tel zel mah se rimawi chi hrang hrang lak luh thuah ngaih dan a inchen lo. Martin Luther a khan Biak ina rimawi hmanraw dang,

engmah lak luh a phal lo niin an sawi thin. Khawvel hun inher zelah rimawi pawimawhzia a lang Chiang telh telh a. Kohhran inkhawm pawh rimawi tel lo chuan a kim lo. Rimawi hi zai tipumkhattu a ni a, Pathian biak tinungtu leh tithathotu a ni. Pathian biakna (worship)-a khang chauh hman ai chuan keyboard/piano emaw nena zai chu nuam kan ti zawk. Sam ziaktuin rimawi chi hrang hrang hmanga Pathian fak tura min sawm ang hian kan rimawi neih chi hrang hrangte hi inkhawm boruak tinuamtu atan hmang uar sauh sauh ila, thalaite phei chu kan hip leh zual ang.

(9) Inkhawm tihltlem hi: Nikum Synod Inkhawmpui (2021)-in ‘inkhawm tihltlem ni rawh se’ tia a rel chu zir chiangu indina zir mek a ni a. Kan ram kohhrante hian kan duh tak tak em? Kan thatpui ang nge kan chhiatpui ang tih hi zawhna chhan harsa tak a ni awm e. Hemi thu vek hi kum 1993 Synod inkhawmpuih rel a ni tawh a. “Zan inkhawm tihltlem turin Synod-in hma la rawh se,” tiin SEC zir chian turin a dah a (Synod 1993, Gen 5). SEC chuan zir chianguin Presbytery ngaih dan lak a ni a. Khami tum khan inkhawm tih tlem tul ti lo Presbytery - 13, tih tlem duh - 4, KTP leh Kohhran hmeichhe inkhawm Pathiannia zeh ral duh - 5 an awm a. Hei vang hian 1994 Synod chuan kal dan ngaia kal a rawt leh ta a ni (Synod 1994 Gen 40). Synod-a sawi a nih leh takah hian engtin nge kan kal pui tak ang le? Kum 1990 leh tun kan dinhmun chu a inang tawh lo thei e. Rawtna te pawh siam ta ila. KTP te, Kohhran Hmeichhia te, Kohhran Pavalai Pawl te hi Pathianniah hian khung vek ila a tha lo’ng maw? Kohhran inkhawm pangngai bak hi chu zan lam chhuah hi tihltlem deuh deuh ni se kan tul dan leh hmasawwna nen hian a inmil tawh mai thei e.

6. TLANGKAWMNA: PATHIAN BIAK INKHAWM ENGTIN NGE KAN KAL PUI ZEL ANG?

Hma lam hun thlirna sawi leh ziah hi thil awlai a ni hauh lo; a chhan chu tumah hian hma lam huna thil lo thleng tur kan sawi lawk thei lo va. Inkhawm kal hmang siam that leh tihhmasawn kan tih hian a tih dan ringawt ni lovin Pathian biaknain a tum ber, Pathian

kan biakna awmzia tih hmasawn pawh a keng tel vek a ni. Kan ram kohhran inkhawm kalphung hi chîk taka kan thlir chuan hmasawn kan ngai ve ta tih kan hmu. Kan inkhawm zin viau laiin inkhawm zat erawh kan tla hniam mek a ni. Chuvangin a tam lam aiin a takna leh kan tuipei leh zual tura inkhawm buatsaihna lam hi kan uar a hun tawh hle. Khawthlang lam tihdan kan entawn a ðul kher lo vang, independent kohhranho tih dan pawh kan tan a ðha ve kher lo vang. Chutih rualin tihdan nghet bur kan vawn tlat hian ðhangthar kan hip lo viau thei a. Synod-in ‘inkhawm kal hmang zir chian’ a rawt mek hian rah ðha chhuah se la. Kan kohhran hian tlak hniam a hneha kum za tam tak hma a sawn zel theih nan kan inchhem alhna hmanraw pawimawh tak kohhran inkhawm hi i tiphuisui zel ang u.

ENDNOTES

¹ *Mizoram Synod 2021 Synod Inkhawmpui Vawi-98-na Minutes*, General 8 & 9, p. 41.

² Evelyn Underhill, *Christian Worship: Revealing the Divine* (New Delhi: Christian World Imprints, 2015), 3.

³ A Sap ðawng chuan, “To glorify God and to enjoy him for ever,” tih a ni.

⁴ Rev. Lalchawimawia, *Seminar on Worship (booklet)* (Aizawl: Zemabawk Pastor Bial KTP, 2021), 18. Rev. Lalchawimawia hi thuhrlil lam luhchilha zir, M.Th. (Homiletic) a ni a, ATC-ah kum eng emaw zat Pathian biak leh Thuhrlil lam subject zirtirtu a ni. Tunah chuan Zembawk Bial a vawng mek a ni.

⁵ Brian & Kevin Drapper, *Refreshing Worship* (Oxford: The Bible Reading Fellowship, 2000), 17-18.

⁶ Khawvel kohhran lian leh ðhang duang - Lakewood Church (Joel Oesteen-a kohhran), Saddleback Church (Rick Warren-a kohhran) te chu mimal leh ðthianhovin an din a ni a. Asia rama kohhran lian leh ðhang duang ber pahnih - Andhra Pradesh-a Calvary Temple Church (Dr. Satish Kumar-a kohhran), leh S.Korea-a Yoido Full Gospel Church (Dr. Paul Yonggi Cho-a kohhran)-te pawh hi mimal din kohhran, phuah sa leh urhsun viau aiin tlachawp leh rau (pentecostal) deuha inkhawm kaihruai ðhin an ni.

⁷ Roman Catholic leh Orthodox bakah Protestant kohhran hrang hrang-Baptist Kohhran, Church of South India, Church of North India, Mar Thoma, leh Lutheran Kohhrante hi kalphung nghet tak neia inkhawm an ni hlawm.

⁸ Breakthrough ministry te, Bethel Ministry leh Ministry dangte hian thalaite an hip a, kohhran inkhawm bakah hmun leh hun remchanga thalaite pui tham taka rawngbawlina neihpui an rawn uar chho tan ta bawk.

⁹ James F. White, *Protestant Worship: Traditions in Transition* (Louisville, Kentucky: Westminster/John Knox Press, 1989), 209-216.

¹⁰ Alexis D. Abernethy, "Introduction: Spiritual Experience, Worship, and Transformation," in *Worship That Changes Lives: Multidisciplinary and Congregational Perspectives on Spiritual Transformation*, edited by Alexis D. Abernethy (Grand Rapids, Michigan: Baker Academics, 2008), 17.

¹¹ Alvin Dueck, "Worship as Transformed Lives," in *Worship That Changes Lives: Multidisciplinary and Congregational Perspectives on Spiritual Transformation*, edited by Alexis D. Abernethy (Grand Rapids, Michigan: Baker Academics, 2008), 241-244.

¹² Hei hi Rev. Tlanghmingthanga thuziakah tarlan a ni. Rev. Tlanghmingthanga, "Rimawi leh Pathian Biak: Calvina Ngaih dan," *Didakhe* XLVI/3 (2017): 11.

¹³ David Whitcomb, *True Worship: Traditional, Contemporary, Biblical* (Greenville, SC: Ambassador Emerald International, 2004), 151-159.

¹⁴ Sunday School kalpui dan chungchangah hian ngaihnan chi hnih inhnia a awm a. Sikul ang taka kalhmang fel tak neia kalpui leh a tul ang zela pawt fan chung a zirtute thlarau lam nun luhchilh zawnga kalpui tih ngaihnan te hi a ni. Hemi chungchang chipchiar thuziak hi B. Lalnunzira, *Sunday School Chanchin* (Aizawl: SL&PB, 2021)-ah hmuh theih a ni.

¹⁵ Kenya ramah ngawt pawh khuan thlatin kohhran pawl pakhat piang zel anga chhut a ni a. Heng zinga a tam ber hi independent church an ni a, a tam ber chu Anglican kohhran atanga chhuak an ni. Philip Tovey, *Inculturation of Christian Worship: Exploring the Eucharist* (Aldershot, England: Ashgate Publishing Limited, 2004), 79.

¹⁶ Ralph P. Martin, *Worship in the Early Church* (London: Marshall Morgan & Scott, 1964), 39.

PATHIAN CHHANDAMNA LEH THIL ṬHA TIH

- Rev. Andrew H. Laltlanliana

Kan ram hi Kristian ram a ni a, mahse, kan ram dinhmun en hian Kristian rama inchhal ngam kan ni reng em tih hi zawhna pawimawh tak a ni. Kan ṭawngkam hman lar tak pawh ‘Kristian ve si, Rawngbawltu ve si’ tih a ni. Hei hi a chhan ni awm ber chu kan ni tin hnathawhnaah kan bula miten kan nunah Krista an hmuh thin loh vang a ni awm e. Tin, kan ram tluka Pathian thu tuiptui hi an tam lo viau ang. Camping, crusade, retreat te leh thlarau lama min hruai harh thei thil hrang hrang pawh kan ngahin kan ti tam hle mai. Mahse, heti chung hian sualnain kan ram hi a kiansan thei chuang lo a ni. Khawvel awm chhung hian kan famkim dawn hauh lo tih chu hre mah ila, kan ram dinhmun en hian a khawilai tak hi nge fel lo tih erawh chu ngaihtuah a ngai viau si. Kristianna laimu chhandamna hi kan man tawh lo a ni em? Chhandamnain a ken tel ‘mawhpurhna’ hi kan ngaihthah deuh vang a ni em? Zawhna hrang hrang a awm thei ang. Tun ṭumah hian thil pakhat hemi chungchangah hian kan hriat leh zir tlan tur a awmin ka hria a. Pathian khawngaihna azara thiam chang kan nih dan (Doctrine of Justification) hi i han bih Chiang teh ang u.

Kan sawi tak ang khan Mizote hi Pathian thu duh tak kan ni a, Pathian thu sawi thei a pui pawh kan nei tam khawp mai. Kan rama Kristianna a rawn luhna pawh kum za chuang fe chu a ni ta, a lawmawm khawp mai; thil tam takah hmasawnnna pawh kan hmuin kan nei a ni. Chutih rual chuan Pathian thu kan hriat dan te, chhandamna kan chan dan te hi a van kawh (vertical) zawng vek emaw tih mai tur a ni a, midang tan leh ram leh hnam siamṭhatna kawngah hian chhandamna kan chang lo viau em aw tih a ngaihtuah theih awm e. Rosiamliana Tohhawngin, “Kohhranin chhandamna a zirtir dan hi chu vanram kaina mai tur a ni e,” tia a lehkhahu *A Study of the Ten Articles of Faith of the PCI* a sawi hi a dik thui hle mai.¹ Hei ringawt hi chhandamna kan inzirtir dan a nih chhung

chuan thilsiam humhalhte leh khawtlang siamthatte hi chhandamna chang tawhte mawhphurhnaah kan dah lo tial tial ang.

Tin, chhandamna chungchanga kan sawi hmaih hauh lo tur chu Thlarau Thianghlim hnathawh hi a ni. Pathian khawngaihna hi engti zawng mahin mihringin ama chaknain a dawng thei lova, puitu a mamawh a ni. Chumiah chuan Thlarau Thianghlim chuan Isua chu chhandamtua pawm turin a pui thin a ni. Calvin-a pawhin, “Pathian khawngaihna dawngtu ni mah ila, Pathian ngaihah chuan mihring famkim lo kan ni tho, chuvang chuan Thlarau Thianghlim puihna kan mamawh reng a ni,”² a ti. Chuti khawpa pawimawh ni mah se chhandamna hnathawhna kawnga Thlarau Thianghlim kan pawm dan erawh thlir zau deuh a ngaiin a hriat a. A hmaa kan sawi ang tho khan, he leia kan mawhphurhna hlen theihna tura min puitu ang zawng chuan kan ngai mang tlat lova. Thlarau hnathawh chungchanga Vanlalhlana sawi hi a pawmawm khawp mai, “Thlarau Thianghlim hnathawh kan pawm dan hi chuan thilsiamte leh kan ni tin nun a khawih phak lo a ni,” a ti.³

Tin, piantharna theology pawh hi ennawn a ngai hle mai. Mizoten piantharna thu hi kum 1950 vel khan kan sawi uar tan a. A hnu kum 10-ah chuan hnuhma a nei lian tawh hle a ni.⁴ Piantharna chuan chhandam nih inhriat chianna a neihtir a. Pathian leh thilsiam inkar a zawm tha a. An nun hluite bansanin nun tharin an nung ta thin a ni. Piantharna hi thil pawimawh tak leh tul tak ni mah se, kan chan dan hi her rem deuh a ngai niin a hriat. Kan pianthar chhan ber chu vanram kai nan a ni deuh ber em aw? Pathian leh mahni inkar a that bawk chuan kan duh tawh a ni ber. Hei hian kohhranin chhandamna kan kalpui dan thui tak a hmuh theihin a hriat a. Thlarau piantharna hlamchhiah hauh lovin khawtlang siamthat leh kan chhehvel nungcha humhalh zawnga kan pianthar tel ve pawh a pawimawh khawp mai. Hemi chungchanga H. Vanlalaupa sawi hi chhinchhiah atan a tha hle mai, ani chuan, “Kan ram harsatna thlir hi chuan kan pianthar dan hi a tawh zo tawh lo. Tuna kan mamawh ber zawk chu kan ram dam lehna tur piantharna a ni,” a ti.⁵ K. Thanzauva pawhin “Piantharna

theology hian hun hnuhnung bak a thlir lo,” a ti baw⁶. Heng kan mithiamte tawngkam atang hian thih hnu piah lam chauh ni lovin, he khawvel damna tura kan pianthar pawimawhzia a tar lang hle a. Chhandam kan nihna anga he khawvela kan mawhphurhna hrang hrang kan hlen hi kan tihmakmawh a ni. Chumi tur chuan khawngaihna avanga thiam kan chan dan hi kan zir thar leh a t̃ul hle mai.

Thiamchantirna thurin hi hman ata tawh mithiam hrang hrangten rinna humhim nan an lo sawi fiah tawh t̃hin a. Tun bikah chuan Martin Luther-a leh theologian dangten he thurin an sawi dan hi han en kual ila. Thiamchantirna thurin (Doctrine of Justification) hi Martin Luthera’n a rawn lar pui ti ila kan sawi sual tam awm lo ve. Martin Luthera’n he doctrine a rawn sawi chhuahna chhan chu kan hre viau awm e. A hun lai khan Roman Catholic-ten thil tih hmanga vanram kai theih thu (chhandam an nih theih thu) an rawn tlangaupui chiam a. Bible te, rinna te, khawngaihna te, Isua te aiin an dah pawimawh tak em avangin Martin Luther-a chuan nasa takin a dodal ta a ni. A lehkhabu ziah *The Freedom of Christian 1520*-ah chuan hetiang hian a sawi a, “Thiam chang tawhte chu tuma hnuaiah awm lovin an zalen a; chutih rual chuan midang tan an nun hlan turin mawhphurhna lian tak an nei a ni,” a ti.⁷ A tlar hmasa khian Lal Isua thisen avanga thiam changte dinhmun a rawn sawi a. A dawt tlar khian chhandamte tih tur pawimawh tak a rawn sawi tel baw⁸ a ni. Hemi atang hian Martin Luthera’n chhandamna chungchanga a ngaihdan a rawn tar lang Chiang hle a. Pathian khawngaihna dawngtute chuan zalenna ropui tak an chang a, chu zalenna chu mahni tan maia hmang lovin midang tana thil t̃ha ti tura mawhphurhna lian tak an neih chhunzawmzia a rawn tar lang tel baw⁹ a ni.

Sualna atanga mihring kan lo zalen takah hian mahnia lawm mai lovin midangte an tel ve zel tur a ni tih hi Luther-a ngaihdan lian tak a ni a. Lutheran theologian Carl E. Braaten-a pawhin a lehkhabu *Principles of Luther Theology*-ah, “Lal Isua zarah mihring zalenna hian thih hnu piah lam ringawt ni lovin he khawvela t̃anpui ngaite

puih hi ringtute mawhphurnain a keng tel bawk a ni,”⁸ a ti a. Chuvangin ‘midang’ han tih pawh hian ‘ṭanpui ngaite’ hi a kawkw bik awm e. Princeton Theological Seminary-a Hazel Thompson McCord Professor, George Hunsinger-a pawhin, “Pathianin sual lakah min chhanchhuak duh anih chuan, a chhanchhuahte hian midang ṭanpui ngai te kan hawisan thianga bik lo. Kan fel avanga hmangaih kan ni lo va, Pathianin min hmangaih avang chauh zawka fel kan ni, chuvangin midangte chung a ṭhat chhuah ve hi kan mawhphurn a ni,”⁹ tiin a sawi ve bawk a ni.⁹ Paul Althaus-a pawhin thiamchang tawh te tih tur pawimawh tak chu midang laka ‘ṭhat chhuah’ a ni a ti bur bawk.¹⁰

Thiamchantirna thurin kan sawi mek lai hian kraws theology hi sawi hmaih chi a ni hauh lo. Heng thil pahnih hi inzawm tlat, pawh then theih loh an ni. Pathian chhandamna hi kraws-a Lal Isua inpekna avanga rawn thleng famkim thei chauh a ni. Chutiang bawkin kraws hian thiamchang kan nihna a lantir bawk. Paul S. Chunga’n kraws pawimawhna hetiang hian a sawi a. “Misualten khenbeh Pathian an tawhna kraws chu thiam chantirna lo awm theihna chu a ni a. Chu chuan felna avanga chhandam nih tumna chu hnawlin engmah lovah a chantir a ni,”¹¹ tiin. Martin Luthera’n kraws theology a rawn sawi chhuahna hmasa ber chu kum 1518, Heidelberg khawpuiah a ni a, ‘Heidelberg Disputation 1518’ tia sawi ṭhin a ni. Martin Luthera’n kraws theology a rawn sawi chhuah chhan ber pawh ‘ropuina theology’ (theology of glory) a dodalna atangin a ni a. A hun laia Catholic kohhranten chhandamna an kalpui dan a duh loh mai bakah mi zawng zawng a huap lo hlein a hria a. A bikin mi rethei leh chhumchhiate tan chhandamna certificate (certificate of indulgence) lei kha thil awlsam tak a ni lo. An theology kalpui dan kha a dik lo hle piah lamah an society-a mi rethei leh hausa inkar thliar zau em emtu a ni tel bawk a ni. Chumi avang chuan kraws theology pawimawhzia a rawn tlangaupui a. Thil ṭha tiha chhandam ni lovin Pathian khawngaih avang liau liua a chhandam kan nih zawkzia a rawn sawi chhuak a ni. Hei hi chhandamna kawng dik

tak a nih rualin, kraws-a Lal Isua tawrhna hian mi rethei leh lungngaite ṭawmpuitu anihzia a rawn tar lang tel bawk a. Kraws-a Lal Isua inpekna hian midangte laka mawphurhna kan neih lenzia a rawn hnutchhiah a ni.

Mihring hi chhandam ngai vek kan ni a, chhandamna pawh Pathian khawngaihna avang chauha chang ve mai kan ni, mihringte tih theih thil a awm lo. Chumi avang chuan Martin Luther-a te chuan kan felna pawh hi ‘pawm lam felna’ (alien righteousness) tiin a lo vuah nghe nghe a ni.¹² He thiamchantirna hian mihring nihna (status) a rawn thlak danglam dawrh a. Mi sual chu mifela puan kan lo ni ta a ni. Chu felna chu mahnia tawp mai lovin mi dangah a luang chhuak tur a ni. Hei hi chhandam fate, thiam chang tawh te nun dan tur dik tak a ni. Hetiang nun hi nei zel thei ila chuan sualna te, inhuatna te, initsikna te, corruption te leh, natna ṭihbaiawm tak tak te hian kan rama bu a khuar nep deuh ngei ang. Chutih ruala kan hriat tel bawk tur chu, mi fela puan kan nih avang hian fel famkim erawh kan ni hauh lo. Martin Luther-a bawk chuan mihring chu mi fel a nih rualin mi sual a ni tel bawk (*simul iustus et peccator*) a ti.¹³ Hemi avang tak hian ṭawngṭai pawimawhzia a sawi uar hle a, “Mihring chu sualin a tih buai reng avangin Pathian hnenah ngaihdam dilin an ṭawngṭai fo tur a ni,” a ti a ni.¹⁴

Chuvangin, ringtu chuan ṭawngṭai chung zelin a hmachhawp tih tur chu ngun taka ngaihtuahin, dik takin a hlen chhuak fo ṭhin tur a ni; chu chu Siamtuin min siam chhan a ni a, chhandamna chang tawh te mawhphurhna a ni bawk.

ENDNOTES

¹ Rosiamliana Tochhawng, *A Study of the Ten Articles of Faith of the Presbyterian Church of India* (New Delhi: ISPCK, 2007), 81.

² H. Vanlalauva, “Sual leh Chhandamna: Calvina leh a Zuitute Zirtir Dan,” in *Calvin-a Zirtirna leh Mizo Nun (Sual leh Chhandamna)*, edited by Rev C. Lalhlira (Aizawl: Calvin Study Centre, 2001), 20.

³ Vanlalhlana, “The Prospect and Problems of Gutierrez’s Understanding of Spirituality in Relation to Mizo Christian Spirituality,” (M.Th Dissertation, Senate of Serampore College, 1997), 158.

⁴ Vanlalhlana, “The Prospect and Problems of Gutierrez’s Understanding of Spirituality in Relation to Mizo Christian Spirituality,” 290.

⁵ H. Vanlalaauva, “Mizo Christian Spirituality,” in *Ground Works for Tribal Theology in the Mizo Context*, edited by Rosiamliana Tochwawng, K. Lalrinmawia and L.H.

Rawsea (New Delhi: ISPCCK, 2007), 157.

⁶ K. Thanzauva, *Theology of Community: Tribal Theology in the Making* (Aizawl: Mizo Theological Conference, 1997), 165.

⁷ *Luther’s Works 31*, edited by Harold J. Grimm (Philadelphia: Muhlenberg Press, 1957), 299.

⁸ Carl E. Braaten, *Principles of Luther Theology* (Philadelphia: Fortress Press, 1983), 77.

⁹ George Hunsinger, “Justification and Justice, Towards an Evangelical Social Ethics in What is Justification About?” in *Reformed Contributions to and Ecumenical Theme*, edited by Michael Weinrich & John P. Burgass (Grand Rapids: William B. Eerdmans Publishing Company, 200), 214.

¹⁰ Paul Althaus, *The Ethics of Martin Luther*, translated by Robert C. Schultz (Philadelphia: Fortress Press, 1972), 5.

¹¹ Paul S.Chung, *Martin Luther and Buddhism: Aesthetic of Suffering*, 2nd edition (Eugene: PICKWICK Publications, 2008), 156.

¹² *Luther’s Works 31*, 299.

¹³ *Luther’s Works 34*, edited by Lewis W. Spitz (Philadelphia: Muhlenberg Press, 1960), 152-153.

¹ *Luther’s Works 12*, edited by Jaroslav Pelikan (St Louis: Concordia Publishing House, 1955), 320.

RILRU HRISELNA (Mental Health)

- Rev. Dr. H. Vanlalruata

Rilru dam chu tisa nunna a ni a, itsikna erawh chu ruh mawihna a ni (Thuf. 14: 30).

Kei zawng eng ang pawhin awm mah ila, lungawi zel ka ching tawh si a (Phil. 4: 11)

Mihring hi dam chhan neiin Pathianin min siam a, chu dam chhan neia nungte chu an rilru a hrisel a, anmahni leh midang chungah a tha zawngin an nung a, an siamtu Pathian an chawimawi a, an nunah rah duhawm a chhuak thin.

1. RILRU HRISELNA AWMZIA

“Hriselna” tih hian a tum chu, pumhlum, chakna, tuarchhelna, nghehna te a ni a. Rilru hriselnain a tum chu rilru sakhat, tum mumal nei, rilru huaisen leh ngheet tihna a ni.¹

World Health Organization (WHO) chuan ‘hriselna’ tih chu “taksa, rilru leh vantlang nun thatna tluantling” tiin a hrilhfiah a.² WHO hian rilru hriselna hi a ngai pawimawh em em a, World Federation for Mental Health nen tangkawpin 1992 atang khan kum tin October ni 10 hi World Mental Health Day atan a hman thin nghe nghe a ni.³

Rilru hriselnain a tum chu *natna awm lohna ni ringawt lovin, hma lam pan tura chêt velna, than len zelna leh puitlin lam pana kal zelna* hi a kawka. Rilru hriselna chuan phurna te, midang nena inlaichinna tha neih te, ngaihtuah dan te, suanguuah dan te, chet vel dan te, duhtlhanna siam dan te, harsatna hmachhawn dan te a huam vek a ni.

Mizoten rilru lama damlohna (mental illness) nei te sawi nan “Rilru kim lo” tih kan hman thin avangin chutiang mi ni lo (mental health) chu “rilru kim” an ni ve mai ang chu.

2. RILRU HRISIELNA TĔBUL

“Rilru” tih hi Hebrai thumal pathum ‘*nephesh*’ (nunna, thlarau), ‘*ruach*’ (thlarau), leh ‘*leb*’ (thinlung), tiha a eng emaw ber atana hman a ni thin a. An danglamna tak hi sawi chian a harsa a, hrilhfhah aiin hriatthiam mai a awl zawk a. Mihring nihna pumpui hi ‘*nephesh*’ a ni a, chu chuan ‘*ruach*’ leh ‘*leb*’ a nei a ni.⁴ Thuthlung Tharin ‘rilru’ tih nan a hman te chu ‘*dianoia*’ leh ‘*nous*’ a ni a. Heng thu pahnihte hi Grik tawng kulmuk, thuril chhutna lam tawngkam an ni. “Nous” hi rinna emaw ngaihtuahna emaw tihna a ni a, ‘dianoia’ erawh chu tumna emaw, thil tum emaw a bika suangtuahna sawina a ni a. Dianos leh nous te hi Thuthlung Tharah a lar vak lo va (‘dianoia’ hi wawi 12 a lang a, ‘nous’ hi wawi 24). ‘Kardia (Grik)’ (thinlung) hi erawh wawi 150 lai a lang thung.⁵

Bible hian rilru hriselna lam hi a sawi tam lo khawp mai a, rilru buai leh kim lo an awm thu chu sawi a ni. Bible-in rilru kim lo/ atna nei a sawi khan Lal Saula, rilru buai leh mangang, a tawpah mahni nunna hial lak duhna khawp rilru kha (I Sam. 31:4) a huam a nih hmel a, Nebukadnezzara pawh kha a rilru a buai hle a, “... *a rilru chu ramsa anga siam a ni a, a chenna chu ram sabengtungte zingah a ni ta a*” (Dan. 5:21) tih kan hmu a, khatiang dinhmuna ding kha ramsaa chang (Lycanthropy) an tih hi a ni. Deuteronomy bu-ah chuan rilru chawlawlna, mitdelna lo awm chhan chu Pathian thupek awih loh vanga hremna niin sawi ni a, rinawm tak leh thuawih taka thiltih chu malsawmna leh hlawhtlinna niin a sawi (Deut. 28).

Bible hian ‘*chhandamna*’ tih te, ‘*hriselna*’ tih te, ‘*nun tam*’ tih te hi mihring nun pumpui, taksa, rilru leh thlarau damna leh hriselna huamin a sawi thin a. Lal Isuan a lo kal chhan “*nun an neih nan, tam taka an neih nan lokal ka ni*” (Joh 10:10) a tih khan mimal nun a kim lo tihkim a, fel lo tihfel a, damna rawn thlen kha a tum a ni a. Tichuan rilru hriselna tĔbul chu Pathian rilru aṭangin a ni tih kan hre thei a ni.

3. RILRU HRISSEL A PAWIMAWH

Mihring hi taksa, rilru leh thlarau neia siam a ni a. Taksa dam turin rilru leh thlarau damna a pawimawh a. Chutiang bawkin taksa than lenna (growth) leh rilru hriselna (mental health) hi a kal kawp a ngai a. Rilru a hrisel loh chuan taksa pawh a thang tha thei lo. Rilru hrisel chuan dam chhan a ngaihtuah a, harsatna pawh huaisen taka hmachhawn turin a inbuatsaih thin a, chu chuan taksa leh thlarau a tidam a, a tihanglian thin.

Norman Vincent Peale chuan *“ngaihtuahna hi dik taka hman a nih chuan tihtdamna thiltihtheihna a nei”* a ti. Kan taksa hian amah leh amah insiamrem theih zelna hi a nei a, chu chu kan ngaihtuahna dik lo hian a tikhawlo thin a ni. Taksa lam daktawr-te chuan rilru ngaihtuahnain taksa a tihtdam theihzia an hre chiang telh telh a. Taksaa ngaihtuahna emaw rilru putzia emaw a danglam avanga taksa a danglam dante an zir ngun em em a. Daktawr pakhat chuan *“Ka damlo enkawlte hi an damkawr chhoh lai vel hi chuan an lu hi tan bunsak ta ila an dam chhoh zelnaah harsatna an nei lovang”* ti hialin a sawi a. A ni taka, ngaihtuahna dik loh avang hian a ni kan dam theih loh fo ni.⁶

Coronavirus hripui avangin kan thi hnem hle a, a pawh hle. He natna hrikin taksa a nghawng nasat ang tho hian rilru lamah nasa takin a nghawng a, hlauhna, zamna, mahni inrinhlelhna, thi tura inngaihna te hian taksa leh thisen (nerve) a nghawng thin a. Thawpikna leh chauh em em avanga mut theih lohnate, chaw ei tui lohnate, thlan tla bawrh bawrh khawpa taksa a tawrhate hi rilru lam hnathawh a ni thui em em a ni.

4. RILRU HRISSELNA CHANCHIN TLANGPUI

Rilru hriselna emaw rilru natna/ dam lohna emaw hi mihring chanchinah kum za tam tak buaipui a lo ni tawh a. Hmanlai hnam tam tak khan atna leh rilru kim lohna hi thlarau sual leh danglam bik pai vangah an ngai thin a. Anmahni enkawltu pawh puithiamte leh sakhaw rawngbawltute an ni a, ramhuai hnawtchhuak thei sakhaw

puithiam kutah dah a ni thin a. Rilru hriselna nei tur chuan serh leh sang zawm te, puithuna ngaih pawimawh te, mitdawivaih lam hmante a pawimawh niin an hria a.⁷

Grik ho chuan damdawi thiamna a lo chhuah tan khan, sakhuana atanga thil hrang daihah an ngai a, rilru lam natna chu thil awm dan pangngai a ngaihna a awm a. Grik mifing, Hippocrates (460- 375 BC) leh Galen (AD 130-200) te chuan rilru atna lo awm chhan chu taksaa thil inkhuangrual lo (imbalance)-in thluak a nghawng avanga lo awm niin an ngai a. Chu ngaihdan chuan damdawi lam thlir dan pawh a kaihrui thui hle a ni.⁸

Kum zabi laihawl (middle ages) lai khan rilru kim lo enkawl nan hian puithuna leh mitdawivaih thil an hmang zauh zauh tih a hriat a. Chumi hnua hmasawwna lo lang leh chu heng rilru kim lo enkawl nan hian Hospital an din hi a ni a, a bikin Spain rama Valencia khuaah leh Belgium rama Gheel ah te, London-a Bethlehem-ah te din a ni a. Kum zabi sawmpanga (15th Century) laia lehkhabu pakhat, *Malleus Maleficarum (The Witch's Hammer)*- ah chuan mitdawivaih (witchcraft) leh rilru kim lohna hi a inzawm tlat a ni tih ziah a ni a. Kum zabi hnih chhungin, he ngaihdan atthlak tak avang hian France leh Germany-ah chuan mi sang tam tak rilru buaite chu dah bo leh tihduhdah an lo ni tawh a ni.⁹

Kum zabi 18-a hmasawwna kaw l ên hun (enlightenment) a lo thlen hnuah chuan damdawi chu rilru lam enkawl na atan hman a ni chho a, puithuna thil lak bo tumna leh thlarau lam endik duhna a lo awm chho va. Rilru kim lo leh natna neite chu state enkawl tura ngaih an ni a, anmahni enkawl hna pawh damdawi thiam (doctor) te kuta dah a ni a. Mithiam, Pinel, Tuke, leh Chiarugi te kaihhruaina hnuaiah rilru kim lo te chu mihring taksa natna pangngaia na te nen enkawl an ni a, an dam chhuah leh beiseina pawh a awm nasa thin hle a ni. Kum 1800 vel bawrah khan Europe leh America-ah chuan heng rilru buai enkawl na damdawi In (Hospital) thar an din ta zel a ni.

Kum zabi 20-na tir lamah khan, Emil Kraepelin (1856-1926) hmalaknain, psychiatry chu dam lo enkawlina bik a nihzia a rawn lar chho va. Chutih rual chuan Sigmund Freud (1856-1939) ngaihdan anga mihring rilru natna nei enkawl nan, Psychoanalysis theory a rawn lar chho mek bawk a. Indopui pahnihna khan rilrua engto neih leh manganna te bakah, vantlang leh khawsak velnain mimal leh nun honaah nghawng a neih nasatzia a rawn tarlang Chiang hle a. 1950 velah rilrua beidawngte enkawlina damdawi, phenothiazine leh damdawi dang an hmuh chhuah te chu thil dangah pawh an hmang tangkai hle a. Chu chuan rilru lam hriselna leh natna chhan hi thil hrang hrang avanga awm a nihzia a rawn nemngghet ta zel a ni. Tunah chuan rilru natna hi ramhuai hnathawh ni lovin, taksaa tlakchham neih vang te, thisen inthlahchhawn avangte leh chhan dang dang avanga awm a ni a, a enkawlina pawh hi damdawi leh rilru lam enkawlina (psychotherapy leh counselling) hmang te bakah thlarau lama tawngtaina leh rinna thiltihte hmanga enkawl mek an ni.

5. RILRU HRISNELNA THIL TUMTE

Rilru hriselna chuan a tum ber chu dam lohna leh natna awmlohna ringawt ni lovin, dam chhung hun tha taka hmang thei tura hma lam panna kawng zawh hi a ni nghal a. Mahni leh mahni inlaichinna tha neih mai bakah, midangte leh Pathian nena inkungkaihna tha tak neih hi a tum a ni.

Mental Health-in a huam langsar zualte chu:

- 1) Mahni a tha zawnga inpawmna
- 2) Midangte leh khawvel hi a tha zawnga thlir thiamna neih
- 3) Rilru put hmang (mood) mumal neih leh hman tangkai
- 4) Nungchang awmze nei leh inkhairual neih
- 5) Mahni nihna leh hlutna hriatna rintlak neih
- 6) Mahni chenna boruak mila khawsak thiam
- 7) Hna tangkai thawh a, hmangaihna hlen chhuak tura inpekna
- 8) Mahni theihna piah lamah midangten Pathian an hnaih theihna hmanraw tangkai tak ni tura inpekna a ni.¹⁰

Hmanlai Grik mifingte chuan rilru hriselna atan thil pawimawh an sawi thin a. Chungte chu – *Nangmah leh nangmah inhre Chiang la, nangmah leh nangmah inpawm la, nangmah chu nangmah ni bawk ang che tih hi a ni. Mahni nih loh pui ni anga lam tumna hi bumna a ni a, a hrisel lo a ni.*

6. RILRU HRISEL AWMDAN TLANGPUI

Mi rilru hrisel awm dan tlangpui chu:

- 1) Amah a inpawm thiam a, ama nihna a hrechiang a
- 2) A theihna leh chakna chu hmasawn nan a hmang a
- 3) A chhungril nun chuan thlir lam a nei a, a nun pumpui a hmang thiam a
- 4) Midangah a innghat lo va, mahni inrintawkna a nei thin a
- 5) Thil hi a nihna dik tak (reality) a hmu thiam a
- 6) Nun awmzia a man Chiang a, a chhehvel boruak a man thiam a, hmangaihna te, hnathawh te, infiamte nuam a ti thin.¹¹

Erich Fromm chuan heti hian a sawi a, *Rilru hrisel mi chu mi tangkai leh rintlak hi an ni a, mahni leh khawvel hi hmangaih takin an kalpui thiam a, ngaihtuahnain thil nihna dik a man thiam a, mahni nihna leh danglam bikna a hrechiang a, chuti hrualin midang nen an khawsa thiam bawk a ti.*¹² Fromm ngaihndan chuan, rilru hrisel chu hmangaih theihna leh hmasawn theihnaah hian a innghat a ni.

Rilru hriselna hi tum ram thlenna (goal) aiin kalkawng (road) a ni zawk mah a. Kalkawng mumal tak neia kalna a ni a, rilru lam thianghlamna ram thlenna a ni ngawt lo va, kal zelna kawng a ni zawk mah.

Lawsrence K. Frank chuan “*rilru hrisel nei mi chuan than len a duh a, hmasawn a tum a, puitlinna kawng a zawh a, nun phung kal chhohna (stages of life)-in a phut te a pawm thiam a, hunin a tawn chhoh ang zelin remchanna a lei a, hunin a hril ang a, hlawhtlinna leh hmasawwna a rawn pek a dawngsawng thiam thin a ni*” a ti.¹³

7. KOHHRAN LEH RILRU HRISSEL

Kohhran hi mimal rilru hriselna lamah a thawh hlawk thin hle a. Karl Menninger chuan *“sakhua hi kum zabi tam tak khawvela rilru tidamna hna thawktu a ni mek a ni”* a ti a.¹⁴ Kohhran rawngbawlina avanga fuihna te, venhimna te, chawmna leh tihchaknate hi miin a dawn loh chuan a nuna harsatna a hmachhawn danah te harsatna tam tak a tawk ngei ang. Chu mai a ni lova, rilru natna a tuar hma bik a, thlarau lam natna thlengin an tuar hma bik thin a ni.

Kohhran rawngbawlina laimu pakhat chu rilru hriselna ngaih pawimawh hi a ni a, Pathianin tih tur a pek zing a mi a ni. A chhan chu:

1) *Rilru hriselna hi Kohhran dinchhan nen a inthlunzawm tlat a ni.*

Richard Niebuhr leh a thiante lehkhabu, “The Purpose of Church and Its Ministry”-ah chuan an thu tlangkawmna chu, Kohhran hrilh fiahna tha ber chu mihringte zinga Pathian leh mihringpuite hmangaihna a lo pun zel theih nana hmalak hi niin an ngai a. Hei aia Kohhran awmzia leh din chhan sawi fiahna tha zawk hi a awm thei lo an ti. Rilru lama harsatna nei chuan hmangaihna dawn leh pekah harsatna a nei thin. Lal Isuan thupek ropui pahnih a pek kha rilru hriselna enchhinna niin psychologist thenkhat chuan an ngai a. Miin Pathian leh midangte a hmangaih theih chuan a rilru a hrisel tihna a ni. Miin Kohhran din chhan leh rilru hriselnain a tum an khaikhin chuan, an inlaichinna chiang takin an hmu thei ang.

2) *Thlarau lam hriselna leh rilru lam hriselna a then hran theih loh.*

A thu chuan sawi hrang thin mah ila, a tak takah chuan a then hran theih loh. Robert H. Felix chuan, *“Damdawi zirna lam (medical) hmang a mihring mizia kan zir nasat poh leh rilru leh suangtuahna hriselna atana sakhua leh rinna pawimawhzia kan hmu belh thin a ni”* a ti. Morris L. West pawhin *“Rilru hrisel lo hi Pathianin mihringte a biak pawhna ropui tak tih chhiatna*

hmanrua a ni”, a ti.¹⁵ Bible chhiar thinte hi rilru lama hrisel an ni fo thin. Horace Greeley chuan, “*Bible chhiar thin mite chu rilru thilah leh khawtlang thilah hnuaichhiah theih an ni lo; Bible zirtirna hi mihringte zalenna innghahna bul chu a a ni si a*” a ti a. Robert Boyle chuan, “*Bible-ah hian mi mawl ber hriatna nei loten hriat tul zawng zawng an zir thei a; chutiang bawkin thil hre ber berte pawhin an mawlzia leh an hriatlohzia an hre chhuak thei a ni*” a ti.¹⁶

3) *Rilru hriselna lam hi kum tam tak Kristianten an lo kalpui tawh a ni.*

Kristian hmasate atangin an lo ngai pawimawh tawh thin a. Isuan, “*nun an neih nan, tam taka an neih nan lokal ka ni*” a tih (Jn 10:10) pawh kha rilru lam hriselna hre tel chung a sawi nia ngaih a ni. Mihring nun pumhlum (wholeness in persons) hi Kristian hmasate ngaih pawimawh thin a ni a. Kohhran chanchin zirtute chuan Kohhran hmasate khan nun tam leh nun pumhlum, tunlaia rilru hrisel kan tih hi an lo ngai pawimawh hle tih an sawi (Pastoral Care in Historical Perspective).

Kohhran chanchina kan hmuh chu, Lal Isuan mihring hmasawwna leh damna kha a ngai pawimawh a, kohhran hmasaten an chhonzawm a, a bikin John Chrysostom (Kohhran pa, amah leh amah inkoh dan pawh thlarau tidamtu (physician of the souls) inti hial a ni a. Siamthat Kohhran dintu Martin Luther-a pawhin a ngai pawimawh hle a, a lehkhabu, “*Thlarau nun inkaihhruaina lehkhathawn*” (Letters of Spiritual Counsel) tih bu-ah pawh rilru hriselna a pawimawh thu a sawi nasa hle a. Kristian duh tui pawl an tih mai, Puritans hruiatu Richard Baxter pawhin rilru hriselna a dah pawimawh a, chutiang zelin kum zabi 19-naa rawngbawltu ropui Horace Bushnell pawhin a ngai pawimawh hle a. Wawiin thleng pawhin Kohhran hian he rilru hriselna lam hi a ngai pawimawh chhonzawm zel a, hun lo kal zel turah pawh a la pawimawh zel dawn a ni.

4) *Kohhran chu hliam tuam damtu a ni.*

Rilru hriselna hi Kohhranin a ngaih pawimawh zelna chhan chu mihringte zinga harsatna thlentu tam tak hi rilru hrisel loh rah chhuah a ni fo. Tupawh, Pathian fa tawh phawt chuan harsatna a tawhin Kristian chuan tikhawtlai lovin tanpuina a ngahtuah nghal thin a ni. Lal Isuan tumah thlei bik nei lovin a mamawhtu apiangte a tanpui a, an hliam tuam dam hna a thawk thin. Beisei bote a ngaihsak a, natna tinreng tuarte a tidam thin a, chung zingah chuan rilru lam natna (mental disease) nei pawh an tel ngei a rinawm. Dietrich Bonhoffer chuan “Lal Isua nun pumpui khaikhawmna tha ber chu, *Midangte tan a nung*” tih hi a ni a ti.

TLANGKAWMNA

Rilru hi na thei, kim lo thei, hliam thei a nih rualin enkawl a, ven that chuan hmasawnpui theih a ni a. Khawvela mi tam tak an thihna chhan langsar tak chu rilru natna leh dam lohna avanga mahni intihhlumna hi a ni a. Beidawnna te, lungkhamna te, thawpikna te hian taksa leh rilru a tichau va, thlarau a tingui thin. Kohhran hian a ngaih pawimawh fo tur chu mi rilru damlo leh na te ngaihsak hi a ni a.

Willian Carey chu missionary ropui tak a ni. A chanchin ziaktu reng rengin an fak vek a, chutih rualin a nupui, Dorothy Placket Carey (1756-1807) erawh a rilru buai/at avangin an sawi chhe bawrh bawrh a, a lainatawm hle. Dorothy kha William Carey nen kohhran pakhata an lawiho laiin 1781-ah an innei a. Carey-a kha missionary a ni dawn tih a hre lo, pheikhawk siamtu a ni a, pheikhawk siam nupui ni turah a in ngaih laiin a pasalin a sawm avangin India ramah missionary-in a rawn kal ve ta a. A huphurh avangin a tirah pawh a hnial a, mahse a tawpah a kal ve ta. India ramah taksa, rilru leh thlarauah harsatna namen lo a tawrh avangin a rilru a buai a, mi ang loah a chhuak ta a ni ber a, a tawpah chuan a thi ta nghe nghe a nih kha. A khawngaihthlak hle mai.¹⁷

Kohhran rawngbawlna hian uar lam leh ngaihthah lam hi nei lo se, mihring a dam chhan luah zo lote ngaihsak leh enkawl that hi

thlarau bote zinga chanchin tha hril tlukin a pawimawh a ni. Taksa, rilru leh thlarau damna leh hriselna hi Pathianin min pek a ni a, chang theuh turin tan i la zel ang u.

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NGENNA

Didakhe chanchinbu ngaihlu a lo chhiar thin zawng zawngte kan Lalpa Isua Krista hmingin chibai kan buk a che u.

Didakhe latu tam takin a man pek in ngaipawimawh thin a, a lawmawm takzet a ni. Chutih rualin a man pe khât tak tak eng emaw zat kan awm niin a lang a. Didakhe lak man hi Synod Office, Mission Veng, Aizawl-ah leh Synod Office, Lunglei-ah te office kai hun chhungin pek theih reng a ni a. Bank kal tlanga pe duh tan pawh pek theih reng a ni baw. A man pek hi ngaipawimawh zel turin kan ngen a che u. Didakhe Bank Account chu hei hi a ni:

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Mizoram Kraws Lian tundin hna thawh mek a ni a, mi thahnemngaiten sum engemaw zat an rawn thawhkhawm a. Chutiang bawkin hnatlangin mi inpete an rawn hnatlang zel bawk a. A hnuaia mi ang hian Kohhran leh pawl hrang hrang an hnatlang tawh a ni.

Hnatlan ni	Hnatlang	Thawh zat
August 31, 2021	TEB Members, ATC Thawktute leh Leitan South Kohhran Hruaitute	79
Nov. 19, 2021	ATC thawktute leh Leitan South Kohhran	50
Dec 15, 2021	ATC paho	16
January 21, 2022	ATC nu leh pa	23
January 22, 2022	ATC Paho	8
May 3, 2022	Rawpuichhip Pastor Bial Kohhran Pavalai Pawl	62
May 19, 2022.	ATC zirlai B D Final Year zirlai	26
May 24, 2022:	Lengpui Kohhran Pavalai Pawl	24
June 25, 2022	Bawngkawn Chhim Veng Branch KTP	40
June 25, 2022	Leitan pastor Bial Kohhran Pavalai	35
June 30, 2022	Keifang Pastor Bial Pavalai Pawl	77
July 6, 2022	Chanmari Pastor Bial Pavalai Pawl	40
August 13, 2022	Bawngkawn Kohhran Pavalai	38

Thilpek: August 12, 2022 thlenga Mizoram Kraws Lian puala sum dawn tawh zawng zawng chu ₹ 15,921,142/- a ni. Sum bakah heng atang hian thilpek kan dawng.

1. Pu Isaka, Sihhmui Balu Trip 1
2. Sihhmui Branch KTP – Balu trip 1
3. Upa Sangliana Sihhmui Balu trip 1
4. Phuaibuang Vengthar KPP – Tuboh/Bawngtuthlawh fawng/ha tur engemaw zat.

Mizoram Kraws Lian hna kal mekah a hmun laihzawl hnuah PCC inches 4-a chhah ft. 60x60 chhun hmasak a ni a. Chumi chungah chuan a foundation plate meter khata chhah 60x60 ft. chhun leh a ni a, a foundation plate chhun nan hian cement pawh bag 2650 zet kan hmang a ni. Chumi chungah chuan a sir kualin RCC-in bang chhun leh mek a ni. A foundation plate atang hian a ban tur chhun chhoh tan a ni a. A foundation plate chung, tuikhuah anga hung kual hi lunga hnawhkhah leh vek tur a ni a. Chumi chungah chuan slab chhungin chu chu tawngtaina in chhuat tur a ni ang. Tawngtaina in hi chhawng hnih a ni ang a. Chumi chung atanga tehin kan Kraws hi meter 50 (ft. 164) a ni dawn a, a ban phar hi a hmawr lehlam atanga lehlam hi ft. 40 a thui a ni ang. Asia khawmualpuia Kraws sang ber tur kan phun mek a ni. He Kraws lian puala thilpek petute leh hnatlanga rawn thawk zawng zawngte chungah lawmthu kan sawi e.

Donation pe duh tan a hnuaia tar lanah hian pek theih reng a ni.

1. Cash (pawisa fai) - Synod Office leh ATC Office
2. Bank Transfer emaw Cheque emaw -
Account Name - MPC Synod
Bank Name - State Bank of India
Branch - Durtlang Branch
Account No. - 39575430134
IFSC: SBIN0017399

Note: Bank/Cheque-a peten an pekna receipt thla lain ATC-ah Whatsapp hmangin hemi number 9485140303-ah thawn tur a ni.

3. Donation pek dan:
 - 1) Kohhran pual
 - 2) Pawlho pual
 - 3) Chhungkaw pual
 - 4) Hriatrengna (memorial) pual
 - 5) Mimal Hmingin
 - 6) Jubilee/Souvenir pual
 - 7) Thil dang (others) pual

Regn. R.N. 24629/72

Didakhe

A man : Kum khatah ₹ 80
Bu mal : ₹ 20

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*A man pe duh, Manager hnêna pe
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hnênah pêk theih a ni e.*

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To

