

UPASABATSKULZIRLAI

Sabbath School Lesson

ဖလမ်းချင်းဘာသာ

ပုံနှိပ်သူ

ဦးဖုန်းနိုင် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

Marka Cabu

ထုတ်ဝေသူ

ဦးဖိုးဖိုးလှ (၀၁၉၈၇)

ဥက္ကဋ္ဌ

မြန်မာပြည်သတ္တမနေ့ဥပုသ်အသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့

Thomas R. Shepherd

အုပ်ချုပ် - ၃၅၀

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ဓမ္မဒါန

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Marka thuthangtha

Marka ih hramthoknak ihsin ca siartu pawl cun Jesuh cu- Messiah, Pathian fapa a si timi an theithiam (Mark 1:1). Ziangkhalsehla, khawsia pawl tel loin thuanthu ih minung pawl in Jesuh zo a si timi le ziangvek mi a si timi theifiangnak ah harsatnak an nei cio. Khawsia pawl cun zo a si timi an theifiang, a nasa zetmi a tongkam a um hlan hman in an rak thei cia. Asinan Jesuh cun himi thuhla hi daiten umpi hrih dingin thu a pe. Ziangah saw himi thupek hi thuthup ih a um? Kum zabi tamzet ih Bible tlawngta pawl cun himi ah thusuhnak an nei theu. Himi hi Scholarship hmanah hmin an pe ih - Messianic Secret tiah an ko. Jesuh hi zo a si ti kan theihmi hi ziangahsaw thuthangtha in daiten umpi dingin in duhnak san?

Thuthangtha Marka feh tlang ih thil a fiangzet mi cu himi cabu sungah thuthup lawng a um lo ih, thuphuang awknak khal a um a si timi hi a si. Thuphuan/ thuthup tlangpi tivek ih kawh khal in a dik zet ding. Hivek pawl hi Thuthangtha Marka sungah a um thluh a si. A cemnetnak ah thuthup pawl cu mangbangza in cem thluh khal sehla Jesuh ih thuthuan huham hmangin a aiawh ret thluh a si. Marka cabu hi thu hlawmpi pahnih ih then a theih ding- a hrek deuh thaw in an then aw si ko. Bung 1 ihsin bung 8 cemnet tiang ahhin thusutnak thupi bik, Jesuh cu zosaw a si? timi a relfiang. A letnak cu A thuzirhnak le A mangbangza tuahnak ihsin hmuh a thei. Khawsia a neh leuhleuh, nekrawk tuar pawl hnenah beiseinak a thleng, minung thinlung ah thudik a tuh. Himi pawl hmuahhmuah cun casiartu hnenah Amah cu Messiah, Khrih, Herbu mi pawl ih reizet an rak hngak mi a si timi an pholang thluh.

Ziangkhalsehla, cabu hrek a kim hlan cu Jesuh zo a si timi mi pakhat sungih khawsia lut mi ihsin theih a si

hrih lo. Cabu hrek a kim hnu lawngah Khrih sinak thuhla thusuhnak ih letnak a um. Cumi cu Peter, “Nang cu Khrih” na si titu hnen ihsin theih a si (Mark 8:29, ESV). Marka cabu hrek pahnihnak Marka 8:21 ihsin a cem tiang ahhin Jesuh khuitawk ah a feh ding? Timi thusuhnak ih a letnak a um. A letnak cu mangbangza a si. Anih cu thinglamtah ah a feh ding, cumi cu Rom ramuknak ih thihnak ningzak thlakzet le zahthlak zet thil a si. Cumi cu beisei lo zetin Messiah ih pal tlang ding mi a si. Anih cu a dungthluntu pawl in Rom a do neh dingih Israel ram cu thilti theizet ram ah a suah ding tiah an rak zum.

Jesuh dungthluntu pawl cun a thurelmi piruk ih sau hman an theithiam thei lo. Cabu ih a fehpi vivo mi ah a tuarnak ding thuhla ih an thusuhmi cu a mal deuhdeuh, an rak lawm lo zetmi thudik an hmaika ih a run um hlan tiang cu daiten an um san vivo. Jesuh cu a thihnak ding tawlreltu biaknak hruaitu pawl thawn hmaiton ih an vun um tikah khawthim a sah deuhdeuh a bang zet. Dungthluntu pawl ih sunglawi zet lalram an beisei mi cu kaih le hniksak le an beisei lo dan vekih thah a sinak ihsin an an hai thluh. Asinan hivek pawl hmuahhmuah hi Jesuh cun a fiang ter thluh, Khuitawk ah a feh ding, a thi ding ih a thosal ding timi sullam pawl ziang a si timi thucah khal a sim thluh zo. Bawipai’ zanriah netabik ih sang le no cun a thisen le taksa a khihhmuh ding (Mark 14:22–25), cule mi tampi hrang luatnak ah a cang ding (Mark 10:45).

Himi cun Thinglamtah ah natnak zianghman poisa lem loin a pan tinak lam a sawhkhiih lo. Gethsemane hmuan ahkhan thuthluknak tuah in harsatnak nasa zet a tong (Mark 14:32–42), cule thinglamtah par ah natuar ringzetin, “Ka Pathian, Ka Pathian, Ziangahsaw in feh san?” tin tap pah in a au (Mark 15:34, NKJV). Thuthangtha

Marka cun Khrih ih khawthim sah zet a paltlang mi cu kan rundamnak man khung zet a si timi in khihhmuh. Asinan thinglamtah hi khaulawnnak a netnak a si hrih cuang lo. Thihnak ihsin a thohsal hnuah Galilee ah a dungthluntu pawl hmu dingin khawkhannak a nei – Cule kan theih thluh vekin Khristian kawhhran a ding thok.

Himi cu hmingsintlak thuanthu, tawifel zetih simmi a si, Amah thuthangtha nganmi lala ih simfiangnak cabu te khal a si. Anih cun thuanthu a rel, cule asung thu pawl cu a ngaingai te cun Nazareth Jesuh ih thihnak le nunnak thuhla thawn pehpar aw in anmah ten an simfiang aw ter thluh.

Thomas R. Shepherd, PhD, DrPH hi Andrew Phunsang tlawng ih Seventh-day Adventist Theological Seminary ah Thukam thar zirhnak lamih hliakhlainak neitu saya a si. A nupi Sherry thawn fa pahnih an nei ih tu faruk an nei.

ZIRLAI 1**June 29–July 5****THUTHANGTHA HRAMTHOKNAK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Tirh 13:1–5, 13; Tirh 15:36–39; Marka 1:1–15; Isa. 40:3; Dan. 9:24–27.

Bible cangken: “Tu ah Johan cu thawng thlak a si hnuah, Jesuh cu Pathian uknak ram thuthangtha sim in Galilee ah a ra ih, Caan a kim zo ih Pathian uknak ram cu a nai zo a si: siraw uhla thuthangtha hi zum uh, tiah a ti.” (Marka 1:14, 15, NKJV).

Thuthangtha Marka ngantu hi zosaw a si, cule ziangruangih ngan saw a si? Thuthangtha cabu ahhin a ngantu ih hmin a um dah lo. Cuvek um deuh bikih runglang mi cu thuthangtha Johan kha a si. Duhdawtmi dungthluntu tin rellang in a um (Zoh awla Johan 21:20, 24).

Ziangkhalsehla Thuthangtha cabu pawl hi hlansan ih dungthluntu (Matthai, Johan) pakhat sangsang thawng pehtlaih awknak an nei, asilole dungthluntu pawl thawng pehtlaih awknak an nei. Thuthimnak ah Thuthangtha Luka cu Paul thawng pehtlaih awknak an nei (zoh aw Kol. 4:14, 2 Tim. 4:11, File. 1:24). Thuthangtha Marka cu Peter thawng pehtlaih awknak an nei (Zoh aw 1 Pet. 5:13).

Marka ngantu in a cangan mi ah a hmin ret lo khal sehla hlansan ih kawhhran hmaisa pawl cun thuthangtha Marka cabu ngantu cu khuimaw caan ih Paul le Barnabas thawng khualtlawng tlang (Tirh 13:2,5) le cumi thluh hnu

ih Peter thawng umtlang mi (1 Peter 5:13) Johan mark a si tiah an ti.

Tuizarh ih karbak hmaisabik ahcun cathianghlim ih ngan vekin Marka ih thuhla zir a si ding. A hlan ih a rak hlawhsamnak le a hung thatsalnak pawl khal zir a si ding. Cumi theh hnuah Marka in thuanthu a fehpinak lam ah kan hersal ding ih, ziangruangah a rak hlawhsam ih, cule ziangtin ca ngan thei ding tiangin thuthangtha simnak ih a nun a um saldan pawl khal kan zoh ding.

NIKHAT NI**June 30****Pathian hnatuan hlawhsam**

Siar ding: Tirh 12:12. **Tirhthlah cabu ah Marka a rung langdan ziangtin a sim?**

John Mark hi Thuthangtha Marka ngantu a si thei ko ding, anih hi Tirhthlah 12 ih a runglang tikcu hi AD 40 kum laifang hrawng a si in a lang. Anih cu cang 12 ahkhan Mary timi hmin pu nu ih fapa a si thu a run tarlang. Mary hi kawhhran rak bawm zettu milian pakhat a si. A inn ah thlacam khawmnak an nei ih, Tirhthlah 12 sungah a hmin a thangzet. Thawnginn ihsin Peter a suah thu, cumi thluh hnu ih cangvaihnak, cule Herod thihnak tivek pawl le Peter le siangpahrang karlak thubuai pawl khal hnihsuak za a si. A thuanthu ahcun John Mark in zianghman covu a nei lem lo, asinan himi zawnte ih hmeltheih awkternak a rung ummi cun lehnu ih Barnabas le Paul thawng pehtlaihawknak hrang timlamnak a tuah a si.

Siar ding: Tirh 13:1–5, 13. **Ziangtin saw Marka in Saul le Barnabas a ngainat dan? cumi hnuah ziangthil saw thleng?**

Tirhthlah 13 cun Saul le Barnabas in thuthangtha sim dingih an feh suak veikhatnak a rellang ih, cumi cu AD 46 ah a si. John Mark hi cang 5 tiang khalah rellang a

si lo, a covo cu bawmtu le siahhlawh fang men a si. Cang 13 hlan ah tleirawl pate ih thuhla theih in a um lem lo, tawifel zetin Jerusalem ih a kirsal thu lawng a rung lang.

A kirsalnak san le vang hi zianghman pek in a um lo. A ruahnak asilole a thinlung ruahnak pawl cun Pathian hnatuannak ihsin hnukdawk aw dingin a umter si ding, tihphannak le harsa tinak in a khat ding timi cu rin hlelnak ding zianghman a um lo. Ellen G. White cun hitin a rel, “Marka cu tihphannak le beidonnak in a khat thluh, Bawipai’ hnatuannak ah thinlung ngaingai ih pumpe aw dingih a tumtahnak pawl khal a fek thei nawn lo. Harsanak rak tong theu mi a si lo ih, lamzin ih tlaksamnak le tihnungza tihphannak pawl cun a thinlung a hnget khohter lo” tiah a rak ti—The Acts of the Apostles, p. 169. A tawi zawng in, thil ziangkhal hi a hrangah a har tuk, cumi ruangih suahsan duhmi a si.

Thil ziangmaw ruangah dawngtolhnak thawn pehtlai aw duh lo zosaw um ding, lole Na Khristian nun zalam tluan ih telmi asilole thlarau lam thil ziangmaw hleice tivek ih tlaksamnak thawn pehtlai aw dah lo zosaw um cuang ding? Himi tonnun ihsin ziangmi saw na zir thei mi um?

**NIHNIH NI
Caantha dang**

July 1

Siar ding: Tirh 15:36–39. **Ziangruang ahsaw Paul khan John Mark kha a hnong, cule ziangruangah saw Barnabas khan caantha dang a rak pek?**

Paul in tleirawl pa a rak hnongnak san cu Tirh 15:38 ahkhan tarlang in a um. Marka hi an lak ihsin a tlan ih, Pathian hnatuannak ah a tel nawn lo. Paul hi a tul ahcun mi hmaisong nei lo zet mi a si. Pathian hnatuan

nun hi a hleice in hlanlai leitlun ahkhan lamzin ngil lo zet le thusuhawknak nasa zet ummi a si (zoh kop aw 2 Korin 11:23-28). Paul cun a Pathian hnatuanpi pawl thawn harsatnak le dinhmun theithiam ih bawmawk ton hi a duh mi a si. A thu pawmdan ahcun olsam zetih tlansantu cu hranhram in soal donak ih tel ding Pathian hnatuan pawl lakah um dingin a tlak lo tihi a si.

Barnabas cun a rak pawm ve lo. Mark ih sinak a hmu ih, an dung ih tanta men dingin a siang lo. John Mark parah hivek in thu hmuh awk lonak hi Barnabas le Paul karlak ih a um ruangah annih khal an then aw. Paul cun amah thawn feh tlang dingah Silas a hril ih, Barnabas cun Marka a hril ve thung.

Tirhthlah cabu cun ziangah Barnabas in a hnen ih feh ve dingah Mark a hril timi a simfiang nawn lo. A ngaingai te cun, himi bungcang cu Tirhthlah cabu sungih mi pahnih an umkhawmnak a langnak netabik a si. Asinan thu ngaithlak nuam zet cu himi bungcang hi Thukham thar ih Marka thuhla ngannak netabik a si lo.

Siar ding: Kolose 4:10, 2 Timote 4:11, Filemon 24, le 1 Peter 5:13. **Himi bungcang pawl ah Mark ih a hmuhsuak awkdan thuhla cipciar ziangsaw a rel?**

Marka ah mangbangza thlengawknak a um in a lang. Himi bungcang pawl ah Paul in amai hrang le Pathian hnatuannak ah Marka ih thahnem ngaizia pawl a tar lang. Paul cun a hnatuan pi mi pakhat vekin a pawm ih, Timote hnenah run hruai tel dingin a duh thu khal a sim. Piter cakuat pakhatnak ahcun Piter cu Marka thawn laicin awknak tha an neih thu a rellang. Himi Paul le Piter ih ngan mi cabu pawl hi Tirhthlah 15 sung ih thuhla an paltlang ihsin kum 15-20 hnu lam AD 60 hrawng ih ngan mi a si. Marka cu a ralhrutnak ihsin a hrah ngah zo, A unau pa Barnabas in amah ih rinsannak a neihmi ihsin run cang suak mi a si tengteng ding.

Nangmah le na rualpi in tlaksamnak nan nei ih caan tha dang pek ih nan um lai caan kha vun ruat aw. Ziangtin saw cui hmuhtonak le nangmah a lo bawmtu in na nun a danglam ter? Cumi cun midang hnenah Pathian hnaturan duhnak ziangtin nangmah ah a lo neiter?

**NITHUM NI
Thucah kengtu**

July 2

Siar ding: Maraka 1:1-8. **Himi bungcang sungih um mi hi zo pawl saw an si, ziang thu an rel ih an tuah?**

Himi bungcang pawl ahhin mi pathum thupi zet an lang : Jesuh Khrih, Marka 1:1 in a khiih hmuh ih, Pa Pathian a si ih (Marka 1:2 tongkam zoh awla), cule Baptist tu Johan, thucah kengtu le himi cahmai netabik lam ih hmunram thupi zet runluahtu a si. Marka 1:2,3 ahcun Thuanthu in ziang a run feh pi ding timi Thukam hlun sungta thuhla la tahrat in Marka cun a run sim. Marka ih a run laksuah mi cu Bungcang pathum simfiangnak ihsin ra suah mi an si: Suahlannak 23:20, Isaiaah 40:3, le Malakhi 3:1.

Siar ding: Suahlannak 23:20, Isaiaah 40:3, le Malakhi 3:1. **Himi bungcang pathum in ziangmi bangawknak saw an neih?**

Suahlannak 23:20 cun Israel pawl Kanaan ram ih hruai dingah an hmai ah vancung mi Pathian in a thlah ding thu a run khiihbmuh. Isaiaah 40:3 cun Pathian in amai lamzin sialnak ding hrangih nelrawn lamzin ih a um thu a run tarlang ih, Malakhi 3:1 cun Pathian hrangih lamzin rak sialtu dingah a hmai ih thucah kengtu a um thuhla a rel lang. Himi bungcang pathum pawl cun khualtlawnnak lampang an sim thluh.

Isaiaah cabu sungih um mi cun tipil petu Johan ih hnaturan ding tamzet an run langter, cule Bawipa ih lamzin khal an run hmuitin thotho. Thuthangtha Marka ahhin Bawi Jesuh cu khualtlawnnak ah a um. Himi khualtlawnnak ahhin lungawinak a um ter ih, himi khualtlawnnak cun thinglamtah lam ah le kan hrang a raithawinak lam ah a hruai thleng.

Asinan thinglamtah a thlen hlanah thil a hung cang dingmi tamzet an um. Khualtlawnnak cu a hramthoknak fang a si. Marka cun cumi pawl cu in run sim thluh lai ding. Marka 1:2,3 ih um thukam hlun ihsin thuhla laksuah mi ah thum aw in tipil petu Johan cun sualsirnak nei in, soal ihsin kirsal in, Pathian hnen ih kir lehsal dingin kawhnak a nei (Marka 1:4). Hlansan profet Elijah vekin a tuamaw ih, (zoh kop aw, 2 Siang 1:8) Marka 1:7,8 ah amah thluh hnu ih a ra ding pa cu amah hnaki a nasa sawn ding thuhla a sim. A thusimmi ahcun anih cu a ra dingmi hmaiah kun tahrat in a kedam hri phawrh saktu ding hman ih a tlak lo thu a simmi cun Jesuh a cawisan zia a langter.

**NILI NI
Jesuh tipilnak**

July 3

Siar ding: Marka 1:9-13. **Jesuh ih tihnimnak ah zosaw rak um, ziangthil a thleng?**

Johan cun Jordan tiva ah Jesuh cu tihnimnak a pe ko nan, tidai sung ihsin a hungsuah tikah van ongow a hmu ih, Thiang thlarau cu thuro bangin a parah a ra fu. Van ihsin Pathian aw a thei ih, “ ‘ Nang cu ka duhdawt mi ka fa na si; Nangmah ah ka lungawi” (Marka 1:11, ESV).

Himi thil cangmi pawl cun Jesuh ih tipilnak thupit zia a tarlang thluh. Pa, Fapa, le Thiang thlarau pawl an um

thluh ih, Jesuh ih hnatuan hramthoknak ah an dinpi tlang thluh. Himi thil a hung cang mi ih thupitzia cu Marka 15 ih Thinglamtah thuhla ah a thlam rori in hmuh a theih. Hivek thuanthu hramthoknak thawn bangaw mi tamzet hi an run umsal theu. Thlarau thuro cun Jesuh cu nelrawn lamah a hruai. “Thuro” timi tongkam cu Grik *ekballo* timi ihsin ra suah mi a si ih, cumi cu Thuthangtha Marka cun khawsia dawisuaknak tongkam ah a hmang theu. Hitawk hmun ih Thlarau a ummi cu Jesuh nun ah Thiang Thlarau ih thilti theinak sawhkhinhnak a rak si. Bawipa cun a khualtlawnnak ding hram a rak thok deih zo ih, cule zamrang zetin Satan thawn hmaton in an tongaw hngal. Hitawk ah buainak ih a langmi ahhin hramlak ramsa pawl umnak ih ni 40 sung thlemnak a tong mi ah vancungmi pawl cun Jesuh an bawm a si.

Thuthangtha Marka ih thuhla a run ondan hi a danglam zet, Jesuh cu Pathian sinak le minung sinak nei kop in a um. Pathian sinak lam ahcun : Anih cu Khrih, Messiah (Marka 1:1), thucuh kengtu hnen ihsin Bawipa ih phuanmi (Marka 1:2,3), Johan ai hman ih nasa sawn (Marka 1:7), Thlarau rungtumnak duhdawtmi fapa a si (Marka 1:10,11). Asinan milai asinak lam ahcun, hitin kan hmu thei : Johan ih tihnimnak pek mi (Maraka 1:9), Thlarau ih hruaimi (Marka 1:12), Satan ih thlem mi (Marka 1:13), hramlak ramsa thawn umtlang mi (Marka 1:13), le vancungmi pawl ih tuamhlawm mi a si(Marka 1:13)

Himi an bangawk lonak hi ziangsaw a si? Himi cun Khirh ngaingai ih mangbangza sinak a khihhmuh, Anih cu Kan Bawipa le rundamtu, kan Pathian a si. Cu cingin minung a si ih, kan unau pa le kan zohthim ding mi a si. Himi ruahnak hi ziangtin kan thinlung in kan thei famkim thei ding? Kan thei famkim thei zik lo. Asinan zumnak in kan pawm, Pathian in minung a duhdawtnak thuhla ih a

langmi mangbangza thudik cu mangbang thlak zet thil a si.

Pathian ih duhdawtnak thuhla ah Jesuh cu Pathian si khal sehla, kanmah in rundam theinak dingah minung sinak amah ah a la timi hi ziangruangah saw simfiang ih kan umnak san?

NINGA NI

July 4

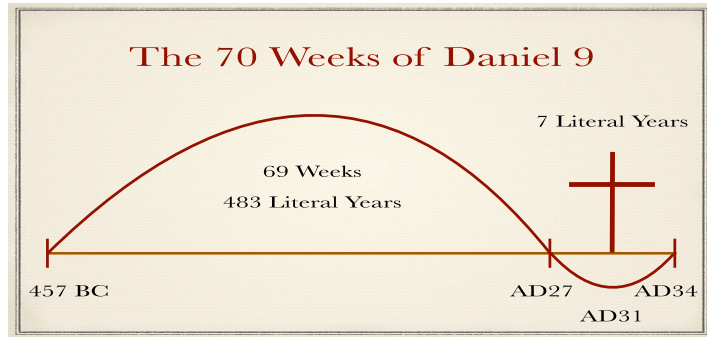
Jesuh relmi thuthangtha

Siar ding: Marka 1:14, 15. **Jesuh ih a phuangmi thuthangtha thucuh pathum pawl kha ziangsaw an si?**

Marka cun hitawk ah Jesuh ih thucuh cu theih olsam dingin a kai tawi thluh. A hnuai ih Table ih um vekin cumi thil pathum cu a simfiang

<i>Thu hlawm then</i>	<i>Thupi</i>
Tikcu simcianak	Tikcu thlenfamkimnak
Thukam thutiam	Pathian uknak cu a nai
Dungthlutu si dingih kawhna	Sual sir uhla, thuthangtha zum uh

Jesuh in tikcu caan simcianak a relduh mi hi Daniel 9:24-27 ih um zarh 70 simcianak kha a si. Himi simcianak cun Jesuh in tihnimnak a neih ahkhan famkimnak a hmu, Cutawk ahcun Thiangthlarau thawn tihnimnak a nei ih a hnatuan hram a thok (Tirh 10:38). Himi mangbangza zarh 70 simcianak cu a hnuai ih Chart vekin simfiang a si.



Himi simcianak ah nikhat in kumkhat ai a awh(Mipum 14:34, Ezek 4:6). Simcianak cu Jerusalem tuah thasal dingih Persia Siangpahrang Artaxerxes ih thupek a suah kum 457 BC ihsin a thok (Ezra 7).

Simcianak ih zarh 69 cu AD 27 tiang kha a si. Cui caan cu Jesuh tihnimnak a neih ih, A hnatuan thoknak ding phuagnak ah Thiang Thlarau ih hriak a run thih tikcu caan a si. Jesuh Khenbet asi tiang kha kum 3 le hrek sung tikcu caan a ra um. Netabik ah a zarh 70-nak cu Stephen lungih an deng that ih, thuthangtha cu Zentel hnen ah le Judah pawl hnen ih a thleng thok kum AD 34 ahkhan a cem.

Zarh 70 simcianak thuhla na zir netabik kha ziangtik saw a si? Ziangtin saw himi simcianak in na zumnak a lo karhzai ter ih, Jesuh lawngah siloin a simcianak tongkam tiangih na rinsan thei?

NIRUK NI

July 5

Ruah bet ding: Siar ding: Ellen G. White, "The Voice in the Wilderness," pp. 97–108 in *The Desire of Ages*; and "Heralds of the Gospel," pp. 166–176 in *The Acts of the Apostles*.

Thuphuan 14:6,7 thu ih vancungmi pakhatnak ih thuchah cu Marka 1:15 sungih Jesuh ih thuchah thawn vun zohthim tikah ziangtluk thinlung hip theiza saw a si.

Vancungmi pakhatnak cun Jesuh a rungtumsalnak ding hrang timlamnak nei dingah kumkhaw thuthangtha cu caan neta lam ih um leitlun mi pawl hnenah thuchah a run keng. Cuvek ciah in Jesuh ih thuchah khal a si, vancungmi ih caan neta hrang thuchah cu a hnuai ih Table ih simfiang mi pathum thawn an bangaw thluh.

Marka 1	Thuhlawm Then	Thuphuan 14
Tikcu caan kimnak (<i>Daniel 9</i>)	Tikcu simcianak	Thuthennak caan (<i>Daniel 7, 8</i>)
Lalram a nai	Thukam thutiam	Kumkhaw thuthangtha
Sir aw, zum aw	Dungtluntu si dingih kawhnak	Tihzah, sunlawinak Pathian bia uh

Vancungmi pakhatnak cun thuthen sungnak hramthoknak thu a phuang, Daniel 8:14 ih um ni 2,300 simcianak kha a rak phuang, cumi cu kum 1844 ihsin a thokmi kha a si. Thuthennak cun Pathian uknak cu hremtuar a minung pawl hnenah a thleng ter (Daniel 7:22). Vancungmi pakhatnak cun tihzah, sunlawinak le Pathian bia dingih a kawhnak cu dungthluntu si dingih kawhnak a si ih, Thuphuan 13 sung ih sahrang thilti theinak nineta lam ih leitlun ih a um ding mi ah pathian dik lo cu tihnak, sunlawi peknak, le biaknak ih a hruai dingmi thubuai ihsin kawhnak a si.

Marka 1 ih Jesuh thuchah mi hi thuthangtha phuan hramthoknak dingih Daniel ih simcianak thawn an milaw zet. Curuangah vancungmi pakhatnak ih thuchah cu leitlun thuanthu cemnak dingih Daniel ih simcianak thawn an milaw zet a si.

Relkhawm ding thusuhnak pawl:

1. Marka 1:1-13 sungih um Jesuh le tipil petu Johan ih bangawk lonak kha tahthim aw. An umdan ihsin ziangvek zirlai saw na rak zir ngah?

2. Tihnimnak timi hi vun ruat aw. Siar ding: Rom 6:1-4 le Johan 3:1-8 cule Marka 1:9-13 ih Jesuh tihnimnak thawn tahhim aw. Ziangmi bangawknak le danglamnak saw na hmuh? Himi in ziangtin saw tihnimnak sullam theifiang deuhdeuh dingih a lo bawm dan?

3. Marka 1:14, 15 sungih Jesuh ih thuthangtha simmi le Thuphuan 14:6,7 sungih vancungmi pakhatnak ih thuchah hi zoh thim aw. Himi thuchah theihthiamnak in ziangtin tuini ah thuthangtha phuang tha deuh dingih a lo bawm thei?

ZIRLAI 2

July 6-12

JESUH IH HNATUAN AH NIKHAT

SABBATH SIIMLAM

Tuizarh sung siar ding: Marka 1:16-45, Johan 1:29-42, Marka 5:41, Luka 6:12, Puithiam 13.

Bible cangken: “ ‘Cule Jesuh in an hnen ah, “In thlun aw, cule minung kaitu ah ka lo tuah ding’ “ (Marka 1:17, NKJV).

Thuthangtha cabu cun Jesuh ih hnatuan thokdan anmai lamzin te in an sim thluh.

- Ø Matthai cun Jesuh cu dungthluntu ko tu le Tlangpar ih thuthangtha simtu vekin a rel.
- Ø Luka cun Nazareth khua sinakok ah Sabbath ni ih thuthangtha a sim thuhla a rel.
- Ø Johan cun dungthluntu hmaisai kawh an sih thu le Jesuh in hmaisabik mangbangza a tuahnak hmun Kana mopuai thuhla a sim.
- Ø Thuthangtha Marka cun dungthluntu pali kawh an si thu le Kapernuam ih sabbath thuhla a sim ve thung.

Himi “Jesuh thawn Sabbath” timi Marka cabu thoknak ih a runglang mi cun casiartu pawl in Jesuh hi zosaw a si timi an theihnak ding hrangih a tangkai zetmi a si. Tuizarh zirlai pumhlum ahhin a tongkam ngankhummi malte lawng a um: dungthluntu si dingih kawhnak, khawsia thupeknak, hmundang ah feh dingih khawkhannak, le phaarnat nei damter in puithiam hmaiah thianghlim dingih amah ten an va hmuhawk thu pawl an

si. A thupi zetmi cu hnatuan cangvaihnak hi a si, a hleice in mipi damternak lampang hi a si. Thuthangtha ngantu cun Jesuh ih hnatuan cangvaihnak langternak tongkam hi zamrang thei bikih hman zangzang a duh thei zet.

NIKHAT NI
“In thlun aw”

July 7

Siar ding: Marka 1:16-20. **Jesuh in dungthluntu si dingih a kawhmi pawl kha zo pawl saw an si, cule ziangtin an rak let?**

Marka bung 1 ahcun Jesuh ih tongkam ngan khummi tampi a um lem lo. Ziangkhalsehla Marka 1:17 ahcun nga kaitu pahnih, Simon, lehnun ih “Piter” tiih kawhmi le a naupa Andrew hnen ih a tongkam pawl kan hmu thei. Annih pahnih hi Galilee tipi ah dingih sur an vorh rero lai fang a si. Himi ahhin lawng simaw, asilole nga kaitu dang tivek simaw zianghman tarlang in a um lo, cumi sullam cu annih pahnih hi paisa lam ih harsatnak nei zet an si men thei. Marka 1:19,20 ah James le Johan cu a pa le siahlawh pawl thawn lawngah an um. Cumi sullam cu annih cu Piter le Andrew hnakin paisa lam ah harsatnak an nei lo deuh ding vek tla a bang. Luka cun Piter in lawng a neih thu a rel, ngaingai te cun James le Johan cu Piter le Andrew thawn hnatuan tlang mi an si (zoh aw... Luke 5:1-11). Asinan Thuthangtha Marka cun himi unau pahnih pawl ih danglamnak a sim duh tla si men thei. Cui danglamnak simfiang duh ah Jesuh cun an pahnih in sum lalut tam deuh le maldeuh tiin dungthluntu dingih a kawhna tla si men thei.

Jesuh in hi pawl a kawhna cu thil olsam zet a si, langlang zetin a ko hai. Amah thlun dingih a ko ; Cumi cu A dungthluntu si dingah a si. A kawhna an rak cohlang a si ahcun anih cun minung kaitu dingah a tuah ding a si.

Ziang ruangah saw hi minung pawl in zamrang zetin (Marka 1:16-20) **ziangkim tanta ih Jesuh an thlun.**

Himi cu thuthangtha Johan in fiang sinsin in a tarlang (Johan 1:29-42). Cumi cun himi unau pawl hi tipil petu Johan dungthluntu le Amah Johan in Jesuh cu “Pathian tuu fano, leitlun sualna la hlo tu” (Johan 1:29 ESV) tiih a simmi pawl rak theitu an si vek tla a bang. Jesuh an tong ih, Jordan tiva kiangah Amah thawn tikcu caan an hmang. Cumi thawn dengaw ciah in Jesuh in Pathian hnatuan dingih a kawhna an rak cohlangnak ahhin tlansuah simaw, hnihsuaknak men thil khal a si lo. Thate ih ruat thluh cia mi an si.

Asinan ziangahsaw Marka in cipciar zetin a rel thluh lo? Cumi cu Jesuh ih huham a rel thupi tumtuk ruangah a si ko ding. A ko hai ih, nga kaitu pawl in an rak cohlang sak ding a duh zet, an nunnak le leitlun duhzawng hi ziangtik hmanah an bangaw dah zik lo.

Jesuh na thlun theinak dingah ziangsaw na hloh mi um zo? (Zianghman na ruat thei lo a si hmanah a hnuaihni aw deuh dingmi letnak ding thuhla cu ruat aw)

NIHNIH NI

July 8

Hngilh thei lo Pathian biak khawmnak

Siar ding: Marka 1:21-28. **Capernuam ih sinakok ah hngilh thei lo dingmi tonnun ziangmi saw um, cule Himi ihsin thlarau lam thudik ziangsaw ka lak thei ding?**

Khristian tamzet cun an Khristian nun zalam tuan ahhin hngilh theih lomi tikcu caan ziangmaw an nei cio – Jesuh thlun dingih thutluknak tuah in : Tihnimnak an neih ni; Pathian umpinak nei ih an theih awknak ding tiang ih thuthangtha huham nei zetih simnak neih lai caan tivek pawl tla an si. Hivek caan hrekhat pawl cu

theihhngilh an si lo tilawng hman siloin nun thleng danglamnak tiang khal a suah pi thei. Curuangah Kapernuam khua ih um mipi hrekkhat pawl khal Marka 1 ih a rel vekin Sabbath ni ah hivek in an um ve. “Cun daan thiam pawl vek siloin thu neitu pakhat vekih a zirh ruangah a thuzirh mi ah an mang a bangzet” (Marka 1:22). Cutin Jesuh ih thu a zirh lai ah Jesuh thuzirh mi huham ruangah mi pakhat sungih khawsia lut mi cun ring zetin a run au ih, “Nang Nazareth mi Jesuh, Nang thawn ziang tuah ding kan nei? Kanmah siatsuah dingah maw na rat? Nang cu zo na si ti ka lo thei – Pathian ih mi thianghlim pakhat na si” (Marka 1:24 ESV) tiah a ti. Cule Jesuh cun khawsia cu a dawi suak.

Khawsia ihsin a suak mi tongkam pawl hi vun ruat ve hman aw. A hmaisabik ahcun khawsia cun Jesuh cu, “Pathian ih mi thianghlim” ti a thei. Anih cun Jesuh cu Satan ih ralkap borhhlawh le thianghlim lonak dokalh in Pathian ih thuthup mithianghlim a si lam a thei ngah. Cutin himi thuanthu ahcun thatnak le siatnak hnaturan karlak bangawk lonak fiang zet a um. Hitawh ahhin doawknak maksak cu a ngaingai in kan hmu thei. Mipi pawl cun Jesuh sinak an theifiang ngaingai hrih lo men thei, asinan Khawsia cun a theifiang zet, cule mipi pawl ih an theih ding in a phuang darh.

Khatlam ah minung sung ihsin suak dingih thupek mi cu theihthiam a ol zet, asinan ziang ruangah saw “Daiten um uh” tiah a ti. Hitawh ih Marka hramthoknak ah hmingsintlak zet thil a lang : Jesuh cun zo a si timi thuhla ah daiten um dingih a sim. Bible thiam pawl cun himi hi “*Messianic Secret (Messia sinak thuthup)*” tiah an ko. Jesuh in daiten um dingih a fialnak in sullam tha zet a nei, ziangatile Amai san ahkhan Messia beiseinak thu ih ramkhel buainak a nasa tuk ruang ah a si. Messiah si ding khal thil tihnung um zet a si. Asinan daiten um dingih

kawknak ahhin Jesuh cu zo a si timi theihusual theih lo ding khawp ih phuangsuahnak a um. Jesuh ih sinak kha thuh in um lo bangta sehla ziangthil saw fiang sinsin ih hung suak ding, cule zo saw a si timi thudik cu thuthangtha thucah ih laimu bikah a hung cang. Mipi pawl cun Jesuh hi zo a si ti theih lawng hi an duhtawk lo ih, ziangtin a ratnak an cohlang thei dingih, an hrangah ziangmi sullam a nei timi thuhla ah thutluknak dik an tuah ding khal an duh a si.

Midang hnen ih theipitu si dingih na um tihak “tulai thudik” timi thawn pehpar aw in kan zumnak pawl hmuahhmuah sim thluh hrih lo dingih fimkhur a tul zet?

NITHUM NI

July 9

Sabbath ah tam sawn ih Pathian hnaturannak

Siar ding: Marka 1:29-34. Piter tei’ innsang kha Jesuh in ziangtin saw a bom, cule himi thuhla ihsin ziangmi thlarau lam zirlai saw kan lak thei ding?

Sinakok ih mangbangza tikcu caan an hman hnuah Jesuh cu a dungthluntu malte (Piter, Andrew, James, le Johan) thawn Piter tei’ inn ah an cawl ih, Sabbath ni cu rualpi pawl thawn pawlkom awknak le rawlei khawmnak nei in tikcu caan an hmang. Asinan boruak a hung her danglam : Piter ih pizon cu khawsik tuarin dam lo in a um. Jesuh hnenah a natnak an sim, cule a kut in Piter ih pizon cu a kai ih a dinter. Cule Piter ih pizon cun zamrang zetin an tulmi pawl a timlam sak thei hngal. Hitawh ih tarlang mi vekin Jesuh ih damter zo mi, rundam zo mi pawl hi midang hrangih hnaturan ding an sizia huham nei zet tahthimnak a si.

Marka cabu pumhlum ahhin Jesuh in a tham ruangih damnak co an um hnuaihni (zoh aw Marka 1:41;

Marka 5:41), sinan tikcu caan dang ahcun a tham lai tarlang a si lem lo(zoh aw Marka 2:1-12, Marka 3:1-6, Marka 5:7-13).

Cuini ah Jesuh cun a hnatuan a theh hrih lo. Nitlak hnuah mipi pawl cu damnak duh ah Piter tei' inn ah an ra ciamco. Sinakok ih thil a thlengmi an hmuh ruangah si ko ding, cumi asilo hmanah thuhla an theih ruangah a si tengteng ding. A ngaingai te cun thuthangtha cabu ngantu cun sabbath ni thuhla hi ca a siartu pawl in an theih ding a duh ruangah a casiartu pawl hnenah mipi pawl an rat tlai thu hi a rel lang lem lo. Himi Marka cabu ihsin a langmi cu a casiartu pawl cu Sabbath ul pawl an si ding timi hi a si. Marka cun an khawsen in sangka hmaiah simlam ah an ra pumkhawm aw tiah a ti (Marka 1:33). Cui mipi pawl bawm dingin Jesuh cun tikcu caan ziangmaw zat a hmang ko ding.

“Nazi pakhat hnu pakhat an ra ih an tlan sal; zohman in thaizing ah damtertu hi an lakah an hmu lai kem maw timi an thei lo. Hi ni vekih theihpitu hi Kapernuam in a rak nei dah lo. Boruak cu nehnak le luatternak awsuak hlin a khat thluh. Rundamtu khal lungawinak in a khat. Natnak tuar ih a hnen ra pantu pawl a hmuh tikah a thinlung cu zangfahnak in a khat thluh ih, an lungawi le an harhdam theisalnak dingih a huham hmannak ah a lungawi zet.

“ Nattuar a netabiktu a ti dam hlan loh cu Jesuh khan hnatuan a cawl lo. Mipi pawl an tlan thluh sal zo. Simon ih inn cu a dai reprep. Ni hlim um zet cu a cem zo, Jesuh khal a cawl ve. Asinan khawpi cu dai reprepnak ih a tuam lai ah rundamtu cu 'khawvan hlan ah a tho, a suak ih, hmun fianrialpi ah a va feh ih, cutawk hmun ah thla a cam' “—Ellen G. White, *The Desire of Ages*, p. 259.

NILI NI

Jesuh hnatuannak thuthup

July 10

Siar ding: Marka 1:35-39. **Hitawk ah Jesuh ih a tuahmi ihsin ziangmi zirlai thupi saw kan lak thei ding?**

Jesuh cu nisuah hlanah a tho ih, hmun fianrial zetah thlacam dingin a feh. Marka 1:35 ahhin Jesuh ih cangvaih thlacamnak cu thupi zet ah a ret. Catlang tuan dang pawl cu kaihtawi thluh mi an si - A tho, a suak, cule a feh (*Grik tong ahcun famkim thluh relnak ih hman a si*). Asinan “Thlacam” timi *verb*(tuahnak) cu famkim ciah lo catluan a si, relbet duh mi a um hrih lai, hitawk ih hman mi cu tuah rero lai mi relnak a si. Thlacamnak a nei rero lai, thla a cam rero lai tinak a si. Himi bungcang khal in zingpitten Jesuh a thawh ih amahten thlacamnak tikcu caan a hman kha thupi zet ah a ret.

Thuthangtha cabu hmuahhmuah ahhin Jesuh cu thlacam mi a si ti kan hmu thei (zoh aw Matt. 14:23, Marka 6:46, Johan 17). Himi hin Jesuh hnatuan thiltitheinak sungih thuthup tawhfunng pakhat a sinak a langter.

Siar ding: Luka 6:12. **Himi in Jesuh thlacam nun thuhla ziangsaw in zirh?**

Khristian tamzet cun thlacamnak ding caan an bikhaih theu. Hivek ih tuah hi a tha ih a dik zet fawn, asinan cumi cu tuahkeel mi ah a hung cang ih, thil ziangmaw tuah nawn sal rero mi vek tla a bang. Himi bikhiah cianak siatbaldan ding lamzin pakhat cu a caancaan ih thlacam caan thleng lole caan dang ai hman in rei deuh thlacamnak neih hi a si. Rel duh mi cu thleng theih lo dingmi, a kelih tuah ringring dingmi thil pakhat ah nangmah ten na kharhkhum aw ding a si lo timi hi a si.

Piter le a rualpi pawl cu Jesuh ih thlacamnak hmun ah an umpi ve lo. An va hawl hmuh mai ruangah a umnak hmun cu an thei si ko ding. Mi hmuahhuah in Jesuh an hawl thu an sim tikah mani sun ih a hnaturan mi peh sal in mina tampi damter in thuzirhnak nei dingin ruahnak pek a um. Ruahlopi in Jesuh cun a rak hnong ih, hmundang ih feh dingin a rak ti sawn riangri. “Asinan anih cun, ‘Khaw dang ah feh uhsi, cutawk khalah thu ka sim theinak dingah: ziang-ahtile cumi hrangih ra ka si, a ti” (Marka 1:38).

Jesuh hmanin thlacamnak nei dingin tikcu caan tamzet a mamawh a si ahcun kannih teh thlacamnak ah ziangmi tluk tikcu caan saw kan hman ve ding? Jesuh zohthim dingmi in ziangsaw kan hnenah thu a rel?

NINGA NI

July 11

Thuthup na thup thei kem?

Siar ding: Marka 1:40-45. **Himi in Jesuh thuhla ziangsaw in zirh, ziangtin saw khawtlang nun thawn pehtlaihawknak an neih?**

Hitawc cahmai ih phaar nat a run rel mi le thukam hlun pumpi ih a um mi hi tuisan ih Hansen ih natnak (a dikmi phaarnat) tiih theihmi lawng a khihhmuh lo. Bible sungih a um mi natnak cu, “vunnatnak tihnung um” tin let sawn sehla a fuh deuh ding. Cumi cun natnak kaisawn awk olzet a simnak khal a si. Hansen ih natnak cu hlanlai Kum zabi BC 3 hrawng ih ra suak fang men mi a si (*David P. Wright and Richard N. Jones, “Leprosy,” The Anchor Bible Dictionary, vol. 4 [New York: Doubleday, 1992], pp. 277–282*). Hitawc ih phaar nat relmi hi Hansen ih natnak khal a si thei thotho, hi pa ih a tuarmi natnak ngaingai hi thei lo hmansehla a rapthlak zet mi thil a si. Phaar nat neitu cun

Jesuh in a damter thei timi zumnak a nei. Puithiamhnaturan 13 ih a langdan vek asile phaarnat nei pawl cu biaknak daan ah thianghlim lo an si ih midang pawl thawn an pehtlai aw ding a si lo (*zoh aw Pui. 13:45, 46*).

Ziangkhal sehla Jesuh in a rak zangfah ngaingai ih, cupa lam hoi in a vun tham. “Cule Jesuh in a rak zangfah ngaingai, a kut suah in, a hei tham ih, cupa ih hnenah, Ka duh a si, thiang aw, a ti” (Mark 1:41, NKJV). Himi tuahnak cun Jesuh cu zanlam tiang borhhlawh ah a tuah ding, biaknak daan vekin a thianghlim theisalnak dingah tidai ih a kholhawk ta a tul (Zoh kop aw, Puithiam 13-15). Asinan Marka cun Jesuh in mina a tham ih, cui a cangvaihnak cun cupa cu a phaar natnak ihsin a thianghlimter timi a fiangter. Curuangah cu pa a thamnak cun Jesuh kha borhhlawh ah a tuah lo.

Cule Puithiamhnaturan 14 sungih Moses ih thupek vekin Jesuh in cupa cu puithiam hnen ah va hmuhaw ih thawinak nei dingin a fial. Thuthangtha Marka cabu pumhlum ahhin Jesuh hi Moses ih thuzirh mi dinpi le pawmpi tu vekin a ding ringring theu (*zoh aw Marka 7:10; Marka 10:3, 4; Marka 12:26, 29–31*). Himi hmuhdan cun biaknak hruaitu, Marka 7, 10, le 12 ih ummi pawl in Moses fehtlang ih pekmi zirhawknak ngaingai pawl siatsuah an tumnak cu nasa zetin a dokalh a si. Himi in Marka 1:44 ih daiten um dingih Jesuh thupek mi a run simfiang a si. Jesuh ih a damter thu a va sim ahcun cumi cun Puithiam ih thutluknak ah thleidannak a um dingih Jesuh a dokalh men thei.

Asinan a thianghlim zo mi Phaar nat nei pa cun thil umdan a theithiam lo tla a bang zet, Jesuh thupek mi thlun duh loin hmun hla le nai ah thuhla a phuangdarh ciamco. Cumi cun Pathian hnaturan dingin Jesuh cu

khawpi sungih olsam zetih lutnak dingah harsatnak a tuah a si.

Ziang tlukin kan tumtah mi a rak tha a si hmanah thuthangtha phuandarhna in rak donkham theitu ding thil ah ziangtin saw ka ralrin thiam thei ding?

NIRUK NI

July 12

Ruahbet ding: Siar ding Ellen G. White, “At Capernaum;” and “Thou Canst Make Me Clean,” pp. 252–266, in The Desire of Ages.

Marka 1 in Jesuh ziangtin a tarlang? Jesuh cun dungthluntu kawh theinak a nei ih, cule annih in an let. Satan hnuai ih thlarau borhhlawh lakah anih cu a thianghlim. Dodawknak rura zet cu sia le tha karlak ah a um vivo, cule Jesuh cun khawsia aiin huham a nei sawn. Jesuh cun mina pawl a zangfak ih, a bawm, zohman in an tham duh lo mi khal a va dai.

“Jesuh cun sinakok ahkhan uknak din dingih a rat thu le a hnaturan dingmi bik cu Satan ih sal ihsin suah zalen ding a si thu a rel. A thurel lai mi cu tihphannak ih kioraaknak cun a run tibuai. Mi aa pakhat cu mipi lak ihsin a ra suak ih, ringpin, “Kanmahte in umter aw; Nang Nazareth mi Jesuh, nang thawn ziang tuah ding kan nei? Kanmah siatsuah dingah maw na rat? Nang cu zo na si ti ka lo thei a si, Pathian ih Mi Thianghlim na si, tiah a rak ti.’

“Tu ahcun an zaten mak ti zetin an um thluh. Mipi pawl cu Khrih ihsin an her peng ih, a tongkam khal an ngaihsak nawn lo. Himi ciah hi Satan pa in Sinakok ah buainak suahter dingih a tumtah mi a si. Asinan Jesuh cun khawsia cu nun a sim ih, “Daitein um awla a sung ihsin ra suak aw, tiin a kaw. Cutikah thlarau borhhlawh

in cupa cu a then ih, a sung ihsin a suahtan, cule a nater nawn lo...Nelrawn ih Satan thlemnak donehtu cun a ral thawn hmaiton in an tongaw sal lala. Khawsia cun a hremmi cu a huham hmuahhmuah suah in theitawh in kaihrem a tum rero. Hitawh ih sunnak cun Jesuh cu nehnak a coter a si...Asinan rundamtu cun thuneihnak thawn saltang cu a suah zalen a si”—Ellen G. White, *The Desire of Ages*, pp. 255, 256.

Cu laiah kan Bawipa cu a hnaturan ah a buaituk ih hmun pakhat hnu pakhat a feh rero. Minung tampi thawn an um tlang. Mipi tamzet cu cat bang loin an pehtlai aw ringring. Ziangtin saw mipi lamah le a hnatuannak lamah daithlang loin le thinlung hahdamten a um thei ringring? Nitin thlacam nun a neihmi ruangah a si timi cu rinhlel ding zianghman a um lo.

Thlacamnak le Bible zirnak ding hrangih tikcu caan na neih theidan ding thuhla vun ruat aw. Na hrang tha mi cu hawl suak awla, cumi tikcu caan cu thlarau lam daihnak ih na thansoh theinak dingah le Pathian kamsuak thu le Thlarau ih a lo kaihhruai theinak dingah hmang aw.

RELKHAWM DING THUSUHNNAK PAWL:-

1. Thlacamnak le ziangruangah cumi cu Khristian nun ah a thupi timi thusuhnna thuhla rel khawm uh. Thlacamnak ih mual a neih zia le tumtah mi thuhla ah mipi ih thusuhnna an neih theumi pawl kha ziangsaw an si?

2. Khuitawh hmun le tikcu ah kan zumnak thuhla nasa zetih rel dingah a that ciah lonak thuhla pawl kha rel khawm uh. Ziangtik caan ahsaw thil tuahding ih kan

ralring a tul, thu theihpitu kan sinak thu ah tawawknak um riai lo dingin ziangtin saw kan tuah thei ding?

3. Tuisan ih na nunphung ah zo pawl cu “Phaar nat” nei pawl cu an si? Hivek pawl hnen ih thuthangtha bulpak zetih a thlen theinak dingah nan kawhhran in ziangtin saw nan “va pehtlaih” thei dan ding?

ZIRLAI 3

July 13–19

THU EL-AWKNAK

SABBATH SIIMLAM

Tuizarh sung siar ding: Marka 2:1–3:6, Mikah 6:6–8, 1 Sam. 21:1–6, Marka 3:20–35, Luka 12:53, Luka 14:26.

Bible cangken: “Cule anih cun an hnen ah, “Sabbath hi minung hrangih tuah mi a si, minung hi Sabbath hrangih tuah mi a si lo” tiah a ti (Marka 2:27, 28, NKJV).

Marka 2:1-3:6 ahhin Jesuh in biaknak hruaitu thu kalh ih a zirnak thuanthu panga (5) a lang. A thuanthu pawl hi a dung ih thuanthu ummi thawn pehawknak an nei deuh thluh. A netabik thuanthu cu a herkual sal ih a hmaisabik ta thawn an pehaw sal. Marka 2:10,17,20,28 ah tongkam hmangin simfiangnak a um vekin Thuanthu pakhat hnu pakhat cun Jesuh hi zosaw a si tahthimnak hmangin a rellang thluh. Nikhat ni, Nihnih ni, le Nithum ni ih zirlai cun himi thu pawl le a sungum Khrih tongkam pawl ih sullam thuk zetin a zoh ding a si. Marka 3:20-35 cu Nili ni le Ninga ni ah zir a si ding.

Kan zoh dingmi cu thuthangtha ngantu cun, “Sangkep thuanthu pawl” tiih a hmanmi tahthimnak pawl an si ding. Hivek thuanthu hi asilobik in Marka cabu sungah vei 6 lai a lang zo. Himi thubuai tin ahhin Jesuh ih sinak thupit zia le Messiah a si vekih tuahtuan ding mi asilole dungthluntu sinak cu a hmuitin bikmi a si.

Tui zarh ahcun Jesuh ih thuhla hrekkhat pawl kan siar ding ih, cumi pawl ihsin ziang zirlai kan zir thei timi kan zoh ding.

NIKHAT NI
Zengnat nei damternak

July 14

Siar ding: Marka 2:1-12. **Zengnat neitu kha Jesuh hnenih hruai a si tikah ziangsaw a beisei, cule ziangsaw a ngah?**

Himi pa hi zengnat nei mi a si ruangah a rualpi 4 pawl cun Jesuh hnenah an run zawn. Inn luanglu an bauhsiat hnuah Jesuh umnak ahcun an vun thlak. Marka 2:5 ahcun Jesuh in an zumnak a rak hmu tin a ngan. Ziangtin saw hipawl ih zumnak hi hmuh a theih? Duhdawtnak vek ciah a si, A rualpi pawl ih an langter vek in tuahnak ihsin hmuh theih ah a cang.

Himi pa in taksa lam damnak cu a tul rori a si. Ziangkhal sehla Jesuh hnenih a rat tikah Jesuh ih phuangmi hmaisabik tongkam cu soal ngaidamnak hi a si. Himi thuanthu ahhin dam lo pa ih a tongkam zianghman theih ding a um lo. Jesuh tongkam rak dokalh (*an thinlung ten*)tu pawl cu biaknak hruaitu pawl an si. A tongkam cu Pathian thangsiatnak, Pathian simsiatnak le Pathian lawngih neih theihmi laksak tumnak tin an rak ruat.

Jesuh cun thu eltu pawl cu “Tenau ihsin tum deuh ah” tiih kawhmi thu elawknak anmah lala ih an hmanna hmun ah a tong hai. Cumi ah thil pakhat rel ding mi a um, mina pa cu a sualnak ngaidam a si zo; cule a dang cu zengnat neipa a feh thei timi hi a si. Jesuh in Pathian huham hmangin zengnat neitu a feh ter thei a si ahcun soal ngaidam theinak nei ih a ruatawk mi cun nemhnget ding a hawl hmu tinak a si.

Siar ding: Mikah 6:6-8. **Himi bungcang in Jesuh le hruaitu pawl karlak ih thil thleng mi ziangtin a relfiang?**

Biaknak lam hruaitu pawl cu thil thupi zet: dingnak, zangfahnak, le Pathian hmai ih hnuaidor zetih umnak pawl an hloh a si. Curuangah Pathian an theihthiam dan ah an kilhim tuk ruangah an mit hmuh rori ih Pathian hnatuannak riangri kha hmu thei loin an mit a caw thluh. Hi minung pawl cun Jesuh an ngaihndan ah an thinlung an thleng cuang lo, Jesuh hi Pathian hnen ihsin ra mi a sizia langternak nasa zet hmu khal sehla an thinlung an thleng duh cuang lo. An thinlung a siar thei thu a theiher lawngman siloin an el theih lo ding khawp in an hmuh lai rori ah zengnat nei a damter hman ah an ngaihndan an thleng duh cuang lo.

Ziangtin saw hi pawl ih tluknak vek thang sungih tlu lo dingin fimkhur zetin kan hrial dan ding : Biaknak lam ngaihsak tuk ruangah biaknak ngaingai sungih thil thupi zet an hloh phah (James 1:27) a si?

NIHNIH NI

July 15

Levi kawhna le rawlulh thusuhnak

Siar ding: Marka 2:13-22. **Alfias fapa Levi cu zosaw a si? cule Jesuh dungthluntu si dingah ziang ruangah amah ah thu elawknak a um?**

Jesuh san lai ih siahkhongtu pawl cu Rom cozah asilole tualsung kaihhrui awknak hnuai ih mipi hnatan pawl an si. Judea ram ih Judah mi lak ahcun theih an hlauh lo zet, ziangah tile an dil zat ding ai hnaki tam in an dil ih, an ram ih milian ah an can phah theu ruangah a si. Biaknak lam daan ih Judah pawl ih relfiang mi ah *The Mishanah Tractate Tohoroth* cun, “Siahkhongtu cu inn pakhat ih a lut ahcun(a sung um mi zaten) thianghlim lo ah a hung cang ding...” tiah a ti.

Cuvek a si ruangah daan thiam pawl in pawm pi loin, “Ziang ruangah saw siahkhongtu le misual pawl hnen ih a ei a in?” tiih thusuhnak an neih mi khal mangbangza a si lem lo.

Ziangtin saw an thusuhnak kha Jesuh ih a letdan? Ngaihsak lo in a um san men lo. An lam ah a hoi ih, a harhdam mi in siloin dam lo pawl in sibawi an tul sawn timi a theihter hai. Thlarau lam sibawi a sinak lam a langter ih, Anih cu thlarau lam soal natnak damter tu a si. Cule sibawi pawl cu dam lo pawl umnak hmun ah an feh ding si lo sawm?

Marka 2:18-22 cun thupi thar a run suah. Cumi cu thu elawknak thuanthu panga relfelnak ih thupi zet a si. A hmaisai ta kha Levi ih tuahmi rawlei puai a tel ih, himi neta ih thuanthu cu rawlulhnak lam thusuhnak a rungtel a si. Himi thusuhnak cu Ziangruangah saw tipil petu Johan le farasi pawl in rawl an ulh lai ah Jesuh dungthluntu pawl in an rak ulh ve lo timi hi a si. Mopuainak ih mikhual pawl hmuahhmuah rawlul ih an um thluh cun a mak zet ding. Asinan Jesuh cun mopa hruai hloh a si leh ding ni a rak sim cia, thinglamtah a rel duhnak a si. Cumi theh hnuah rawlulhnak ding tikcu caan tha tampi a um ding.

Jesuh cun a thuzirh mi le biaknak hruaitu pawl karlak bangawk lonak cu tahthimnak pahnih in a peh: Angki hlun parih a com theimi puan le Sabitti thar cu sabitti thawl hlun sungih thannak timi pawl an si. Khrih ih thuzirhnak le biaknak hruaitu pawl ih thuzirhnak an bangawk lodan cu ngai nuam zet thil a si. Cumi cun ziangtluk in zirhtu pawl an rak fehsual timi a khihhmuh. Mipi hi ralrin tawk lo ahcun biaknak dik hruaitu pawl khal thimnak sungah an lut thei a si.

Jesuh san lai ih siahkhongtu vek ih zohmi hi tuini ah zo pawl saw an si? Anmah pawl kan ruahdan hi ziangtin kan rem thei ding?

F-3

NITHUM NI Sabbath Bawi

July 16

Marka 2:23,24 ah Farasi pawl cun dungthluntu pawl cu Sabbath daan buar ah an puh. Judah hnamdanpi 39 ih um vek asile hnatuantu pawl cu Sabbath ni ih tuan khap a si. Cumi cu dungthluntu pawl ih thil an tuahmi khal tel in Farasi pawl thinlung ih ummi a si.

Siar ding: Marka 2:23-28. **Farasi pawl ih thubuai an run put mi ah Jesuh in ziangtin saw a ti?**

Jesuh cun sang thianghlim zetmi David ih a ei mi thuanthu thawn a run let(1 Sam 21:1-6). Sangret mi cu Sabbath ni ah lak a si; cuticun thil thupi zet ruangah Sabbath ni ih David veivahnak tla a nuam deuh men thei. Cumi cu Jesuh in a el, David le a mi pawl in sang retmi an ei kha thiamcoter an si ahcun Jesuh dungthluntu pawl in Sangvui an sikih an ei kha a thiang a si.

Jesuh cun a runsim bet vivo ih, Sabbath hi minung thatnak ding hrangih tuah mi a si timi a run sim. Cumi cun Anih cu Sabbath Bawipa a sizia a langter a si.

Siar ding: Marka 3:1-6. **Ziangtin saw himi thuanthu in Sabbath cu minung hrangih tuahmi a si tin Jesuh ih a relmi a run simfiang?**

Sabbath thuhla ah Jesuh cu biaknak hruaitu pawl thawn thukam elawknak an nei lehsal. (Hminsin aw, thukam elawknak hi amah sabbath ni hrimhrim hin a suahpi dah lo.) Jesuh in Sabbath ni ih mi a damter pang asile biaknak hruaitu pawl cun sualmawh puh an duh a si. Jesuh cun anmah hmaiton ih um ding cu a ningzak lo. Thiltha tuah maw, that lonak tuah, nunnak runhim maw thah timi karlak danglamnak a run phorhsuak. Hi thusuhnak ih letnak cu a fiang tuk; thiltha tuah le nunnak runhim cu sabbath ni ih cangvaihnak dingah a duh um deuh lawlaw si ko.

Cule mi pakhat damter dingin a vun naih, a thu elpi khatlam pawl cu an thinheng tuk, A tuah tummi khal siatbal thluh an duh. A linglet zawngih Thuanthu ih ummi cu Jesuh ih sabbath a buar ding rak zohthup tu pawl khan cumi ni lala ah a thihnak ding hrang khawkhannak nei in anmah rori in Sabbath daan an buar sawn dah riangri.

Himi thuanthu ihsin Sabbath ulhdan ding hrampi le tuisan ih sabbath ultu pawl ih kan ton mi harsatnak ah ziangmi zirlai saw na lak thei ding?

NILI NI

July 17

**Sangkep thuanthu : Then 1
(A Mirang in Sandwich story)**

Siar ding: Marka 3:20-35. **Himi ca hmai ih thuanthu pahnih hrualaw mi karlak ih an pehawknak ziangsaw na hmuh?**

Himi cahhmai hi Marka cabu sung ih “sangkep thuanthu” pakhatnak a si. Thuanthu pakhat cu hramthok a si ih, Cui thuanthu hmaisai a cem hlan ah a dang thuanthu a run lut. Lenglam thuanthu cu Jesuh ih laicin pawl in kaih an tum thuhla a si, ziangahatile a thluak kim nawn lo ih an ruat ruangah a si(Marka 3:21). Sunglam thuanthu cu Jerusalem ihsin a ra mi daan thiam pawl in Jesuh cu khawsia ih umpi mi a si tiih an puhnak thuanthu a si. (Tuini zirlai cun Marka 3:22-30 ih um sunglam thuanthu sawn tu a hmuitin a si)

Marka 3:22 ah daan thiam pawl in Jesuh ih mi damter theinak cu Khawsia hnen ihsin a ra mi tiah an puh. Jesuh in a hmaisabik ih thusuhnak hmanhngih a letnak cu, “Ziangti saw Satan in Satan cu a dawisuak ding?” timi a si. Satan in amah le mah an dokalh aw ih hnatuan ding cu sullam nei lo zet thil a si. Jesuh cun lamram pakhat, innsang pakhat sung ih thenawknak thuhla a sim, cule

Satan amah rori hman in cuvek thenthek awknak a um cun hlawhtlinnak ding cu thil cang thei mi a si lo timi a langter. Asinan Bawipa cu cabuai lamah a her ih, micak pai’ inn sungih an lut theinak dingah cupa cu an tawnhrem ta a tul timi thuhla a vun sim. Himi tahthimnak netabik ah Jesuh cu Satan ih inn sungih a lut tu rukru a si ih, a saltannak ihsin suah zalen dingin thimnak lal cu a tawnhrem a si.

Siar ding: Marka 3:28-30. **Ziangsaw ngaidam theih lo soal cu a si, cumi sullam cu ziangsaw a si?**

Ngaidam theih lo soal cu Thiang thlarau dokalh ih, Thlarau hnatuan cu khawsia hnatuan tiih kawh khi a si. Marka 3:30 hi hmingsin aw, Jesuh in Marka 3:28, 29 ah khavek tongkam a hmannak san cu daan thiam pawl in thlarau borhbawlh a nei an ti ruangah a si. A ngaingai te cun Thiang Thlarau sawn a nei a si. Thiang thlarau hnatuan hi khawsia hnatuan tiih na kawh ahcun Thiang Thlarau thu na ngai lo tinak a si ding. Ziangahatile zohman in anmai ruahnak in Khawsia ih kaihhruainak a thlun duhtu an um lo.

Ziangtin saw “ngaihdam theih lo soal” cu na tuah ve men thei timi tihnak cun na tuah lo zia a langfiangter? Ziangruangah saw tihnak hrimhrim khal na nei hrih lo timi tarlang ih a um?

NINGA NI

July 18

Sangkep thuanthu : Then 2

Siar ding: Marka 3:20,21. **Jesuh ih sungkua pawl in a thluak kim lo vekih an ruahnak cun ziang dinhmun a thlen pi?**

Thinlung kim lo lamih puhawk hi a nasa zetmi thil a si. Hivek pawl hi mi pakhat a damthatnak ding hrangih

tihnung um tonnun a umnak ihsin ra suak mi a si. Jesuh ih sungkua pawl khal in khavak zawnin an ruat, ziangatile a buai thei tuk ruangah rawleinak ding caan hman a nei man dah lo. Annih cun cawlhter an duh, himi ciah hi lenglam thuanthu sangkep a a tawpna le daan thiam pawl in Jesuh cu khawsia thawn an um tiih phiarnak thuhla sunglam thuanthu in a ra um thoknak a si.

Himi sangkep thuanthu ih lenglam le sunglam karlak ah a danglam zetmi thil bangaw pahnih a um. Daan thiam pawl ih Jesuh an hmuhdan le amai sungkua pawl ih an hmuhdan a bangaw a si. A sungkua pawl cun a aa zo a si hi tiah an ti. Daan thiam pawl cun khawsia thawn an pawlkom aw tiah an rak ti.

Siar ding: Marka 3:31-35. **Jesuh ih sungkua pawl duhmi ziangsaw a si, cule ziangtin a rak let?**

Himi zawnte hi thil lamdang zet tla a bang. Nangmah lo hmu duh in na nu le na sungkua pawl in ra lo pan bangta sehla, hmu lo in na um kem? Buainak bik cu Jesuh sungkua pawl kha cui tikcu ah Pathian duhdan in an um lo. Jesuh cun thudik kha a theithiam ih, cule himi cahmai cun sungkua kha a zoh. Pathian duh zawnng a tuahtu cu a nunau pa, unau nu, le a nu an si. Anih cu Pathian fapa a si, cule Pathian duh zawnng ih anmah ten lamzin dikih a umtu pawl cu a sungkua pawl an si.

Himi Marka cabu sungih sangkep thuanthu pahnih pawl cun bangaw lo in linglet ververnak an nei veve. Sunglam thuanthu ahcun Jesuh cun innsang pakhat cu amah le amah a dokalh awk ahcun a ding suak dah lo ding tiah a ti. Veikhat vun zoh hruak ahcun lenglam thuanthu ahcun Jesuh ih innsang rori kha an thenthek aw thluh vek tla khi a bang zet. Asinan Jesuh cun himi thu harsa cu innsang simfiang kirsalnak in a relfel thluh. A sungkua

ngaingai cu Amah thawn Pathian duhzawnng a tuahtu pawl kha an si. (Zoh aw Luka 12:53, Luka 14:26).

Khristian san thuanthu fehtlang in mi tampi cun anmai innsang laicin ihsin riangvai zet in an thei aw theu. Hivek cu tonnun harsa zet a si. Himi cahmai cun Jesuh khal in hivek buainak a rak ton ve thu a langter. Ziangvek an si ti a theithiam ih, cule riangvai hnong mi pawl ih thilung theithiam in a hnem thei a si.

NIRUK NI

July 19

Ruah bet ding: Siar ding: Ellen G. White, “Levi-Matthew,” pp. 272–280; and “The Sabbath,” pp. 281–289, in *The Desire of Ages*.

“Sabbath ni ah mi damter a thiang maw?” timi thusuhnak a um tikah Jesuh cun, “Nan lakih mi pakhat in tuu pakhat nei in, cui tuu cu khur sungah sabbath ni ah tla bang sehla, thur lo le suah loin a um thei ding maw? Minung cu tuu hnakin ziangtluk a thupi sawn? Cuiruangah sabbath ni ih thil tha tuah hi a thiang a si, tiah a ti.” Matt. 12:10–12.

“Thlingthlatu pawl cun mipi hmaiah Khrih cu an sawn ngam lo, ziangatile anmah ten harsatnak ih barhlutawk an tih ruangah a si. Thudik a sim ti an thei. Pupa daan tuahmi siatsuah ding hnakin mina pa ih a tuar ding kha an duh sawn, cuti rualin a neitu ih a ngaihsak lomi ramsa hmuah bawm an duh zet fawn si. Pathian hmuihmel kengih tuahmi minung ai hnakin ramsa aa zet hrangah ngaihsaknak an langter deuh. Himi hi biaknak diklo hnatuan tahthimnak thawn simfiang mi a si. Minung hmuh ah anmah ten Pathian lam ih cawisan awk an duh tuk, asinan a rah suak mi cu ramsa hnuaiah minung an retnak hi a si. Pathian dokalh ih raltho biaknak

hmuahmuah cun sersiamnak ih a minung sunlawinak, Khrih sungih tuahtar sal dingmi cu a ruksak a si. Biaknak diklo pawl ih zirtir awknak pawl cun minung tulsam mi, harsatnak , le diknak pawl cu zianghman paisatnak nei loin an pawm thluh. Thuthangtha cun Minung cu Khrih thisen ih leimi a si vekin mankhung zet ah a ret, cule cumi cun minung ih duhmi le anhainak pawl a ngaihsak timi a zirh a si. Bawipa cun, “Minung cu sui tha hnakih sunglawi sawn ah ka tuah ding; minung rori hi ofir sui khentio hnak khalih sunglawi sawn ah ka tuah ding. Isa. 13:12.”—Ellen G. White, *The Desire of Ages*, pp. 286, 287.

RELKHAWM DING THUSUHNAC PAWL

- 1. Ziangmi kaihhruai awknak daan in saw nang le na tualsung kawhhran cu Marka 2 ih zengnat pa vekin daiten um ih hrehum tinak thei ringring dingin a lo bawm?**
- 2. Huatnak, pupa daan le zihawknak le Jesuh ih a paltlang mi rak hnongtu biaknak hruaitu pawl ziangtluk an mitcaw timi ruat aw. Cuticun mangbangza a tuahmi hmanah a hnen ih an lungthin an on duh lo tiang khal ruat aw. Minung kan si vekin ziangtin saw cuvek bangtuk thil pawl cu ka hnen ih thleng lo dingin kan fimkhur ding?**
- 3. An zumnak ruangih an sungkua pawl in zamrang zetih an hnongmi pawl hrangah ziangtin nan tualsung kawhhran in “sungkua” ih nan suah thei ding?**
- 4. “Ngaidam theih lo سوالnak” ih thusuhnac ahkhan vun cambang hrih ta aw. Cumi sullam le cuvek tuah lo dingin ziangtin kan um ding timi thuzirnak ah relkhawm tlang uh.**

ZIRLAI 4

July 20–26

TAHTHIMNAK

SABBATH SIIMLAM

Tuizarh sung siar ding: Marka 4:1–34, James 1:21, Isa. 6:1–13, Saam. 104:12, Dan. 4:10–12.

Bible cangken: **“Cun anih in an hnenah, Nan theihmi thu hi fimkhur uh: tahnak nan hmanmi thawn nanmah tah nan si ve ding: cun a theitu nannih tla cu tam sawnih pek nan si ding. Ziangahatile zokhal a neitu cu pek beet a si ding ih, a nei lotu cu a neihmi hman laksak a si ding, a ti.”** (Marka 4:24, 25, NKJV).

Tuizarh zirlai cu Marka 4 sungih um tahthimnak thu a si ding. Marka cabu cu thuthangtha cabu bangaw deuh hlir (Mathai, Marka, le Luka) lakih tahthimnak um malbik a si. Kum tamzet cu zirsang cathiam pawl cun Jesuh ih tahthimnak a sim sullam simfiangnak ahhin an thu hmuhdan a bangaw lo ruri hai : Ziangtin simfiang ding a si, ziangsi an duhsan, ziangah Jesuh in a hmang hai, ziangmi saw zirlai langter dingih phum aw mi, a ngaingai in ziangti ih lak ding, asilole a thianghlim mi tahthimnak men tla a si thei, cule hmailam ih a thleng ngaingai ding khal a si thei.

Thungai in hivek el buai awknak pawl hmuahhmuah hi tuizarh ah kan relfel lo ding. Cu bang pawl cu kan zoh ding ih, Pathian zangfahnak in himi tahthimnak hmangih Jesuh ih a rel tummi pawl kan theithiam ding a si.

Marka 4 ahhin tahthimnak panga : - Thaici vorh, kho khuh mi meifar, thlaici hungthang le antam ci tahthimnak pawl an si. Himi bungcang ih thupi bik cu thaici vorh tahthimnak a si. Himi tahthimnak hi rel hmaisabik mi a si ih, tahthimnak ih san le vang pawl in a run thlun ih, cule tahthimnak ih simfiangnak khal a run um hngal. Himi karbak pathum ummi cu Nikhat ni, Nihnih ni le Nithum ni zirlai in a hmuitin ding a si. Cule tahthimnak dang pawl cu Nili ni le Ninga ni zirlai thupi a si ve thung ding.

NIKHAT NI

July 21

Thlaici vorh tahthimnak

Siar ding: Marka 4:1-9. **Leiram bangaw lo pawl kha ziangvek saw an si, cule cumi parih a tla mi thlaici pawl ziangtin an um?**

Jesuh in Thuthangtha cabu sungih tahthimnak thu a relmi vun siar tikah, mipi tam zet cun Jesuh ih pekmi simfiangnak ah an dawp cih hngal theu. Cumi pawl hmuahhmuah cu thuanthu pawl ih a hmuitin mi – Khristian nun hrang ih thlarau thutak zirnak an si lo maw si? Si tuk ee.

Asinan khuimaw caan ahcun simfiangnak tawite, “Pathian ram uknak cu cutivek a si” asilole “Theihnak hna a neitu cun thei seh” ti lo hi cu Jesuh in tahthimnak hi a simfiang nawn lo theu. Thuanthu ih a sim duhsan phun dangdang theihthiam dingin nuamnai teten hliakhlai ih nuamten zohfel hi a tha zet. Hivek in thlaici vorh tahthim thu khalah ruahdan dangdang a hung suak. Himi ahhin thlaici cu an bangaw thluh, asinan hmunram bangaw lo hmun 4 ah an tla. An tlaknak hmun cun thlaci hung suakdan ah sullam a nei zet. Thuanthu pakhat lawng peh

vivo lo in, tahthimnak cun pakhat ciar an famkim thluh theinak dingah bulpak thuanthu tahthimnak pa 4 a sim. Thuanthu saulam cu pakhat a theh in a dang in a run peh vivo hngal.

Lamzin parih a tla mi thlaici cu zamrang zetin vate pawl in an ei hngal. “Cun hiti hi a si, thlaici a vorh tikah a hrekhat cu lamzin kapah an tla ih, van vate pawlin an ra cuk thluh” (Marka 4:4).

Lungto lakih a tla mi thlaici cun a keuhmi siatthluhnak dingin ni reilote lole zarh reilo zet caan a la, cumi cu nisa in a siatsuah thluh.

Hrampi lakih a tla mi cun hlingbur ih a khuh thluh tikah hung thang in rah a rah thei lo.

Leiram tha ih a tla mi thlaici cu tikcu tinkim ah rah nei in a thangso ih, lorawl hrang khalih a tha zetmi a si.

Thuanthu pathum cu an sungral; netabik pakhat lawng a hlawhtlin ih lorawl tha a suah. Thuanthu ih sau zawng cu a dang thuanthu pawl ih sauzawng tikcu thawn an bangaw thluh, cule thuanthu pakhat lawng a hlawhtlin, a dang pawl cu sunralnak hlir an khihhmuh, asinan hlawhtlinnak cu a hungsuak a si.

Tahthimnak cun dungthluntu sinak ih mankhun zia le tihphannak a tel zia a hmuitin vektla khi a bang zet, asinan Jesuh thlun cu laksawng tamzet a si.

Himi ihsin ziangvek thlarau lam zirlai dang saw kan lak thei ding?

NIHNIH NI

July 22

Jesuh ih simfiangnak

Jesuh cun tahthimnak a sim theh zo, simfiangnak cu a pe hngal lo. A bungcang ih a langdan vek a sile (Marka 4:1), Jesuh cun “mipi tampi” hmai ah thu a sim. Cumi

thluh hnuah tahthimnak ih sullam a simnak cu minung malte hnenah a si (Marka 4:10).

Siar ding: Marka 4: 13-20. **Ziangtin saw Jesuh in thlaici vorh tahthimnak kha a simfiang?**

Jesuh cun thuanthu sung ih a um mi ih a khihhmuh mi pawl hmangin simfiangnak a nei. Simfiangnak cun thuanthu hi leitlun ngaingai relnak a si timi a langter ih, cipciar zet in thil pakhat lawng relnak a si lem lo.

Jesuh cun thlaici cu “Thu” tiah a relfiang. Himi cu Pathian thu a rel duhnak a si ih, a hleice in Jesuh ih phuangsuaq mi hi a si. James 1:21 ah, “Curuangah bawrhhlawnak hmuahhmuah le ukneh theihlo sualnak ih a khat liam mi cu hlawn hlo uhla, nan thlarau rundam theitu dingih tuhmi thu cu hnuaidornak thawn cohlang uh” tiah a ti (ESV).

Leiram dangdang cu thu ngaitu mi dangdang relnak a si. Jesuh ih simfiangnak ah mikip in thu cu an thei; cumi cu leiram hmuahhmuah in thlaici dawnnak ding an nei cio tinak a si. Asinan rak cohlangdan cu phun dangdang a si. Leiram lamzin cu a harsa zet, thlaici cu vate pawl in an thlirhlo thluh. Himi hi satan in thudik a lakhlo thu thawn Jesuh cun a peh awkter. Lungto ih a tla mi cu a vung thuk deuh. Himi hi Jesuh cun dungthluntu sinak ih mankhun zia siar thiam lotu pumpe aw zet mi daithlang pawl relnak ah a hmang. Hrambur leiram ih a tla mi cun thlaici cu a zap thluh. Jesuh cun himi cu Pathian thu thangso ding rak zap tu lennak le nun ngaihsaknak a si thu a simfiang. Asinan leiram tha ih a tla mi pawl cu Pathian thu thei ih rak dong tu pawl a khihhmuh, cuticun an thangso ih, cemni nei lo in rah an suah a si.

Simfiangnak saubik cu lungpi parih a tla mi le hrambur ih a tla mi an si. Lungpi parih tla pawl cun thu an

ngai, Jesuh cun an danawknak tahthim in a khihhmuh – lungawinak thawn thu an pawm, asinan reilote sung lawng dungthluntu an si. Harsat hremnak a um tikah, an thusal mai. Hrambur lakih a tla mi pawl khal in thu an rak dong ve. Harsatnak a um caan khalah an tlu ve maimai lo, asinan thiltha ruangah an tlu sawn a si. An hmuitin mi cu Pathian ram uknak siloin leilam thilri ah a si sawn. Leitlun ih a pek mi pawl lawng an ngaihsak ih an ruat sawn riangri.

Nangmai nun kha vun zoh ruat aw. Na nun ih tonteh mi lamzin ah lungpi asilole hrambur pakhat sangsang ih tla mi an um maw? Himi hi na theihnak ai hmanin a tam sawn men thei. Thleng tul ding bangta sehla thleng dingin ziangmi duhhrilnak saw na tuah ding?

NITHUM NI

July 23

Tahthimnak ih san le vang

Siar ding: Marka 4:10-12. **Ziangruangah saw Jesuh in tahthimnak in thu a zirh?**

A tlun ih bungcang ummi vun siar tikah Jesuh in lenglam pawl thim ih an um theinak dingin tahthimnak hmangin thu a zirh mi cun thinlung a neh zet. Asinan Marka sung ih Jesuh ih hnatuandan thawn cun an bangaw tuk lem lo. Marka 3:5,6 ah Biaknak hruaitu pawl ih lungruh tuk ruangah Jesuh a riahsiat thu a um. Marka 3:22-30 ah Jesuh cu daan thiam pawl thawn thungai thlakin thukam an el aw ih, ziangruangih palh saw an si timi khal cipciar zetin a sim. Marka 12: 1-12 ah biaknak hruaitu pawl cun Jesuh in talent tahthimnak a simmi cu anmai thuhla a si timi an theithiam. A ngaingai te cun himi hi amah an dokalhnak cun hmai a hruai ding ih, siatnak rapthlak zetin a run thlun ding timi ralring peknak a si. Anmah ruat lo bangta sehla, ralrinnak khal a pe zik lo. Cumi ihsin a

hungsuak mi cu Marka 4 sungih Jesuh ih a rel tummi theithe dingih nai deuh ih zoh a tul. Jesuh cun Isaiiah 6:9,10 thuhla fiangternak a nei a si.

Siar ding: Isaiiah 6:1-13. **Hitawk ah Isaiiah ziang a cang, cule Israel hrangah ziangmi thuchah saw a pek?**

Isaiiah cun biakinn sungah Pathian ih langnak a hmu, cule a thianghlim lonak cu Pathian sunlawinak cun a run khuh thluh. Pathian cun a thianghlimter ih, thuchah phuung ding in thuneihnak a pek. Marka vek ciah in Isaiiah sung hmuahhmuah ah Pathian minung pawl hmemnak thu tampi a um.

Isaiiah 6 ih thuchah hi mipi pawl an sualnak ihsin kirsal dingih thangphawknak a si. Marka cabu sungah Jesuh ih tongkam theihthiam theinak tawhfung cu Marka 3:35 ah hmuh a theih. Jesuh tongkam le thuzirh mi theihthiam ding cun Pathian duhzawng kan tuah tengteng a tul (Marka 3:35). Himi in minung cu Jesuh ih innsang ah a hrailut a si. Jesuh cu khawsia ih kaihhruai mi a si tiih thutluknak a tuahtu pawl cun a thu an ngai zik lo.

Jesuh in Isaiiah 6 ihsin a run laksuak mi ih khihhmuh mi cu Pathian in minung pawl a hnong ti siloin anmai ngaihdan le lungruhnak cun rundamnak thudik an pawm theinak ding kha a rak khamsak a si.

Himi thudik cu thlaici vorh tahthimnak ih pawmdan lamzin kual a si. Ziang leiram ah timi cu an hril thluh. An zaten Jesuh ah an pumpe aw ding maw dinglo timi cu anmai hrangah thuthluknak an tuah thluh. A netnak ah duhhril ding kan nei cio thluh a si.

NILI NI

July 24

Meifar le kho tahnak

Siar ding : Marka 4:21-23. **Meifar tahthimnak ah Jesuh ih thupi hleice ih a retmi kha ziangsaw a si?**

Jesuh san ah leitlun hmun thenkhat ih inn um pawl cu an umnak le an lendan ah thum aw in an inn sakdan le a tum lam tivek khal an bangaw lo rui. Grik pawl tuahdan thlun in suum tual nei in, inn an sak cio thluh, asinan an thutheih fimnak pawl cu a an bangaw cio lo. Asilole Jesuh in lothlo pawl ih inn fate zet thuhla a rak sim tla si men thei. Inn tum khal siseh, a fate khal siseh, thuhla hrampi bik cu : ni khat ni ah Jesuh ih thudik cu a lang leh ding timi hi a si.

Marka 4: 21 ah Jesuh cun thusuhnak pahnih a suut hai. Pakhatnak cu letnak tha lo ih beisei a si, “ Meifar cu kho hnuaiah asilole ihkhun hnuaiah ret dingin an la dah maw si?”. Thusuhnak a pahnihnak cu a tha lam zawngih let dingin beisei a si, “ Meifar vannak ko parih ret dingah a si sawn lo maw?” Jesuh cun a thurel mi cu thil awmang lo deuh, hmuithlam vekih a langmi a run relsuak. Meifar cun eng a pe suak, asilole an tumtahmi an hloh ding. Marka 4:22 cun thuthup cu mipi hmai ih pholang a simi tahthimnak cu a simfiang. Email simaw, computer simaw midang ih thamsaknak a tongtu zo khal in mipi theih ah a au suahpi theu a si. Asinan Jesuh ih relmi thuhla cu thuthangtha hi a si.

Siar ding: Marka 4:24, 25. **Jesuh in ziangmi kho tahnak ih tahthimnak thawn saw zirlai a suah pi?**

Leitlun hmun tamzet ah, thil thar cu bazar ah langngan in zuar a si theu. A zuartu pawl khal in an zuar laimi thilri tahnak cu an nei tha zet. Thilri leitu pawl in dik le fel ih an ngai theinak dingah a zuartu pawl in malte an bet theu hi thil ti theudan kel a si. Jesuh cun thudik phuannak thuhla ah thilzuar tu in a leitu hnen ih a thatnak pawl a run la suak. A ongaw ih tleunak a thluntu pawl cu tamsin in an ngah bet ding. Asinan tleunak cu a hnon cun a hlan ih a rak neih cia hman kha lakhlo sak an si ding.

Na hmanmi tahnak in nangkhal tah na si ve ding timi thu hrampi ihsin ziangvek zirlai tha deuh saw kan zir thei ding? Midang pawl thawn nan pehtlaiawk dan pawl hmuahhmuah vun ruat aw.

NINGA NI

July 25

A thangmi thlaici tahthimnak

Siar ding: Marka 4:26-29. **Himi tahthimnak ih a hmuitin mi bik hi ziangsaw a si?**

Thuthangtha Marka ih ummi hi Mathai lole Luka lole anmah pahnih ahhin bangaw mi a tam zet. Asinan cumi ah himi tahthimnak hi a um lo. Hihi Marka ih danglamnak a si. Himi tahthimnak tawite ih hmuitin bikmi cu thangso vivonak timi hi a si. Jesuh cun himi hi Pathian lalram hnatuan umdan ding a si timi a langter. Minung in tuanvo a nei ve, asinan a thangter ngaingai tu cu Pathian a si. Cumi cu cemni neilo thangso rero ding tivek lam a si cuang lo. Thlaici lak a cut tikah hmakhatte ah thuanthu a rung cem hngal. Cutivek ciah in, veihnihnak Khrih a ratsalnak ding tikcu caan in hmakhatte ah leitlun thuanthu cemnak a run kengtel ding a si.

Siar ding: Marka 4:30-32. **Antam ci tahthimnak ih thil thupi zet kha ziangsaw a si?**

Himi tahthimnak cun ziang simaw thil fate zet khal hmingsintlak tumzet ih a hung cang theizia a tarlang. Antam ci hi diameter ah 1 ihsin 2 millimeter an tah a si(.039 ihsin 0.79 letmah). Hitawk ih relmi hi antam dum, a ci fate zet kha a si ding (Gram pakhat ah ci 700 tlun lai a um). Leitlun ih thlaici tebik si lo khal sehla an fate tuk, a hleice in rah a hun suah mi thawn vun tahthim cun an fate lutuk, a kung tla cu Meter 3 (pi 10) tlun a sang thei ih, tum zetin a thang thei. Jesuh in antam kung hngetek ah

vate hman in bu an sak timi a thei. Himi theihternak netabik hi Saam 104:12 le Daniel 4:10-12 ihsin laksuak mi a si. Saam 104 ah Pathian huham in leitlun a tuah tu a rel ih, Daniel 4 ah Nabukhanazar cu a hnuai ih leitlun mipi pawl an cawlh ih rawlei ding an hawl hmuhnak thingkung tumpi vekin a rel.

Jesuh ih a rel mi cu Pathian uknak, fate zetih hramthok mi, tum le thangso zetih hung um dingmi a si. Jesuh san ih minung pawl cun Galilee ihsin a ra mi zirhtu le a dungthluntu pawl cu an rak hmuhsuam zet tla si men thei, asinan zangfahnak ih a Lalram cu leitlun pumpi ah a thangso vivo timi cu tikcu caan in a langter a si.

“ ‘Cule miphun hmuahhmuah hnenah theihpitu si dingah hi Lalram thuthangtha cu Leitlun pumpi ah phuahsuak a si ding, cui hnuah netnak cu a ra thleng ding’ “ (Matt. 24:14, NKJV). Khavek simcianak Jesuh ih tuah tikah ziang “kawhhran” thawn saw milaw bik timi ruat aw.

Ziangahsaw hivek ih hmingsintlak zumnak lamih a dik timi simcianak hi (kan hrangah)a rak um?

NIRUK NI

July 26

Ruahbet ding: Siar ding: Ellen G. White, “ The Sower Went Forth to Sow,” pp. 33–61, in Christ’s Object Lessons.

“Thianhlimnak dik cu Pathian hnatuan ah a um thluh. Himi hi a dikmi Khristian nunnak ih um dinhmun a si. Khrish cun a zaten kekdarh loin thiangter in duh. Anih cun thinlung, ruatnak, thlarau le cahnak pawl a ngen. Mahte ih lungawi ding a si lo. Amah ten nun a hmangtu cu Khristian a si lo.

“Duhdawnak cu cangvaihna bulhram si hramseh. Duhdawnak cu lei le van ih Pathian ramuknak ih bulhram bik a si ih, Khristian ziaza dinnak bulhram khal a si tengteng a tul. Himi lawngin fekzetin a dingter thei dingih

a kilhim ding. Himi lawng in harsatnak le hniaksaknak ah hnget zetin a dingter thei ding a si.

“Duhdawtnak cu pumpekawknak ah a langsuaq ding a si. Tlennak khawkhan khal kha pumpekawknak – tah theih lo thuk, sang, kau zet pumpekawknak ih thum aw mi a si. Khrih cun kan hrangah ziangkim in pe thluh, cule Khrih a cohlang tu cun anmah rundamtu ruangah ziangkim pumpe aw thluh dingin an ralring cia ding a si. A zah umnak le a sunlawinak hmai ah zianghman an ra thei zik lo”—Ellen G. White, Christ’s Object Lessons, pp. 48, 49.

RELKHAWM DING THUSUHNAK PAWL

1 .Duhdawtnak cu cangvaihnak bulhram si hramseh. Duhdawtnak cu lei le van ih Pathian ramuknak ih bulhram bik a si.” Thinglamtah in kan hrangah himi mangbangza thudik hi ziangtin a langter? Kan nun ahhin himi duhdawtnak hi ziangtin kan langter ding? Ziangah kan langter tengteng a tul?

2. Jesuh cun tahthimnak cu thimnak ah lenglam mi pawl ih kil dingin a rel a si tiih a lo simtu mi pakhat hnenah ziangtin na let ding? Ziangruangah saw Jesuh, minung sinak (1 Johan 2:2) hmuahhmuah nei ih thinglamtah ih thi tu khan anmah rundam dingih thinglamtah ih a thihsan mi minung pawl kha thimlak ah hranhram ih a retnak san?

3. Meifar cu a ko parih um ding a si, kho hnuai ih um ding a si lo (Marka 4:21). Himi hi nan khawtlang pumkhawmnak le na kawhhran ah hmang aw. Ziangtin saw eng cu tleu sinsin dingih na tuah thei ding?

F-4

4. A thang mi thlaici tahthimnak kha vun ruat aw (Marka 4:26-29). Thuthangtha thlaici a than theinak dingih milai tuanvo kha ziansaw a si ih, Pathian tuanvo teh ziangsaw a si? Ka tuanvo cu kan tuah tla a rak si thei, ziangtin saw Pathian ah kan thum aw ngaingai timi hi kan theihthei ding? Himi rinsan pumhlumnak in thansohnak dingih kan tuan tulmi ziangtal ahhin thathnemnak a nei kem?

ZIRLAI 5**July 27–August 2****TILI KIANGKAP MANGBANGZA****SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 4:35–41, Saam. 104:1–9, Marka 5:1–43, Mipum. 27:17.

Bible cangken: “Asinain Jesuh in a siang lo ih, a hnenah, Inn ah na rualpi pawl hnenah va tlung awla, Bawipa in na hrangah ziangtluk thil maksak a tuah ih, ziangtlukin zungna a lo ruat ti kha va sim hai aw, a ti.” (Marka 5:19, NKJV).

Jesuh ih Pathian hnatuannak hi Galilee ahhin a nasa zet ih, a hleice in Galilee tili kap hrawng ah a si theu. Galilee tili hi pen 13 (21 km) hrawngih sau a si ih, a kauh lam hi peng 8 (13 km) hrawng a si. Cutawh hmun ram hrawngih tidai um tamnak bik a si ih hlei ah, a kiangkapa ih um minung pawl ih an nunnak laimu bik khal a si.

Marka 4 hi Jesuh le dungthluntu pawl Galilee tili ah khualtlawng ih an fehnak thawn khar a si. Thlipi a tho ih, Jesuh cun thlipi le tilet pawl cu nun a sim ih an dai thluh. Marka 6 khal cuvek deuh nawn ih khar a si, asinan himi ahcun Jesuh cu a dungthluntu pawl ih umnak long lam pan in tidai parah a feh. Himi tidai parih thil a cang mi pahnih hi Jesuh in leipar ih a tuahmi mangbangza tamzet lakih tel ve mi an si. A dungthluntu pawl ih missionary hnaturan cangvaihnak hmaisabik a si. Himi thuanthu pawl cu tuizarh ih kan zoh dingmi thupi pawl an si.

Himi thuanthu mawizet ih ziaza tamzet cun a siartu pawl in Jesuh hi zo a si timi an theih ding a duh zet. Anih cu thlipi daiter thei, khawsia polhmi damter thei, A hnipuan tham ngah men hmanin nunau in damnak a co phah mi, nunau nauhak thihnak ihsin thoter thei tu, Ama i suahnak khua rori hman ih thusimtu, thuthangtha sim dingih a dungthluntu pawl a thlah tu, sang le nga malte thawn mipum 5,000 rawl a dar tu le tidai parih a fehtu pa a si. Huham nasa zet mangbangza a langternak cun dungthluntu pawl in Anih cu Pathian fapa a si timi an theihthiam sinsin theinak dingah naite ah a hruai a si.

NIKHAT NI**July 28****Thlipi daiter**

Siar ding: Marka 4:35-41. **Hitawh thuanthu ah ziangthil a cang, Jesuh hi zo a si timi thuhla ihsin ziangmi zirlai saw kan zir thei ding?**

Marka 4 hramthoknak ah tipi kap ih um mipi pawl thu zirh dingin long sungah Jesuh a lut. Marka 4:10-12 ahhin Jesuh cu long ihsin a suak ih a thupthiar in dungthluntu pawl a bia vek a bang. Tu ahcun reizet thu a zirh hnuah dungthluntu pawl cun Jesuh cu “Amah a sidan vekin” long sungah an hruai, phundang deuh ih kan sim ding asile a thazang a bangtuk tinak a si. Zamrang zetin long tohkham ahcun a it that hngal, cule long cu a rung awn ciamco. Tipi ahcun thli a tho ih, dungthluntu pawl in an va thang ahkhan long hi pil thei dinhmun ah a um zo. Cule Jesuh cun tisuar le thli cu daiten um dingin thu a pek. Tipi cu a rung dai reprep thluh. Theithiamnak nasa zet thawn dungthluntu pawl cun Pathian huham hnaturan cu an tih zet.

Siar ding: Saam 104:1-9. **Ziangtin saw hitawk ih Yahweh cu Khrih ih thlipi a cawlhter mi thawn tahthim a si?**

Marka 4:35-41 sungih thuanthu hi Bible lam ih hmanlar mi thu bulhram “Theophany” an timi thawn an milaw zet. Cumi cu Pathian asilole a vancungmi lakih pakhat ih langnak timi a si. Himi thil a thleng mi ahhin mangbangza thil zaran pa 5 a um: (1) Pathian huham hmanna (2) Milai tihnak (3) Thupek, “Tih hlah” (4) Pathian lole vancung mi langding ih phuansuahnak tongkam (5) Thuphuansuahnak milai ih rak letnak tipawl an si. Pa 5 lakih pa 4 cu himi thuanthu ah a um – thlipi daihter kha Pathian huham hmanna a si. Dungthluntu pawl ih tihphannak kha milai tihnak cu a si. Thusuhnak, “Ziangruangah nan tih?” timi cu “Tih hlah uh” tinak a si. Dungthluntu pawl ih thusuhmi, “Hipa hi zosaw a si ke?” timi cu milai ih rak letnak a si. A kim lo mi tongkam cu phuansuahnak timi hi a si. Himi te cu Thuphuan cabu / thuthup cu ah a pum pumhlum in a khat thluh, cutawk ahcun Jesuh ih thuhla cu a rung putsuak thluh. Hitawk ah dungthluntu pawl ih thusuhnak “Asile hipa hi zo saw a si ih thli le tipi hman in a thu an ngai?” timi cun casiar tu in phuansuahnak tongkam hlomi cu thinlung ih um thluh dingin a nor a si. Anih cu Pathian fapa a si, amah kha Bawipa cu a si.

Pathian huham kha vun ruat aw. Himi huham ah thum aw ngam dingin le na nun ih thil ziangkim ah rinsannak nei dingin ziangtin zirlai na zir thei?

NIHNIH NI

July 29

Tlunlam au-aw na thei maw?

Siar ding: Marka 5:1-20. **Himi mangbangza thuanthu le Jesuh huham thuhla ihsin doawknak maksak thuhla ziangsaw kan zir thei ding?**

Tili kap ih an um hlan zan boruak kha theihngilh theihlo mi a si ahcun a thaizing ih Gadarenes an thlen kha thinlung kai tho zet mi a si ding. Thuanthu ih khawsia polhmi pa cun a thinlung kekkuai thluh in thu a au suah pi. Thil ziangkim in a thiar fihlim aw thluh ih, thlan ah a um ih, lungto in Amah ten a taksa a at aw. “Amah doneh dingin zohman in thazang cahnak an nei lo” (Marka 5:4, ESV) – Cule Jesuh a tong.

Hipa hi Jesuh hnenah a va tlan ih, dungthluntu pawl hnenah tongkam khat hman a tong lo (An rak tlan hlo thluh si ding). Jesuh kiang ih a ra thlen tikah A hmaiah a va tlu. Hitawk ih “tlu” timi hi Grik Verb *proskyneo* ti a si ih, cumi cu “Cibai buk” tinak a si. Hipa in Jesuh cu amah bawm theitu ding mi pakhat a si ti a rak thei tla a bang zet. Asinan a ka a an tikah hipa in khawsia kaihtremnak ihsin zangfah a dilnak awkam mente rak theitu a sungih um Khawsia cun Jesuh a run hro. Jesuh hnenah vok rual sungih thlah zalen dingih a dil tikah Jesuh cun siannak a rak pe ih vok rual sungah cun a lut ter hai. Vok rual hi an zaten 2000 hrawng an kim ding, Cu ti cun tlangkham ah an va tlan ih tidai lakah an dawp thluh. Himi cu a neitu hrangih paisa lamih siatsuah awknak nasa zet a si.

Jesuh hi zo a si timi Khawsia pawl ih an theih hi ziangvek mangbangza saw a si, Cule A hmai ah zianghman an si lo zia khal an thei aw. Curuangah an dilmi tuahsak dingin voi hnih rori “Amah an ngen” (Marka 5:10, 12, NKJV) a si kha. A ngaingai te cun an tlun ih huham a neihzia an thei thluh. Himi thuanthu ahhin zianghman ih siar lo ih hnongmi thil pa 2 a um : Pakhatnak cu himi thil cu thianghlim lo bawrhhlawh hlirin a khat thluh, asilole Thukam hlun daan vek a si cun thianhlim lonak a si. Thlan le mithi cu thianghlim lo ih ngai a si (Mipum. 19:11, 16). Thisen suak khal in mi a thianghlimter thei lo (Pui 15). Vok pawl hi thianghlim lo an si (Pui. 11:7).

Asinan, a pahnihnak ahcun himi thianghlim lonak cu sia le tha karlak doawknak ih dunglam le hmailam a si. Jesuh cun khawsia a dawisuak (Jesuh hrangah hmat hnih), khawsia pawl cun vok pawl an that (Satan hrangah hmat hnih). Khawsung mipi pawl cun Jesuh cu suak dingah an ngen (Satan hrang hmat hnih), asinan Jesuh cun a thutheihpitu si dingah a damter mi pa cu a thlah (Jesuh hrang hmat thum). Lamzin hrekkhat ahcun himi pa hi Pathian hnatan ding cu a si lem lo, asinan mangbangza thuanthu sim ding cu a nei ngah.

Ziangvek ih harsatnak na neih khalah a lo bawmtu ding Jesuh ih huham cu himi thuanthu ihsin ziangsaw na rak lak ve thei ding?

NITHUM NI

Jesuh thawn um khawm

July 30

Siar ding: Marka 5:21-24. **Ziangmi thuhla saw Jairus in a run dinsuah pi?**

Jairus vekih biaknak lam hruaitu pawl cun Jesuh hi an kawm ngaih dah lo (zoh aw, Marka 1:22; Marka 3:2,6; Luka 13:14). Curuangah anih cu a khawruahnak cem thla khawp in ziang tuah ding timi hman thei lo khawp in a um a bang. Himi khawruah cem thinbangnak hi Jesuh hmai ih Jairus a bokkhawp ihsin a fiang zet. A dilnak cu zovek nupa khal in an theithiam ding, a fanu cu a thi zikte a si. Asinan Jesuh cun a bawm thei ding timi zumnak a nei. Zianghman tong loin Jesuh cu cupai' inn ah feh ding in a poksauk.

Siar ding: Marka 5:25-34. **Jairus inn lam pan ih an feh lai ah ziangin saw run tibuai?**

Zamrang zet in thuanthu cu a dang in a run thlun cih hngal- kum 12 sung rori rapthlak zet in damlo nunau

pakhat a si. Himi Jairus le nunau nu hi Marka cabu sungih sangkep thuanthu pahnihnak a si (zoh aw, Marka 3:20-35, zirlai 3 ih um mi kha). Hitawk ih thuanthu bangaw zet mi cu Jairus le nunau hi bomnak dilin Jesuh hnenah a ra timi a si.

Nunau nu cu Jesuh dunglam ihsin a hungsuak ih, a puan a tham. Zamrang zet in a dam hngal. Asinan Jesuh cun, “Zosaw ka puan tham?” tiah thu a suut hai. Nunau nu, dam lo ih um ringringtu kha zamrang zet in a dam hngal, asinan himi thil cangmi ruangah Jesuh a thinheng ding kha a tih zet. Himi cun a thinlung a buaiter zet. Asinan Jesuh cun damter a duh, a taksa lawng siloin a thlarau tiang in a damter duh a si.

Cule Jairus lamah a her sal (zoh aw, Marka 5:35-43). Cumi cu sinakok ih hruaitu pawl hrang khalih thinlung buaitertu a si. Jesuh cun Piter, James, le Johan bak lo cu zohman a rualih feh a awih lo. Jesuh cun nauhak nu te cu a thi lo ih a itthat men tin a sim. Anih cun mithi ngai ih tap tu pawl hmuahhmuah a dawisuak thluh ih, a thimi nunau an hlumnak lam cu a va pan. A kut a kai ih, “Talitha Koum” tiah a ti. Himi tongkam hi Marka cun, “Nute, hung tho aw” tiah a ti. A ngaingai te ahcun Talitha timi tongkam cu “Tu no” relnak a si. Hivek hi inn lamih nauhak duh kawhnak ih an kawh theudan a si. Thuthup kilhim dingih thu a pek mi khal himi Marka sungih um phuanawknak a si. Cumi cun Jesuh hi zosaw timi a khiihmuh. Anetnak ahcun daiten a umpi men thei nawn lo ding.

NILI NI

Hnonnak le lomnaks

July 31

Siar ding: Marka 6:1-6. **Ziangah saw Jesuh ih umnak khua pawlin amah cu an hnong?**

A ngaingai te cun khawpi pakhat ih hminthang an um tikah mipi pawl cun an ngaihsak. Asinan Nazareth ahcun a si ve lo. Jesuh hi zirhtu asinak le damtertu a sinak a hlawhtlinpi mi cu mak an ti ih, an dokalh. Capernuam ih mangbangza tampi a tuah mi ahkhan huatawnak thenkhat a um (zoh aw Luka 4:23). Cule a sungkua pawl thawn thuhla an rak hmu aw lo zo (Marka 3:31-35).

Siar ding: Marka 6:7-30. **Dungthluntu 12 pawl ih hnatuan le tipil petu Johan ih luttannak thawn ziangtin saw an danglam awk?**

Himi hi Marka cabu ih sangkep thuanthu palitnak a si(zoh aw, zirlai 3). Dungthluntu 12 pawl in Jesuh thuchah mi hmuntin ih thlen dingih an hnatuan mi cu tipil petu ih tlawngtlaknak le daiten umnak thawn an danglam aw tuk. Dungthluntu pawl cu tleunak ih khualtlawng dingin le midang bomnak ih vathum aw dingin fial an si. Himi kaihhruaiawknak cun mi bomnak ih thum aw dingin Pathian hnatuan tu pawl a umter, cumi cun an thuchah kenmi rak tulzet tu thawn sihcih aw dingih bomnak a si.

Asinan tipil petu cun cuvek sihcih awknak cu Herod le a innsang ah a nei ve lo. Johan ih thihnak ah Herod ih ruatnak dangdang le lernak cu Herodias in a hman tangkai thiamnak ihsin suak mi a si. Herodias fanu cun tipil petu ih lu cu kheng ih run keng dingih a ngennak mangbang thlakza cun khawkhannak ningzak thlak zet a run bet vek tla a bang zet.

Tipil petu ih daiten ummi aw fiang zet cu dungthluntu 12 pawl in sualsirnak an phuang tikcu ah a hung cang. Tipil petu ih tuahdan vek ciah in an tuah. Johan ih thihnak cun Jesuh thihnak a rak zohter cia. Johan cu a thi ih, an phum, cule a thihnak ihsin a thosal tiih phuandarh a si(Marka 6:14-16, 29), cuvek ciah in Jesuh khal a hung um ding (Marka 15 and 16). Himi thuanthu

pawl cun Jesuh le a dungthluntu pawl hrangih a ra lai dingmi harsatnak a rak khihhmuh a si.

Jesuh vekin hnongin na um ve dah zo maw, lole buainak theithiam dingin harsatnak tivek teh na paltlang zo maw? Hivek tonnun ihsin ziangsaw na zir ngah mi um, cumi cun hmailam caan ah hivek rak tong bang sehla a lo bawm thei kem?

NINGA NI

August 1

Messiah ih phun dangdang

Siar ding: Marka 6:34-52. **Jesuh le a dungthluntu pawl in ziangvek buainak saw an ton, cule ziangtin saw an relfel?**

Dungthluntu pawl cu an hnatuannak ihsin an kirsal tikah Jesuh thawn Galilee tipi kap lam ih um khawte ah cawl hahdam dingin an feh. Asinan anmah hman an thlen hlanah mipum 5,000 lai an rak thleng zo. Annih pawl cu khal tu neilo tuu rual vekin Jesuh cun a hmu. Nikhat pumhlum thu a zirh. Siim lamah mipi pawl in rawl an hawl theinak dingah thlah thluh men dingin a dungthluntu pawl cun thuron an pe, asinan Jesuh cun rawl dar dingin a rak sim hai. Tongkam a hung ummi cun (Marka 6:35-38) dungthluntu pawl in minung minunnak in buainak ziangtin relfel ding a si timi an ruat ti a langter. Ziangkhal sehla, Jesuh cun buainak cu sang panga le nga pahnih in mipi tamzet rawldarnak mangbangza thawngin a relfel thluh a si.

Himi thuanthu cun Jesuh san ah Messiah thuhla ruahnak ih hminthlang zet dinhmun a run luah. Messiah cun Israel pawl cu an doral ihsin luatnak a run thlen ding ih, diknak le daihnak a run keng ding timi hi an ruahsanbik mi a si. **Nelrawn ih mipa tam zet pawl cun**

ralkap lam hoi raldoawknak thinlung put nei khal an tam zet (Zoh thim ding, Johan 6:14, 15; Tirthlah 21:38).

Hi ruahdan hi Jesuh in mipi pawl cu, “Khaaltu neilo tu” vekih a hmuh thu a relnak hin thazang a cak ter ih, himi hi mipum siarnak 27:17 sung ihta lak suah mi a si. Cumi ahcun Moses in Pathian hnenah amah thluh hnu ih Israel hrang hruaitu ding ruat dingin a ngen a si. Pathian hrangih tuu khaltu thuhla hi thukam hlun hmundang khalah hmuh ding a um, cumi pawl cu Israel pawl in siangpahrang le hruaitu an tuldan pawl khihhmuhnak a si (Himi thawn zohkop aw, 1 Siang 22:17; 2 San. 18:16; Ezek. 34:5, 6).

Asinan Jesuh cun an ruahsannak diklo cu a hlawhtlinter cuang lo. A dungthluntu pawl a tlunter ih, mipi lak ihsin a feh suak. Rom ram dokalh dingah mipi hruai sawn loin ziangthil saw a tuah? Thlacamnak nei dingin tlangpar ah a kai – mipi ih an beisei mi cu a si lo nasa.

Mi tamzet in Messiah cu Israel suah zalen tu ding siangpahrang in an hmu, Anih cun sualnak sal ihsin mipi runsuak dingih ra mi a si. Dungthluntu pawl hmuh ah tidai parih a feh ahkhan anih cu a ngaingai te cun Bawipa a si timi a langter. Asinan ramuk dingin a ra lo ih, mi tampi hrang a nunnak pe dingin a ra sawn a si (Marka 10:45).

Simcianak dikzet theihthiam hi ziangtluk a thupi timi ah himi thuanthu in ziangsaw in sim? Khrih veikhat a ratnak theisualtu hrekkhat pawl cu siatnak in a thlun ahcun, veihnih a ratsalnak ding thuthawn pehpar aw in theisualtu hrekkhat pawl hnenah ziangmi tlukin saw khavek kha a thlen ve ding?

NIRUK NI

Ruahbet ding: siar ding:

Ellen G. White, “Peace, Be Still” and “The Touch of Faith,” pp. 333–348 in *The Desire of Ages*.

“Pathian lam ih a umtu pawl hmuahhmuah cu leitlun ih nunnak, nunphung, le tidan vek asilomi nun langter ding an si. Cule mikip in Pathian duhmi theihnak ah bulpak zetin hmuhton mi an neih thluh a tul. Thinlung ih in run biaknak kha bulpak zetin kan thei ding a si. Aw dang pawl an daihtheih tikah amah cu daiziarzi ten kan hgnak ding ih, thinlung daiten umnak cun Pathian aw theihnak nasa sinsin in a tuah a si. Anih cun, “Daiten um awla, keimah hi Pathian ka si ti thei uh” tiah a ti (Saam 46:10). Hitawk lawng ahhin cawlhna diktak kan hmu thei. Cule himi cu Pathian hnatan tu pawl hrangih hmualnei zet timlamnak a si. Mi burpi lakah nun ih cangvaihnak cu nasa le fek zetin a um, thianter mi nunnak cu daihnak le boruak eng thawn kulh thluh in a um. Nunnak cun rimhmu a thawsuak ding ih, minung thinlung ih a lut dingmi Pathian huham cu a langter ding”—Ellen G. White, *The Desire of Ages*, p. 363.

“Lungkim lonak an thinlung cun ziangruangah timi elawknak a suah ter. Jesuh cun mangbangza tampi mit hmuh theih rori in a tuah thei si lo maw, hrahdamnak pe in, thazangcahnak a pe ih, a minung pawl neekrawknak an tonmi ihsin suah zalen in letnak tla a pe thei si lo sawm, tihzahnak le huham nei zet dingin a cawisang thei a si lo maw? A ngaingai te cun Pathian thlah mi a ti aw ko nan, Israel siangpahrang si ding cu a hnong, cumi cu an theih thiam lomi mangbang za a si. A elnak cu theihthiam lo thil a si. Mi tampi cun a relvekin a thu hman khoh zetin a dinpi thei lo, ziangruangah tile a hnatanah ah Pathian ziaza nei ih a theihawknak hman a ringhlele a si tiah an ti. An thinlung cu zum thei lo dingin an ong, Satan ih a vorhmi thlaici cun theihsualnak le biaknak lam ah rahtha an rah zet.”—*The Desire of Ages*, p. 385.

RELKHAWM DINGMI THUSUHNNAK PAWL:

1. Mi pakhat in ziangmi in Jesuh in a lo zalen ter tin lo sut bangta sehla ziangtin na let ding?
2. Ziangruangah Pathian in khuimaw caan ah tipil petu Johan vekih mitha zet tla thawnginn ih um dingin le thah si dingih an siannak san timi kha relkhawm uh. Hivek harsatnak pawl um cing in ziangmi lunghnemnak le beiseinak sawn kan hmuh thei ding?
3. Hmanrua malte thawn kawhhran mipum 5,000 rawldarnak ah ziangmi zirlai pawl saw kan sir thei mi um?
4. Marka 5 le 6 ih ummi Jesuh mitthlam phah in tuisan ih mi tampi ih Jesuh an hmuhdan thawn vun tahthim aw. Ramkhelhnak lam huham le midang uk duhnak ruangih Jesuh a hawltu pawl thuhla teh ziangtin saw a si ding?

ZIRLAI 6**August 3–9**

A LINGLET
(A sung kha a lengah)

SABBATH SIIMLAM

Tuizarh sung siar ding: Marka 7, Isa. 29:13, Suah. 20:12, Marka 8:11–21.

Bible cangken: “ ‘Lenglam ihsin sunglam ih a lutmi zianghman in minung a borhhlawhter thei lo: a sung ihsin a suak mi thil pawl sawn cu minung borhhlawhtertu an si’ “ (Marka 7:15).

Tuizarh cu Marka 7 le Marka 8 sungih a hmaisa hrekkhat kan zir ding. Marka 7 a thoknak ahkhan Jesuh cun biaknak hruaitu pawl ih pupa daan a hnongnak ihsin elawknak a coktho. Ziangkhalsehla, tuisan Khristian nun thawn pehpar aw mi thil ziangmaw thukzetih a phum aw mi a pawmpi thu a langter. Zumnak ngaingai hi ziang a si timi thudik theih a sinak dingah sangka onnak ah Jesuh cun thu harsazet a run phorhsuak.

Himi thluh hnuah Tyre le Sidon lam ah a feh ih, thuthangtha cabu sungih Jesuh thawn elawknak ih nehnak cotu umsun nunau pakhat thawn an va tongaw. Cu nu thawn an tonawkdan cu thil um theu mi a si lo, cumi phen ahcun pehtlaihawknak thuthup malte cu nunau nu in a run lasuak ih, a zumnak ruangah Jesuh cun a ngenmi a hlawhtlingter.

Marka 7 ah damternak dang a um hrih lai, thudik thupit zia pholang in a um ih, ziangkhalsehla thinlung neh thei mangbangza a um. Anmah lawng hi an thinlung thudik ih ong leuhleuh lem lo pawl an si. Himi thluh hnuah Jesuh

hnongtu biaknak lam hruaitu pawl hrangah mangbangza in ziangsaw a tuah?

Marka 8 zirlai cun pupa daan le thuzirhnak pawl hmuhsaknak ih hman mi Sang ih thupitzia a zoh hliah. Himi thuanthu pawl ahhin biaknak nun ih tuahkelmi le sullam thuhla tampi zirlai ropi zet an tel a si.

NIKHAT NI

August 4

Minung thurosiah le Pathian thupek

Siar ding: Marka 7:1-13. **Himi ahhin ziangvek thudik saw um?**

Nauhak pawl cun Sabbath sikul ah himi bungcang an zir ih, inn an thlen tikah an nu le hnenah rawlei hlan ah kut kholhta a tul hran lo, zianghatile Jesuh in a rel a si tin an sim ding tiah vunruat hnik aw. Ziangkhal sehla, himi thuanthu cun harhdamnak lam a rel lo.

Jesuh ih san ahcun cutawk hmun ih a umtu mi tamzet pawl cun biaknak lam ih thianghlimnak hi an uar tuk. Biaknak lamah thianghlim ih an um theinak ding ah kutkolh ding a si timi ruahnak cu mi zaran hnenah pek in a um, a ngaingai te cun hi thil hi Thukam hlun ih puithiam pawl lawngih tuah dingmi daan a si (Suah. 30:17-21). Himi thuhla thawn biaknak hruaitu pawl cun Jesuh hnenah a dungthluntu pawl ih thubuai an va thenlut a si.

Amah an suutmi thusuhnak kha Jesuh cun a let hngal lo. Thil pahnih hmangin a dungthluntu pawl a huhim a si. A hmai ah ahcun, rampi in a tongkam men in Pathian an duhdawt ih, asinan an thinlung cun in hlat a si tiih Isaiaah ih nunsimnak khotzet kha a run la suak (Isaiaah 29:13). Isaiaah ihsin laksuak mi tongkam cun Pathian thupek ai-awih in minung thurosiah an ret sawnnak va mawhthluknak a si. A pahnihnak ah Jesuh cun Isaiaah

sungta a la nawn lo. Bawipa cun nu le pa upat aw timi Pathian thupek a run la suak (Suah 20:12). Cumi sullam cu An upat tikah ngaihsak ding a si tinak a si. Cule himi kalh in biaknak thurosiah cun Pathian hnen ih pek theih mi thil pakhat cu, anmai hrangah an hmang ih, asinan a tar zetmi nu le pa ih tulsam mi cu an hnong ve thung. Mi pakhat cun “Ti pang tuk aw Ka pa, lo bom cu ka duh tuk, asinan biakinn ah paisa ka pe” a timi hi vun ruat aw.

Himi hrawkhrolnak cu Jesuh cun a rualrempi thei lo. Annih cun minung thurosiah cu Pathian kamsuak thu tlunah an ret ih, cutin an tuah ih, sualnak an nei.

Asinan farasi pawl ih thusuhnak a siimnak cu ziangsaw a si? Jesuh ih a letnak ah Anih cun kut thiangfainak thuhla an relmi ahkhan Pathian thupek thawn milaw in a thei hran cuang lo. A letnak fiangzet ih a langmi cun minung thurosiah dokalh in, cumi tlun ih Pathian thupek a thatnak a langter (Himi pawl khalah zoh aw, Marka 1:44; Marka 7:10, 11; Marka 10:3-8; Marka 12:26, 29-31.)

Pathian daan kaihhruainak dokalh tu “Thurosiah” kan rak nei pang maw? Kannei asile ziangmi pawl saw an si?

NIHNIH NI

August 5

Kut thianghlim maw, thinlung thianghlim sawn saw?

Siar ding: Marka 7:14-19. Marka 7:15 **ih thutheihar Jesuh ih a relmi sullam ziangsaw a si?**

Himi bungcang ih Jesuh tongkam cu Puithiam hnaturan 11 sungih rawl thiang le thianglo thawn pehpar aw ih zirhawknak thawn pehtlahi awknak a neitu mi tampi hrang ahcun mangbangza thu harsa a si. Khavek danglamnak kha Jesuh in a tuah maw si? Seventh-day

Adventist pawl in sa ei kawhhran member pawl hnenah sa thianghlim lakih a tel mi lawng ei ding tiih an zirh mi hi an zirhsual si kem maw?

Pakhatnak ahcun, Jesuh in Marka 7:6-13 ah Moses dokalhnak a humhim lai ih Marka 7:14-19 ih Moses zirhnak zamrang zetin a hnong lala cu thil danglam zet a si ding. Pahnihnak ahcun, Farasi pawlih thurosiah an khaisang zet mi pawl hi Thukam hlun ih hrambun mi a si lo ih, cumi kalh ciah in ei le in ah daan a um a si. Pathumnak ah, Marka 7:19 ah Jesuh in rawl hmuahhmuah a thiang a ti mi kha ei le in daan pawl a siatbal thluh a tinak a si lo ih, farasi pawl ih tuahmi thil ziangmaw vun tham ngah men ruangih bawrbah ih an ruahmi daan kha a diklo a si timi a langter. Thuthimnak ah Zentel mi thawn pehtlaihawknak nei ih na bawrhbah awkter ahcun an ei dingmi an thamzo mi thawn pehzom aw in nangmah rori hman na bawrhhlawh thei timi ruahdan dik lo pawl a si.

Siar ding: Marka 7: 20-23. **Jesuh in ziangthil in saw mi pakhat a bawrhhlawhter thei a timi?**

Marka 7:19 ah Jesuh in thinlung ih a lut lo mi rawl cu pum ah a lut ih, cule ril lamah feh in a suak sal a timi kha hminsin aw. Asinan Marka 7:21-23 ah Jesuh cun minung ih sung muril bik thinlung sung ihsin a ra suak mi cu sualnak a si thu a rel. Ruahnak sual ihsin hramthok mi, asinan sual thilti ihsin a net khar mi pawl cu a run phorhsuak.

Marka 7:10 ahhin thupek pa 5-nak hi thiltha lo pawl relnak hmun ih telh a si tikah thupek kaphnih ih um pawl hmuahhmuah khal an tel thluh ding. Cui hlei ah Jesuh cun sullam nei lo Pathian biaknak thuhla hi Marka 7:7 ah a rel ih, thukam pahra ih thupek a hmaisa pali daan buarnak a si. Curuangah Jesuh cu himi cahmai pawl ahcun Jesuh daan humhim tu vekin a ding.

Pathian thu zirnak diktak na nei tla si men thei, asinan zo in saw na thinlung pumpi neitu?

NITHUM NI
Uico pawl hrang rawl tilfuan

August 6

Siar ding: Marka 7: 24-30. **Himi thuanthu ah ziangmi zirlai thupi hmuh a theih?**

Mani ih kan zirlai ih thuhla harsazet mi pehzom in, himi thuanthu khalah thusuhnak buaithlakzet a run suah pi thotho. Ziangruangah saw Jesuh in hi minu hi nasazet ih a let, uico ti tiang ih a kawhnak san?

Anih cun langngan zetin simfiangnak a pe lo, asinan a letnak ih ziaza pahnih ummi cun a thuzirh mi a tar lang. Marka 7:27 ah, Anih cun nauhak pawl pek “hmaisa” an si ding thu a rak sim. A langdan ahcun, “hmaisa” timi a um hnuhnu cun “Neta” timi cu a um tengteng ding. A dang mizia cu Jesuh in uico timi tongkam ahhin a fate zetin mi tongthimnak a hmang, ui fate pawl a relnak khal a si lem cuang lo, a thu ih a langdan vekin lamzin kap ih uico pawl vek siloin inn sungah um dingih an sianmi uico a si. Nunau nu cun Jesuh a letnak ah himi hminsinnak pahnih a lasuak ih, cumi in Jesuh a letnak ah a rak bawm zet.

Nunau ih letnak cu a tha zet. Cunu cun, “Bawipa, sikhalsehla cabuai hnuaiih uico pawl khal in nauhak pawl ih rawl tilfuan cu an ei ve a si” tiah a ti (Marka 7:28)

Ziangtin saw himi nu in Jesuh a letdan hi a ruah thiam? A fanu a duhdawtnak cun a tur in a tur a si. Asinan Jesuh cun thazang a rak pek. “Hmaisa” timi tongkam a hman mi cun, “Neta” timi a um ti a khihhmuh. Cui hlei ah cabuai hnuai ih uico a si thu khal a rel. Uico cu inn sung cabuai hnuai ih an um vek ciah in, anih khal a fanu

hrangah Jesuh kehram ah zangfah dilin a um ve. Curuangah cunu cun zial parih a tla mi rawl cu ui khal in co ve dingin covo an nei tithu a rel ve.

Himi ih a letnak ahhin a zumnak a langfiang. Hmun hla zet ihsin a fanu damternak “rawl tilfuan” tiih kawhmi mangbangza cun Jesuh ih huham nasatzia (Rawl tiful men hman cutluk mangbangza a si ahcun, a rawl pumhlum cu ziangvek in um pei maw?) a langter terih, cunu ih dilnak pek a si kha Jesuh hrang ahcun thil fate zet a si timi khal a langter. Jesuh ih thinlung a tham ih, a dilnak cu pek in a um.

“A damternak thawngin Israel ihsin a lenglam mi tiih ruahmi himi nu cu ramdang mi sinawn loin, Pathian sungkua ahcun fa tiih kawh a si zo. Fa a si vekin Pai’ thilpek rak don ve cu a covo a si.”—Ellen G. White, *The Desire of Ages*, p. 401.

Ziangtin saw ramdang le hmandang karlak thleidannak cu Jesuh ih thuzirhmi thawn an kalh awk thei? Ziangtin saw himi thil tha lo thianhlimter dan ding hi kan hawl thei ding?

**NILI NI
Tong thei lo**

August 7

Siar ding: Marka 7:31-37. **Jesuh hnen ih an hruaimi kha zosaw a si, cule A hrangah Jesuh in ziang a tuahsak?**

Jesuh cu Tyre le Sidon ihsin Galilee lam kirsal dingin hla vak lo ah a um. A langdan ahcun Jesuh cun Tyre ram ihsin saklam ah a feh ih, Sidon ram hrawhso phah in, Galilee tili ih saklam tiang a ra thleng a bang, A netnak ahcun tipi kiang ah a thleng. Lamzin kelkawm sau zet a si ih, A dungthluntu pawl thu a zirh phah vivonak dingih tikcu caan remcang zet tla a bangzet.

Bible cang cun Jesuh hnenih cupa run hruaitu cu a rel lang lo, asinan cupa ih buainak cu a langfiang zet- a theithe lo ih, tong lam khal a harsat. A theihnak a hloh ruangah a kiangkap ih ummi pawl thawn an um tlang thei lo ih, a hnaset ruangah tong ding khal a harsat phah thluh a si. Himi ih buainak hi tikcu caan reizet ihsin rak um zo vek tla a bangzet.

Jesuh cun cupa ih dinhmun theithiam zetin hmun fianrial ah a hruai. Damlo damternak ah Bawipa ih ziaza hi thil danglam zet a si, a hleice in tulai ca siartu pawl hrangah cun a danglam hleice. Cupa ih hna cu a kut in a tham ih, cil a phui ih, a lei a tham sak cule a thawpi a suah. Jesuh in a damter dingmi cupa ih taksa natnak cu a tham sak, asinan ziangruangah saw a thawpi a suah? “Thudik theihthei lonak hna le tlentu theihnak hnongtu lei ngaihtuah in a thawpi a suah a si”—Ellen G. White, *The Desire of Ages*, p. 404.

Jesuh cun mangbangza in cupa ih theihnak cu a tuahtha sal ih, fiahzetin a tong thei. A thawpi a suahnak cun minung ih duhhril thei zalennak thawn pehpar aw in Pathian in cumi pa hnen ih a pektlai dan a zohter a si. Duhhrilnak cu hranhram in a tuah lem lo. Minung hmuahhmuah hi an nunnak kaihruaitu dingah – Nunnak siangpahrang maw, asilole thimnak siangpahrang an hril sawn ding timi duhhril theinak an nei thluh. Jesuh cun hnaset pa ih hna a vangter, asinan a Messiah sinak cu zumlotu thinlung ih pawmpi tengteng dingin hranhram in a ti lo.

Himi thuanthu tawite khal in Pathian hnenih a kir duhtu hrangah Pathian in ziangvek a tuahsak thei timi a langter. Na zumnak phuang thei loin thu na rel dingmi khal relsuak thei loin na lei tawnbet a um tikcu caan tonnun kha na nei men thei. Himi mangbangza cun Jesuh

in midang tulsam mi na va theihthiam pi ih, an nun zalam tlun na kaihhruai theinak ding tongkam na peksuah theinak dingah na hna lo vangter dingin thazang cahnak a lo pe a si.

Theihnak le tongtheinak thawn pehpar aw in laksawng pek na sinak ah ziangsaw na tuah, laksawng an si ko lo sawm? Cubang pawl cu ziangtin saw na hman?

NINGA NI

August 8

Sang thalo ah fimkhur aw

Siar ding: Marka 8:11-13. **Jesuh lungawi lo ding khawp ih Farasi pawl ih an thil tuah mi kha ziangsaw a si?**

Ziangahsaw A Pathian sinak langter in, hi minung pawl hi a zumter men lo? Himi buainak hi Marka 3 cernak zawng ih a thleng mi thil a si ih, cumi ahcun Jesuh cun Thiangthlarau dokalh hi sual a sizia thuhla a rel. Mi pakhat ih hna set terin an mit khar sakin van ihsin a dang hmingsinnak khal ra um khal sehla, an zum cuang ziklo. A hlan vekin ziangkim hi an hlohthluh. Zum duh lo dingih thuthenfelnak nei zo pawl cu mangbnagza khal in a zumter thei cuang lo.

Siar ding: Marka 8:14-21. **Dungthluntu pawl in ziangsaw an theihngilh, cule Himi ihsin Jesuh in ziangmi thil thupi saw a rel?**

Jesuh cun thil remcang hmangin Farasi le Herod (Marka 8:15) ih “Thilnu” lakah fimkhur dingin a cah hai, cumi sullam cu an thuzirhnak ihsin fimkhur dingih a fialnak a si (Matt. 16:12). Asinan dungthluntu pawl cun an theithiam lo ih, Jesuh in rawl ngaingai lei lo lampang a rel si ding tiah an ruat. Dungthluntu pawl in an theihthiam lo tikah a kelte in Jesuh cun thuzirhnak a nei. Bawipa

cun thusuhnak tamzet a sut. A hmaisai lam pawl cu A hnatuan dingmi an theihthiam thei lo ruangah a riahsiat thu lampang a si. A tongkam cun Marka 4:10-12 sungih ummi lenglam pawl ih theihthiam ban lomi thuhla a theihter sal a si. A tongkam khoh zet cu thlarau lam ih derdai zet a dungthluntu pawl a kaihtawhnak a si.

Marka 8: 19-20 ah Minung 5000 (Marka 6:30-44) le 4,000 (Marka 8:1-10) rawl a do thluh hnu ah bawm zianghmuah a hlei timi thuhla olsam zet thusuhnak pawl a suut. Cumi cu a tu ihsin thilri neihmi karhzai ih tuah maimai hi Bawipa Messiah hrangah rak donkham tu a si lo timi an theithiam ding a si timi tarlangnak a si. Marka 8:21 sungah a thusuhnak netabik kan hmu thei “ Nan theihthiam hrih cuang lo maw si?”(ESV). A ngaingai te cun Jesuh thawn umtlang tonteh nun an nei zo ih, ziangkim rak hmu thluhzo tu an si tin vun ruat aw.

Kan thinlung le ruatnak pawl cu Pathian ngaingai le a duhdawtnak kilhim thei dingin ziangtin kan zir ding? Pathian le a duhdawtnak ruangih pekih kan umnak pawl hmuahhmuah cu vun ruat aw. Cuvek caan khalah ziangruangah saw rinhlelh dinghi a olsam emem?

NIRUK NI

August 9

Ruahbet ding:

Read Ellen G. White, “Tradition,” “Barriers Broken Down,” and “The True Sign,” in *The Desire of Ages*, pp. 395–409.

“Tuisan ih kan Bawipa thluntu pawl lakah hlansan vekin himi theihhar zet, bumnak hi a karhzai vivo. Khrih rian kan tuannak, midang thawn kan pawlkom awknak hi ziangtlukin mah le mah cawisan duhnak thuthup in a siatsuah! Mah te cawisan awk duh luatnak thinlung

ruahnak le minung pawl ih duhnak cu ziangtlukin a mil aw. Himi hi mah le mah duhdawt awknak, Pathian ih a retmi ai hnakin olsam sawn lamzin ih feh duhnak a si. Cumi cun Pathian thupek aiin minung ih thupek le ruahnak lam ah mi a hruaisawn a si. A dungthluntu pawl hnen rori hmanah Khrih ih ralring peknak tongkam cu, “Farasi pawlih thilnu kha va ralring in va fimkhur uh” ti a si.

“ Khrih ih sakhuanak hi thil thupi zet a si. Pathian sunlawinak ding hrangih zuamnak hi Thiang thlarau ih a tuhmi a si; cule Thlarau hnatuannak lawngin himi thil hi a tuh thei. Pathian ih huham lawngin mah le mah porhawknak le mai hmaikhua sialnak tivek pawl a dawisuak thei a si. Himi thlengawknak hi A hnaturan hminsinnak a si. Ka pawmmi zumnak in mah le mah hmaikhaw sialnak le tiawkternak tivek pawl a siatsuah thei thluh ih, kanmai sunlawinak siloin Pathian sunlawinak hawl sawn dingih in hruai tikah a sidan ding diktak a si timi kan theithei ding. “Ka pa, na hminin sunglawiter aw” (Johan 12:28) timi cu Khrih nun ih thil thupi zet a si, Cule amah kan thlun cun, himi hi kan nun ih thil thupi zet a si ve ding. Anih cun hitin thu in pe, “Ka feh vekin feh uh, cule “A thupek pawl kan thlun a si ahcun cumi ihsin amah kan thei ti kan fiang” 1 Johan 2:6, 3.”— Ellen G. White, *The Desire of Ages*, p. 409.

RELKHAWM DING THUSUHNAK PAWL:

1. Thinlung thiangfai in ret dingih bawmtu ding Khristian pawl ih tuah theumi ah zingsaw na hmuh?

2. Nan khawtlang ih mi “Thianghlim lo” pawl kha zo saw an si? Thuthangtha ih an pilluh theinak dingah ziangtin na bawm thei ding?

3. Na inn hnen pawl hnenah thuthangtha hi lamzin olsam zetih na hlawm theidan ding kha nan class ah ngaihtuah aw.

4. Siar ding: Marka 8:1-10 Mipum 4,000 rawldar thu. Mipi pawl cu Zentel mi an si deuh a zum um thu hi simfiangnak in ziangmi bangawk lonak saw a suaahpi? Ziangruangah saw danglamnak a thlen lo ding?

5. Sualnak ih a tlumi kan si vekin kanmah ih kan neih cio mi mah le mah cawisanawknak duhnak ihsin ziangtin taima zetin kanmah ten kan kilhim aw thei ding?

ZIRLAI 7**August 10-16****DUNGTHLUNTU PAWL THUZIRHNAK : THEN 1****SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 8:22-38; Matt. 20:29-34; Johan 12:25; Mark 9:1-50; Mal. 4:5, 6; Luka 9:30, 31.

Bible cangken: “ Cule mipi pawl cu a dungthluntu pawl thawn a hnenah a ko khawm ih, an hnenah hitiin a sim, Zokhal ka dung i thlun duhtu pohpoh cu amah le amah a hnong aw sehla, amah ih thinglamtah pu in i thlun seh.”(Marka 8:34).

Marka cabu ih a hmaisai lam hrekkhat cun Jesuh zo a si tihi a hmuitin mi a si. Huham a nei zetmi a thuzirhna le mangbangza a tuah mi cun an khihhmuh tummi a bang aw: Anih cu Messiah a si timi hi a si. Himi zawnte ih thlengawknak thupi zet ahhin Jesuh cun a dungthluntu pawl hnenah zo a si ding an zum timi thu a sut ding.

Cui thusuhnak cu Piter cun fiangzetin a sim ding, cule Jesuh cun zamrang zetin Messiah a si vekin a fehnak a sim fiang ding, cumi cu thinglamtah a si timi kan thei cio thluh.

Marka 8 neta lam ihsin Marka 10 cemnak tiang ah Jesuh cun a dungthluntu pawl hnenah a khaulawknak thuhla hmuitin in thuzirhna a nei rero. Himi bung ahhin Thinglamtah thuhla simcianak khal a pe. Cumi cu dungthluntu an sinak ih zirhna hleice pawl an si ding. Cui zirlai huham nasazet cu tuisan khalah a tangkai ringring lai.

Himi Thuthangtha then hnihnak cu a bangaw lo zetmi mitcaw pahnih damternak hmangih hmingsin a si. Pakhat tu cu Marka 8 lailak hrawngah a um ih, a dang pakhat tu cu Marka 10 cemnak lamah a um. Himi mangbangza “cabu cemnak” timi cun dungthluntu sinak ah Jesuh cu zosaw a si timi le khuitawk ah a feh ding timi thuhla thawn pehpar aw in thlarau lam ih theihnak a teldan cu makzetin a tarlang a si. Kum 2000 lai liamzo ih dungthluntu 12 pawl a zirhna ih harsatnak a um vek ciah in, Jesuh thlun ih hlawknak le mankhunnak pawl cu tuisan tiangah dungthluntu pawl hmaika ah a um ringring lai a si.

NIKHAT NI**August 11****Fiangzetih hmuhnak**

Siar ding : Marka 8:22-30. Ziangruangah saw mitcaw a dam theihnak dingah veihnih rori Jesuh ih a tham a tulnak san, cule himi thuanthu ihsin ziangmi zirlai saw ra putsuak?

Thuthangtha cabu cun Jesuh ih mitcaw a damtermi ziangmaw tizat an um thu a run tarlang. Himi Marka 8 sungih nganmi hlei ah Marka 10:46-52 ah Mitcaw Bartimas damter a si thu a um. Mathai cun mitcaw pahnih a rel (Matt 20:29-34), cule Johan 9 cun Siloam tili ih hmai va phiahtu suahkeh mitcaw a damter thu a rel.

Asinan Marka 8 sungih um thuanthu cu a danglam cuang. Marka sung lawngih a langmi a si ih, cumi cu Jesuh in famkim zetih damnak a pek ding ah veihnih rori cangvaihnak a neihmi mangbangza umsun a si. Thuanthu ih tel mi ah Jesuh cun cumi pa cu a kut ih a tham dan cipciar in a um ih, cule khawng ih a hruai suah thu khal a um. Cupa ih a cak lonak cu a zangfak ngaingai a si.

Asinan ziangah vei hnih rori a tham? Himi mangbangza lawng hi voihnih cangvaihnak um mi a si. Jesuh lam ah huham tlaksamnak a um ruangah a si cu zum a um lem lo. Cu ai hnakin tuahtuannak lam ih tahthimnak tla a bang zet. Cumi umzia cu khuimaw caan ahcun thlarau lam phuangsuaah awknak ahhin tikcu caan a la theu timi a langter a si. Himi simfiangnak hi hitawk ih Marka cabu thenmi ahhin a run nemhnget, cumi ahcun a thihnak le thawhsalnak rungum ding thuhla ih a dungthluntu pawl a zirhnak ih a thoknak le a netkharnak ah mitcaw damternak a nei a si. Mitcaw damter salnak cu dungthluntu sinak theihtheinak hrangih tahthim dingah a rung cang.

Zirhtu pawl cun thusuhnak hi an ngaina zet. Cumi pawl cu tlawngta pawl ih theihthiam thei lomi onsaknak tawhfung a si theu. Himi Marka 8 ahhin cabu thleng danglamnak cu a ra thleng. Himi thuhla hi ziaza pathum in a run nemhnget. A pakhatnak ah Jesuh cun asinak thuhla kha dungthluntu pawl hnen ah a sut, hivek hi a hlan ah a rak tidah lomi thil a si. A pahnihnak ah Piter hi khawsia polh lo ahcun Jesuh hi Messiah a si thu phuang hmaisabik tu a si. Pathumnak ah, Jesuh hi zo a si timi pholang a si hnuah zamrang zetin Jesuh cun a fehnak ding hmun a sim hngal- Thinglamtah cu!

Ziangahsaw Jesuh in a dungthluntu pawl hnenah Messiah a si thu zohman sim lo ding ih a sim? A langdan ahcun Pathian ram dinnak dingah diklonak a um vekin a lang. Asinan, Jesuh san ahkhan “Messiah” hin Rom uknak hlonhlo thei ding ramkhelnak lam ah hmin a rak nei. Jesuh cu cutivek messiah si dingin a ra lo; curuangah amai sinak thuhla ah daiten um dingin a ko hai a si.

Ziangthil simaw, ziangtlukin a rak dik a si hmanah zianghman rel lo a thupit tikcu caan thuhla ah himi thuanthu in ziangsaw in zirh?

NIHNIH NI Dungthluntu siih mankhungzia

August 12

Siar ding: Marka 8:31-38. **Hitawk ah Jesuh in Khrih thlunnak ih mankhung zia thuhla ziangtin saw a zirh?**

Dungthluntu pawl cun Jesuh thawn pehtlaihawknak lam ah thleng danglam awknak thupi zet dinhmun ah an ding. Tu ahcun Anih cu Messiah a si timi an thei zo. Marka cabu siartu cun cabu hramthok ihsin cui thil cu a theicia zo (Marka 1:1), cule khuimaw caan ahcun dinhmun hnget loih khawsa theu dungthluntu pawl hrangah caan tha zet a si.

Jesuh in dungthluntu pawl a kawh hmaisabik ahkhan minung kai tu ih a buah ding thu a sim (Marka 1:17). Cumi ahcun zianghman buainak khal a um lo. Asinan tu ahcun zo a si timi fiang zetin an thei zo. A hnatuan ding khal fiangzet in a sim hai – cumi cu harsatnak tapi, hnon, le that tiang a tuar a tul thu le nithumnak ih a thawhsal ding thu tiangin a sim thluh. Cumi cu thuthang mangbang thlak zet a si. Piter, a tu baite ih Jesuh cu Messiah a si tiih phuangu tu cun hmundang ah a hruai ih, cuvek thil a rel ruangah nun a sim. Hivek pawl hmuahhmuah hi helkual zawngih rel mi a si ih, a sinan tu ahcun thuthangtha ngantu cun Jesuh ih tongkam a ngankhum, Piter in a theih veten a thin nater zettu tongkam a si. Anih cun Piter cu Satan tiah a ko ih, a lamzin ihsin rak fehsan dingin a sim, ziangahatile khavek ruahnak cu Pathian duhzawng a si lo ruangah a si.

“ Piter ih tongkam pawl cu Jesuh in a hmailam ih a ton dingmi harsatnak maksak hrangih daihnak le bomtu ding pawl a si lo. A hlomi leitlun ah Pathian zangfahnak ih a tumtah mi thawn cun an rualrem aw lo ih, Jesuh in amah rori ra ih a zirhmi pumpek awknak zirlai thawn khal in a

mil aw thei cuang lo” —Ellen G. White, *The Desire of Ages*, p. 415.

Jesuh ih dungthluntu pawl cu Amai(Jesuh) tumtah mi vek nei dingih kawh an si thluh- Thinglamtah put ih amah thlun dingin a si. Khengbet awknak cu Rom pawl ih an mithah dan tihnung um rapthlak zet, hmuhsuam awknak nasa zet a si. Mikip in thinglamtah hi hrial an duh. Curuangah ziangruangah saw mikip in Jesuh ih pumpekawknak hmingsinnak ah thinglamtah put cu an duh ding?

Dungthluntu siih mankhung zia lawng hi Jesuh in a simfiang lo, cumi ih manmual a neihzia khal a rel fiang. Khristian zumnak ah nunnak hloh cu nunnak hawlhmuhnak a cang. Cumi kalh ciah in, leitlun pumpi nei thluh khal sehla, kumkhaw nunnak hloh cu thil sullam nei lo zet a si. Missionary hnatuan a si vekin Jim Elliott in October 28, 1949 ih a thuthang mawi zetah hitin a rel “A hloh thei lomi hawl ih, a kaih hnget theilomi a pesuak tu cu mi aa a si lo”.

“A nunnak a duhtu cun a hloh ding; cun hi khawvel ih a nunnak a huatu cun kumkhaw nunnak tiang a kilhim ding a si” (Johan 12:25, NKJV). Himi tongkam hi a ngaingai in ziangvek in tonnun na rak nei zo?

NITHUM NI

Tlang le mipi tampi pawl

August 13

Siar ding: Marka 9:1-13. **Piter, James, le Johan pawl in zankhat cu Jesuh thawn ziangsaw an hmuh?**

Jesuh in Marka 9 ih a simcia mi amah thawn a ding tlang mi cu huham neiin Pathian uknak an hmuh hlan ah thihnak an tep lo ding a timi cu ni reilote ah a thlengfam thluh thluh. Cumi cu Piter, James le Johan

thawn tlangpar ih an kai ahkhan a thleng famkim a si. Cutawk hmun ah Anih cu vancung uknak ih sunlawinak thawn an hmaiah danglamter in a um.

Vanram ihsin Elijah le Moses an rungtum ih Jesuh thawn an bia aw. Luka cun Jesuh ih fehsuaknak (Grik-exodos) Jesusalem ih a buah hlawhtling dingmi thuhla an rel tiah a ti (Luka 9:30, 31). Cuvek ciah in himi sunlawinak hi thinglamtah ih Jesuh a thih ding thu thawn an mil aw zet(Marka 9:9 thawn zoh thim aw). Cumi cun dungthluntu pawlin thinglamtah ih khengbet ih an hmuh tikah beiseinak a pe ding a si.

A thaizing Tlang ihsin an tumsuk zawngah dungthluntu pathum cun Jesuh hnenah Elijah a rat hmaisat ding thuhla an sut. A langdan ahcun Messiah a rung lang hlanah a hmaiah Elijah a rung lang ding timi ruahsannak thawn a mil aw zet mi ruatnak a si. Himi ruahdan hi Elijah cu Messiah hlanah a rung lang leh ding timi ruahsannak thawn an pehzom aw a si (Mal. 4:5, 6 thawn zoh kop aw). Jesuh cun Elijah a ra zo tiah a rak let, cumi cu tipil petu Johan a rel mi a si. Johan an thah vek ciah in Jesuh khal an kut ah a thi ve ding, asinan nithum ni ah a thosal ding.

Sunlawinak zan an hman theh hnu ih tlang tohram ih thil a thleng mi cu lungsiat thlak za thil a si (zoh aw, Marka 9:14-29). Dungthluntu pa 9 pawl cun khawsia polhmi nauhak pate thawn an tongaw ih, an damter thei lo. Hi buainak ih Jesuh a rat tikah amah hmu dingin mikip in an pan. Nauhak tlun ih khawsia thilti theinak cu thuanthu in a pholang. Jesuh cun khawsia polhmi thuhla cipciar thusuhnak nei dingin tikcu caan rei zet a hmangin a lang. Cumi cun rinlo piih au hruak khawsia polh mi ih pai' hrangahcun a fiang zet, “Na buah thei mi ziangtal a um ahcun zawn in ruat sak hram awla, in bawm hram aw” (Marka 9:22, NKJV) tiah a ti.

Rinhlel deuhnak cu Jesuh in zamrang zetin a kai hngah hngal. Bawipa ih a letdan cu vun simfiang bet sehla, “ Na buah thei mi na timi cu ziangsi na rel duh san?” (Marka 9:23). Hmakhatte ah van ihsin tleunak run tla vekin a pa cun buainak neitu cu a fapa lawng a si lo timi a hmu thiam-zumngam ciah lo buainak a rak nei ve a si. Cule a zum lonak rah cun a fapa a damter thei lo ding. Khawruahnak cem duahdo beidong a pa cun Jesuh zangfahnak dil in amah ten a pompe aw ih, hminsin tlak zet catlang a ruan buah, “ Ka zum, ka zum lonak in bawm aw” tiah a ti (Marka 9:24, NKJV). Jesuh cun nauhak pate cu a damter.

Ziang dinhmun khalah, ziangvek a si hmanah, “Ka zum, ka zum lonak in bawm aw?” tivek in na au dah maw? Cuvek hmuhton mi pawl ihsin ziang zirlai saw na zir suah?

**NILI NI
Zosaw tum bik?**

August 14

Siar ding: Marka 9:30-41. **Jesuh in a thihnak le a thawhsalnak thuhla veihnih simcianak ahhin ziangmi danglamnak saw um(Marka 8:31 zoh kawp aw)? Cule dungthluntu pawl in ziang thuhla saw an el awk, cule Jesuh in ziangvek zirhnak saw a let?**

Jesuh cun simcianak hmaisai ah Amah a hnongtu ding le a thah tu ding pawl a sim. Simcianak veihnihnak ah Jesuh cun phatsan a si ding thudik a sim. Himi caan ahcun phatsantu cu phorhsuah a si hrih lo, asinan Judah ih sinak theihfiang a si zo ruangah casiartu pawl cun zo a si timi an thei ngah zo(Marka 3:19). Bawipa cun thah a si hnu nithumnak ih a thawhsal ding thu a sim lala. Asinan dungthluntu pawl in himi simcianak cipciar zet hi a hmaisai hnakin an ngaihven lem lo vekin a lang. Thu lungawi um lo cun relkhawm tlang a hlauh tuk lem lo.

Marka 8:27 ah Jesuh cu Galilee tipi saklam ih Caesarea Filipi kiangnai ah a um. Marka 9:30 ah Galilee lam a paltlang ih, Marka 9:33 ah Kapernuam ah a lut. Saklam ihsin thlanglam pan ih a khaulawnnak ding cu ruah harsa tuk thil a si lem lo. Ziangkhal sehla a dungthluntu 12 pawl cu dunglam ih an um muangcang ruangah amahten Kapernuam ah a lut. Innsung ahcun lamzin ih an relkhawm rero mi thuhla a sut. Zohman an tongngam lo, Cui thusuhnak cu an lungawi lonak langfiangtertu hminsinnak a si. Nauhak in an thil buahmi a dik lo timi theicingih an buah lai va kaihngah vek a si. An thu relkhawm mi cu zosaw a tum deuh ding timi thuhla a si. Mi tam sawn in an pawm duh lemlo, himi zosaw a tum deuh timi thusuhnak cu mi hmuahhmuah in kan ruat thluh. Asinan Patian uknak ahcun himi ruatnak cu thil linglet ah a cang ding.

Jesuh cun buainak cu karbak pahnih in a relfel sak. Pakhatnak ah a pakhatnak (tum bik) si tum cun siahhhlauh nan si a tul timi thuhla fiangzetin a sim. Cule Jesuh cun a relmi sullam cu buahnak in a hmuah. Nauhak pakhat cu an kiangah ding phah in a rak ngai ti mi a fiang zet. Jesuh cun nauhak cu a hruai ih, pawlkom umkhawmnak laifang ah a ret. Cumi cu nauhak hrangah tihnung umza a si ko ding. Asinan Jesuh cun nauhak cu a kut in a cawi ih, cumi cun an boruak a zangkhai ter deuh. Nauhak na cohlang ahcun Amah na cohlang tinak a si ding. Cutin amah na cohlang ahcun A Pa na cohlang tinak a si ding. Curuangah a hnuabikih um nauhak cu Pathian thawn pehtlainnak a neither.

Johan cun lenglam mi pawl thuhla ah thusuutnak a nei, Kanmah in do lotu cu kan hrangah an si timi zirlai thupi zet Jesuh cun a zirh. Bawipa cun Khristian hnatuannak ih tel pawl bom hi ziangvekin te khal sehla vanram ahcun theih loin a um lo timi a run nemnghet.

Leitlun ruahnak thawn kalhaw ciah in Bible in mi tumbik a timi kha ziangsaw a si? khuimi deuh sawn na hril?

NINGA NI

August 15

Hremhmun ah hrisel pa

Siar ding: Marka 9: 42-50. **Himi bungcang sungih Jesuh thuzirhnak cu ziangmi thil in saw peh aw ter?**

A hmaisai in, himi bungcang cun Jesuh thuzirhmi bangaw lo zetzet pawl cu hla le a san le vang zianghman um cuang lo in hmun khat ih an retkhawm men mi tla a bang zet. Ziangkhal sehla fiangte ih zoh tikah a hlawhtlin zetmi zirhawknak ahhin a hmaisai lam ta thawn zom awknak an nei timi a langter. Himi bungcang ahcun karbak pakhat hnu pakhat feh ih zirhawknak lam thil pathum rori a um – “ Sualnak thlentu” meisa” le “cite” ti pawl an si.

A hmaisai lam ih zirhnak cu “Nauhak te” timi thuhla a si. Cumi cu zumtu thar pawl relnak a si. Zirhtu le hruaitu pawl cun Pathian uknak ramah himi piangthar pekte pawl hi ngaihsak zetih kilkhawi dingin tuanvo pek an si. Thukam hlun san ih khawtlang nun ih harsa deuh, nuhmei le ngahtah le ramdang mi an ngaihsak vek ciah kha a si ko. Jesuh cun uar zetin thu a rel ih, himi “Nauhak te” lakih pakhat soal ih tlukter hnakin tiffinriat ih pil hlo a tha sawn ding timi thu a rel.

“Soal ih tlukter” timi cun himi bungcang ih zirlai sau zet a suahter pah. Casiar tu cun let har zetmi thusuhnak pahni a tong. Pakhatnak cu Jesuh in minung hi kuttan, lole ke tan, lole mitphorh dingin a zirh ngaingai maw si? Pahnihnak ahcun, kumkhua hell ih kang ngaingai dingin a zirh maw si? Thusuhnak pakhatnak ih a letnak cu Aii ti a si. Jesuh cun taksa tanawknak lampang a zirh lo – cuvek cu Judah pawl ih rak hnongmi khal a si

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(Zoh awla Daan. 14:1, 1 Siang 18:27, 28). Bawipa cun a thusimmi a fiah theinak dingah uarzetih thusimnak a hmang. Kut, ke, mit tivek hloh cu thil rapthlak zet a si, ziangtlukin Khristian hrangah thilsual tuah hi a rapthlak sinsin ding!

Thusuhnak pahnihnak ih a letnak khal a kalh aw totho: Aii timi a si. Jesuh cun kumkhua a kangmi hell thuhla a zirh lo. Ziangtin saw kan theihthei? Hmaisabik ah a cahmai ahkhin hnisuak lam deuh nawn thil a tel. Mit khat lole ke khat, lole kutkhat thawngin van khawpi ih lut mipi pawl vun ruat aw. Cule taksa pumten hell ram ih feh ding pawl vun ruat sal aw. Khatlam ih um sawn ding an si lo maw? Mi harhdam zet hell ah a um ding maw? Hithil cu hnihsuak za a si. Khavek ih thil thupi zet thuhla ah hnihsuakza thil a hman ruangah Jesuh cun uar zetin thu a rel a si timi ruat thiam dingin mi a hruai so a si. Soal hi ngai thupi zet dingmi thil a si. Sualnak ih tluk ai hmanin kut, ke, mit hloh hi a tha sawn a si.

Kumkhaw hell timi thuhla ah a rahsuah mi cu kumkhua a si ding ih, hell meisa cu kumkhua a si lo ding. “Pathian in leitlun a duhdawt tuk ruangah a fapa neihsun a pek ih, Amah a zumtu pohpoh cu hloral loin kumkhaw nunnak an nei ding” (Johan 3:16, ESV; bet mi). A a thi mi pawl cu kumkhua in an kang lo ding. Annih pawl cu an hloral ding a si – a danglam aw tuk!

NIRUK NI

August 16

Ruahbet ding: Siar ding:

Ellen G. White, “Ministry,” and “Who Is the Greatest,” in *The Desire of Ages*, pp. 426–446.

“Cawimawi hlanah tangdornak a um. Minung hmaiah hmunsang luahkhat dingin, vanram cun tipil petu

Johan vek in Pathiam hmai ih dinhmun niam zet luahtu hnatuantu a hril. Dungthluntu nautabik cu Pathian hrangah nasa zetih hnatuantu bik a si. Van lam fimnak pawl cun mahten cawisan awk tum lo, Pathian hawl ih, thlarau rundam tumtu kha hna an tuanpi thei a si.”—Ellen G. White, *The Desire of Ages*, p. 436.

“ Midang pawl hnakin caantha ziangkim in pek mi – fimzirnak le thianghlimternak, nunzia mawinak, Khristian zirhawknak, le biaknak lam tontehnak tivek pawl ihsin mithmai tha a ngah lotu pawl hnenah leiba kan nei a si. Curuangah kan huham a um sung hmuahhmuah cu an hrangah hna kan tuan ding a si. Kan rak cak zet a si ahcun mi cak lo pawl kut ah kan um ding a si. Sunlawinak vancungmi pawl cun van ih Pai’ hmai ah hna an tuan ringring ih, a fale pawl an kilkhawinak ah lungawi in an um. Thlarau dingder, mizia duh um lo neitu pawl a hleice ih kilkhawitu an si. Vancungmi pawl cu anmah mamawhtu pawl hnenah an um ih, harsa zetih mahten soal bei pawl hnen ah le riahsiatnak ih a kulh thluh mi pawl hnen khalah an um a si. Cule himi Pathian hnatuannak ah Khrih thlun ngaingai tu pawl cun an tuanpi a si”—P. 440.

RELKHAWM DING THUSUHNAC PAWL

- 1. Siar ding: Marka 8:27-29. Jesuh cu Khrih a si thu na zumnak hi midang hnenah ziangtluk in saw na phuang?**
- 2. Tlangzim ih Khrih thawn pawlkom awknak nun le a hnuai lam ih midang tulsam mi bomnak hnatuan nun ih thlauawknak diktak hi ziangha a si?**
- 3. Class ah Nili ni zirlai cemzawng ih thupi zet thusuhnac thuhla ih letnak kha relkhawm tlang uh. Leitlun ih a hmuhdan ropi zet le Pathian hmuhdan**

karlak bangawk lonak ih na tahnak kha ziangsaw a si? Leitlun in mi ropi a timi, asinan Pathian in a ti ve lomi cu zo pawl saw an si? cumi kalh ciah in Pathian in ropi a timi le leitlun ih a hnong mi le a hmuhsuam mi kha zosaw a si? Himi danglamnak cun leitlun ih a duhmi pawl hi ziangtluk in a rak peng pereitimi thuhla ah ziangmi danglamnak saw in sim?

4. Jesuh in sualih tluk hnakin siatsuahawk a duh um deuh a tivek ciah in soal hi thutak ih la thei dingin ziangtin kan zir thei ding?

ZIRLAI 8

August 17–23

DUNGTHLUNTU PAWL THUZIRHNAK : THEN 2**SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 10; Sem. 1:27; Sem. 2:24; Gal. 4:1, 2; Rom. 6:1–11; Isa. 11:1–16.

Bible cangkem: “**Ziangahtile minung Fapa hman rianmi si dingah a ra lo, riantu si dingah le mi tampi tlennak hrang a nunnak pe dingah a ra sawn a si, a ti.**” (Marka 10:45, NKJV).

Tuizarh ahcun Marka 10 sung ta a si ding ih, Thinglamtah hrangih timlamnak thuhla Jesuh in a dungthluntu pawl hnenih a zirhmi pawl a thehfel ding a si. A bung ih hrek deuhthaw cu dungthluntu pawl ih thuhla rel ih, a dang pawl cu dungthluntu sinak ih thil thupi zet, asinan Jesuh thawn pehawknak nei midang pawl thuhla khal a rel. Farasi pawl an ra ih, nupa thenawknak thubuai ah thukam an ra el. Nu le pa pawl cun an fale pawl cu Jesuh ih thlawsuahnak pek duh ah an rak hruai. Milian pakhat in kumkhat nunnak thuhhla a sut, mitcaw pa in khua hmu theisal dingin a dil.

Himi Marka bung cun Jesuh thlun timi ih sullam ziang a si timi thuhla zirhna thupi zet a keng tel, a hleice in hitawk ah le a tu ahhin kan nunnak thawn pehawknak a nei: neihawknak, nauhak, lennak thawn pehzom awkdan, cule laksawng le Amah thlun ih mankhungdan pawl an si. A thupi zetmi cu mitcaw pahnihnak a damter kha a si (Marka 10:46-52, zohkop aw Marka 8:22-26) cumi cu himi

cabu then kharnak khal a si (Marka 8:22-10:52) cule Jesuh thlun ih hlawknak le a hruai thlennak ziang a si timi cu mawi zetin a run tarlang.

Himi zirlai pahnih cun Jesuh thluntu cu - kum 2,000 liamzo ih dungthluntu khal siseh, kum zabi 21 ih dungthluntu pawl khal siseh, dungthluntu sinak ih harsatnak a ra dingmi pawl hrang timlamnak a tuah a si.

NIKHAT NI**August 18****Neihawknak ih Pathian khawkhanni**

Siar ding: Marka 10:1-12, cule Semtirnak 1:27 le Semtirnak 2:24. **Farasi pawl in Thenawknak thuhla ih thusuhnak an neih mi hnuaiah ziangmi thang saw thup aw, Jesuh in a letnak ah ziangmi zirlai saw a zirh?**

Himi cahmai ah Farasi pawl cun Jesuh hnenah mipa in a nupi mak a thiang maw ti thu an sut. Farasi lak ahcun nupi mak hi a thiang ih ruat a si. Thusuhnak cu ziangvek dinhmun ah timi a si. Shammai tlawng ahcun hnget khoh zetih el a theih – fa nei thei lo, neih thil ngaihsak lo, thinlung (har or nuam) lam ngaihsak lonak, nupa karlak ih rinum lonak tivek a um lawngah then theih a si tin an ruat. Hillel tlawng cu an zalen deuhdeuh, ziangvek san le vang khalah then a thiang tluk in an ngai ve thung, asinan thenawknak an hlawhtlingter dan cu a buaithlak deuh, muangcang zetin an fehpi.

Curuangah Jesuh hnenah thenawk hi pawm theih thil a si maw tihi an suut hi thil danglam zet tla a bang men thei. Himi thusuhnak hnuaiah ih a thupaw mi cu Jesuh kha a tu ih a umnak Jordan nisuaknak lam ramthen uktu Herod Antipas thawn buainak sungih umter an duh ruangah a si. Antipas in a nupi a maak ih a unau pa ih nupi Herodias a nei. Johan in hi an pehtlaihawknak a rel

ruangah Herod cun tipil petu Johan ih lu a tansak zo (Zoh aw Matt. 14:1–12).

Jesuh cun an thusuhnak pawl cu a hnong sak ih, himi thuhla ahhin Farasi pawl hnenah Moses ih thupek mi a sut. Farasi pawl cun Daan 24:1-4 hmangin an rak let, cumi cu thenawk thluh hnu ih neihawk salnak thuhla kha a si. Moses san ih Israel fate pawl khan thenawknak hi an rak fehpi zo. Daan 24 ih a langmi daan cu nunau hrangih kilhim pekawknak a si. Asinan Jesuh san ahcun Hillel tlawngin a siatsuah thluh ih, ziangvek san le vang khal in thenawk theih in olsam zetin a tuah thluh. Curuangah nunau humhinnak daan cu sir ih hnon men mi ah a cang.

Daan 24 sung ih daan ummi thuhla el buai aw loin Jesuh cun neihawknak ih Pathian duhthusam Semtirnak 1 le 2 ih ummi a relpi. A hmaisabik ah Pathian in mipa le nunau a tuah (Semt 1:27), mi pahnih a tuah tithu a sim. Cule himi thudik cu Semtirnak 2:24 thawn an vun pehzom ih, mipa cun a nu le pa a suahsan dingih a nupi thawn an umtlang ding, cule pahnih cu pakhat ah an cang ding. Himi pumkhat awknak cu Jesuh in neihawknak ih nupa pehzom awknak a nemhngetnak bulhram bik a si. Pathian ih a kommi cu minung in then hlah haiseh.

Nan lakah neihawknak a hngetkhoh theinak dingah nan kawhhran in ziangsaw an tuah thei mi um? Ziangtin saw an neihawknak ih thenawknak um zo pawl na bawm theidan?

NIHNIH NI

Jesuh le nauhak pawl

August 19

Siar ding: Marka 10:13–16. **A hnen ih nauhak run hruaitu pawl hnenah Jesuh in ziangsaw a tuah?**

Hlansan leitlun ahcun nauhak pawl hi lawm an hlawh zet (A hleice in lal nunphung ah mipa pawl hi an

hlawh cuang), sihman sehla faneih le nauhak cawm hi thil olsam cu a si lo. Tulai ih sivai lam kilkhawi awknak a um lo tikah nauneitu nu le nausuah thar, naute, le nauhak pawl hrangah tihphannak a sang zet. Nunphung tam zet ahcun hivek thil tha lo um ding pawl ihsin kilhim awknak ah sivai tivek lam an rak hmang theu.

Nauhak pawl cu lawm an hlawhzet lai ah ansinak a niam zet ih sal vekin an um (Gal 4:1,2). Rom ramuk san leitlun ahkhan piangsual le lom lomi pawl cu an siatsuah ih, tidai tivek ah an rak hlawn men theu. Mipa nauhak cu nunau nauhak hnakin man an nei deuh; Khuimaw caan ahcun nunau naute pawl cu thi dingin an tan men theu. Cumi caan ah hivek nauhak pawl hi “Runhim” in an um, cukhal cu an cawm ih, sal ih zuar ding lawngah a si. Dungthluntu pawl in Marka 9 ih Jesuh in nauhak vekin Pathian uknak rak cohlang ding thuhla a zirh mi cu an theithiam thei lo in a lang. Tu ahcun Jesuh ih thlawsuahnak a pek ding duh ruangih an fale run hruaitu pawl kha dungthluntu pawl in an rak kham, hivek men ah tikcu caan a nei lo ding tin an ruat ruangah tla a si men thei. An ti sual riai. Jesuh cu a lungawi lo zet. Marka sung hmuahhmuah ahhin Jesuh in danglam zetih midang a letdan hmuh ding a um. Cumi danglam zetih a letnak ih khohkhah bik cu a hnen ihsin hmunhla ih nauhak pawl a umturtu pawl hnenih a letnak kha a si.

Nauhak pawl ih lamzin rak kham lo dingin nasa zetin a dungthluntu pawl hnenah a sim. Ziangruangah saw? Ziangatile Pathian uknak cu an ta a si ruangah a si. Nauhak thinlung put le thlirdan ahhin a dong tengteng ding a si–Pathian ah rinsannak neih a olzia langternak tla a si men thei.

“ Khrih bangnak nei lo nan ziaza in Jesuh relsia hlahseh. Harsatnak le daihnak men ruangah nauhak cu A hnen ihsin hruai hlo hlah uhsi. Vanram ih na um ahcun

an hrangah vanram cu a nuam lo ding tiih an ruah thei dingin tuah hlah. Nauhak pawl ih an theih thiam thei lo dingmi biaknak thuhla rel dah hlah, asilole an nauhak laiah Khrih an pawm thei lo ding ti vek khal in biak aw hlah. Khrih ih sakhuanak cu riahasiatnak biaknak a si tile rundamtu hnenih an ratnak ah aipuannak hmuahhmuah an cawlhsan a tul ding timi ruahnak dik lo khal pe aw hlah.”—Ellen G. White, *The Ministry of Healing*, pp. 43, 44.

Ziangtin saw na kiangih um nauhak pawl hnenah Jesuh na langter thei ding?

NITHUM NI

August 20

Sum khawlnak thabik

Siar ding: Marka 10:17-31. **Milian asilole mi farah, mikip hrang ih zumnak le dungthluntu sinak ih mankhung zia thuhla zirlai thupi zet hitawk ih a langmi hi ziangsaw a si?**

Mipa cun Jesuh lam ih a va naih tikah a tihzah zia le a upat zia a langter. A va tlan ih, a hmai ah khukbil in thlarau tinkim ih thlennak ding hmun thupi zet thusuhnak cu a suut – Kumkhaw nunnak ro co dingah ziangpawl saw tul? Jesuh cun thukam pahra ih a pahnihnak hmangin a rak let. Cule cupa cun a tleirawl lai ihsin a rak thlun thluh zo thu pawl a vun sim.

Jesuh in cumi pa a duhdawt thu hi Thuthangtha cabu pali lakah Marka lawngin a ngan. Cupa a duhnak thu ah thil ziang simaw thinsung la thei zet a um. Asinan Jesuh cun ziangkim zuar ih Amah thlun dingin ngennak a neihmi hmangin a thinsung ngaingai a hniksak. Cupa cu riahsia zetina fehsuak, zianghahtile neihmi hlawnthil tampi a nei a si. A ngaingai ahcun, Thukam pawl kha a tlun ngaingai lo. Thupek pakhatnak a pahbal, a nunnak ah thil ziangmaw cu Pathian tlun ah a ret a si. A lennak cu a milem a si.

Cule Jesuh cun lennak pawl hi thlemnak men an si zia le milian pa vancung ram ih a lut hngakin ransa tumzet kalauk thim hnakua fate sungih lut hman a ol deuh thu a simfiang. Dungthluntu pawl cun Jesuh ih tongkam cu mak an ti zet, zosaw rundam si thei ding ti tiangin an ruat. Jesuh cun Marka 10:27 ah thil thupi zetmi a run rel, “Minung hrangah cun cucu a cang thei lo, asinan Pathian hrangah cun thil cang thei lo a si lo. Zianghahtile Pathian hrangah thil ziangkim a cang thei a si” tiah a ti.

Marka 10:27 hi thuanthu cemnetnak hmuram mawizet vekin a lang: Nangmah te lawngin vanram na thleng thei loih, rundam na sinak dingah Pathian zangfahnak na tul. Asinan Piter cun a rualpi pawl thawn Jesuh thlun dingah ziangkim an fehsan thu a sim. Jesuh cun Amah thlun dingih ziangkim na tlansan mi cu a tu le “san ra lai ding” ih na don dingmi thawn ngaihtuah cun zianghman a si lo timi thawn a rak let.

Hinah thil thupi a um: Khrih ih thihnak cun minung sualnak a relfel sak, cule Khrih ih zangfahnak, A thawhsalnak pawl cun a thupek thlun dingin cannak a pe a si.

Siar ding: Rom 6: 1-11. **Himi bungcang in kan nun ah thiam in coternak le Amah ah mithar ih in tuahnak ih Pathian zangfanak ngaingai ziangtin an langter?**

NILI NI

August 21

Ka in dingmi no hi nan in thei ding maw si?

Siar ding: Marka 10:32-45. **Ziangtin saw himi bungcang in Jesuh ih hnatuan ding lawngah siloin Amah thlun ding timi sullam thawn pehpar aw in dungthluntu pawl ih an theihthiam thei lomi hi a tarlang?**

Jesuh cu a khualtlawnnak ah Jerusalem lam a naih deuhdeuh, cutin an feh pahah ah cutawk hmun ih thil

thleng ding pawl cu a dungthluntu pawl hnenah a sim phah. Cumi cu an zum le an theih duh mi khal a si ciamco lem lo. Jesuh cun a thih ding le a thawhsal ding hi a theifiang zet. Asinan na theih duh lo thil a si ahcun ngai duh lo ih hnon men hi thil olsam zet a si.

Himi hi James le Johan in bulpak zetin Jesuh hnenah thil dilnak nei dingih an rat lai ih an tuah dan a si ti a fiang zet. Jesuh cun fiah felfai zetin a rak sut, cule annih cun A sunlawinak ah A vorhlam le kehlam ih to dingih an rak ngen. An ngennak hi mai' hmasialnak tiih relsiat olsam zet thil a si. Asinan hi te pahnih cun Jesuh ih hnatuannak hrangah an pe aw ih, an duh zawng cu mai' hmasialnak a si thluh lo men thei.

Jesuh cun an dil rero mi cu thuk zetih an theihthiam ding a duh zet. Anih cun a no an in thei kem, lole a tihnimnak ah an hnim ve thei kem timi a sut. A no cu Gethsemane hmuan le thinglamtah parih na tuarnak no a si ding (Zoh kawp aw, Marka 14:36), a tihnimnak cu a thihnak le phum ih a umnak a si ding (Marka 15:33-47), Cumi cu Marka bung 1 sungih ngan mi a tihnimnak thawn khal in an milaw zet.

Asinan James le Johan cun an hmufiang thei lo. Tongkam nal zetin an tuah thei ding thu an rak sim hngal. Cule Jesuh cun a no cu an in ding ih, a tihnimnak ah tihnimnak khal an nei ngaingai ding timi simcianak a rak sim. James hi dungthluntu lakih Sarthih ih thi hmaisabik tu a si (Tirh 12:2). Johan cu dungthluntu lakih dam rei bik le Patmos ih saltang mi a si (Thuphuan 1:9). Asinan Jesuh cun sunlawinak hmun cu Pathian ih remruat mi a si timi a tarlang.

Jesuh letnak cu dungthluntu dang pawl in ziangtin saw an let? A tha tuk lem lo. Grik tongfang *aganakteo* "thinkeng dingin, thinkengnak" timi cu Marka 10:41 le

Marka 10:14 ah hman a si ih, cumi ahcun Nauhak pawl Amah hnen ihsin hlaral ih an um ter ruangih Jesuh ih thinkengnak thuhla kha a si.

Cule Jesuh cun mipi pawl cu a thuzirh mi thuk zet sim dingin hmun khatah a ko khawm. Zeltel hruaitu pawl in anmai bulpak hlawknak ah thilti theinak an hmang timi a langter. Asinan Pathian uknak ih thiltitheinak huham cu midang thlawsuahnak le thansohternak ah hman ringring a si. Pathian Lalram ih siangpahrang vekin Jesuh cun Lamzin ah mi a hruai. Tlennak ding hrangah Amah rori nun a pekawknak ruangah – a dungthluntu pawl ih an theih duhmi ruahsannak thawn cun an bangaw lo zet.

Khristian pawl cu midang pawl ih, "siahhlawh" kan si ding timi sullam ziangsaw a si? Ziangtin saw himi kaihhruai awknak hi midang thawn nitin nan pawlkom awknak ah na langter ding?

NINGA NI

August 22

'Ziang tuhsak saw nan duh?'

Siar ding: Marka 10:46-52. **Jesuh a feh liam cu Bartimas in ziangtin saw a let?**

Thuthangtha Marka cabu ah himi tiang ahcun Jesuh cun mipi pawl hnenah A mangbangza tuah thu le zo a si timi thu ahhin daiten um dingin a sim hai. Himi ahhin Jerikho suahsan zik zawngah lamzin kap ih um mitcaw pa cun bomnak a rak dil, Nazareth mi Jesuh a si timi a theih ngah tikah, "Jesuh, David fapa, ka parah lainatnak nei hram aw" (Marka 10:47) tin a au thok. Cabu ih thuphuan/ thuthup um mi thawn milaw in, mipi pawl cun kutdawh pa cu daiten um men dingin an fial, asinan an hlawhtling thei lo.

Asinan Bartimas cu beidong duh loin nasa sinsin in a au ih, "David fapa, ka parah lainatnak nei hram aw"

(Marka 10:48, NKJV) tiah a ti. A tongkam ahhin Jesuh cu Messiaah a si timi zumnak le a damter thei a si timi zumngamnak phuansuahnak a um. Jesuh san ih, “David fapa” timi thulu cun thil pehpar aw mi ruatdan pahnih a suahpi : Israel Bawi tohkham ih siangpahrang dinthar sal le himi pa cu damtertu le khawsia dawitu a si ding timi hi a si.

Jesuh cu a cawl ih, mitcaw pa ko ding in a sim hai. Hminsintlak zet ummi cu mitcaw pa in Jesuh a pan lai ih a korfualpi a hlon kha a si. Jesuh san lai ih mitcaw pawl cu khawtlang ih zoh niam bikmi an si ih, cuvek ciah in nuhmei le hngaktah pawl khal an si. Hivek pawl hi hringnun harsa le tihnun umnak hmun ah bulpak zetih um pawl an si. Korfualpi cu mitcaw pa ih kilhim awknak a si. A korfual pi tanta in a feh timi sullam cu Jesuh in a damter thei timi zumnak a nei zo ti a fiang.

Jesuh cun a beidong ter lo. A ngaingai ahcun Thuthangtha cabu sungah Jesuh bomnak duh ih ra pantu pawl cun damternak an dong ringring. Jesuh cun Marka 10:36 ih James le Johan hnenih thusuhnak a neih vek ciah, “Ziang lo tuahsak na duh?” (Marka 10:51) timi kha a sut ve. Zianghman awloksongnak um loin mitcaw pa cun khaw hmuh theisalnak dingin a dil, cule zamrang zetin Jesuh cun a tuahsak. Mitcaw pa cun lamzin ah a thlun.

Himi thuanthu hi Marka cabu ih dungthluntu sinak thenkhat a cemnak a si ih, Marka 8:22-26 ih mitcaw damternak thuanthu thawn cabu cemnak an tuah tlang. An thuanthu pahnih cun dungthluntu sinak cu mitthar thawn leitlun hmuh hi a si timi a langter ih, khuimaw caan ahcun a veikhatnak ah fiah lo deuh theu khal sehla Jesuh ih hruainak ah an thlun ringring theu.

Ziangvek lamzin in saw, “Jesuh, David fapa, ka parah lainatnak nei hram aw” tiih na au theu? Ziang

thilsaw thleng, himi hmuhtonnak ihsin ziangmi zirlai na zir thei?

NIRUK NI

August 23

Ruahbet ding: siar ding: Ellen G. White, “Blessing the Children,” and “One Thing Thou Lackest,” in *The Desire of Ages*, pp. 511–523.

“Jesuh hi nauhak duhdawttu a si ringring. An nauhak pawl ih zawnruahnak le an pekawknak, danglam thei lo duhdawtnak tivek pawl a pawmsak thluh. Hmur thianghlim ihsin lungawi thu simnak cu A hna ah awnmawi an si. Mi ti awter pawl le hrokhrol thawn pehtlaih awknak an neih ruangih hrem a sinak cun a thlarau a kaitho. Rundamtu a fehnak kipah a mithmai tha zawnruahnak le velnei ih a diknak pawl cun nauhak pawl ih duhdawtnak le rinumnak a neh thei a si.”—Ellen G. White, *The Desire of Ages*, p. 511.

“Milian tlangval pa vekih zumnak ih dinhmun sangzet le neihsiah tamzet neitu pawl hrangah Khrih thlun dingih ziangkim tlansan cu raithawinak sunglawi zet a si vekin a lang. Asinan himi hi a dungthluntu si ding pawl hmuahhmuah hrang ih daan ummi a si. Thuawihnak lo cun zianghman pawm theih a si lo. Mah le Mah pekawknak hi Khrih ih thuzirhmi bulhram bik a si. Vei tamzet cu thuneihnak nei zet vekih langmi tongkam phorhsuah le hman a si theu. Ziangatile minung pumhlum a siatsuat theitu hlohter le lakhlo ih a um lo ahcun rundamnak lamzin dang zianghman a um lo a si.”—*The Desire of Ages*, p. 523.

RELKHAWMDING THUSUHNAK

1. Nauhak le mino pawl cu Khrih le kawhhran thawn pehtlaihawknak nei thei ringring dingih na bom theidan lamzin ziangsaw um? Hivek ih kan tuah hi ziangruangah saw a thupit emem?

2. Khuimaw caan ahcun miin paisa an buaipei thu an rel kan thei theu. Himi hi thil dik a si lo. Mi hmuahhmuah in paisa kan buaipei thluh, cumi ahcun zianghman dik lo khal a um lo. Asile paisa thawn ziang buainak saw um thei, mi lian khal, mi farah khal paisa thawn pehpar aw mi ahhin ziangruangah saw fimkhur zetin Khristian rinum zet kan si a tul?

3. Jesuh in na hnenah, “Ziang lo tuahsak saw na duh?” lo ti bang sehla ziangtin saw na sim ding?

4. Marka 10:43-45 ih um Jesuh tongkam ah um sal aw. Hivek ih nun hman hi ziangsi sullam? Ziangtin saw rianmi siloin riantu sinak hi kan zir thei ding. Ziangtin kan nung tile midang hnen ih kan umdan pawl thawn pehpar aw in himi ih in sim duhsan hi ziangsaw a si?

ZIRLAI 9**August 24–30****JERUSALEM IH EL-AWKNAK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 11; 1 Siang 1:32–48; Zekh.9:9, 10; Isa. 56:7; Jer. 7:11; Marka 12:1–34.

Bible cangken: “**‘Cun thlacam ih nan din tikah, mi parih lungkim lonak nan neih asile ngaidam ta uh: cule vanih um nan Pa khalin nan sualnak a lo ngaidam ve ding.’**” (Marka 11:25, NKJV).

Jesuh le biaknak hruaitu pawl karlak thukam elawknak hi Marka 2 le 3 (Zirlai 3 ah zoh aw) ah voi 5 rori a um. Tuizarh zirlai ahcun Jerusalem ih Jesuh a rat tikah biaknak hruaitu thawn thukam elawknak vei 6 rori an nei a si. Thukam elawknak kop hnih tu cu Leitlun a hnaturan thoknak le cemnak ih cabu netnak um vek khi a si. Thu elawknak hmuahhmauh cun Khristian nun ah thil thupi zetzet a rel a si. Jesuh ih thuzirhnak cun hivek thuelawknak dinhmun khalah zumtu pawl cu an zumnak le nitin an hmuhtonmi buainak ah a kaihruai a si.

Biaknak hruaitu pawl cu Jesuh buaiter dingin le neh dingin hmaiton in an ra, asinan an hlawhtling dah lo. Tuizarh zirlai hrekkhat cun Pathian dokalh dingih minung a hruaitu hi ziangsaw a si timi a zir fiang ding ih, thleidan awknak siatbal dingin Khristian pawl ih thil tuahthei mi a ruat ih, cule Thlarau kawhnaak rak khamtu thinlung thuhla khal a rel.

Marka 11 ah Jesuh ih hnatuannak hmun cu lantakpuai hmang dingin Jerusalem ah a si ding (March-

April). Marka 11-16 cun Zarhkhat ai tam deuh lak a duh ding: Thuanthu ih tikcu caan cu nuamnai ten a tum suk vivo. A hmaisai bung 10 pawl cun kum khat le hrek hrawng an awih. Himi nuamnai ten a tum rero mi cun kharnak thupi zet a run tuah a si.

**NIKHAT NI
Nehnak luhka**

August 25

Siar ding: Marka 11:1-11 le Zekhariah 9:9, 10.
Hitawk ah ziangthil a cang?

Himi thuanthu hrekkhat ahhin Jesuh in Dungthluntu pahnih cu an kiangkap ih khaw pakhat ah Jerusalem fehnak dingih a to dingmi laak pakhat va hruai dingih a fial. Ziang ruangahsaw himi thuthuan ahhin tikcu caan tamzet a hman?

A letnak cu phunhnhin in a um. Pakhatnak ah, cui thil cun Jesuh ih simcianak huham a langter ih, a thlennak ih upat lungawinak a ummi a langter, cumi cu Pathian ih duhnak thawn a pehzom a si. A pahnihnak ah, himi thuanthu hi Zekhariah 9:9,10 thawn peh awknak an nei. Cumi ahcun Siangpahrang cu laak parah to in Jerusalem lamah a feh timi a um. Himi cun Solomon in Jerusalem ah laak par to ih a luh thu va theihter salnak a si (1 Siang 1:32-48). Cumi lai ahcun Adonijah in Siangpahrang tohkham laksak a tum ih, David in Solomon cu Siangpahrang lukhum khumter lohli dingih a ti lai caan kha a si.

“Khrih a suah hlan kum 500 lai ahkhan profet Zekheriah cun Israel ah Siangpahrang a rat ding thu a rak simcia. Himi simcianak hi tu ahcun a famkim ding a si. Caan reizet siangpahrang sunlawinak co ding duh lotu kha tu ahcun David siangpahrang tohkham ro co dingih

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thutiammi vekin Jerusalem ah a ra.”—Ellen G. White, *The Desire of Ages*, p. 569.

Jerusalem hi tlanglak ramthen ih ummi a si ih, pii 2,400 (740 meters hrawng) hrawng sang ih ummi a si. Jesuh san lai ahcun mipum 40,000- 50,000 hawng an si men thei. Asinan laantak puai ahcun hi hnakin an pung deuh. Himi khawpi hi eka 250 hrawng lawng a si ih, asinan tlang then ih Biakinn umnak cu eka 37 lai a si. A mawizet mi Biakinn cun khawpi a mawiter thluh.

Jesuh cu nisuaknak lam ihsin a lut ih, Olif tlang ihsin a suk ih, Sui kotka ihsin biakinn tlang(Kotka cu tu ahcun lung-ur ih khar a si zo) ih a luh hi a zum um zet. Khawpi ih a luh ruangah khaw pumpi cu a hnih theh thei, mikip in A tuahmi hmuhsaknak ih thupitzia an thei thluh. Jesuh thawn a um tlangmi mipi cun hosana tin an au. Cumi cu a hramthok ahcun “Tu ah in run aw” tinak a si. Asinan netalam ahcun a sullam cu, “ Bawipa cu thangthat uh” tiah a rung cang.

Marka cabu tam sawn ah Jesuh in uar zetih a rel theumi thuthup relnak tikcu caan cu a liam thluh zo. Tu ahcun Jesuh cu Siangpahrang hmuhsaknak ih cangvaihnak langsar zet hmangin Jerusalem a lut thlang. Biakinn sungah a lut, asinan tlailam a si zo ruangah a zoh kual men ih, cule dungthluntu 12 pawl thawn Bethani lamah an va cawl. Buainak le raalthonak a suak theimi lak ihsin a cawl hahdam. Asinan a thaizing cu a danglam zet ding.

Laak par to timi ruahnak cun hnuaidor dingih ruatnak a run kengtel. Ziangruangah cumi cu a hleice in Khristian hrangah thil thupi zet a si? Thinglamtah eng hnuai ahhin ziangmi porhawknak saw kan neih?

NIHNIH NI August 26
Camsiat mi thingkung le biakinn thianghlim

Siar ding: Marka 11:12-26. **Hitawk ih tarlang mi thil thleng pawl ih thupitnak hi ziangsaw a si?**

Zinglam ah Jerusalem ihsin peng 2(km 3 hnakih mal) hrawng hla ih um Bathani ihsin a rat tikah Jesuh cu a rilrawng zet. A hnah ih khat ciaicai theikung a hmu ih, rah hmaisai ziangmaw zat hmu dingin a va feh. Himi cangvaihnak hi rukru vekih ruat ding thil a si lo. Thukam hlun daan vek asile zokhal a rilrawng rehternak ah a venghnen ih loram silole theikung umnak hmuan tivek ihsin rawl ei a theih ruangah a si (Pui. 19:9, Pui. 23:22, Daan. 23:25). Asinan rah a hmu lo ih, thingkung cu, “Tui hnu ah zohman in na rah lo ei nawn hlah seh” (Marka 11:14) tiah a ti. Cumi cu Jesuh hrangah danglam zet le mak zet a si, asinan cumi theh hnu ih thil a hung thleng mi cu a lar deuhdeuh.

Cumi hnu ih thil a thlengmi cu Zentel pawl ih biakinn ah a rung cang, cutawk cu raithawi dingmi zuarnak hmunpi a um (Tu baite ih Kaiafas ih tuah mi a si). Jesuh cun thil zuartu pawl cu biakinn ihsin a thianfai thluh, cutin daiten Pathian bia dingin a feh thei sal. A thil tuahdan hi Biakinn kilkhawitu pawl hmaisong lo zet ih ti asi.

Jesuh cun Thukam hlun ihsin cahmai pahnih lasuak in thianghlim lo lamhmuh tu pawl thawn a pehzom aw ter. Anih cun Biakinn cu mi hmuahhmuah ih thlacamnak inn a si ding (Isaiah 56:7) tiah a ti, Zentel pawl khal a telh a si. Cule hruaitu pawl cun biakinn cu rukru pawl ih puk ah an tuah thluh tiah a ti (Jer 7:11). Cule hi mangbangza ni a cem zawngah, Jesuh le dungthlutu pawl cun khawpi an suahsan (Marka 11:19).

A thaizing ah khawpi ahcun an feh lehsal (Marka 11:20-26), dungthluntu pawl in theikung cu a hram ihsin a vuai thluh ti an hmuh tikah mak an ti zet. Jesuh cun thil cangsuak mi pawl a simfiangnak ahhin thlacamnak le soal ngaidamnak thuhla zirlai zir theih dingin a tuah. Himi pawl hmuahhmuah ih sullam ziangsaw a si?

Himi thuanthu pahnih cu Marka cabu sungih sangkep thuanthu palitnak a si(zirlai 3 kha zoh aw). Cuvek thuanthu pawl ah dokalh hnatuannak lole dokalh cangvaihnak tivek hi bangran in an um. Himi thuanthu ih theikung le biakinn hi an dinhmun a bangaw. Jesuh cun thingkung a camriam, asinan biakinn a thianfai, a kalhaw zawngih cangvaihnak a si. Asinan thil makzet cu tu ahcun biaknak hruaitu pawl cun Jesuh cu thah an tum thlang ding, cumi cangvaihnak cun biakinn hnatan thupitnak pawl ih cemnetnak a run keng ding a si. Cumi cu Jesuh in a famkimter.

Jesuh in thiangfater dingih na duhmi na nun ah ziangthil saw um? Ziangtin saw a thleng thei?

NITHUM NI August 27
Zo in saw na tuah thei ding tin a lo titu?

Siar ding: Marka 11:27-33. **Ziangmi buainak saw biaknak lam hruaitu pawl in Jesuh hnen ih an run ken, cule ziangtin a rak let?**

Jesuh in biakinn a thenfai hnu a thaizing ah biaknak hruaitu pawl cun biakinn sungah hmaiton in an ra hmu ih, mani sun ih a cangvaihdan kha ziang thu neihnak ih tuah saw a si timi an sut. Thudik hawl loin Amah phiar theinak ding an hawl sawn a si. A thuneihsak cu Pathian hnen ihsin a ti ahcun kutthemthiam ve men in khavak thuneihsak a neih thei cu an hnong ding a si.

A thuneihsak cu minung ihsin a ti ahcun mi aa tiin an dawisuak ding.

Asinan Jesuh cun an thangkam mi a hmu ih, a thusuhnak pakhat an let thei ahcun an thusuhnak a let ding thu a rel. A thusuhmi cu tipil petu Johan kha Pathian hnen ihsin maw asilole minung hnen ihsin saw a rat ti hi a si. Pathian hnen ihsin an ti ahcun, Jesuh cun, “ziangah saw amah cu nan zum lo?” a ti ding. Minung hnen ihsin an ti ahcun, mipi an tih fawn si. Curuanghai thuphan an rel ih, an theih lo thu an sim. Himi hin Jesuh cu an thusuhnak let duh lo dingin thil remcang a tuahsak a si.

Siar ding: Marka 12:1-12. **Jesuh in a let duhlonak cu ziangtin saw a thlun peh vivo, cumi ih a rahsuah mi cu ziangsaw a si?**

Jesuh cun sabit hmuan, a neitu le loram a sangtu thuhla tahthimnak a sim. Jesuh ih thuanthu a rel mi hi Isaiah 5 sungih sabit hmuan tahthim thu, Pathian in rinumlo Israel pawl ih thubuui a tuahnak thawn bangawknak nasa zet an nei. Mikip in an bangawknak an thei thluh, a hleice in biaknak lam hruaitu pawl in an thei cuang.

Lo sangtu pawl in lo neitu hnenah theirah zianghman a pek dah lo ruanghai thuanthu umdan hi a kelvek siloin a danglam cuang. An rak zoh sia zet ih, a siahlawh hman an thahsak. A netnak ahcun lo neitu cun a duhdawtmi a fapa, an rak tihzah ding tiih a ruat mi cu a feh ter. Asinan cuvek cun an rak tuah lo. A fapa an thah cun sabit hmuan cu anmai ta ah a cang ding tin mak zetin thu an ruat. An ruatnak cu a langfiang zet ih, an tlunih thuthennak tuah a si cu a dik zet.

Jesuh in himi thuanthu ih a tuahmi cu biaknak hruaitui' kekar in khuitawk lam a pan timi ah ralrinnak nasa zet a pek hi a si. Himi eng ih kan hmuh mi cu A

tahthimnak thu cu duhdawtnak thawn ralrinpek theihter awknak a si. An hrangah an nun thleng dingin le thuthennak pumpelth dingin khua a tlai hrih lo. A hrekkhat cu sualsir in, an thleng aw ding ih, Jesuh an pawm ding. Midang cun an pawm ve zik lo.

NILI NI

August 28

Leilam hnatuan le vanlam rahsuah

Siar ding: Marka 12:13-27. **Hitawk ah ziangthil a thleng, cule Jesuh in ziang thudik saw a zirh?**

Biaknak hruaitu pawl cun Jesuh cu Rom ram uktu hnenah simaw, mipi pawl hnenah simaw, thil pakhat sangsang ah amah mawhthluknak nei ih an kaih theinak ding an tawlrel rero. Himi thu elawknak hi siah pek ding thusuhnak a si. Hi hmun le tikcu ahhin siah pe duh lo pawl cu Rom cozah dokalh tu ih ruat an si ih, cumi cu sualnak nasa zet a si. Jesuh cun Sizar ta cu Sizar pe dingin le Pathian ta cu Pathian pe mai dingih a letnak cun thang sung ihsin a luat ter ih, asinan cuti rualin Khristian pawl in cozah tlun ih tuanvo an neih mi ah zirhnak a pe phah thotho. “Rom cozah huham ih kilhimnak hnuai ih an um lai ruanghai cui thuneihsak dinpinak ah an pek a tul timi thu a phuang, cumi cu hnatuan ding sangbik thawn an kalhawk lo phawt cun an tuah dingmi a si. Asinan remnak hawl ih a ramdan hnuai ih an um lai khalah, ziangtik lai khalah an rinumnak hmaisabik cu Pathian hnenah an pe ding a si.”—Ellen. G. White, *The Desire of Ages*, p. 602.

Cumi thluh hnu ih thusuhnak rung ummi cu mithi thawhsalnak thuhla a si. Sadusi pawl hi Moses cabu pa 5 lawng cathianghlim tiih pawmtu puithiam pawlkom an si. Annih cun mithi thawhsalnak hi an zum lo. Jesuh hnenih an run ken mi thu cu ‘a si pangah’ tiih an ruah mi men a

si. Cumi ahcun unau mipa 7 le nunau pakhat a tel. Moses daan vek asile sungkua lakah neihthil kilhim vivo tu ding ah fapa nei loin mi pakhat a thih asile a tanmi nuhmei cu a unau pa in a run nei ding, cuvek ih pehzomawknak ihsin a hung suakmi fate cu daan vekin mithi pa ih fa a si ding (Daan 25:5-10).

Thawhsalnak ih zumnak hlawnhlo tum in Sadduce pawl cun thawhsalnak ah cunu cu zo ih nupi bik saw a si ding timi awloksang za zirlai an la suak. Jesuh cun an thubuui cu karbak pahnih in a luh pi, Cathianghlim le Pathian huham thuhla a rel. Pakhatnak ah thawhsalnak ih Pathian huham a simfiang, cule vanram ah neihawknak a um lo ding thu khal a tarlang. Cule thawhsalnak thurin cu Suah 3:1-22 ih ngennak hmangin a humhim. Cutawk ahcun Pathian in Amah cu Abraham, Isaac le Jakob pawl ih Pathian a si zia a langter. Himi sullam cu annih cu an thosal ding tinak a si; Pathian cu a tu ih a thimi Abraham, Isak le Jakob ih Pathian a si ahcun annih pawl cu mithi in an um ringring lo ding tinak a si.

Mi pakhat in na hnen ah, “Pathian huham na thei aw?” tin lo sut sehla ziangtin saw na let ding, ziangruangah saw?

NINGA NI

Thupek sunglawibik

August 29

Siar ding: Marka 12: 28-34. **Daan thiampa in ziangmi thusuhnak saw a suh, cule Jesuh in ziangmi letnak pahnih saw a pek?**

Marka cabu sungah hitawk tiang ahcun biaknak hruaitu tamsawn cun Jesuh thu an el. Himi cu Jerusalem ahkhan a dik tuk. Cutawk hmun ah Jesuh cu biakinn khawmnak hruaitu pawl thawn hmaiton in an um – cumi

cu Judah biaknak ih an dinnak laimu bik a si. Curuangah daan thiampa cun thukam elawknak cu a ngai ih, Jesuh ih a letdan pawl cu a ngaisang zet, cule hmaton ih Jesuh a huatnak ah thazang cahnak le rinumnak a langter. Mi pakhat in Jesuh zawnruatnak nei khal sehla dunglam ah ding kirsal ih zoh men kha a olsam deuh ding. Asinan himi pa cun cu vekin a tuah lo.

Daan thiampa cun khuimi thupek saw a tum bik timi a thusuhnak cu biaknak ih lai muril bik a si. Jesuh cun olsam le fiang zet in a sim ih Daanpeksalnak 6:4,5 ta lasuak in Judah pawl ih zumnak langternak Shema cu a lasuak. Jesuh in thupek tumbik a timi cu na thinlung zaten, na nunnak le na ruahnak le na cahnak zaten Pathian na duhdawt pei timi hi a si. Cumi cu nangmah na sinak hmuahhmauh thawn na duhdawt ding tinak a si. Jesuh cun Daan thiampa hnenah thupek thupibik pahnihnak a ngaiter bet. Himi ahcun Thukam hlun ih Puithiam hnatan 19:18 sungta nangmah le nangmah na duhdawt awk vekin na venghnen duhdawt aw timi a la suak.

Khuimaw caan ahcun minung in ziangtin saw duhdawtnak nei dingih thupek a um tin an ruat theu. Daanpeksalnak sungah thupek ih nunphung pawl a simfiang. Himi tongfang hi hlansan ih pawlkom pahnih remawknak ihsin ra suah mi a si. “Duhdawtnak” timi cu an rualremnak ih a phutmi rinumnak, rinum zet in tuah famkim theinak ding a khhimuh a si. Curuangah pawlkom dangdang pawl ih karlakah duhdawtnak ummi an hnong lonan, rinumnak kha an ngai thupi sawn a si.

Daan thiampa cu mi rinum zet a si ih, Jesuh in theih olsam dingih a letnak le a relmi cu fiah zet in a hmu ih a fiang zet. Rinum zet daan thiampa cun Jesuh ih letnak cu a dik timi a nemhnget hi biaknak hruaitu pawl cun an

rak hnihsan men tin vun ruat aw, cuvek cu zohman in an tuahtuh lo mi thil a si. Jesuh khalin daan thiampa in rinum zetih a letnak cu a nemhnget ve ih, Pathian uknak ihsin hlaral ih a um lo thu a sim. Hlaral ah um lo timi cu a sunglam ah a um tinak a si cuang lo. Daan thiampa ih a tul hrih lai mi cu Jesuh zo a si timi theihfiang le amah thlun ding hi a si. Cumi cu zumnak lamzin a zawh hrih lai dingmi cu a si.

Kanmah kan duhdawt awk vekin ziangtin saw Pathian le kan venghnen duhdawtdan kan zir thei ding? Ziangruangah saw hivek thupek thlun dingin thinglamtah hi a thupit emem?

**NIRUK NI
Ruahbet ding:**

August 30

Read Ellen G. White, “A Doomed People,” “The Temple Cleansed Again,” and “Controversy,” in *The Desire of Ages*, pp. 580–609.

“Khrih in Amai huham ih a tuah mi thingkung a camriamnak cu kawhhran pawl hmuahhmuah le Khristian pawl hmuahhmuah hnenih ralring peknak vekin a ding a si. Midang hrangih hnatuannak tel loin zohman Pathian daan ah an nung thei lo. Asinan Khrih zangfahnak, mai zawnlawng ruat lo ih nun hmang lo mi tampi an um. Anmah ten Khristian tha zet ih ruat aw tu Mi hrekkhat pawl cun Pathian hnatuannak timi hi an theithiam thei lo. Anmah ten thinnuam an duh ruangah khawkhannak nei in zirnak khal an nei. Anmai hrang lawng ah an cangvai theu. Anmah ten an um khawm theinak ding ah tikcu caan cun man a nei zet. Nunnak hrangah himi hi an hnatuan mi a si. Midang hrang siloin anmai hrang lawng ah hna an tuan. Pathian in mai zawn lawng ruat loih nun an hman theinak

dingah leitlun ih um dingin a sersiam hai. A theihnak ih piangin an milai pi pawl bawm thei dingih tuahmi an si. Asinan mah le mah zawnruatawknak hi a tum tuk ruangah zianghman thildang an hmu thei lo. Milai pawl thawn khal in pehtlaihawknak an nei lo. Curuangah mah hrang lawngih nung tu pawl cu theikung vek an si, an langmawi thei zet nan rah an rah dah lo. Pathian biaknak dangdang pawl ah an tel, asinan sualsirnak lole zumnak a tel ve lo. An thatnak cu Pathian daan an tihzahnak hi a si, asinan thu awihnak hi an tlasam lai. An rel ko, asinan an tuah lo. Theikung parih tongsuakmi ah Khrih cun hivek ih langmawinak men hi a mit hmuh ah a huatzia a langter a si. A sualnak a puangaw tu cu Pathian hna tuan dingih phuangaw, asinan Pathian sunlawinak dingih rah zianghman nei lo pawl hnakin an sualnak a mal deuh a ti.” —Ellen G. White, *The Desire of Ages*, p. 584.

RELKHAWM DING THUSUHNAK PAWL

1. Khrih ih biakinn thenfainak ih sullam kha ruat aw. Ziangtin saw tuini kan kawhhran ah khai thupi pawl kha kan hmang thei ding? Cuvek thenfainak cu ziangtin saw an um?

2. Thuthangtha cabu hmuahhmuah ah Jesuh cun cathianghlim a hmang leuhleuh ih, a thlenfamkim dan khal a sim hai. Himi cun zumnak nun ah ziangtluk ih thupi an si timi thuhla ziangsaw in sim? Cathianghlim thuneihsak niamter dingih a ummi ziangvek khal, a hleice in Cathianghlim cu midang in Pathian cu zo a ti timi ah Pathian thuhla cu midang pawl ih ruatnak menmen a si ih, a hnatuan dan pawl khal midang pawl ih ruatnak menmen a si timi ruatnak hi ziangruangah saw kan hnon tengteng a tul?

3. Kawhhran le ramthen karlak ih ramri ngaingai cu khuitawk ahsaw a um? Himi thurel khawmnak hi Marka 12:13-17 ih Jesuh thuzirhnak in ziangtin saw a kaihhruai?

4. Thawhsalnak thuhla relnak ah a tlun ih Bible cang khi zoh aw. A hleice in Thih hnu umdan ngaihtuah in ziangruangah saw himi hi kan zumnak ih a thupit emem?

ZIRLAI 10

August 31–September 6

NI NETA

SABBATH SIIMLAM

Tuizarh sung siar ding: Mark 12:41–44, Mark 13:1–32, Dan. 9:24–27, Dan. 7:25, 1 Thess. 4:13–18.

Bible cangken: “ ‘Cutikah minung Fapa cu huham le sunlawinak maksak thawn mero par in a run lai an hmu ding. Cule a vancungmi pawl a run thlah ding ih, a hrilmi pawl cu leilung deng ihsin van deng tiang leilung kiil li ih ta a lawr khawm ding a si’ “ (Marka 13:26, 27).

Tui zarh ahcun Marka 12 cemzawng ih a ummi thuanthu tawi hmangih hramthok ding a si. Cumi ahcun nuhmei nui thil fate tuah mi cu uar zetin a rel. Ziangkhalsehla tuizarh zirlai hrekkhat ih a thupi zet mi cu Marka 13 thawn an pehzom aw ih, Jerusalem biakinn thuhla simcianak maksak zet le thildang thuhla tamzet a tel. Himi bungcang ah Mathai 24 le Luka 21 ih ummi thawn milaw zetin Jerusalem tluknak le a lehnhu ih thilcang mi, leitlun net tiangin a rel thluh a si.

Marka 13 in fiang zetin a tuah mi simcianak hi profet le Jesus um lai ihsin tikcu net, voihnih a rung tumnak tiang a si ding. Himi, “Tikcu net simcianak ih santhuanthu hmang ih simfiangnak” tiih theih mi cun himi simcianak cu tikcu liamcia le hmailam ih a hung um lai ding dokalhnak ih hman a si.

Marka sungih Jesuh ih thuzirhmi tampi vek thotho in Bawipa ih zirhnak pawl cu a dungthluntu pawl ih theihthiam lomi lole an thusuhnak lehnak pawl an si. Himi thusuhnak lole an theihthiam theilonak pawl cun Jesuh

in Khristian nun le thudik tontehnak tivek pawl zirhnak ding caantha a pe a si. Jesuh cun hmailam tikcu um ding lawng a simcia lo ih, A dungthluntu pawl cu a tu le neta ih hniksagnak rung um ding hrangih timlamnak ding a zirh a si.

NIKHAT NI

September 1

Thawhhlawm paisa fangnih

Siar ding: Marka 12:41-44. **Nuhmei nu in ziang hmuahsaw a pek, cule, cui thuhla cu Jesuh in ziangsaw a rel?**

Jerusalem biakinn cu mangbangza in mawizetih tuah mi a si. Biakinn tlang cun khawpi cu a uk thluh ih, an saknak ih lungto tamzet an hmanmi pawl cu tuini tiangah mangbangza an si. A hrekkhat pawl tla cu ton zatel ih rit mi an si. Biakinn le Biakinn tlang tuahthatsal le a cemzat pawl hi Herod ropi hnui ah tharthawhsal a si ih, 20 BC hrawngih thil thleng mi a si. Asinan A.D 60 tiang an sak peh rero lai.

Mi tamzet cun biakinn kiangih um bawm 13 ih ret ding thawhhlawm tam zetzet an run keng. Hitawk ahhin Jesuh cu a to ih, nuhmei nu pakhat in a ra naih ih paisa fang 2 a thlaklai a hmu. Himi cu nikhath hnatuan hlawhman denari 1/32 thawn an bangaw. Curuangah nunau nui' thawhhlawm cu a mal lutuk ti a fiang.

Ziangkhal sehla cu nui' thawhhlawm cun Jesuh ih thinlung a neh zet. Milian zet pawl cun bulpak in sumpai tamzet an ret, asinan cubang pawl ih an thawh kha Jesuh in zianghman a rel lo. Asinan himi nuhmeinu ih thawhhlawm cun Jesuh ih lom a hlawh zet. Midang pawl hmuahhmuah hnakin a pe tam sawn tiah a ti. Ziangtin saw a si thei? Annih pawl cun an neih luangliam an pe ih,

anah cun a farahnak ihsin a pe suak. Annih cun tamzet an nei lai; anih cun a nun theinak dingih a neih mi hmuahhmuah a pe. Himi thudik cun paisa man neihnak mal vio khal khal seh, a pekmi cu a karhzai ter a si.

Himi thuanthu ahhin neihsiah tawltrelnak thuhla zirlai thuk zet a um. Pathian ih hrangih thilpek hi hruaitu pawl ih cangvaihnak an neih ding ahhin a thum aw cuang lo. Biakinn ih biaknak hruaitu pawl cu eiruk hmang pawl an si ih, asinan Jesuh cun thawhhlawm peknak pawl cu a rak dawnkham cuang lo. Eiruk hmang biaknak hruaitu (Kaiafas? Annas?) an um a si ahcun, hi tikcu ih um mi pawl hi a luar kai bik lakah an tel ding. Cumi cu Jesuh khal in a thei.

Hruaitu pawl in Pathian duhdan vekin neihsiah sumpai hi thianghlim zetin an hman ding hi an tuanvo a si timi cu thudik a si. Asinan tivek in hmang lo khal sehla, Pathian hrangih peknak a petu pawl cun hi nunau nu vekin an peknak ah thlawsuah an dong thotho.

Thenhra thenkhat simaw, thawhhlawm si maw pe loin an um tikah khatlam ah hruaitu pawl lungawi loin an um theu. Cumi sullam cu an peknak cu Pathian hnen ih lungawinak ruangah siloin an hnatuan thawn pehzom awknak nei ih pe men fang an si ding. Cuvek cu ziangtluk ih thlemnak va si khal sehla, thildik a si thei lo.

Pathian hnatuannak dingih kan thilpek mi ah rinum zetih um a thupit zia thuhla himi thuanthu in ziangsaw in zirh?

NIHNIH NI

September 2

Lungto pakhat parah a dang a um lo

Siar ding: Marka 13:1-13. **Biakinn thuhla Jesuh ih rel mi kha dungthluntu pawl in ziangtin an let, cule an hnen ih Jesuh ih letnak ih hmuhsagnak kha ziangsaw a si?**

Kan hmuh vekin, Biakinn sakdan pawl cu mangbangza in an mawi ngaingai. Josephus cun Biakinn ih thlanglam Royal Portico ahcun ban 162 a um ih, cumi pawl cu mi pathum kutkai aw phah in an kiangkap pawl an thleng thei tithu khal a rel (Antiquities 15.11.5 §§413–414). Jesuh cun cupawl cu an cim thluh ding tiah a sim. Hivek ih mangbangza innpi sakmi thuhla thawn pehpar aw ih simcianak cu a ngaitu pawl hrang ahcun sancemnak vek tluk khi a si.

“ A ropi zetmi Biakinn cun Jesuh ih ngaihtuahnak a hip ih, hnongmi pakhat sim theih lomi cu a va si ciang ve! A hmai ih a zohmi cu thilmawi zet a si. Asinan riahsia zetin, ziangkim ka hmu thluh tiah a ti. Innpi pawl cu mangbangza ngaingai a si. Himi phardawl pawl hi siatsuah thei lo ding vekin na ngai: Asinan ka tongkam ngai aw: ‘Lungto pakhat parah a dang pakhat cimlo te ih suangaw in tanta an si lo ding’ tikcu caan a rung um ding’ —Ellen G. White, *The Desire of Ages*, p. 627.

Dungthluntu pawl cun himi simcianak Jesuh ih relmi hi ziangtik ah a tleng ding timi theih an cak zet. Curuangah Marka 13:4 ah pawkom fate, Piter, James, Johan le Andrew cun a tikcu caan an sut. Ziangtik ah hivek thil pawl hmuahhmuah hi a rung thleng ding tile hivek thil a thleng zikih hmuhsaknak pawl cu ziangsaw an si ding timi theih an duh zet.

Marka 13:5-13 ahhin Jesuh cun a tikcu caan tamsawn cu Jerusalem tluksiatnak thu relnak ah siloin Khristian kawhhran hmais a dinnak ih Pathian hnatuannak an neihnak ding thuhla ah dungthluntu pawl hnenih ralrin peknak lam ah a hmangsawn a si. A langdan ahcun thil olsam zet cu a si lemlo ding a bang. A ngaingai ahcun hremnak, harsatnak an tong dingih, a hrekkhat tla cu thah tiang an tong ding. Asinan hivek pawl um khal sehla a tikcu a kim hrih lo timi a langter. Hivek buainak a

rungum ding pawl ihsin bum in an um ding a si lo. Cui tlun ah, sungkua le rualpi pawl ih an tlansan hnu khalah Thiang thlarau cun a tikcu te ih tongsuak dingmi tongkam a run pe ding.

Jesuh ih simcianak thuhmaihrui tongkam pawl ihsin laksuah theih mi cu Pathian minung pawl in buainak le harsatnak ah tihnak an neih lonak ding ah a si. Annih pawl cu ralring ding an si. Ziangatile Pathian ih Thlarau cun harsatnak a pahtlang pi ding a si.

Jesuh thlunnak ruangih harsatnak a ra thlengmi pawl cu nangmah rori in ziangsaw hmuhton mi na neih? Zianghman na nei hrih lo a si ahcun, Amah na thlun ngaingai maw timi thusuhnak na neih a tul men thei?

**NITHUM NI
Tenumza ramhtu**

September 3

Siar ding: Marka 13:14-18. **“Tenumza ramhtu” timi ih a rel duhmi theihthiam theinak dingah Jesuh in ziangvek theihtheinak saw a pek?**

Jesuh cu Marka 13:14 sungih Jerusalem tluksiatnak ding thuhla ih laimu bikah a um thlang. “Tenumza ramhtu” timi a relnak hmun a si. Bawipa cun casiartu pawl in an theithiam ding a si tiah a ti. Himi tongkam thawn Jesuh cun dungthluntu pawl hnenah Daniel cabu a khihhmuh. Himi thupawl cu Daniel 9:27, Daniel 11:31, le Daniel 12:11 ah lang ih, Daniel 8:13 thawn khal in a milaw zet.

Siar ding: Daniel 9:26, 27: **“Hriakthih mi pakhat,” le “A ra lai dingmi lal “ zosaw a si(ESV)?**

Daniel 9:26 ih um “Hriakthih mi pakhat” hi Hebru tong *masiah* timi a si ih, mirang cun Messiah tiah an ti. Fimkhur zetih Daniel 9:24-27 kan zir hnuah cun Hriakthih

mi pakhat a timi cu Jesuh Khrih ratnak a rak simduhna a si timi fiangzetin kan theithe. Asinan, Jerusalem khawpi siatnak thlentü “A ra dingmi lal” cu zo saw a si? Khawpi cu Rom ralbawi Titus ih siatsuah mi a si. Curuangah Daniel 9:26, 27 ih a relmi “A ra dingmi lal” a timi cu amah hi a si men thei timi cu olsam zetih theih a theih. Messiah an tihdan cu khawpi siatnak thawn ngankop ih a um ruangah cui bulpak pahnih cu pehawknak an nei.

Asinan Daniel relmi tiih Jesuh ih a relmi, “tenumza ramhtu” timi thuhla relmi hi ziangsaw a si? Vansiatthlak za in mithiamsang tamzet cun himi tenumza a timi cu Antiochus Epiphanes in kum zabi 2 BC hrawngih biakin a siatsuah kha a si ding tiah an zum. Cumi cun sullam a nei lem lo. Jesuh in, “tenumza ramhtu” a timi cu amai tikcu hnuih rung um dingmi ziangsimaw a relnak a si. Curuangah Jesuh in Leitlun ih Pathian hnatuannak a neih hlan kum zabi 2 hrawngih thil a thlengmi cu a si thei zik lo.

Cumi ai hnakin tenumza timi cun AD. 60 cemzawng ih Jerusalem an kulhthluh lai hrawngih pathian dang biami Rom pawl ih khawkhannak lam a si deuh in a lang. Himi cu Khristian pawl an tlansuaknak ding hmainsinnak a si, cutivek cun an tlansuak ngaingai.

Jesuh ih a sim vek ciah in Jerusalem cu a tlusia ngaingai. Bible ih simcianak pawl hmuahhmuah le Amah ih rinsannak kan neih theinak dingin ziangtin saw kan zir ding?

NILI NI

Harsatnak maksak

Siar ding: Marka 13:19. **Himi bungcang in ziangsaw a rel?**

F-8

September 4

Tenumza mi ramhtu thawn pehpar aw in Marka 13:14 hi a bung pumpi ih a her kualnak hmunpi bik a si (Nithum ni zirlai ah zoh aw). Cuvek ciah in Marka 13:19 cun thuhla thlengawknak a tar lang ve. Cumi cun harsatnak maksak, leilung semsuaah ihsin a rak um dah kel lomi thuhla a rel. Himi cun Jerusalem tluksiatnak ai hnaki hremnak sang sawn le nasa sawn um ding a simcia a si. Marka 13:19 khalah hmailam tikcu um ding thuhla a rel, Jesuh tikcu caan ihsin hlal deuhih thil a rung thleng dingmi a rak khihhmuh.

Marka 13:14 cun Daniel 9 ih simcianak a rel kirsal vekin hitaw ih Marka 13:19-23 cun Daniel 7, 8 ih um, “caankhat, caan pawl le caan hrek” (Daniel 7: 25) sung ki fate huham cun Pathian minung pawl a hrem ding thu simciannak harsatnak maksak thu a um a si. Himi simcianak tikcu caan ih ni 1,260 cu a ngaingai ih kum 1,260 thawn an um bangaw a si (Mipum 14:34, Ezek 4:6). Himi tikcu caan cu AD. 538 ihsin AD. 1798 tiang a si. AD. 1798 ah Napoleon cun a ralbawi pa cu pope kai dingin a thlah. Kum 1,260 sungki fate ih huham cun himi kawhhran kaihhruaiawknak daan ih lungkimnak a nei lotu pawl cu a hremih a that hai a si.

Siar ding: Marka 13:20-23. **Harsatnak tikcu caan um lai ah Pathian in a minung pawl hnenah ziangmi ruahsannak saw a pek, a cem zawngah ziangmi ralrinnak saw a pek?**

Marka 13:20 ahhin Pathian minung pawl ih harsatnak tikcu caan cu tawiter a si thu a sim. Santhuanthu ah remthatu protestant pawl an um hnu reilote ah harsat hremnak meisa cu a ziam deuhdeuh, cumi cun harsatnak tikcu caan a tawiter a si. Cutin ki fate thiltitheinak a tlakniam tikah mi tampi cun remtha tu pawl an thlun. Asinan Thuphuan 13 ih a langvek in ki

fate cu thiltitheinak thawn a thosal ding. Marka 13:21-23 ah Jesuh cun hmainsinnak dang ralrinnak a pe, cumi cu a ratsal hlan ih profet deu le Khrih deu pawl an ra suah ding thuhla a si. Cumi pawl lak ihsin ralring dingin a dungthluntu pawl a cah.

Khrih deu thuhla Jesuh ih ralrinnak a pek lai ah, a thurel mi pawl an thlen famkimnak ding cu a thok zik rero zo lam, cucing khal in cuvek simcianak mangbangza cu a tuah thotho ih, a thleng dik ngaingai (tuini tiangah mi in Jesuh kan si an ti aw). Ziangtin saw himi simcianak in Pathian thu ih kan zumnak a karhzai ter thei ding?

NINGA NI

September 5

Milai fapa ih ratsalnak

Siar ding: Marka 13:24-32. **Ziangmi thil thleng ropi zet saw a rel?**

Sunglawinak thawn Jesuh Khrih a ratsalnak ding caan ih ni, thlapi, le arsi ah hmainsinnak a um hmaisa ding tilo ahcun zianghman a um zik lo. Thukam hlun cu himi mangbangza thil thleng dingmi lawnglawng simcianak in a khat thluh. Tirhthlah Paul khal in himi thuhla hi 1 Thes 4:13-18 cipciar zetin a rak sim. Cumi ahcun Khrih ih a itthat mi pawl cu nung dingin an ding ih, boruak ah Khrih hmu dingin a damlai mi mithianghlim pawl thawn laksoh ih an um ding thu a sim. 1 Korin 15 ah Tirhthlah cun Khrih a ratsal tikih mithi pawl an thawhsal ngaingai ding thuhla hi cipciar zetin a rel.

Piter khal in ni ropi thuhla 2 Piter 3:3-13 ah a sim ih, Bawipa cu a thutiam ah a khulfung lo, asinan mi hmuahhmuah hi sualsirnak an neih ding a duh ruangah a si tiah a simfiang. Cule Thuphuan cabu cun Khrih ratsalnak thu simfiangnak fiangzet a nei (Zoh aw, Thup 1:7, Thup 6:12-17, Thup 14:14-20, Le Thup 19:11-21).

Thukam thar thuzirhnak ih milaw zet cu Khrih ratsalnak cu bulpak, a ngaingai, hmu theih le theih theih in a si ding timi hi a si. A rat tikah cun mikip in an hmu ding.

Asinan Jesuh in “hi san” le “cui ni” lole “cui caan” tivek ih a rel mi pawl in ziangsi a rel tum? Himi tongkam pawl cun mipi tam zet a buaiter thluh, zianghatile Jesuh ih a rel lai sanih minung pawl an thih thluh zo ruangah a si.

Himi bungcang ih simfiangnak tamzet cun rel a hlauh zet. Mi hrekkhat cun “san” timi tongkam cu mipi thlahawknak hnam phunkhat, himi thu ahcun Judah pawl a relnak a si tiah an ti. Cumi cun Khrih a ratsal hlan tiang Judah thlah cu an hloral lo ding timi relnak ah an hmang. A dang simfiangnak cun Khrih a ratsal hlan ih hloral lo minung, hmuhsaknak pawl hmuahhmuah a thleng famkim lai rak hmu thluhtu ding cithlah pawl a relnak a si tiah an ti.

Asinan simfiangdan olsam bik cu Jesuh in Marka 13:30 ih “Hi” timi tongkam cu “Hi san” timi relnak le Marka 13:32 ih “cui” timi cu “cui ni le caan” timi relnak ah a hmang timi va theih hi a si. Marka 13 ih tongkam “hi” (houtos, haute, touto) timi cu cang 1-13 hmun tam zet a lang ih, cumi cun Jerusalem tluksiatnak a thleng a si. Bung neta lam ih mizia langter tu tongkam a si.

Curuangah, “Hi san” timi cu kum zabi 1 san kha a si deuh bikin a lang, cumi ahcun Marka 13:30 ih um vekin Jerusalem tluksiatnak hmuh theih a si. Ziangkhalsehla, Marka 13:32 cun Khrih ratsalnak thuhla a kihhhmuh, cumi cu hmailam tikcu caan ih um ding a si ih, kum zabi pakhat ihsin a hla aw zet mi a si. Curuangah Marka 13:32 cun kum zabi pakhatnak ihsin hla zetih thil a thleng dingmi relnak ah, “cui” timi tongkam a hmang a si.

NIRUK NI
Ruahbet ding:

September 6

Siar ding: Ellen G. White, “On the Mount of Olives,” in *The Desire of Ages*, pp. 627–636.

Leitlun ahhin buaithlak zetin thil thlengmi tampi a um. Mi cun thil a thleng dingmi cu an tih zet. Ziangtin saw kannih Seventh-day Adventist kan si vekin thil thleng mi thuhla ah , “sunglam nehnak” phunkhat nei in, hivek thil pawl cu Jesuh ih kan ruahsan mi le a ratsalnak ding ih thutiam pawl midang hnenah khiihmuhnak ih kan hman thei ding?

“A ratsalnak ding tikcu caan diktak kan theih lo ruangah, kannih cu fimkhur dingih thupek kan si. ‘Cun an pu a ra thlen tikah, amah rak hngak ringring ih a hmuhmi siahhlawh pawl cu hualvantha an si’ (Luka 12:37). Bawipa ratsalnak ding hnaktu pawl cun beiseinak zianghman nei loin an hngak lo. Khrih ratsalnak ih ruahsannak cun minung in Bawipa a tih ter ih, daan buarnak tlunih A thuthennak khalah tihnak a tuah a si. A zangfahnak a langter mi hnong ih sualnak nasa zetih um dingih kaihthawhnak a si. Bawipa a hngaktu pawl cu thudik thlunnak hmangin an thlarau thianghlimter mi an si ding. Ralring zetin an hngaknak ah nasa zetin hna an tuan a si. Bawipa cu sangka hram ah a um zo ti an theih ruangah thlarau rundamnak hrang hnatuannak lamzin ah Pathian fimnak ah hnatuan tlangnak nei dingah taimaknak nun a nungter a si. Annih cu Bawipai innsang pawl hnenah “a tikcu te ih anmah rawl a petu” (Luka 12:42) siahhlawh rinum le fim pawl an si. Tu ahhin a ngaingai ih hman theih mi thudik an phuang rero a si. Enoch, Noah, Ahraham, le Moses vekin an tikcu caan te ah thudik an phuang, cuvek in Khrih siahhlawh pawl cun anmai san

minung pawl hnenah ralringnak a pek ding “—Ellen G. White, *The Desire of Ages*, p. 634.

RELKHAWM DING THUSUHNAK PAWL

1. Bawipai’ hnatuannak ding hrangih thilpek ding hi pakhat lawng a um. Raithawinak thawn pek mi cu thildang a si. Ziangsaw a danglamnak, cule ziangah cumi danglamnak cu a thupit?

2. Ziangruangah saw Pathian in kum zabi tinkim le tuisan leitlun khalah A minung pawl ih hremnak cu a rak kham lo? Ziangtin saw doawknak maksak cun cumi theithiam dingin in bomdan? Ziangkhal sehla ziangahsaw hremthat awknak hi a um?

3. Tulai leitlun ah na hrangih a lang hleice mi Khrih ratsalnak hmingsinnak cu ziangsaw a si?

4. Thih hnu umdan le Khrih ratsal hlan tiang mithi pawl an it that ding timi thudik vun ruat aw. Himi in Mipi pawl cu thihnak ah an mit an sing, cumi thluh hnu ih an theih mi thil cu ziangsaw a si? Mikip hrangah Khrih veihnih ratsalnak cu a nai ringring a si timi hi ziangtin saw theithiam dingih in bawm ding?

ZIRLAI 11**September 7-13****KAIH LE HNIKSAKNAK****SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 14, Johan 12:4-6, Rom. 8:28, Suah. 24:8, Jer. 31:31-34, Zekh. 13:7.

Bible cangken: “Cun anih in, Abba, Ka Pa, na hrang ahcun thil ziangkim a cang thei; hi no hi ka hnen ihsin la hlo hram aw: asinain keimai’ duhdan vek si loin, nangmai’ duhdan veki si sawn seh, a ti’ “ (Mark 14:36, NKJV).

Marka 14 ihsin 16 tiang hi “ Tuarnak thuanthu” tiih theihlar mi a si. Ziangah tile Jesuh ih tuarnak, thihnak, le thawhsalnak an simfiang ruangah a si. Zirlai 9 khal hminsin aw, Marka cabu ih bung naetabik pa 6 cun zarhkhat sung hrawng a awih. Marka 14-16 ih thil a thlengmi tamsawn cu tuizarh tuarnak hi Ninga ni le Niruk ni ah a thleng ding a si. Jesuh thihnak cu Niruk ni ah a um ding ih, cule Nikhat ni ni ah a thawhsalnak a um ding.

Tui zarh zirlai cun Marka 14 a hmuitin ding ih, sangkep thuanthu panganak in hram a thok ding. Cumi cu Jesuh thawn pehtlaihawknak neimi thil a kalhaw mi cangvaihnak pahnih zomawknak a si. Himi cu zanriah netabik in a run thlun ih, cumi cu Gethsemane hmuan ih A harsat tuarnak in a thlun ding. Cutawk hmunah Anih cu an kai ih, cutin hruaitu pawl hmaiih hniksaknak nei dingin an hruai hlo. Hniksaknak cu Piter in Jesuh a phatsannak thawn an zom aw hngal ih, cumi cun Marka cabu sungih sangkep thuanthu paruknak le netabiknak a

tuah a si. Cule hitaw khalah thiltuah mi kalhaw ih thluaiaw zet pahnih a um. Asinan thil makzet cu merhkawi deuhin a um ih, thudik bangaw cu an nemhngat a si.

Thuanthu hmuahhmuah ahhin thu kalhaw pahnih an fehtlang vivo. Hivek in Marka cun casiartu pawl hmaiah hivek elawknak hi a ret ih, cumi ahcun Jesuh ih nehnak a langter theu a si.

NIKHAT NI**September 8****Hngilhthei lo**

Siar ding: Marka 14:1-11. **Hitaw ah ziangmi thuanthu pahnih pehawknak nei ih, ziangtin saw pakhat le pakhat an umdan?**

Marka 14:1 ah laantakpuai cu ni 2 lawng a duhthu a tarlang. Himi tokhawm lairelnak hi zarhkhat ih tlawngkai nihnih lole nithum hrawngih an neihmi a si ko ding. Biaknak hruaitu pawl cun remruat khawkhannak an nei. An tumram an hlensuah ding cu an duh zetmi a si. Cumi cu mangbangza ih thil a rung um ding mi an si.

Himi cahmai cu Marka cabu sungih sangkep thuanthu panganak a si (Zirlai 3). Jesuh dokalhnak thuanthu cu Jesuh lu parih rimthaw hnihsaktu nunau nu ih thuanthu thawn pehzom awknak an nei. Hi mizia bangaw cun cangvaihnak kalhaw mi an nei ih, rin lopi ih an dangawknak an langter a si. Hitaw ih nunau hi zo a si ti Marka cun a langter lo. Jesuh hnenih a thilpek mangbangza cu Judas in a Bawipa a phatsan thawn cun bangaw lo tak a si. Anih (nunau nu)cu a hmin tarlang in a um lo, asinan anih (Judas) cu hleihnih lakah a hmin a um. A (nunau nu) laksawng pekmi cu hminsin in a um ih, Judas ih hlawhman cu paisa thutiam lawng kha a si.

Ziangruangah hitivek in a tuah timi simfiangnak ngaingai cu pekin a um lo nan, zanriah eikhawmnak ih mikhual pawl in Jesuh parih rimthaw tawihnak ding men ih kumkhat hlauh rori hmanral ih a um thuhla an ruat tikah an mangbang zet. Ziangkhalsehla Jesuh cun a run ih, a thiltuah mi cu thuthangtha phuan a sinak leitlun pumpi ah amah hngilh lonak ah phuang a si ding ti thu a sim. Cumi cu theihhngilh a theih lo. A ngaingai te cun thuthangtha pa 4 pawl cun himi thuanthu hi phun khat in simaw, phundang deuh in simaw an sim thluh, cumi cu a thiltuah mi theih ringringnak dingah Jesuh ih tongkam a um ruangah a si men thei.

Judas ih phatsannak khal theihhngilh a theih ve lo. Marka cun a cangvaihnak cu duham ruangah a si tiah a ti. Thuthangtha Johan cun fiangzet in a rel (Johan 12:4-6)

Marka cun himi cangvaihnak pahnih ih danglamnak tarlangnak ah, “Tha” timi tongkam cu himi thuanthu pawl ah a hmang. Jesuh cun nunau nu ih cangvaihnak cu Marka 14:6 ah, “A tha, a mawi” tiah a ti. Nang khal in mi farah(Marka 14:7) hrangah “thil tha na tuah” ringring thei a lo ti. Marka 14:9 ah cunu cu “thuthangtha” ah a tel ve tiah a ti. Marka 14:11 ah Judas cun Jesuh phatsan dingin, “caan tha remcang” a hawl. Himi tongkam hmanna ih a reltummi cu minung in Messiah siatsuah tum hi a ngaingai ahcun thuthangtha thuanthu ah a rung tel. Ziangah tile cumi cun minung rundannak hrangih a Fapa a peknak ah Pathian duhdan a rahsua ruangah a si.

Hitawh ah ziangthil a thleng timi simfiangnak ah ziangtin saw Rom 8:29 in in bom thei ding?

NIHNIH NI Zanriah netabik

September 9

Siar ding: Marka 14:22-31 le Suahlannak 24:8. **Himi thuanthu ah Khristian pawl ih zumnak ziangmi thil ropi thupi zet saw hmuh a si?**

Marka 14:12 ahcun himi cu thilnu rawilo sangpuai an tuah nikhatnak ih laantakpuai tuu fano raithawinak a si. Rawleinak hi tlawngkai nili siimlam ah a si. Zanriah netabik ah Jesuh cun theih ringringnak ding khawmnak thar a din. Cumi cu Judah pawl ih laantakpuai hmanna ih sin thleng danglam mi a si ih, Israel pawl in Izipt ram suahsan in Sinai tlangih Pathian thukam minung an sinak thawn an peh aw a si. Thukam hmainsinnak ah Suahlannak 24:8 ahkhan Moses cun raithawinak ih hmanmi sa thisen thawn mipi a theh ih, “Ngaihnik uh, hi thu hmuahhmuah ah hihi nan hnen ih Bawipa ih a tuahmi thukham thisen a si” tiah a ti.

Hitawh ih Jesuh ih a dinmi Bawipai zanriah laantakpuai rawl ih tuufano hman a si lo hi a mak zet. Himi hi Jesuh cu Pathian tuufano a si ruangah a si (Johan 1:29 thawn zoh thim aw). Bawipai zanriah ih sang cun A taksa a khihmuh. Thukam thar (Jer 31:31-34 tiang zohthim aw) cu Jesuh ih thisen thawn hmainsin a si ih, cumi cun no hi a khihmuh a si. Jesuh cun, “Hihi thukam thar ih ka thisen, mi tampi hrangih ka thlet mi a si’ tiah a ti’ “ (Mark 14:24, ESV).

Cule himi pawl hmuahhmuah karlak ah Jesuh cun a dungthluntu pawl in Amah an hnong thluh ding ti thu simcianak a sim. Anih cun Zakhariah 13:7 ta a la suak. Cumi ahcun ralnam in tuu khaltu a vuak thu le tuu pawl an teekdarh thu a um. Jesuh cu tuu khaltu a si. Cule a dungthluntu pawl cu tuu rual an si. Thucah rapthlak zet le

lungsiat thlakza a si. Asinan Jesuh cun ruahsannak tongkam a bet, a thawh lehsal ding simcianak cu a simsal rero. Asinan dungthluntu pawl hmaiah Galilee ih a feh ding thu a sim bet. Hi simcianak cu Jesuh thlan kiangih um tlangval pakhat hnen ah Marka 16:7 ah a sim ding a si. Curuanga cumi cun hitawk ah thilthupi zet a kengtel a si.

Asinan himi pawl hmuahhmuah cu dungthluntu pawl hrangah pawm har zetmi a si. A hleice in Piter, mi dang hmuahhmuah tlan hlo thluh khal sehla ka tlan lo ding tihi a el tu pai' hrangah cun pom a har hleice. Ziangkhalsehla, Jesuh cun hnangamnak tongkam a tongsuak rero ih, cule Piter in ar veihnih a khuang hlanah veithum rori Amah a phatsan ding thu khal a simcia. Simcianak cu Jesuh hnihsak a si lai le Piter ih a phatsan lai ahkhan hmun thupi zet a luah ding; curuanga hitawk hmun khalah thil thupi zet ah a um.

Thil na tuah ding le tuah lo ding thu ah na va tuahsuak lole tuah suak lomi khalah Pathian hnenah ziangtik lai khalih thutiamnak na neihsak ihsin ziangsaw na zir thei?

NITHUM NI Gethsemane

September 10

Siar ding: Marka 14:32-42. **Gethsemane ah Jesuh ih thlacam mi ziangsaw a si, cule ziangtin saw thlacamnak let ih a um?**

Laantakpuai rawl an einak Jerusalem khawpi kulh suahsan in Jesuh cu a dungthluntu pawl thawn Kidron horkuam ihsin Olif tlang ih um hmuah pakhat ah an feh. Gethsemane timi sullam cu hriak sawrnak ti a si. Cumi cun a kiangkap hrawng ah Olif hriak sawrnak a um ti a

theihtheih. A umnak hmunram ciah hi AD 70 hrawngih Rom mi pawl in Olif tlang ih thingkung pawl an hau thluh ruanga theih a si nawn lo.

Cutin hmuah ih Jesuh a lut tikah a dungthluntu pawl a tanta ih, Piter, James le Johan thawn hla deuh an an va feh. Asinan annih pathum khal tanta in amah te hmunhla deuhah a va feh hrih lai. Himi hlatawnak in Jesuh cu harsat a tuar vivo vekin amah ten bulpak zet in a um vivo lai ding timi a langter.

Jesuh cun Pathian duhzawng a si phawt ahcun tuarnak no lasuak ding thlacamnak a nei (Marka 14:36). Aramic tong ih Abba timi a hmang. Cumi sullam cu "**Ka Pa**" tihi lehlin a si. Himi cu midang ih relvek in, "**papa**" tivek ih hman mi a si lo. Nauhak in a pa kawhna ih a hman mi tongkam cu **abi** ti a si (*Raymond E. Brown, The Death of the Messiah, Anchor Bible Reference Library [New York: Doubleday, 1994], vol. 1, pp. 172, 173*). Asinan Abba, ka pa timi tongkam hmanmi cun sungkua nai awk zetnak a kengtel ih, cumi cu fateter vivo ding thil a si lo.

Jesuh ih thlacam mi cu tuarnak no lak hlo sak ding hi a si. Asinan Amah ten Pathian duhzawng ah a thum aw (Bawipa thlacam thawn zoh tlang aw, Matt 6:10). Tuarnak thuanthi hmuahhmuah ah Pathian in Jesuh ih thlacam a letnak cu "Aii" tihi a si. Anih cun tuarnak no a laksak lo ding, zianghale cumi tontehnak in rundamnak cu leitlun ih pek a si.

Harsatnak na ton caan ah, nangmah lo bawm tu ding rualpi na neihsak ding hi a tha zet ding. Filipi 4:13 ah Paul cun amah caktertuhnen ihsin ziangkim a tuah thei thuhla a sim. Mi tampi cun dungthluntu in Filipi 4:14 ih "ziangkhalsehla" tihi a thok mi hi an hngilh theu. Hitin siar a si: "Ziangkhalsehla, ka harsatnak in tuarpi ruanga nan ti tha zet". Himi cu Jesuh in Gethsemane ih a

duhthusam cu a si. Veithum rori a dungthluntu pawl hnen ah hnangamnak hawl in a va pan. A dungthluntu pawl cu veithum rori an rak itthat ringring. A netnak ahcun Amah thawn hniksarnak tuar tlang dingin a thangkawk hai. Anih cu a tiar aw cia zo, asinan annih cu an tiar aw lo.

NILI NI **September 11**
Jesuh hnen ihsin tlan dingin ziangkim an tiansan

Siarnak: Marka 14:43-52. **Rundam khawkhannak ih thupi zet himi ahnin ziangthil saw thleng?**

Jesuh thawn nai zetih a umtlangmi pakhat in a doral pawl hnenih a phatsan cu thil danglam zet a si. Judas ih cangvaihnak thuhla cu thuthangtha cabu cun cipciar zetin a rel lo. Asinan Ellen G White cun hitin a ngan: “Judas cun paisa duhnak nasa zet a nei; asinan hitivek thil tiangtiang tuah thei dingin nawthuh cu a tuah ringring lo. Duhamnak thlarau soal cu a nun kaihruaitu a si tiangin a rak cawm ringring. Paisa duhnak cun Khrih a duhdawnak cu a danglamter thluh. Thatlonak sal a sinak ihsin amahten satan hnenah a pe aw ih, ziangti lam khalin soal ih hruailut aw dingin a pe aw a si.”—Ellen G. White, *The Desire of Ages*, p. 716.

Phatsannak hi a ngaingai ahcun mi hmuahhmuah ih lungsiatnak a si ih, phatsan dingin a tuahtu hrang khalah lungsiat za a si (Matt. 27:3-7 thawn zoh aw). Asinan Judas cu a hrokhrawl hleice, zianghahtile rualpi awknak hnuaiah a phatsannak cu thup a tum ruangah a si. Mipi pawl hnenah a hnam dingmi pa cu an kaih dingmi pa a si thu a sim. A langdan ahcun Judas cun Jesuh le dungthluntu dang pawl hnen ihsin rinumlo minung a sinak cu thup a duh tla a bang.

Mipi in Jesuh an kaih ahkhan buainak a suak. Mi pakhat cun a nam a phorh (Johan 18:10,11 ahcun amah

cu piter a si a ti) ih, cule puithiam sang ih siahhlawh hna a sattan. Jesuh cu mi burpi lam ah a hoi ih, Biakinn ih thu a zirh tinten langngan in tuah dingin an timi cu a thupthiar ih an tuah ruangah na zetin a kawkw hai. Asinan Jesuh cun cathianghlim a famkimnak thawn netkharnak a run tuah. Cumi cu tuarnak thuanthu ihsin a rungum kop mi hmuhsarnak a si – Cumi cu mi hmuahhmuah in Messiah siatsuah tum in hna an tuan lai khalah Pathian duhdan cu a thleng famkim thocho ding tinak a si.

Dungthluntu pawl cu an tlan thluh, Piter khal a tel, ziangkhal sehla rung lang lehsal in hlalal in Jesuh a thlun ding, cule amah ten buainak ah a hnuklut aw ding. Asinan Marka 14:51,52 cun hitawk lo thuthangtha hmundang ih hmuh a silo mi Jesuh thluntu tlangval pakhat thu a rel. Midang cun amah Marka kha a si ko ding tiah an ruat. Asinan cumi cu a dikti langternak zianghman a um lo. Hminsintlak zet thil cu himi pa hi taklawng in a tlan hlo ti hi a si. Hi tlangvalpa cun Jesuh “thlun” dingah mi hmuahhmuah fehsan thluh hnakin Jesuh ihsin “tlan” dingin mi hmuahhmuah a fehsan sawn a si.

Sualnak sal pakhat lawngin Judas cu a tuahmi tuah dingin a hruai a si timi ruahdan tihnung um zet cu vun ruat aw. Himi in soal huatnak le Pathian zangfahnak ih nehnak thuhla ziangsaw in sim?

NINGA NI
Zosaw na si?

September 12

Siar ding: Marka 14:60-72. **Piter ih thiltuah mi thawn kalhaw in, Jesuh in thil a thleng mi pawl a letdan kha tahthim aw. Himi danglamnak ihsin ziangmi zirlai saw kan zir thei ding?**

Marka 14:53-59 ah Jesuh cu Sanhedrin hnen ih an hruainak le hniksaknak hmaisai lam pawl a rel. Cumi cu thinsiatnak ih tuahmi a si. Hruaitu pawl cun Jesuh dokalhnak ih sualpuhnak cu hngetkhoh zetih tuah an tum leuhleuh. Thuthangtha cabu ngantu pawl cun thutheihternak a dik lozia le theihpitu pawl ih an lungkim dah lodan pawl an ngan.

Anetnak ahcun puithiam sang cu a dingih Jesuh a run bia. A hmaisabiknak ah Jesuh cun a let lo. Asinan puithiam sang cun Pathian hmai ih thutiamkammak hnuai ah a um ter ih (zoh aw, Matt 26:63) cule Messiah a si le silo a sut hngal. Jesuh cun lailan zetin Amah a si thu a rak pawm, cule Daniel 7:13,14 ta la suakin, Milai fapa cu Pathian vorhlam kut ah to in van mero thawn a ra tum ding thu khal a sim. Himi cu puithiam sang ih hrang ahcun a tituk lawmmam, a kawr a thlek ih, Jesuh cu thiamlo a coter ih, cutin lairel khawmnak a tuah lohli hngal. Hruaitu pawl cun Jesuh cu an hmuhsuam ih, cil an phui, a hmai an tuam ih, an beng, simcianak rel dingih an hringhro.

Jesuh cu innsung lamih hniksak a si rero lai ih, rinum zetih thu a phuang rero lai ah, inn leng lamah Piter cun thuphan a rak sim. Himi hi Marka cabu sungih sangkep paruknak le netabiknak a si. Hi tawk ah thilmak zet a um. Hitawk ah mizia bangaw pahnih a um, Jesuh le Piter cun cangvaihnak milaw lo zet an tuah. Jesuh cun thutheihpitu rinum zet a pe ih, asinan Piter cun thudik lo a rak sim. Piter cu siahlawh in simaw, lole a kiangih um pawl in simaw veithum rori an rak bia. An biak tinten Jesuh thawn pehtlaihawknak an neih cu a rak el ih, cumi ahcun camsiatnak le siatserhnak pawl khal a rel tel.

Himi ciah ahhin a veihnihnak Ar a rung khuang, cule zamrang zetin Piter cun Jesuh in cumi zan ah a Bawipa cu veithum rori a phatsan ding timi thu a simcia

mi cu a vun mangsuak. A tuarna tuk ih, a tap. Hitawk ahhin thilmak zet a um – Hniksaknak a cem zawngah Jesuh cu a mit tuamsak a si ih, an thawi, “simcianak” rel dingih thu an pek. Amah vua tu le hmuhsuamtu pawl zo an si timi a hmuh thei lo ruangah a si. Ziangkhalsehla hivek an tuah hmaisai lamah Piter cun Jesuh cu thuthennak tualrawn ah a hnong ih, cun Jesuh ih simcianak pakhat cu a famkim a si. Piter in Jesuh a hnongnak ahhin Piter cun Jesuh cu Messiah a sizia a tarlang a si.

Jesuh thlun duhnak nei ih, tlusiasal mi pakhat hnenah ziangvek ruahsannak um tongkam saw na pek ding? Kanmah lakah Jesuh duhzawng thei cingih thlun loih hnong zosaw um?

NIRUK NI

September 13

Ruahbet ding: Ellen G. White, “Before Annas and the Court of Caiaphas,” and “Judas,” in *The Desire of Ages*, pp. 698–722.

“Piter hmurih thuthiam zahthlak zet pawl cu a tharsal ih, Ar khuang cu a hna ih a cam ringring lai ah rundamtu cu thuthentu pawl hnen ihsin a hoi ih, retheizet dungthluntu pawl cu a vun zoh. Cumi tikcu caan laiah Piter ih mit cu a Bawipa lamah a um. Cumi nunnem zet hmai ahcun zangfahnak, riahsiatnak a siar thei, asinan thinhengnak cu zianghman a um lo.

“ Cumi hmel rau diadi te, tuarnak mithmai, hmur khur derdo, cui zangfahnak le sualngaidamnak hmel hmuh cun thal ih a thinlung sawh tlang mi vek a si. Sia le tha theihnak cu a thangdarh. Theihnak pawl an nung. Piter cun Bawipa hnenah thawnginn le thihnak khalah a feh ve ding thu a simmi thutiam cu reilote ah a vun theisal.

Cui zan thotho ah rundam tu in tlunta khan ih an um laiah a Bawipa veithum rori a phatsan ding thu a sim laiuh a riahsiadan pawl a vun thei suak. Piter cun Jesuh ka thei lo tin a sim theh ciah, asinan A Bawipa ih a rak theifiang zia le A thinlung a rak siar dik zia le amah te hman ih a theih awk lo zia thuk dikzia pawl cu lungsia zetin a vun theisuak.”—Ellen G. White, *The Desire of Ages*, pp. 712, 713.

RELKHAWM DING THUSUHNNAK PAWL

- 1. Ziangtin saw Marka 14:9 sungih Jesuh ih simcianak kan siar menmen tikah Jesuh ih a dang simcianak – simcianak a peknak dinhmun ngaihtuah in a cang thei lo dingih langmi- hi a ngaingai ih a rung famkim thluh thei?**
- 2. Judas le Piter ih bangawk lonak kha tahthimnak. Ziangvek saw an si, tuarnak thuanthu ih an cangvaih dan ziangtlukin a danglam?**
- 3. Bawipai’ zanriah ih sullam relkhawm uh. Ziangtin saw himi hi kan kawhhran ah sullam thuk sinsin ih kan tuah thei ding, cumi lawmnak ah ziangtin member tam zet kan tel ter thei ding?**
- 4. Jesuh in Gethseane ih thlacamnak “Aii” tiuh Pathian ih a letnak thudik kha relkhawm uh si. Pathian in kan hnenah “Aii” tiuh in let mi ih sullam ziangsaw a si?**
- 5. Piter cun Jesuh hnong in tlusia zet khal sehla, Jesuh cun a rak hnong ve lo. Himi thudik ihsin nangmah ten ziang beiseinak saw na lak thei mi um?**

ZIRLAI 12

September 14–20

HNIKSAKNAK LE KHENBETNAK

SABBATH SIIMLAM

Tuizarh sung siar ding: Marka 15, Luka 13:1, Saam. 22:18, Johan 20:24–29, Johan 1:1–3, Dan. 9:24–27.

Bible cangken: “Cun zanlam nazi pathum ah Jesuh cu, Eloi, Eloi, lama sabakthani? tiin aw ring zetin a au, a tican cu, Ka Pathian, ka Pathian, ziangah saw i tlansan? tinak a si.’ “ (Marka 15:34, NKJV).

Marka 15 hi tuarnak thuanthu laimuril bik a si. Cumi ahcun Jesuh hniksaknak, thiam lo an coternak, ralkap pawl ih hmuhsuamnak, khenbet a sinak, a thihnak le an phumnak pawl a um. Himi bungcang ih thil thleng dingmi pawl hi cangan tu pawl in anmah ten thudik phuangsuk ter an duh ruangah tla si men thei cipciar zet, fiangzet ih ngan a si.

Himi bungcang hmuahhmuah in thu eltai awknak hmun thupi zet a run luah khat. Curungah himi cun ziangmi thu eltaiawknak saw a si timi simfiangnak theithiam dingin nasa zetin a bawm ding a si. Thu eltaiawknak cun thil pathum a kengtel theu: (1) Sullam nei thil bangaw pahnih (2) Thil bangaw pahnih dokalh awknak le remawk lonak (3) Mi pakhat cun thu eltaiawknak ding a hmu lo, ziangthil thleng timi khal a thei lo ih, leh hnu ih a tuar tu ding zo an si timi khal a thei cuang lo.

Tuizarh cu Pilate ih thusuhnak, “Judah Siangpahrang na si maw?” a timi ihsin thinglamtah parih

hmuhsaknak um mi, ralkap pawl in hmuhsuam rero in, biaknak hruaitu pawl khal in, “Midang cu a rundam thei, asinan amah le mah a rundam aw thei lo” tiih diriam zetih an hmuhsuamnak pawl tiang in a lang thluh ding ih, ruahban lopi in Arimathea mi Josef a rung langdan pawl khal a um thluh ding. Himi bungcang cu thu eltaiawknak tongkam duh um lo zetih a khat thluh ih, cumi cing khalin Jesuh thihnak thuhla le cumi ih sullam huham nasa zet thudik pawl cu langter in a um thotho.

NIKHAT NI

September 15

“Judah Siangpahrang na si maw?”

Siar ding: Marka 15:1-15. **Ziangmi thu eltaiawknak saw hitawk ih a langter mi?**

Pontas Pilate cu AD. 26-36 sung Juda ram ukto a si. Anih hi ngilnei zet hruaitu a si lo ih, A thil tuahmi tamzet cun cui hmun ih um mipi pawl lakah vansang lamnak nasa zet a thlen (Luka 13:1 zoh aw). Judah pawl in Jesuh an hniksaknak ahhin Pathian thangsiatnak a nei tin an puh ih, thihnak tiang tong dingin thu an relcat. Asinan Rom uknak hnuai ah Judah pawl cun mithah theinak thubuai an nei thei lo, curuangah thiamlocoter ding ah Jesuh cu Pilate hnenah an rak hruai.

Pilate hmaiah Jesuh dokalhnak an neih mi hi tarlang a si lo. Asinan Pilate in, “Judah Siangpahrang na si maw?” timi thusuhnak tawi zet ah thum aw in an thusuahpi mi cu theih a theih mai (Marka 15:2). Thukam hlun san lai ah Israel pawl cun an siangpahrang pawl hriak an thih theu; curuangah Messiah (hriakthih mi pakhat) timi tongkam cun siangpahrang vekih upat ding ih ruahmi a si ruangah ramukto thawn eltaiawknak a um thei timi cu theih harsa thil a si lem lo. Cumi a si ruangah

Sanhedrin hmai ih soal puhnak an run thlenmi cu Pathian thangsiatnak a si ih, ram ukto hmai ih soal puhnak an run thlen mi cu ram uknak siatsuah thei thubuai a si, cumi cun thihnak tiang a thlenpi thei.

Thu eltaiawknak ah Jesuh hi Messiah le Judah siangpahrang a si kop timi hi a si. Pathian thangsiatnak le ram ukto siatsuah thei thubuai an orh termi cu thil dik lo a si; cu ai hnakin upatnak le biaknak a dong sawn sehla a mil sawn ding. Asinan Jesuh cu siangpahrang vekih a cangvai lai thotho. Pilate hnenih a letnak ah, “Nangmah in na sim zo” (Marka 15:2) a timi cu pumpek awknak lam a si lo. Asinak cu a el lo ih, a nemhnget cuang fawn lo. Himi a letnak ruangah Anih cu Siangpahrang a si timi a khiihmuh, asinan a danglam zet (Johan 18: 33-38).

Marka 15:6 ahhin laantakpuai a um lai fangah thawngtla mi pakhat cu tuah theudan vekih suah zalen an si thu a run tarlang. Marka 15: 9 ah Pilate cun “ ‘Judah Siangpahrang’ ” suahsak an duh kem maw tiah a sut. Thu eltaiawknak hrangih a rel tummi si khal sehla, thu eltaiawknak cun a ngaingai in anih cu a dokalh zet.

Marka 15:9, 10 cu theih theinak le theihlonak lam zirnak thu a si. Pilate cun iksiknak ruangah biaknak hruaitu pawl in Jesuh an run hruai a si ti a hmu thiam, asinan mipi hnen ih thusuhnak a tuahnak ihsin biaknak hruaitu pawl kut ah a um timi a theithiam thei lo. Annih pawl cun mipi an cawktho ih, Jesuh khengbet dingin an au ter. Pilate cu dung a tolh sal. Khenbet awknak hi thihnak rapthlak zet a si. A hleice in mawhsualnak nei lo tiih ruahmi mi pakhat hrangah a rapthlak cuang. Hi thu eltaiawknak cu ziangtluk in saw a nat, pathian dang biami cozah cun Messiah hi suah zalen a duh lai ah biaknak hruaitu pawl cun thinglamtah ih khenbet an duh fawn si.

Thil tuah dingih nornak nasa zet a um caan ah mipi pawl ih dung thlunnak ihsin ziangtin na kilhim aw thei ding?

NIHNIH NI
Cibai, Judah siangpahrang!

September 16

Siar ding: Marka 15:15-20. Ralkap pawl in Jesuh ziangtin an ti, cumi ih thupitnak cu ziangsaw a si?

Rom mi pawl cun thawngtla pawl that dingih timlamnak ah nasa zetih vuakvelhnaq hi an rak fehpi dan a si. An hremmi cu thuamhnaw an hlihsak ih, cule an tawntar, cun savun sorfung hmangin an thawi ciamco ih, cui sorfung ahcun ruhro, thlalang, lungto, thirte tivek pawl an tawnbet thluh.

Jesuh an vuak thluh hnuah thattu dingih an ruatmi ralkap pawl cun hmuhsuam zetin sendup korfualpi an hruih ter ih, a lu ah hling lukhum an khum ter, cule Judah siangpahrang tin hmuhsuam zetin an tuah. Hitawk ih ralkap pawlkom hi ralkap battalion tiih kawh an si ih, himi ahhin mipum 200 ihsin 600 hrawng an um ding.

Hitawk ih thu eltaiawknak cun cabu siartu pawl hnenah Jesuh cu siangpahrang ngaingai a si ih, cumi thudik cu hmuhsuamnak tongkam tongsuak tu ralkap pawl in an phuang suak a si timi khihhmuhnak a si. Himi ralkap pawl ih cangvaihnak cu Rom ukto hnenih, "Cibai, Sizar, ram ukto" tiih ralkap pawl ih an rel mi hnihsuak zawngih an hmanmi tongkam a si. Curuangah ram ukto thawn tahthimnak a um thei a si.

Ralkap pawl in Jesuh hmuhsuamnak ih an hman mi "larzet" cu A lu ah phaipheng an ret, "chil" an phui ih, hmuhsuamnak thawn upatnak pe in "khuk an bil". Himi cangvaihnak pathum pawl cu Grik tong ih famkim lo catlang tluan ah hman a si. Himi catlang tluan ahhin thiltuah kirsalnak lampang a rel. Curuangah amah an hmuhsuamnak ih larzet thil cu A par ih cil an pui kirsal reronak le a hmaiah khukbil in hmuhsuam zetih upatnak

an pek hrim sal reronak hi a rel tum mi a si. Jesuh cun hivek pawl hmuahhmuah cu daiten a tuar, zianghman a let ve lo.

Rome pawl in khenbet awknak hmangih an thahawk daan tlangpi ahcun thiamlo coter mi cu a thihnak ding hmun a thlen tiang lawng fangkheh in thinglamta a pu ding. Cumi cu mipi vantlang hmai ah mualphoternak le hmuhsuamnak langternak a si.

Asinan Judah pawl cun mipi vantlang hmai ih lawngfang kheh ih um hi an hua zet. Marka 15:20 ah annih cun sendup cu an hlihsak ih Amai hnipuan an hruih ter tiah a ti. Cuticun himi hi cui tikcu caan le hmun ah Rom mi pawl in Judah pawl hnenih thuneihnak an pek mi a si ti a fiang zet.

Hitawk ih thu eltainak pawl hmuahhmuah hi vun ruat aw: Siangpahrang vekih Jesuh an cibai le "upatnak" an pek mi Jesuh hi Siangpahrang ngaingai, Judah menmen hman siloin, an siangpahrang ngaingai khal a si. Hmanseh an hmuhsuam zet.

Hivek minung pawl cun an thiltuah mi ziang a si ti an thei lo. Ziangruangah saw an hnongnak pawl hi thuthennak ni ah ngaidam ih an um lonak ding san?

NITHUM NI
Khenbetnak

September 17

Siar ding: Marka 15:21-38. Himi cahmai ah thu eltaiawknak nasa zet le raphlak zet cu ziangsaw a si?

Hitawk ih tuarnak thuanthu ahcun Jesuh cu daiten um thiamlo coter mi a si ih, a thih ding duhtu pawl ih thu hnuai ah a um. Thuthangtha cabu hmuahhmuah ah an kaih tiang in Anih cu cangvaihdan thiam bik a si tiah an ti. A tu ahcun a parah an cangvai thlang. Anih cu

thuthangtha simtu veivah cak zet, mi harhdam zet a si. Asinan, vuak a tuar ih ithmu khawp lo le rawlei ding a tlaksam tuk ruangah a thinglamtah a putnak ah midang ih theihpi loin a cau zet. Thinglamtah ahcun a hnipuan an phelhsak ih, ralkap pawl ih ta ah a cangih, cumi cu zo in a co ding tiin camcawh fung an zuk. Thinglamtah ih khenbet awk hi thisen tel loih thahawknak a si. Mi pakhat thinglamtah khennak ih an hman mi tlawngkhen (Johan 20:24-29 thawn zoh thim aw) cu thisen feh lonak hmunpi bik kut zaphak hnuai ih ngel ah an khen ding ti hi zum a um zet (Hebru le Grik ah “kut” timi tongkam cun kut le ban pawl a sim tel thluh a si). Kut zaphak cun thinglamtah ih taksa rit zet khai thei ringring dingin amah ah zianghman ruangrai a nei lo. Thahri hmunpi bik cu baan laifang ah a feh thluh ih, cumi cu tlawngkhen in a cilh ngah ih a kekdarh ter thluh, cumi cun baan ah nasa zet natnak a run suah pi. Thawthawt khal a ti harsa thluh. Thaten thawthaw thei ding in thinglamtah ih khenbet mi cun an ke ih khenmi thir cu an nor a tul ding ih, an kut ta cu an ti kual roero a tul ding. Asinan cumi cun natnak nasa zet a thlen ding a si. Thawthawt harsa ding ih tuah hi thihnak thlenpi tu pakhat a si.

A thinglamtah ih khenbet a si laiah Jesuh cun hmuhsuamnak le nautatnak nasa zet a dong. Thuthangtha Marka cun Jesuh cu zo a si timi daite ih sim theinak thuphuan/ thuthup a nei a si. Curuangah “Bawipa,” Pathian fapa”, “ Khrih” timi Khrih sinak pawl cu thuanthu ahhin a lang ciamco lem lo. Thinglamtah ah hithil hi thleng danglam in a um. A thup thei nawn lo. Jesuh hmuhsuam nautatnak ah biaknak hruaitu pawl in Amah sinak himi tongkam pawl an hmang ciamco hi thil danglam zet a si. Ziangtluk in saw hi minung pawl in anmah ten thiamlo an coter awk!

An hmuhsuamnak thuhla pakhat cu a langfiang zet. Cumi cu Marka 15:31 ah a um, “Midang cu a rundam; Amah le mah cu a rundam aw thei lo” (ESV) timi hi a si. Thinglamtah parih a tlaktlai lo zia tarlangnak ah midang a bawm thu an langter (Grik Verb ahcun “rundam” “damter,” runsuak” tinak khal a si thei). Himi thu eltainak ah Anih cu rundamtu a si lam an pawmpi. Thu eltainak cu a thuk deuhdeuh – Amah ten a rundam awk theilonak, lole a duh lonak cu thinglamtah ih midang a rundam ruangah a si.

Johan 1:1-3 siar aw, himi cahmai in Jesuh thuhla kan hnen ih a relmi kha ruat aw, cui Jesuh thotho cu Marka cabu sungih thah a tuartu kha a si. Kan hrang Khrih thihnak cu kan thinlung ah ziangtin saw kan ret thei ding?

**NILI NI
Pathian ih hnonnak**

September 18

Siar ding: Marka 15:33-41. **Thinglamtah ih Jesuh tongkam Marka cabu sung lawngih um kha ziangsaw a si? Kan zaten hrangah netabik Khrih thihnak sullam hi ziangsaw a si?**

Thuthangtha Marka cabu cun thinglamtah cu taksa le thlarau lam ih hmun thim zet vekin a langter. Tlawngkai ninga sun hnu ihsin tlailam nazi 3 tiang cu Kalvari tlang parah thimnak a run um. “Cun sun nazi hleihnih a kim in ram pumpi ah zanlam nazi pathum tiang thimkhawzing a tlung” (Mark 15:33). Thinglamtah parih Jesuh ih tongkam pawl cu, “tansan mi ih tahnak” tiih kawh a si tiah an ti. Pathian hnenah a au ih, ziangruangih fehsan ih um saw a si timi a suut ruangah a si. Anih cun Saam 22:1 ta kha a la. Himi Saam thotho relnak hi Marka 15:24 le 29 ah a

lang. Jesuh ih thihnak ah ca thianghlim pawl famkim ter in a um timi a tarlang a si. Minung khawkhannak sualzet karlak khalah Pathian duhdan cu a famkim thocho.

Thinglamtah ihsin Jesuh ih tongkam pawl cu Aramic tong ih ngankhum a si. Himi “Ka Pathian, ka Pathian” timi cumi cu Elo, Elo tin a um (Aramic tong ih ‘elahi’ timi ihsin thleng mi a si). Curuangah Jesuh in Elijah a ko vekih theih khal a ol zet. (Aramic tong ih ‘eliyyah’ timi cu Ka Pathian cu YHWH a si tinak a si). Himi hi a kiangih rak umtu pawl ih an theihusual mi cu a si.

Himi cahmai ih thil langfiang zet cu Jesuh in Marka 1:9-11 ih tihnimnak a lak mi thawn an milaw zet a si.

Tihnimnak: Marka 1:9-11 39	Thinglamtah: Marka 15:34-39
Johan in Jesuh tihnimnak a pe	Jesuh tihnimnak (zoh kop aw Mark 10:38)
Johan (Elijah relnak, Mark 9:11-13)	Elijah kawhnak
Van ongaw	Puanzar a tlek
Thlarau (pneuma)	Jesuh thihnak
Pathian tongkam “Duhdawt mi fapa”	Ralbawi cun, “Pathian fapa” a ti

Himi bangawknak pawlin in hmuh mi cu Daniel 9:24-27 ih simcianak ummi veki Jesuh in a hnatuan a thoknak ah Marka 1 sungih tihnimnak a neih mi cu Marka 15 sungih thinglamtah ih thil a thleng mi, mi tampi hrangah thi dingin (Marka 10:45) a hnatuan a thehndak ding a si timi a langter a si. Thinglamtah ih Jesuh thihnak cu Daniel 9:24-27 simcianak hrekkhat famkimnak khal a si thocho. Biakinn puanzar tlek (Marka 15:38) mi cun raithawinak pawl a famkimter zo a si timi a kihhmuh ih Rundamnak thuanthu thar hramthoknak a si.

Minung khawkhannak sual zet um cing khal in Pathian tumtah mi cu a famkim thei thocho. Ziangruangah saw kan kiangkap ih thil a thlengmi pawl thawn pehpar aw in Pathian kan zum thei lai ih, a thatnak cu cemni nei loin a um ringring ding timi zirnak ih in bawm thei dan?

**NINGA NI
Cawlhahdamnak**

September 19

Siar ding: Marka 15:42-47. **A hleice in Jesuh dungthluntu pawl hmuahhmuah khuitawk hman ih hmuh an si nawn lo ruangah Arimathea mi Josep ih a run langnak ih thupitnak hi ziangsaw a si?**

Hivek pawl hmuahhmuah a um thluh hnuah “leitlun” ih thil a ra thleng mi cu a nasa deuhdeuh. A thoknak ahcun mithi pawl cu phum an tul theu. Asinan cumi hnuih thil a thlengmi cun thlarau lam nun a tham ih, a dang pawl cu cui thuanthu hrangih thil thupi zet ah an rung cang. Himi cahmai ahcun Arimathea mi Josef hi Marka cabu sungih a lang hmaisabiknak le netabiknak a si. Anih cu Sanhedrin sungtel tihzah upat zetmi a si ih, “khawpi ih mi ropi” tiih kawh mi a si. Cuvek ih milian le tihzah kaizet minung a si veki ram ukto thawn an ding tlang thei ih, cumi cun Pilate a va naihdan le Jesuh ruak a dildan pawl a simfiang thluh a si. Khawmpi lairelnak ih sungtel pakhat in Jesuh ruak phum dingih a ngaihven zet hi thil danglam zet a si. Cu lai ah Jesuh ih dungthluntu rinsan tlak pawl khuitawk ahsaw an um thluh.

Hitawk ih thuanthu famkim thupi zetih a um mi cu Jesuh thihnak zohdiknak hi a si. Marka 15:43 ah Josef in Jesuh ruang a dil thu a rel. Asinan Jesuh a thih zo thu Pilate ih a theih tikah mak a ti zet (Marka 15:44).

Curuangah anih cun thinglamtah ih khenbetnak ah tuanvo neitu ralbawi hnenah Jesuh a thi ngaingai maw timi a sut. Ralkap za hotu khal in a thi zo timi a nemhnget.

Himi a thupitnak san cu leh hnuah mi hrekkhat pawl in thinglamtah ah Jesuh a thi lo, a lungci mit men a si tiih an ti theu ruangah a si. Rom uktu hnenih ralkap zaho tu ih thurel mi cun cui thusimnak pawl cu a run dokalh thluh a si. A ngaingai te cun Rom pawl cun misual thahdan cu an thei neknek tuk.

Josef cun Jesuh tuamnak ding puan a run keng ih, cutin lung ih tuahmi thlan ahcun a ruak a ret. Himi thlan cu a sungih feh kual theih ding khawp in a tum (Marka 16:5). Josep lawng siloin a umnak hmun hmutu nunau pahnih an um thu thuthangtha cabu ngantu cun a ngan tel - Mary Magdalene, le Josep ih nu Mary tla an si. Himi pahnih cu Salome thawn hlaral ih Thinglamtah rak thlir tu an si; an pathum in Nikhat ni zing ah thlan ah an feh ding, Jesuh ruak parih an buah ding mi hnaturan theh thei dingih an ruat ruangah a si (Marka 16:1).

Ziangah saw hi nunau pathum hi tarlang ih an um? Annih cu Marka 16 sungih thlan kawlawng timi theihpitu an si ding. Curuangah annih pawl cu Jesuh thawhsalnak ih theihpitu mi thupi zet an si.

Hitawk hmun ih Jesuh sualpuh tu Sanhedrin sungtel mi pakhat cu “Pa raltha” a si lai ah ziangtin saw Jesuh dungthluntu pawl cu “cangvai ngah lo” mi an rak si thiam. Thilthupi zet ah cangvai ngah lo in kan um lo ding timi hi ziangtin saw kan fiang thei ding?

NIRUK NI

Ruahbet ding:

Siar ding: Ellen G. White, “In Pilate’s Judgment Hall,” “Calvary,” and “‘It Is Finished,’” in *The Desire of Ages*, pp. 723–764.

September 20

“Pilate cun Jesuh runsuah hi a duh zet. Asinan cumi cu a buah thei lo ti a hmu, cule a dinhmun le a zahumnak kilhim a duh. A leitlun thiltitheinak hloh ai hnakin mawh sualnak neilo nunnak thah a duh sawn. Mi zianghmuah in saw natnak le thihhlohnak ihsin tlansuah theinak dingah cuvek ih nun hlan duh ding. Sia le tha theihnak le tuanvo cun lamzin pakhat a khihhmuh ih, mahte zawn ruatawknak cun thildang a khihhmuh. Himi thupi ah lamzin diklo ah cak zetin a feh ih, sualnak thawn rualremnak tuahtu cu soal thim sahzet ah nuai hloh in an um”—Ellen G. White, *The Desire of Ages*, p. 738.

“Kan zaten ih mawhsualnak pawl hmuahhmuah cu kan aiawh tu Khrih parah a um thluh. Daan ih thiamlo coternak ihsin in tlen theinak dingah Anih cu daan bahbal tu ti ih siar a si. Adam cithlah pawl hmuahhmuah ih sualnak cun A thinlung a nawh pit thluh. Pathian thinhengnak cun soal a dokalh ih, sualnak ruangih Pathian thinhengnak rapthlak zet a rung langmi cun a fapa thlarau cu vansang lam mangbangnak in a khat. A nun sung hmuahhmuah ah Khrih cun a tlusia zo mi leitlun ah Pathian ih zangfahnak le a duhdawtnak thuthangtha cu a phuangsuaq rero zo. A thupi cu Soalnak hruaitu bik hrang a rundamnak hi a si. Asinan tu ahcun a kenmi soal ritzet thawn Pa ih rualremnak mithmai a hmu ngah thei nawn lo. Himi harsatnak sangbik tikcu caan ahhin rundamtu hnen ihsin Pathian a dungtawlhak cun minung in a theih famkim thei dah lo ding mi lungsiatnak in a thinlung a run luahkhat thluh. Himi harsatnak hi a nasa zet ih, a taksa lam harsatnak cu theihthiam har zet thil a si”—Page 753.

RELKHAWM DING THUSUHNNAK PAWL

1. Pathian thu zirhnak hi Ellen G White hrangah ziangtluk ih thupi saw a si timi zoh aw (Bible; zoh aw, thimnak ah Isaiah 53). Ziangruang ahsaw Pathian thu zirnak pawl in kan sualnak hrangah amah ten pum pe aw in, kan aiawh ih Khrih thihnak cu thupi lo ih an run ngainak san, Pathian thu zirhnak diklo tinak teh si kem maw?

2. Tulai leitlun ah Jesuh ai-awh tu dingih dilmi “Barnabas” cu zo saw a si, ziangsaw a si?

3. Arimathea mi Josef thuanthu in lenglam langdan men ih thuthen ding kan si lo zia ziangsaw in zirh?

4. Daniel 9:24-27 kha zir sal aw. Himi thu ah Bible zir dingih a lo ngentu hnenah ziangruangah saw Bible zirnak na pek a tul? Na pe thei kem?

ZIRLAI 13**September 21–27****THOSAL BAWIPA****SABBATH SIIMLAM**

Tuizarh sung siar ding: Marka 15:42–47, Marka 16, Kol. 2:10–12, 1 Kor. 15:1–8, Dan. 9:24–27, Johan 20:11–18.

Bible cangken : “Cun anih in an hnenah, Tih hlah uh: Thinglamtah parih khenbet mi Nazareth Jesuh nan hawl ti ka thei: anih cu a tho zo; hinah a um nawn lo: an retnak hmun hi zohhnik uh.” (Marka 16:6, NKJV).

Thinglamtah ih Jesuh thihnak cu dungthluntu pawl ih zumnak le ruahsannak ahcun mithi dar on thawm vek a si ti a fiang tuk. An Bawipa ih thihnak ih a tuam lawng hman siloin anmai nunnak hrang khalih an tih (Johan 20:19) ruangah an hrang ahcun zarh netnak thim zet a si rori ding.

A thuthangtha cabu ih bung netabik Marka 16 ah a thih hnu ih thil a thleng mi pawl kan zir ding.

A hmaisabik ahcun Jesuh thawhsalnak tikcu caan le ziangruangah Nikhat ni zingah nunau pawl thlan ah an ra timi pawl kan zoh ding. Khuimaw caan ahcun Adventist pawl in thawhsalnak zing hi Nikhat ni ni thianghlimnak va tawmpinak vek ih hman dik lo mi a si ruangah an duh lo theu. Vansiatthlak zetin cumi ihsin Pathian thu zirnak diklo zet rung suak khal sehla, Nikhat ni thawhsalni ih kan lungawi theidan ding kan zoh ding a si.

Pahnihnak ah, zirlai cun Marka 16 ih cang hmaisal lam a simfiang ih, himi thu pawl cu cabu pumpi ih thupi

pakhat thawn pehawknak an nei a si. Nihnih ni le Nithum ni ah himi hi kan zir ding a si.

A pathumnak ahcun zarhkhat kharnak ih Nili ni le Ninga ni ah Marka 16 sung ih a tanglai mi pawl kan zoh thluh ding ih, kan hmai lam ih hnatuan ding um mi khal kan ruat phah ding. Himi zirlai cun Marka cabu siartu pawl hnenah leitlun pumpi fehtlang ih thuthangtha keng dingih sawmnak in khar a si ding.

NIKHAT NI

September 22

Thawhsalnak ih lungawinak

Siar ding: Marka 15:42-16:6. **Hinah ziangthil a cang, cule ziangruang ahsaw himi thuanthu cu thawhsalnak thuanthu thawn pehawknak a neih?**

Thuthangtha cabu ngantu pawl hmuahhmuah cun “timlamnak ni” tiih an theih thluh ni ahkhan Jesuh a thi ti an pawm thluh (Matt 27:62; Marka 15:42; Luka 23:54; Johan 19:14, 31, 42). Simfiangtu tamzet cun hi thil hi tlawngkai ni 4 nitlak ihsin tlawngkai ni 5 nitlak tiang a si tiin an theithiam. Jesuh kha tlawngkai ninga tlai hnu ah a thi ih, cule nitlak hlanah zamrang zetin an vui a si.

Sabbath ahcun Bawipa cu thlan ah a cawl, cule Jesuh dungthluntu pawl hmuahhmuah khal an cawl ve. “Cule thupek vekin Sabbath ni ah an cawl” (Luka 23:56 NKJV). A ngaingai ahcun Jesuh in a dungthluntu pawl thinlung ah thupek palinak tuah tul rori mi cu tuah tul loin a ret a si ahcun thilmak zet a si ko ding. Saturday zan ah nunau pawl cun rimthaw an lei, cule Nikhat ni zing ah thlan ahcun vuiliam awknak ih tuahfel tul mi pawl theh thluh dingin an va feh. Cutawk ah Jesuh a rak um nawn lo.

Kum zabi 2 hmaisai lam ahkhan, Khristian pawl cun Nikhat ni ih Jesuh a thawhnak thudik ih thupit zia an

hmu. Himi cu Nikhat ni thianghlimternak hrangih thumawknak ah a rung cang. Asinan cumi cu thukam thar ih zirhmi a si maw?

Siar ding: Kolosian 2:10-12. **Thukam thar ih Jesuh thawhsalnak theih ringringnak kha ziangsaw a si?**

Bible ah tongfang khatte hman in Nikhat ni ni thianghlimnak cu thawhsalnak theihngilh lonak vekin a rel lo. Cumi theih ringringnak cu tihnimnak sawn hi a si : “Cuiruangah a thihnak ih baptisma kan conak in amah thawn phum tlaang kan si: Khrih cu thihnak ihsin Pa ih sunlawinak in a thawhtersal bangin, kannih khal nun thar in nung ding kan si” (Rom 6:4)

Nikhat ni ih Pathian biaknak neih thuhla ah Pathian thu fehpi dan dik lo zet cu ziang a va si hmanah, Adventist kan si vekin Jesuh ih thawhsalnak Nikhat ni zing ah kan lungawi ve ding a si. A thihnak le thawhsalnak hmangin Jesuh cun thihnak a neh ih, a thawhsalnak ahcun kanmah rori in ringgamnak kan nei a si.

“Kan Bawipa Jesuh Khrih ih Pathian le Pa cu thangthat in um ko seh, anih cun a lainatnak tam zet vekin thihnak ihsin Jesuh Khrih thawhsalnak zarah ruahsannak nung nei dingin in hring sal zo a si” (1 Pet. 1:3, NKJV). Jesuh thawhsalnak thuhla ah Paul ih a theihfiangdan kha zoh aw. Kannih khal in cuvekih theihfiangnak ziangtin kan nei thei ding?

NIHNIH NI

September 23

Lungto le hrilh hlo a si

Siar ding: Marka 16:1-8 le 1 Korin 15:1-8. **Himi cahmai pawl in bangawknak an neih mi ziangsaw a si?**

Thuthangtha cabu tinkim ahhin thawhsalnak thuhla a lang thluh. Thuthangtha cabu ngantu pawl in

thlirnak dangdang ihsin thuanthu an run tarlang, asinan an zaten ruahdan laimu bik cu 1 Korintian 15:1-8 khalah a lang a si.

Ruahdan pali a rung langsal rero- thihnak, phumnak, thawhsalnak, hmuhnak timi pawl an si. Marka sungah Jesuh thihnak le phumnak cu bung 15 ah a um. Thawhsalnak le hmuhnak cu bung 16 ah a lang. Asinan merhkawi mi thu a um. Marka 16:7 ah Galilee ih hmuhawk ding thu a rel ih, cutawk hmunah Amah nan hmu ding ti a si (Zoh aw, Johan 21).

Mihrek khat cun Khristian pawl in Bawipa thawhsalnak an zum cu mak an ti zet. Asinan A thawhsalnak thu langternak cu a tam zetih, cule a san le vang thawn khal in an mil aw zet.

A hramthoknak ahcun mi pakhat in a tuah dingmi umsun cu Pathian cu sersiamtu (Semtirnak 1 le 2) a si timi le thawhsalnak, mangbangza le thil a thlengmi pawl a zum ding hi a si. Lei le van sersiamtu Pathian, le leh hnu ih leitlun ih nunnak a tuahtu Pathian cun a duh phawt cun Jesuh thawhter theinak huham nasa zet a nei tengteng ding. Pathian a um ruangah Jesuh ih thawhsalnak cu pumpelh thei lo ding in a tuah hran lo ih, san le vang a neihnak ruangah a si sawn.

A sangtu ahcun, thlan cu a kawllawng rori a si. Pathian zumlotu santhuanthu nganmi pawl khal in himi thudik cu an pawm. Cutin rak si lo bangta sehla thawhsalnak thuhla phuanmi cu a hramthok ihsin a hlawhsam zo ding, ziangah tile cumi ah a taksa a um ahcun a thosal zo tih relmi ziangvek khal a siatsuah thluh ding a si.

A sangtu ahcun, A dungthluntu pawl in a ruak an la tih rel mi cun sullam zianghman a nei lo. Dungthluntu pawl cun thlan kilhim tu pawl cu an pahtlang thei lo ding ti

a fiang. Cutin rak pahtlang thei in a ruak rak la thei bangta khal sehla, ziangruangah saw thilruk ruangih dungthluntu pawl kaih tongih an um lo? A letnak cu biaknak hruaitu pawl cun dungthluntu pawl in an ru lo a si timi an theihfiang a si.

Culawngman siloin mi tampi cun thosal Khrih an hmuh thu an phuang. Dungthluntu pawl khal telin mi tampi cun a hmaisabik ah an zum ve ce lo. Cule doral hngetzet pakhat Paul cun thosal Bawipa a hmuh lawng siloin, cumi ton nun cun a nun hmuahhmuah a danglam ter thluh ih, lamzin dangdang in a danglam ter thluh tithu khal a rel.

A netnak ahcun (san le vang tamzet um hman sehla), thosal Bawipa hmu vekih reltu pawl ih dinmi cu ziangtin saw mi pakhat in a simfiang thei ding? Thuphan tih an theihmi hrangah thihnak tiang vun ton ding hi ziangruang ah saw an duh ding? A thih hnu (Tirh 3:15) le kum tamzet hnu ih (1 Piter 1:3) an thurelmi pawl in A thawhsalnak thu langternak huham thazet a pe a si.

Mi pakhat in Jesuh thawhsalnak thuhla ah ziangmi langternak na nei timi an lo suut asile ziangtin saw na sim ding?

NITHUM NI

Thlan ih nunau pawl

September 24

“Khrih thinglamtah kiangih a dingtu nunau pawl cun Sabbath nazi tikcu caan a cem ding cu ralring zetin an hngak ringring. Zarhkhat ih ni hmaisabik zingpit te ah Thlan lam pan dingin an poksuak ih, rundamtu ih ruak hnihnak ding rimthaw mankhung zet khal an kengtel. Thihnak ihsin a thawhsal thuhla an rak ruat lo. An beiseinak ni cu a tla ih, cule zan cu an thinlung ah a rung

cam. Cutin an feh lai ah, Khrih zangfahnak ih hnatuan le A tongkam hngam thlakzet pawl cu an rel suak. Asinan, “Ka lo hmu leh sal ding” (Johan 16:22) timi a tongkam cu an thei nawn lo.”—Ellen G. White, *The Desire of Ages*, p. 788.

Siar ding: Marka 16:1-8. **Ziangthil a cang, nunau pawl in a hmaisabik ah ziangtin an let?**

Thuthangtha hramthoknak ihsin a siar tu cun Jesuh cu Messiah a si timi a thei zo. Asinan a ca sung ah Marka 8:9 ah khawsia ih polh lo mi ah, Jesuh cu Messiah a si lam phuang hmaisabik tu cu Piter a si. Cule himi thuphuannak hi Marka cabu hrek a kim hlan ahcun a lang lo. Marka cabu sung hmuahhmuah ah, Jesuh cun mipi pawl hnenah zo a si timi thu le an hrangih damnak a pekmi pawl hnenah daiten um dingih a sim hai. Marka 14:1 ah miphar pai hnenah a damter thu hi zohman sim lo dingih a sim. Marka 5:43 ah Jairus le a nupi hnenah an fanu a kaihtawh thu zoi hnen hman ih sim lo dingih a sim hai. Marka 7:36 ah Mipi burpi pawl hnenah hnaset le tong thei lo a damter thuhla zohman sim lo dingih a sim. Cule a dungthluntu pawl hnenah Messiah a si thu zohman sim lo dingih thu a pe. Jesuh in daiten um dingih a tinak san bik cu Daniel 9:24-27 ih simcianak tikcu caan vekin a hna a tuan theh theinak dingah tikcu caan a pekawk ruangah a si timi cu zianghman rinhmainak um loin a fiang zet.

Tu ah himi thuhla ahcun Jesuh a thawh zo thuhla an sim theh hnu hmanah nunau pawl cu tih le mangbang in an um ih, thlan ihsin an tlan suak, thil a thlengmi thu zianghman rel loin an um. Ziangkhal sehla rel loin daiten an umnak cun rei a awih lo. Marka cabu cem zawngah himi lo cu ziangsaw kan siar cuang ding. “Cun an pok ih, hmun kipah thu an sim, Bawipa cun an hnenah hna a tuan ih, hmuhsaknak pawl thawn an thu simmi cu a nemhnet vivo” (Marka 16:20).

Cutivek a si ruangah Jesuh thuhla, Amah cu zo a si timi le ziang a rak tuah zo timi thuhla ih daiten umnak cu a kuai darh theh. “Khuitawh hmun” khalah thuphuang darh dingih cabu net khar a si.

Ziangruangah saw Jesuh thuhla le ziang a rak tuah timi ahhin daiten kan um men thei lonak san? Jesuh thuhla le rundam khawkhannak thuhhla hi tuini ah zo in saw sim thei?

NILI NI

September 25

Mary le midang hnen ih langnak

Siar ding: Marka 16:9-20. **Himi bungcang in thawhsalnak thuanthu an run bet mi cu ziang saw a si?**

Marka 16:9-20 zaten deuhthaw hi thukam thar ih cahmai ummi dang thawn an bangaw deuh thaw thluh – Mary Magalene in Thlan ih Jesuh a hmuhnak (Matt. 28:1, 9, 10; Johan 20:11-18; zoh kop aw, Luke 8:2); mi pahnih in ramri ah an hmu (Luka 24:13-35); mi hleikhat hnenah thu pek an si (Matt. 28:16-20, Luka 24:36-49, Johan 20:19-23).

Jesuh a damsai hnu ih hmu hmaisabiktu cu Mary Magdalene a si (Johan 20:11-18). Nunau dang khal in an rak hmu ve (Matt 28:8-10). Thosal Jesuh hmu hmaisabik tu cu nunau a si timi hi thil hmingsin tlak za a si. Ziangah tile hlansan leitlun ah nunau pawl cu theihpitu dinhmun sang ah an um dah lo, thuanthu cu tuahcop mi men rak si bangta sehla, theihpitu hmaisabik ah mipa pawl an um tla si men thei. Asinan theihpitu hi mipa an si lo, dungthluntu 12 khal an si lo, Nunau rori an si. Dungthluntu pawl hnenah thuthangtha sim dingih a va feh, asinan mak an rak ti lo ih, a thurelmi khal an zum lo, cui thil cu mangbangza a si ruangah le vansiatthlak zetih.

Mary cu nunau a rak si kherkher ruangah an rak zum lo tla si men thei.

Jesuh thawhsalnak thuanthu ih ngaidam dilawknak ah himi thudik, nunau pawl cu Jesuh hmu hmaisabik tu an si thu hi thuanthu dikzia langternak thiltithei zet ih hman a si.

Himi thuanthu hi tuahcop mi sullam nei lo a si ahcun Marka 16:14 sungih thil a thleng mi hi ziangsaw a si ding?

A ngaingai cun thuanthu kha tuahcop mi a si ahcun ziangruangah saw anmah ten riahsia zetih an tuah awk rero duh ding? Jesuh cun an “lungruh tuk” ruangah a kaww a tul. Thuthangtha ahhin Amah an kaih ihsin a thawhsal hnu ih a langawknak tiangin Jesuh dungthluntu pawl cu a tha lo zawngih tarlang an si: An tlan, phatsan, zum lonak le thil dangdang pawl tla an si. Thuanthu hi tuahcop mi men sibangta sehla himi pawl cun zianghman sullam an nei zik lo.

Cumi kalh ciah in, leh hnu ah an raltha ih, thosal Khrih thuhla an phuangnak ah fek zetih an um ih, beiseinak cu mikip hnenah an pe ih, cumi cu an thurel mi dikzia tarlangnak thiltithei zet a si.

Rinhlelnak le zum lonak thlarau thang sungih kan tlaklutnak ihsin ziangtin saw kanmah ten kan kilhim awk thei ding? Ziangruangah saw kanmah ten thosal Khrih thawn nitin kan pehawk tengteng a tulnak ding san?

NINGA NI

Leitlun pumpuluk ah feh uh

September 26

Siar ding: Marka 16:14-20. **Jesuh cun a dungthluntu pawl hnenih a lang ahkhan ziangsaw an**

hnenah a rel, cule himi tongkam pawl cu tuini kan hrangah ziangsi sullam a neih ding?

Jesuh in A dungthluntu pawl hnenih a thurel hmaisabik cu Marka 16:14 ahhin ciamciam ih simmi thu tiih ngan a si. An zumlonak le an lungruhnak ruangah a kaww hai. Hi zumlonak ruangih thusuhnak hi tulai buainak men a si lo. Kan hmuhzo vekin Jesuh ih dungthluntu diktak pawl cu zumnak ah an rak talbui theu (Matt. 28:17, John 20:24-29), cule taksa dan in Jesuh thawn an um tlang ih, mangbangza cu an hmu rero.

Asinan a thawhsalnak ih thudik pawl cu an hnenah lamzin dangdang in a langter rero. Nihnih ni zirlai ah tawi famkim ih an thu theihpinak pawl thawn zumnak lungkhum cu an fekter a si.

Cumi hnuah Jesuh cun a dungthluntu pawl hnenah leitlun ih thuthangtha phuang dingin a thu a pe. A thupek cu a kau tha zet. Leitlun pumpuluk ah feh in sersiammi hmuahhmuah hnen ih thuthangtha sim ding kha a si. Cule Jesuh cun riahsiatnak le lungawinak ih an hnatan rah a hung um ding pawl a simfiang – zumtu pawl cu rundam an si dingih, zumlotu cu thiamlo coter in an um ding.

Jesuh cun dungthluntu pawl hnatuannak ih a um dingmi hmuhsaknak pawl a simfiang – Khawsia dawisuak theinak, tongdang ih tong theinak, siatsuahnak ihsin kilhimawknak, le mina damter theinak tivek pawl tla an si. Mi hrekkhat pawl cun Marka 16:18 thu hi Khristian pawl in rultur nei an laksuahnak ihsin an zumnak langter dingih nemhngetnak vekin an simfiang soal theu. Hitawk ah cuvek ih mah le mah zumawk tuknak ih cangvaihnak pawl cu tuah sian a si lo. Tirthlah 28:3-6 sungih um mi vekin Pual vekih Pathian hnatuannak ih mi pakhat a tel tikah a kilhim awknak dingih Jesuh ih rel tum mi a si.

A ngaingai cun Bible in Khristian pawl cu tuahmawh awknak ihsin kilhim ringring an si ding thu in zirh lo. A

tikcu te ah thuthangtha a thlen hlat theinak dingah mangbangza tuah cu a tul a si tin Pathian cun a rak hmu ve. Asinan khuimaw caan ahcun Khristian pawl in theihpitu an si ruangah harsatnak an tong theu. Cumi ah thinsau zetih an tuar theinak cu zumlotu pawl hnenih zumnak ih huham caknak hmingsinnak dang a si.

Cule hitawk ih thil a tuah thluh hnuah, “ Vanah lakso in a um ih, Pathian vorhlam ah a to” (Marka 16:19). Jesuh cun soal thiltitheinak pawl hmuahhmuah a neh ruangah Jesuh cu huham sangbik umnak hmun Pathian vorhlam kut ih to dingin a kaiso a si.

Cang netabik hi hmingsin aw. Thuthangtha sim in “Hmun kip” feh khal sehla, anmah ten an um lo. “Bawipa cu an hnenah hna a tuan ih, hmuhsaknak pawl thawn an thusim mi cu a nemhnet vivo. Amen” (Marka 16:20, NKJV). Cule Anih cu an hnenah a um ih, hnatuan an rak thok zo mi tuan peh vovo dingah tu ah kan hnenih um dingin in tiamkam a si.

“ ‘Leitlun cemnet tiang ka lo umpi vivo ding’ “ (Matt. 28:20). Kannih khal in thuthangtha “hmun kip” ih phuang suah kan tum lai ah himi thutiamkamnak ihsin ziangmi thlangamnak saw kan ngah thei ding ih, kan neih thei ding?

NIRUK NI

September 27

Ruahbet ding : Siar ding:

Ellen G. White, “The Lord Is Risen,” and “Go Teach All Nations,” in *The Desire of Ages*, pp. 779–787 and pp. 818–828.

“Zum tu pawl hrangah Khrih cu thawhsalnak le nunnak a si. Sualnak ruangih hlohmi nunnak cu inrundamtu ahcun tuahthar sal in a um; Ziangahtile a duhmi nungter thei dingin amah ah nunnak a um a si.

Thih theilonak pe thei dingin diknak thawn a hmang thei a si. Minung hrangih a pekmi nunnak cu a la sal thei ih, minung a pe sal thei. ‘Kei cu nunnak an neih theinak dingah, le tam sinsin ih an neih theinak dingah ka ra” tiah a ti. ‘Zokhal ka pek dingmi tidai a intu cu a ti a halsal nawn lo ding; a hnenih ka pek dingmi tidai cu a sungah kumkhaw nunnak a putsuakmi tihna ah a cang ding a si, a ti’. ‘Zokhal ka taksa a ei ih, ka thisen a intu cun kumkhaw nunnak a nei ih, anih cu ni netabik ah ka kai tho ding.’ John 10:10; 4:14; 6:54.

“ Zumtu pawl hrangah thihnak cu thil tenau zet a si. Jesuh cun caan reilote sung um ding veki a rel. ‘Mi in ka thu a thlun a si ahcun, thihnak a tong dah lo ding,’ ‘thihnak a tep dah lo ding’ . Khristian hrangah thihnak cu itthatnak men a si ih, thimnak le daiten umnak tikcu caan a si. Nunnak cu Pathian ah Khrih thawn thuh in a um. Cule, ‘Kan nunnak a simi Khrih a rung lang tikah, nannih khal amai’ hnen ah sunglawi in nan lang ve ding.’ John 8:51, 52; Col. 3:4.”—Ellen G. White, *The Desire of Ages*, pp. 786, 787.

Pathian um zumlotu san thuanthu ngantu pawl, thawhsalnak ngaingai pawm thei lo pawl hmanin Jesuh cu thah in a um timi an pawm lawng hman siloin, a thih hnu ah mi tampi cun thosal Khrih an hmu timi an rel ih, cule Khristian kawhhran hung cangsuak dan laimu ril an luhpi thok. Hrekkhat cun hivek ih an relnak san simfiang tum in cu Jesuh in unau phir a rak nei ih, cule dungtluntu hmaisa pawl khan hmu soal in Jesuh hmangah an ruat si ding tiah an ti. A hrekkhat pawl cun Jesuh kha a thi ngaingai lo, a lungci mit duak men, lehnu ah a harhsal a si ding tiah an ti. Midang pawl cun Alien pawl an rung tum ih, a ruak an ra lak si ko ding tiah an ti ve. Hivek thu elbuainak pawl hmuahhmuah le an dik lo zia a siar duhtu hrangah himi ah zoh a theih : *Clifford Goldstein, Risen: Finding Hope in the Empty Tomb (Pacific Press, 2021).*

RELKHAWM DING THUSUHNAK PAWL

1. Ziangruangah saw dungthluntu pawl in Jesuh thawhsalnak thuhla ih thuphan an relnak ding san? Kan theihnak pawl hmuahhmuah ihsin annih pawl cun huatnak, thenthek awknak, le an zumnak ruangih hremnak tivek lo bak zianghman tonmi an nei lo. Himi thuanthu hi tuahcop mi si bangta sehla, ziangsaw an hlawkpi ding?

2. Jesuh thawhsalnak langtermi ah a ziangmi in saw lo neh bik? Nan thu zirnak ah na thinlung a lo nehnak san rel aw. Jesuh thawhsalnak ih in pekmi ruahsannak lungawi um hi ruat bet aw. 1 Korintian 15 siar aw. Paul in Jesuh thawhsalnak hi ziangvek lawmmam in saw a ngai thupit?

**MORNING WATCH
JULY**

- | | |
|-----------------------|-----------------------|
| 1. Ni hnih ni | I Korin 12:1-6 |
| 2. Nihum ni | I Korin 3:5 |
| 3. Nili ni | 2 Korin 4:6 |
| 4. Ni nga ni | I Korin 12:7,8 |
| 5. Niruk ni | I Korin 12:9 |
| 6. Sabbath ni | Hebru 11:32-34 |
| 7. Nikhat ni | 2 Timote 4:2 |
| 8. Nihnih ni | I Korin 14:15 |
| 9. Nithum ni | Jeim 5:14,15 |
| 10. Nili ni | Marka 1: 32-34 |
| 11. Ninga ni | Luka 5:13,14 |
| 12. Niruk ni | Matthai 7:22,23 |
| 13. Sabbath ni | Thuphuan 14:12 |
| 14. Nikhat ni | Tirhthlah 2:5-8 |
| 15. Nihnih ni | I Korin 14:9-11 |
| 16. Nithum ni | I Korin 14:26 |
| 17. Nili ni | I Korin 12:31 |
| 18. Ninga ni | Suah 35:30-33 |
| 19. Niruk ni | I Samuel 16:7 |
| 20. Sabbath ni | Marka 13:34 |
| 21. Nikhat ni | Matthai 25:14,15 |
| 22. Nihnih ni | I Timote 4:12-14 |
| 23. Nithum ni | Johan 4:39-42 |
| 24. Nili ni | 2 Timote 1:5 |
| 25. Ninga ni | 2 Timote 2:15 |
| 26. Niruk ni | Tirh 20:19,20 |
| 27. Sabbath ni | Efesa 4:11-13 |
| 28. Nikhat ni | Matthai 25:20,21 |
| 29. Nihnih ni | Jeim 1:5 |
| 30. Nithum ni | I Korin 12:11 |
| 31. Nili ni | I Timote 1:12-14 |

MORNING WATCH
AUGUST

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- | | |
|-----------------------|-------------------------|
| 1. Ning ani | 2 Timote 3:16,17 |
| 2. Niruk ni | 2 Piter 1:19 |
| 3. Sabbath ni | 2 Piter 1:21 |
| 4. Nikhat ni | Hebru 1:1,2 |
| 5. Nihnih ni | Suahlannak 3:2 |
| 6. Nithum ni | 2 Korin 12:1,2 |
| 7. Nili ni | Luka 1:1-4 |
| 8. Ninga ni | 1 Johan 1:3 |
| 9. Niruk ni | 2 Korin 2:4 |
| 10. Sabbath ni | Joshua 24:15 |
| 11. Nikhat ni | Thuphuan 21:5 |
| 12. Nihnih ni | Daniel 9:23 |
| 13. Nithum ni | Efesa 1:17 |
| 14. Nili ni | Efesa 2:20 |
| 15. Ninga ni | 2 Piter 1:16 |
| 16. Niruk ni | Tirh 20:28,30 |
| 17. Sabbath ni | 2 Piter 3:15,16 |
| 18. Nikhat ni | 2 Piter 2:1 |
| 19. Nihnih ni | Thufim 9:10 |
| 20. Nithum ni | Tirhthlah 10:38 |
| 21. Nili ni | Thuphuan 10:10 |
| 22. Ninga ni | Matthai 9:35,36 |
| 23. Niruk ni | Matthai 14:15,16 |
| 24. Sabbath ni | 1 Timote 6:18,19 |
| 25. Nikhat ni | I Piter 5:2,3 |
| 26. Nihnih ni | I Johan 2:14 |
| 27. Nithum ni | I Johan 1:5-7 |
| 28. Nili ni | Thufim 3:6 |
| 29. Ninga ni | 2 Timote 4:6-8 |
| 30. Niruk ni | Thuphuan 14:13 |
| 31. Sabbath ni | 2 Johan 1:8,9 |

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MORNING WATCH
SEPTEMBER

- | | |
|-----------------------|------------------------|
| 1. Nikhat ni | Hebru 11:5 |
| 2. Nihnih ni | Seemtirnak 7:1 |
| 3. Nithum ni | Seemtirnak 15:1-6 |
| 4. Nili ni | Seemtirnak 45:7,8 |
| 5. Ninga ni | Suah 3:11-12 |
| 6. Niruk ni | Joshua 1:5 |
| 7. Sabbath ni | Thuthentu 5:1,2 |
| 8. Nikhat ni | Thuthentu 6:4-16 |
| 9. Nihnih ni | 1 Samuel 3:19,20 |
| 10. Nithum ni | 2 Samuel 23:1,2 |
| 11. Nili ni | I Siang 3:7-9 |
| 12. Ninga ni | I Siang 18:21 |
| 13. Niruk ni | 2 Siang 2:9 |
| 14. Sabbath ni | Isaiah 6:9,10 |
| 15. Nikhat ni | Jeremiah 1:4,5 |
| 16. Nihnih ni | 2 Siang 22:13 |
| 17. Nithum ni | Daniel 2:48 |
| 18. Nili ni | Esther 4:13,14 |
| 19. Ninga ni | Nehemiah 8:8,9 |
| 20. Niruk ni | Ezra 5:1,2 |
| 21. Sabbath ni | Johan 1:22,23 |
| 22. Nikhat ni | Luka 4:18,19 |
| 23. Nihnih ni | Tirhthlah 4:33 |
| 24. Nithum ni | Tirhthlah 6:8 |
| 25. Nili ni | Tirhthlah 8:29,30 |
| 26. Ninga ni | Tirhthlah 9:36 |
| 27. Niruk ni | Tirhthlah 26:16 |
| 28. Sabbath ni | 2 Timote 4:1,2 |
| 29. Nikhat ni | Rom 16:3,4 |
| 30. Nihnih ni | Thuphuan 1:9 |