

Kristien Thralai hai khom tulai chu state le ram hrang hrang a fe thei ngirhmuh ah um ei nih a, ringnawtu le Pathien tak la hre lo hai lai khom, ei inah, ei ramah an hung trul kher lovin, eini ngei anni kuomah fe dinga thupek ei nih. Mark: 16. 15. *“And he said unto them, Go ye into all the world, and preach the gospel to every creature.”*

Ringtu nun a hin inthranglien (upgrade) seng ding ei nih angin, thlarau tieng a khom ei hringnun hi ei ring hmasat tak lai nek khan nasa takah in thlak thleng ding ei nih. Landline kha tienlai chun “tring tring” ti chau damin an ri veng veng hlak a. Tulai chu ringtone chu hrillo, mani rawl ngei (a thren triel ruk) hai khom ringtone a hmang thei an tah. Hi umzie chu, Chanchintra hi trawng tin, khasi, bengali, hindi, cantonese, thai, english, french, spanish, etc hai hmanga hril tuding le khekpui tudingin ei ni thei anih.

Ei ei pai ‘phone’ ei ‘upgrade’ na a hin, ei function ruok chu a pangngai ding a nih. Zingtin le hun remchang le hun awl ei neih pha pha Pathien (ei phone OS siemtu pa) leh inbiekna (prayer) ei neih zie ding a nih. Landline am mobile phone nisien, a hmangna ding tak a siema a um na chu mipakhat le mi pakhat dang rawl hmanga inbiekna (voice communication) khawl a nih. Hi voice communication function hi a poimaw tak ang hin, eini ringtu hai khom ei “phone (taksa)” hi Pathien leh inbiekna dingin ei hmangrawn am? Ei trawngtairawn am? Darkar 24 suong hin minute iengzam ei trawngtai a?

Am, ei ‘phone’ a changkang taluo tah a, voice communication chu a thring tah, chu nêk chun social media (whatsapp, instagram, facebook, etc) hai hmang inhoi ei ti lem tah?

Bong nek nuk (network thralo ang ela)..trruu..trrruuu...trittriiii..... ‘landline phone’ besana article ei hung ziek hi Pathienin ei trul ang chitin mi malsawm pek sien ti chu ei trawngtaina a nih.

We can upgrade, or if careless, degrade.



HREPUTU

HMAR CHRISTIAN FELLOWSHIP DELHI
(Regd No:S/ND/599/2015)

THE GRACE OF EASTER SUNDAY - Editorial

MIHRIEM TADINGIN VAWIKHAT THI RUOT A NIH A -
Pu Herbert Lalsanglur

PATHIEN RAMRI NERTHLENG - Dr Dony Tuolte

INPAK LE BEL TLAK PATHIEN A NIH - Pu Herbert Lalsanglur

HMAR MIHRAT KHUPLAL TUNU KA NIH - Pi Songthrakim

THIL THAW HMASA DING THAW HMASA PHOT*
HMATONG LA, HRE ROH*
KUL BANG SIE CHUNGA TRAP*
LUNGRIL PUTZIE IN A KAISANG ZIE*
THUTIEM HLENTU*
NGHAK INSIEK*
TRAWNGTAINA*

RINGTU NUN TULAI LE TIENLAI - L R Varte

BLESSED EASTER SUNDAY!

**Selwyn Hughes a ziek “Everyday with Jesus” (“Nitin Isu leh”) anthawka sermon inlet.*

Hrepuitu

Hmar Christian Fellowship
Delhi

Chanchinbu Thlakip Suok
(Regd No:S/ND/599/2015)

Vol. 13 No.2. Mar 2018

Editor:

L. Robert Varte

Jt. Editor:

Upa Lalsiemlien Pulamte

Editorial member:

Pu Immanuel Khobung

Contributing editors:

Pastor Lalditsak Inbuon

Pastor Lalsiesang Joute

Address:

Editor, Hrepuitu,

2/4 Block - 2

NMRH

Minto Road

New Delhi - 110002

Tel: +85888-06754

Email: hrepuitu@yahoo.com

Lakman:

Copy khat Rs 20.00

Kum khat Rs 200.00

Hrepuitu a article insuo hai, ngaidan suklanga um(hai) hi HCF Delhi ngaidan a(n)ni chuong kher nawh. Ziektu tin mawphurna a ni lem. Pathien thu le artikul insuo nuom hai chun iengtiklai khawma editor hai email(hrepuitu@yahoo.com) kuoma thuziek hai chu pek thei zing a ni - Editor

Editorial:

THE GRACE OF EASTER SUNDAY

Mitin el hin ei lungril inthuk takah ngaidamna dit ei ni seng ring a um. Suol leia Pathien lakah inzakna le suol leia Ama hnai ding anga hnai thei lo ngirhmun a um i nih am?

Mitin hin ei lungril inthuk takah hi khawvel thina ram khel pha, thina kheltieng beiseina neih nuom seng ei tih.

Mitin el hin ei lungril inthuk takah ei bula umzing ding, mi vengtu, mi ringum, ruolthra ei mamaw seng ring a um. Ei lungril inthuk takah.....ei ti a nih. Ei ruol le threnum hai laia ei lungril ni lo. Zan ah annaw khawma ei khat chauva ei um pha ei lungril indiktak ah.

Japanese hai chun lungril pathum ei neih an tih a. A pakhatna chu ei ruol le pai hai lai ei lungril put, a pahnihna chu ei suong le kuo hai lai ei lungril put, chun a pathumna a chun ei khat chauva ei um phaa ei lungril indiktak chu.

Suol popo lakah ngaidamna, thina hne thei na, ruolthra, mi ringum, mi vengtu ding, tuta hun le nakie chen khawma, ei bula umzing ding, nitin le chatuonin mi chenchil tu ding ei neih a nih.

13. Mithi thonawkna a um naw chun Krista khom kha keithovin um naw nih;

14. Chun Krista chu keithovin a um si naw chun kan thu hril hi hmanglo ning a ta, in ringna khom hmanglo ning a tih.....

17. Chun Krista kha keithova a um naw chun in ringna chu iengkhom ni naw nih, in suolnaa chun in la um zing ning a tih.....

20. Nisienlakhawm Krista chu mithi laia inthokin keithovin a um takzet a nih, a inhai tho hmathruoit a lo ni tah.....

22. Adamaa chun mi popo an thi angin, Kristaa chun mi popo sukhringin um bok an tih.

26. Hmelma nuhnungtak sukbova um ding chu thina hi a nih.

(1 Korinth 15:13-26)

RINGTU NUN TULAI LE TIENLAI

L R Varte

Vawikhat chu tienlai tih inla, 1985 bawr vel a, *letterhed* thlalak ka hmu chu, tulai computer khawvel a *letterhed* nal tak tak design leh hei tekhnin khan a lo danglam zie ka hei hmu a, lungrilah thar takin ringtu nun hi ngaituona a hung lut a. Thiem lei khom ni hran lovin, lungril a thu inlang hai chu mi pakhat bekin, annaw khawma, a ziektu pa bek hin hlawkpui dingin hei ziek lang tiin ka ziek tran tah a nih. Tienlai *letterhed* ang hin eini (Krista zuitu) hai khom Isu Krista ei zuina le ringna lam hrawna ah hin, nasatakin ei lo va danglam tah ngei.

Danglam pei ding ei nih. Anleh ieng kong kong am a na ei danglam na hai? Danglamna a hin a thra tieng am a thra naw ding ning ata? Thil hlui hai chu a thra lem angin ei ngai hlak. Entirnan Yamaha RX 100 bike first batch kha a thra khop el a. A carburettor khom Japan siem ngat a ni leiin, India siem carburettor hmang RX 100 bike leh khan an power a dang lam em em a nih. Tuchen, 2018 khom hin Madanritng Varte Cottage lai hmu ding a la um a nih. Hieng ang model bike hih.

Awleh. Ei zuk hril lang nasan tak chu thil hlui hai chu an hlu in an tlo biek ei hriet sengah, anachu voisun hin tienlai a ei hmang hlak landline phone leh tulai mobile hi theme/ thupui ang deuva neihin thu tlawmte ei zuk ziek lang tumlem a nih.

Ringna kongah eiin *upgrade* na ding thil hai:

1. Tienlai landline phone kha a rik em em a. Hmun pakhat a chau sie thei a nih. Tuol le hmun dang dangah mansa a zuk pai el thei a ni nawh. Tulai mobile ruok chu kut a zuk thramthei vel char, jean kekawr le halfpant le bag a khom zuk pai el thei. Nuomnuomna ah choi thei an tah.

Eini khom, ei hringnun ah harsatna le mang angna ei tuok chang, lung ngai el ding ei ni nawh. In suk hrat a, Pathien kuomah hratna chu la a, lungril hel lovin hmatieng fe pei ding ei nih. Ringtu hai hi Pathien hratna ringin, a min thutna chit a hin, hel naw phot ei tiu. Israel hai kha an ram chen ding kha khuoizu le nenetui luongna ram a nih. An grape hai khom mi pahnih zawn trul khop a nih. Hi khawvel a Palai sin ei thawna a hin, ringum takin, Pathien lakah hel lovin, ei hmelma chu tri um in huphur umsien khom, ringna a fe pei ding ei nih.

Khawvel hmun hrang hrang fe tah hai chun van ram nek damin sapram hai chu mawi le inhoi niawm damin an hril a. Khawvel ram ropui hai lan zing naw lang khom, ringna mit chun vanram ropui ding zie le anhoi ding zie chu hril khi ruol ni naw nih.

A tawpna dingin, ei khawvel inzinna a hin, inzin el ei nih ti hi theinghil ngai nawng ei tih a, hi khawvel mawina le ropuina hi ei lungriolah hmun lien chang naw sien, ei beiseina le ei ram hlue ding vanram tieng lungril inngat tlat in, hi khawvel a hin Pathien in mihriem a hmangai na a suklang angin, eini khom Palai sin thaw sau sau ei tiu.

Ei beiseina chu chungtieng a ni lem si a.

Pathienin a thu malsawm raw seh.

+++++

JESUS said to her. "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me..... **WILL NEVER DIE.**"

John 11:25-26

MIHRIEM TA DINGIN VOI Khat THI RUOT A NA

Herbert Lalsanglur

Hebrai 9:27 Mihriem ta dingin voi khat thi ruot a na..

Thina hi a *final* em leiin, sung le kuo tadingin inzak um a ta, mi hmel hmu rinum a ta, hril ding khom invai ruoiruoi nuom hleng a tih. Ei insungah thina'n ro hung rel el sien chu mihriemna ramah zawna ramtin hungin lang ûkûk mei a tih. lengleia kan insunga hung tlung bik am? lengleia kan ngai le hmangai em em hun lo taka lak in a um bik? Thina hi mihriem hai remruotna le hriet phak lo thil a ni tlat leiin, a dawnna hmu el ding vang hleng a tih.

lengkim chung a thuneitu Pathien a nih ti hre de inla khom, ei lainat em em hai chungah thina'n ro hung rel el sien chu hrietthiem in tak hleng a tih. Khawsakna thila hun a mi ruot pek hai hi chu hrietthiem awl sam deu an ta. Mihriem inlainatna le inngaina hi a lo nasa em leiin, ei insungah thina'n ro mi hung rel pek el sien chu hrietthiem in tak hleng a tih. Thina'n mi a thre pha chu thlarau mi tak taka ei ngai hai meu khawm an buoisie ve tho hlak. A remruotnaah ei hang phak ve si naw leiin, thina hi chu ei ta dinga thra a nih zuk ti el hi chu harsa hleng a tih.

A remruotna ei hrietthiem ngai si nawh. An leh, ei insunga thina hung tlung dingin ieng hun lai tak am ei *convenient* le remchang hun ning a ta le? Ieng hun lai tak am *timely* ding? Ieng hun lai tak am thi hun dinga thra a ei ngai chu? Hieng zawna hai hi a dawn thei ei um ring a um nawh. Pathien remruotna ah ei thrang tlat naw leiin, zuk dawn thei ding chu ei ni naw reng a nih.

Thina hi mihriem ha'n ei pumpel thei ding an nawh ti Bible ah chieng em em in hmu thei a nih. Ei changthlang *Hebrai 9:27 hin mi popo tadingin thi voikhat ruot a nih* tiin a mi hril. *Rom 5:12 chun mipakhat leia khawvelah suol a lut ang khan, suol leiin thina khom a hung lût a..*tiin a mi hril bawk. Mi popo tadinga thi ruot a ni tlat leiin, tu ta bik dinga ruot a ni naw ang bokin tukhomin pumpel thei bik naw ni hai.

Min thina an tuok pha, theitawpin mihriem le mihriem zuk inhnem chu ei tum hlak, a lo thei zo zai ngai si nawh. Hringna siemtu Pathien a ni tlat
Hrepuitu: Mar 2018

leiin. Amiruokchu, ringtuhai ei vang nei em em na chu ei insungah thina'n ro lo hung rel sienkhom thlamuongna mi peitheitu Pa Pathien neitu ei nei hi. Ama ei bel tlat chun khawvel i pek theilo hadamna le thlamuongna ami pek thei tlat si.

Psalms 31:15 chun ka hunhai i kutah a um... a lo ti ve. Ei hun hai hi Ama kuta um an ni tlat leiin, ringtuhai tading chun thina hi ieng hunah khom hung tlung sien, ei ta dinga thra ami ruok pek a lo ni lem hlak si. A ruotna hi hrethiem ngai naw inla khom, ei thratna ding an lo ni pei lem bok si.

Mihriem hai hi purpose neia a mi siem ei ni a. Chuleiin, Pathien kuoma ei chawl hadam hun ding hi in ang tawl seng thei naw nih. Ei fe ding hun in ang naw sienkhom, a lo fe hmasa le fe nuhung, naupang deu le upa deu khom nisien danglamna um bik chuong naw nih. Fe hmasa le nuhung angkhat vongin vanramah lungruol takin ei la leng diel diel ding a ni si a.

Filipi 1:21 chun ka ta ding chun hring hi Krista a na, thi khom hlawkna a nih a lo ti a. Ringtuhai ei thi pha iengkhom chên/inhmang ding ei nei nawh ti a mi hril chieng em em. Thina anthoka ei hlawkna ding ei thlir tlat chun hadamna le thlamuongna hmu ngei ei tih. Thina hi khawvel buoina, harsatna, mangangna, natna, beidawngna, thlaphangna, lunginrimna hai popo ei fe khel ni a lo ni lem si.

Ringtu tading chun thina hi hmelma nuhung tak a nih. Thina hi ei hmelma nuhung tak ei hne na ni an leiin, ei thangsuona ni a lo ni lem hlau el. Chu chau ni lovin, ringtuhai ei thi pha Pathien angsung phingtram, dangchar, natna, rinumna hai um ta nawna hmun a lut ding ei nih. Khawvel trawngsephur ram nekin nasa takin anhawi lem awm si a. Chu in inhawi le ropui a chun ringtuhai chun a thienghlim ie, a thienghlim ie ti a Pathien inpak le chawimawi hi ei sin ropui tak chu ni tang a tih. Chu hmuna leng hai chun hi khawvel trawngsephur ram hi an hungin hnar ve ta awm si naw a. A van hawi awm ngei de aw!

Tukhom thina pumpel thei ding ei um si nawh. Unau, chatuon ram in inhawia lut ve thei dingin ei in zo tawl ta am le? Kim taka lut seng dingin ei in ditsak em em a nih.

chau a nih, report thra hung pe thei hai chu. Midang hai khan chu an ram va lak tum a ropuizie, an len zie le an huphur zie an intlun lem a nih.

Kaleb le Joshua in an va enthlak khan. An pahnih chau a nih beiseina neih ah hung kur.

27. Hieng hin Mosie kuomah an hril a: "I mi tirna ram chu kan hang thlithlai ngei a, nenetui le khuoizu luongna ram a lo ni takzet el! Hi hi a ram suok thei ra chu a nih."

28. A mi chênghai ruok chu kawlhrawng tak el an na, an khawpuikai chu kula inhuon a na, a lien tawl hle bok a. Anak thlahai chen khom kan hang hmu a.

29. Amalek mihai chu Negev-ah an um a; Hit hai, Jebu hai le Amor hai chun tlângram an del a; Kanan mihai chu tuipui kam hnai le Jordan vadung hrûlah an chênghai" tiin.

30. Kaleb chun Mosie hmaa mipui chier mur mur chu a zâp dei a, "Inthok suok ei ta, a ram chu hang làng ei tiu, ei ngam tawl ngei ding a ni si a" a ta.

31. Nisienlakhom a fepuikai ruok chun, "Anni chu eini hang tèt ruol ding an ni nawh, eini nêka hrât lem dai an nih" an ta.

32. Israelhai lai chun an ram hang en thlithlai thu chu thra naw takin an hril dar a, "Kan ram hang en thlithlai chun a rama chênghai a fâk zo pei a nih. Mi kan hmuikai chu mi lien tak tak vong an nih."

33. Mi lien Anak thla, Nefelimhai khom kan hang hmu a, anni laka chu khau ang chauin kan inhmu a, anni khomin khau ang chauin an mi hmu bok" tiin. (Number 13: 27-33).

Ei tiem thla pei chun, Numbers: 14. 9 a chun, hieng hin ziek a nih.

9. LALPA chungah hin hel naw phot ei tiu. A ram mihai chu tri dêr naw ro, ei la dol zo vong tawl ding a nih. Humtu an nei nawh, eini kuoma ruok chu LALPA a um. Tri tawl dêr naw ro" tiin an hril a.

HMAR MIHRAT KHUPLAL TUNU KA NIH

Pi Songthrakim

Voisun thralai pawl inkhawmna ah hun an mi pek hi lawmum ka ti ngot el. Hun neitu le hlasak hai khom thralai vong an nih a, chuonghai lai, kei upa pawl tak tah hun an mi pek hi an fel ka tih ngei. Naupang fel an nih ka ti a nih. Mani neka upa inzana nunchang an nei hi. Anni hun hmang vong ding a ni lai, hun an mi hei pek hi, an hun (time) an mi 'khilai' a nih.

LALPA ISU hmingin ka hmangai che. Hmangaina chau naw chu tukhom mi bat neih nawng ei tiu.

Awleh tukum a ei thupui 2 Kor 5:20 a chun Krista Palai ding ei nih tih a nih a. Palai sin hi ieng lam khom ni sien, ei hraw ding a nih. Harsatna, beidongna, lunghnuolna, le lam dang danghai kara khom. Krista Palai chu ei mizie areng khom Kaleb le Joshua ang lungril put mi ei ni ding a nih.

Ka tleirawl lai an thawk hin, hrilsele le hrat ve deu ka nih a, lo vat khawm pasal tleirawl te hai thaw bak hman khoma ka vat len hlak a nih. Ka hratna tak lem chu ka pu lei khom a ni thei, Khuplal kha ka pa pa a nih. Khuplal chu eini Hmar lai mi hrat inlar a nih. Tulai chu kum 60 ka tling vang tah a, tienlai ang khan ka hrat ta nawh.

Kei hi Pastor Siesang khan voikhat lai *commando* a mi tih a. Ka *commando* na tak lem chu lam zawla hin anih. Ringtu hai hi indona le intheidana kara inremna siemtu ei ni lem ding a nih. Chapona le mentsangna hmuna inggaitlawmna nun kawltu ei ni ding a nih.

Awleh, vawisun a ngaituo tlang inla ka tih chu Numbers an thok a nih a. Ringtu huoisen Kaleb le Joshua chanchin hi a nih. An pahnih hin Kanaan ram enthla dinga Mosie in a tir an nih. Enthlatu danghai khan Kanaan ram mi hai chu an hrat hmel thu le, an taksa hai khom tulai trawng takin, "phir phekk phok, sek le lien deu deu vong an nih" an tih a. "Hne talo zen ei tih" an ti ring a um. An ni lakah chun khau thrikthri ang chau ei nih, an tih a nih. Kaleb le Joshua khan an ram hlou ding an va enthla khan, an ni pahnih

PATHIEN RAMRI NÊR THLENG

Dr. Dony Tuolte

EXODUS 19: 12&13 "A velin ramrihai khangpek i ta, Tlanghai kai lo dingin le a sîr vel khawm taw lo dingin invêng thra ro."

"Tu khawmin tlang hi a taw lo ding an naw a, chuong naw chun thala kâp amani, lunga dengin amanih a um ngei ding a nih; sa khawm ni sien, mihriem khawm ni sien, hring naw hrim hrim a tih."

Ringtu, Pathien nauhai ta din Pathien chu ei inhumna kulbîng, inngatna kul a nih. Ringtuhai ku hi aw! Pathienin ramri a siem nêra suolin a mi do chun, a mi taw kek chun hmu thei le hmu thei loin Pathien a che ve nghal hlak. Mi sukse tuma ami dotu chu Pathienin do letin ama an thawk daw hlak a hawi ngei.

Mosie kha Sinai tlâng Dân sawm la dingin a hang fe. Chu chu Pathien umna tlang, hmun inthieng ani leiin mi tu khawma tlang chu hnai lo dinga hril an nih. A tlâng bul thrut khawm mihriemin an pan thei ding chen ramri an khang hiel. Mihriem khawm ni sien, ran khawm ni sien, ramri khang chen fe khêl chu damlo ding, sukhlum ding a nih tawp. Chuleiin tlang bul hnai lai fe lo ding ti a nih. Pathien chengna tlâng thienghlim a ni leiin a va taw kekto chu anni tieng reaction a um nghal ding a ni chu.

Hiengang deu hin ringtuhai Pathien chengna In ei nih. Suolin ami taw a, awmlo bak saka ami suka, indiknaw taka a mi bei chun ei sînga Thlarau Inthieng cheng hin doin a bei let el hlak. Pathien chengna, hmun thienghlim, taw thienglo le taw theilo, ramri chin nei ei nih. Thlarau thienghlim chengna In inthieng ei ni leiin.

(Ka hril tum a fie lem na dingin ka tawnhriet pakhat tar lang ka tih. A thu a sei taluo nawna din a tawi zawngin tan tawi ka tih.)

Tumkhat chu kan *institute* a *staff* pakhatin *Child Care Leave* (CCL) hun sawtfe aw ding a *apply* a. Kan Institute-a *sports incharge* a ni leiin, *leave* a lak hma-in *sports* le inzawma *file* sukkel hmasa rawh ti'n ka hril a. *Sports* hi a tlangpuiin February thla hin kan nei deu tak. A thu umdan chu CCL lak a tum leiin *Sport file* khawm siem fel loa leave la nuom a nih.

January 15.01.18 a chawl la nuom chu December thlabul khan a *file* a *put up* chauh. December 18.12.17 - 7.01.18 sung *Winter vacation* ding a hrietsa a nih.

Chubaka a *file* hi kan HQ-a approval dinga thawn a ngai leiin nuom ela institute levela zo thei an nawh.

A chawl hnina lekha-ah *sport file sukfel hmasa phawt rawh* ti ka ziek lungawilo chun ramtin a ziek triel a. A dawnna ziekin ka pêk kir nawk tho a. Sawrkara sinthaw, *decorum* dan kalin ram tin a ziek kuol a. Kei khawma a thil ziek chu ka dit naw a, mawi ka ti bawk nawh. Sawrkar office khawm ni sien ei chung a hotuhai dawnna ding chi an naw a thil ziekhai chuh.

Tumkhat chu hienga a thil ziek ka tiem lai hin, hieng hin a ziek ela ama ta dinga thra naw thil iemani a tlung ding a ni hi tie ti lungrila an lang el ta a.

January 16.01.18 hin *file* a sukfel thei chau a. Kan HQ tieng *approval* dingin kan thawn a. CCL 15.01.18 a inthawk kan pek ta a. February thla a hung inher suok a. Nikhat chu a umna *Dept head* chun a damnaw thu a hung intlun a. CCL la sien khawm a nauhai exam enkai nekin ama damnaw thu a hung hril el tah. Chubaka tarik 17.02.18 a *message* ka hmu chun Apollo Hospitalah emergency-in an admit an ti nawk deu deu. A damnaw ka lawm ni loin, thil maka ka hriet leiin inchuk dawk ka nei hiel a.

Pathien nauhai ku hi aw! Ei umna hmun tina, ei sin thawna khawm ni raw seh khawvel mihan hmusit taka mi deusaw le sawisak, nuom-a-ninga an mi sawp ding Siemtu Pathienin a phal nawh. A remti thei nawh ti kan chuk dawk. Ama chengna, hmun thienghlim le inthieng ei ni leiin ami tawktu, mi sukse ding chu dangin a lo bei pei a ni awm. A nauhai khawvel miha'n nuom nuoma sawisak ding phal loin ama'n ami do let pek hlak.

SAM 31 : 20

*Mihaiin an phierruk changin,
I angsungah i hum him a,
Khêla an hril siet bawr bawr châng,
I bûk sungah i thup tlat hlak.*

Mosie'n Sinai tlânga Pathien thupeka dân sawm a lak ding khan Israel nauhai tu khawma tlang hnai lo dingin ramri an khang. Tlânghai kai lo ding, ramri va hnaia fe khêl chu ran khawm ni sien, mihriem khawm ni sien, dam lo ding, sukhlum ding, hring naw hrim hrim dinga hril an nih.

HEBRAI 12 : 20

"Ramsa chen khawmin tlang chu tawk sien la, lunga deng hlumin a um ding a nih,"

TRAWNGTAINA

"Chuongchun van Pathien kuoma chun ka trongtrai ta a." (v. 4)

Tiem ding le ngaituo zawm dingin: Nehemia 2:3-5

A hmel ngui leia Lal zawna a donna a chun, Nehemia chun hun inhmang thak lova Jerusalem va sir dinga phalna chu hnina siemin, a mi le sahai chu, kha hma anga Jerusalem khawpui chu tungding nawk dingin an siem a nih. Lal kuomah ngenna a siem hma khan, Pathien kuomah trawngtaina thir hrui a hei thon hmasa phot a nih. Lal khan hma la hmasatu angin inlang sienkhom, Nehemia khan a ngenna siemna dei a khan chungtieng thrangpuina a trulin an hriet a nih.

Eini khawm harsatna annawleh ngirhmun derthawngtak ei tuok chang hin ei lungril hi trawngtaina in hei dawmkang thiem inla chu thil danglam sot a tih. Trawngtai naran el a trawngtaina nilovin. Hitakah trawngtaina ka ti hi chu a pangnai el a thingthri a trawngtai annawleh thu iemani deu hlek hmanga trawngtai el nilovin, thlarau a hieng anga hril thei a nih: "Lalpa,

Nangma a hratna, chu takah inthawka ka hratna chu, tuta ngirhmun intaktak ka sir mek na a hin mi thrangpuitu ni dingin." Chu chu ei lo hril zo hman chun, Nehemia in kipkoitakah ngenna a siem kha ama trawngtaina inthawka suok el a ni naw a nih. A ngenna a the lut khan, thrangpui dinga ngenna a hei peklut sa kha, darkar tamtak ngaituoin, thla li lai nguntaka lungrila ngaituo ning a tih. Iengtin hlol inam Nehemia khan Pathien kuomah tawp lovin ngenna a lo siem tah ding, chun court a ngirhmun thua khan iengti hloin am Pathien a lo buon ta ding?

Trawngtaina – thir-hrui chun trangkaina an neih ngei, anachu ringna leiin nasataka Pathien biekna chu a ai awthei nawng a tih. Mitin hin ropui takah, motor tiet tiet beisei ei nuom. Anachu malsawmna khawm trawngtaina a ei tha seng zat pei ang chauvin ei hmu chang a um a nih.

TRAWNGTAINA

Pa, trawngtai thir-hrui le a chang chu tawplova trawngtaina ding hmun khawm a um. An pahnih a, an trangkaina hrethiem thei ding le hman veve thei dingin mi thrangpui rawh. Isu Krista hmingin ka ngen che. Amen.

NGHAK INSIEK

“Chun lal chun ka kuomah, “I damnaw khom chu a ni si naw, iengtiziea lungngai hmêl I put am a na? Thil dang ni naw nih, I lungril a lungngai a ni hi maw.” a mi ti a” (v. 2)

Tiem ding le ngaituo zawm dingin: Nehemia 2:1-2

Hi bung ei tiem tran hin, Nehemia chu a trawngtraina donna a la nghak zing a nih. Tuhin, Jerusalem chanchin a hriet hnungin, thla li lai a liem tah a nih. Chuong hun chun a trap, lusun mangang, bu nghei le trawngtaiin hun hmangin a um a nih. Nehemia khan Jerusalem kul bang bawl thar a trul ti a hriet ruol ruol khan chutieng chu a baw nghal el nawh a, Pathien tadinga a sin thawnuomna a khan a hlawtling ding chun, Pathien malsawmna el nilovin, Lal ditsakna khawm kha a mamaw ti a hriet lei a nih.

Lal ruoithrena a chun Nehemia chun Lal kuomah uoiin a pek a, chuongchun Lal chun Nehemia hmêl a hei hmu chun, iemani taka lungril sawlna neih nidingin a hei hmu a. Ataxerxes chun Nehemia chu a nguina san hril dingin a fiel a, Nehemia chun a hril ngei bok a. A lungril suk riktu, a thlarau inthuktak

a hnetu, hieng popo chu inthup a ngai ta nawh. Hmalakna ding chun tuhin Nehemia kut tieng ni tah lovin, Pathien kutah um an tah.

lengkim Pathien tadinga thil ei thaw tumna a hin, a thaw huntak hriet hi ava poimaw em em de. Thlarau lawng tamtak hi inhmaw lei le fimkhur tawk naw leia sie tamtak an um tah a nih. Voisun khawm, mi thren thren, rawngbawlna ropui tak tak nei thei ding ngirhmuna ngir, ana chu, zaidaw le nghak theilo leia tlingzo talo ka hriet rawn. A trulna chu an hriet, anachu Pathien hun ruot indiktak chu chuong thila an nghak ngai nawh. Mi threnkhat hai chun, Lalram a trulna hi a kona a nih an ti rawp. Hihi indikna um sien khawm, Pathien hun le remruotna a Ama rawn photna a trul ei hrietsa ding a nih. Thilthra tak thaw tum lai zingin, a hun indik naw leia, thil thranawa inchang thei khom hi thil umthie a nih. Pathien hun ruot hi chu an dik tak hlak a nih. Ei ni hun hin an dik ngai nawh.

TRWNGTAINA

Aw Pa, ka thlarau sana hi Nang leh hermil a trul zie hi chiengtakin min hriet tir rawh. Thil thaw dinga I mi kona a hin lungril inring zing el chau nilovin, a hun takah thaw thei dingin mi thrangpui raw. Isu Krista hmingin. Amen.

Hi thu hi Isu ringtu, Isu thisena inchik ta phawt kuomah tlung thei ani ti kan chuk dawk tlat. Pathien thlarau ei nia a chênga, ami umchil tlat chun, suol mi tawk siet theilo ding chen ramri khang a ni ka hriet thar. Hi ramri khel chen chu suol mi tawk buoi ding Pathienin a phal nawh. Mi bei dinga inthawk, ei sietna ding buoipui, mi sukbuoi ta phawt chu ama’n a bei let pei ding a ni awm. A va thlamuong thlak ngei de!

Vantirkoha’n LALPA tritu, an umngha a, an hum him hlak. El velin a nauhai mi vengin a mi umchil hlak. Ava thlamuong thlak lawm lawm ngei. Nang le kei, Pathien hring chengna In, Pathien umna hmun thienghlim ei chan lei a nih. Chuleiin Pathien chêngna tlâk, a cheng theina din ei lungril suk faiin suk thienghlim ei tiu. Thil indiklo, thu diklo ruok chu a lawm nawh.

Ka ngaituo a, hiengang thuneina hi mitin kuoma Pathienin min hlan ta sien, chapona’n hmang ka ta, mi ka suksietin ka tawk siet tam fu ka ring. Chuleiin hiengang thuneina hi mihriem kuta sie loin, Pathien chun a nuom hun huna, thra a ti huna, awm a ti ang peiin a che lem hlak.

Chuleiin Pathien chengna In ei nih ti a tharin hre nawn ei tiu. A chang chu suolin kiltin kiltanga mi sukse tumin thrang a khaw hlak. Mani khatin ei do thei nawh. A mi do dân, a chet dân ei hriet thiem ngai bawk nawh. Sienkhawm Pathien ei kuomah a um. A nauhai beidawngna le hmusit ei tuok, indiknaw taka an mi hêkna, trawngbau thlum lo le thralo hlaw hlak inla khawm Pathien hring neitu ei nih.

Chuleiin beidawng el nawng ei tiu. A hun taka mi thrangpui din Pathien inthawk ngei a tih. Ei nuom le dit huna ni loin, ama hun ruotah, trûl le thra a ti hun taka anthawk dawk hlak ti hi a va chieng de aw! Suol mi tawk buoi theilo din, mi suksiet theilo ding Pathien chengna tlang inthieng ei nih. *Suol sukhlum thei lo din Lalpa’n ami dawm sang. Amen.*

SAM 92: 15

*LALPA chu mi ngil a na,
Kan bîkna Lungpui a na,
Amaah rîtlona hrim,
A um ngai nawh ti thu hi,
Puongin hril dawk hlak an tih.*

Ei sunga um Thlarau hi suol leh an indo char char. Mani’n ei tranna tieng tieng chun hnena chang a tih. Khawtieng am an lem ei ta?

Lalpa’n ei trulna zawn sengah din mal misawm pek raw seh. Amen.

INPAK LE BEL TLAK PATHIEN A NIH

Herbert Lalsanglur

Matthai 6:28 Rama tûktinpâr inthrang zie hi thra takin ngaituo ro; sin an thaw nawh, pat khom an kher bok nawh.

Chawlkar thum vel liem tah a hringnun lam hraw mek anthawka thil inchuk tawite ka hung *share* ve. Zingkar *routine* pangngai angin *office* pan a *motor* kan tlan zing lai, tukver anthawk lampui sir a par chi hrang hrang mawi em ema par hai chu ka zuk thlier pheï malam pei a. An mawi in a en an hawi thei em em. Pathien ropui zie le inpak tlak a ni zie nasa takin a min hriet thar tir. Ka lawm em em.

Ngaituona a hungin lang vang vang pakhat chu hieng parte chi tum tum hai hai hi an chi (seed) chikte te hai kha hnuoi ah a tla tawl a, an hung mawng a, an hungin thrang lien a, an hun bie ang pei in, inkhel der lo in, par mawi tak tak hai an hung insuo seng hlak el hi. A *process* tin hai hi ka lo va ngaituo zui ngai naw de! Thil ho te, thil ni ding reng le thil fe dan ding reng angin ka lo ngai hlak chu a lo ni hi tie! Mihriem varna, remruot thiemna le felna ringawt chun hieng par chi hrang hrang hai hi zuk hriet seng le enkawl seng an naw ding zie dam lungrilah a hungin lang uor uor a. Pathien hi chu a lo va ropui ngei de aw! Hieng lampui sir a par pakhat el chau khom ni lo, chi khat el chau khom ni lo, chi hrang hrang hai, a thren lem chu dai bul lai a mi chen dam a zuk hriet fuk in a enkol vong el hi. A chin le a lien, an hun bie sengah mawi em em in par an suo tir tawl seng a. Mihriem hai, Ama ang pui ngeia a siem, a chatuon rohlupui dinga an tlan suok hai lem hi chu a mi va hriet fuk char char awm de aw ti a min hriet thar tir bawk. Ka lawm hle.

Ngaituona fe pei chun hieng par chi hrang hrang hai hi iengdinga siem am an ni aw ti zawnna a hung lut ta pei a. A ropui zie, iengkim a iengkim, thil popo chung a thuneitu, inpak le chawimawi tlak Pathien a ni zie hai mihriem ha'n an hmu suok theina ding an lo ni zing chu tie. A va ropui de!

Ngaituona chu a fe pei a, lamsira parte mawi tak tak hai hin a siem tu le enkawl tu hi an hriet ding am aw? An va hang hriet awm naw ngei de. A siem tu le enkawl tu khawm hre lo hai hman ienglai khom hrie fu lop lop zing a, an hun bie in pel der lova par mawi tak tak in suo tir hlak tu chun Ama ang puia a siem hai lem chu a mi va ngaisak nasa awm de. Ama hre fu ngai naw inla khom, ienglai khom mi en kai in, ami hriet lop lop zing hlak a. Ei trul le ei mamaw hai chen khawm a hun takah ami pek zing pei bawk. Inpak le bel tlak Pathien hi chu a lo va ni ngei!!!

THUTIEM HLENTU

“Aw LALPA, lunginsietakkin ka ngên che I siehlaw trongtraina leh I siehlawhai I hming inzatu trongtraina a hin I na lo daw la..” (v. 11)

Tiem ding le ngaituo zawm dingin: Nehemia 1:8-11

Voisun khawm Nehemia trawngtaina thilthawtheitak tieng la hei ngaituong ei tiu.

Pathienin a mihai tadinga *“provison”* a siemek chu an chang theina ding chun, Pathienmi Nehemia khan thil thaw dan ding lam pakhat a hril lang a nih, trawngtraï reng reng chu Pathien thutiem a inngat a ni ding a nih. *“Mosie kuoma I thupek hai kha hrezing ro,”* tiin, Pathien in Mosie kuomah a thupek hai kh hril nawnin, thutiem sukputlingna chu a lak a nih.

Nehemia khan Pathien chu a thutiem lakah a ringumzie kha a nasa em em tih a hriet a, Pathien khan a neknawi hai popo chu hung sukfel/relfel vong a tih ti kha a hriet tlat a nih.

Bible inlettu le hrilfietu tamtak hai chun Nehemia trawngtai dan kha nasatakin an sui a, Pathienin Luka 11 a trawngtai dinga a min chuktir

ang khan in ang nan a zui a nih, an tih a nih. Anachu, trawngtaina hi trawngtai fedan tieng el a ni nawh a, *“Pathien chun eini nekin ei trawngtaina hai chu ngai rawn hlak lem ngai nawh, ti a nih.”* Chu umzie chu, ei trawngtaina ah ei in peklut zatna tieng lem a nih. Nehemia khan Pathien lungril a ditsakna dawng ding in tla 11 lai zet a trawngtai a nih. {(Nov/Dec (1:1) anthawk Mar/Apr (2:1)} *“Beidong lova trawngtraina”* – chu chu ngei chu a nih.

Tulai teh, Nehemia anga trawngtraina hi hmu ding a um am? Lungngaithlak tak chu, ei hmu ding awm ang khawmin hmu ding a um naw a nih. Tulai a trawngtraï thlangpui hi chu dan naran in, a ngaia ei neih a, Pathien, Lalpa mi malsawm la, hi hi, saw saw malsawm la ti deu vong a nih. Trawngtraina thilthawthei chu thil hai chu anni anga en a, chutakah Pathien chu a ni ang tak anga hmuna inthawk a suok a nih.

TRAWNGTAINA

Ka Pa le ka Pathien, thil hai chu an ni ang chauva hmu thei ding le nang khawm I ni ang takah hmu thei ding che in mi thrangpui rawh. Chuongchun, Nang le chu takah malsawmna chu keikawp thei a, ringna ah hieng tak a trawngtraï thei dingin mi thrangpui ro. Amen.

LUNGRIL PUTZIE IN A KAISANG ZIE

“Chuong thu chu ka hriet chun ka thrung chot a, ka trap ta a; ni ieng amani zat chu lungngaiin ka um a; chun bu ka nghei a, van Pathien hmaa chun ka trongtraï a.” (v. 4)

Tiem ding le ngaituo zawm dingin: Nehemia 1:4-7

Tuhin Thlarau Thienghlim a inthrangliena ding chun thilhai chu anni ding ang renga an ni ang a en phot a trulzie ei hmusuok a nih.

Bang chim hai chu ei hmuphot naw chun bawl thar thei nawng ei tih. Thlarau tienga sietna ei hmu pha “lengkawm ka thaw thei naw a nih.” Anleh, chuonghun a hai chun iem ning a ta ei thaw ding awm chu - Nehemia ang khan ei thaw ding a nih - ringna tieng a nasa nawk zuola trawngtraï ding ei nih.

Tuhin Nehemia trawngtraina thu hai kha Pathienin Ama le Ama Bible a an hril angin - chuong ang takah trawngtraï a nih - trawngtraï mi sipai huoisen hai angin Pathien thilthawtheitak chu a ropuizie le a Ropuina le, Pathien thutak sukputling a ni zie an hriet thar tir nawk hlak. Pathien hma chun mak ti le ropui tih in, A hmaa chun Ama chu

chawimawiin, a thilthaw theizie hai hre zing pumin a ngir ta a nih.

Pathien chu a tadingin a lenzie ang pei chun, a harsatna tuokhai chinzie chu a hung hriet tah. Nehemai chu chutaka inthawk chun a mihai suol thupha chawina neih in, an harsat tuok hai chu an thuawinawna lei a nih tih in. Suolna a hin a thlangpuuin ei hlawsamna a ni hlak a, suol umna a chun thupachoi a trul bok a nih.

Hi takah Nehemia trawngtraina lungril putzie hi ngaipoimaw a trul a nih. Lungrilin inzatak le inngaitlawm takah Pathien biekna chu. Mi pakhat in a lo ti angin: Mani indittawk hai chu an trawngtraï ngai nawh; anni le anni an in biek el chau lem a nih. Mani thra inti tawk chun a trawngtraï ngai nawh; an thil trul an hriet naw leiin. Mani le mani thienghlimtawk inti hai khawm an trawngtraï thei nawh; Pathien inzana umnawna a chun, Pathien anthawk donna tlawm a tih.”

TRAWNGTAINA

Pa, hieng ang kong a trawngtaina a hin, ka baua thu suokhai lei lem nilovin, ka lungril in pêk lei lemin, chungtieng chu pan thei ka ni thu hi min hriettir rawh. Ka ngaituona ang peiin ka phak an sang ding a nih. Trawngtraï dan min chuktir rawh, ka Lal dittak, kha hmaa l thruoiruoihai in chuktir ang khan. Amen.

THIL THAW HMASA DING THAW HMASA PHOT

“Ka unaupa pakhat Hanani le Judai rama inthoka mi threnkhat an hung a; chun Judahai sala intâng suok tahai chanchin le Jerusalem chanchin kân don a” (v. 2)

Tiem ding le ngaituo zawm dingin: Nehemia 1:1-2

Nehemiah eiin hmelhriet phut khan Persia Lalahai nipui ni le thlasik ah an chawl na in ni hlak, Susa a uoin intemtu a nih thu ei hmu a. Nehemia kha Juda mi a nih a, Juda thla ni ngei a tih, anachu Lal uoiin intemtu a ni lei khan a ngirhmun chu poimawtak ning a tih. Nehemia chun a chanchin a hei hril tranna a chun, a unaupa Hanani in a hung kan thu le Jerusalem kul lutna hai le a banghai chu a chimsiet thu an hung intlun a nih. Kha Jerusalem Tempul, Haggai le Zekeria hai enkawl na hnuaia bawl kha, a la ngir zinga chu, thlarau tieng el khelah, a thlaksiet tak lei chun, kulbang hai chu ngaisak lova umin, an hung se zo tah a nih.

Hi el khelah, mi suol haiin an lutnahai chu meia rawh in, a kang siet vong tah a nih. *Jerusalem, City of God*, ‘Pathien Khuo’ chu ngirhmun lunginsiet um takah umin a umtah a nih. Nehemia khan chu

phinga, a hmalak dan anthawk hin a lungrilin, a ngaipoimawna tieng thilhai chu ei hriet thei a nih. Persia lalram ah ngirhmun thratna enkawl nekin Lalpan thiltum chu Jerusalema sukputlingna tieng chu. Tulai khawvel a khawm hin, ieng ieng bang thra tranawhai am ana Pathienin a mihai chu bawl thar dinga a mi tihai chu? Entirnan, inneina le insuong nun a bang hai dam hi. Tulai khawvel a chun hi inneina *institution* in huongna bang hi a sie vang vang an tah. Lekhabu a article pakhat chun “inneina hai hi thil hlui antah” ti ziek ka hmua.” Inneina kutsebi hi sietna rapthlak tak” ti dam. Pathien in thruoi dan ngaisak lo le, a bang hai sukchim a an um hin ieng lawng ei ta? Eini tieng ngaituona lei hin Pathien tieng ngaituona a hlikhuo am a nih? Nehemia chun thil hmasatak ding chu an hmasak tir a nih. Eini khawm chuonganga thaw ve ding ei nih.

TRAWNGTAINA

Aw Lalpa l ditdan le l Lalram thu hai neka mani tieng thilhai kan lo ngaipoimaw lem hlak leiin mi ngaidam rawh. Nehemia ang thlarau kha mi pe ve ro, ama khan l thil ngai poimaw hai chu a ngaipoimaw leiin. Isu Krista hmingin. Amen

“Sala intang suok tah, chu rama dama la umhai chu chan setak le hrilsietin an um a. Chun Jerusalem kul chu a chim rem rum ta a, a kotkharhai khom a kang a,” (v. 3)

Tiem ding le ngaituo zawm dingin: Nehemia 1: 3

Tuhin a kimchangin Nehemia in Jerusalem bang hai chu a chim le, a lutna hai chu rausanna a um ti a hriet hnunga a um dan hei en ei tih. “Ka thrunga, ka trap tah a” (v. 4). Kristien unau thren ka hriet hai chu, kha hunlai khan Nehemia leh um ni hai sien chu, a ruonga ben in “Trap trap naw rawh, Nehemia. Pathien chu a lal thrungpha ah a um annom, A thiltum chu hung sukpuitting ngei a tih, harsatna le kong intak tak kar a khawm” tiin. Ani ngei, Pathien chun a Lal thrungpha anthawkin sietna a inthawkin thratna tieng chu hung inumtir ngei a tih, anachu chu thudik lei chun lungril natna ei tuorhai chu hrietlo tehlem annawleh, suklang lo ding an ni nawh. Harsatna/sietna ei tuok pha pha ei thaw hmasak tak ding chu hmaitonga hriet ding a nih.

Kristien tamtak chu vantiang mizie intrawmpuitu (*partakers of the divine nature*) ei ni leiin, iengtiklai khawma ngui ding ei ni nawh ti dam an ti hlak. Chuleichun, ei ngui khoma, hlim der

a, ngui hmel put ding ei ni nawh dam an ti hlak a nih. Hieng ang lei hin, US a Kristien nilo saikologist hai chun Kristien thren thren an thil tong le an ngui dan hrenuom lo hai chu “Ecclessiogenic neurosis” tiin an ko hiel a nih.

Thlarau tieng ei upatna tieng khawm ni raw seh, harsatna le beidongnan ami thlak buoi chun, natna ei tuor a nih. Na lo anga (tuor lo anga) ei um lem chun ei la puitling naw ti na a nih. Chuong, lungril natna le beidongna khur a chun in tal a, pil ding ruok chu eini nawh. Ana chu ei hriet chu a thra a nih. Hrietlo tehlem chu a hrilselel ngai nawh. Thil iengkhawm ei tong hai hi hmaisanna tongna hi indikna a nih. Chu takah chun lungril natna thil hai khom a thangsa a nih. Nehemia kha a lungril a suklang lai khan, Pathien mi a nina a tlawm sot chuong nawh. Thil thaw chi tak ani lem a nih.

TRAWNGTAINA

Aw Pa, ka sunga thil hung luthai hmaisana tong le hriet hi ringnawna a ninaw ti hi hre dingin mi thrangpui rawh. Chulai hmun a chun umsong ding ka ni nawh a, anachu kan tranna ding chu a nih. Hi thu a hin ka buoina popo hi mi ching fel pek rawh. Lalpa Hmingin ka ngen che. Amen.

“...Chun Jerusalem kul chu a chim rem rum ta a, a kotkharhai khom a kang a,” (v. 3)

Tiem ding le ngaituo zawm dingin: Nehemia 1:3

Nehemia in Jerusalem khawpui thienghlim chung a mittui a far kha, ama chauva trap a ni nawh. Ei Lalpa khawm a Jerusalem tading khan a trap ve a nih. Thil ei tong hai, ei lungril them thei thil hai hi, Pathien ei ringna a tlawm lei a ni nawh, anachu hieng ei thil tuokhai hin “*self-pity*” amani, mani inlunginsietna ah a mi thuoi lut ding a ni nawh. Pathien hratna le hmangruo hai hi ei harsatna ei tuok hai hrietlo tehlem nading nilovin, mi thrangpuitu le, chu hmun anthawk mi thruoisuok tu dingin an ni lem hlak.

Jerusalem in harsatna a tuok chanchin a hriet leia Nehemia in nasataka a lungril a nat ang khan, hi chanchin a hin thlarau dan (principle) inchuk ding a um a nih. Mi tuel khawm malsawmna an hmu hma in, midang tunamani harsatna phur an huom ding a nih. ei lungril ah le ei thlarau a harsatna/phurrik phur ei phur phawt naw chun

midanghai phurrik hrethiem ngai nawng ei tih.

Nehemia khan Jerusalem siemthratna ding riruong a hma a lak hma khan, a lungril suknatu kha hmaisana a Jerusalem siet tuokna a khan a mittui a seng phot a nih. Chuongang chun, eini khawm Pathien sinthaw ding chun thil umdan hai chu indik takah anni ang chara an umdan hai hmu a, hre a, som phot a trul a nih. Voisun ei umna kha hei enkuol vel la, thil tamtak hai chu nangin I ditdan le I ngaidan a um ang elin ni lovin, an umdan/ni dan indiktak lem chu hmu dinga en rawh. “Kulbang” sie hmu ding an um am? I nun ah Pathien biekina (devotional) hringnun “kulbang” dam a lo sie khiet rawi am maw? I sunghai, I kohran hai lai? Tukhan I nun ah thil I vui ding dam a um am? Sietna I pom nuom thraklo? Hihi hre zing rawh, kulbang sie chu a sietna leia I trap khum/vui phot naw chun siemthrat thei a ni nawh.

TRAWNGTAINA

Aw Lalpa, thil hai chu anni dan ang takah hmu thei dingin mi thrangpui ro. Keima ditdan el nilovin, Nangma ditdan lemin. Ka hringnun a hin sietna iemani a um chun chuchu hriet dan dingah mi thrangpui ro. Chuongchun, chuong sietna hai chu vuoi thei dingin. Isu Krista hmingin. Amen.