

**KHANGCING SABBATH SCHOOL
LAISIANGTHO SINNA**

Mark Laibu

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ရေးသားသော

The Book of Mark

စာအုပ်အား

သိက္ခာတော်ရမ္မဆရာ ဦးမိုးခိုင်ငိုခေါ်နန်မှ
တီးတိန်ချင်းပြန်ဆိုသည်။

**July, August, September
2024**

Sabbath School Lesson

တီးတိန်ချင်းဘာသာ

ပုံနှိပ်သူ

ဦးဖုန်းနိုင် (၀၀၃၅၄)

မန်နေဂျာ

ကင်းစောင့်ပုံနှိပ်တိုက်

၂၀၆ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်

ရန်ကုန်မြို့

ထုတ်ဝေသူ

ဦးမိုးမိုးလှ (၀၀၅၈၉)

ဥက္ကဋ္ဌ

မြန်မာပြည်သတ္တမနေ့ဥပုသ်အသင်းတော်

၆၈ ဦးဝိစာရလမ်း၊

ရန်ကုန်မြို့

အုပ်ရေ - ၁၂၀၀

ဓမ္မဒါန

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Mark Lungdamthu

Mark laibu a kipatna pan mahin, Zeisu pen – Messiah, Pasian' Tapa ahihlah kithei pah hi (*Mark 1:1*). Dawite tawh a kipawlte simloh mihing maimaite in Amah kua hi a, bang hihding cih pen a tel nading uhhamsa mahmah hi. Dawite ahihleh Ama' paukhiatma in zong tellua liang uhhi.

Ahihhang, Zeisu in tua a theih uh thute imm phot ding cih. Bang hangin thu immsak hiam? Zalom tampi sung Laisiangtho sinte in hihthu ngaihsunpha mahmah uhhi. Messiah kici minsang mahmah khat neingawn a, banghang lungdamthu sungah Zeisu in kua hiam cih imm ding cise hiam?

Mark laibu sinna panin, a thusim teng bek thamlo, a lamdang pulakna teng zong mukhia ding hihang. Thusim pulakna cihding phial hi a, Mark lungdamthu bu sungah thusim tampitak om hinapi, a tawpna ah Zeisu' thu nasia takin pulakna tawh tawp hi.

Mark laibu pen khennih in kikhen thei a – a lang pen a taktak teng hi. Chapter khat pan kipan giatna beikuan dongpen *Zeisu kua hiam* cih tawh kisai ahi hi. A dawnna pen Ama thuhilhna leh nalamdang a bawlina sungah ompah hi. Dawi tungah a gualzawhna in nenniam thuakte lam-etna neisak a, mihing' lungsim sungah thumaan lutsak hi. Hiteng khempeuh in Amah pen mi khempeuh in a ngaklah mahmah Messiah, Christ hi cih. Hiteng khempeuh pen laibu laizang ah dawiveipa in Amah a pulak ciangin kitelcian a, bu lang tengin Christ pen kua hiam cih hong telsak pah hi. Tuabang in a pulakpa pen Peter hi a "*Nangmah in Christ nahi hi*" cih (*Mark 8:29*).

Mark khen nihna, Mark 8:31 pan a tawpna in, dotna dangte, Zeisu koi-ah pai cihpeuh dawonna ahi hi. Dawonna bel dipkua mai e. Rome gam, mipi' maiah a zumhuai pen sihna Singlamteh zuan hi. A nungzuite in a vanglian mahmah Rome gam a zogawp dingpa Messiah pen lam-en uhhi. Nungzuite ahih uhleh lungsim buailua uh in telzolo uhhi. Laibu simsuksuk ciangin, hih thuakna vai dotna tawm semsem a, a tawpna ah a deihhuai hetlo thumaan tawh tawp hi. Zeisu in Amah a susia nuam biakna makaite tawh a kimuh ciangin, thusia tam semsem hi. Zeisu a kimatna, aki bawlsiatna, a kikhaina teng hangin, a minthang gamthak a lam-en nungzuite patauhna piang zaw sop hi.

Ahita zongin, Zeisu in Amah si ding a, thokik ding cih thukip khat pia khin zo hi. Nitak an nunung a khomun leh hai tegel in Ama' taksa leh sisan limpua a (*Mark 14:22–25*), mi tampi a Tankhiapa hong suak ding cihna ahi hi (*Mark 10:45*). Phunlo taulo in singlamteh a zuanziau hi hetlo hi. Gethsemene ah haksa takin khensat a (*Mark 14:32–42*), singlamteh tung panin zong thuak siatna tawh “*Ka Pasion, Ka Pasion aw, bang hangin hong nusia na hiam*” (*Mark 15:34*) ci in a kiko hi. Mark lungdamthu in Christ thuak hotkhiatna khuamial teng honglak hi. Singlamteh zong khualzin tawpna hi nai tuanlo hi. A thawhkik ciangin, Galilee ah nungzuite tawh kimu khawm uh a, Christian pawlpi hong kipatna cih theihsa ahi hi.

A minthang pen tangthu tomgenna, lungdamthu gelhpa deihkaih tawmpen in a kigelh ahi hi. A tangthu gensuk ziau, a kammalte, a tatleh hekna tengin, Nazareth khuami Zeisu nuntakna leh sihna thu pulak sak ziau hi.

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Lesson 1

June 29–July 5

LUNG DAMTHU A KIPATNA

SABBATH NITAKLAM

Tukalsung Simding: *Sawl. 13:1–5, 13; 15:36–39; Mark 1:1–15; Isa. 40:3; Dan. 9:24–27.*

Kamngah: “**Thong sungah John a kikhum khit ciangin Galilee gam ah Zeisu pai in Pasion kumpigam tawh kisai lungdamna thu a tangko in ah, ‘A hun hong tung zo a, Pasion kumpigam hong tung dekta hi. Na mawhna uh kisikkik unla lungdamna thu um un,’ ci in a gen hi.**” (*Mark 1:14, 15*).

Mark lungdamthu kua in bang hang in gelh hiam? Lungdamthu tengin a laikungpu genlo uhhi. A naihuai penpen in John hi a, Zeisu' it nungzuipa cih (*John 21:20, 24*). Tanglai pekpan mahin lungdamthu laibu te in Mate leh John tawh ahi a, nungzui khatpeuh tawh ahi zongin kizom uhhi. Etpak dingin Luka lungdamthu in Paul tawh kizom hi (*Col. 4:14; 2Tim. 4:11; Philem. 1:24*). Mark laibu in Peter tawh kizom hi (*1Pet. 5:13*).

Mark in ama' laibu sungah ama' min peuhmah pulak ngeilo hi taleh, pawlpi masate in Mark laibu gelhpa pen Paul tawh khual a zin khawm zelzelpa John Mark hi ci a (*Sawl. 13:2, 5*), tuakhit ciangin Peter tawh zong kikhawl cih (*1Pet. 5:13*).

Tukal in Mark guallelhna leh a hoih kikna teng sin masa pen ding hihang. Tuakhit ciangin, Mark in a tangthu koilam mungtup in nei a, a beisa in a lelhna tengin missionary khat suaksak cih khawng teng sin ding hihang.

SUNDAY

Nasepna Guallel

June 30

Sawl. 12:12 sim in. Mark in Sawltak laibu bangci gen hiam?

.....

John Mark kici **Mark** laibu laikungpu a hihtuak penpa in, AD 40 kiim a Sawltak 12 sung thupiang bang hileh, tangvalno khat hihtuak hi. A tang 12 in amah pen, a hau mahmah pawlpi a panpih den, amau' innsung ah biakpiak kikhopna abawl sakden nu **Mary**' tapa hihtuak hi. Thong pan Peter hong suahtakna leh a gamtat zomna te, Herod sihna tangthu, a nuihzak huai Peter leh kumpipa kikal thute om diudeu hi. John Mark in hih tangthu sungah panmun neilo ahihhang, ama' genna tengin Barnabas leh Saul tawh a kizopna teng piangsak hi.

Sawl. 13:1-5, 13 sim in. John Mark in Saul leh Barnabas tawh koici kizop a, bangthu hong piang hiam?

.....

Sawltak 13 in, AD 46 kumin Saul leh Barnabas mission khualzin kipatna thuteng gen hi. A tang 5 ah John Mark' thu a pulak lobuang adang pulak lo a, amah pen sawl tangzang hihtuak lel hi. Tang 13 ah Jerusalem ah a ciahkikna lobuang, tua ciangdong zong ama' thu bangmah gen tuanlo hi.

Ama' ciahkikna hangthu zong ki pulak selo a, mission nasepna sungah lauhuaina tona tampite hangin ama' lungsim thanemna hang peuh hihtuak lel hi. EGWhite

in, "Mark in Topa' na sepna sungah lungsim khempueh tawh kipiak taktak ding pen launa lungkiatna in amah linglawng sak hi. Lauhuaina teng leh ama' neihsa kicinlahna tawh amah lungkia hi" ci hi—*The Acts of the Apostles*, p. 169. Tomgen leng, ama' ading haksalua limlim ahih manin kihello mai hi.

Na khat peuhpeuh sepna, a diak in Christian kalsuanna ah lelhna lungkiatna in a kipelh sak zolo kua om ding hiam? Hihthu in bang pilna ngah nakisa hiam?

MONDAY

July 1

Hunlem Nihna

Sawl. 15:36-39 simin. Paul in banghang in John Mark nolh a, Barnabas in banghang in hunlem nihna pia hiam?

.....

Sawltak 15:38 ah Paul in khangno pa a nolhna hangthu om hi. Amaute' kiangpan Mark nungkin in Pasian nasep semzom nawnlo hi. Paul muhna bel pilvai hetlo sam hi. Mission nasep limlim, tanglai phadiak in haksa mahmah hi (*2Cor. 11:23-28*). Paul in hibang vangik haksa peuh mah pen a lawm missionary dangte tawh pangkhawm zel hi. Ama' ngaihndan pen, a lungkia baihlua peuhmah kha gilote tawh ki maiphut ciatciatna ah pawlpah dingin kilawm salo hi. Barnabas in tua thukim lo hi. Mark hihtheihna muhsak ahih manin nusua nuamlo hi. Paul leh Barnabas kikal ah John Mark tungtang tuabang kiseelna lianpi hangin kikhen lawhliang uhhi. Paul in khawlhpih ding Silas teel a, Barnabas in Mark khawlhpih hi .

Sawltak sungah Barnabas in Mark a teelna hangthu gen tuanlo hi. Atunga thupiang tengpen Sawltak sungah hitegel a ki pulakna nunungpen ahi hi. Mark thu aki genna ahiehleh Laisiangtho thak sungah a nunungpen hi samlo hi.

Colossian 4:10; 2Tim. 4:11; Philemon 24 leh 1Peter 5:13 sim in. Hiteng in Mark hong hoihkikna bangteng pulak hiam?

.....

Mark sungah a lamdang kikhelna khat omtuak hi. Atunga teng sungah Paul in, nasepna sungah Mark hoihna hong pulak hi. Paul in naseppih hoih khat in sim a, Timothy in tonpih sak nuam hi. Peter in zong amah Peter in Mark tawh kizopna kip khat nei cih. Hih Paul leh Peter laibu tepen, Sawltak 15 sunga thupiang teng khit, kum 15-20 bang ahi AD 60 kiim teng in kigelh ahi hi. Mark in, a sanggampa Barnabas in muanna tawh mun apiak manin, ama' ginat lohna teng hong kipuahpha hi.

Nang nahi a, lawm khatpeuh ahi zongin gitnat lohna hangin hunhoih nihveina nangah ngei hiam? Tuabangte in nang koibang in hong khel in hong panpih hiam? Midang nahuh theihna ding koibang in hong thaksuah hiam?

TUESDAY

July 2

Thu Puakpa

Mark 1:1-8 sim in. Kuateng gamtang a, bang hih bang gen uh hiam?

.....

Hiteng in nasep namthum nei uh: Mark 1:1, 2 in, Zeisu pen Pasion' Tapa, Pasion pen a Pa, leh tuiphumpa John pen, thupuakpa leh hih khen nunung lam tengah mapang pipa ahi hi. Mark 1: 2, 3 sungah, Laisiangtholui in, thu piang ding a pulakna teng Mark in gen hi. Mark in a bulphuh munthum teng: Paikhiatna 23:20; Isaiah 40:3 leh Malachi 3:1 ahi uhhi.

Pai. 23:20; Isaiah 40:3 leh Malachi 3:1 sim in. Akibang thu bang gen uh hiam?

.....

Pai. 23:20 ah, Israel mite Canaan a tunpih ding vanmi khat Pasion in sawl ci hi. Isa. 40:3 in sehnel gam sung ah Pasion ading lam lianpi khat sialsak ci hi. Malachi 3:1 in zong, thupuakpa in Topa hong pai nading lampi bawlkhol cih. Hih munthum tengin khualzinna vive gen uhhi.

Isaiah thugenna in, tuiphumpa John nasepna in *Topa ading lampi* bulphuh sak mahmah hi. Mark lungdamthu in zong Topa Zeisu hong khualzin cih. Tom linlian in a genna ah, tua khualzinna in singlamteh ah eite ading hong sihsakna dong tun ding cih. Hi tamah leh singlamteh a tunma in zong thu tampi pianglai ding hi. Tua khualzinna a kipan tung hi a, Mark in hong telgen mahmah ding hi.

Laisiangtholui kammal te Mark 1:2 leh 3 in zang kik in, Tuiphumpa John in, kisik kik ding, mawhna nusia ding, Pasion kiang zuankik ding (*Mark 1:4*) cih. Tanglai kamsang Elijah bangin silhteeng in (*2Kumpite 1:8*), Mark

1:7, 8 sungah amah in ama' nungah hongpai dingpa in amah sangin lianzaw cih. Hong paiding Pa' khedap khau phel ding nangawn kilawm ke'ng a cihna ah Zeisu a cihna ahi hi.

WEDNESDAY

Zeisu Ki Tuiphum

July 3

Mark 1:9–13 sim in. Zeisu ki tuiphumna ah kua om a, bangthu piang hiam?

.....

John in Jordan gunsung ah Zeisu tuiphum a, Amah hong kahtoh ciangin vantung kihong in Kha Siangtho in vakhu bangin hong tuaksuk amu hi. Vanpan Pasion' aw zong za a, "*Kei hong lungdam sak, Ka it Ka Tapa nahi hi*" (Mark 1:11) cih.

Hihteng in Zeisu ki tuiphum a thupitna honglak hi. Pa, Tapa leh Kha Siangtho hong om uh a, Zeisu' nasep kipatna kipsak uhhi. Tuabang thute tampitak mah omkik zel ding hi.

Khasiangtho in gamlak ah Zeisu sawl hi. "**Sawl**" cihpen Greek pau **ekballô** hi a, Mark lungdamthu in dawi hawlkhiatna ah a kammal zat ahi hi. Hiteng ah Kha Siangtho a kihelna in, Zeisu nuntakna sungah Kha Siangtho vangliatna om cihna ahi hi. Topa in Ama' nasep a kipat phet in, Satan tawh ki talsik pah uhhi. Aki zia-etna pen ni sawmli sung hi a, gamsa gilote zong hong kihel in, vanmite in Zeisu kemcing uhhi.

Mark lungdamthu a kipatna ah midang a kibanglo khat, Mark in Zeisu pen Pasion leh mihing hikhawm cih. Pasion ahihna ah: Christ, Messiah (Mark 1:1), Topa mahin thupuakpa tawh tangko (Mark 1:2, 3), John sangin lianzaw (Mark 1:7), Kha Siangtho hong tuaksukna it Tapa ahi hi (Mark 1:10, 11). Mihing ahihna lampang ah: John in tuiphum (Mark 1:9), Kha Siangtho in sawl (Mark 1:12), Satan in zia-et (Mark 1:13), gamsa gilote hong kihel a, vanmite in Amah kem uhhi (Mark 1:13).

Bang dingin ki enkak ahia? Hiteng pen Christ omzia taktak, i Topa leh Honpa, i Pasion; mihing zong hi veve, i sanggampa leh siapa ahihman ahi hi. Hih ngaihdan koibang in telcian thei ding? Ki telcian zolo hi. Pasion in itna tawh mihing ading hong hihsak khempeuh pen upna tawh sang ding hipeuh hi.

Zeisu in Pasion hi gige napi, Pasion hong itna bangpeuh hong gen hiam? Eite hong hotna dingin, koici bangin mihing hongsuak thei hiam?

THURSDAY

Zeisu Hong piak Lungdamthu

July 4

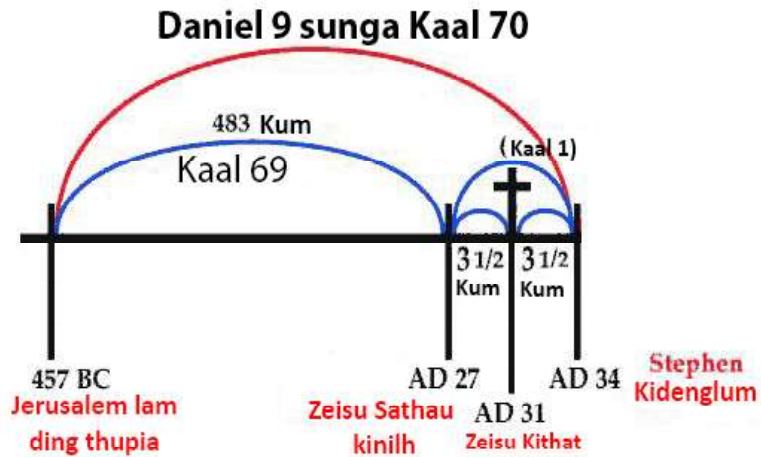
Mark 1:14, 15 sim in. Zeisu tangko lungdamthu khen thum in bangteng hiam?

.....

Mark in Zeisu' thupuak telnop dingin anuai a bangin a tomgenna khen thum teng:

| | |
|--------------------------------|-------------------------------------|
| Pawl khenna | A thu teng |
| A Hun Genkholna | A Hun Tangtung |
| Kamciam Thuciamna | Pasian' Gam hong Naita. |
| Nungzui dingin hong Sam | Kisik in Lungdamthu Um ding. |

Zeisu tawh kisai hun genkholna pen Daniel 9:24-27 a kaal 70 hi. Hih genkholna pen Zeisu aki tuiphumna tawh picing a, Kha Siangtho tawh kidim in a nasep kipan pah hi (Sawl. 10:38). Tua kaal 70 genkholna pen anuai a bang in lim kisuai hi:



Hih genkholna sungah nikhat in, kukhat hi (Gam. 14:34; Ezek. 4:6). Hih genkholna pen Persia kumpipa **Artaxerxes** in Jerusalem lamthak kik zawhsiang nading a thupiak kum BC 457 panin kipan hi (Ezra 7 enin).

Kaal sawmguk leh kua pen AD 27 kum, Zeisu ki tuiphum a, Kha Siangtho tawh kidim in, nasep a kipat sakna ahi hi. A kikhaina pen tua khit kum thum leh alang ciang hiding hi.

AD 34 kum, Stephen in Jews mite tawh a kibangin Gentile mite tungah lungdamthu hilh a kipat ciangin, tua kaal sawmsagih cing ding hi.

Kaal sawmsagih thu na sin nunungna banghun ahi tam maw? Hih kaal sawmsagih in Zeisu bek hilo, tua genkholna te nangawn na upna koibang in khangsak hiam?

FRIDAY

July 5

Ngaihsutbeh ding:

EGWhite, *The Desire of Ages* laimai 97-108 “*The Voice in the Wilderness*,” leh *The Acts of the Apostles* laimai 166,167 “*Heralds of the Gospel*” sim in.

Mangmuhna 14:6 leh 7 a vanmi masa thupuak leh Mark 1:15 thupuak aki zawitawwna lungngai dih un. Zeisu hong paikikna ding kiginkhol theihna dingin, vanmi masa in tawntung lungdamthu leitung khempeuh ah puak hi. Zeisu’ thupuak leh, vanmi hun nunung thupuak in ki zawitawwna anuai a bangin namthum nei hi:

| | | |
|-----------------------|---------------------------|--------------------------------|
| Mark 1 | A pawlkhenna | Mangmuhna 14 |
| Ahun Cing | Hun Genkholna | Thukhen Hun |
| (Daniel 9) | | (Daniel 7, 8) |
| Gam Hong Naita | Kamciam Thuciamn | Tawntung Lungdamthu |
| Kisik, Um | Nungzui dingin Sam | Kihta, Phat, Pasian bia |

Vanmi masa in, 1844 kum in akipan, Daniel 8:14 sunga ni 2300 genkholna a **dawpkholh thukhen** kipatna tangko hi. Thukhenna in bawlsiat thuak Pasian' mite tungah Pasian gam hong tun hi (*Dan. 7:22*). Vanmi masa in Pasian kihta ding, phat ding, bia ding leh nungzui dingin hong sam a, Mangmuhna 13 a sapi vangliatna in a diklo pasian kihta, phat in bia dingin hong sawl veve hi.

Mark 1 sunga Zeisu' thupuak in, lungdam thu tangko kipatna leh leitung bei hun ding Daniel genna tawh ki zawitawn mahmah hi.

Kikupding Dotnate:

1. **Mark 1:1-13 sunga Tuiphumpa John leh Zeisu enkak in. Tuata a ki pulak zia na et ciangin bang pilna ngah nakisa hiam?**
2. **Tuiphum a khatna ngaihsun in. Rome 6:1-4 leh John 3:1-8 sim inla, Mark 1:9-13 sunga Zeisu ki tuiphumna saikak in. A kibatna leh aki lamdanna bang namu hiam? Tuiphumna koibang in hong telcian sak sem naci hiam?**
3. **Mark 1:14, 15 sunga Zeisu' lungdamthu leh, Mangmuhna 14:6, 7 sunga vanmi masa thupuak enkak in. Hih thute telcianna in tuni na mission nasepna koibang in hong huh thei ding hiam?**

Lesson 2

July 6-12

ZEISU' NASEPNA SUNGAH NIKHAT

SABBATH NITAKLAM

Tukalsung Simding: *Mark 1:16-45; John 1:29-42; Mark 5:41; Luka 6:12; Siampi. 13.*

Kamngah: **“Tua ciangin Zeisu in amaute kiangah, ‘Kang nung hong zui un, note mi mante kong suaksak ding hi,’ a ci hi.”** (*Mark 1:17*).

Lungdamthu khempeuh in Zeisu' nasep kipatzia gentek uhhi. Mate in nungzui a kaikhawm leh mualtung a thuhilpa in pulak hi. Luka in, Nazareth khua biakinn sung a thuhilhna tawh a tangthu ciapteh kipan hi. John in Cana khua mopawi a nungzui pawlkhat sam a, nalamdang a bawl masak penna tawh ciamteh hi. Mark lungdamthu in nungzui li a sapna leh Capernaum khua ah Sabbath a tanna tawh ciamteh hi.

Mark in *“Sabbath tawh Zeisu”* cihbangin thupatna aneih manin Zeisu kua hiam cih hong telsak hi. Tukul sinna buppi sungah a citawm mahmah thute: nungzui ding a sapna, dawilo gilo tungah thupiakna, mundang hawh ding thupiakna leh miphak damsak a siampi tungah kilak ding sawlna cihbang hiding hi. A bulphuhpi pen ahiehleh mihing damsakna ahi hi. Tua lungdamthu lai kungpu in **thakhat in** cih Zeisu' nasepna ah manlangna kammal zang phadiak hi.

SUNDAY
“Hong Zui in”

July 7

Mark 1:16–20 sim in. Zeisu in nungzui dingin a sap kuateng hi a, bang na sem uh hiam?

.....

Mark 1 in Zeisu’ kammal tampi ciamteh selo hi. Tang 17 ah ngabeng nihte, a nung ciangin **Peter** akici Simon leh a sanggampa **Andrew** tungah a pauna teng om bilbel hi. Tua mitegel in Galilee bualtui geiah ngen paai in om uhhi.

Gunkuang leh ngabet na’ng vanzat peuhmah pulaklo a, tua minih tegel zong hauh tuak mello lel hi. Mark 1:19, 20 ah, **James** leh **John** tegel in apa leh a nasemte tawh gunkuang sungah om uh a, amau tegel ahihuh leh, Peter leh Andrew tegel sangun phadawm tuak zawsop uhhi. Peter in Gunkuang khat nei ci a, James leh John tegel zong Peter leh Andrew te’ naseppih cih (*Luke 5:1–11*). Hi taleh Mark’ lungdamthu in tua unaukop te a genkakna ah, Zeisu in amau a saplai in, a nei zawdeuh leh a neilo zawdeuh in khen hi. Zeisu in hih mite pen talsik in sampah a, maban neisak pah hi. Ama’ nung a zuih sakna pen Ama’ nungzui ahih na’ng uh ahi hi. Ama’ sapna azuih uhleh, ngabeng panin mibeng suah ding cih.

Hih mite in nakhempeuh thakhat in nusia (Mark 1:16–20) in, Zeisu’ nung a zuihna uh ngaihsun in.

.....

John lungdamthu in picinzaw kanlai hi (*John 1:29–42*). A unau mahun Tuiphum John’ nungzuite hihtuak uh T-2

a, Zeisu pen “*Leitung mawhna a puakhia Pasion’ Tuuno*” (*John 1:29*) a cihzong zaktuak uhhi. Zeisu tawh a kimuh uh ciangun Jordan gungei ah hunzang uhhi. Zeisu sapna a sanna uh pen gualnopna tawh hun mawk beisakna peuh hilo hi. Amau un zong ngaihsun pha mahmah uhhi.

Hinapi Mark in banghang in a kicing in pulak lo hiding hiam? Zeisu’ vangliatna pulak nuamzaw hihtuak hi. Amah’n a sap ciangin, ngabengte in dawng a, amau’ nuntakna leh Leitung zong a ngeibang hinawnlo hi.

Zeisu’ nung na zuihna dingin? Bangpeuh nutsiat ding hong kisawl hiam? (Na phawk bangbang gualsuk dih in).

MONDAY

July 8

Mangngilh Theihloh Biakpiakna Khat

Mark 1:21–28 sim in. Capernaum biakinn sunga mangngilh theihloh biakpiakna sung pan bang khalam thahatna kingah thei hiam?

.....

Christian tampi takte in zong Zeisu’ nung a zuihna vuah mangngilh theihloh tampi nei uh hi. Ki tuiphum ni, Pasion ompihna a phawkna uh sermon vanglian azak ni cihbang ahi uhhi. Tua bang ni tepen mangngilh theihloh bek thamlo nuntak kikhelna zong hithei lai hi. Mark 1 sunga Capernaum khua a Sabbath ni in pawlkhat a dingin “*a thuhilhna a za mikhempeuh in ama’ thugen zia hangin lamdang a sa uhhi. Amah in thukham hilh siate bangin thugen lo in, aana nei mite bang in thu hilh hi*” (*Mark 1:22*) cih. Zeisu in a thuhilh laitak in, dawivei mipa in “*Nazareth khua mi*

Zeisu aw, kote tawh nang bangci kisai ihi hiam? Kote hong susia dingin hihlai ah hong om nahi hiam? Pasion' misiangtho na hihlam kong thei hi" (Mark 1:24) cih. Tua ciangin Zeisu in dawi hawlkhiat sak hi.

Hih kammal te dawi kiangpan hongpai ahihlam phawk in.

Amasa in, dawi in Zeisu thei a, "*Pasion' misiangtho*" cih. Satan' mite a siangtholo tetawh tehkak leng, Zeisu pen Pasion sawltuam siangthopa cih. A siangtholo a kihhuai hilo, a siangtho nate mah biakpiak dingin kilawm kisa tek hi. Hih tangthu sungah zong ahoih vangliatna leh gitlohna vangliatna pen kiteltak in ki enkak thei hi. Kidona lianpi a taktak in kimuthei hi. Mihingte in Zeisu tel taktak nailo hi napi, dawi gilo in Zeisu pen mipi zak dingin tangko masa zawsop hi.

Azom in, mipa lakpan hong paikhia dingin thupiakna pen telhak kawmkal ah, banghang in Zeisu in "***paukei in***" cithei hiam? Hitak ah Mark in ciapteh huai thutawh thupan hi: Zeisu in Amah kua cih a genpa gamdai sak hi. Laisiangtho siamte in tuapen "***Messiah' thusim***" ci uhhi.

Zeisu in gamdaih ding a sawlna hangin, tualai gamvai tawh Messiah a na lam-etna luatna uh zong phadawm saktei hi. Messiah khat hihding haksa mahmah hi. Tua hangmah in zong gam- dai ding sapna in Zeisu pen kua hi hiam cih pulakna ah khial theilo pah hi. A hunzui in a kitelcian thu pen, Zeisu' dinmun ki seelcip theilo a, Ama' hihna thumaan in lungdamthu thulaigil ahi hi. Mihing a dingin Zeisu' theihel ding bek thamlo, Ama' hong paikikna sang ding khensatna in amaute ading bang khiatna nei cih zong thupi hi.

Midangte tungah teci pantheih nading in, bangci bang hun ciangin, "tulai thumaan" khempeuh pulak khia khin lo in ipp khilkhial ding kisam thei hiam?

TUESDAY
Sabbath Nasepna Dangte

July 9

Mark 1:29–34 sim in. Zeisu in Peter innkuan koici huh a, bang khalam thahatna ingah thei diam leh?

.....

Biakinn ah biakpiak khit ciangin, Zeisu in a neihsun a nungzuite (Peter, Andrew, James leh John) Peter' inn ah, Sabbath tang ding leh, an-ne tuidawn khawm dingin tawnga khawm uhhi. Tua laitakin thu phamawh khat hong omvat hi: Peter' sunghnu cinapha mahmah a, sihtheih dinmun ahi hi. Tuathu Zeisu kiangah a genuh leh, Zeisu in Peter' sunghnu khutpan in kaitho hi. Tua ciang in amah in lenglate zindo hong kipan pah hi. Zeisu' Hotkhiatna ngahsa peuhmah in midangte tung ah phattuamna bawlsak ding limpua ahi hi.

Mark laibu sung tawntung ah Zeisu in a khut tawh lawng in damsakna hizel a (*Mark 1:41; 5:41*), alawn lohna teng a hihleh (*Mark 2:1-12; Mark 3:1-6; Mark 5:7-13*) ahi hi.

Tuani in Zeisu' nasep tuateng bek hilo hi. Biakinn sung a damsakna aza leh amu tampitak in, nitum khit ciangin Peter' inn ah hongpai uhhi. Lungdamthu laikungpu in, a laisim te'n, Sabbath a theihna dingin, Sabbath hunsung in hongpai nailo uh zong cituanlo hi. Tua bang ahihna zong pen alai simte mahmah zong Sabbath tangte ahih lelina kitelcian zawsop hi.

Mark in tua nitak in khuazang bup phialmah kongbiang ah hongpai uh cihi (*Mark 1:33*). Zeisu in tua mite khempeuh huhna dingin hun tawmno khat mah alak kul ding hi.

“Naikhat khit naikhat amaute pai in ciah uh a; Damsakpa pen zingciang zong omlai ding cih theilo uh hihtuak hi. Capernaum khua ah tuani zahin teci kipang ngeilo hi. Huih sungah gualzawh lungdamna leh hotkhiat tangkona aw kidim hi. Honpa ahihleh Ama’ bawlsa nopna sungah lungkim mahmah hi. Ama kiangah hongpai thuaksiate amuh ciangin, a lungsim sungah veiina hong om a, Ama’ vang tawh tuate cidam sakikna leh lungnopsak kikna sungah lungnuam hi.

A nununpen thuaksiate damkik masiah Zeisu in nasep khawlo hi. Zankimpi khit ciangin mihonte ciah khia uh a, Zeisu zong tawnga thei hi. Khuazang buppi ihmusp lai napi, Honpa on thobaih mahmah in, mi omlohna munah pai in thungen hi”—Ellen G. White, *The Desire of Ages*, p. 259.

WEDNESDAY

July 10

Zeisu’ Nasepna Thusim

Mark 1:35–39 sim in. Zeisu nasepna pan bang pilna ngah thei ding hiam?

Zeisu in nisuahma in tho in gamdaihna, mi omlohna ah thungen hi. Mark 1:35 ah, Zeisu in a nasepna khempeuh ah thungetna bulphuh cihi. Kampau thugen khempeuh ah amah pen, thokhia, paikhia, paisan cihbang Greek pau in kicina picinna in zang hi. Sepkhiatna “*thungen*” cihpen, a nisim nasep pulakna ahi hi. *Amah*

thungen hi, Amah thungen paisuak hi. Zeisu zingtungin mi omlohna ah Amah bek omin thungen hi cihi. Lungdamthu sung tawntung ah, Zeisu pen thungenpa (Mate 14:23; Mark 6:46; John 17) ahi hi. Tuathu in Zeisu’ nasepna sung vangliatna thusim ahi hi.

Luke 6:12 sim in. Zeisu thungen nuntakna koibang in gen hiam?

Christian tampite in thunget hun sehtuam uhhi. Tua zong hoihmah dikmah hinapi, ngeina peuh kisuah mawkmaw thei hi. Tuabang ngeina sehna pan suahtak na’ngin, a hun laih, a hun sauzaw sak cihbang in kihih thei hi. A kikhel ngei hetlo ngeina khatsung ah kikhumcip cihbang a hihlohna ding thupi hi. Peter leh a lawm tengin Zeisu’ thungetna munah zuilo uhhi. Amun bel thei lel mah ding uhhi. Zeisu in a damsak ding leh a thuhilh ding mi tampi a muhdan theihna dingin, amau in zonsak zel lel dingin ki ngaihsun uhhi. Zeisu in nasep na’ng mun a zaizaw zong kinken hi. Amah in “*Hih kiimnai a om khua dangte ah pai ni. Keimah kong paina pen thuhilh ding kahih manin, tua khuate ah thu kahilh ding hi*” (*Mark 1:38*) cihi.

Zeisu ading thunget hun tampi kisam ahih leh, eite eleh; bang tan sawt thungen ding maw? Zeisu in etteh theih ding bang lim hong pia hiam?

THURSDAY

July 11

Thusim Na Imm Thei Hiam?

Mark 1:40–45 sim in. Hiteng panin Zeisu in mipi tawh a kizopna koibang in ciangtan neisak naci hiam?

.....

Phak natna pen hiteng bek hilo, laisiangtholui sungah zong om khin a, tulai a **Hansen**’ natna cihpen tawh zong kibang khinlo hi. Laisiangtholui sunga natna pen ahiehleh “*a lauhuai vun natna*” cih ding, vun tungtham natna ciangbek ahi hi. Hansen’ natna ahiehleh, BC zalom thumna khawng ciang in, tanglai nisuahna gam kiim tengah hong piang natna ahi hi (*David P. Wright and Richard N. Jones, “Leprosy” The Anchor Bible Dictionary, vol. 4 [New York: Doubleday, 1992], pp. 277–282*) sung enin. Tualai a mite’ thuaksiatna ciang a kitheihcian zawhloh manbek hi a, tulai a phak natna icih Hansen’ natna mah zong hilel khasop ding hi.

Mi phakpa in Zeisu in siangsak thei cih um ngiat hi. Siampite 13 sungah, miphak khat pen siangtholo ahieh manin, **midangte** tawh kizom saklo hi (*Siam. 13:45, 46*).

Zeisu in bel tua mipa veii luatna tawh a valawng hi. “Zeisu in hehpihuai sa in a khut zan in lawng a **‘Nang kong dampsak nuam hi’** (*Mark 1:41*) a cih. Zeisu in tuabang in a hihna hangin, tua nitak dongmah sianglo pah ding a, nitak ciangin zeh ombang in tui tawh ki sawpsiang in siang kikpan ding hi (*Siampi 13–15 tawh etkakna*). Hi tamah leh Mark muhna ah Zeisu’ lawnna hangin miphakpa siangtho pah lian cih. Tua ahieh manin Zeisu in miphakpa a lawnna hangin niin baanglo cihna hipah hi.

Zeisu in siampipa kiangah pai in, Siampi laibu 14 sunga Moses thupiakna ombang in, biakpiakna bawl dingin a sawl hi. Mark lungdamthu sung tawntung ah, Moses’ thuhilhna teng khempeuh Zeisu in, a kipsak tawntung hi (*Mark 7:10; 10:3, 4; 12:26, 29–31*). Tuabang muhdan pen Mark 7, 10 leh 12 sunga ombang in, biakna makaite tawh

ki kelkii linlian a; Moses’ thuhilhna bangin makaite thuneihna teng a lumlet gawp ahi hi. Tuabang thute hangmah in Zeisu in tua mipa gamdai dingin a sawl hizaw hi (*Mark 1:44*). Zeisu’ dampsakna tangko ding hileh, siampite’ thuneihna leh Zeisu’ kikal ah ki lungkaa thei ding hi. Miphak damkikpa ahiehleh, tuathu telcian mello a, Zeisu’ thupiak manglo in, a gamla naina ah tangko gawp ahieh manin, khuasung ah Zeisu suakta takin tum theilo sakzo hi.

Eima omdan bangzah in hoihmah taleh, lungdamthu tangkona a khak-hal thei ding bangteng kidophuai nasa hiam?

FRIDAY

July 12

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages* laimai 252-266 sungpan “*At Capernaum*” leh “*Thou Canst Make Me Clean*” sim in.

Mark 1 in Zeisu koibang in honglak hiam? Zeisu in nungzui saptheih na’ng thu nei a, amau un zong dawng uhhi. Satan’ khutnuai a kha gilote bang hilo in Zeisu siangtho hi. Sialehpha kikal kidona lianpi khat hong piang vat a, Zeisu in dawi gilo sangin vanglian zaw tham hi. Zeisu in cina te veii in huhnuam mahmah a, kuamah in a lawn noploh nangawn zong lawng lel hi.

“*Zeisu in Ama phuh ding kumpi gam thu leh Satan hencipte a khakhkhiat zelna thu, biakinn sungah gen hi. Tua laitak in a lauhuai mahmah thukhat hong omvat hi. Lungsim navaklo mipa khat mipi lakpan in hong diangkha a, “Nazareth khuami Zeisu aw, kote tawh Nang bang kisai ihi hiam? Kote a susia dingin hilai ah hong om nahi hiam? Pasion’ misiangtho na hihlam kong thei hi” ci in a kiko hi.*”

“Laulua in buai ngeingai ta uhhi. Mipi lungsim Christ tungah om nawnlo in, Ama’ thugen zong zanawn mello uhhi. Tua pen Satan ngiimna hi a, ama’ mipa biakinn ah a paipih ngiat ahi hi. Zeisu in tua dawu gilo kiangah ‘Paukei inla hih mipa’ sungpan paikhia in’ acih ciangin, dawu gilo in tua mipa kongkaw sakin a linsak gawp khit ciangin, nakpi takin awng in, ama’ sungpan a paikhia hi.

*Sehnel gamsung a Satan tungah a gualzopa maiah a galpa in zia-etna khatmah tawh hong kuan leuleu hi. Dawu gilo in zong a mimatsa kepcinna ding a vang neihsah zangkhia hi. Hiteng ah a gualleh leh Zeisu gualzawhna a pia hita hi. Honpa in ahileh ukna aana tawh galmat kihencip pa khahkhia hī” – Ellen G. White, *The Desire of Ages*, pp. 255, 256.*

I Topa in a nasep semsem lel in munkhat khit munkhat pai kawikawi in, mi tampi taktawh kizom kha hi. A nasepna mihing tetawh kizopna ah lungmuang gamdai hithiat in koici omtheih hiding hiam? Nisim in thungen tawntung ahiman hi hamtang ding hi.

Nasep na’ng hun geelna sungah thunget hun leh laisiangtho simhun khen teitei ding hi lecin bang aci diam? Nangma nasep ding hun, lungmuang hithiat in omtheih na’ng Kha Siangtho makaih sakna tawh zong hamtang in.

Kikupding Dotnate:

1. Christian nuntakna sungah thungetna a thupit dan kikum dih un. Thungetna ah ngiimna bulpi leh a phattuum theihna bangteng hithei hiam?

2. Eima upna khawng tam genluat lohding bang hun teng hiam kikum dih vo. Mailam phattuum na’ng khat peuh bang hun in omthei ding a, teci panna kiamsak hetlo in koici hihthei ding ihi hiam?

3. Tulai nomau’ ngeina sungah “miphakte” kuate peuh ahi thei diam? Nangma pawlpi in tuabang mite koibang in vapha in “lawng” a, lungdamthu puak thei hiam?

Lesson 3

July 13–19

KIDONATE**SABBATH NITAKLAM**

Tukalsung Simding: *Mark 2:1–3:6; Micah 6:6–8; 1Sam. 21:1–6; Mark 3:20–35; Luke 12:53; Luke 14:26.*

Kamngah: “Tua ciangin amah in amaute kiangah, ‘Sabbath ni pen mite aa dinga kibawl hi a, mite pen Sabbath ni aa dinga kibawl hi lo hi. Tua ahih manin Mihing Tapa in Sabbath Ukpa zong ahi hi,’ a ci hi.” (*Mark 2:27, 28*).

Mark 2:1 – 3:6 sungah, biakna makaite’ thuhilhna tawh a kikelkii gentehna tangthu nga om hi. Tua tangthute in, cihnopna khat ciat nei hi napi, a cihnopna-te kizom diudeu gai hi. A tawpna penin a vekpi in huam khin in, amasa pen tawh a kizom kik hi.

Hih tangthu khempeuh in Zeisu pen kua hihiam cih lahna vive hi a, Mark 2:10, 17, 20, 28 sungteng ah om hi. Sunday, Monday leh Tuesday sinna teng Christ thugenna teng a thukzaw deuh in honglak ding hi.

Mark 3:20-35 sungteng pen Wednesday leh Thursday nigel ah sin ding hihang.

Lungdamthu laikungpu in pilna tawh a laigelh zia, phatna leh taaina, apha leh asia khawng akithuap bilbial in a gelhna khawngzong sin ding hihang. Hihbang in a kidawng-thuk tangthu Mark in gukvei a nei hi. Tangthu khatsim sungah, Zeisu pen Messiah ahihna, nungzui hoih khat ahihna cihbangin omsuk diudeu hi.

Tukalsung in, Zeisu tawh kisai tangthu pawlkhat i sim ding uh a, bang pilna kingah thei hiam en ding hihang.

SUNDAY

July 14

Pumpizaw Damsakna

Mark 2:1–12 sim in. Pumpizaw mipa in Zeisu kiangpan bang lam-en a, bang ngahkha hiam?

.....

Tua mipa pumzaw ahih manin: a lawmtr li in Zeisu kiangah hong paipih uhhi. Zeisu’ omna munsan inntung khum vutvang in, Zeisu maitang liana tua mipa khiatsuk uh a, Mark 2:5 sungah Zeisu in amaute’ upna *muhsak* cih. Upna koici muhtheih ding? Itna mahbang in gamtatna sungah kimu thei a, a lawm tengin tua upna lim lakkhin zaw uhhi.

Tua mipa in pumpi lam kispna nei hi. Zeisu mai hong tun takciang in, Zeisu in a mawhna maisak masa hi. Tualai takah tua mipa kamkhat beek zong paulo hi. Biakna makaite in amau’ lungsim sungvuah Zeisu thugen teng mawhsak zawsop uhhi. Zeisu’ kammalte in Pasian’ min dai sakna hi a, Pasian bekin a neih thu khat genkhia ci uhhi.

Zeisu in langdo mite’ munpan mahin amau’ zatngei nialna ahi “*a neuzaw pan a lianzaw*” cih nialna zang hi. Ama’ mawhna ki maisak zo cihna in; tua pumzawpa lampai sakttheihna ahi hi. Pasian’ vangliatna tawh Zeisu in mipa lampai saktthei a hihleh Ama’ mawh maisakna zong thu kipkho ahi hi.

Micah 6:6–8 sim in. Hih tangthu in Zeisu leh makaite' kikal thupiang teng koibang in hong hilhcian hiam?

.....

Hih biakna makaite in a thupizaw teng mansuah uh: thuman thutang, itna kip leh Pasion' maiah kiniamkhiatna cihteng ahi hi. Pasion' thu a uangtheih mahmah tua mite in, Pasion' nasepna mutheilo dingin mittaw liang uhhi. Zeisu in Amah Pasion kiangpan hongpai cih theihsak na'ng kicing valmahmah hi napi, amaute in a lungsim uh kikhelna bangmah om hetlo uhhi. Amau nial theihloh dingun amau' lungsim sungtawng nangawn theikhia zota a, mizawpa zong damsak khin liang hinapi, nial veve uhhi.

Biakna hahkat nuam mahmah hi napi, biakna maan lampi a mansuah hih mite awkna thaang sungah awklo dingin koici kidop thei ding hiam (*James 1:27*)?

MONDAY

July 15

Levi a Sapna leh Antanna thu Dotna

Mark 2:13–22 sim in. Levi pen, Alphaeus' tapa hi a, banghang in Zeisu' nungzui hong hih kulthei hiam?

.....

Zeisu' hunlai a siahdongte pen Rome kumpi khutnuai a om taangpi nasemte ahi uhhi. Jew mite lakpan in a kizam zah sangin tamzaw ngen zel in hauhlawh lianguh ahih manun, mi' lakah thawl khollo uhhi. Biakna thukham lai, **Mishnah** thuciam sungah **Tohoroth** in, “*Siahdongte hong lutna innkhat peuhmah siangtholo hi*” cihhi.

Tua hang hiding hiven, makaite in lungkim lohna tawh “*Hih mipa in bang dingin siahdong mawhneite tawh an nekhaum hiam*” ci uhhi.

Zeisu in amau' dotna koici dawn hiam? Nialvat hetlo hi. Nial lozaw in siahdongpa' lutang tungah ngazaw a; cidam te in doctor kizamlo a, cinate bekin doctor kizam uhhi cizaw hi. Khalam doctor a cihnopna hi a, a cina khate damsak theipa a cihna ahi hi. Cinate kiangah doctor a pai ding mah hilo hiam?

Mark 2:18-22 sungah thuthak khatmah omkik hi. Tangthu nga teng in a thu bulphuhpi, kidona tangthu ahi hi. A kipatna ah Levi in pawl bawl hi. Hih tangthu sungah an tanna thu dotna hong om hi. Zeisu' nungzuite in, Tuiphumpa John leh Pharisee-te bangin, banghang in antang lo uh hiam cih dotna ahi hi. Zeisu in Ama' kihelna mopawi khat tawh gentehna khat zang in dawng hi. Mopawi siim mi khempeuh antang peuhmah leh haivai lua ding hi. A hihhang Zeisu in Amah singlamteh ah apai ding ni genkholna in, mopa ki lakhia hi cihhi. Tua ni ciangin antan hun tampi om ding hi.

Zeisu in, Ama' thuhilhna leh makaite thuhilhna a ki kelkiitna pholakna ding gentehna nih gen hi: puanlui pen puanthak tawh kiphop ngeilo a, lenggahtui umlui sungah lenggahtui thak kikoih ngeilo ci in dawng hi. Biakna makaite thuhilhna leh Christ' thuhilhna kikhai lua hiven. Tua biakna makaite lampi a kisiatdan pulakna zong hipah hi. Mihing in kidopna a om keileh, biakna dik zong khuamial suakthei lel hi.

Zeisu' hunlai a te mahbang in, tulai siahdongte cihtheih ding kuate hiding hiam? Eite ngaihsutna koibang in kipuahpha ding ihi hiam?

TUESDAY
Sabbath' Topa

July 16

Mark 2:23, 24 sungah, nungzuite in Sabbath palsat uh ci in Pharisee te in ngawh uhhi. Jew' ngeina sungah, Sabbath ni ading thukham 39 om a, tuateng Pharisee te lungsim sungah teng in, nungzuite gamtatna tawh na kituak kha citciat hi.

Mark 2:23–28 sim in. Pharisee te ngawhna teng Zeisu in koibang in dawnsak kik hiam?

.....

Zeisu in, David in zong biakpiakna anlum a nekna tawh dawng hi (*1Sam. 21:1–6*). Tua anlum tepen Sabbath ni ta in a kikhek hi a; tua ahah manin David khualzin ni pen Sabbath ni hilo limlim hi. Zeisu' cihnopna ah, David leh amite un anlum siangtho a nek manun kimawhsak lo ahahleh, Zeisu' nungzuite zong buhvui zutna tawh kimawhsak lo hi. Zeisu in Sabbath ni pen mihing phattuum nadingin a kibawl hi ci a, thudang bangmah gen kawikawi tuanlo in, Amah Sabbath Topa ahahna bekmah tawh thukhup hi.

Mark 3:1–6 sim in. Hih tangthu sungpan, Zeisu in, Sabbath pen mihing ading kibawl ahahna koibang in pulakkhia hiam?

.....

Khatvei mah Sabbath tawh kisai biakna makaite' langdona tuakkha leuleu hi. Sabbath cita teu zongin a ni tawh a buai zong hi samlo uhhi. Makaite in Sabbath ni in

cina a damsak mawhsak nuam uh hi leltak hi. Zeisu in amaute talsik ding zumhuai sa hetlo hi. A hoih bawlina leh asia bawlina, hotna leh thahna kikal aki langneihna pholak sak hi. Ama' dotna pen dawn haksa hetlo lel hi; a hoih bawlina nuntakna huutna pen Sabbath tan na'ng in kilawm mahmah lel cihhi.

Zeisu in a mi Damsakpa paisuak saklel ahah manin, a langpangte hong hehlua uh a, Amah thahlup liang nading dongmah hong vaihawm pah uhhi. Zeisu in Sabbath palsat hi ci in mawhmat nopna uh pen, Zeisu' sihna dingin Sabbath tawh thangsiah hong suakzaw tamai hi.

Hih Sabbath tanna tawh kisai thute panin, tuhun Sabbath tanzia ding bang lampi peuh na muhlawh zawsop hiam?

WEDNESDAY
A Kithuap Tangthu: Khen 1

July 17

Mark 3:20–35 sim in. Hiteng ah bang tangthu nih kihualkhawm namu hiam?

.....

Hih pen Mark sunga "**Aki thuap tangthu**" masa pen hi a, tangthu khat tawh kipan in, a dang khat hong lailut in tangthu masa mahtawh tawp kik hi. A puanung zaw tangthu pen, Zeisu' tanaute in Zeisu' lungsim cidamlo ci in a ciahpih nopna thu ahi hi (*Mark 3:21*). A sungnung zaw tangthu ahahleh, Jerusalem pan a laitheh siapite in, Zeisu pen dawivei ci in a siatsak nopna uh ahi hi a, tuni sinna pen, a sungnung zaw tangthu Mark 3:22-30 sung thu ahi hi.

Mark 3:22 sungah, laitheite in Zeisu' vangliatna pen dawi gilo kiangpan hi ci uhhi. Zeisu' in dotna sangpen khat dong masa a, "*Satan in koibang in Satan mah hawlkhia thei ding hiam*" cihhi. Satan in amah leh amah kilangpan ngeilo ding cihna ahi hi. Zeisu in kumpi' gam khat, innkuan khat leh Satan in koibang kikhenna tawh mainawt thei ding hiam cihhi. Topa mah in, mi thahat khat inn buluh theihna dingin inntekpa hencip phot kul ding hi cihhi. Hih a nunungpen gentehna sungah, Zeisu in Satan' innsung ah guta lutpa hi a, khuamial kumpipa hencip phot in, ama' galmat teng khahkhiat sak ding hi.

Mark 3:28-30 sim in. Maisak theihloh mawhna in bang hi a, bang a cihnopna hiam?

.....

Maisak theihloh mawhna pen Kha Siangtho tungah mawhna hi a, Kha nasepna pen dawi gilo' nasepna ngawhna ahi hi. Mark 3:30 sunga Zeisu thugen teng hangin, Mark 3:28, 29 sung a genteng pen, laitheite in Kha Siangtho tawh a kop Amah pen, dawivei hi ci in a mawhsak manuh ahi hi. Kha Siangtho nasepna khawng peuh, dawi gilo nasepna nacih khakleh maw, kuamah in lungsim takpi tawh dawi gilo' makaihna mangnuam hetlo hi taleh, Kha Siangtho' thu zong na mangkha kei ding hi.

"Maisak theihloh mawhna" naneih khak ding nalau mahmahna in, banghang in tua mawhna neilo na hithei ding hiam? Na launa in banghang in na mawhlohna hithei ding hiam?

T-3

THURSDAY

July 18

A Kithuap Tangthu: Khen 2

Mark 3:20, 21 sim in. Bang thu omsa khat in Zeisu' tanaute' sungah Zeisu lungsim cidamlo ci-in umsak thei hiam?

.....

Lungsim cidam lohna pen phamawh lua hi. Tuabang thupen, mihing khatin ama' ombit theihna munah lauhuaina hong suaksak hi. Zeisu' tanaute in, Amah pen an-ne man loliang in manlah lua ahih manin, a tuaci ding mah hi ci uhhi. Amah ava kemcing ding in kuankhia uh a, tua lai panin, a puanung zaw tangthu khawl phot in, a sungnung zaw tangthu hong lut in, Zeisu pen dawiveii hi ci in ngawh uhhi.

A puanung tangthu leh a sungnung tangthu tegel zong kizawitawanna khatmah nanei uhhi. Zeisu' tanaute in zong laitheite muhdan pianmah in a muhpih uhhi. Tanau tengin Amah haita ci uhhi. Laitheite in dawiveii ci uhhi.

Mark 3:31-35 sim in. A tanaute in bang hihnuam uh a, Amah'n koici dawn kik hiam?

.....

Hihmun san lianah thu tuampi khat om hi. Nanu napa leh tanaute in hong munuam leh, na kimuh kul hilo hiam? A buaina bulpi panin, Zeisu' innkuanpihte in Pasian' thumaan tawh kituak lo uhhi. Zeisu in tua thumaan thei khinkhian a, amah tuamtai pah lian hi.

Pasian deihna bangin a gamta mite pen keima sanggam pasal numei leh kanute ahi hi cih. Amah pen Pasian' Tapa hi a, Amah tawh a kizom peuhmah Pasian deihna bangin Ama' innkuanpih a suak ding uhhi.

Hih Mark *Tangthu Kithuap* nihte in deihna thukpi khat neikhawm uhhi. A sungnung tangthu sungah, Zeisu in, innkuan khat amau sungmah aki khenkhap leh kip theilo cih. A puanung zaw tangthu sungah Zeisu' innkuan sungah, Ama' innkuanpihte mahmah khennih kisuah uhhi. Ahihhang tua buaina bel Zeisu mahin siansuah ziau hi. Ama' innkuanpih taktak pen Pasian' deihna bangin Amah tawh omkhawm teng ciziau hi (*Luke 12:53; Luke 14:26*).

Christian tangthu sung tawntung ah zong amau innkuanpihte mah in buaina pia zelzel uhhi. Thu haksapi khat ahi hi. Mark laibu sungah Zeisu in zong tuabang haksatna na thuak cih hong lak hi. Tuabang dinmunte Amah'n telsiam a, tuabang haksatna thuakte Amah'n hehnem hi.

FRIDAY

July 19

Ngaihsutbeh ding: Ellen G. White, *The Desire of Ages* laimai 272-280 sunga "*Levi-Matthew*" leh laimai 281-289 sung "*The Sabbath*" sim in.

"*Sabbath ni cina damsak ding kilawm hiam?*" ci in a kidot ciangin, Zeisu in, '*Note lakah tuu khat nei a, Sabbath ni in dumsung ah akiat leh, a lakik loding kua om hiam? Tuu khat sangin mihing manpha zawsam hilo hiam? Tua ahih manin Sabbath ni in nahoih sep ding kilawm mah hi*' (*Mate 12:10-12*) ci in dawng hi.

"*Tua lai a thukante in, mipi lakah Zeisu' dotna haksa sa uh a, dawngkik ngam nawnlo uhhi. Amah in thumaan gen ahihlam zong thei uhhi. Amau ngeina palsat ding sangin, mikhat natna sung ah diahcip nuamzaw uh; ganno khat khawng a mansuah hizaw le-uh, amau un honkhia zawsop ding uhhi. Bangmah theihna a neilo ganno sangin, Pasian' limmel sunin a kibawl mihing don huai zaw cih lak hi. Hih gentehna pen biakna maanlo te nasepna lahna ahi hi.*

"*Mihing' lungguhna bangin Pasian tungsiah ah kilaamto nuam uh hinapi, ganhing nuaisiah tungsuk uhhi. Pasian' liatna ado biakna peuhmah in, piansak lai in ama' dinmun leh Christ sungah a ki puahphakik ding ama' dinmun a susia ahi hi. Biakna maanlo peuhmah in mihing' kisapna, thuakna leh ngah ding peuhmah thupiseh lo ngiat hi. Lungdamthu in ahihleh, Christ' sisan tawh a kileisa hi a, mihing' kisapna leh haksatna peuhmah khualbawl ding cih. 'Mihingte pen kham hoihte sangin a hoihzaw, minam pen Ophir gam a khamte sangin a hoihzaw in ka bawl ding hi' (Isa. 13:12) Topa in cih"*—Ellen G. White, *The Desire of Ages*, pp. 286, 287.

Kikupding Dotnate:

1. Na pawlpi in Mark 2 sunga mi thuaksia mizaw tetungah gamdai khipkhep ahihleh, koi bangin na huh thei ding hiam?

2. Biakna makaite in, Zeisu nalamdangte hangin a mit uh kihong ding sangsik in; huatna, ngeina, thukhun leh biakna hangin mittaw in Zeisu nialta uhhi. Tuabang ahih lohna dingin koibang in kidawm siam thei ding ihi hiam?

3. Cilehsa innkuanpihte in upna hangin hong nial ciangin, khuatual pawlpi in koi bangin “innkuan” hithei ding hiam?

4. “Maisak theihloh mawhna” lungngai unla, bang khatna nei a, koici pelh thei ding cih kikum un.

Lesson 4

July 20–26

GENTEHNATE

SABBATH NITAKLAM

Tukalsung Simding: *Mark 4:1–34; James 1:21; Isa. 6:1–13; Late 104:12; Dan. 4:10–12.*

Kamngah: “Na thu zak uh limtakin ngaihsun un. Note zat seeng mah tawh no aa dingin hong kitehsakkik ding hi. Hih thu a za note tungah a tamzaw in a hong kipia ding hi. Banghang hiam cihleh a neite kipiak beh ding a, a nei lote a neih sunsun nangawn a kilakkhiatsak ding hi,’ a ci hi.” (*Mark 4:24, 25*).

Tukal sinna pen Mark 4 sung gentehna teng ahi hi. Mark lungdamthu in lungdamthu laibu dangte Mate Mark leh Luke sung ah thugentehna tawm om penpen hi.

Laisiangtho siamte in zong Zeisu’ thugentehna a khatna kum sawtpi sungmah kinial keei uhhi: Koi bangin letkhia ding, a khatna koici zat ding, koibang pilna hongpia, koiteng pen thupiang taktak hi a, koibang teng pen tangthu leh la kammal peuh hiam cih khentel theih kul hi.

Tukal sungin hiteng khempeuh sin khinzo samlo ding hihang. Pasion’ hehpihna tungtawn in hiteng khempeuh ending hang a, hih gentehna te tungtawn in Zeisu gennopna kitezaw thei hi.

Mark 4 in gentehna nga tak nei a, khaici vawhpa, meivak, tehna, khaici khang leh ankam tang cihte ahi

uhhi. Lina buppi phial khaici vawhpa thu gentehna hiphial hi. A gentehna thuteng genkhia masa, thu gentehna a hang thu, tua khit ciangin, thugentehna khatna gen hi. Tua cialthum teng pen Sunday, Monday leh Tuesday ni thum kisin ding hihang. Adang gentehna omlai teng pen Wednesday leh Thursday ni in sin ding hihang.

SUNDAY

July 21

Khaici Vawhpa Thu Gentehna

Mark 4:1–9 sim in. Lei kibanglo te in bang hi uh a, tuate tungah akia khaicite bangci ci hiam?

.....

Lungdamthu sunga Zeisu gentehnate a simte in, Zeisu' cihnopna akhiatna gen masa nuam pahpah uhhi. Hiteng khempueh pen Christian nuntakna sungah Kha thumaan hong hihna vive ahi hi. Hi napi, gentehna pawlkhat "*Pasian gam in... tawh kibang*", "*Zak na'ng bil anei te'n za uh hen*" cihte khawng ahihleh Zeisu in a khatna gen selo lel hi.

A tangthu a malmal in ensuksuk leng, a cihnopna hong kilang deudeu hi. Tuabang hileh, khaici vawhpa thu gentehna pan bangin thu tampi hong piangkhia hi. A khaici bel mun khempueh ah kibang lel hi napi a kibanglo lei munli ah kia uhhi. Tua a lei nam tengin khaici po dan ki lamdang sak hi. Tangthu khatbek hilo in, a picing mahmah tangthu khenli in kikhen kik hi. A hun sawtna zong amau picin ciangdong hun laci at uhhi.

Lampi tunga kia khaici ahihleh vasate in netum pah hi. "*Khaici a vawh ciangin pawlkhat lamdung ah tu a, vasa hong leng in tawmin a ne uhhi*" (Mark 4:4).

Suang tunga tu khaici ahihleh hongpo in, ni tawmvei a kaalsim phial in nungta uh hi napi nisa in kaang in keutum pah uhhi.

Lingbulsum omna ah atu khaicite nuntak hun sawtzaw veve lai hi taleh, ling in depgawp a hih manin, bangmah gah zolo hi.

Leihoihna a tu khaicite nuntak sawtpen a, amau khuahun cingin nungta, amau ngeina bang in anlak hun om hi.

Hih tangthute lakpan thum pen lelhna hi a; a nunungpen bekmah gualzawhna, an tampi lakna ahi hi. Hih tangthu teng hun sawtna ahihleh khatkhit khat sauzaw semsem a, tangthu khatbek mahin gualzawhna a ngah hi.

Hih thugentehna tangthu in nungzuihna sungah haksatna tampi om ahihhang, Zeisu hong piak thaman in tamlua cihna ahi hi.

Hibang lei pianzia a dangte panin bang khalam pilna peuh ingah thei tam maw?

MONDAY

July 22

Zeisu' Letkhiatna

Zeisu in gentehna gensuk ziau in a khatna gen pahlo lel hi. (Mark 4:1) sungah, "*mi tampi*" lakah Zeisu in gen cih. Tua khit mipi omnawnlo mi tawmno tungbek ah, a khatna gen kik hi (Mark 4:10).

Mark 4:13–20 sim in. Khaici vawhpa thugentehna Zeisu in koibang in letkhia hiam?

.....

Zeisu in, a tangthu sungah a genloh thudang tampi takmah zangin a letkhiatna genkik hi. A letkhiatna sungah hih tangthu pen leitung pianzia thuthuk pulakna hi cih. Zeisu in khaici pen **“Thu”** cih. Zeisu Ama’ hilh Pasian’ Thu a cihna ahi hi. James 1:21 in, *“Tua ahih manin, ngeina hoih lote leh gamtat siate khempeuh nusia unla, Pasian’ thu mangin, note lungsim sunga hong koih thu zui un”* cih.

Lei kibanglo tengpen thungai mi kibang lote hi. Zeisu letkhiatna sungah mi khempeuh in Thu za uhhi; lei namkim tungah khaici kivawh kim hi. Ahihhang saandan kibanglo zel hi. Lampi dung a leite khauh a, vasa in zong netum pahpah lai hi. Satan in thumaan hong lakkhiat sak pahpah teng Zeisu in a cihnopna ahi hi.

Suang omna ah lei dai lel hi. Zeisu in, puatham ki-aapna nei mite a cihna ahi hi. Nungzuihna manphatna zong thei mello uhhi.

Ling tamna leitungah zing khaici kivawh hi. Zeisu in, leitung nuntakna hauhna tengin tua **Thu** lut saklo cih.

Lei hoih a cih ciangin, **Thu** za in a sangte cihna hi a, hong khangto in an tampi ki lathei hi cihna hi.

Letkhiatna a saupen ahileh, suang omna leh ling omna lei ahi hi. Suang-lei thungai tepen Zeisu in – Thu za uh a lungdam takin sangin tawmvei sung nungzui suakpak uh cih. Bawlsiatna hong tun ciangin, taikhia kik uhhi.

Ling-lei thungai mite zong tuampian hi. Haksatna khawng tawh taikhia pah deksuai lo uhhi. Pasian’ gam sangin leitung hauhna lunggulh zaw uh a, hun hoih

buaipih zaw uhhi. Leitung in hong piaktheih ding teng bekmah awlmawh in nei uhhi.

Nangma nuntakna ngaihsun in. Lamdung a omtemaw, suang lak maw, ling lak maw cih nangmah ki entel in. Nang upmawh zah sangin hong pilvang zawtham ding ahi maw. Bang kikhelna peuh nabawl theih ding a om tammaw?

TUESDAY

July 23

Gentehna a Hangthu

Mark 4:10-12 sim in. Bang hangin Zeisu in gentehna tawh thuhilh se hiam?

.....

Zeisu thugentehna teng a puatham in simziau leng, midangte pen khuamial lakah nusia ziau tawh kibang hi. Ahihhang hih muhdan pen Mark sunga Zeisu nasepzia tawh kituaklo zaw hi. Mark 3:5, 6 sungah, biakna makaite’ thu phawk theihlohna hangin khasiat zaw hi. Mark 3:22-30 sungah zong, laitheite in a ngawhna teng zong thupi sim in, amau’ khialhna teng telgen zaw hi. Mark 12:1-12 sungah biakna makaite in, Zeisu’ gentehna sunga inntekpa pen amau mah hipah dingin ki ngaihsun uhhi.

Zeisu a suksiatna dinguh a thaangzaak uh zong masuan gige a, tua ading sulzui Omteng zong a hilhkhohla hipah hi. Amaute awlmawh lelel hileh hihbang in hilhkhohl hetlo ding hi. Mark 4 sunga Zeisu’ thugen teng peuhmah, nai entel pha mahmah leng, Isa. 6:9, 10 sunga kammal teng a lakik ahi hi.

Isa. 6:1-13 sim in. Isaiah tungah bangthu piang a, Israel mite ading a thupuak bang ahi hiam?

.....

Isaiah in biakinn sungah Pasian a minthanna tawh om mu a, ama' ninnoina zong mu hi. Pasian in amah siansuah in, a lauhuai thupuak khat pia hi. Mark mahbang in, Pasian' mite lungnop kidimna pualam ding bang hihtuak hi.

Isaiah 6 sunga tua thupuak pen, gitlohna lampi a tawn mite khanglo in a lampi uh a nutsiat nading hanthotna lauhuai thupuak ahi hi. Mark sungah Zeisu kammal telcianna taktak pen Mark 3:35 sungah om hi. Zeisu' kammal leh thuhilhna telcian cih ciangin, Pasian deihna bangin hihna ahi hi (*Mark 3:35*). Tuabang hihna in tua mipa Zeisu' innkuan sungah paipih hi. Zeisu in dawiveii hi aci mite in Ama' thu manglo lel ding uhhi.

Isaiah 6 sunga kammal Zeisu' lakkik tengin, Pasian in mi pawlkhat a pualam a koih cihna hilo a, amau' neih kholsa ngaihsutna leh lungsim khauhna in, thumaan saanna ding panin daltan sak hi.

Hih thumaan in khaici vawhpa thu gentehna sungah thubulpi mah ahi hi. A kuama peuh in bang lei hih ding cih teel ding uhhi. Mi khempeuh in Zeisu tungah ki-aap ding maw ki-aap lo ding cih teel ding uhhi. A tawpna ah mimal in teel ding hihang.

WEDNESDAY

July 24

Meivak leh Lawh

Mark 4:21-23 sim in. Meivak thugentehna sungah Zeisu in bang bulpuh pen hiam?

.....

Zeisu' hunlai a innte pen amun leh aneih zah uh tawh kizui-in agol aneu om uhhi. Damdamin amau' pilna leh neihsa tawh kizui in Greek mite inn lamdan zui-in lam uhhi. Zeisu in mi nautangte innneu khawng a cihna zong hikha sop thei ding hi. Inn gol taleh inn neu taleh, a thu thupi hi: nikhat ciangin Zeisu thumaan hong kilang ding hi.

Mark 4:21 ah Zeisu in dotna nih nei hi. A dotna masa pen hilo cihtawh dawn ding hi a –*“Meivak pen lawh peuh khuh in lupna nuai peuhah seel ding hilo hi.”*

Dotna nihna pen himah cihtawh dawn ding hi a –*“Meivak khuam tunga koihtoh ding cih.”* Zeisu in Ama' deihna atun na'ngin a haivai leh a nuihzakhuai thute tawh pulak hi. Meivak pen khuavak piakna ahi hi. Mark 4:22 in zong gentehna' thusim teng mipi theih dingin tangko hi. Email ahih keileh computer khawng hong kihack sak a, kel-luphum teng mipimai tungta hi. Ahih hang Zeisu in lungdamthu a gen ahi hi.

Mark 4:24, 25 sim in. Zeisu in lawh gentehna tawh bang pilna hong piak sawm hiam?

.....

Leitung mun khempeuh ah, na khempeuh a limci sitset in kizuak hi. A zuakte in a vanzuak uh a hoihna ciamtehna khat neiciat uhhi. Vanleite in lungnuam khamuang takin a lei ngamna ding in vanzuak khempeuh in a hih ngeina uh ahi hi. Zeisu in vanzuak siamte in peuhmah in thumaan takin ahihna uh hiteng ah hong pulak hi. Mikhat in lungsim siangtho takin khuavak a

zuihle, a tamzaw ngahbeh lai ding hi. Khuavak a nial lehlah, a neih khitsa nangawn ki lakkhiat sak lai ding hi.

A hoihzaw tehna thak koibang in kisin thei ding ihi hiam? Mi tungah na bawlna khempeuh ngaihsun phakik in.

THURSDAY

July 25

Khaici Khangto Gentehna

Mark 4:26–29 sim in. A deihna bulpi bang ahi diam?

.....

Mark lungdamthu a tamzaw in Mate leh Luka tawh kibang phial hi. Hih gentehna ahiehleh Mark sung bekah om hi. A gentehna bulpi in khantohna ahi hi. Pasion' gam a khantohna Zeisu in a gennopna ahi hi. Mihing in sepding mun nei veve a, khantohna takpi pen Pasion' nasep ahi hi. A khawl thei nawnlo zong hi tuanlo hi. A khaici khankhin ciangin tangthu a tawp hi tamai hi. Tua mahbang in, Christ nihveina hong paina in leitung' tangthu thakhat in tawpsak vat ding hi.

Mark 4:30–32 sim in. Ankam tang thugentehna bang thupi sakpen hiam?

.....

Hih gentehna in, aneu mahmah khat zong a liankhom khatin khangto cih bulphuh pen hi. Ankam tang pen a khangmai millimeter 1 pan 2 bang phabek hi. Hiteng ah agen pen ankam-vom hi phadiak a, (*Brassica nigra*) kici, khaici neu gram khat sungah tang 700 bang omthei hi.

Leitung ah khaici neupen zong hi tuan samlo napi'n, pi 10 or meter 3 bang a sangthei, amau' sungpan hong piangkha kung tawh et-kakna in neu veve hi.

Ankam kung tungah vasa in bu nangawn bawl thei cih Zeisu in gen hi. Hih thu pen, Late 104:12 leh Daniel 4:10-12 sunga thute tawh kizawitawn mahmah hi. Late 104 in, leitung a piangsak Pasion' vangliatna pulak a, Daniel 4 in zong Nebuchadnezzar pen leitung khempeuh in a liimnuai ah beelin anak adawn theihna, a lian mahmah singkung tawh genteh hi.

Zeisu in a gennop thubulpi pen Pasion' gam, a neu mahmah pan hong kipan khia a, gen zawhloh in lian ding cih. Zeisu' hunlai mahmah a mite in, Galilee panin nungzui tawmno liklek tawh leivui sunga khual zinzin lel ci in neumuh mahmah ding uhhi. Ahihhang hun hong kikhel in Ama' gamin leitung buppi kidim dongin khangto cih in mitmuh ahi hi.

“Pasion hong ukna hangin a lungdam huai thu, leitung khempeuh ah kihilh ding hi. Tuakhit ciangin beina hong tung ding hi” (Mate 24:14). I “pawlp” in, Zeisu’ genkholna bang lian hiding cih ngaihsun dihin. Upna tawh a kip thei hih genkholna banghang in thupi sathei ding ihi hiam?

FRIDAY

July 26

Ngaihsutbeh ding:

Ellen G. White, *Christ's Object Lessons* Iaimai 33-61 sunga “The Sower Went Forth to Sow” simin.

“Siangthona diktak in Pasion' nasepna sungah ki-pumpiakna ahi hi. Christian nunzia diktak zong hilai hi. Christ

in, mundang khat ading in siit khawng neilo ding hong ngen hi. Lungtang, lungsim, kha leh thahatna hong ngen hi. Angkhual ciing hetlo ding hihang. Angkhual mi in Christ nungzui hilo hi.

“Sepna khempeuh itna hangbek hiding hi. Vantung leitung ah Pasion hong ukna in itna ki Tawphah hi a, Christian nuntakna tawphah zong ahih kul hamtang hi. Hih bekmah in amah kipkho sakthei hi. Tua bekmah in zia-et haksatna sungah dingkip sakzo hi.

“Itna in kipiakkhiatna sungah kilang ding hi. Hotkhiat na’ng ngimna pen ki piakkhiatna ki tawphah – tehpih omlo in zai, thuk in sang hi. Christ in a vekpi in hong kipia ahih manin, Christ a sang mi peuhmah amau’ honpa hangin a vekpi mahun kipiakhia ding uhhi. Ama’ minthanna ading in nakhempeuh masak ding hihang.” – EGWhite, Christ’s Object Lessons, laimai 48, 49.

Kikupding Dotnate:

1. “Sepna khempeuh itna hangbek hiding hi. Pasion in zong vantung leh leitung itna bulphuh in uk hi.” Singlamteh in hih thumaan koi angin honglak hiam? Eima nuntakna sungah tua itna banghang leh koibang lahkha thei ding ihi hiam?

2. Zeisu thugentehna ah a pualam mite khuamial sungah nutsiat ding hong ci khatpeuh tungah na bangci dawn kik theih ding hiam? Mi khempeuh ading in a sipa Zeisu in (1John 2:2), ama’ sihlawh saksa tua mite banghang in khuamial sungah nusia ding hiam?

3. Meivak khat pen meivak-khuam tungah koih ding hi a, lawhpi nuai a khuh ding peuh hilo hi (Mark 4:21).

Nangma’ khuatual pawlpi sungah zat sawm un. Koi angin na meivak sangkoih thei ding na hiam?

4. Khaici khangto thugentehna lungngai in (Mark 4:26–29). Lungdamthu khaici khantoh na’ng, mihing in koimun pan mapang a, Pasion koimun pan mapang hiam? Eite zong mapang ihih hang, Pasion tungmah ah kinga-bit ihih lam koici teltheih ding ihi hiam? Tua i kinga-bitna mah pen, khantoh na’ng eima’ mapanna ahi lailai thei kha diam?

Lesson 5*July 27–August 2***BUALTUI KIIMAH NALAMDANGTE****SABBATH NITAKLAM**

Tukalsung Simding: *Mark 4:35–41; Luke 10:1–9; Mark 5:1–43; Gam. 27:17.*

Kamngah: “Ahih hangin Zeisu in sang loin ama kiangah, ‘Na inn ah ciah inla Topa in na lianpi hong bawlnate le hong hehpihnate na lawmte kiangah va gen in,’ ci in a sawl hi.” (*Mark 5:19*).

Zeisu’ nasepna pen Galilee gamsung hipha diak a, tai 13 asau (21 km) leh tai 8 (13) km azai Galilee bualtui geiteng hipha diak hi. Tua kiim tengah tui lianpen hi a, a kiimnai mi khempueh nuntakna bulpi zong ahi hi.

Mark 4 tawpna ah Galilee bualtui gei a Zeisu leh a nungzuite khualzinna om hi. Huihpi khat hong nungvat a, Zeisu in a hopih leh daipah khipkhep hi. Mark 6 tawpna ah zong tua mahbang hi a, ahihhang tua lai-a pen Zeisu in Gunkuung sunga om nungzuite kianglam zuanin tui tungah lampai hi. Hih nalamdang tegel kikal mahmah in, Zeisu in nalamdang tampitak mah leitungah bawl a, tua pen nungzuite in Pasian’ na asemp masak pen hipah hi. Tukul sung hih thuteng sin ding hihang.

Hih thu teng khempueh pen, Zeisu in kua hiam cih theih nadingin a sin ihi hi. Huihpi a dai sakpa, dawiveii a damsakpa, a puan lawnna tawh numei khat a damsakpa, numeino si a thosak kikpa, Ama’ gamah thu hilhpa, nasem T-4

dingin nungzuite a sawlpa, anlum leh ngasa tawm nocik tawh mi tulnga a vakpa, tui tungah lampaipa – Amah in Pasian’ Tapa ahihham a nungzuite in telsak in a zolzopa ahi hi.

SUNDAY*July 28***Huihpi Daisak**

Mark 4:35–41 sim in. Bang tangthu om a, Zeisu in kua hiam cih pilna bangpeuh ingah diam?

Mark kipatna a, mipi thuhilh dingin Zeisu in gunkuung sungah lut hi. Mark 4:10-12 sungah bel gunkuung sungpan paikhia khin a, nungzuite tawh kiholim hihtuak hi. Sun niloh thu ahilh khit ciangin, Amah tawllua ahih manin, nungzuite in gunkuung sungah tawllnga sak uhhi. Gunkuung nunglam a lupna tungah ihmu sukpa hi.

Bualtui tungah huihpi hong nung a, gunkuung tum ding zah in alau uh ciangun, nungzuite in Topa phong uhhi. Zeisu in thu a piak ciangin huihpi hong dai pah hi. Bualtui tungah gamdaihna lianpi khat hong om liang hi. Tua ciangin, Pasian’ vangliatna amu nungzuite in a lungsim tawngah lau mahmah uhhi.

Late 104:1–9 sim in. Yahweh leh huihpi a daisak Christ koi bangin ki pulak hiam?

Mark 4:35-41 sunga tangthu in, “*muhtheih Pasion*” acih uh Pasion ahi a, Ama’ vanmi khat peuh ahi zongin muhna ahi hi. Hih thupiang tengin kibatna nga nei uhhi: (1) Pasion’ vangliatna pulak (2) mihing in lau (3) “*Lau kei un*” ci in thupia (4) Pasion ahih keileh vanmi kammal kilang (5) tua pulakna mihing in dawnthuk cihbang ahi hi. Nga lakpan li in a tangthu sungah ompah a – huihpi daihsakna pen Pasion’ vangliatna lahna, nungzuite’ launa pen mihing’ launa ahi hi. “*Bang hang in in lau nahi uh hiam*” a cihpen “*lau kei un*” a cihna ahi hi.

Nungzuite in “*Kua himawk hiam*” acih uhpén mihing’ dawnthukna ahi hi. A kiseel khinkhian kammal in lahkhiatna ahi hi. A laibu buppi in Zeisu in kua hiam cihthu hong lahkhiatna ahi hi. Hiteng ah nungzuite’ dotna “*Huihpi leh tuipi nangawn in a thumang dingin akua himawk hiam*” a cihna in, lahkhiat ding a kizam teng hong lahkhiatna ahi hi. Tua lahkhiat ding thu pen Pasion’ Tapa eite Topa ahi hi.

Pasion’ vanglian ngaihsun in. Tua vanglian tungah kinga den in na nuntak sungteng koibang in muang den thei ding nahi hiam?

MONDAY

July 29

Awsa Lakah Huauna Nazathei Hiam

Mark 5:1-20 sim in. Hiteng panin Kidona lianpi leh Zeisu vangliatna zong koi bangin telcian thei ding ihi hiam?

.....

Bualtui tungah a omma uh zanhun mangngilh theihloh a hihleh, Gadarenes a tunni zingsang phawk-huai sem ding hi. Dawiveiipa’ tangthu zongin lungsim sukha mahmah hi. Midang tawh ki zopna khempeuh nusia in, han lakah omin, amahmah suang tawh ki liamsuah hi. “*Kuamah in amah kem zolo uh*” a – Zeisu tawh hong kimu uhhi.

Tua pa Zeisu kiang hong nawhtai ahih manin, nungzuite in bangmah pau manlo uhhi. Zeisu kiang hong tun ciangin, kunsukin Amah abia hi. “*Kunsuk*” icih kammal pen Greek pau in *proskyneō* hi a, “*biakna pia*” cihna ahi hi. Tua pa in Zeisu pen amah a huhzo dingpa cih thei hihtuak hi. Ama’ kam a honphet leh, dawilote lutpah uh a, Zeisu tungah kiko hi. Mihing in sung-aw tawh a tauna nangawn a zatheipa in, dawilote kikona za peuhmah lel hi. Vok hon sungah lut ding a ngetuh ciangun, Zeisu’ phalna tawh vok sungah lut uhhi. Vok tulnih bang a om hi a, tuidal tungpan kantan in tui sungah lutsuk uhhi. Vok neite’n suplawh dikdek uhhi.

Dawilote te’n Zeisu kua hiam cihpen tellua liang uh a, Zeisu’ maiah vangliatna bangmah neilo ahihlahm uh zong tellua ahih manun, nihvei tak a “*thuum*” lianguh hi zawsop hi (*Mark 5:10, 12*). Amau sangin vanglian zaw cih thei gige uhhi. Tua tangthu sungah khengvalna namnih om hi. **Amasa** penin laisiangtho thukham ombang in kihhuaina tawh kidim hi. Han leh misite in sianglo uhhi (*Gam. 19:11, 16*). Sisan luanna in niinsak hi (*Siampi 15*). Vok siangtho lo hi (*Siampi 11:7*).

Anihna ah, hih kihhuaina lianpi in, sialehpha kikal a kidona lianpi nungah a om khilkhial thu ahi hi. Zeisu in dawite hawlkhia (*Zeisu’n matnih ngah*), dawilote in vakteng

that (*Satan in matnih ngah*) hi. Khua' mite in Zeisu paikhia sak (*Satan matnih ngah*), ahihhang Zeisu in a damsak mipa pen Ama' teci in sawlkik thei (*Zeisu'n matthum ngah*) hi. Munkhat khat ah hih mipa pen a kideihlo pen missionary pa hi zawzen a, ahihhang, a lamdang tangthu gen ding a neipa ahi hi.

Nangma nuntakna sung haksatna ah nang hong huh thei Zeisu vangliatna koici lam-et thei ding nahi hiam?

TUESDAY

July 30

Gualnopna Leng tungah Zeisu tawh

Mark 5:21–24 sim in. Jairus' omzia kician mahmah khatin bang ahi diam?

.....

Jairus bang biakna makaite in Zeisu pawlbawl nuam selo uhhi (*Mark 1:22; Mark 3:2, 6; Luke 13:14*). Tua hangmah in Jairus ki pampaih pah hi. Hih pampaih thuakna zong Zeisu' maiah a khukdin hang ahi hi. Ama' nget thu pen nulehpa peuhmah in telsiam lua – a tanu sidektak hi. Zeisu in huhthei ding cih um tentan hi. Zeisu zong paulo hamlo in tuapa inn ah zui vingveng hi.

Mark 5:25–34 sim in. Jairus' inn a tunma in bang thu phamawh hong lutvat hiam?

.....

Tua tangthu pen thu dangkhat in phultan vat a – Kum sawmlehnih sung siluang natna nei numei khat ahi hi. Hih Jairus leh tua numei nu pen, Mark sungah a

kithuap tangthu nihna ahi hi (*Mark 3:20–35; sinna 3 ah kisin khin*). A kibanglo hih tangthu tegel enkak leng, Jairus leh numei nu, huhna kisam in Zeisu kiangah hong pai uhhi.

Numei nu in Zeisu naih in Ama' puanmong valawng hi. Thakhat in dampah hi. Tua leh Zeisu in, "*Ka puanmong kua'n lawng ahia?*" ci in dong hi.

Numei nu dammawh pha mahmah pen dampah vat hi. Tua tungtang Zeisu a heh ding lah lau giaugauu hi. A dip bang kua keei liang hi taleh, Zeisu in a pumpi bek hilo a kha zong cidam sak nuam hi.

Jairus ennik ni (*Mark 5:35–43*). Hiteng ah a dipkua uh pen biakinn ukte ahi uhhi. Zeisu in Peter, James leh John lobuang kuama zuih ding phallo hi. Zeisu in numeino si nailo in ihmu lai cih mu hi. Adah akap khempeuh paikhia sak photphot hi. Numeino' khut len in "**Talitha kouw**" cih. Mark in tuapen "*numeino aw tho in*" a cihna cih. Talitha pen "**tuuno**" cihna hizaw a, naupangno a ngaihsapna hihtuak hi.

Na peuhmah imm phot ding cih thupiakna pen Mark sungah kizang pha mahmah a, Zeisu in a kua taktak hiam cih zong a pulak taktak ahi hi. Kuamah in Amah seelzolo hi.

WEDNESDAY

July 31

Nialna leh Saanna

Mark 6:1–6 sim in. Banghang in Zeisu Ama' khua mite in nial hiam?

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Khuata ah mi khat hong minthan ciangin, a khuapihte un angtang kisa thei mahmah uhhi. Nazareth khua mite tuabang hi deksuai lo hi. Zeisu khawng Sia khat leh cina damsak thei hongsuah pen mawhsak zawsop uhhi. Letthama semsem kawm in Sia hong suah vat pen sang theilo uhhi. A nalamdang bawl min ngah zawdeuh pawlkhat pen Capernaum khua ah bawl hi (*Luke 4:23*). Tua lai mahmah in a innkuanpihte tawh kitelkhial khinzo uhhi (*Mark 3:31–35*).

Mark 6:7–30 sim in. Nungzui sawmlehnihte' mission nasepna leh Tuiphumpa John ngawng-tanh thuakna koi bangin kibanglo thei hiam?

.....

Hih pen Mark sungah akithuap tangthu thumna ahi hi (*sinna 3 en in*). Nungzui sawmlehnihteng Zeisu' thupuak apuak kawikawina uhleh, Tuiphumpa John thongkiat ciangin a gamdaih dide-na in hong kikelkii linlian hi. Nungzuite ahihleh bangmah kenglo ding a hong kipiak bang bek tawh nungta ding cihi. Hihthu hangmah in thuhilh siate peuhmah a thungai pawlpi mite tungah kinga ding cihthu a pianna bul ahi hi.

Ahihhang Tuiphumpa in Herod leh ama' innkuan tawh kizopna bangmah na neilo hi. John sihna pen Herod in vang a deihluatna hangin Herodias in zong hunlem hong lakvat hang bek ahi hi. Herodias' tanu in lungsim kawipi tawh ngetna gilo mahmah ahi Tuiphumpa' lutang kekkek dalkuang sungah ngen sese hi.

Tuiphumpa John kikona hangin gamdaihna a om mah bangin, nungzui sawmlehnihte in zong, kisikkik ding cih a tangko uh ciangun zong piangkik hi. John' sihna in

Zeisu' sihna maleep ahi hi. John kithat, kiphum hi napi, thokik hi ci in kitangko a (*Mark 6:14–16, 29*), tuamah bangin Zeisu zong hiding hi (*Mark 15 leh 16*). Hih tangthu kizawitawn tegel in hong tungding Zeisu' leh Ama' nungzuite tungah thupiangan ding teng pulak khol hi.

Zeisu mahbang in nang hong kinial ngei hiam? Ahih keileh tel zawhloh haksatna na thuakkha ngei hiam? Tuabang te panin bang pilna ngah nakisa a, hong piangkik ding bang hileh koibang in na kiging khol thei ding hiam?

THURSDAY

August 1

A Tuampian Messiah

Mark 6:34–52 sim in. Zeisu leh nungzuite in bang buaina masuan uh a, koici siansuah uh hiam?

.....

Nungzuite mission kuan hong ciahkik uh ciangun, Galilee bualtui gei nisuahna lampang munkhat ah Zeisu tawh pai uh in tawngak hun la uhhi. Ahihhang amau' tunma un mihonpi tulnga kiim ana tungkhin zawsop uhhi. Zeisu' muhna ah tuucing neilo tuuhon tawh kibang sa a, tuani sun niloh in thu ahilh hi.

Nitaklam ciangin nungzuite in tua mihonpi an-ne dingin ciahkhia sak nuam hi napi, Zeisu in anvak un cizaw hi. Tua vai a kihona (*Mark 6:35–38*) tengin haksatna khatpeuh a omciang mihing in amau hihtheih bangin hih sawmpah cihna ahi hi. Ahihhang Zeisu in ahihleh anlum nga leh ngasa nih bek tawh lamdang takin vakziau leuleu hi.

Hibang nasepzia-te in Messiah Zeisu hunlai in laang thei mahmah hi. Amau' lam-etna ah, Messiah in galte khutsung pan Israel honkhia ding a nopsakna pia ding cih ahi hi. Tua sehnal gam ah mihon tampi takin, a kumpi uh langdo nopna lungsim pua ciat uhhi (*John 6:14, 15; leh Sawl. 21:38 enkak in*).

Hibang a ngaihsutna mahmah uhen Zeisu' muhna ah **"tuucing neilo tuuhon"** acihcih, Gamlakvakna 27:17 sunga Moses in Israel makai dingin ama' nungah midang khat teel ding a ngetsak lai in a kammal zat kippha semsem hi. Hih Pasian mite tuucing tawh kisai, laisiangtholui sungah, Israel mite in makai ahi a kumpi ahi zongin a kisapna thu gen hi (*1Kum. 22:17; 2Khang. 18:16; Ezek. 34:5, 6 simin*).

Zeisu in amau' lam-etna picing saklo zaw hi. Mipi ciahsak in nungzuite sawlkhia zawsop hi. Rome langdona sungah makaih ding sangin, bang hihzaw ding na um hiam? Midangte lam-et hetloh dingin mualtung ah paito in thungetpih hi. Mi tampi in Messiah pen Israel a suahtak ding kumpi khat in a lam-et mahbang in, mihingte' mawhna panin a suahtak dingin Amah hongpai ahi hi. Tui tungah a lampaina in, Amah pen piangsak sate' Topa ahiah taktakna lahna ahi hi. Ahi zongin a uk dingin hongpai hi zawlo a, mitampin nuntakna tan ding hongpai hizaw hi (*Mark 10:45*).

Hih tangthu in, genkholna te diktak in telcian ding a thupi mahmahna koibang in hong hilh hiam? Christ hongpai masakna telkxialhna in mitampin lauhuaina a tut mahbang in, nihveina hongpai ding diktak in tellohna in bangzahta in lauhuai semlai ding hiam?

FRIDAY

August 2

Ngaihsutbeh Ding:

Ellen G. White, *The Desire of Ages* laimai 333-348 sungah "Peace, Be Still" leh "The Touch of Faith," sim in.

"Pasian' khutnuai ah a kisin mi peuhmah, leitung leh ama' ngeina a gamtatzia tawh a kizawitawn hetlo in nungta uh a, mi khempueh in zong Pasian' deiha theitel nuam mahmah uhhi. Mimal lungsim sungah Pasian in hong hopihna za ding hihang. Aw khempueh a gamdaih ciangin, tua gamdaihna sungah Topa i ngak a, i kha a gamdaih ciangin Pasian' aw kiza thei pan hi. Amah in 'om hithiat unla, Pasian ka hihlam thei un' (*Late 46:10*) ci hi.

"Amah bekma lawm hoih ahi hi. Hiteng khempueh pen Pasian' nasepna ding kiginna ahi hi. Mipi kin heehu-te, nuntak na'ng nasep hahkatna sungah, a thaksuak kha pen khuavak leh lungnopna in tuam ding hi. Nuntakna in namtuina piangkhasak ding a, Pasian' vangliatna taktak in mihing lungsim hong pha ding hi"—Ellen G. White, *The Desire of Ages*, p. 363.

"A lungkim zolote in, Zeisu in hizah nalamdang bawlthei ahiehleh, cidamna, thahatna, hauhna mikim tungah hongpia henla, nenniam thuakte a ki-nenniamna pan khahkhia in, vanglian minthang dingin hong lamto theilo hiam ci ding uhhi. Pasian' Tapa kici hilo maw, banghang Israel kumpi suah ding nial hiam? cihte a ngaihsut zawhloh in om hi. Tuabang in a nialna zong kitelkxial mahmah lai hi. Mi tampi in tuabang a Pasian ahihna tawh mission nasepna sungah Amah kimuang zo taktaklo hi cih. Tuabang in amaute' lungsim uh uplohna lamah hong zaw uh ahiah manun, Satan' khaici vawh hong gahzaw a, telkxialhna vive nei uhhi? — EG White, *The Desire of Ages*, p 385.

Kikup Dingte:

1. Mikhat in Zeisu in bang pan hong suakta sak hiam ci'n hong dong leh na bangci dawn diam?
2. Tuiphum John mihoih khat thongsung ah thahlup a thuak dingin bang hangin Pasion in phalthei hiam? Hibang haksatna kawmkal ah bang lam-etna peuh kinei theilai hiam?
3. A zawngkhal pawlpi khat ading in, mi tulnga vakna tungpan bang pilna peuh ingah thei ding hiam?
4. Mark 5 leh 6 sunga Zeisu leh tulai mite'n Zeisu a muh dan enkak in. Leitung ukna aana neisak ding lampi a zongte na bangci muh hiam?

Lesson 6*August 3-9***A SUNGLAM APUA AH****SABBATH NITAKLAM**

Tukalsung Simding: *Mark 7; Isa. 29:13; Pai. 20:12; Mark 8:11-21.*

Kamngah: “A pualam panin mihing sunga tumsuk na khat beek in mi a ninsak thei kei hi. Mihing sung pana a pusuakkhiate bekin mihing a ninsak hi.” (*Mark 7:15*).

Tukalsung Mark 7 leh Mark 8 a patna lam teng sin ding hihang. Mark 7 a kipatna ah Zeisu in biakna ngeina teng nialsak in kiseelna khat tawh toknawi phot hi. Ahihte hang, tulai Christian nuntakzia tawh a kituak thei ding in a hihlui hizaw hi.

Zeisu in, upna taktak in koibang hihiam cih teltheihna dingin dotna thuk khat dong phot hi. Tuakhit ciangin Tyre leh Sidon lamah pai in, lungdamthu sungah Zeisu a nialzo numei nu tawh thu kinialna ava neihpih hi. A langkhat nu pen midang banglo, ama' thugen sungah kizopna thusim pawlkhat na omkhinkhian ahih manin, tuanu upna tungtawn in Zeisu in tuanu lunggulhna bawlsak ta hi.

Mark 7 mahin, damsakna dangkhat mah nanei a, na lamdangte in vangnei mahmah phial taleh, tuateng bek in mihing' lungsim hong zo ngeilo uhhi. Bangbang hi taleh Zeisu a nial tentan biakna makaite a dingin tua nalamdangte in bang phattuumna nei peuhmah ding hiam?

Mark 8 sungah, khomun in, thuhilhna leh ngeina limpua ahi hi. Hih tangthute sungah, biakna nuntakzia in bang khatna nei cih pilna hong pia hiam?

SUNDAY

August 4

Mihing' Ngeina langkhat ah Pasion' Thupiak

Mark 7:1–13 sim in. Bang thumaan peuh hong pulak hiam?

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Mi khatpeuh in, a tate Sabbath School hong kahtheih pan kipan, Zeisu in an-nekma in khut sil kullo cihi ven ci in a khut peuh hong silnuam nawnkei vaw cikha thei ding hi. Hih tangthu bel cidamna thu tawh bangmah kisailo hi.

Zeisu' hunlai in, mitampi in zeh ombang in siangtho nuam mahmah uhhi. LST lui leh thak kikal hunlai in, khut sawpna limlim pen, mipi nautang lakah zehtan siangthona in ngaihsun uh in laang mahmah taleh, LSTlui hun in siampite' zeh bek ahi hi (*Pai. 30:17–21*). Hih lungsim puak a nei kholsa biakna makaite in, Zeisu' nungzuite tungah mawh zonna in nei uhhi.

Zeisu in tuathu talsik in dawnglo lel hi. A nungzuite pen thu-kaa nihtawh gal daalsak hi. **A masa** in, (*Isa. 29:13*) sunga a kamteng bekuh tawh Pasion pahtawi uh a, a lungsim uh ahiehleh Amah tawh kigamla hi acihpen gen masa hi. Isaiah in, tua mite in Pasion thupiakte' dinmun ah mihing' ngeinate omsak uh cihi.

Anihna Zeisu' dawnna in Isaiah kammal sut nawnlo hi. Pasion in nulehpa zahtak ding cihi (*Pai. 20:12*);

nuteek pateek kepna hi a; Pasion tungah kipiakna khawng tawh kikelkii mahmah a, ut hun ciang zang napi, nuteek pateek tungah zanglo zel hi. Mikhat peuh in "*Dahmah ing pa aw, nang hong huh nuam mah hi veng in, ka sum teng biakinn lamah pia khin mawk ing e*" peuh cithei ding uhhi.

Hibang a mi kineihte mahmah Zeisu in a kawknuam ngiat ahi hi. Pasion' Thu tungah mihing' ngeina peuh koihto mawkmawk uh a, mawhna bawl uhhi.

Tua hi a, Pharisee mite dotna e koici dawn hiam? Zeisu' dawn kikna sungah, Pasion deihna tawh a kituak siangthona pen khut sawpna hangpeuh hilo a cihnopna ahi hi. Mihing' ngeina teng langkhat ah Pasion' thukham deihtak in a kipsakna tawh dawng kik hi (*Mark 1:44; Mark 7:10, 11; Mark 10:3–8; Mark 12:26, 29–31*).

Pasion' thukham tawh aki kingkalh "ngeina" bangteng peuh i neikha thei ding hiam? I neihleh bangteng peuh ahithe tammaw?

MONDAY

August 5

Khut Siangtho maw Lungsim Siangtho?

Mark 7:14–19 sim in. Mark 7:15 sunga dotna thuk tawh Zeisu in bang gen nuam hiding hiam?

.....

Hiteng ah Zeisu' kammal tengpen Siampi laibu 11 sunga a siangtho leh a siangtholo ante tawh kizom sakin mitampi in buaipih mahmah uhhi. Zeisu in hih khentelna teng hemsiang tamaw leh? SDA sane laite in, sa siangtho lakpan bekin neding cihpen akhial hipial ahia leh?

Zeisu in denmah in, Mark 7:6-13 sunga ngeina tawh kisai in Moses sang khin lian a, tu in Mark 7:14-19 tawh Moses' thuhilhna teng hemsiang pah vingveng leh haivai lua ding hi. Anihna in, tua ngeina: annék tawh kisai thukham tengpen, LSTholui sungah a omlo Pharisee mite bawltawm ahi hi. Athumna, Mark 7:19 sunga Zeisu in an khempeuh a siangtho sak ciangin, annék thukham a hemkhia pah zong hilo a, Pharisee te in lawnna panin gu lauhuai khatpeuh baang khathei acih thukham hilel a akip thukham zong hi tuanlo hi cihhi. Gentehna in, Gentile mite tawh kizop manin gu lutin niin ding hileng, amau lawnsa ante lawnkikna panin zong niinthei ding hihang ei.

Mark 7:20–23 sim in. Mikhat lungsim a ninsak thei thu Zeisu in bang ci dawn hiam?

.....

Mark 7:19 sungah Zeisu in, an pen lungsim sungah lutsuk lo a, gilpi sungah lutsuk in, tua panin gilzangpi sung tungtuk a cihnopna ahi hi. Mark 7:21-23 sung leuleu ah, lungsim in mihing hihna bulpi hi a, gitlohna hong pianna cihhi. Zeisu in ngaihsutna sunga gitlohna tampi mah gual diudeu a, tuate in gitloh gamtatna hong piangsak cihhi.

Mark 7:10 sunga thukham ngana tawh kisai in gitlohna pawlkhat hong gualsuk a, tuate tawh a kizom suk thukham dangte zong suangpeek nihna tungah om diudeu lai hi. Mark 7:7 sunga Zeisu' cihnopna bulpi in, a mawkna in biakpiakna hi a, suangpeek masa tunga thukham masa liite a cihnopna hizaw hi. Hiteng khempeuh sungah Zeisu in Pasian thukham a kipsak den hizaw hi.

Upna thugui diktak neikha nahihhang, nangma lungsim kua in hong neizaw hiam?

TUESDAY
Uite ading Khateh

August 6

Mark 7:24–30 sim in. Hih tangthu sungah bang pilna thupi namu hiam?

.....

Zanni sinna sunga tona teng a sul zuikik leng, hih tangthu in buaikhop ding dotna pawlkhat nanei gige hi. Zeisu in, tua numei pen ui peuh ci in banghang in kamkhauh pai gamgam hiam? Amah'n a gencian loh hang, tuanu ngaihsut piakna a dawn kikna sungah thunih omthei lai hi. Mark 7:27 sungah, naupangte gilvah sak "*masa*" ding cihhi. A "*masa*" a om nakleh, a "*nihna*" om hamtang hi.

A dangkhat pen Zeisu in a neuseh **ui** a cihteh, uino peuh, lampi dung a ui vakthap peuh a cihna hilo a, innsung a khawi ui a cihna ahi hi. Numei nu in zong hihthu tegel tungtawn mah tawh Zeisu kam a dawnkikna ah ama' deihna telgen thei hi. Numei nu' dawnkikna thupi bilbel hi. "*Topa aw, uite in zong naupangte' khateh sabuai nuai a kiate nethei sam hilo hiam*" (Mark 7:28) cihhi.

Hih numei in koi bangin tuaci dawn theih hiding hiam? A tanu a itna mahmah in pumsawl hithei ding hi. Zeisu in zong hanthawn veve sam hi. Zeisu in a "*masa*" a omleh a "*nihna*" om ding cisam hi. Zeisu inbel numei nu pen sabuai nuai a ui bangsak hi. Innsung a khawi ui in sabuai nuai ah a ommah bangin, tuanu zong ama' tanu a dingin a thumsak hi. Tuabang in ui dinmun ah soal a kia teng tawm dingin kal hi.

Numei nu dawnna in ama' upna lak hi. Gamlapi panin lamdang takin a tanu a damsakna pen, alian

mahmah Zeisu' vang panin "**khateh**" kia bek hi a, tua damna in khateh ciangbek ahih peuhmah leh anlum buppi in nasia mahmah ding hi. Tuanu' ngetna a piak teng pen Zeisu a dingin neucik bekma hipeuh hi. Zeisu' lungsim zo a ama' ngetna pia hi.

"Tua nu tungah ahihna khempeuh tawh, tuanu bangin Israel lakpan in aki pampaih, innkuan pih ahi lote zong, Pasion' innkuanpih hiveve lai cih hong hilh hi. Pasion' ta hihna tungtawn in, Pa' piak theih teng a sangthei ding ahi hi"—EGWhite, *The Desire of Ages*, p. 401.

Minam ki deidanna peuhmah pen, hih Zeisu' thuhilhna taw, banghang in kikelkii thei ding hiam? Hih gitlohna koibang in kihemkhia thei ding hiam?

WEDNESDAY
Pau-awk Mipa

August 7

Mark 7:31-37 sim in. Zeisu kiang kua hong kipaipih a, Zeisu in bang hihsak hiam?

.....

Tyre leh **Sidon** pan Zeisu in Galilee a ciahkik na'ng lamdawt khawng zong selo hi. Tyre saklam pan kualpai in, Sidon gamsung kantan in Galilee bualtui saklam pan hong ciahasuk in bualtui gei hong tungsuk hi. Tuabang a kualpai ciangin lam sauzaw ahih manin, nungzuite tawh kikhaw in a thuhilh hun ding tam ngahzaw lai hi.

A laisungah mikhat kua'n hong paipih cih peuhmah a pulak loh, bengngong pautheilo mikhat hong tung dihdih zen hi. Hipa buaina pen sawt tuakzo hi. Zeisu in hih mipa
T-5

haksatna telsak ahih manin a tuam vilvel in hopih hi. Topa'n tua mipa a damsak zia pen tulai mite ading tuampian phadeuh hi. A bil sungah Akhutme thunsuk, cilsiat, a lei lawng in khuisak hi. Tua mipa natna omna khempeuh lawng dikdek khin hinapi, bangding in khuisa lai hiam? "*Thumaan zakna dingin a kihong lo bilte, Tanpa nialna leii cihte a ngaihsut ciangin khuisa hi*"—Ellen G. White, *The Desire of Ages*, p. 404.

Zeisu in lamdang takin tua mipa khua zacak kikin pausak satsat hi. A khuisakna hangthu in, Ama' septhieh na'ng ciang pen mihing' deihteelna tawh ciangtan sak ahihman ahi hi. Mi deihna sawlngawh hetlo ding hi. Mimal simin amau' nuntakna a makaih ding suakta takin teelthei a – Nuntakna kumpipa maw, khuamial kumpipa maw hiding hi. Zeisu in bengngong te honsak thei hinapi, a umlote Messiah' thu up ding sawlngawh lo hi.

Hih tangthu tomno in, Pasion kianglam lungsim taktawh azuan mite ading Ama' hihsak theihna teng pulakna ahi hi. Nangma upna lungsim khem tawh na pulakna, bangmah gen theilo in naleii awk cikhawng na thuakkha thei ding hi. Tua na lamdangte in, midangte kisapna phawkipih theihna dingin tha hong guan a, amau' khualzinna lampi ah kammal omsa khat hong hawmsawn thei sak hi.

Pasion hong piakkhong zakna leh pauna peuhmah bang hihna in nazang hiam?

THURSDAY

August 8

Ansiate Kidawm In!

Mark 8:11-13 sim in. Pharisee mite hihdan a bangpen in Zeisu dahna piangsak hiam?

.....

Hih a mawk ciakciak mite tungah banghang in a vanglian zanglo hiam? A thubuai in Mark 3 ah kilehkik leng, Kha Siangtho tungah mawhna ahi hi. Mi khat bengngong, mittaw hileh na lamdang khatpeuh vanpan hong paisuk in kikhelsak tuanlo ding hi. Amau omngeina bang lel in omsak ding hiziau lel hi. Thu umlote uptheihna dingin na lamdang in kicing zo tuanlo hi.

Mark 8:14-21 sim in. Nungzuite'n bang mangngilh kha uh a, tua panin Zeisu in bang bawl hiam?

.....

Zeisu in Pharisee mite leh Herod' "**silngo**" panin a nungzuite kidawm ding (*Mark 8:15*) sawl a, amau' thuhilhna a cihnopna ahi hi (*Mate 16:12 tawh enkak in*).

Nungzuite in ahihleh telcianlo in khomun taktak mah a leipah ding na kisa uhhi. Nungzuite in tuabang in a telkhialh uh ciangin, Zeisu in hilhcian zaw hi. Topa in dotna guipi khatmah dongh a, a masa lampawl in, Ama' mission nasep a telkeii loh uh pen telthei ding in zolna lam ahi hi. Mark 4:10-12 sunga Ama' zolna kammalte pen, a pualam mite a dingin telhaksa mahmah hi. Ama' kammal khauhte in nungzuite khalam ihmud suakna pan phongkhia thei hi.

Mark 8:19, 20 sungah, mi tulnga a vaklai in (*Mark 6:30-44*) a khamval uh seng bangzah leh tullii a vaklai in (*Mark 8:1-10*) khamval seng bangzah ci in dong kik hi. A deihna bulpi pen, mihing' zonzawh zahlel in Topa Messiah mai khakzolo cihna ahi hi. A dotna nunung Mark 8:21

sungah zong "*Theitel nailo nahi uh hiam?*" cihhi. Zeisu tawh a kithuah lai vua a muhsa khempeuh encian ni.

Pasian leh Ama hong itna ading eima' lungsim koibang in honsak thei ding ihi hiam? Pasian leh Ama hong itna hangbek in hong kipia cih lungngai un. Hi napi banghang in ki lunghiang thei zel hiam?

FRIDAY

August 9

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages* laimai 395-409 sungpan "*Tradition*" "*Barriers Broken Down*" leh "*The True Sign*" simin.

"*Tuhun Topa' nungzui a kicite sungah, tanglai ate mahbang in, hih pilna khemna laanglua hi! Christ' na sepna ah, khatlehkhat kizopna zong eimah kilaptoh nopna lungsim in susia hi. Eimah ki pahtawina, mite' hoihsak ding lunggulhna vive nei uhhi! Mipi makaihna dingin Pasian hong sehsak lampi munah, mihing' ngeina peuh tawh makaihna pen angkhualna leh eima' pumpi it zawkna ahi hi. Christ in nungzuite kiangah 'Pharisee te' silngo kidawm un' ci in ahilh kholsa zong ahi hi.*"

"*Christ' biakna sungah siangthona omngiat hi. Kha Siangtho in Pasian minthan na'ng lung-gulhna bek hong guan hi; Khasiangtho bekin tuana hong semsak thei hi. Angkhualna leh kineihna khempeuh Pasian' vanglian in hong hepkiat sakthei hi. Tua kikhelna in Ama' nasepna ahi hi. Upna i neih ciangin tua upna in angkhualna leh kineihna hong suksiat sak a, eimah hilo Pasian' min thangsak ding hong hanciam sak a, tuabang ding mah hizaw cihzong hong theisak hi. 'Pa aw, Nangma min thangsak ta in' (John 12:28), cihpen Christ' nuntakna ah mungtuppi hi a, zuih i sawm a leh, eima nuntakna mungtuppi mah hong suak ding hi. 'Eite in Amah tawh kikhawl*

in Amah ka thei hi i cihleh, Ama' thupiakte i zuih ding ahi hi' 1John 2:6, 3.—Ellen G. White, *The Desire of Ages*, p. 409.

Kikupding Dotnate:

- 1. Lungsim siantho nadingin Christiante na hihna tawh bangteng na hihthei diam?**
- 2. Nomau vengsung ah a “sianglo” mi kuate ahi tam maw? Lungdamthu tawh koibang na kinaisak thei tammaw?**
- 3. Na vengsung ah lungdamthu na hawmsawn theihna ding lampi kikum dihun.**

Lesson 7

August 10–16

NINGZUITE A THUHILHNA: KHEN I

SABBATH NITAKLAM

Tukalsung Simding: *Mark 8:22–38; Mate 20:29–34; John 12:25; Mark 9:1–50; Mal. 4:5, 6; Luke 9:30, 31.*

Kamngah: “**Tua ciangin amah in mi honpite le a nungzuite samkhawm a, amaute kiangah, ‘Kei hong zui nuam mi peuhmah in ama pumpi deihna nial henla, a singlamteh pua in ka nung hong zui hen.’**” (*Mark 8:34*).

Mark laibu alang masa tengin Zeisu kua cih pulak hi. A thuhilh teleh na lamdangte in zong tua mahbang hi a: Messiah ahihna pulak hi. Tu in ahiehleh, Zeisu in Amah kua hiding in um uh cih nungzuite dongding hi.

Tua dotna pen Peter in kician takin hong dawn ding a, Zeisu in zong Amah Messiah ahihna singlamteh lamah hong kalsuanpih ding hi.

Mark 8 a khennih na lampan Mark 10 a tawpna dongah, Zeisu in Ama' khualzinna bulphuh in nungzuite a thuhilhna om ding hi. Singlamteh' thu zong a genkholna om ding hi. Tua banah nungzuite a thuhilh tuamna zong omlai ding hi. Tua a thuhilhna te in tuni ciang dongmah zattaak veve lai hi.

Hih a khen nihna lamteng ah a kibanglo mittaw nih khuamuhkikna om ding a, khatpa pen Mark 8 na a laizang pawl ah omding adang khatpa in Mark 10 tawpna

lamah omding hi. Hih “**thukhupna**” nalamdangte in, nungzuihna sungah, Zeisu in kua hi a, Amah koilam ah pai hiam cih telcianna kihel cih. Ama’ thuhilhna tengin abeisa kum 2000 lai a nungzuite to khin ahiehleh, tuhun nungzuite zong Zeisu’ nungzuihna in mantam tak leh phattuamna lianpi tawh hong to lailai hi.

SUNDAY

August 11

Mutel Sitset

Mark 8:22–30 sim in. Tua mittawpa pen Zeisu in banghang in nihvei lawn kulsak sese a, bang pilna peuh kingah naci hiam?

.....

Lungdamna laibute in Zeisu damsak mittaw tampi’ thu gen hi. Mark 8 sungah a kihello mittaw Bartimaeus thu pen Mark 10:46-52 sungah om hi. Mate in mittaw nih (*Mate 20:29–34*) pulak a, John 9 in zong pianpih mittaw khat Siloam bualtui gei ah a damsakna pulak hi.

Mark 8 sungah Zeisu in sepdan cialnih tawh Zeisu in lamdang takin a damsiang sakpa’ thu om hi. A tangthu them gen leng, Zeisu in tuapa’ khut lenin khua pualam dongmah paipih hi. Tua mittawpa a veiina mimal simin phawkkha lel ni.

Bangding in nihvei lawng se hiam? Cialnih tawh a damsak hibek mah hi a, Zeisu’ vanglian kicing zolo cihbang hihtuak lozaw hi. Thu gentehna khat mahbang in, khalam khuavak muhtheih na in hun tawmno khatmah la hihtuak zaw hi. Hih letkhiatna pen hih Mark phellang bangin kipsak cihtheih dingin, Zeisu in Ama’ sih ding leh thawhkik ding a hilhcianna sung, a kipatna leh a tawpna

tuakah mittaw khatta damsak hi. Mittaw khua muhsakna pen nungzuite khuavak muhsakna lim khatmah nahi hi.

Siate in thudot ciing uhhi. Dotna in sang naupangte pilna kong honsak thei hi. Hih Mark 8 khen sungah, gamtatzia thum in a tuathu kipsak hi. *Amasa* in, Zeisu in, nidang in ahieh ngeiloh, Amah kua hi cih nungzuite dong phot tadihdih hi. *Anihna* ah, dawivei hetlo in, Zeisu in Messiah hi aci masa penpa ahi hi. *Athumna*, Zeisu in kua ahi hiam cihna tawh kizui in, Zeisu in Amah singlamteh zuanin kalsuan ahiehna hilhciann ta hi.

Banghang in Messiah ahiehlam genthaang ding Zeisu in khaam hiam? Pasion gam’ phuhna ding pen telhak kisa hihtuak hi. Tua hunlai limlim in **Messiah** cihpen Rome kumpi ukna a lawnthal dingpa in ki ngaihsun hihtuak hi. Zeisu in tuabang messiah tawh hong pai hilo a; tua ahieh manin, Ama’ hihna vai peuhmah gamdai ding cingiat hi.

Thu khat peuhmah, bangzah in thumaan hi taleh, gen pakpak hetloh ding a thupitna hih tangthu in bang hong hilh naci hiam?

MONDAY

August 12

Nungzuihna Man

Mark 8:31–38 sim in. Zeisu in Christ’ nung zuihna bang sem ding ci hiam?

.....

Nungzuite in Zeisu tawh a kizopna vuah ngaihsut phamawh ding thu hong omta hi. Amah Messiah ahiehlam zong hong theita uhhi. No laisimte inbel acil apat (*Mark*

1:1) panin na theihsa uh hi a, a haibuatbuat nungzuite' tangthu zong na simkha khin uhhi.

Nungzuite a sapcillai in Zeisu in, mibengte kong suaksak ding hi a cihsa ahi hi (*Mark 1:17*). Haksatna bangmah gen selo hi. Tu in ahieh Amah kua cih theitelta uh a, Ama' nasep mungtup zong hilhcian hi – Amah thuakna tampi nei ding, nial thuak ding, kithat ding, nithum khit ciangin thokik ding cih pulak hi.

Patauh huailua hiven. Messiah nahi hi a cikhin pa Peter in, Zeisu paikhiatpih in tuabang thu genlo dingin taii hi. Hiteng khempeuh talsik a kihona uh hi a, Lungdamthu gelhpa in Zeisu' kammal a genna ah Peter sukha lua hihtuak hi. Zeisu in Peter pen Satan aw ci in, ama' sungpan paikhia dingin thupia, hibang Pasion' deihna tawh a kituaklo ngaihsutna neihloh ding thuhilh hi.

“Peter’ kammalte pen Zeisu thuak ding lungkham haksatna sungah lung nopna pialo hi. Pasion in a puk leitung ading a hehpihna tawh kizawitawn lo, Zeisu in Ama’ pumpi hong piakhiat na’ng sinna tawh zong kituak mello hī”—Ellen G. White, *The Desire of Ages*, p. 415.

Zeisu' nungzui peuhmah tua mungtup mah – singlamteh pua in Amah zui ding hi. Kikhai cihmawk peuhmah ngongtat pen, simmawhna, nuaisiahna tawh Rome te mithah dan ahi hi. Mi khempeuh in singlamteh pelh nuam uhhi. Tua hi a, Zeisu tungah kipiakna ci in, a kua in singlamteh puanuam mawk ding hiam?

Zeisu in nungzuih man bek thamlo man tamlua cih zong genlai hi. Christian upna thugui sungah, nuntakna suplawh leh ngahkik na'ng lampi hizaw hi. A langkhat ah

leitung buppi thalawh leh tawntung nunna suplawhna hi zawsop hi.

Missionary **Jim Elliott** in zong, October 28, 1949 a, a laigelhna sungah **“Ama’ mansuah theihloh khat ngahna dingin, ama’ kepcin theihloh khat a piakhia mipa, mihai hilo hī”** cih.

“Leitung nuntakna a itte in, a nuntakna taktak taanlawh ding a, hi leitung nuntakna a itlote in, nuntakna taktak nei tawntung ding hi” (*John 12:25*). **Hih kammalte na bangci ngaihsun hiam?**

TUESDAY

August 13

Mual leh Mihonpi

Mark 9:1–13 sim in. Peter, James, leh John te in nitak khat Zeisu tawh bang mu uh hiam?

.....

Mark 9:1 sunga Peter, James leh John mual tungah paipih in, Zeisu in mailam thu a genkholna ah, Pasion' gam in vanglian minthang in hong tun ciangin, tualai a Amah tawh a ding khawm mite pawlkhat bang sihna ciamkha lo ding cih. Tualai ah vantung gam minthanna tawh amaute' maiah mel kilamdang hi.

Vantung panin Elijah leh Moses hong tuaksuk in Zeisu tawh kiho uhhi. Luke in a ciaptehna ah, Zeisu' paikhiatna ding (*exodus*), Jerusalem ah nasep khin ding cih kikum uh (*Luke 9:30, 31*) cih. Hih minthang thupiang in singlamteh tungah Zeisu sihna tawh kizom (*Mark 9:9*

enkak) cih. Amah a kikhai ciangin tuathu in nungzuite tha pia ding cih.

Mual tungpan hong tuaksuk khith ciangin, nungzui thum in Elijah hongpai masakna thu donguh hi. Messiah hong paima in Elijah hong pai masa ding cih uptuak (*Mal. 4:5, 6 enkak*) uhhi. Zeisu in Elijah hong paikhin cizaw a, Tuiphumpa John acih nopna ahi hi. John a thahlup mahbang un, Zeisu zong amau khutlum tawh siding a, nithum sungin thokik ding hi.

Tua minthang zan abei ciangin, mualnuai ah buai phengphang uhhi (*Mark 9:14–29*). Tua lai ah nungzui 9 in dawivei naupang khat buaipih uhhi. Zeisu tua mun hong tun ciangin, en nuam in mi tampi hong kikaikhawm uhhi. Dawi in tua naupang a bawlsiatna tangthu omsuk hi. Dawivei naupangpa' tangthu kantel phot hihtuak hi. Apa in zong a paukhak pakkhat “*Na hihtheih leh kote hong hehpih inla hong huh in*” (*Mark 9:22*) civat hi.

Zeisu in tuapa uplahna theipah lian hi. Topa' dawnna pen phen kikkik leng “*‘Na hihtheih leh’ cihpen bang na cihnopna hiam?’*” (*Mark 9:23*) ci in dongkik hi. Thakhat in vanpan in khuaphia bang liangin apa' mite kihong in, ama' tapa bek abuai hilo a – amah'n uplahna nei hizaw cih thei pah hi. Ama' uplahna in a tapa damlo lawh thei cih zong theita hi. Tua naupang' pa in a ciapteh huai kammal “*Ka um hi. Ka uplahna hong huh in*” ci a (*Mark 9:24*), Zeisu in naupang a damsak hi.

Na khat peuh natuak ciangin, “Ka um hi, ka uplahna hong huh in” ci in na kikona ding a omkha hiam? Bang pilna peuh ngah nakisa hiam?

WEDNESDAY

August 14

Kua Lianpen Hiam?

Mark 9:30–41 sim in. Zeisu in a sih ding leh a thawhkik ding nihveina agen ciangin bang kilamdang pah hiam (*Mark 8:31*)? Nungzuite bang teng kinial a, Zeisu in koibang in hilhcian hiam?

Genkholna masa lai in, Zeisu in Amah nial in a that ding te a cihna ahi hi. Genkholna nihna ah, Zeisu in Amah ki lehhek ding cih. A lehhek dingpa kaww nailo phot hi napi, **Judas** ahihlahm hih laisimte in na theihsa uh ahi hi (*Mark 3:19*). Tuakhith ciangin, Amah kithat ding a, nithum khith ciangin thokik ding cih Topa in genpha hi. Ahihhang a gen masaklai sangin tutung in nungzuite in lunglut tuaklo zaw uhhi. Zak noploh thute kuppiah khollo uhhi.

Mark 8:27 sungah, Zeisu pen Galilee bualtui saklam **Caesarea Philippi** khua naina ah om hi. Mark 9:30 sungah, Amah Galilee gam kantan in pai a, Mark 9:33 ah **Capernaum** ah lut hi. Sak lampan khang lam zuanin a zinsuk zong haksatna tuak hetlo lel hi. Nungzuite a ziakai manun, Capernaum khuasung ah Amah guak lut hi. Inn a tun uh ciangin, lampi ah bangteng kiho uh cing dong hi. Apau aham khat zong a omlo pen, tua dotna zanuam phalo hipah a, naupangte in a gamtat khialh uh aki theih ding alau uh mahbang ahi hi. Kua lianpen ding cih ana kikum uh hihtuak hi. Mite in a pulak nop kholloh manbek hi a, a lianpen dongmah mikim in ut ciatlel uhhi. Ahihhang Pasian' ukna gam ah hihthu in alu ataw kilumlet hi.

Zeisu in tua buaina cialnih in dawng hi. *Amasa*, amaute lakpan a lianpen nuam in sawltak hi masa ding

cihi. Thupiang khat tawh gentehna pia hi. Tuanai ah naupang thungai khat nading a, tua naupang la in mipi lakah a koih hi. Naupang bel patau dipkua ngel ding hi. Zeisu in tua naupang Ama' angah a lak ciangin naupang lungnuam sakpah hi. Naupang hibang in nasaan uhleh Keimah na hong sanguh cihi. Keimah na hongsaan uhleh Ka Pa zong na sang uh cihi. Tuabang in a neupen naupang zong Pasion tawh kizom gige ahi hi.

John in zong a pualam mite' thu dong hi. Zeisu in eimah hong langdo lo peuhmah eima lam ahi hi. Christian nunna sungah, thu neupen nangawn zong, vantung in mansuah hetlo cih Topa in kipsak hi.

Leitung ngaihsutna leh laisiangtho dei hna koibang in kikelkii naci hiam? Koizaw na lunggulh hiam?

THURSDAY

August 15

A Cidammi Hell Sungah

Mark 9:42-50 sim in. Zeisu' thuhilhna in bang thunih khuikhawm hiam?

.....

Acil lam in, hihmun ah Zeisu in abul abal neilo, thu kizawitawn mello thute kholkhawm tawh a kibang hi. Himah taleh nai-et mahmah lelleng, amasa a tetawh kizopna anei ciatciat vive a nahi hi. Hih laiteng in thu bulphuh thum tawh a kalsuan kihilhna hi a, "**mawh bawlsak, meikuang leh ci**" cihbang ahi uhhi.

A thuhilhna masa in "a neute" hi a, "thu-um thakte" cihna a hihi. Laisiangtholui sungah a thanemte -

meigongte, tagahte leh gamdang mite don ding acih mahbang in, Siate leh makai te in Pasion' gamsung ah hong lutthak mite don ding tavuan nei uhhi. Zeisu in khengval gentehna khat ahi, "*naupang khat*" mawhna a bawlsak sangin tuipi thuk sungah kiasuk leh hoihzaw cihi.

"*Mawhna bawlsak*" cihpen hihlai a kician pen thuhilhna saupen ahi hi. A telhak thunih in laisimte hong lung-am sak hi. Amasa in, Zeisu in mihing in khut sattan pah ding, mit khelkhia pah ding a cinuam mah hiam? Anihna, a kuang tawntung hell omtakpi a cinuam hiam?

Dotna masa a dawnna pen, hilo hi; Zeisu in Jew ngeina sungah hibang thu kisang lo hi (*Thkna. 14:1, 1Kumpi. 18:27, 28 enkak in*). Topa in a khengval gentehna a zang bek ahi hi. Khut, khe, mit khatpeuh suplawh ding a haksat mahbang in; Christian khatin mawhna abawl ding haksas mahmah hi.

Dotna nihna a dawnna zong hilo cihding mah hi a; Zeisu in hell kuang tawntung cilo hi. Koici theih? Amasa in, a kammal sungah ciamnuih kammal kihel hi. Vantung a paite mitlo khutlo tawh pai cih peuhmah ngaihsut huai hi. Pumpi kicing in hell pai zong ngaihsun leuleu in. Cidampa hell sungah maw? Ciamnuih vailua. Hibang a thupi mahmah munah Zeisu in khengval gentehna hong zang hibek hi. Khut khat, khe khat, mit khat suplawh lawmlawm sangin mawhna peuhmah thupi ngaihsut ding a cihnopna hizaw hi.

Tawntung hell cihpen, tawntung mei hizaw lo in, tawntung a sulzuite hizaw hi. "*Pasion in leitung mite hong it mahmah manin, a Tapa neihsun hong pia a, Amah a ummi khempueh kisialo in, nuntak tawntungna a ngah na'ng uh ahi*"

hi” (John 3:16). Mangthang mite’ mei kuang paisuak samlo a; amaute kisia paisuak hizaw hi – ki lamdang lua mate!

FRIDAY

August 16

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages* laimai. 426–446 sungpan “**Ministry**” leh “**Who Is the Greatest**” simin.

“Pahtawina maiah kiniamkhiatna omhi. Mite’ maiah munsang ngahna dingin, vantung in Tuiphumpa John bang in Pasian’ maiah a kiniamkhiat mite teel hi. A naupang vaipen nungzuipa in Pasian’ nasepna ah muibun pen hi. Vantung pilna in amah aki pahtawi ding sangin kha hotkhiat ding a veiizaw nasempa tawh nasem khawm thei zaw hi”—Ellen G. White, *The Desire of Ages*, p. 436.

“Midang tungah septheih ding hong kipia teng; - pilna leh siamna, gamtat hoihna, Christian kihilhna, biakna lam theihna ah – awlmawh ngahlo tuabang mite tungah leibaa hihang a, eima tha neihzah tawh amau ading sepsak ding hihang. Tha ineih nakleh, thanemte’ khut laptoh sak ding hi hang. Pasian’ maipha a muden minthang vanmite in, a neute panpihna sungah nuamsa uhhi. A dah kha, gamtat hoih gamtate don phadiak uhhi. Vanmite in amau’ kispna munmun, angung a khual nuamlo te galhan penna mun leh lungkiatna a dimna mun ah om den uhhi. Tuabang nasepna sungah Christ’ nungzui diktak te in panpih uhhi”—P. 440.

Kikupding Dotnate:

1. Mark 8:27–29 simkik in. Zeisu in Christ hi cih nangma upna midangte tungah bang zahvei na hawmsawn ngei hiam?

2. Leitung in lian a sakte leh Pasian muhna koibang in kilamdang nasa hiam? Leitung in liansa mahmah taleh

Pasian in a sakloh kuabang te ahi tam maw? Leitung in a awlmawh melloh hang, Pasian in lian a sak mahmah kua bangte hiam? Hih kilamdanna teng panin Leitung muhna in bangzah in bangzah in kawi in buaihuai naci hiam?

Lesson 8*August 17–23***NUNGZUITE A THUHILHNA: KHEN II****SABBATH NITAKLAM**

Tukalsung Simding: *Mark 10; Pian. 1:27; 2:24; Gal. 4:1, 2; Rom. 6:1–11; Isa. 11:1–16.*

Kamngah: “**Banghang hiam cihleh Mihing Tapa nangawn ama na a kisepsak dinga hong pai hi lo hi. Midangte na a sepsak ding le a nuntakna pia in mi tampi a tankhia dinga hong pai ahi hi,’ a ci hi.**” (*Mark 10:45*).

Tukal sung Mark 10 tungta hang a, tua munah Zeisu in singlamteh ading a kigin kholna teng nungzuite kiangah hilhcian hi. A chapter lang bangin nungzuite’ tangthu hi a, a omlai teng zong nungzuihna mah ahihitei hang, midangte in Zeisu tawh a kimuhna vuah nungzuihna hizaw hi. Pharisee mite hongpai uh a kimakna thu hong nial bualbual uhhi. Nulehpa te in zong a tate Zeisu thupha piak dingin hong pai ngeingai uhhi. Mihau khat in tawntung nunna hong dong a, mittaw khat in zong khuamuhna hong ngen hi.

Mark sungah Zeisu nungzuihna ding thuhilhna, tumahmah in nuntakpih theihpah ding thu: kiteenna, naupangte, hauhna tawh kizopna leh Ama’ nung zuihman cihte ahi hi. A sunglam ah zong mittaw nihnapa damsakna khuamuhna (*Mark 10:46–52 leh Mark 8:22–26 enkak in*), tuateng pen Mark Laibu a thukhupna lam hita ding a (*Mark 8:22–10:52*), a hoih mahmah Zeisu’ nung zuihman cihte om ding hi.

T-6

Hih sinna tengin Zeisu’ nung zui dingin hong kisakkholna – abeisa kum 2000 lai a nung zuite ahi a, zalom sawmni-leh-khat a nungzuite a kibang in, nungzuihna ah tona teng hiding hi.

SUNDAY*August 18***Pasian’ Geelsa Kiteenna**

Mark 10:1–12; Piansil 1:27; 2:24 simkak in. Kimakna vai Pharisee te dotna sungah bang thaang kizaak khinkhian a, Zeisu’ dawnkikna panin bang pilna nangah hiam?

.....

Pharisee te in zi kima thei hiam cihthu Zeisu dong uhhi. Zi makna pen Pharisee te in tang phamahmah uhhi. A dotna uh thubulpi tua ahi hi. **Shammai** sangpi ah hihthu khauhsak phadeuh a – ta neilote, neihsa bangmah neilote, pumpi tawh zi kin lote leh zualzangna cihte bek tawh phal uhhi.

Hillel sangpi in ahihleh nemsak zawdeuh a, thu khatpeuh tawh ma saktei a, a nungah thubuai tampi in hong zuikik phial zongin, tu tadih in thu daihsakna ding in phal uhhi.

Amaw’ dotnop thuthuk phualseel khat nei uh a, kimakna peuhmah kiphal limlim hiam cih ahi hi. Hih dotna sungah, tu laitak in Zeisu omna mun Jordan gun nisuahna lamteng a ukpa **Herod Antipas** vai tawh Zeisu thaang ah awksak nuam uhhi. Antipas in azi ma a, ama’ sanggampa’ zi Herodias teenpih hi. Hibang a zualzangna Tuiphum John in taai ahih manin a gawl-aat (*Matt. 14:1–12*) hi.

Zeisu in Pharisee te' dotna a dawnna in, Moses in bang thu hong pia hiam cih. Pharisee te dawnkikna pen Thuhilhkikna 24:1-4 sunga, kimak khit ciangin teenkikna tawh dawng uhhi. Moses hunlai a Israel mite in zong kima thei zel uhhi. Tua vai thukham pen Thuhilhkikna 24 ah om a, numei lam kepcinna hizaw pian hi. Tuapen Zeisu' hun ciangin **Hillel** sangpi in, bang thu peuh hi taleh kima thei ding ci in nemsak hi. Thukham a bawl na uh pen, numei ki simmawh in aki pampaih khak ding vaukhaamna ahi hi.

Thuhilhkikna 24 sunga thukham kinial pih sangin, Zeisu in Pasian' gelsa kiteenna Piancil 1 leh 2 sungteng tawh dawngkik hi. Pasian in a kipatcil in pasal khat numei khat, mimal nih bawl ahih thu (*Pian. 1:27*) pulak hi. Tuakhit ciangin pasal in a nulehpa nusia in azi beel ding a, amau nihgel pumkhat suak ding uh cih (*Pian. 2:24*). Hih kipumkhatna in kiteenna kipsak hi. Pasian' gawmsa mite mihing in khen keita uhhen.

Note lakah kiteenna thu pen mipi in koibang in thahatsak thei ding hiam? Kiteenna a kitat sak mite koibang in huhthei ding nahi hiam?

MONDAY

August 19

Zeisu leh Naupangte

Mark 10:13–16 sim in. Hong ki paipih naupangte Christ in bangciah hiam?

.....

Tanglai in naupang kideih mahmah a, pasalno phadiak ki lunggulh lua hi napi, nausuah leh naupang

kepcin haksa mahmah hi. Tulai a zatui zaha tawh kikep kikhoi, nau suakthak leh naupang pattah, Khangno pattah zia cikhawng om nailo hi. Amau' minam ngeina zatui, ai-khi leh dawi-kau kidalna cih khawng om neunau lel hi.

Naupang a deihpong uh hangin, amau salte ahih manun tualniam mahmah (*Gal. 4:1, 2*) uhhi. Greek leh Rome ukna hunsung teng bang, deihhuai a sakloh naupang peuhmah gunsung tuitung ah nusia uhhi. Numeino sangin pasalno thupi sakzaw uh a; numeino suaktung bang pen khatveivei ciangin na kawmlak khawngah nusia thei uhhi. Khatveivei tuabang in aki nusia numei naupang tepen khatpeuh in "*honkhia*" in a gol ciangin sal in kizuak lel hi.

Mark 9 sunga Zeisu thuhilhna, Pasian' gamin naupangno bang in sanding cihpen nungzuite in teltuak mello hi. Tu in Zeisu' thupha piakding in naupang hong ki paipih ciangin, Zeisu in hun ngahlo ding ci in taai uhhi.

Tuapen khial hi. Zeisu thukim mello hi. Mark sung tawntung ah, Zeisu in mipite a taaina in a dawnkikna pen, naupangte a hepkiat manuh hi zawsop hi.

Amah in nungzuite nangawn in naupangte maikhak in ding lo ding ciliang hi, banghang? Pasian' gam in amaute' aa hi a, mikhatpeuh in Pasian' gam pen naupang bangin a saan ding ahi hi.

"Christ tawh a kibanglo na gamtatna te in Zeisu' lim puasak kei un. Nomau gitlohna leh lungkhauhna tawh naupangte hemkhia kei un. Vantung ah nangma omna in nopmawhna omthei ding cihbang ngaihsun sak kei un. Naupang te'n a tel zawhloh ding leh naupanglai in a saan zawhloh ding biakna khawng gen ke'n. Christ' biakna pen khuamial biakna khawng in musak ke'nla, Honpa kiang

zuatna hangin nakhempeuh paaikhia mahtaleh, lungnuam veve sak in—Ellen G. White, *The Ministry of Healing*, pp. 43, 44.

Naupang in hong kimkot mah taleh, koi bangin Zeisu musak veve thei ding nahi hiam?

TUESDAY

August 20

Sumkholna Hoihpen

Mark 10:17–31 sim in. Ahau, azawng khatpeuh nungzuihman a pulakna tungtawn in bang pilna kingah thei ding hiam?

.....
Tua mipa Zeisu' kiangah lungsim siangtak mahin hongpai hi. Amah tai in, Zeisu' mai ah kunin, kha peuhmah koiah kikhoh ding hiam ci in adong hi. Nuntak tawntung theihna'ng in bang teng kisam hiam ci in dong hi. Zeisu in suangpeek nihna kaww in dawng hi. Hih mipa in, tuateng khempeuh a neulai pan kipan zuikhin sitset cih.

Lungdamthu buli sunpan Mark bekma in Zeisu in mihing hong it cih. Tua mipa ngetna sungah ama' lungsim puak tuamkhat omlai hi. Zeisu in ama' lungsim sittelna dingin, neihsa teng zuak dingin Ama' nung zui ding cih. Hau mahmah ahih manin tua mipa maikhingsa in a paikhia hi. A taktak in cileng thukham zui takpi hetlo hi. Thukham khatna palsat in, Pasion tungsih ah nadang koih hi. A hauha teng ama' pasian suakta hi.

Zeisu in, hauha in bangzah in hong khimzo a, mihau khat vantung a lut ding sangin kalaoh khat in phimbil vang sung a lut ding baihzaw ding ci hi.

Nungzuite in Zeisu' kammal bang hileh kuateng in gupna ngahzo peuhmah ding hiam ci uhhi. Zeisu in a dawnkikna Mark 10:27 sungah "*Mihing ading in hitheilo mah hi; ahihhang Pasion ading in piangthei hi*" cih.

Mark 10:27 pen tangthu thukhup na'ng hoih mahmah hi: Nang leh nang vantung kitun zolo ding hiteh, Hotkhiat hih na'ng Pasion' hehpihna kisam hiteh.

Peter in bel amah leh a lawmteng in nakhempeuh nusia in Zeisu nang kongzui uhhi cih. Zeisu in, tu in Ama' nung zuihna ding na khempeuh na nutsiatna uh pen "*hong tungding hun in na saan dinguh tawh tehkak theih hi vetlo hi*" cih.

A deihna bulpi: Christ' sihna in mihing' mawhna siansuah a, Christ' hong hehpihna, a thawhkikna in Ama' thupiak mantheihna ding tha hong guan hi.

Roman 6:1–11 simin. Hih munteng in Pasion' hehpihna koibang in hong telcian sak a, Ama' sungmah ah koibang in mithak hong suaksak thei hiam?

WEDNESDAY

August 21

Keima' Hai Na Dawn Thei Diam?

Mark 10:32–45 sim in. Hih mun tengmah in, Zeisu' nasepna leh Ama' nungzuih ding bangmah awlmawh vetlo cih koibang in hong lak hiam?

.....
Zeisu, khe tawh pai in Jerusalem tung dektak ta a, a lampai kawmin thupiayang ding teng gen kawm hi. Hibangte

pen amau zaknop pawl hikhollo hi. Zeisu in Ama sihdng leh thawhkik ding a genpen lungsim sukha mahmah hi. Na zak noploh ciangin, khenlel ding baihlel hi.

James leh John tegel zong hongpai khawm uh in Zeisu kiangpan amau' deihna ngenlel uh hi. Zeisu in teldot pahlel a, amaute'n zong taklam leh veilam ah tu nuam ung cipah lel uhhi. Amau' ngetna mawhzon leng kiliatsakna namkhat mah ahi hi. Ahihhang amaugel ahiehleh Zeisu' nasepna sungah a kipialua zaw, angkhualna bangmah nei vetlo zaw uhhi.

Zeisu in amau' ngetna in bangciang thuk cih telsak nuam hi. Ama' hai dawn thei ding maw, Amah tawh ki tuiphum thei ding maw cih dong hi. Ama' hai pen Gethsemane leh singlamteh ah thuakna hiding (*Mark 14:36*) a, Ama' tuiphumna pen a sihna leh han ah a kiphumna (*Mark 15:33-47*) leh a thupiang teng zong Mark 1 sunga tawh kizawitawn hi.

James leh John inbel thei selo uhhi. Hihthei nu'ng ciziau lel uhhi. Zeisu in, kahai na dawn takpi ding uh a, ka tuiphumna na kiphum takpi ding uhhi cihi. James pen martyr sihna a si masapen ahi hi (*Sawl. 12:2*). John khansau pen a Patmos ah kipampaih hi (*Mang. 1:9*). Minthanna tawh Pasian in a sehna hi Zeisu in ci hi.

Nungzui dangte in Zeisu' dotna koici dawn uh hiam? Zaknop khollo hi. Greek pau in **aganakteō** "heh mahmah, lungkim lo" cihna hi a, Mark 10:41 leh Mark :14 sungah naupangte hong pai ding a khaam lai a Zeisu' hehna lungkim lohna ah zong kizang hi.

Zeisu in amaute khempeuh kaikhawm in a thupipen thukhat hilh hi. Gentile makaite in amau' meetna dingin a vangneihna uh zangthei uhhi cihi. Pasian

ukna gam a hihleh, midangte lamto in thupha piak ding hizaw hi. Zeisu in Pasian' ukna gam Kumpipa hihna tawh hong makaih hi. Koi bang maw? Ama' nuntakna tawh eite hong tankhia a – tuathu mahmah pen nungzuite in zanuam phalo uhhi.

Christian hihna pen mi' "sawltak" hihna ahi hiam? Mite tawh nisim kizopna sungah koibang in na pulak zel hiam?

THURSDAY

August 22

"Bang Kong Hihsak ding Deih Nahi Hiam?"

Mark 10:46-52 sim in. Bartimaeus in Zeisu hongpai laitak in bang hih hiam?

.....

Lungdamthu Mark sungah tu ciangdong mahin, Zeisu in Ama' nalamdang bawlina leh Amah kua cih peuhmah tangko loding in mipi khaam hi. Hiteng ah zong, Jericho pan paikhia ding hita a, lamgei ah mittaw khatin khutdawh ngenin om a, Nazareth mi Zeisu hongpai a theih ciangin "David' Tapa Zeisu aw, kei hong hehpih in" (*Mark 10:47*) ci in a kiko hi. A laibu piandan limlim in, gamdaih ding thupiak ngah mipi khempeuh in zong, tua khutdawh ngenpa gamdai sakzo tuanlo uhhi.

Bartimaeus in a aw sangkhan zawsop in, "David' Tapa aw hong hehpih in!" (*Mark 10:48*) ci in kiko teitei hi. Ama' kammalte in Zeisu pen Messiah hi a, Amah in damsak thei ding cih upna nei hi. "David' Tapa" cihpen Zeisu' hunlai in ngaihnan thunih om a – Israel kumpi' tokhom puahphat kikna hi a (*Isaiah 11; Jer. 23:5, 6; 33:15;*

Ezek. 34:23, 24; 37:24; Mic. 5:2–4; Zech. 3:8; Zech. 6:12 cihteng simin), tua mipa in zato mangpipa leh dawi hawlkhia theipa hi hamtang ding hi.

Zeisu khawl in mittawpa samsak hi. A ciapteh huai khat mittawpa in Zeisu kiang a zuat kawmin a puan tungsilh suahin lawnkhia hi. Zeisu' hunlai mittawte in mi' nuai ah tagah meigongte tawh om uhhi. Hih mite dinmun in taangpi nuaisiah ah omuh a lauhuai dinmun ahi uhhi. A puan tungsilh pen ama' galdalna hih ding hi. Tua a nutsiat lel pen Zeisu in damsak ding cih upna aneih man ahi hi.

Zeisu lungkia hetlo hi. Lungdamthu sungah huhna kiasm in Amah azuan khempeuh in ngah uhhi. Zeisu in James leh John a dot dotna (*Mark 10:36*) mah dongkik hi; “*Bang kong hihsak ding deihi nahi hiam?*” (*Mark 10:51 enkak in*) cih. Thakhat mahin mittawpa in khuamuh ding mah ngen pah a, Zeisu in zong piapah hi. Mittawpa in lampi tawntung ah Zeisu zui hi.

Hih tangthu in Mark sunga nungzuihna thu a tawpna hi a, laibu tawpna dingin mittaw adang khat tangthu Mark 8:22-26 sungah zong omlai hi. Hih tangthu nih tegel in, nungzuihna peuhmah ah mittang thak tawh leitung en uh cihna hi a, acil lamin siangmuh mello ahihhang Zeisu' makaih namun khempeuh ah zui uhhi.

Khatveivei koibang in, “Zeisu, David’ Tapa aw, kei hong hehpih in?” ci in na kiko hiam? Bang hong piang a, bang pilna na ngahlawh hiam?

FRIDAY

May 24

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages*, laimai 511–523 sungah “*Blessing the Children*” leh “*One Thing Thou Lackest*” simin.

“*Zeisu pen naupang a itdenpa ahi hi. A naupangvaina leh a lungsim siangthona itna te sansak hi. Lungsimtak tawh amau’ phatna pen Zeisu’ bil ah la-ngaih bang hi a, mi kineihte’ nen niamna leh mawh zonna sungah Zeisu’ lungsim thaksuah zo hi. Honpa’ paina khempeuh ah, Ama’ maitang ithuai, migi leh dik ahih manin, naupang huai mahmah hi*”—Ellen G. White, *The Desire of Ages*, p. 511.

“*Khangno mihaupa bangin munsang pipi, neihleh lamh haulua te ading in, na khempeuh nusia in Zeisu’ nungzuih ding peuhmah haksalua ding hi. Ahihhang, Ama’ nungzui a suaknuam khempeuh in a hihding uh thukhun ahi hi. Thu mankhialhna themcik zong kingah lo hi. Ki pumpiak ding in Christ in honghilh hi. Mihing hotkhatna dingin, amah a lungmuang sak nate, lungsim a susia thei nate paikhiat loh peuhmah tawh lampi dang omlo ahih manin, kamkhauh gemgam tawh hong kihilh zelzel hi*”—*The Desire of Ages*, p. 523.

Kikupding Dotnate:

1. Naupangte leh khangnote, Christ tawh kizom den ding leh pawlpimi hiden thei dingin panpih theihna ding bang lampi om hiam? Tuacih ding banghang in thupi nasa hiam?

2. A hau azawng Christian citakte ading buaina in, banghangin sum zatdan hithei ding hiam?

3. Zeisu in, “*Bang kong hihsak ding deih nahi hiam*”
ci'n hongdong leh, na koi dawn tam?

4. Mark 10:43–45 sunga Zeisu' kammalte lungngai in.
Tuabang nuntakna in bang a cihnopna hiam? *Mi' nasem leh mi'n na hong sepsak koibang in kikelkii hiam? Eima nuntakzia leh mi tawh kizopna ah koibang in khatna neitheih ding hiam?*

Lesson 9

August 24–30

JERUSALEM AH KILANGDONATE

SABBATH NITAKLAM

Tukalsung simding: *Mark 11; 1Kum. 1:32–48; Zech. 9:9, 10; Isa. 56:7; Jer. 7:11; Mark 12:1–34.*

Kamngah: “*Thu na nget uh ciangin mi dang khat peuhpeuh tungah lungkim lohna na neih uh leh maisak masa un. Tua hi leh vantung a om na Pa un note mawhna zong hong maisak ding hi.*” (*Mark 11:25*).

Zeisu leh biakna makaite kikal langdona nga vei tak, Mark 2 leh 3 sungah kiciamteh hi (*sinna 3 enkik in*). Tukul sinna sungah, Zeisu Jerusalem a tun ciangin, biakna makaite' langdona 6 vei phukha hi. Langdona nihte in Ama' nasep kipatna leh tawpna ah thukip sakna bang phial ahi uhhi. Anih tuakun Christian nuntakna sungah buaina thupi hithei uhhi. Zeisu' thuhilhna tengin, leptuah a kispna hibang mun ah, thu-umte upna thugui bulpi leh nisim nuntak gamtatzia ding makaihna hi pahpah hi.

Biakna makaite in tangkaw, mawhsak in susia nuam uh hinapi lawhcing zo ngeilo uhhi. Tukul sinna phellang sungah, mihing te Pasion langdona sung atun thei, leh, Christian te mahin Kha Siangtho sapna nial theihna dingin lungsim puak hoihlo neihtheihna cihte hiding hi.

Mark 11 sungah, Zeisu nasepna pen Jerusalem ah Paisan paw (*March-April*) sung ahi hi. Mark 11-16 sungteng pen kalkhat valdeuh sungteng thupiang ahi hi. Chapter

masa 1-10 tengpen kum thum leh alang sung thupiang teng ahi hi.

SUNDAY

August 25

Zeisu Zia Banga Nungta

Mark 11:1–11 leh Zechariah 9:9, 10 sim in. Bang thu piang hiam?

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Hih tangthu alang sungah Zeisu in a nungzuite nih pen a naina khua khat pan Jerusalem pai na'ng Ama' tuan ding lano khat vala dingin sawl hi. Banghang in hihthu ading hun tampi la hiding hiam?

A dawnna namnih om hi. *Amasa* in, Zeisu' theihkholna vanglian, Ama' hong paina thu Pasion' deihna tawh kituak in a pahtawi theihna ding ahi hi. *Anihna*, hih tangthu in Zechariah 9:9, 10 sunga kumpipa Jerusalem khua sungah lano tuang in honglut a cihawh kituak mahmah hi. Adonijah in kumpi tokhom buluh ding a kithawi ciangin, David in a Tapa Solomon kumpi suaksak vat in, Solomon zong lano tuangin Jerusalem a lut (*1Kumpi. 1:32–48*), hong phawkkik sak hi.

“Christ pianma kum 500 lai in, kamsang Zechariah in zong Israel Kumpipa hongpai ding genkhol khin hi. Tua genkholna tangtung hita hi. Kum sawtpi sung pahtawi sangkhia ding anial tentan pa tu in Jerusalem David' tokhom tungah tu ding hita h”—Ellen G. White, *The Desire of Ages*, p. 569.

Jerusalem in mualkawm lakah om hi a, pi 2,400 sang hi. Zeisu' hunlai in mimal tul sawmli leh tul sawmnga

kikal bang bek om hinapi, Paisan pawu hun in mi tamlua mahmah hi. A khuapi acre 250 bang zai a, biakinn leitang acre 37 pha hi. Biakinn' hoihna in khuapi laamsang mahmah hi.

Zeisu in nisuahna lampan lut a, **Olive** mualpan hong tuaksuk in, Biakinn omna mualtung ah kham kongpi panin hong lut hi. Zeisu hong lut in, Ama' limpua gamtatna tengin mipi toknawi gawp hi. Amah azui mipite in “*tu in hong gum hi*” cihna ahi **hosanna** ci in kiko uhhi. A nunglam ciangin “Pasion phatun” cihna hong suak hi.

Mark laibu sunga Zeisu in a ipp khilkhial thuteng kizo siangta hi. Tu in ahileh Zeisu in sumkim muhtang in kumpi limpua in Jerusalem khuasung hong lut hi. Biakinn sung hong lutmah a, nitak khuaniem khin ahah manin, Zeisu in nungzui 12 te tawh Bethany khua ah tawlna hi. Buaina kitomna lamah a paithei khat pen gamdai takin khawlkik thei hi. Ahihhang a zingciang bel tuabang hithei nawnlo hi.

La tung tuanna in kiniamkhiatna limpua ahi hi. Banghang in Christian te ading in thupi thei ding hiam? Singlamteh' khuavak sungah kisaktheih pih ding bang inei hiam?

MONDAY

August 26

Singkung Samsiatna leh Biakinn Siansuahna

Mark 11:12–26 sim in. Hiteng ah thupiang thupi bang om hiam?

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Zingsang in, Jerusalem pan tai nih bang agamla Bethany khuapan hongpai a, Zeisu a gilkiel hi. Theikung khat a the kidim mu a, a gahmasa peuh a omkha diam ci in a va-en hi. Hihthu pen, guksim lam hi hetlo hi. Laisiangtholui thukham sungah, gilkiel ciangin mi' losung panin kiallap nektheih (*Siam. 19:9; Siam. 23:22; Thu. 23:25*) cihi. Singgah a muhloh ciangin, “*Nang tung panin kuamah in nagah ne nawnkei taheh*” (*Mark 11:14*) a cihi. Zeisu a dingin a tuampian gamtatna hi napi, a nunglam ah tua sangin a kicianzaw thute omlai hi.

Tuakhit a thupiang teng pen Gentile te' munphual tawh kibang liang, biakpiak na'ng ganno zuakna mun hi a, tuapen Siampilian Caiaphas patsak ahi hi. Gamdai takin biakna piaktheihna ding in, tua ganno zuak khempueh Zeisu in hawlkhia mang hi. Tuabang a nasepna in biakinn ukte talsik in langdona hong hipah hi.

Zeisu in Laisiangtholui sungpan a siangtholo gamtatna nihtawh hong kizomsak hi. Biakinn cihpen minam khempueh thungetna inn (*Isa. 56:7*), Gentile mite nangawn kihel cihi. Makaite in biakinn pen guta buluh te kua suaksak cihi (*Jer. 7:11*). Tua nitak in a nungzuite tawh tua khuapan a paikhia uhhi (*Mark 11:19*).

A zingciang in tua khuapi ah vapai kik laitak in (*Mark 11:20–26*), nungzuite in theikung a zung panin keutum mu uh a lamdang sa mahmah uhhi. Zeisu in tua thupiangte tungtawn in thunget na leh mawhmaina lim khat hongpia hi gige hi. Bangteng a cihnopna ahi diam?

Hih tangthu nihgel pen, mark sunga tangthu kithuap liina ahi hi (*sinna 3 enkik*). Hihbang tangthu sungah, thu lehgenna peuh kihel a, kilehbulh hinapi a ki

zawitawn gamtatna namnih om hi. Hih tangthu sunga theikung leh biakinn tegel in a deihna ki zawitawn hi. Zeisu in theikung Samsia hi napi biakinn ahiehleh siansuah a, nasepna kikelkii hi. Tua thute hangin biakna makaite in Zeisu thahna ding ngiimna thak hong geelpah uh a, tua ngiimna ading seplehbawl tengmah in, biakinn nasep teng tawp sak ding a, Zeisu' sungah picing sakta ding hi.

Nangma nunna sungah Zeisu'n hong siansuah sakding bangteng peuh om hiam? Hong koici hihsak ding hiam?

TUESDAY

August 27

Hih Theiteh Kua'n Hong ci Hiam?

Mark 11:27–33 sim in. Biakna makaite in Zeisu koibang in to a, Zeisu in koibang in dawn hiam?

.....

Zeisu in biakinn a siansuah khith a zing ciangin, biakna makaite in Zeisu talsik in, zanni in kua thuneihna tungtawn in tuabang gamta nahi hiam ci uhhi. Thumaan zong nuam hi zawlo uh a, thaang siahnuam hizaw uhhi. Pasion kiangpan hi ci leh, lethama khat lel in tuabang aana neitheih ding hiam ciding uhhi. Mihing' hihtheihna ci peuhmah leh haita hi cihawm uhhi.

Zeisu in ahiehleh amau thaangzaak uh mu a, kong thudot khat nong dawntheih uhleh nong dotna uh kong dawngtheih ding hi cihi. Tua ciangin Tuiphum John in Pasion kiangpan maw mihing kiangpan hiam ci in a dong hi. Makaite in zong amau thaang kisiah ahiehlam uh mu

leuleu hi. Pasion kiangpan ci lehuu “*Banghang amah umlo*” ci ding a, mi’ kiangpan cileh lah, mipite kihta zel uhhi. Tua ciangin, theikei ung ci in zuau genta hi. Tuabang in Zeisu in amau dotna dawnkik ding nialtheita hi.

Mark 12:1–12 sim in. Zeisu in Ama’ nialna koibang in zomto lai a, bangthu omsak lai hiam?

.....

Zeisu in lenghuan khat, a neipa, leh khawhlawhte in tualo a khawhlawh gentehna khat gen hi. Zeisu’ gen gentehna in Isaiah 5 sunga Pasion in Israel cihtak lohna a taaina tawh kibang mahmah hi. Mimal sim, biakna makaite sem bangin theikhin phial ding hi.

Tua tangthu paizia tuampian phadeuh a, khawhlawhte in lo neipa tungah losung khai gahte pia nuamlo citciat hi. Tuahang mahin a nasemte khawng bawlsia in saatgawp sak hi. A nunungpen in, a it mahmah a tapa paileh zahtak samlo diam ci in paisak hi. He dekle. A tapa thahlup sak khin lehuu, lenghuan zong amau neihsa hipah ding ci zawsop uhhi. Thumaan thei mello in a gamtatna uh hangun thumaan thukhenna hoh thuak zawsop ding uhhi.

Hih tangthu sungah Zeisu nasepzia tengin, biakna makaite kalsuanna masuanna uh vauna phamawh apia hipah hi. Ama’ gentehna pen itna tawh vau kholna hizaw hi. Amau kikhel in hih thukhenna a pelh theih ding hun ziakai lua nailo hi. Pawlkhat in kisik, kikhel uh a Zeisu sang ding uhhi. A dangte kikhello ding uhhi.

T-7

WEDNESDAY

August 28

Leitung Siah leh Vantung Thunung

Mark 12:13–27 sim in. Hihteng ah bang thu piang a, Zeisu in thumaan nahilh hiam?

.....

Biakna makaite in Rome kumpi tungtawn ahi a mipi tungtawn ahi zongin, Zeisu a suksiat theihna ding lam zong thapai uhhi. Hih kidona sungah, siah piakna tawh kisai dotna ahi hi. Ahun leh amun tawh kizui in, siah piak ding nialna in, Rome kumpi langdona lianpi suak ding hi.

Zeisu’ dawnkikna Caesar tawh kisai teng Caesar mah pia ding, Pasion tawh kisai teng Pasion mah pia ding cihna in, amau’ thaang panin suakta sak bek thamlo, thumte in kumpi tungah hihding teng hong hilhna zong hipah hi.

“*Rome kumpi ukna sunga om ahih nungsang un, tuate ukna mah panpih pahlel ding a, hih pen ukna neite langdona ding hilo cih hilh hi. **Gam leh lei thukham nuai ah lungnuam takin omtheih laisiah, Pasion zaktakna masak den ding cih***” —Ellen G. White, *The Desire of Ages*, p. 602.

Tua nung hong zuipah dotna khatin misite thawhkikna ahi hi. Sadducee tepen siampi nam hi uh a, Moses’ laibu nga teng bekma laisiangtho in sang uhhi. Misi thawhkikna zong umlo uhhi. Zeisu kiang hong puak uh thu zong upmawh thusuut hilel hi. Unau pasal sagih leh numei khat kihel sak uhhi. Moses’ thukhamna sungah, khanggui ciaptehna dingin, mikhat ta neilo in si,

a naupa in azi teenpih ding a, hong piang ta peuhmah pen misipa' ta kici ding (*Thuhilhikikna 25:5-10*) cih.

Thawhkikna upna mawhsak nading in, Sadducee te in, thawhkikna ciangin, a kuazaw zi hiding cih a ngaihsut haksa mahmah dotna khat dong uhhi. Zeisu in amau' dotna pen cialnih tawh dawng a, Lasiangtho leh Pasian' vangliatna cih.

Amasa in, thawhkikna pen Pasian' vangliatna hang bek hi a, vantung ah kiteenna om nawnlo cih. Tuakhit ciangin thawhkikna upna thugui pen Paikhiatna 3:1-22 sungah Pasian pen Abraham, Isaac leh Jacob Pasian hi cih. Pasian pen, a sikhin sa Abraham, Isaac leh Jacob te' Pasian ahih nakleh, tuate in sihna sungah om paisuak theilo ding uh a, thokik teitei ding uhhi a cihnopna ahi hi.

**Mi khatpeuh in, "Pasian' vang na theikha hiam?"
cih hong dong leh koibang in dawngkik ding nahi hiam?**

THURSDAY

August 29

Alianpen Thukham

Mark 12:28-34 sim in. Laithei alawm khat in bang dotna thuk khat dong a, Zeisu in koibang in dawngkik hiam?

.....

Lungdamthu Mark sungah, biakna makaite tawmno khat lobuang a tamzaw in Zeisu hua uhhi. Thu kipsakna, Jerusalem ah biakinn biakpiakna vai in Judah biakna lungsim neite tawh makaih tuhna phukha hi. Zeisu' dawnkikna teng aza Laitheipa adingin, thumaan leh

hangsanna tawh a kidim Zeisu' maitang pen huatna leh muhdahna in neizaw hi. A nunglam khawngah ding maimai in enlel leh hoih hi napi, hih mipa in tuacih hetlo hi.

Laitheipa in biakna thulaigil laizang pan khenkham in koi thukham thupipen hiam cih dong sese hi. Zeisu in olnotak leh kician takin *Shema* acih, Thuhilhikikna 6:4, 5 sunga Judaism upna thukhun siksian in dawng hi. Zeisu in, a lianpen thukham in lungsim, kha, pilna leh thatang khempueh tawh Pasian itna hi a – pumpi buppi huam cihna ahi hi. Zeisu in Laitheipa ading in a thupipen nihna thukham piakbeh lai a, Siampi laibu 19:18 sungah, na vengte nangmah bangmah in it in cih.

Khatveivei ciangin mite in itna thukham lamdang peuh sa uhhi. Thuhilhikikna in hong thu piakna pan kician mahmah lel hi. Tua kammal pen tanglai a pawl tuamtuam te in, a kipawl na uh a kiptheih na'ngin, thukimna lai peuh a bawl na pan hongpai ahi hi. Lungsim thuk taktak sung a lut zawhloh teihang, tatelehekna ah tua pawl te thumaan sakthei uhhi.

Laitheipa zong a lungsim siangtho hi. Zeisu' dawnna pen kician a telnop ahihna phawk hi. Biakna makai dangte in sinsona teng theihsa ahihhang, khatpa in Zeisu' dawnna tengpen kipkho a, kuamah'n a hih noploh thute ahihnam thei hi. Zeisu in zong tua Laitheipa' thudikna kipsakna in, vantung gam tawh na kigamla kei hi cihsan hi. Gamla lo cihpen a sunglam cihna hi tuanlo hi. Laitheipa in Zeisu kua cih thei in Ama' nung zui ding a, upna sungah khualzin ding kisampha hi.

Pasian in eite hong itna leh, eima vengte eimah bangin itna koibang in i kisin thei hiam?

FRIDAY

August 30

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages* laimai 580–609 sungpan “A Doomed People”, “The Temple Cleansed Again” leh “Controversy” sim in.

“Zeisu in tua singkung si ding ci hi. Theikung samsiatna sunga Christ’ vangliatna in, pawlpi khempeuh leh Christian khem peuh ading vauna kha ahi hi. Midangte ading nasepsak lo in Pasion’ thukham nuntakpih theilo hi. Christ’ hehpihna leh angkhual lohna a nuntakpih lo tampitak mah om uhhi. Christian hoih ahi ding aki ngaihsun pawlkhat in Pasion’ nasepna taktakna telmello uhhi. Ngimna tawh laisim in ki lungnuam sak leltak uhhi. Amau pen etkak nading mi in ki ngaihsun uhhi. Amau ading vive kaikhawm in hun zang uhhi. Nuntakna sungah amau mungtup hibang hilel hi. Midangte ading hilo amau ading bekin nasem ta uhhi. Pasion in angkhual lohna leitung ah hong nungta sak hi. Amau huh theihna munpeuh panin a vengte huh ding Pasion’ deihna ahi hi.

“Angkhualna lianlua leh bangmah mu thei nawnlo uhhi. Midang tawh kikhawl nawnlo ta uhhi. Tua bangin amau ading bek a nungta mi in tua theikung bang hi a, amau hihna khempeuh in gah neilo hi. Biakna piapong uh a, kisikna leh upna neilo uhhi. A puatham in Pasion’ thukham zahtak pong uh a, thu mang tuanlo uhhi. Kam tawh a gen sepna in zuilo hi. Theikung tungah Christ thukhenna tungtawn in, a mawkna kineihna lel khawng Zeisu in a muhdan zia hong lak hi. A langtang in mawhna bawlte sangin, Pasion nasem a kineih, gah agah mellote mawhna lianzaw a hihna hong tellah mahmah hi”—Ellen G. White, *The Desire of Ages*, p. 584.

Kikupding Dotnate:

1. Christ in biakinn a siansuahna a deihna ngaihsun in. Tulai eima biakinn tawh koibang in hualkhawm thei ding hiam? Koibang in siansuah thei ding hiam?

2. Lungdamthu sung tawtung ah, Zeisu in Laisiangtho a tangtunna ding ciden hi. Eima upna nuntakpihna sungah koibang in thubulpi hithei ding hiam? Laisiangtho simmawhna tawh, mihingte ngaihsutna tawh Pasion tangthu leh Ama’ nasepzia teng a kigelh maimai hilel e cih ngaihsutna koibang in nial zothei ding hiam?

3. Pawlpi leh Gam a kikhentelna gamgi koiah om hiam? Mark 12:13-17 sunga Zeisu’ hong thuhilhna in koibang in hong makaih hiam?

4. Thawhkikna thu a genna munteng enpha in. Hihthu, adiak in misite omzia in eite’ upna sungah a thulaigil banghang in hithei ding hiam?

Lesson 10*August 31–September 6***HUN NUNUNGTE****SABBATH NITAKLAM**

Tukalsung simding: *Mark 12:41–44; 13:1–32; Dan. 9:24–27; 7:25; 1Thess. 4:13–18.*

Kamngah: “**Tua ciangin Mihing Tapa in vangliatna le minthanna lianpi tawh meii lakah a hong pai amaute in a mu ding uh hi. Tua ciangin amah in a vantungmite sawl ding a, lei kiuli pan lei mong khat pan van mong khat donga om a teelsa mite a kaikhawmsak ding hi.**” (*Mark 13:26, 27*).

Tukal sinna pen, Mark 12 tawpna lama meigongnu khat gamtatna tangthu tomno khat ahi hi. Tukal sinna khenpi teng pen Mark 13 sungpan, Jerusalem biakinn leh a mailam thupiang ding teng leh adangdang kihel ding hi. Hih chapter pen Mate 24 leh Luke 21 tawh tonkhawm uh a, Jerusalem a pukna ding leh leitung a beina ding nangawn om ding hi.

Mark 13 in zong hih genkholna pen a genkhol kamsang Zeisu pan kipan in hun beina Ama’ hong paikik dong hiding cihi. Hihteng pen “*hun nunung ading genkholna teng a lethkhatna*” hi a, pawlkhat in, tuate khawng a beisa hi aci tawh mailam ading hi aci tawh om ziazua hi.

Mark sunga Zeisu’ thuhilhna mahbang in, Topa’ thuhilhna in a nungzuite’ telkhialhna khat a hilhcianna ahi hi. Hih dotna leh telkhialhna tengin, Zeisu ading in

Christian nuntakna sungah a kisam thumaan thutak hilhtheih na’ng hunlem khat ngahsak hi. Zeisu in mailamthu a genkhol bek hilo, hong pai ding haksatna ading kigin khol theihna ding hilhcian thei pah hi.

SUNDAY*September 1***Sumpi Sungah Sumnen Tangnih**

Mark 12:41–44 sim in. Meigongnu in bangzah pia a, Zeisu in bang gen hiam?

.....

Jerusalem biakinn pen hoih khialua mahmah hi. Biakinn zong khuapi tungsia ah sangto venvan a, a suangtumte pawlkhat bang ton zaval bang gikuh a, tuhun dongmah in lamdang kisa thei mahmah hi. Biakinn a kithak lam ding pen Herod kumpipa hun BC 20 lai hi a, a kizawhsiang nading in AD 60 ciangdong sawtto hi.

Biakinn huangsung tengah sumpi bung 13 bang aki koih sak hi a, mi tampi in sumpi tampi hong paipih uhhi. Zeisu in munkhat ah tu in a omlaitak in meigongnu khat hong pai in, sumtang nih hong khia hi. Tua sumtang tegel pen **denarius** khat khen 32 suah khen khat bang phabek a, nitha kuante’ nikhat thaman zah hibek hi. Meigongnu sumpi taktak pen tawm khialua lel hi.

Bangpeuh ahi zongin Zeisu in tuanu’ sumpi lunglut lua hi. Mihau tampi te in sum tampipi hong paipih venvan uh hitaleh, tua mite sumpi khatna vai bangmah genna neilo lel hi. Meigongnu sumpi pakta mahmah sese hi. Mi khempeuh sangin tam khia zaw cihi. A hithei diam? Tua mihaute in a neihsa tampite lakpan in hong khenpiak uh

hi a, tuanu ahihleh a neihloh kawmkal ah a neihsun apiak ahi hi. Mihaute in innah tampi siitlai uh a: meigongnu in a neih khempeuh apiak ahi hi. Tua nu piakkhiat sumpi in tawm nocik hi tamahleh, a thu in thu lianpi suak hi.

Hih tangthu in neihsa kepcinna ding pilna thuk mahmah hong pia hi. Pasion ading piak khiatna peuhmah, makaite' kipsak zong akul hituanlo hi. *Biakinn ah biakna makaite in tatsia lua mahmah hi taseleh, Zeisu in sumpi pia kei un zong cituanlo hi.* Biakna makaite *Caiaphas leh Annas* bangin a tatsia ompial mahleh tua hun lai a makaite in sia phadeuh cih Zeisu in zong thei gige lel hi.

Makaite in sumlehpai peuhmah Pasion' deihna tawh kituak in zangthei himah tase leh, a zat kei zenzen a leh zong, Pasion ading a piakhia mite peuhmah, tua meigongnu' piakna mahbang in amau piakkhiatna ah thupha om mahmah hi.

Makaite in a deihhuai lo na khatpeuh hong bawl manin, sawm a khat leh sumpi peuhmah piaklohna pen, Pasion tungah lungdamna tawh piak ding sangsik in, mihing' gamtatna tungah a kinga piakkhiatna hong suak hi. Tuabang in hihding hong kizol khak leh khialhna hi.

Hih tangthu in, Topa' nasepna dingin cihtakna tawh i piakkhiatte tawh kisai bang hong hilh naci hiam?

MONDAY

September 2

Suang khatleh adang khat Kithuaplo

Mark 13:1-13 sim in. Nungzuite in biakinn thu Zeisu genna koi bangin dawngkik a, Zeisu' dawnkikna ah bang thupipen hiam?

.....

Theihsa mahbang in biakinn kilamdan pen hoih lamdang hi. Jews tangthupu **Josephus** in, khanglam panin a kibawl inn mailaam lianpi khatbek pen, khuam 162 tak tawh kilam a, khuamkhat ciangin, pasal thum khut kizom in kawikhop in gol hi (*Antiquities*, 15.11.5 §§413-414). Zeisu in tuateng khem peuh *kilawnthal ding* cih. Hihbang in a lamdang mahmah innpi thu genkholna aza mite ading leitung bei mah bangding hi.

“Biakinn hoihna tengin Christ' lungsim hong la mahmah a, tua mite' Nialnampa phun mualmual in bangteng peuh a gengen tammau! Biakinn bel hoih mahmah takpi hi napi, dahmai tawh, mukhin mah veng e cih. Biakinn lamdan tumdang mahmah hiven. A ummna kawm teng bang suksiat zawh hise ding hiam; ahihhang Keima' thu ngai un: ‘Hih innte lamna akiciang suangte nihbek nangawn a kithuap a omnawnloh dongin a kilawththal gawp hun hong tung ding hi’ cih” —Ellen G. White, *The Desire of Ages*, p. 627.

Nungzuite in tua genkhol thute khempeuh hongtun hun ding theinuam uhi. Mark 13:4 sungah Peter, James, John leh Andrew te in a hun ding dong uhi. Tua thute cikciang in piang ding a, koi munteng hiding cih dong uhi.

Mark 13:5-13 sungah, Zeisu in, Jerusalem kisiat ding thu tawh hun tampi beisak selo zaw a, nungzuite in amau nasepna tungtawn in Christian pawlpi masa a phuhzawh theihna ding hanthawn hi. Nop omlel khawng tawh baihziau tuak hetlo hi.

Bawlsiatna thuak in, zumkong mangkong tungin thahna zong thuak ding uhi. Tuateng tawh hun bei nailo ding Zeisu in cih. Buaina tampitak in mawhzol ding uhi. Ahihhang, innkuanpih tanaute nangawn in a pampaih uh

ciangin, a hunhun in Khasiangtho in, amau paukhiat ding kammal pia ding hi.

Pasian' mite in koikoi ah om taleh lauhuaina te kihtak ding hi hetlo cih Zeisu in genkhol khin hi. Amaute pilvang teitang peuhleh, haksat gimna sungah, Pasian' Khasiangtho in zawhpih ding hi.

Zeisu' nung nazuih manin bang haksatna peuh na tuakkha ngei khin hiam? Bangmah tuahkhak naneih keimawk leh, Zeisu' nung a zui takpi mah nahi hiam cih kisittel akul diam?

TUESDAY

September 3

A Lipkhaphuai Zehphitna

Mark 13:14–18 simin. “A Lipkhaphuai Zehphitna” tungtang Zeisu in koibang in lam hong honsak hiam?

.....

Mark 13:14 sungah Zeisu in Jerusalem kisiat ding bulphuh hi. “A Lipkhaphuai Zehphitna” minvawh hi. Hih kammalte tawh Zeisu in nungzuite tungah Daniel laibu kawh hi. Hih kammal in Daniel 9:27; 12:11 leh a kibat pih 8:13 sungah om hi.

Daniel 9:26, 27 sim in. “Sathau Kinilhpa” kua hi a, “hongpai ding galkap mangpa” kua hiam?

.....

Daniel 9:26 sunga “Sathau kinilhpa” pen Hebrew pau in **masiahò** hi a, mikang pau in **Messiah** ahi hi. Dan. 9:24-

27 sung deihtak sim leng, sathau kinilhpa cihpen Zeisu Christ hongpai ding a cihnopna ahi hi.

Hitaleh, Jerusalem Zehphitna dingin “*hongpai ding galkap mangpa*” in kua hiding hiam? Tua khuapi pen Rome galkap mangpa **Titus** in susia hi. Tua hi a, Dan. 9:26, 27 sunga “*hongpai ding galkap mangpa*” pen amah hihtuak pen hi. **Messiah** zong pen Jerusalem kisiatna sungah min kilo ahih manin tua tegel un kizopna khat nei cihna ahi hi.

Daniel' kammal zangin Zeisu in “a lipkhaphuai zehphitna” acih in bangthu a gen nuam hiam? Laisiangtho siam tampi in tua lipkhaphuai cihpen BC zalom nihlai in **Antiochus Epiphanes** in biakinn a suksiat sakna hiding cih um uhhi. Tuabel piang theilo hi. Zeisu in tua “a lipkhaphuai zehphitna” pen Ama' hun khit nung hiding ci ahih manin, Ama' pianma zalom nih laipek khawng hithei lo hi.

Tua sangin, tua a lipkhaphuai thupen, AD 60 kiim pawl in, dawibia Rome te in Jerusalem azawh lai in, Rome dawibiakna pen Israel biakna a suahtakna uhtawh kinai zaw hi. Tuathu hangmah in Christian ta in galtai hong kul a, zong taipah uhhi.

WEDNESDAY

September 4

Haksatna Lianpi

Mark 13:19 simin. Hihmun in bang kawh hiam?

.....

Mark 13:14 sunga a lipkhaphuai zehphitna pen chapter 13 buppi in a bulphuh a thupit sak pen mun ahi hi (*Tuesday sinna enkik*). Mark 13:19 in zong hun kikhenna

ahi hi. Leitung aki piansak khit haksatna khatpeuh tawh a kibang hetlo haksatna lianpi hiding hi. Jerusalem a kisiat lai in bawlsiatna tetawh a kibanglo cikmah in a piang ngeilo bawlsiatna lian om ding hi. Mark 13:19 in zong, mailam mah ci a, Zeisu hun khith zawh ciang mah kawh hi.

Mark 13:14 in Daniel 9 a thawnkik hi a, Mark 13:19-23 sungteng a haksatna lianpi pen in Daniel 7 leh 8 sunga genkholna teng, kii-neu in Pasian' mite "*hunkhat, hunnih leh hunlang sung*" (Dan. 7:25) bawlsia ding acih tengmah hipah hi. Hih genkholna hun in ni 1,260 hi a, kum 1,260 hipah hi (Gam. 14:34; Ezek. 4:6). Hih hun pen **AD 538** pan kipan **AD 1798** kum dong huam hi. AD 1798 kumin, **Napoleon** in a galkap mangpa **Berthier** in pope mansak hi. Hih kum 1,260 sung teng in, kiineu in aana nei ahih manin, amau' pawlpi ki-ukna a manglo peuhmah bawlsiat theihna leh thahlup theihna vang nei cih.

Mark 13:20–23 simin. Hih bawlsiatna hunsung ah, Pasian in Amite bang lam-etna pia a, hong tun kuan ciangin bang vauna hong pia hiam?

.....

Mark 13:20 in zong bawlsiatna hun pen Pasian' mite a dingin kitomsak ding cih. Pawlpi kipuahphatna a om khith ciangin bawlsiatna kiam zawdeuh hi cihpen tangthu sungah kiciamteh a, lungkham hun kitomsak hi. Kiineu' vangliatna a kiamsuk kawmin, kipuahphatna sungah mi hong tam semsem hi. Ahihhang kiineu' vangliatna khatvei hong khangkik cih Mangmuhna 13 in genkhol khin hi.

Mark 13:21-23 sungah, lauhuaina adang khat, zuau kamsangte leh christ zuaute tungtawn in Ama' hong

paikikma in om ding Zeisu in cih. Zeisu in a nungzuite kidawm kikem ding cih.

Zeisu in christ-zuau hong hilhkhoh khin a, zong tangtung takpi hi. Tua genkholna te in Pasian' Thu i upna koibang in khangsak thei hiam?

THURSDAY

September 5

Mihing' Tapa Hongpai ding

Mark 13:24–32 sim in. Hiteng ah alian thupiang bang om hiam?

Minthanna tawh Zeisu Christ hongpai ding lobuang, ni, kha, aksi te in limtawh laklo uhhi. Laisiangthothak in hong tung ding thute genkholna tawh kidim phitphet hi. Sawltak Paul bangin 1Thess. 4:13-18 sungah a kicing dildel in pulak a, Christ sungah a ihmu sate nangawn thokik ding uh a, a nungta lai misiangtho tetawh vanlai ah Christ dawnto ding cih hi. 1Corinth 15 sungah zong sawltakpa in Christ hong paikik ni ciangin misite' thawhkikna ding kicing takin gensuk dildel hi.

Peter in zong tua nilian' thu 2Peter 3:3-13 sungah pulak a, Pasian in Ama' kamciam sate ziakai saklo in mi khempeuh kisik ding hong deihsak hi. Mangmuhna in zong Christ hongpai kik ding thu veiina taktak tawh hong pulak hi (Mang. 1:7; 6:12-17; 14:14-20 leh 19:11-21 enin). Laisiangthothak in Christ hongpai ding pen a mimahmah mitmuh bilzak in hongpai ding cih. Mimal kimin Amah mu ding uhhi.

Zeisu in "*hih khang, tua ni, tua hun*" a cihpen bang a cihnopna hiam? Zeisu in hih kammalte a paukhiat lai a

mite a sihna sawtta ahih manin, mi tampi lungsim buaisak hi.

Hihthu hilhcianna nam tampitak mah om hi. Pawlkhat in “*hih khang*” a cihpen, minam khat cihna hi a, Jew mite hiding ci uhhi. Tuabang hileh, Christ hongpai masiah Jew minam kisia lo ding hi. Minam a cih ciangin, Christ hong paima in a piang limte khempeuh amu a thei a sinailo teng hiding ci hi.

A baihzaw gentelna khat pen, Mark 13:30 sungah Zeisu in “**hih**” kammal pen “**hih khang**” cihbang in zang a, Mark 13:32 sunga “**tua**” cih kammal penin “**tua ni leh tua hun**” ahi hi. Mark 13 sungah “hih” cihpen (***houtos, hautç, touto***) hi a, 1-13 sungah Jerusalem kisiatna ding tawh kisai in kitamzat phadiak hi. Chapter 13 a tawpna lamteng omzia hi phadiak hi.

“**Hih khang**” cihpen, Mark 13:30 sunga Jerusalem a kisuksiat mittang tawh amu, zalom masa lai a mite hihtuak pen hi. Ahihhang, Mark 13:32 in Christ nihveina hong paiding a gen pen, zalom masa tawh a kigamla mahmah mailamthu hilailai hi. Tua hi a, Mark 13:32 in “**hih**” kammal a zat ciangin, zalom masa tawh a kigamla mahmah tetungah zang hi.

FRIDAY

September 6

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages*, laimai 627–636 sungpan “On the Mount of Olives” simin.

“*Leitung thupiang tampi takin hong buaisak mahmah hi. Mihingte in tua thupiangte hangin patau thei mahmah uhhi.*”

Ei Seventh-day Adventist te in, hih thupiangte a sung thu kantel zaw in, Zeisu in hong paikik ding kamciam sungah lam-etna teng midang te theisak ding hihang.”

“*Ama’ hong paikik ding hun thei cianlo ihih manin, vil ding hong sawl hi. ‘A Topa hong ciah ciangin a kigingsa in amah ngakin a omuh amuh nasepte pen mi hampaha mahmah ahi uhhi’ Luke 12:37. Topa hong paiding a vil mite in thadah om mawk lo in, mawhna tungah Ama’ thu khenna lausak ding hi. Topa in hehpihna hong neihden pen nial tentanna in mawhna lianpi ahi hi. Topa hongpai ding a vil mite in Ama’ thumaan zuihna tawh amau’ kha siansuah ding uhhi.*”

*Piltak navak takin vil gige kawmin nasepte uhhi. Topa in kongkhak hong tungta cih thei uh ahih manun, kha hotkhiatna sungah Pasian tawh nasepte khawm dingin lawp mahmah uhhi. Hih mite in apil leh a citak nasepte hi uh a, Topa’ inn sungah, ‘a hun manman in amau nekzah ding ciat apia hi’ (Luke 12:42) a cihthe a hi uhhi. Amau tengin tuhun a ding thumaan hong tangko uhhi. Enoch, Noah, Abraham leh Moses cihthe in amau’ hun ciat a dingin thumaan thutak tangko uhhi. Tuamah bangin, Christ’ nasepte in zong amau’ hun sunga vauna tuam khat apia hi?”—Ellen G. White, *The Desire of Ages*, p. 634.*

Kikupding Dotnate:

- 1. Topa’ nasepte ah piak ding na khat om hi. Biakpiakna ah piak ding a dangkhat omlai hi. Koibangin kilamdang a, tua kilamdanna in koibang in thupi hiam?**
- 2. Tanglai zalom tampi sung ahi a, tuhun mahmah in Pasian in banghang in bawlsiatna khaktan lo hiam?**

3. Hih leitung mah ah Christ hong paikik ding bang lim peuh om hiam? Zeisu hong naina bang thu in na lungsim hong zo-pen hiam?

4. Christ hong paikik ni dong misite ihmutna thu leh misite dinmun ngaihsun in. Sihna sungah mite'n mitsi suk uh hi a; a theihkik masak pen ding uh in bang hi ding hiam?

Lesson 11

September 7–13

MATNA LEH THUSITNA

SABBATH NITAKLAM

Tukalsung Simding: *Mark 14; John 12:4–6; Rom. 8:28; Pai. 24:8; Jer. 31:31–34; Zech. 13:7.*

Kamngah: “Amah in, ‘Abba, Pa aw, nang aa dingin na khempeuh piang thei ahih manin hih hai tawh hong kipelhsak in. Ahi zongin kei deihna bang hi loin nangma deihna bang hi zaw taken,’ a ci hi.” (*Mark 14:36*).

Mark 14-16 sungteng ah Zeisu’ thuaksiatna, sihna, leh a thawhkikna tangthu om ahih manin “*thuaksiatna tangthu*” kici hi. Sinna 9 sungah omsa mahbang in, Mark laibu tawpna chapter guk tengpen nipi-kaal khat sunga thupiang ahi hi. 14 pan 16 sungteng ahiehleh “*Thuaksiatna Kaal*” Thursday leh Friday ninih sunga thupiang teng ahi hi. Zeisu’ sihna pen Friday ni hi a, a thawhkikna pen Sunday ni ahi hi.

Tukal sinna pen Mark 14 kibalpuh hi a, tangthu kithuap ngana, Zeisu tawh a kizom, aki-lehbulh gamtatna namnih tangthu ahi hi. A nunung nitak-an tawh zong kizom pah a, Gethsemane thuakna tawh zong kizom lai hi. Tualai ah Amah kiman in makaite in thu sit uhhi. Tua thu kisitna pen Peter’ nialna tawh kizomto pah a, tua pen Mark sungah a nunungpen tangthu kithuap ahi hi. A kilehngat gamtatna nih mah omkik a, deihna lamah pai khollo napi tua thumaan mah kipsak uhhi.

Hih tangthu sungah, a kibanglo tangthu nih tonkhawm uhhi. Mark in thu khauhsak pian in, tua tangthu tegel ki suktuahna tawh Zeisu' galzawhna pulak hi.

SUNDAY

September 8

Mangngilh Theiloh Tangthu

Mark 14:1-11 sim in. Hiteng ah bang tangthu nih tonkhawm a, khatleh khat koibang in kidem uh hiam?

.....

Mark 14:1 in Paisan pawitun ding ninih samlai cihi. Hih a kimuh khopna uh pen Tuesday nitak ahih keileh Wednesday nitak hiding hi. Biakna makaite in zong ngiimna khat leh hunciam nei uhhi. Amau mungtup a picinna ding thu phamawh khat om hi. Tua zong lam-et hetloh munpan hong pai ding hi.

Hih tangthu in Mark sunga akithuap tangthu ngana hi (*sinna 3 enin*). Zeisu a thaangsihna tangthu leh, Zeisu paknamtui a nilh numei nu' tangthu tegel kizom hi. Gamtatna namnih in a kilehngat in nasem a, aleh amak in gamta hi.

Mark in tua numei nu kua hiam cih pulaklo hi. Tuanu in Zeisu tungah a lamdang mahmah silpiak apiak pen leh, Judas in phengphi takin a Topa a lehhekna tegel a kilehngat in om hi. Tuanu' min kidawk lo: tuapa nungzui sawmlehnih lakah khat hi. Tuanu' silpiak manphatna in tangthu: tuapa mansaan sum in kamciam sum hibek hi.

Tuanu in a tua cihna hangthu bangmah kigen lo ahihhang, nitak annekna a hongpai mi tampitak in,

kumkhat thaman zahin a mantam paknamtui pen Zeisu' khe tungah ki buaksuk leltak ci in lamdang sa ngeingai uhhi. Zeisu in ahihle, tuanu a galdal sakna in, hihnu hihteng pen leitung om laiteng amah phawkna a hiding in lungdamthu sungah kiciamteh ding cihi. Ki mangngilh theilo hi. Zeisu' kammal dungzui mahbang phial in Lungdamthu buli tengmah in, hih tangthu ciamteh uhhi.

Judas' lehhekna zong ki mangngilh theilo lai hi. Mark inbel amah duhhop lua cihi. John lungdamthu in a kitelcian sakzaw lai hi (*John 12:4-6*).

Mark in "**hoih**" cih kammal pen, hih tangthu tegel sungah a kilehngat gamtatna, ngiimna namnih a dingin nazang hi. Numeinu' gamtatna pen Zeisu in Mark 14:6 sungah "*hoih*" cihsak hi. Mizawngte ading a "*hoih*" (*Mark 14:7*) nabawl thei tawntung ding hi ci a, Mark 14:9 sungah zong "*Lungdamthu*" sungah mapang hiteh cilai hi

Mark 14:11 sungah, Judas in zong Zeisu lehhekna ding "**hun hoih**" mah nazong hi. Hih kammal leuleu in Messiah pen mihing te'n a suksiat theihna ding hunhoih a zonna hi a, lungdamthu sung mahah munkhat panmah in mapang a, mihing hotkhiatna dingin Pasian in a Tapa hong piak khiatna in gahpha gahsak thei ta hi.

Hiteng ah thupieng ding tengpen Roman 8:28 in koibang in hong telcian sakthei naci hiam?

MONDAY

September 9

A Nunung Nitak An

Mark 14:22-31 leh Pai. 24:8 sim in. Hih munte ah Christian' upna sungah thu kician bang om hiam?

.....

Mark 14:12 sungah, Paisan tuuno emni, silngo sawhloh khomun nek masakpen ni pulak hi. Thursday nitak in tua an kine hi.

A nunungpen nitak annekna ah Zeisu in phawkna thak khat bawl hi. Tua pen Jew mite Paisan-pawi pan in hong piang hi a, Israel mite Egypt nusia in, Sinai a Pasion tawh thuciamna khat a bawl na pan ahi hi. Tua thuciamna (*Pai. 24:8*) sungah, Moses in biakpiakna ganno' sisan pen mipi tungah theh in "*Hih thute khempeuh tawh kizui in Topa in note tawh a bawlsa thuciamna sisan en un*" cih.

Zeisu in a thakpat sak Topa' nitak-an a neklai un, paisan tuuno' sa kibawl selo hi. A hang- thu pen Zeisu mahmah in Pasion' Tuuno ahi hi (*John 1:29 tawh saikak*). Topa' nitak an-nekna sunga khomun in Ama' pumpi limpua hi. Thuciamna Thak (*Jer. 31:31-34*) pen Zeisu' sisan in kipsak a, lengtui hai in tua lim apua hi. Amah in "*Hihpen mitampi ading in a luang, thuciamna thak a kipsak Keima' sisan ahi hi*" (*Mark 14:24*) cih.

Tuateng khempeuh kawmkal ah, Zeisu in, Ama' nungzui tengin nusia ding ci talailai hi. Zechariah 13:7 sunga, namsau in tuucingpa satin tuute kitheh thaang acihpen bulphuh in a gen ahi hi. Zeisu tuucingpa hi a nungzuite tuute ahi uhi. Tuapen a lungkiathuai thukhauh ahi hi. Hitaleh Zeisu in lam-etna kammal tawh zomto in, Ama' thawhkik ding genkhol hi. Nungzuite' maiah Amah Galilee ah paikhoh ding cihzong genzom lai hi. Tuathu a genkholpa pen bel Mark 16:7 sunga Zeisu' han a om tangvalpa hihtuak pen hi.

Ahihang nungzuite in sanhak sa uh a, a diakin, Peter inbel, mikhempeuh in hong nutsiat hang, ke'n hong nusia kei ning aci hi. Bangbang aci uh zongin Peter in aklui nihvei a khuanma in thumvei Amah nial ding cikhol hi. Tua genkholna in, Zeisu aki thusitna leh Peter' nialna teng hi a, tu mahmah in zong tua mahbang hiding hi.

Pasion tungah hi ding hihloh ding cikhawng kamciam napiak samsam napi, na tangtut loh ciang khawngin bang naphawk hiam?

TUESDAY
Gethsemane

September 10

Mark 14:32-42 sim in. Gethsemane ah Zeisu in bang thu ngen a, koi bangin kidawng hiam?

.....

Paisan an anak khituh ciangun Jerusalem huangpua ah paikhia uh a, Zeisu leh a nungzuite in Kidron zaanguam kantan in Olive mualpang a om huan sungah om uhi. Gethsemane khatna in *sathau gawi* cihna hi a, tua kuam tengah sathau kigawi hihtuak hi. Rome te in AD 70 kum in Jerusalem alak lai in Olive kung khempeuh phuksiang ahih manun, amun santak linlian kitheilo hi.

Zeisu huansung a lut ciangin, a nungzuite dangte nusia in Peter, James leh John tawh a gamla deuhna ah paisuak uhi. A gamla deuh munah hih thum teng zong nusia kik in, Amah guak a gamla zawdeuh khat mahah paisuak lai hi. Hih mun kigamlatna in Zeisu pen Amah guak omsak a, Ama' thuk ding teng kiging kholsak thei hi.

Zeisu in A dawn ding hai a hepsak ding thungen ahihhang Pasion' deihna ahihlehi cihhi (*Mark 14:36*). Aramaic pau **“Abba, Pa aw”** cihhi. *“Daddy”* cihtawh kibang lo hi. Tualai naupangte in pa a cihna uhen **abi** hibek hi (Raymond E. Brown, *The Death of the Messiah*, Anchor Bible Reference Library [New York: Doubleday, 1994], vol. 1, pp. 172, 173). Ahita zongin, **Abba, Pa**, cihpen in innkuan kinaihna khat mah hi a, neuseh ding zong hi tuanlo hi.

Zeisu thungetna ahihlehi hai hemkhia ding ciangbek hi a, Pasion' deihsang aapzaw hi (*Mate 6:10 Topa' thungetna enkak*). Hih Zeisu' thuaksiatna tangthu sung tawntung ah a thungetna khem-peuh pen Pasion in **“No”** ci paisuak sinsen hi. *Tua hai pen, leitung mawhna khempeuh pan tatkhiaht na ding hi a, manpha lua mahmah ahih manin hepkhiaht saklo ding hi.*

Haksatna natuah ciangin, hong panpih pawl neileng tha hong dimsak hi. Philippian 4:13 sungah, Paul in hong thahatsak Khatpa hangin nakhempeuh bawlthei cihhi. Mi tampi in mangngilh uh Philippian 4:14 sungah **“Ahizongin”** cih ahi hi. *“Ahizongin, ka lungkham laitak in na hong huh manun hoih mahmah h̄”* cihhi. Tua kammal pen Gethsemane ah Zeisu' deihna ahi hi. A nungzuite thapiak ding thumvei sitset ngen hi. A thumvei mahun amaute ihmu uhhi. A tawpna ah, amaute phong in, Ama' gimna thuakna ding munah tonpih hi. Amah ready khin napi amaute ready lo uhhi.

WEDNESDAY
Zeisu Taisan Uh

September 11

Mark 14:43–52 sim in. Hotkhiaht ngiimna sungah a phamawh bangthu piang hiam?

.....

Zeisu tawh a ki naipen lawmpa in galte khut sungah Amah lehhek tamai hi. Lungdamthu in, Judas' gamtatna tampi pulak sak mello lel hi. Ahihhang EGWhite inbel: *“Judas in a pianpih sum itna lungsim nei limlim ahihhang; tuabang in zong gamta denkeei pah samlo hi cihhi. Amah in sum hauhnop luatna lungsim pen ama' nuntakzia suaksak hi. A sum itna pen Christ a itna tawh ki kimsak hiau hi. Khatvei linlian tatsiatna tawh Satan kiangah ki-aap in, mawhna lianpi khat sung tungsuk h̄”*—Ellen G. White, *The Desire of Ages*, p. 716.

Lehhekna hangin mikhempeuh bek thamlo, lehhek ding a vaihawmpih mite nangawn in lipkhap uhhi (*Mate 27:3–7enkak*). Judas' gamtatna ahihlehi, lawmbawlina tawh lehhek ahih manin siathuai phadiak hi. Keima' nap mipa pen namat dinguh mipa hi cihiau hi. Judas in ama' zuauphuak teng Zeisu leh nungzui dang te'n a theihlohna dingin seelsawm hihtuak hi.

Mipi in Zeisu a matphet leh buai niainuai gawp uhhi. Khatpa in a namsau dok in (*John 18:10, 11 in Peter cihhi*), siampi lianpa' sawltakpa' bil vattan hi. Zeisu in mipi tungah, suntang in biakinnpi sungkhawng ah ka thuhilh laitak khawngin nahih ngamloh uh teng a simtham in nonghih uhhi ci in tailai hi. Ahita zongin Zeisu in laisiangtho a tunna ding ci in thukhup hi. Hih thuaksiatna sungah thu simgeelna namnih tonkhawm hi – Pasion' geelna tangtun nading leh Messiah suksiatna ding mihing' geelna ahi uhhi.

Peter a kipan nungzui tengin taisan uh a, Peter ahihlehi a gamla khollo khat panin simzuih in buaina

tuakkha zawsop hi. Mark 14:52 in zong Zeisu' nung a zuisim tangvalno khat gen a, lung damthu mundang peuhmah ah omlo hi. Pawlkhat in tuapa pen Mark amah mah hiding in um uh a, kician taklo hi. A ciapteh huai thu khat ah tangguak in tai genggang hi. Tua tangvalpa in Zeisu' nung a "**zuih**" ding sangin, avekpi in Zeisu "**taisan**" zaw hi.

Judas in na khat bek tawh sila a suak ngeungau a lauhuai zia ngaihsun dih un. Mawhna muhdahna leh Pasian' hehpihna tawh zawhna bang hong hilh hiam?

THURSDAY
Nang Kua na Hiam?

September 12

Mark 14:60-72 sim in. Peter' gamtatna tawh a kilehngat in, tua thupiang te Zeisu in a dawhna tawh tehkak in. Tua kibatlohna pan bang pilna i ngah thei diam?

.....

Mark 14:53-59 sungah Zeisu pen **Sanhedrin** mai ah thusitna masa ding in hong paipih uhhi. Tuapen Zeisu' mai a khakna ahi hi. Biakna makaite in Zeisu ngiimna tupna a langdo kinken uh ahi hi. Lungdamthu gelhpa in amau' teci panna peuhmah diklo den ahih manin kisaansak mello hi cih.

A nunungpen in siampilian in Zeisu thu dong ngiat hi. Acil lamin Zeisu in dawnglo hi. Siampilian in bel Pasian' maiah kiciamsak a (*Mate 26:63*), Messiah nahi hiam ci in tangdot hi. Zeisu in zong himah ing cipah set a, Daniel

7:13, 14 siksian in, Mihing' Tapa in Pasian' taklam ah tu in van' meii tawh hong tuaksuk ding hi cih. Tuapen siampilian ading in khengvallua ahih manin, ama' puantual balkeek in, Zeisu sihna ding council mai mahah thu pia hi. Makaite in Zeisu' cilphih uh a, a maitang khuhsa in sat uh in, kua in hong sat hiam ci in dong uhhi.

Zum sungah Zeisu ki sittel in thumaan teci apan laitak in, Peter in zong a pualam ah zuau teci pang hi. Hihpen Mark sungah a kithuap tangthu gukna leh a nunungpen hi a, tuasung ah thu kilumlet teng ki pulak phadiak hi. Hiteng ah gamtatna kiton nih om a, Zeisu leh Peter, a kilehngat in gamta uhhi. Zeisu in thumaan teci pang a, Peter in zuau gen hi. Peter pen agei a om mite in thumvei sitset va hopih uh in, Zeisu tawh kipawl hiteh acih uh ciangun, samsia tomlo liang hi.

Aklui nihvei a khuan lianleh, Peter in thakhat in Zeisu' genkholsa, tua zan mahmah in a Topa thumvei nial ding acihpen phawkkik vat hi. Lungsim kitam in kapta hi. Hiteng ah a kilehbulh thu, - Zeisu thu kisitna a tawpna ah, Zeisu' maitang khuhsak in sat uh a, kua in hong sat hiam "*gen*" in ci uhhi. Kua'n sat cih muthei lo ahih manin a simmawh bawlna uh ahi hi. Tuabang in a hih laitak takmah in Peter in zumhuang sung mahah Zeisu' genkhoh mahbang in nial vanvan hi. Zeisu a nialna tawh, Peter in Zeisu pen Messiah hi cih.

Zeisu' nung zuinum nabi in a guallel denkeei khat, bang lam-etna kammal tawh na hanthawn thei ding hiam? Zeisu' deihna thei gige nabi a zui theilo kuapeuh ki omkha hiam?

FRIDAY

September 13

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages*, laimai 698–722 sunga “*Before Annas and the Court of Caiaphas*” leh “*Judas*” sim in.

“*Tuabang simmawhna kammal Peter’ mukpan hong luang a, aklui khuang zong kiza lian a, Honpa in thukhenpa’ maitang lam panin a thanem nungzuipa lam honghei in hoihtak in hong en hi. Tua laitak mahin Peter’ mittang zong a Topa lam in huup hi. Tuabang in a nunnem maitang a muh ciangin, hehpihna leh khasiatna bek om a, hehna them zong om vetlo hi.*

“*Maizumna tawh a maidaang, a muk aliing tauhtauh mipa in, a lungsim thaltang in vutvang bangin nasa in mawhmaina deihlua hi. A lungsim hong khanglo in khua hong phawkkik hi. A sawt nailo laimah in a Topa thongsung leh sihna dongah zui ning acih teng phawkkikta hi. Inntung dawl ah a omlai un, a Topa in tuzan mahmah in thumvei nong nial ding hi acihpen phawkkik in lunggim mahmah hi. Peter in Zeisu theingei ke’ng a cikhhit lianin, a Topa in amah theitellua mahmah, a Topa in ama’ lungsim mutel sitset in, khialhna peuhmah ama’ lampan bek hiden keei ahihnam, lunggim taktak in a phawk hi*”—Ellen G. White, *The Desire of Ages*, pp. 712, 713.

Kikupding Dotnate:

1. Mark 14:9 sunga Zeisu genkholna teng simna tawh, Zeisu’ genkhol a dangte i muthei hiam — a hihtuak hetlo a hunzui in a piang ding leh a tangtung taktak genkholna te e naphawk kha hiam?

2. Judas leh Peter enkak un. A kibatna leh a kilamdanna, koibang in gamta kampau uh hiam?

3. Topa’ Nitak-an in bang khatna nei hiam? Pawlpi sungah khatna neitak in koibang in bawlthei ding ihi hiam?

4. Gethsemane ah Zeisu’ thungetna Pasion in “No” acih ngeuna kikum un. Pasion in eima thungetna “No” hong cihleh zong bang a cihnopna ahi diam?

5. Peter in Zeisu a nialna tawh guallel phial hitaleh, Zeisu in pampaih hetlo hi. Hihthu panin bang lam-etna inei thei ding hiam?

Lesson 12

September 14–20

KISITTEL IN KIKHAI**SABBATH NITAKLAM**

Tukalsung simding: *Mark 15; Luke 13:1; Late 22:18; John 20:24–29; John 1:1–3; Dan. 9:24–27.*

Kamngah: “Nitak nai thum laitakin Zeisu in, ‘Eloi, Eloi, lama sabachthani?’ ci in nakpi in a kiko hi. A khatna in, Ka Pasian, ka Pasian aw, banghang in hong nusia na hi hiam? a cihna ahi hi.” (*Mark 15:34*).

Mark 15 pen thuaksiatna bulpi ahi hi. Zeisu haksatna thusitna, a siatsakna, a zahkona, a kikhaina, a sihna leh a kiphumna cihte om hi. Hih chapter sung thupiang peuhmah khauhpai in lung hong nuamsak a, laikungpu laigelhdan pen a kihel peuhpeuh in amau munciat ah pausak hi.

Hih chapter sung tawntung ah, thu lehgenna vive ultung sak hi. Tuabang in lehgenna tawh bang gen nuam hiam cih zong kithei sak hi.

Lehgenna sungah thu namthum om hi: **(1)** *khatna namnih* **(2)** *tua khatna namnih te in a kilehngat vive hi a* **(3)** *tuabang in thu a lehgen a lehpau mite in amau kampau gamtatna sulzui bang teng hiding cihzong theise mello uhhi.*

Tukalsung in Pilate dotna “**Jew mite kumpi nahi hiam?**” a cihpen panin, singlamteh tungah a zahko a simmawh galkapte leh biakna makaite, “*midangte honkhia*

hi; Amah kihonkhia zolo” cihna te kipan, lam-et lohpi in Arimathea khuami Joseph hong kidawkna leh adang lehtatna thuaksiatna, Zeisu’ sihna in bang khatna nei cihte om ding hi.

SUNDAY

September 15

“Jew Mite Kumpi Nahi Hiam?”

Mark 15:1–15 sim in. Hiteng ah thu kilehngat koibang om hiam?

.....

Pontius Pilate pen AD 26-36 sung Judea gam mangpipa ahi hi. Amah migi vetlo ahihman in ama’ gamkee sung gammite in nuamsa hetlo uhhi (*Luke 13:1 enkak in*). Jew mite in Zeisu a thubawlna sungah min daisakna hangin sihna ahi hi. Ahih hangin Rome ukna sungah Jew mite in mi khatpeuh mawk thah theilo uh ahih manun, sihdaan ngahna dingin Pilate kiangah Zeisu hong paipih uhhi.

Pilate maiah a mawhsakna uh kipulak lo ahihhang, Pilate in “*Jew mite kumpi nahi hiam?*” (*Mark 15:2*) cih a dotna mah hihtuak pen hi. Laisiangtholui hunlai in, Israel in ama’ kumpite sathau nilh ahih manin, **Messiah** i cihcih zong (*Sathau kinilh Pa*) mah hi a, ki kumpi sakna tawh emperor pa khawng demna cihtawh mawhsak ahihlam telhak selo lel hi. Tua hi a, Sanhedrin maiah a mawh-paihna uh zong min daisakna, gamkee ukpa maiah zong kumpi langdona kampau hi a, sihna a tun thei thute vive ahi uhhi.

A thu kilehngat pen Zeisu in Messiah lah hi Jew mite kumpipa lah ahi hi. Pasian’ min daisakna leh ukna

langdona teng kitelkhial hi; Amah in zahtakna biakna ngah ding hizaw hi. Hi mahleh Zeisu in kumpi khat mahbang in om dide hi. Pilate tungah “*Na cihbang kahi hi*” (Mark 15:2) ci in dawng a, mawh bawlna om saklo hi. Tua dinmun nial lo kipsak selo hi. Hih a kam dawnna tungtawn in Amah kumpi hi takpi ahihhang, a tuampian kumpi hi (John 18:33–38 *enkak*).

Mark 15:6 in zong Paisan pawl hunsim in thongkia mikhat khakhhiat ngeina om cih hong theisak hi. Mark 15:9 sungah, Pilate in “*Jew mite Kumpipa*” na khakhhia nuam uh hiam cih a dotna pen, thu lehdotna hizaw a, Zeisu’ langkhat panin a lehdotna hihtuak zaw hi.

Mark 15:9, 10 pen teltheihna leh teltheihlohna ahi hi. Biakna makaite in Zeisu tungah hazatna nei uh cih Pilate in telthei hi napi, mipi a thudotna hangin biakna makaite’ khut sungah Zeisu a guang hizaw cih Pilate in teltheilo leuleu hi. Mipi sinso gawp in Zeisu khai ding in ngen uhhi. Pilate patau kik leuleu hi. Ama’ muhna ah mawhnei a sakloh mikhat tuabang sihna a thuak ding lipkhaphuai salua hi. Milimbua ukpipa in Messiah suahtak nuamlua hi napi, biakna makaite in khailum nuamzaw cih peuhmah thu kilehngat sinsen ahi hi.

Mipi in hong huzawh gawp ciangin bangin nang hong kemit thei ding hiam?

MONDAY
Jew Kumpipa, Khansau Tahen!

September 16

Mark 15:15–20 sim in. Zeisu tungah galkapte’n bangih uh a, bang ciapteh huai hiam?

.....

Rome te in thongkia te a thahma in nakpi takin satna ciing mahmah uhhi. Thah ding pa a puan suahkhatsak uh, khuam tungah hencip in, savun khau dawn ah saguh baww, limlang, suang tang leh sikzum peuh a kikoih tawh sat uhhi.

Zeisu a kisatkhith ciangin, galkapte in khai ding lam manawh pih in, amah neusehna in puan sandup silhsak, alu tungah ling lukhu khusak in, Jew kumpipa aw ci in zahko uhhi. Galkap hon pen battalion khat hi a, 200 pan 600 bang pha thei hi.

Zeisu in Kumpi hi takpi ahih manin, a thu lehenna uh pen a takpi mah nahi zaw a, a zahko galkapte in zong thumaan a tangko nahi zaw uhhi. Galkapte’ gamtat kampauna tepen, Roman emperor pa tungah a hihdan teng hi a, “*Caesar Kumpipa aw, Khansau ta in*” cihna ahi hi.

Zeisu a zahkona vuah galkapte in alu pumpeng tawh “**sat**” in, “**cilphih**”, zahpihna tawh Amah ah “**kunsuk**” uhhi. Hih gamtazia namthum tengmah pen Greek pau in a picing nailo picing nailo bangin gen hi. Hiteng ah, a kizom toto lai ding bangin gen hi. Amah satsat zeluh, cil phihphih zel, Amah ah zahtakna pia in kunkun zeluh hi. Zeisu ahihleh gamdai dide lel in, dawng vetlo lel hi.

Rome te in a mi khailup ding peuhmah pen, a puan hawkkhiat sakin a kikhaina ding mun dongah amah mahin singlamteh puasak uhhi. Tua pen, mipi maimah ah simmawh bawl in a zahko dikdekna uh ahi hi.

Hi taleh Jew mite in tangguak om hua uh ahih manun, a puan sandup hawkkhia kik in Ama puanmah silhkik sak uh cihhi Mark 15:20. Tuabang hihdan pen tualai hun a Jew mite in langdona pan a lungkiat theihna dingin a bawldan hihtuak hi.

Hiteng ah thu kilehngat teng ngaihsun in: Zeisu kumpipa hi ci in “**zahtakna**” piakna in a kun uh, zahpihna a hihhang Zeisu in Kumpi hi takpi, Jew tebek hilo amau’ Kumpipa zong hilailai hi.

Hih mite in bangmah ngaihsutna nei mello in ahihuh vive ahi hi. Thukhen Ni ciangin, amau’ theihlohna in banghang in suahtak tuanlo ding hiam?

TUESDAY

Singlamteh ah Kikhai

September 17

Mark 15:21–38 sim in. Hiteng ah a lipkhaphuai, a lungsim nat-huai bang thu kilehngat peuh omlai hiam?

.....

Hih thuaksiatna sungah, Zeisu gamdai dide a, Ama’ sih ding a lawp mite deihbang in a pai hi. Lungdamthu sung Ama’ kimatna dongin, Amah in gamtatna makaipipa hizaw hi. Tu in Ama tungah ki gamta hi. Amah a thahat khualzin thuhilpa hi napi, sat thuakna leh anngawl in ihmud khamlohna hangin, tuksuk a mikhual khat in Ama’ singlamteh puaksak hi.

Singlamteh tungah a puan teng kisuahsak a, galkapte in lai ai san uh a hawm uhhi (*Late 22:18 enkak*). Singlamteh ah khaina pen sisan lianglo in thahna namkhat ahi hi. A sikkilhte pen, sihuipi omlohna mun khutpeek nuaideuh panta in khensuk zel (*John 20:24–29 enkak*) uhhi. Hebrew leh Greek pau in, “**khut**” cihpen khutngawng khawng teng cihna hithei zel hi. Khutpeek in singlamteh tungah mihing pumpi khat gikna khaizo tak phalo hi.

T-9

Thagui laipi in khutngawng laizang ah pai a, tua thagui khenlet in a kikhai mipa in nakpi takin nasa mahmah hi. Husan nading nangawn haksa hi. A kikhai mite hoihtak in a husan theihna dingun, a khe uh a tonsa in kalhna tawh a khut uh kolsak zawdeuh thei zel hi. Huih khamlohna pen a sihna uh thukhat hiden hi.

Zeisu a kikhai lai in zahkona leh simmawhna tampi a thuak hi. Mark lungdamthu sungah Zeisu in Amah kua hi cih peuhmah genlo in gamdai hi. Mark sungah “**Topa**” “**Pasian’ Tapa**” leh “**Christ**” cih peuhmah kidawk vetlo hi.

Hiteng khempeuh singlamteh ah kikhel mang hi. Amah kiseel zolo hi. Biakna makaite in tuabang min teng pia in a simmawh bawluh pen thu kilehngatna ahi hi. Hih mite amau mahmah a kisia uh ahi uhhi.

A simmawhna uh khat kician phadeuh hi. Mark 15:31 sungah “*midangte honkhia hinapi; Amah kihonkhia zolopi*” ci uhhi. Singlamteh tungah a thazawmna pulak nuamlua kisa uh in a cihuh ahi hi. Amah Honpa ahihna thu kilehngat in a sanguh hi gige uhhi. Thu kilehngat dangkhat mah – Amah kihonkhia zolo, kihonkhia nuamlo, a hangthu in singlamteh tungpan midangte a hotkhatna ahi hi.

John 1:1–3 sim inla, Zeisu thu bangteng gen cih ngaihsun in, Mark sungah a kikhai Zeisu’ thu mah ahih phawk in. Christ’ sihna in eite ading bang khatna nei cih eima’ lungsim sungah koici koih khinkhian ding hiam?

WEDNESDAY

September 18

Ka pasian, Ka Pasion, Banghang Hong Nusia

Mark 15:33–41 sim in. Mark sungah singlamteh tungah Zeisu’ kammal bangteng hiam? Christ’ sihna in eite khempeuh ading bang khatna neithe hiam?

Mark lungdamthu in singlamteh pen pumpi lam khalam ah khuamial sak mahmah hi. A vanglian mahmah khuamial in Friday ni sunkim panin nitaklam nai 3 pm dongin Calvary ah hong tuaksuk hi. “*Tua ciangin sunkim nai sawmlehni panin kipan naithum sung leitung khempeuh ah khim a zing hi*” (Mark 15:33).

Singlamteh tunga Zeisu’ kammalte pen “*beidong takin kikona*” hi a, Pasion aw bang dingin hong taisan nahiam a cihna hi. Late 22:1 a kammalte ahi hi. Mark 15:24 leh 29 sungah zong om a, Zeisu’ sihna sungah laisangtho picing ahihna ahi hi. Mihing in gitlohna tawh a thaangkamna ah zong Pasion’ deihna picinna hithei veve hi.

Singlamteh tunga Zeisu kammal tepen Aramaic pau vive ahi hi. “Ka Pasion, ka Pasion” a cihna ah **Eloi**, **Eloi** naci a, Aramaic pau **’elahi** panin letkhatna ahi hi.

Zeisu in Elijah sam hiding hi cihding bai mahmah hi. (Aramaic pau *’eliyyah* pen “**YHWH in ka Pasion hi**” a cihna hi). A geia ding mi pawlkhat telkhatna tua ahi hi.

Hiteng a thupiang teng tawh a tuiton mahmah thukhat pen Mark 1:9-11 sunga Zeisu’ ki tuiphumna ahi hi.

Tuiphumna: Mark 1:9–11**Singlamteh: Mark 15:34–39**

John in Zeisu tuiphum

Zeisu’ tuiphumna
(Mark 10:38 enkak)John (Elijah limpua;
Mark 9:11–13)

Elijah a sapna

Vantung kihong

Inndei kihong

Kha (**pneuma**)Zeisu sita (**expneō**)

Pasion’ aw “a it Tapa”

Za ukpa in “**Pasion’ Tapa**” ci

Hiteng a tun theihna uhen Mark 1 sunga Zeisu’ ki tuiphumna in, Ama’ nasep kipansak, Daniel 9:24-27 sunga genkholna pen Mark 15 sung singlamteh tungah picing ta, Ama’ ngimna bulpi in mi tampi tatkhiatna dingin sihna (Mark 10:45) ahi hi. Singlamteh tungah sihna in Daniel 9:24-27 tangtung sak hi. Biakinn puandal ki balkeekna in, biakpiakna thak kipanta, limpuaakna pan a taktak tungta, hotkhiatna tangthu thak kipanta cihna ahi hi.

Mihing in a siahuai thaang zaak mahleh Pasion deihna picing veve hi. Hibang thute awlmawh hetlo in Pasion muangin Ama’ hoihna kip tawntung cih uptheihna ding koibang in hong huhthei hiam?

THURSDAY

September 19

Han Sungah Tawnga

Mark 15:42–47 simin. Zeisu’ nungzuite khat zong a kimuh zawhloh laitak in Arimathea Joseph hong lutvat pen koibang in kician phadeuh thei hiam?

.....

Tuakhit in zong a “*nengneng*” thu pawlkhat omlai hi. Amasa penin misi peuhmah vui ding ahi hi. Ahihhang anuai a thu pawlkhat in lungsim hong khoih mahmah a, pawlkhat in zong tangthu thupi mahmah ahi uhhi.

Hiteng ah, Arimathea Joseph hong kidawk masakna leh lungdamthu Mark sungah a nunung pen hong kidawkna ahi hi. Sanhedrin sungah a zahtakhuai mikhat hi a, “*khuanu khuapa*” khat ahi hi. Ahau a zahtakhuai khat ahiah manin, ukpitem tawh khut kilen thei a, Pilate vanaih in Zeisu’ luang a vangen ngam hi. Council in zong Zeisu’ luang vui ding a lunglut theihna in zong lungsim hong khoihkha mahmah hi. Tua laitak in, Zeisu’n a muan mahmah nungzui teng kaw’h om uh hiam?

Tangthu pai dingin a thupi khialua khat pen Zeisu si taktak hi cih kipsakna ahi hi. Mark 15:43 in Zeisu’ luang vui ding Joseph in a ngetna pulak hi. Pilate leuleu in Zeisu sikhin cih azak ciangin lamdang salua hi (*Mark 15:44*). Amah in Zeisu kikhaina thunei pipa za ukpa kiangah Zeisu sikhin taktak hiam ci in thukip a ngen hi. Za ukpa in zong sikhin takpi cih kipsak hi.

Hih kipsakna a thupitna pen, pawlkhat in Zeisu pen singlamteh tungah si taktak lo a, lung-am phukhong vei

hibek hi ci uhhi. Za ukpa in gamkee ukpipa tunga thukip a piak manin, thukip taktak ahi hi. Rome te in migilo koibang in that ding cih theitel lua uhhi.

Joseph in puanpak tawh Zeisu’ luang tuam in suang kikhuak han sungah a vui hi. Tua han gol ahiah manin a sungah lam ki paithei hi (*Mark 16:5*). Lungdamthu laikungpu in Joseph leh numei nih in amun mu uh cih – Mary Magdalene leh Joses’ nu Mary ahi uhhi. Tua tegel in a galkhat panin, Salome tawh kikhaina gal-et uh a; a thum mahun Sunday zingsang in han ah pai uh a, Zeisu’ luang sathau zuut sawm uhhi (*Mark 16:1*).

Bang dingin hih numei thum teng thu kisam hiam? Mark 16 sunga Zeisu a thawhkik khith ciangin, han hawmpi bek omlai ahiahna a thupi mahmah teci ahi uhhi.

Zeisu a mawhpaih denkeei Sanhedrin te in hiteng ah “galhang” ahiah laitak un, a kilehngat in nungzui tengin koiteng ah lehtai in “mangthang” dildel uh hiam? Eite zong thu phamawh a omciang in mangthang dildel loding in koici kep ding ihi hiam?

FRIDAY

September 20

Ngaihsutbeh ding:

Ellen G. White, *The Desire of Ages*, laimai 723–764 sungah “**In Pilate’s Judgment Hall**”, “**Calvary**” leh “**It Is Finished**” sim in.

“*Pilate in Zeisu khahkhia nuam hi. Hi taleh ama’ dinmun leh a vang a khualna tawh hih theilo ding cih thei hi. A leitung vang khahsuah sangin, mawhneilo khat sisak nuamzaw hi. Tua bang in thuaksiatna supna pan suahtakna ding bangzah kipiakhia ding hiam? Lungsim pilna leh tavuan*

neihna, angkhualna cihte zong thukhat hilailai hi. A hunzui in khialhna lam hong manawh pih a, gitlohna tawh a kilem peuhmah mawhna khuamial thuk sung tungsuk ding hi?—Ellen G. White, *The Desire of Ages*, p. 738.

“Christ in eite’ aiawh in mawhna hong paihkhiat sak hi. Amah mawhnei in kisim in, thu-kham palsatna panin Amah’n hong tankik ding hi. Adam’ suan khempeuh’ mawhna teng Ama’ lungtang tungah kisuan geu hi. Mawhna tungah Pasion’ hehna, mawhna a deihloh lam hong lahkhiatna cihte in, Ama’ Tapa’ lungtang genthei sak hi. A puk leitung ading Ama’ nuntakna khem -peuh pen, Pa’ hong itna leh mawh maisakna a dingin hong piakhia hi. Mawhnei lianbel te tatkhiat ding pen Ama’ ngiimna ahi hi. Tu in ahiehleh mawhna gikpi a puak manin, a Pa’ maitang muthei nawnlo liang hi. Pasion’ maipha aki lakkhiat manin, Ama’ lungsim thuakna lianlua mahmah a, mihing in cikmah hun in theitel zo ngeilo ding hi. A thuakna lianlua in a pumpi zong nasa mahmah hi?—Page 753.

Kikupding Dotnate:

- 1. Zeisu aiawhin hong si hi. Biakna khat peuhpeuh in Christ eite aiawh in hong si cihpen mah bulphuh in, eima’ mawhna thaman hong piaksak cih pen biakna maanlo nangawn in banghang in zang uh hiam?**
- 2. Tuni in Zeisu’ dinmun a laksak thei ding eima’ “Barabbas” in kua or bang hithei ding hiam?**
- 3. Daniel 9:24-27 simin. Nang hong dong khat peuhmah koibang in laisiangtho hilhcian thei ding nahi hiam?**

Lesson 13

September 21–27

AMAH HING HI!

SABBATH NITAKLAM

Tukalsung simding: Mark 15:42–47; Mark 16; Col. 2:10–12; 1Cor. 15:1–8; Dan. 9:24–27; John 20:11–18.

Kamngah: “Ahih hangin tua pa in, ‘Lamdangsa kei un. A kikhailum Nazareth khua mi Zeisu na zong uh hi. Amah thokik zo hi! Hihlai ah om nawn lo hi. A luang kisialna mun hong en un.” (Mark 16:6).

Zeisu a kikhaina hangin, nungzuite’ upna leh lam-etna sihdak ging bang ahi hi. A Topa’ sihna hangin, amau’ nuntakna zong lauhuaina omta a, amau ading in khualmialpi bang ahi phial hi (*John 20:19*). Mark chapter nunungpen 16 sungah Ama sihna bangteng in zui cih i mu ding uhhi.

Amasa in, Zeisu thawhkik ding hun Sunday zingsang in numeite in hanah hong paina thu enmasa ding hihang. Adventist te in khatveivei thawhkikna tawh kigamlat theihna pen Sunday tanna ultung saktei ci in ki ngaihsun kha uhhi. Sunday thawhkikna tawh kisai upkhialhna omthei teng pampaih leng, Sunday thawhkikna sungah ki lungnuam thei lel hi.

Anihna ah, sinna tengin Mark 16 tang masalam teng hilhciana hi a, a laibu buppi tawh aki zopsakna ahi hi. Monday leh Tuesday sinna sungah hih ngaihdan teng kimu ding hi.

Athumna, kal tawpna Wednesday leh Thursday sinna in Mark 16 sung a omlai teng leh eima nasep ding teng hong hilh hi. Hih sinna teng panin Mark a sim mite in leitung khempeuh ah lungdamthu puakthei tading uhhi.

SUNDAY

September 22

Thawhkikna hanga Lungdamna

Mark 15:42–16:6 sim in. Bangthu piang a, thawhkikna tawh a kizawitawna bang hiam?

.....

Lungdamthu laikungpu khempeuh in Zeisu pen “**Kiginhni**” a si ci uhhi (*Mate 27:62; Mark 15:42; Luke 23:54; John 19:14, 31, 42*). Tuathu agen mi a tamzaw in Thursday nitum leh Friday nitum kikal sungteng thupiang hi cih. Friday nitum kuan in Zeisu si a, nitumma in nawhvui liang uhhi.

Sabbath hun sungteng, han sungah Topa tawlna a, nungzuite zong tawlna uhhi. “*Amaute un thukham ombang in Sabbath ni in tawlna uh a*” (*Luke 23:56*), omdan tumdang deuh mah hiven, Zeisu in amau’ lungsim sungah thukham liina zuih ding hilh khin hiding hi.

Saturday nitak in, numeite in paknamtui kiging uh a, Sunday zingsang in, Zeisu pumpi bup sathau zutlua ding kisa in hanah hong pai uhhi. Hi taleh, Zeisu na omnawnlo zaw hi. Zalom nihna pan kipan, Christian peuhmah in Zeisu Sunday ni in thokik cih kician takin ciamteh uhhi. Sunday tanna hangthu pen hiteng hang ahi hi. Ahihhang tuabang dingin Laisiangthothak in hong hilh kha hiam?

Colossians 2:10–12 sim in. Laisiangthothak in Zeisu’ thawhkikna phawkna bang cizaw hiam?

.....

Laisiangtho sungah thawhkikna hangin Sunday siangthona malkhat zong gen khalo hi. Tua phawkna pen tuiphumna ahi hi. “*Tuiphumna tawh sihna sungah Amah tawh i kiphum khawm a, Pa’ vangliatna tawh sihna pan Christ a thawhkik sak mahbang in; eite zong nuntakna thak sungah kalsuan ding hihang*” (*Rom. 6:4*) cizaw hi.

Ei Adventist te in Sunday siangtho cih upkhialhna khawng neilo lel leng, Zeisu’ thawhkik ni Sunday zingsang in zong lungdam ding hihang. Ama’ sihna leh thawhkikna tawh sihna tungah gualzo khin a, Ama’ thawhkikna tawh eite thokik teitei ding cih lungmuang thei hihang.

“I Topa Zeisu Christ’ Pa Pasion tungah lungdam ni. Ama’ hong hehpih mahmahna hangin, sihna panin Ama’ Tapa neihsun a thawhkik sakna tawh eite tungah nuntakna thak hongpia hi” (*1Pet. 1:3*). **Paul in Zeisu thawhkikna sungah lungmuanna a neihna en in. Tua lungmuanna eite’n zong koibang in neithei ding hiam?**

MONDAY

September 23

Suangtum Kilikkhia Khin

Mark 16:1–8 leh 1Corinth. 15:1–8 sim in. Kibatna bang nei uh hiam?

.....

Thawhkikna tangthu pen lungdamthu laibu khempeuh sungah om hi. Laikungpu khatsim in amau' muhdan ciat tawh pulak uh ahihhang, 1Corinth. 15:1-8 sunga thuteng mah helkim uhhi.

Thu nam lii kidawk den a – *sihna, vuina, thawhkikna, muhna* ahi uhhi. Mark in *sihna* leh *vuina* pen chapter 15 sungah guang hi. *Thawhkikna* leh *muhna* pen chapter 16 sungah a kilumlet in pulak hi. Mark 16:7 in Galilee ah kikhopna ah *tualai ah Amah namu ding uhhi (John 21)* cih.

Pawlkhath in, Christian te pen a uphuai lo a Topa' thawhkikna um mawkmawk uh hong ci uhhi. Ama' thawhkikna ahihle a hangthu tawh a thupi mahmah thupi ahi hi.

A kipan tungte a dingin Pasion pen Piangsakpa ci in umziau ding (*Pian. 1 leh 2*) a, thu lamdang tawh a thawhkikna in up taakcing hi. Vannuai bup a piangsakpa, leitung nuntakna piapa in vangliatna neilua a, Zeisu thawhkikna in Ama' deihna hipeuh hi. Pasion om ahih manin Zeisu a thawhkik loh phamawh cihlam hi zawlo in, a saan thamcing thu ahihna hizaw hi.

Tuakhit, han hawmpi bek om hi. Pasion umlo tangthupu te nangawn in saang uhhi. Hikei peuhmah leh, Ama' thawhkikna in acil apat in guallel pah ding a, Ama' luang hansung ah om damdam peuhmah leh thokikzo cihna in guallel pah ding hi.

Tua banah, nungzuite in siluang hong gu uh acih zong piang theilo hi. Nungzuite in koici in hancing galkapte kantan zolo ding hi. Tuabang in kantanza mah a siluang guzo mahleh zong guta ci in banghang kimanlo hiding

hiam? Nungzuite in siluang gu lo cih biakna makaite in theitel lua uhhi.

Mi tampi in zong a thokik Zeisu muhon ciatuh cih teci pang uhhi. A galpha khat, Paul in zong thokik bek hilo kamu hi ci a, tua thawhkikna mahin Paul nuntakna kikhelsak hi.

A tawpna ah, thu dang tampi a om hang, Christ thawhkik amu tektek mite tungtawn in Christian pawlpi hong piantheihna koibang in hilhcian thei ding uh hiam? Hih mite in zuau thu ahihlahm thei gegu in bang hangin sihlawh liang nuam ding uh hiam? Christ sihkhit pan kipan amau un tangtak in teci pang sinsen uh a (*Sawl. 3:15*), kum tampi sung Ama' thawhkikna in a vanglian teci hi tawntung hi (*1Pet. 1:3*).

Christ' thawhkikna teci hong kidong leh bang thukip peuh nanei hiam?

TUESDAY

September 24

Numeite Han ah

*“Christ' Singlamteh geiah a ding numeite in Sabbath abei ding hun a ngak uhhi. Kalkhat sung ni masa ni, zingtung in, hanlam vapai uh a, Honpa' luang zuutding sathau a keng uhhi. Amah thokik ding cih ngaihsun khalo uhhi. Amau' lam-etna ni tumta a, amau' lungsim sungah khuamial kidim hi. A lampai kawmun, Christ' hehpihna nasep teng sim phapha uhhi. Ahihhang 'note tawh kimukik ding hi'ng' (John 16:22) cih Ama' kammal phawk khalo uhh?”—Ellen G. White, *The Desire of Ages*, p. 788.*

Mark 16:1–8 sim in. Bang thu om a, numei te'n koici dawn masak thei uh hiam?

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Lungdamthu a kipatna panin, Zeisu in Messiah cih theikhin hihang. A laibu sung mahah dawiveii hetlo mi khat in Messiah nahi hi a cipa Peter (*Mark 8:29*) ahi hi. Tuabang hong cihna pen laibu laizang kiim khawng hipan hi!

Mark sung tawntung ah, Zeisu in Amah kua hi cih ahi a, amaute a damsakna khawngte zong genthaang lo in gamdai ding cih. Mark 1:44 sungah, phak natna veii khat a damsak zong kuamah genlo ding cih. Mark 5:43 sungah Jairus leh azi tungah zong amau' tanu thawhkikna thu kuamah genlo ding mah cih. Mark 7:36 sungah, bengngong pau theilo pa a damsak zong kuamah gen saklo hi. A nungzuite zong Amah Messiah ahihlam kuamah genlo (*Mark 8:30; 9:9 enkak in*) ding cih. Tuate khempeuh gamdai khipkhep ding a cihpen, Daniel 9:24-27 sunga genkholna hun ciangtan sungah nasep a zawhna ding hihtuak hi.

Tu in a hihleh, Zeisu thokikzo a kicuh nungsang, numeite in launa tawh lamdang sa kawm in, hanpan taikhia saisai in, amuh peuhpeuh tungah thupiang teng gen peuhmah ding hi.

A gamdaih hunuh zong sawtvei hetlo lel hi. Mark laibu tawpna i tun phetleh, tuathu lo sim ding dang bang om hiam? "*Nungzuite in zong mun khempeuh ah pai in thu ahihl uhhi. Topa in zong amaute' nasep seppih a, a thuhilhna te uh maan hi cih lahna in amaute' tungah lim lamdang apia hi*" (*Mark 16:20*).

Tuabang in, Zeisu in kua hi a, bangteng peuh sem cih genlo in gamdaihna hong kitamkham ta hi. Tuapan in "*mun khempeuh*" ah thuhilh kawikawi cihtawh laibu tawpna hi.

Eite' zong Zeisu leh Ama' hihna tungah banghang in gamdai theilo ding ihi hiam? Zeisu leh Hotkhiat ding ngiimna kua kiangah genthei ding nahi hiam?

WEDNESDAY

September 25

Mary leh Adangte Kiangah Kilahna

Mark 16:9–20 sim in. Hiteng in thawhkikna tangthu bangteng hong behlap sak hiam?

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Mark 16:9-20 sungah thuteng leh Laisiangthothak sungah - Mary Magdalene in hanah Zeisu a va muhna (*Mate 28:1, 9, 10; John 20:11–18; Luke 8:2 enkak*); lampi dung ah minih in a muhna (*Luke 24:13–35*); sawmlehkhat tungah a thupiakna cihte (*Mate 28:16–20; Luke 24:36–49; John 20:19–23*) ahi hi.

Zeisu a nungta in amu masapen in Mary Magdalene (*John 20:11–18*) ahi hi. Numei dangte in zong mulai uhhi (*Mate 28:8–10*). A thokik Topa amu masapen te in numeite ahih sese thupi mahmah hi. Tanglai in numeite peuhmah teci kip in kingaihsun khollo a, tua tangthu in zuaupi peuh hi khaleh, pasalte mah teci masa in kikoih kilkel ding hi. Ahihhang pasal hilo, sawmlehnih te hilo, numei khat hisese hi. Tuanu in nungzuite tungah tua thutak gen hitaleh, tua pasalte in numei nu umlo uhhi. Tuapan Mary in numei khat a hihlel hang hihtuak pen hi.

Numei in Zeisu' thawhkikna mu masa cihpen, tangthu kipsakna ding in teci kip ahih theihlohna ding in, Zeisu thawhkikna a nialnuam mite in hihthu zang zel uhhi.

Hih tangthu in phuahtawm hi aci nuamte a ding Mark 16:14 sungah bang thupiang om hiam?

Tuate in tangthu kipsak ahihleh, banghang in amaute in dah mahmah uh hiam? Zeisu in "**Lungtang khauh**" naci hi. Lungdamthu ciamtehna sungah, Zeisu kimatna pan kipan, thawhkikna ciangdong in, Zeisu' nungzuite' lehtatna vive pulak a: taisan, nial, umlo cihbang vive ahi hi. Hih teng tawh tua tangthu piang zolo ding hi.

A langkhat ah, a nunglam ciangin Christ' thawhkikna thu lau hetlo in a genkhiatna in, mi khempeuh ading lam-etna pia a, amau' thu pulakna dingin thukip vangliatna ahi hi.

Lunghianna leh uplahna thaang sungah awk lohna dingin koibang in kikemcing ding ihi hiam? A thokik Christ tawh koibang in nisim in kizom thei ding ihi hiam?

THURSDAY

September 26

Leitung Khempeuh ah Pai

Mark 16:14–20 sim in. Zeisu in nungzuite tawh kimu in bangteng gen a, tuate in eite ading bang khiatna neitheh hiam?

Nungzuite tungah Zeisu gen masakpen thu pen Mark 16:14 sungah kiciamteh hi. Amau' uplahna leh lungkhauhna ading in taai hi. Uplohna tawh dotna pen tu a piangpan hilo hi. Zeisu' nungzui taktak temah in upna tawh na buailua mahmah uh a (*Mate 28:17; John 20:24–29*), Zeisu tawh cilehsa in kikhawl uh ahih manun, na lamdang khempeuh mu in thei uhhi.

Amah thokik takpi ahihlam teci tampi mah hong lak hi. Amaute' teci panna tengtawh Monday sinna sungah om uh a, upna thu bulkip hong suak uhhi.

Tua ciangin nungzuite in leitung khempeuh ah lungdamthu puak ding in thu pia hi. A thu piak zailua mahmah hi. Leitung buppi ah pai in lungdamthu hilh kawikawi ding uhhi. Amaute' na sepna tungtawn in leitung ah gimna natna tuamtuam tung mahleh – thu-um mite baanlo ding a, thu umlo mite ahihleh kisia ding uh cih Zeisu in hilhcian hi.

Zeisu in nungzuite nasepna ah lim lamdang in zui ding a, dawi hawlkhia, pau dangte pau thei, lauhuaina pan suakta in damlo te damsak ding cihhi. Mi pawlkhat in Mark 16:18 pen zangkhial uh a, upna lahna in gul gunei khawng lawng uhhi. Hiteng ah thu khengval bangmah hong pialo hi. Paul' nasepna sung bangin (*Sawl. 28:3–6*) Pasion'na sepna ah kepcinna om ding cihna hibek hi.

Cihteih hang, Laisiangtho in Christian te peuhmah siatna pan hong kem pahpah ding zong ci tuanlo hi. A kisapna bangin Pasion in lungdamthu ading in na lamdang hong semthei mah hi. Hi taleh Christian te in teci panna hangin thuaklawh thei uhhi. Hibang munte ah, amau'

thuak zawhna pen, thu-umlote a dingin limhoih teci hikik bilbel hi.

Tuateng a hihkhit ciangin, “*Amah vantung ah kilato in Pasion’ taklam ah a tu hi*” (Mark 16:19). Zeisu in gitlohna khempeuh tungah gualzo khin ahah manin, Pasion’ taklam, vangliatna khempeuh omna mun ah tu dingin Zeisu kahto hi.

Tang nunungpen enin. Lungdamthu hilh in “*mun khempeuh*” a pai uh ciangun, amau bek pailo uhhi. “*Topa in lim lamdang tampi tawh tonpih tawntung hi*” (Mark 16:20). Amaute tawh a omkhop mah bangun, nasep a kipan eite zong hong ompih den ding cih hong kamciam hi.

“Hun bei dongin note Ka hong ompih tawntung ding hi” (Mate 28:20). Lungdamthu “mun khempeuh” ah i puak ding ciangin, atung a kamciam hangin bang hehnepna leh lungnopna ingah thei tam maw?

FRIDAY

September 27

Ngaihsutbeh ding:

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

“*Thu- umte ading Christ in thawhkikna leh nuntakna hi. Mawhna hangin i mansuahsa nuntakna Honpa tungtawn in kingah kik hi; Amah ngiat nuntakna hi a, Amah deihsak mi phong ding hi. Amah in tawntung nuntakna piaktheih na’ng thu nei hi. Mihing hihna tawh a piakkhiat nuntakna pen mihing ading mahin piakik hi. ‘Amaute nungta maimai bek hilo in nuntakna cingtaak a neihtheihna dingin Kei ka hongpai hi’ (John 10:10) cih. ‘Keima piak ding tui a dawn khempeuh dangtak kik nawnlo ding uh a; nuntakna tuinak piang ding a,*

nungtasak paisuak ding uhhi’ (John 4:14). ‘Keima’ sa ne a, Keima’ si a dawnmi nungta paisuak ding uh a; ni tauwni ciangin Ka hing kiksak ding’ (John 6:54) cih.

“*Thu-umte a dingin, sihna in thu neucik hilel hi. Christ in tawmveino sungbek cih. ‘Keima thuhilhna a zui peuhpeuh si nawnlo ding a, sihna ciamkha lo ding’ (John 8:51) cih. Christian te a dingin sihna in ihmtna, khuamial sungah tawmvei omna hi. Amau’ nuntakna pen Christ in Pasion sungah seelsak a, eite’ nuntakna ahi Christ hong kilat ciangin, Ama’ minthanna sungmah ah eite zong i kilang ding uhhi. (John 8:51, 52; Col. 3:4)*”—Ellen G. White, *The Desire of Ages*, pp. 786, 787.

“*Pasion umlo tangthu pute, thawhkikna a sangthei lote in zong, Zeisu kithat bek hilo, Ama’ sihkhit ciangin mi tampi mitmuh in Christ thokik a, tua thu mahin Christian pawlpi hong piankhiat theihna thu ahihlan sangthei kim uhhi. Pawlkhat in hihthu telgen nuamlua in, Zeisu in peenpih sanggam pasal khat nei a, nungzuite in tuapa amuh uh ciangun, Zeisu amu kisa pong uh ci uhhi. Pawlkhat leuleu in, Zeisu si ngei vetlo a, khua phawkklo liang in thazawm luatna panin, khua hong phawkkik hilel aci zong om uhhi. Adang pawlkhat leuleu in, a lawmte hong pai uh in, a luang hong gu uhhi aci zong omlai hi. Tuateng khempeuh in bangmah ahah lohna hih laibu en in.” Clifford Goldstein; *Risen: Finding Hope in the Empty Tomb* (Pacific Press, 2021).*

Kikupding Dotnate:

1. Banghang in nungzuite in a Topa’ thawhkikna huhau zuauphuak liang ding hiam? Tuathu hangmah in, muhdah huatna, pampaihna thuak uh a, upna hangin bawlsiatna thuaklawh uhhi. Hih tangthu hangin bang hamphatna ngah ding uh hiam?

2. Zeisu thawkikna sungpan bangthu in na lungsim hong zopen hiam? Na lawmte zong hawmsawn ve.

3. Zeisu' thawkikna in lam-etna lianpi hongpiak phawk in. 1Corinth. 15 sim in. Paul in Zeisu' thawkikna koibang in thupisak mahmah hiam?

MORNING WATCH

July, 2024

| | | |
|---------------|---------------|----------|
| 1. Monday | 1 Corinthians | 12:1-6 |
| 2. Tuesday | 1 Corinthians | 3:5 |
| 3. Wednesday | 2 Corinthians | 4:6 |
| 4. Thursday | 1 Corinthians | 12:7,8 |
| 5. Friday | 1 Corinthians | 12:9 |
| 6. Sabbath | Hebrews | 11:32-34 |
| 7. Sunday | 2 Timothy | 4:2 |
| 8. Monday | 1 Corinthians | 14:15 |
| 9. Tuesday | James | 5:14,15 |
| 10. Wednesday | Mark | 1:32-34 |
| 11. Thursday | Luke | 5:13,14 |
| 12. Friday | Matthew | 7:22,23 |
| 13. Sabbath | Mangmuhna | 14:12 |
| 14. Sunday | Acts | 2:5-8 |
| 15. Monday | 1 Corinthians | 14:9-11 |
| 16. Tuesday | 1 Corinthians | 14:26 |
| 17. Wednesday | 1 Corinthians | 12:31 |
| 18. Thursday | Paikhiatna | 35:30,31 |
| 19. Friday | 1 Samuel | 6:7 |
| 20. Sabbath | Mark | 13:34 |
| 21. Sunday | Matthew | 25:14,15 |
| 22. Monday | 1 Timothy | 4:12-14 |
| 23. Tuesday | John | 4:39-42 |
| 24. Wednesday | 2 Timothy | 1:5 |
| 25. Thursday | 2 Timothy | 2:15 |
| 26. Friday | Sawltak | 20:19,20 |
| 27. Sabbath | Ephesians | 4:11-13 |
| 28. Sunday | Matthew | 25:20,21 |
| 29. Monday | James | 1:5 |
| 30. Tuesday | 1 Corinthians | 12:11 |
| 31. Wednesday | 1 Timothy | 1:12-14 |

MORNING WATCH
August, 2024

| | | |
|---------------|---------------|-----------|
| 1. Thursday | 2 Timothy | 3:16 |
| 2. Friday | 2 Peter | 1:19 |
| 3. Sabbath | 2 Peter | 1:21 |
| 4. Sunday | Hebrews | 1:1,2 |
| 5. Monday | Sawltak | 3:2 |
| 6. Tuesday | 2 Corinthians | 12:1,2 |
| 7. Wednesday | Luke | 1:1-3 |
| 8. Thursday | 1 John | 1:3 |
| 9. Friday | 2 Corinthians | 2:4 |
| 10. Sabbath | Joshua | 24:15 |
| 11. Sunday | Mangmuhna | 21:5 |
| 12. Monday | Daniel | 9:23 |
| 13. Tuesday | Ephesians | 1:17 |
| 14. Wednesday | Ephesians | 2:20 |
| 15. Thursday | 2 Peter | 1:16 |
| 16. Friday | Sawltak | 20:28-30 |
| 17. Sabbath | 2 Peter | 3:15,16 |
| 18. Sunday | 2 Peter | 2:1 |
| 19. Monday | Paunak | 9:10 |
| 20. Tuesday | Sawltak | 10:38 |
| 21. Wednesday | Mangmuhna | 10:11 |
| 22. Thursday | Matthew | 9:35,36 |
| 23. Friday | Matthew | 14:15, 16 |
| 24. Sabbath | 1 Timothy | 6:18,19 |
| 25. Sunday | 1 Peter | 5:2,3 |
| 26. Monday | 1 John | 2:14 |
| 27. Tuesday | 1 John | 1:5-7 |
| 28. Wednesday | Paunak | 3:6 |
| 29. Thursday | 2 Timothy | 4:6-8 |
| 30. Friday | Mangmuhna | 14:13 |
| 31. Saturday | 2 John | 1:8,9 |

MORNING WATCH
September, 2024

| | | |
|---------------|------------|---------|
| 1. Sunday | Hebrews | 11:5 |
| 2. Monday | Piancilna | 7:1 |
| 3. Tuesday | Piancilna | 15:1-6 |
| 4. Wednesday | Piancilna | 45:7,8 |
| 5. Thursday | Paikhiatna | 3:11,12 |
| 6. Friday | Joshua | 1:5 |
| 7. Sabbath | Thukhente | 5:1,2 |
| 8. Sunday | Thukhente | 6:14-16 |
| 9. Monday | 1 Samuel | 3:19,20 |
| 10. Tuesday | 2 Samuel | 23:1,2 |
| 11. Wednesday | 1 Kumpi | 3:7-9 |
| 12. Thursday | 1 Kumpi | 18:21 |
| 13. Friday | 2 Kumpi | 2:9 |
| 14. Sabbath | Isaiah | 6:9,10 |
| 15. Sunday | Jeremiah | 1:4,5 |
| 16. Monday | 2 Kumpi | 22:13 |
| 17. Tuesday | Daniel | 2:48 |
| 18. Wednesday | Esther | 4:13,14 |
| 19. Thursday | Nehemiah | 8:8,9 |
| 20. Friday | Ezra | 5:1,2 |
| 21. Sabbath | John | 1:22,23 |
| 22. Sunday | Luke | 4:18,19 |
| 23. Monday | Sawltak | 4:33 |
| 24. Tuesday | Sawltak | 6:8 |
| 25. Wednesday | Sawltak | 8:29,30 |
| 26. Thursday | Sawltak | 9:36 |
| 27. Friday | Sawltak | 26:16 |
| 28. Sabbath | 2 Timothy | 4:1,2 |
| 29. Sunday | Romans | 16:3,4 |
| 30. Monday | Mangmuhna | 1:9 |