

A hmain Muslim, tuhin Missionary: Voi hniih lai a hringna lak an tum tah a chuh Mohammad Yamout chun Muslim khawvela Chanchin Thra hril le Isu zui chu tawp san a tum chuong nawh. "Beirut khawpuiah ka nu le ka pa-hron leh um ni unl Lang khom khawlai naupang ang deuva khawsa hlak ka nih" tiin a pieng hmain a pa takin a nu a maksan thu a hril a. "Ieng leia khawvela um am ka na? Pathien chu tu'm a na?" ti zawnahai donna chu Islam sakhuoah ka zong a, Muslim sakhaw thruouit (Imam) khom kan biekpui nghe nghea chuh lungrilah hadamna ka la hmu naw zing tiin exodustrekkers.blogspot.com achun a hril lang a. Kum 14-a upa a ni chun kum 7 lai sandamna lampui Kristienhai ring dan sakhuo inchuktirnaa (religion classroom) a lo ngaithlak hlak chun a lungrilah sin a thaw tah a. "Kha darkâra thil tlung kha a mak êm êm a, sienkhom ka ruolhai hriet hoiah Isu kuomah ka la'n pumpek ngam nawh" tiin a hril. Zana chun a in thei naw a, a lungrilah Isu pom le pom naw ding a'n suol char char. A tawpah, zan dar 3 chun a bok khup a, "Isu, misuol ka nih. Lalpa Isu, mi ngaidam rawh, ka mamaw che a nih" tiin inring deuin a trongtrai a. Chu zova chun hlimna ruk tak neiin a zingah sikul a kai lai chun a hringnun po poah inhlakthlengna umin a'n hriet a. Evangelist sin a thaw hlim lai chun Muslim kulmuthaiin voi hniih lai a hringna lak an tum a chuh, "Pathienin ka chatuon inah um dingin a mi la ko nawh" a ti ve ngat a nih. An pastorin thla ruk sûng a thuphmang hnungin South Carolina-a Bob Jones University-ah inchukin kum thum le a chenve hnungah diploma lain Lebanonah a hung kir nawk a. Chu taka chun kohran tharhai phunin Thu Thlung Thar bu sang têl chu a sem suok a. Mohammad le a nuhmei, Grace Hanan chun hmangai le induthaw takin Lalpa rong an bawl zom pei.

(Source: The Gospel Truth)

## OCTOBER 2016 CAMP

Hun hung tlung ding October thla hin camp nei ding le inzawmin Camp Committee mawphurtu dinga ruot hai:

**Camp Director: Pu Herbert Lalsanglur.**

**Committee Members:** (i) Pastor Lalditsak (ii) Pastor Lalsiesang (iii) Pro-pastor Zarzolien Infimate (iv) Upa Ruolkhumlien Buhril.

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Aug 2016



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

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

## Hrepuitu

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## Editorial :- Lawm leia kut ben

TV a car advertisement hla an hung sak reng rengin kan naupa kum khat le chanve mi hin a kut a benin a lo lawm thei em em a. A kut ben hi kan inchuk tir khawm a nih in kan hriet nawh. Ama lungrila a lawmna leia hieng hin a kut a ben el hlak a nih. Lawm leia kut ben. Chu takah ka lungrila hung lut vang vang chu hi hi a nih. Thlarau ei hung piengtar khan lawm leiin kut dam nasa takin ben in, hla sak khawm inhawi ei tih emem hlak. Turuok hin chu kut ben tak meu khawm intak ti chang a tam lem a, chun inkhawm hlasak lai lo ngir ve top dam hi ei upa tah em a, naupang ang, puitlinglohai ang ela kut ben le inchawm le hla inring tak taka sak dâ m hi thil mawi loah ei lo sie tam a ni ding? Chuong a ei lo ngai pal a ni chun, ei inngaituo thrat chu thra vieu a tih.

Ei lawm hlakna a khan ei lo lawm ta naw a ni chun, hi khawvel ropuina le mawina hnawtin ei hun tamlem ei hmang ning a tih. Tirko Rom mihai kuomah "Hi khawvel um dàn hi zawm ta loin, lungril thar putin inthlákthleng unla" tiin a lo incha angin, hi chang hin mi sukhar thar sien, naungpangtein lungril thienghlim tak a nei a a thil lawmhai chu a alawm em leia kut awlsam taka a ben thei ang hin, eini khawm ei kuthai a thara ben hawk thei dingin Pathienin tiemtu popo malsawm raw seh.

## KRISTIEN KHAWVELA CHANCHIN LAWRKHAWM

China rama Baibul vaibelsie khat semsuok: China sorkar chun "Biekina hmang inhai" (House Churches) chu tlokin Kristien hmun le hmang haia kraws intarhai an keithlak tir a. Chuong anga Kristien sakhuo dodalna rama Baibul kawpi vaibelsie khat (1,00,00,000) sut le sem dar chu thilmak a tling phâk a nih ti naw ruol an nawh. Baibul semsuokna huoihottu, Asia Harvest Ministry chun "Hi hi mihiem hlawtlngna ni loin Pathien hring thilmak thaw a nih" tiin an puong. Anni chun Isu Krista ngeiin thawlawm thawtu ding a mi zong pek a, Kristien pawl lien tak tak leh indawr trul lova khawvel pumpuia ringtu tam tak hai leh inhrepawa hi thil hi a tak a'n chang thei a nih tiin an hril. Pathien mihiain gospel leia ei thrangruola ei inzomkhawm pha hin thil ropui tak tak a tlung reng hlak a nih an tih. Ringnawtu nuoi za têl umhai hril lovah Baibul la nei lo, ringtu nuoi têl an la um hi a lainat thlak a nih tiin sin thaw ding hmabâk a la'n kho thu an hril.

(Source: Christian Today)

Sikh nunghak dawi thiemin Isu Krista a ring: Sikh nunghak, Yasmeen Suri chu a naupang laiin an sungkuoin Indiaa introk US-ah an inpem lut a. Hnam dang mi a ni leiin sikula a ruolhai lakah chun trong le lungrilah hmusitna le hnawchepna a tuok hlak. Mal nia inngai khawsawtna le a ruolhai hnawlna lei chun dawi le aisan thiemna inchükun chu tienga chun a pil tran tah a. Amaah fie ni si lo thil inril taka ngaituona, thlarau suol biekna le Setan biekna chi hrang hranga chun a hringnun a hmang a. Ni khat chu a piengchamphaah a ruolnu'n Baibul a thilthawn pek a, Deut 18:9-14-a "LALPA Pathienin a pek cheu ram in lut pha chun, chu taka hnamhaiin thil tirdakum an thaw hlak chu in thaw ve ding a ni nawh . . . . ram huoi zawl ruoitu dâm, rau ko thiem dâm le mithi inbiekpuï chîng mihai chu nangni lai an um ding a ni nawh. Hieng thil thawtu taphot chu LALPAN a tirdak a . . . inziek chu a tiem dok pek a. Chu Baibul thu chun amaah sin thawin suol a nizie a'n hriet suok ngawi ngawi tah a. Tuhin Kristaa hringna thar neiin ama ngei chu Pathien thilmak thaw le sinthaw hmu theia um a hung ni tah. TV-ah a'n inpawlpuaa chun, "Ka dawibuhai po po rawin meipuiah ka'n changtir tah" a tih. Tuhin biekina inkhawmin Pathienin rawl thra le mawi a pek ngei chu hmangin US hmun hrang hrangah Pathien ropuina chu hlain a puongsuok tah a nih. Ama chun hieng ang hin thurawn a neisa a – "Dawithiemnaah tlu lut naw ro. Horoscope khom tiem ngai naw ro. Chuong naw chun in hringnunah hung lut dingin Diebol hmun inkieng pal rawi in tih".

(Source: The Gospel Truth)

Hrepuitu: Aug 2016

## MI KANGRAL THEI MEI

"Ei Pathien hi kangremna meichok a ni si a"  
Tiem ding le ngaituo zom dingin: Heb 12:14-29.

George MacDonald chun hieng ang hin a ziek annawm: "Hmangaina chauh naw chuh thil ieng khom thlak danglam thei lo a um nawh". Hmangaina hin chu thienghlim famkimna chenin a hmangai tlat a nih. Mawi famkim lona hmun a chun hmangaina chun, ama le ama mawi nawk zuol dingin a'n siem a, mawi famkim nawk zuol dingin amaah khan famkim dingin an siem pei a nih. Amaa khan ni lovin, a hmangainaa lem khan. Chuleichun, thil mawi lo reng reng, hmangaina mawina suk bahlatu chu suk bohmang hlak a nih. Ei Pathien hi kangremna meichok a ni si a" (Heb 12:29). Thu ropui tak a nih.

Pathien nunchang chu a thienghlim em leiin, thil thienghlim lo po po chu mei angin a kângfâi vong hlak a.

## TRONGTRAINA

Aw Lalpa, ka lungril po povin nangma ditdan taka chawimawi thei che ka nuom. Keila thil inhnok le bal, nangma ang nawna thil po po chu i famkimna le thienghlimna mei chun mi kângfâi pêk vong rawh. Isu Krista hmingin ka ngen che. Amen.

Hrepuitu: Aug 2016

## KRISTIEN I NI MAW?

Rev. Roding L. Pulamte

Lal Agrippa khan Zawlnei thuhai a awi leiin Paula trongkam suok kha a sélthlák el naw a hoi. 'Kristien i mîn nitir hman vâng a ni chu tie' (TT. 26:28) tîn a tre uor a. Pilat nuhmei khomin Pilat kuomah: 'Kha mifel tak chunga khan iengkhom thaw naw rawh; voisûn hin ama leiin mang tieng thil tamtak ka tuor a nih' (Mat. 27:19) a tih a. Lal Agrippa le Pilat nuhmei hai pahni hin lemani ti zawng tak chun ngaituona an suksei.

Thuthlung Thara Krisien tia a tîra an kona hmasatak Antiok tieng kha nghat ka tum naw a, ka tonhriethai thre khatna, hnina, thumna tiin ziek ka nuom a.

Thre khatna: 1964 September thlain Mahur JB School (Bengali medium), NC Hills sorkar sikul zirtirtu sin Bengali medium ni si, Bengali trong hre dêr lovin ka lut a, mak ve ang reng. Hieng anga zirtirtu sin ka thaw hma khom hin ka lungril taka chun Kristien um nawna hmunah voi khat bék chu Pathien thu hril inhawkna ka nei a. A vângneia siemin 1965 kum hung thar chun Mahur Bengali Medium Schoola inthok chun Lânglut (Sakechep) khuo Pathien thuawi pakhat khom la um dêr nawnaa chun um dingin transfer order ka hmu a, ka lawm lungril hle. Hi khuoa ka va fe hma hin zirtirtu, kor dâm, Dimasa dâm, le a dang dang an lo um ta hlak a. Châng vea an ve mei mei hlak niin a khawsûng mihai chun an mi hril a. A va pilril deu bok leh sikul naupanghai khom kai le kai lo fawm an ni hlak leiin skul kai manner an tlasam.

Pathien thuhrltu tam tak khomin an lo sir hlak a chuh Pathien thu hril ruok

chu an khap tlat. Ka sûnghai ka thruoi hmain ka khâtin thla hni vâng ka lo va um tah a, an khuo ka lut nia Gaonbura le Chhota Gaonbura hai trongkam suok zawna hmasa tak chu 'Master, Kristien i ni maw?' ti a nih. 'Kristien i ni chun kan naupanghai le ruoltharhai hi Pathien thu i hril hrim hrim ding an nawh. Master sin thawng i ta, ni tin sikul kai i ta, naupanghai hi lekha inchüktir chu i sin ding a nih'- ti chu thupék tiem nei hmasa tak ka dong chu a nih. Ka khâta ka va um sûng chun skul building kaina tlâk khom ni ta lo chu ka siem thratpui a, dawkân (bench) le zieksan dawkân (desk) khom a lo um mumal naw leiin rawmauvin kan siem thra vong a.

Chu khuoa um dinka ka sung hai leh kan fe ding chun Pu Lalvou EM, (Sap) Guwahati fe malamin Sângbâr Campah a mîn thrut a. Camp-a inthok chun chokidarin a mi zu thak ta a. March 1965 thla chun kan sûngkuoin khuo chu kan zuk lût ta a, ka nuhmei Darhmingthang le kan naute Dardingpui hmêlthra deu mut an hang hmu chun an mi lo lawm êm êm a. Lovai an tlung zo chun a khawphêkin a mi hmu nuomin an hung ta a. Keini khom kan insuk chongpu ve nghâl el. Lekha ziek le tiem thrahnemngai takin kân chüktir a. Ka um hma chun Bengali hawrop hi an lo inchük

a na, ka uma inthok chu Roman script kan tran thar a nih. Kan sikul chu zieksan dawkān le thrungna rawmauva siem chu a ngîr ve po pova naupanghai an zâl seng a, lekha khom zâlpumin an ziek a. Sâp hla chorus kâ'n chüktir a, zing tin devotion ka neipui a, chorus kan sak a, kan hlim thei dar dar. Chorus chu an inah an sak hlak leiin an nu le pahai chu namén lovin an lawm a, hieng ang hla hrim hrim hi an pienga inthok an la hriet ngai lo a na, an thâ a fan. Zânah nunghâk po chu ka nuhmeiin A AW B le nambar tiem dâm le ziek dâm â'n chüktir a, keiin tlângvâlhai le pavalaihai po chu kâ'n chüktir ve a. Chun hlaw lakah ka fe châng hin beri, kûva, nawtchok ka hung hawn hlak leiin lekha inchük khom an thâ a tho, zân tin kan in chu kan sip lai lai zie. An lunglüt leiin A, AW, B le nambar an zuk hriet nghâl a. Zirtirbu-a 'Naupang thra chanchin' ti khom an zuk tiem phâk ta a, hmâ an sawn. Kha hmaa zirtirtu lo um hmasahai chu kûva uo, beri uo, zû uo, an inthawina sa uo, an thaw ang ang an thaw ve leiin inhoi an ti phien hlak a ni awm. Keini nupa ruok chu chuonghaia chun kan inhnamhnoi ve naw a, an inthawina sa khom kan fâk pêk ngai naw leiin ngaisângna iemani tak chu an mi nei. 'Master hai hi kha hmaa kan Masterhai ang in ni nawh, kûva fa lo, beri hawp lo, zû dawn lo, pathien thawina sa fa bok lo in ni leiin' Kristien taktak in nih' an ti

hlak a. An mîn khîna chu a lân hnuoa kristien nîna kualifikaton khom chi li vêl chun a khûm vong a nih. Naupang kân chüktir dâm an hrietiin U lienhai chu an lawm a, sûngkuoa um kan ni bok leiin an lung a awi. An ina lenglüt hai hrim hrim chu fâk ding an nei ang ang an pek a, an intik ngai nawh. Kan khuoa hin um zing la, khaw luah tlângâ khin i Pathien in ding i la bawl ding an nawm. Nakan U lienhei hi kan boi tik lehruolharte, dawngmate hei nanga dawrdawrin Kirstian (kristien) la chang ngiat an tih - an ti hlak a. Amruokchu keini U lienhai dam sûng chun Pathien thu i hril hrim hrim ding an nawh, kristien ni kan nuom nawh ti chu an thu lairil a nih. Chu kum ma chun Pu Ruolhangvung Puroolte (Leiri haiin Bieng tia an ko), Leiri khaw mi chu Tuizonte Babu a na, Tuizonte khuoa chun biek in a bawl a, ka hang bawlpui ve hlak a. Chuonglaichun Tuizontea hin kristien pakhat khom an la um naw a, Langlut khuo hai ang bokin Pathien thuhril an khap tlat a, det ve tak an nih. Biek in chu bawl zo a ni chun 1965 April thla, Good Friday hmang dingin Pastor Roneilien inrawinain Muolhoi Thralai Pawl an hung a, Tuizonte biek ina chun kan naunu Dardingpui-in baptisma a chang nghe nghe. Ka sangnu Zairemmawi, Muolhoia sikul kai lai khom a hung ve a, ama hi hla sak thiem a ni leiin maik hmanga hla a hei sak chun Tuizonte nunghâk- tlangvâl,

## KUALITI THRATAK PA

"Mipuihai LALPA chu a thienghlim ie, a thienghlim ie, a thienghlim ie, hnuoi pumpui chu a ropuinan a sip a." (v. 3)  
Tiem ding le ngaituo zom dingin: Isai 6:1-13.

Pathien nungchang le a lungril ei ngaituo hnungin, tuta ei ngaituo ding chu a thienghlimna hi a nih. Baibul tiem mei mei tu khoma Pathien chu danglam tak le ropui taka thienghlim a nizie hre thei a tih. Pathien mizie le nungchang dang danghai nêkin a thienghlimna thu hi hmun tam taka zieklang le hmangin a um a. Hi chaua inthok khom hin thienghlimna a poimawzie chu hriet thei ning a tih.

Anleh, iengtak hi'm a na Pathien 'Thienghlimna' ei ti tak hi? Ngaituona pathum a um a. A pakhatna a chun, thil sie hran, a fala um, annaw khoma seirhanna. Pahninaa chun var annaw leh varmawi ropui. Pathumnaa chun lungril faina, inthiengna le demkailona. Thuthlung Hluia mihai khan Pathien an inhmupui khan, Pathien indikna ropuina hmutu hai

kha a elvarin an pumin an huolkhum vêl vong hlak a nih. Mihaiin harsatna nasa tak an tuok lei khan Isai kha trongtrai dingin tempul a lut a. Uzziah, kum sawm nga chuong lai rorel thei lal kha a thi ding khan Asuria, hnam trium le nunrawng tak hai chu hmar tiengah ngirin, khang ang huna khan Isai kha trongtrai dingin a fe a ni kha. Isai, lungrila a beisei ang hmu denga inring chu, Lalpa hmel a hei hmu zet khan chun a beisei naw tieng dai thil a hmu a. Lalpa ropuina a hmu khan a pumin them danglamin a um a ni kha. Ieng leia khang khan a um am ei ti chun, Pathien ropuina le thienghlimna khan Pathien lungril hrietna dinga thil poimaw tak a nina suklangtu a nih. Kualifikeson po po laia poimaw tak chu theinghlimna a nih. Chu chauh chun Pathien ei hnaiin a hmel ei hmu thei a nih.

## TRONGTRAI NA

Aw Lalpa, voisun ka lungril hi enin kei le kei kan don a, Pathien Thienghlim rawngbawl dingin ieng thil am thaw a trul ka hriet am? I ropuina le thilthawtheina hrethiem thei dingin ka lungrilah ka pom ta hlak che am? Hieng po po hi inthuk taka hrethiem thei dingin mi thrangpui rawh. Amen.

## KRAWS HÎPNA

"Chun kei hnuoia inthoka khaikanga ka um chun, mi po po keia tieng hip ka tih." (v 32)

Tiem ding le ngaituo zom dingin: Jn. 12:20-33

Ei lungrila Pathien hmangaina meikang chu einin intak tako ei hlawsuok annawleh einia inthoka suok a ni nawh. Pathienin a mi hmangaizie ei hmu leia, ei lungrilin chu hmangaina chu hmangainain a don lêt lem a nih. Hmangaina lein hmangaina ei pêk lem a nih. Eini tienga thil thaw lei iêngkhom a ni nawh. Pathien hmangaina chang tuma sinthaw tumna lungril hi ei bansan a trul takzet a nih. Thilthra thaw leia suok chu a ni lai zingin, an tranna chu hmangai ei nizie ngaituo a, chu hrietna leia suok chu a ni lem.

Hi thil hi ka rawihai ka hril hlak an nawm. Hmangai anni hma chu hmangai lêt thei naw ni hai. Ka hril umzie chu hmangaina hi sanglêtna/donlêtna a nih. Ei thlarau hin hmangaina a dong phot a, chu hnunga chun hmangaina chu a pêk suok thei chauh a nih. Mi, a nu le pa hai

## TRONGTRAI NA

Aw Lalpa, hun tam tak nangma tieng lungril pe lovin, suonlam tam tak hmangin, i hmangaina hi hrethiemlo dingin ka lungril ka khar hlak a, tuhin vawi khat nawk, Kalvari tieng hung nghain, Kraws thilthawtheina chun ka lungril hi ni dang nêka nasa lemin mi hip dingin ka ngen che. Isu Krista hmingin. Amen.

nupui le naupang hai chu a en dingin an hung fuon khawm a. Amiruokchu an khaw papui haiin an theida a. Biek in tuola inthrunghai chu thingherin an ruongzâng an hung vuok thum lul lul a, an tlânse ta a.

Ni khat chu kan umna khuo Langluthai chu sinthawa an fe kâr, sikul kai trîn chun naupanghai inhnelin mei an suksuok pal a. An in po po deu thaw chu meiin a kângral el ta a, a fâl deuva um, in pathum le keini muol let liem tienga inhai chauh chu meiin a hla a. (Langlut khuo Sakechep-hai hi mani intodel, taima tak el, naupang sikul kai le pitar, putar tinaw chu sinthawthei po po sinthaw dinga inphîtfai zo an nih. Bufai khom in khatin mawn khat vél ding chu an siekhawl zing a. Vok kul, lawi kul leár kul an nei a, an in kawlhain a thienghlim. Zingkâr an thohlim hin an puonthuo chu inrêl takin an thlep khok a, namthlakah an rem hieuva, khum chu chu an uk nawh. An truong bufâkna hmun khom zuk zâl el thei dinga fai le thienghlima an sukfa a na, an zâlna truong khom chuongang boka faiin an enkol. Thingpui an dawn zo hin nohai chu vuta nawtin an sawpfai hieuva, an inkup diem). Chuonga an inhai meiin a kângram el ta lei chun Dist Council Office-a inthok chun Boro Muolkoia transfer dingin order a hung suok a. Amiruokchu Langluthai hin kan fe suok an phal naw lein Office-ah an mi hang thlo a, 'Ama hi mi hmangaitu a nih, kan

naupanghai thra takin lekha ân chüktir a, Kristien thra tak, kûva fa lo, beri hawp lo, zû dawn lo, pathien thawina sa khom fa ngai lo a na, um zing raw se - an tih a. Khawsûng harsatna leia fe suok dinga kan hang in siem chun Haflong chen thuomhnaw mi phur pêk ding, phur man ka pêk ding tiin ka hang zong a. Amiruokchu Gaonbura U lien chun, 'Ei master-pa hin thuomhnaw phur man pêk dinga a fiel cheu khomin tukhom fe naw ro,' tiin a lo hril vong hi a lo na. Kan silfén inbel lai leh chauh naw chu fe suok dân ding a um ta nawh. Chuonga kan thuok donga beng thlepa kan inngai el lai chun mak takin an mi hmangaina an hung suklang ta tlat. Papui hrât, lien deu deu, pathum paikawng leh an hung lut a, ieng thaw ding am an na ti kân don chun, 'Gaonbura U lienin ei Master-hai hi Haflong chen an thuomhnaw phur unla hang thak ro' a ti a nih an ta. Inzak um kan tih, rinum kan ti letling. Vairik inhnu tieng chun kan suok a, nupui, papui, nunghâk-tlangvâl, ka naupanghai le inthre chu tlânmuol tieng pan leh an ang, kan kepha chu a hnuoia sehriet inhnâk tak bel leh ân ang. Lânglut mihai hi kan lungrila hin nawt re an ni ngai nawh. Kea lawn kan ni lein Gunjung, Pu Dailo Buongpui, Compounder quarterah kan riek a, a zînga chun inhma vûkin Haflong, Muolhoi kan tlung ta a. A mi thaktuhai khom chu sún bu fâk zo

chun kîr nawk nghâl an tum a. An thilnei po po meiin a kângral leiin sin thawna thuom inbela an mi hang thak kha a na. Ka thrangpui theina lampui nia ka hriet leiin thuomhnaw phur man khom inbawk deu pêk ka tum lai chun, "Gaonbura U-lienin ei Master-pa thuomhnaw inphurna man hi chêng khat khom in lâk ding an naw a, beri, kûva man ding a ti khomin la dêr naw ro' a ti a nih, an tia, chêng khat el khom an lâk nuom ta nawh. Huoi ha! Ka tlawm dêr! Ka lungril a trap top. Ni hni zet sin an chai nawk nghâl. Ieng ti ziea Langlut ka lo mäksan kher kher amani aw! Lânglut khuo hi Pathien thu awi ni naw hai sien khom Samari mi thra khus an lo nih. A mak a ni aw! Voidsün chen hin Lângluthai hmangaina le thratna hi kan lunglai phêkah nawt rê thei lovin ziek ng het zingin a um. Kan mäksan ta leiin naupang sikul kai tum an um ta naw a, sikul khârin a um a, kum tharah zirtirtu pakhat sorkârin a zuk pêk a, an lo dit naw a. 'Kan master-pa naw chu kan dit ta nawh. Ama kha Kristien indik tak a ni leiin a mi hmangai a, mi dang kan dit nawh', tiin an lo hniel. Pu Lalvuon, EM Sap leh sikul nei nawk dingin kan zuk hril a, kum hni hnungah sikul an hong nawk ta a, ka dam huoi huoi. Chu khuo chu hun sawtnawteah Kristien khuo a hung ni ta a, Kristien chi lo inphûmrûk chu nasa takin a hung pâr suok a, Pu K. Lalhmingliana, 'El-Bethel' tia hriettlar khom khan rongbawlna a

zu nei nghe nghe a, Kristien dettak an hung ni tah.

Boro Muolkoia chun assst. teacher sin thawin ka um a, kan head teacher chu Upa H. Tuokung (Ruoti-pa, ama hi Thiek trong thiem) a na, teacher dang pakhat chu Lala Biete a nih. Zingkâr devotion ka neipui hlak a, English chorus kâ'n chuktir leiin naupanghai ni leh an nu le pa hai khom an lawm. Ngaituona khêlah Mahur JB schoola ka thok laia ka saiinsangna Saron khus Gaonbura, Upa Chungsiek Zate-in Office-ah hni taktein a mi hang hni leiin Saron khusa um dingin transfer order a hung suok ta thut a. Boro Muolkoia Gaonbura chun voi thum stay order siem dingin hnina a hang pêk lût a, a hlawsum. A tawpah transfer order pathumna, a nuhnung taka chun Roding hi Saron LP Schoolah a fe naw chun a sin dismiss nîng a tih ti a ni leiin lo thei lova fe suok a trûl tah. B. Muolkoia kan suoksan ni chun sikul naupang po po le nupui ruol chu mitthli leh kan insop ve nawk a, pênsuokna kê chu thirtum khai ang a nih. Sikul naupang, a chin a lienin kan thuomhnaw mani tum tawk vân zémah thawin Harangajao rail stationah an mi zu thak a, an hmêl hmu thei an ta nawh. An ni khom chu kan suoksan ni zinga intok chun, zing bufâk khop chun naupanghai chu khawhnawmah an

**HMANGAINAIN HMANGAINA A SIEM**  
"Aman a mi hmangai hmasak leiin ei hmangai a nih." (v. 19)  
Tiem ding le ngaituo zom dingin: 1 Jn 4:17-21; 5:1-12

Pathien hmangaina hi Thuthlung Hluiah chieng taka inziek siin, iem a ta tirko Johan chauh khan Pathien chu Hmangaina a nih, a ti a? Mihriem hin Isu Krista hmel ei en hma chu Pathien hmangaina hi ei hriet thei naw a nih. Isu hringnuna khan Pathien chu hmangaina a nizie kha chieng takin an lang a nih.

Mi tlawmte el chauh hi Pathien hmangaina tieng ei inhong a nih. Ama chu hmangai nekin a tritin ei tri lem a hoi chang a tam lem. A ni ngei, Pathien a ninâa tritha chu a um ngei, nisienlakhawm chu chu a ni nawh ei hril tum tak chu. Pathienin a mi hmangai intukzie hi ei hriet chieng hmakhat chu ei hringnun khaltu khawl chu a'n her danding takin khal thei ngai nawng ei tih.

Ka naupang lai Pathien hmangaina ka ringhla pha pha, mihai chun

"Kalvariah fe raw" an mi ti el hlak a. Ka hriethiem thei naw hlak a. Anachu, voikhat chu Pathien lakah ka nuor a, "Pa, i mi hmangai taktak naw ning a tih, mi hmangai taktak ni la chu ka hringnunah hriethiemlo ding le harsatna hai hin mi tlakbuok naw ni hai" ka tih a. A donna ieng khom ka hmu naw a chuh, kraws a mi kawk hmu a. Chuongchun, chu taka a naupa Isu krawsa a thi a mi'n hmutir khan, ka mita phuhliphai chu an tla tah a, aman a mi hmangaina a'n thokin ama hmangaina chu a hung luongsuok lem ta a nih. Khi a chunga Baibul chang ei zieklang hi ka hriethiem sot tah a.

Pathien hmangaina chu eini thawsuok ni lovin hmangaih ei ni leia ei lungrilin a donna a ni lem. Einin ei thil siem thei ni lo, a thlawnna thilpêk ei dong a nih lem.

## TRONGTRAI NA

Aw Lalpa ka Pa, ka buoina chu nang ka hmangai tâwk naw che ni lovin, i mi hmangaina intukzie hi ka hriet naw lem hi a nih. Tuhin ka mita phuhliphai hi mi sukthla pêk la, mi'n hmu chieng tir rawh. Chieng taka hmu thei dingin, Isu Krista hmingin, Amen.

## THUTAWPNA

"LALPA tri chu varna bul a na, chun mi thienglim hrietna chu  
hrietthiemna bul a ni bok" (v. 10)  
Tiem ding le ngaituo zawm dingin: Thuvarhai 9:10-18

Thuvarhai inchuktirna kawngah thawding ka beisei hai chu ka sukpuiting ka ring - chuonghai chu tuta inthawkin nang khawm ruk inru tranna, dawn tranna, le mi hming i sal tranna ding chu. Mak tinaw rawh. Ka hril tum tak chu, hihi a nih, tuta inthawk chun, nang khawm i hun intepaket kara chun hun inruin, Thuvarhai hi tiem hlak tang i ta; chun a sungah thuhai, tui inthieng tak hai chu dawn hlak tang i ta; zanah i khuma i zal pha khawma hi bu sungah thu thra le ropui takta hai chu ngaituo in i ta; chun Pathien hming salin a thu le nundan ding amin inchuktirna hai chu nitinin i nunah hmang tang i tih.

Thuvarhai thupui thren thren ka la them nawh um i hriet chun, ka thaw thra a nih chu. A thuhai chu inthuk nawk lem le kimchang lema tiem le i lungrila ngaituo dingin chokphur a che. Hi tako "varna lungphun" pasari hai kha Thuvarhai ah thupui deudeu hai an nih a, midang khawma ngaidan dang khawm nei

## TRONGTRAINA

Pa, hi varna hi mi pe rawh, midang lakah insanglemma ding nilovin, mani mamaw sukpuitingna ding nilovin, anno khawma mani hausakna sukphung ding khawm ni lovin. Nang chu hre zuolnawk thei beisei leiin ka zawng a, nang hmangai nawk zuol thei ding che le i famkimna dan lam chu hraw kim thei dingin. Isu Krista hmingin. Amen.

thei an tih. Chuonghai thuziek hai khawm chu tiem rawh - thil hmufie le chieng nawk zuola hre thei dingin thrangpui an che.

Chungtieng varna – thil popo laia hlutak thu tieng ngaituona tieng chun i lungril chu inhwangna dingin ka trongtrai a nih. Anachu hihi hre zing rawh, varna chu varna ding chauvin zawng naw rawh. Lal Isu Krista aiawtu i ni nawk zuol theina beisie lem leiin zawng lem rawh. Chun dan tieng chauva thlirna tieng chu fimkhur rawh, thlarau suksetu lungril putna chu, chuonghai chun dan le thu hi Isu Krista nêk khawma an ngaina lem a nih. Isu Krista chu tukhawm hin i la hriet naw a ni chun, i lu kunin, tuhin, i suol popo chu simin, totrokin i lungril le hringnun chu a kutah inhlans rawh. I lampuihai chu Pathien kuoma inhlanna chu varna intranna chu a nih; iengtiklai khawma ama ring zingna chun, chu varna chu inthranglien tirin suklenin um a tih.

inrel hmang vong a, pakhat khom sikul kai nuom an um ta naw a, kum tawp exam hnai a ni nawk nghal leh ekzam ding an um ta nawh. Ka zirtir chanpuihai khom khaw dangah an transfer hiel. Boro Muolkoia naupanghai kha ka va hmangai tawl de aw! Mi pathum ni dingin mi khoiher hai sienla Langlutah pakhat, Boro Muolkoiah pakhat, Saron khuoaah pakhat ni ding bah! A kum nawk chun sikul chu an hong nawk ta a, chu chun a mi suklawm. Hieng khuo pahnihaia hin mi nêka thil thra ka thaw suok khom ka hriet naw a, ka fel lemma khom ka hriet bok nawh. Amiрукchu kan inzomna chu Kristaa nih.

Khai leh, vairampûr le ram pilril deuva chêng hai, voi le changah Kristien hang ti ngot khom hin mit meng sen rêm rûm, bu le hmê le sarû chen khom rawt nawina, vâr thrik threk rawt mawl tum ni awm taka in ri rût rûta rawt nghál nuom, kut tum lien tak tak, kut thak nûlna ding le tha hrâtzle test-na ding zong dop dop ni awm tak, meng inval kul indawn ferfurin, inkhîna hruinchitup pai a, lock-up châbi umna hrie khom tam mei an tih. Chanchinbaua lem chun Pakistanah Kristien pakhat chu a kutpár khinghniin an tan bong pék an ti chuh! A hmun nghâktuhai khom pansak panthlang, tuolbawmhaiin lo melkai ve zing bok, khai ie, khai ie, ti nuoma inchitêp chawi um thei ngai. Paula le Sila chu Filipi

lungin, bangkhal rim innam rakah an thîrkol leh thîrkhaidieta khitdein an um a, hla an sak a, an khaidiet bunhai chu guiter-a hmangin le an trongtrainâna nghâktu châbi chawitu kha a piengthar top. Chabi koltu hamthra a ni bon top. I hla sak le trongbau suok leia Kristien nun mawizie hrie le hmu khom an um el thei. I nuna inthoka lo inkhîn Kristien nun mawi pârsuok lo zong khom an um el thei a ni uo. Agrippa khan Paula kuomah Kristien i mîn ni tir hman vâng chu tie- a ti kha lungril tak chun ngaituona a nei a nih. An leh, Kristien chu ieng anga um ding am? Ieng am a thaw ding?

Mìn an mi tiem an mi thlîr zing,

Ka um dân hai an inhmai nawh,

Krista nun mawi le chanchin thra,

Keimaa hin hmu an châk hlak.

Brazil Football Player-haiin World Cup hrâtna an chang trum khan an football uniform an hlip sok sok a, T shirt-ah 'Jesus loves you', 'God is love' ti inziekhai, khawvél mipui hmu dingin thu lairil an pholang kha tie maw.

An leh, Kristien chu ieng anga um ding am? Ieng am a thaw ding? Kristien i ni maw?

Isu Krista hmangaina le a Pathien nina puongsuokna ding chu ramthimah fe kher kher ding tina a ni naw a, ei umhmun, sinthawna le inkhelna hmuna hai khom hin kot lien tak an hong hlak a nih. Tuta Olympics, 5-21 August 2016 sunga Rio de Janeiro, Brazil an neia hin inkhelmi threnkhat chun Isu Krista hrepuitu sin chu a tak ngein an inkhelna hmunah an lo phursuok a, a thren a zâr hei suklang ei tih.

American nuhmei tlan hrat le truonrang (sprinter), English Gardner chun Olympics-a ding 100 metre trail an thaw khan 10.74 sec record siemin American teamah a thrang ve phak tah a. Ama hin Florence Griffith record 10.62 ti naw mi dang record po po a khum a nih. A lawm taluo chu "Isu, ka lawm ie. Aw Pathien, i hming ka'n pak che. Ropuina ka pek che" tiin Pathien a'n pak a. Ama hi 2008-a a khup lo inat (surgery) tah a ni leiin tlan thei talo dinga an ring a nih. Chun, kum 4 lo liem tah khom khan a pasarina tling phak trawkin a beiseina chu tlawm tiel tiel a'n hriet a. Nisienkhom Baibula David, Nova le Daniel hai chanchin chu tiemin chuhai chu a hringnunah laklут a tum hlak. Rio 2016-a khan 100 m lawmman la phâk naw sienkhom teama a thrangna US women chun 100x4 m relay-ah Gold medal an lak a nih.

Bahamas mi, nuhmei tlan hrata an hril, Shaunae Miller chun 400-

meter race an tlan zova Gold medal a lak khan "Pathien kuomah lawmthu le chawimawina ka pek a" tiin a intarviutu hai kuomah a hril. Ama chun a sin inrimna hai po po hre zing pumin "Pathien zar chaua hi thil hi ka thaw thei a nih" tiin a lawmzie thu a hril. Finishing line a tlung khan gold medal lak naw an lau chu ni ngei a ta, a zuk baw phek el a ni khah. Threnkhatin an soisel a chuh dan nawa a thaw a um nawh an tih. Kha huna khan US tlanhrat, Allyson Felix kha a hneban a nih.

Men 400 m Olympic champion thar le world record thar siemu, Wayde van Niekerk chun Michael Johnson a record, kum 17 sung zet hneban thei lova lo um chu 43.03 sec sunga 400 m tlanin world record thar a siem. Gold medal a lak lawmnain "Isuin a thaw a nih" a tih. Tweeter-a lawmthu a hrilnaa chun "Pathien chu thilhawtheina a nih" tiin a ziek. Hi South African tlangval hin BBC Sport hai kuomah chun

PATHIEN TI ENGA THRAHNEMNGAI THEITAK MI NI RAWH  
"Hmulawkna um nawna hmuna chun mihai an bohmang hlak"  
(v. 18)

Tiem ding le ngaituo zawm dingin: Thuvarhai 29:1-18

Nuhmei le pasal kara tisaa inh mangaina, nuhmei pasal kara tisa chakna hai chu ei hril tah a. Chun innei hma chun, hi tisa chakna hi thunun a trul a nih ti khawm ei hril tah a. Chun inneina huongsung a ruok chun, mani kawppui hai laka hihi tinzawn ding a nih - mani kawppui hai chau lakah. Anachu iengtinam hi taksa phurna hi lam indik tak inhrawtir thei ei ta? Grik thanthu pakhat a chun, Odysseus chun thlirkar pakhatlai chun ama le a sipai ruolhai chun an fe zatin, mihring lu le vate taksa neih, rawl mawi êmêm a hlasak hlak thil hring, sirens ti hming an pêk hai chun an lo inawi hlak a. Hieng sirens hai hin hla an sak chun, lawng khaltu hai chu chu thlirkai tieng panin an lawng hai chu khalin, tui hnuoia lung hriem deu deuhai chun an lawnghai chu sukpilin an um ta hlak a nih. Odysseus chun Orpheus, khang hun laia hlaphuok thiemtak le perkhuong perthiem hminginthangtak chu ruoiin, hi hmun an tlung pha phaa, a hla phuokthar chu sak pêk dingin a fiel tah a. Chuongchun, Orpheus a hla thar phuok chu sirens hai hlasak nek deiin a mawi leiin, kha hmun kha himtakin an fesan thei tah a

nih. Thil pakhatah thrahnemngaina chun thil pakhat dangah thrahnemngaina chu a hlieku a nih.

Eini khawm, ei hringnun a hin thrahnemngaina thilhawtheitak, thahnemngaina dang popo hneban tuding ei mamaw a nih. Chu thrahnemngaina chu Pathienah ei hmu a nih. Ama chun ei hringnun chu a hung them a, amaa hringna tuikhura tui chu ei dawn tah chun, ei lungril le ngaituona hai chu chu thrahnemngaina chun a sip leiin, thrahnemngaina dang popohai chu a thunun thei a nih. Hihi annoah Joseph kuomah khawm tlung chu? Potifar nuhmei chun thlema zalpu dinga a ngen khan, Potifar inah inthawkin tlan suokin hiengang hin a tih anih kha: "iengtin am hieng ang thil rilo hi thawin Pathien lakah suol ka thaw ding a na?" a ta.?" (Genesis. 39:9).

Isu Krista, Pathien varna le Pathien thilhawtheina chun, ei hringnun lailungtaka eiin umtir pha chun, amaa thrahnemngaina chun thrahnemngaina dang popohai chu an um danding takin an umtir thei a nih - thununna hnuoi ah.

### TRONGTRAI NA

Aw Isu Krista, vawisun hin keima sungah a tharin hung lut la, hi thrahnemngaina mei hi ka sungah inkang tirin, chuongchun keimaah thrahnemngaina dang popohai chu thunun vong thei dingin. Hihi i ropuina le chawimawina dingin i hming thienghlim hmingin ka hni che. Amen.

## SUOL IN PATHIEN LUNGRIL A SUKKOI

"Nuhmei le uiretna thil thawtu chu lungril bo a na, ama lungril ngei sukse dingin thil a thaw a nih." (v. 32)  
Tiem ding le ngaituo zawm dingin: Thuvarhai 6:27-35

Nun vong thienghlimna tieng ei hril tah; tuhin ringumna tieng hei hril ei tih. Thienghlima chu innei hmaa nuhmei pasalna tienga insukporche lona anih a; ringumna ruok chu innei huongsungah nun hmang thratna a nih. Pathien chun tukhawm inneina a lut tah reng renghai chu ringum le titak dingin ami dit a nih. Pathien chun hmangaina a nih ei tih hin Pathien chu a ringum anih khawm ei tina a nih, asanchu, hmangaina chu ringumna thrangnaw chun, hmangaina ani thei naw leiin.

Inneina hi thutiem ziek a nih a. Miatamtak hai chun, "Lekha phek el anih a, chun minute tlawmte vel chauvin mi ei chokbuoi a nih" ti damin an lo hril nep tum hlak a nih. La hei ngai ta. Mihriem hringna hi inlāichinna ah inngat an si chun, inlāichinna thu indikttakna chu hmangaina a nih, chun hmangaina chu ringumna a nih a, chuleichun inneina thutiem chu hringna a thil hlupawlak chu a nih. Thuthlung Thar le Thuthlung Hlui ah inlang zing zing chu hi hmangaina thutiem

hi a nih. Chun Bible ah thutiem hai inchuk chun hihi hmung i tih - Pathien chun a thutiem chu a hlen ngei ngei hlak a nih, a khingtieng haiin hlennaw hai sien khawm. Jehova le Israel hai kara inlāichinna kha nuhmei le pasal kara inlāichinna ang dama hril khi a nih hlak. Israel chu nuhmei thralo, lo ringum talo le uire anga hril khi a nih a. Anachu Pathien chun a thutiema chun a la ringum zing a nih. Pathien chun, "Ka thutiem chu bawse naw nih. Chu chu ring thei i tih. Pathien ka nih."

Tleirawl hai chun tulai inlāichinna buoinuo vel hi an ditnaw a nih. Hmangaina chu zalentak nidingin an dit a nih. Ka lungril popo ah chiengtakin ka hriet a nih, "man chawi lova hmangaina" a um thrak nawh, man choi lova suksietna ruok chu a um. Hmangaina hi lungril ah thutiem pēk a nih a, chuleichun pasal le nuhmeiin thralotak le awmlo taka taksa inpawlna an hmang pha, Pathien dan el an bawsiet nilovin; a lungril an sukkoi lem a nih.

## TRONGTRAINA

Aw Pa, tulai khawvel, iengkim poinaw tina a hin, nangma zuitu nih umzie chu suklangtu nidingin mi thrangpui rawh. Mihai leh kan inlāichinna popo chu thienghlimtaka sie thei dingin mi thrangpui rawh. I hming ditumtak hmingin ka ngen che. Amen.

"Naupangte ka ni laia inthokin hi hun hi ka lo thlir hlak a. Tuta ka thaw ding umsun chun Pathien inpak a ni el a nih. Ni tin dingdithruonin Pathien kuomah mi enkol ding le ka kal pen hai mi veng pek dingin ka hni hlak" tiin a hril. Hieng ang thiema (talent) petu hi Pathien a ni leiin Pathienah a ringna hi a ngai hlu hle a nih.

Steele Johnson le David Boudia hai chun Diving-ah Silver medal an lak. Lawmman an lak phana dive an thaw zo thawkhat chun news reporter pakhat kuomah "Ni e, kei hi Olympics-a thrang Johnson chun ka nih. Hi taka hin Krista hmangai ding le a rongbawl dinga hung ve ka nih. Ka nina chun diving thiem tak taka ka thaw hi ni lovin Kristaa zung ka keina hi a ni lem" tiin Johnson chun a hril. Ama hi kum 12-a upa a nia diving an chuk khan a luru a tet kak a, a dam suok khom an ring nawh. Voirsun hin chun a dam suok el bakah medal khom a lak a, Pathien khom a'n pak a nih. A ruolpa, Boudia chun biekin pakhatah "Hi diving coach hi Kristien a lo ni an nawm ni lovin Isu Krista hnungzuitu ka nina hi a hmasa lem ding a nih" tiin a hril.

Nuhmei shot put inkhelnaa Gold medal dongnu, Amerika mi, Michelle Carter chun Twitter le Facebook-a chun "Isu, ka lawm ie" tiin hashtag "#Throwing-

ByFaith a zieksa a. Ama hin remchang a hmu phot chun Isu a hmangaizie thu hi mihai kuomah a hril hmai ngai nawh. Hi taka hin ka thawthrat filor a trula ka hriet leiin "Thaw roh, Lalpa. Nangin hnena i chang i mi ti naw am a nih" tia trongtrai a Lalpa hni chauh naw chun thaw ding umin a'n hriet nawh. Ka deng nuhnung tak khan medal ka hmu pha tah a nih tiin a hril.

Brazilin penalty shoot out-a Germany hnebana pasal footballah gold medal an lak khan ball petthiem hmingthang, Neymar chun a lukhawmah '100% Jesus' tia inziek a tar a. Lawm luot leia Neymar mitthli a far an hmu el khelah chun inziek chun an hmusa ngei ngei dingin a um. Naupang a ni khom khan chuong ang thu inziek chun a lukhawm a, biekinah a fe hlak. 2012 kuma an team Santos-in Sao Paulo state championship a lek trum khom khan a lo thaw ta bok a. 2015 Champions League hnena lawmnnaa khom khan a sunzom nawk a. Neymar a hringnuna hin Isu'n hmun a chang leiin Neymar a lawmna nia khom Isu a'n thrangtir thu hi khelmuola mipui hai chauh ni lovin khawvel hmun hrang hranga TV-a lo thlirtuhai hmu dingin a puong a nih.

## LO INRING LAWK!

"Nang thabo, phaivâng kuomah fe la, a lampui hai ngaituo la, var rawh" (v. 6)  
Tiem ding le ngaituo zawm dingin: Thuvarhai 6:1-11

Tisa chakna hnawltheina hi ransa hai lai khawm hmu theiin a um a ni angin, vawisuna ei chang tlanga khawm hin hmu thei a nih. Phaivang chun a hun popo chu bufak nan a hmang nawh. Nakie thlasik phaa bu a vang ding leiin, a suk a tung fe ngat ngatin a bukah bu thakin, an fak ding an sie khawl hlak a nih.

Hi phaivang hmanga entirna hi i lungrilah pai tlat rawh. Hi phaivang inentirna hi Pathien thuah, ei lungril a thil thawdan inchuktirna dinga entirna sie pakhat chu a nih. Naupang i la ni chun, hmatieng hun a dingin i thei ang angin, lo insiem lawk rawh. Pathienin la thawlo dinga a ti che hai thawlo el khêla, i len phaa thil i thawtumhai i tlangna kawngah khawm, inchuk dinghai inchukna kawngah khawm. I hringnun ah iengthil khawm lo thaw tum nila, lo ngaituo lawk rawh. Inchuk lawk le trongtraina in lovin ring lawk rawh.

## TRONGTRAINA

Pa, i chem chun a ât inthuk hlak a chu a at nahai chu a sansuok hlak si. Thil tamtak hai chu niding renga ka ngai hlak lei le thilthaw ding i mi tihai chungah kan pêk zo naw hlak leiin mi ngaidam rawh. Inringlawkmi ni thei dingin mi malsawm rawh. Isu Krista hmingin ka hni che. Amen.

## PATHIEN KUOMAH IENGKIM PÊK

"Tangka ni lovin, ka zirtîrna hi lo pom ro, rangkachak ditumtak nekin  
(v. 10)  
Tiem ding le ngaituo zawm dingin: Thuvarhai 8:1-11

I kum chu upa in naupang la khawm, mipui punghawm hmaah thil thaw ding i nei pha pha, entiran, biekin sungah thil hrilna kawnga dam - lo inchuk lawk hlak rawh. Inhoi tina, entirma, TV en mei mei dam chu hnawl la, i hmaa sin thaw ding tienga chun i lungril popo pe rawh. Hlawtlingna hin lamtawi a nei nawh. Kei khawm hi lekhabute hi ziek dingin, kum tam ka lungril le ka ngaituona hai chu Pathien thua inchiiin, a hun taka chun, Pathien chun tuta i kuta i chel le i tiem mek lekhabu hi ka ziek a nih. Mi threnkhat hai chun, "Iengtinam a kum a kumin lekha i la ziek thei pei hi?" an mi ti hlak a nih. Hun liemta a hai khan, hnawl ding thilhai chu hnawl naw inla chu hieng ang hin ka lo inringlawk thei naw ding a nih. Pathienin thil thaw ding a ti che hai a chun, a malsawmna chu dong el dingin in ring naw raw - lo inring lawk rawh.

Thil hnawl hnungah lawmna hung ra suok thu hre thiemlo hai chun inhnelmi haiin an inhnelna dinga nasataka an in thunun danhai - a bik takin Olympics Games a thrang dinghai dam hi zuk ngaituo sin ro. A nuhmei a pasal ti lovin, an taksa in a thei bak bakin nasatakin taksa an sawizoi in an thunun hlaka, a tawpah annin, an club annawleh an ramin lawman an hmu theina dingin. An trening laia an inrumna le an thuok lâm rakkra an thaw fanfan nahai kha inhoi tina ani nawh a nih. Ienglei inam khang ang khan an thaw ning a ta? Thil hnawl hnungah a tawpah lawmna dan chu a suklang a nih. Tuhin harsatna hai chu tuor anin huom a, nakie phaa hnena an chang theina dingin. Lungril rik tuorna, taksa inhoitina hai hnawlina, mani inthununna hrattak neih, trening khauktak neih, hieng popo hi, hnena chang beiseina chun a buk hne vong a nih.

Hi thil hnawlina leia nakie lawmna hi Kristien hai chauvin a bik taka an thaw ding ani chuong nawh. Histori a

khawm, hi thil hi mivar le thil ngaituo veng veng hlak hai chun an lo hriet a nih. Plato chun a hril lang a, Socrates khawma a hril a nih – anni kha kum sanghnih neka tam liemta a mihlui vawng an nih. Grik filosofi chun tisa chakna hai thununna dingin mani insumtheina le mani-inhnawlina leia hringna thra siem chu an lo uor êmêm a nih.

Kristien a khawm hin Pathien chu hi khawvel a hin Ama Naupa angin a hung thu le chatuon hremmun anthawk intlanna sinhaw dinga a hung thu amin chuktir a nih. Sandam ei nih, anachu sandam ei ni leia inthrung hadama, chu sandamna chu ngaituo el ding ei ni nawh. Sinhaw dinga sandam ei nih. Ringnawtuhi hman hmatieng lawmman beisei leiin, tuta inhoitina tamtak an hnawl le tlansan thei chun, eini ringtu intihai hman hman hi, ei va thaw nasa nawk zuol a trul naw ding? Rangkachak lawmman hmu dinga ringnawtuhi hmana an thaw ngam chu eini ringtuhi Pathien tading hiel khawma ei thaw ngamlo chun, anni chu thlir ngam ei tim?

## TRONGTRAINA

Pa, i skul hi a khauh a chu a tawpa chun ka ta dingin intlanna a nih. I thu inchuktir hai hi, intak le thlaktheilo khawm nisien, a tawp a tawpa chun ka sandamna a nih. A bul tira inthawkin a tawp chu min hmutir la, chuongchun chu thiltum tlungna tienga chun ka theina popo hmang thei dingin. Amen.