

HMAR CHRISTIAN FELLOWSHIP DELHI
DEPARTMENT OF MUSIC & YOUTH AFFAIRS



THALAI INKHAWMPUI VAWI 14-NA

A Hun: Ni 4, Thlaphal (November), 2023

A Hmun: St. Martin's Church, Delhi Cantt.,
New Delhi.

Artiste: Nk. Lalsanhim, Nk. Jennifer Sinate,
Nk. Jennifer Nianglawmkim, Tv. Jacob Penatu,
Nk. Christina Shakum & Pu Thangliethuom Hrangate

PROGRAMME

SESSION KHATNA (11:00AM)

Thuaitu: Tv. Khamrosang Buhrl

1. Tawngtai: Pastor Lalditsak Inbuon
2. Praise and Worship: Worship Team
3. Responsive Bible Reading: Nk. Emmanuel Remruotmawi
4. Lawmlütna Thucha: Pu Robert Penatu, Chairman, DoMYA
5. Malzai: Nk. Lalsanhim
6. Area Report: Area Leaders (3 min. seng)
7. Malzai: Nk. Jennifer Nianglawmkim
8. Expository Sermon: Pastor Steven Lalzarzolen Inimate

TEA BREAK (30 minutes)

SESSION HNINA (2:00 PM)

Thuaitu: Tv. Ezekiel Keivom & Nk. Florence Songate

1. Tawngtai: Pastor James L. Ralsun
2. Malzai: Nk. Christina Shakum
3. Thuhrl Tawi: HCFD
4. Inruelsiekna: Malzai, Hlapawipui le Thupawipui
5. Ruoi Inhlanna: Rev. Saithanglur Joute

RUOI RUOI (5:30-6:30PM)

SESSION THUMNA (6:30 PM)

Thuaitu: Pu Gordon C. Amaw & Nk. Jubilee Lalrammawii Faiheng

1. Praise & Worship: Worship Team
2. Malzai: Nk. Jennifer Sinate
3. Sermon Tawi: Pastor Lalsiesang Zote (Mission)
4. Malzai: Pu Thangliethuom Hrangate
5. Thawlawm: Thalai Pawl Mission Fund
6. Finance Report: General, Mission
7. Malzai: Tv. Jacob Penatu
8. Prize Distribution
9. Secretary Report & Vote of Thanks
10. Benediction: Pastor Lalthlangliem Sungte

HRIET DING PAWIMAW

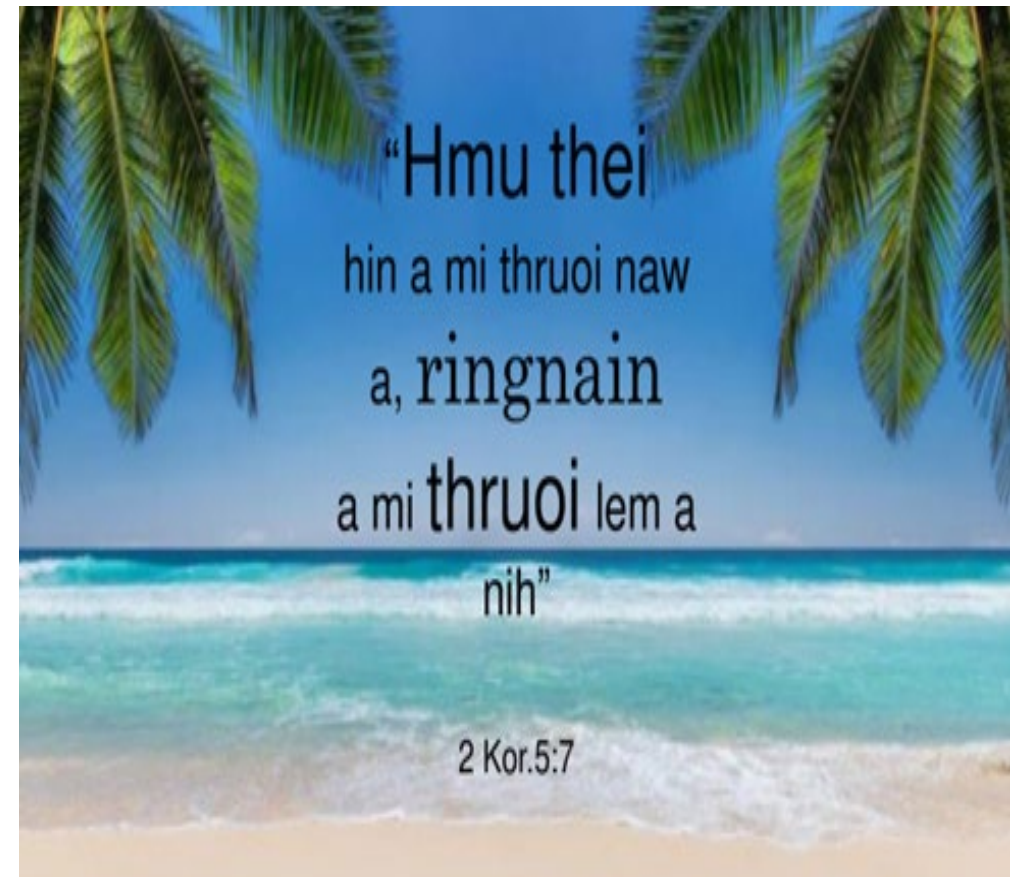
1. Hmunhnawk hrim hrim pei thang el lovin dustbin a pei seng ding.
2. Biekin compound sunga hawo le hmuom chi hrim hrim khap tlai anih.



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Managing Editor:

Pu Herbert Lalsanglur

Joint Editors:

Pu Rohminglien Songate

Pastor Steven Lalzarzolen
Infimate

Printing/Circulation:

Pu Robert Penatu

Address:

Managing Editor, Hrepuitu,
Fellowship Centre, Base-
ment, H. No. 57, Munirka,
Delhi- 110067

email: hrepuitu@yahoo.com

Hrepuitu a article insuo hai,
ngaidân suklanga um (hai)
hi HCF Delhi ngaidan a(n) ni
chuong kher nawh. Ziektu tin
mawphurna a ni lem. Pathien
thu le article insuo nuomhai
chun iengtiklai khawma edito-
rhai email ah thu ziek hai chu
pek thei zing a nih.

- Editor

A SUNGA THU UMHAI

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tir hrim an tûl nawh. Pathienin an ʔo
le inder dinga hunbi a siempêk hun
a tawp pha vuoi nawk an ta, a kum-
nawk, an hunbi tiem hunah an hung
vul nawk chuk ding a ni hlak si.
Mihriem ruok hi chu inchûktirtu bo
chun ei va buoi de aw! A kum tien-
ga upa lem deuin a naupang lem hai a
hril hlak a. A hming a kohran le khaw-
tâng ʔthuoitu dinga thlang hai ni sien,
Nu le Pa nau enkawl hai nisien, In-
chûktirtu bo chun thil thaw dân, ropui

rêl le lungril thuthlûkna siem thiem a
van tak hlak ngei de maw.. !!
Behna in der dân hin Inchûktirtu paw-
imawzie a min hmu tir tlat el chu ti.
Vânhuoi khawvêl a thilsiem po po ta
dinga Inchûktirtu chu Lal Isu Krista
chau a ni si a. Nehemia khawm khan
- “Chuongchun vân Pathien kuoma
chun ka ʔawngʔai ta a” a lo ti ani kha
(Nehemiah 2:4). Ama bêl a, kawng
tinrêng ahrawn a inchûk pei hih ei
thaw dân ding tak a lo ni awm ie.

QUOTES

“To be a Christian without prayer is no more possible than to be alive without breathing.”
– Martin Luther

“Every great movement of God can be traced to a kneeling figure.”
– D. L. Moody

“Heaven is full of answers to prayer for which no one ever bothered to ask.”
– Billy Graham

“Be faithful in small things because it is in them that your strength lies.”
– Mother Teresa

“There is no one who is insignificant in the purpose of God.”
– Alistair Begg

“Faith is believing BEFORE what will only make sense AFTER.”
– Steven Furtick

“Never be afraid to trust an unknown future to a known God.”

ringawt hi chu Peter-in Isu a hrietna ang ɽawk vêl chau a nih, “Peter, ka hril che hi, i mi hriet ti vawithum i mîn phat hmâkhat chu vawisûn hin âr khuong naw nih” (Lk. 22:34). Chu-leiin, ei hrietna khêl tienga Pathien mi hrietna lem pei hi damna le hnêtu nina a lo ni lem.

‘Lalpa ka tlâwm ie, iengkim i thu nisien’ ti a ei nun tak tak

BEHNA

~Gordon Amaw

September ni 18, favâng boruok hung inɽan, boruok inhawi tak hnuoia ka zuk chawl hadam lai chun rawl inno tak hin – “Vawizân chu behna zuk hme inla nuom um e” ti thu hih a hung inri vawng vawng a. Chuong a ni si chun, “Khaw He! Lalpa malsawmna-in tuollai an zâm ruoi an nawm”, tiin behna sik ding chun ka tuol-zakuo hai hâkin ka zuk inthawksuok ta a. Kan behna inzâmna hih a lo indaw sâng met leiin leilâk dawin, kut a zuk sik kha ka thiemzâwng an naw bawk leh sakawrbakchepin ka zuk chep nghien nghien a.

Chuong a behna sakawrbakchep-a ka zuk sik lai chun a zîk der tin, hna pathum peiin an um kawp thlap thlap ka zuk hmua (three pair of leaves at each stem/branch ending). Chu chun ka lungril a zuk lâk ta khawp el a “Pa, Naupa le Thlarau-thieng-hlim” ti ang deuin inkawp thlapin a kau tin a chun an um far a. Hi hla thu hih a hung inlang ta a –

Zingkâr vate haiin Pathien an inpâk, Pârmawiin a ropui zie an entir a, A thilsiem haiin, Ama an chawimawi, Mihriem chau naw chu inchûktir

Lalpaah an tuiral vawng huna chun chungtiengin ‘Pathien le mihriem i thaw a, i hnê ta si a’ a mi ti lem ding chau hi a ni lem. Pathien thua mani nun buon le inbun ruok ngam khawpa huosen hi huoisenna indik le hnêtu nina chu a ni a, Lalpa hmaa tlâwm ngam hai hi hnêtu an ni lem a, hrâtnawna chu hnêtu nina ni lemna a nih. Amen!



an ngai nawh” – ti hih.

Bible study (Matthai 23: 8-10) na a khanIsu Krista chau naw chu Inchûktirtu an um naw zie ei hmu a. Khi hla phuoktu hin a lo hmu chieng de aw!! Behna zâm chu ei keihêm na tieng tieng an inâwna. Nisa a hmu ɽha am, tui a hmu ɽha am, a ɽo na pil a ɽha am ti ah an buoi naw a. Khawlai hmun le boruok a khawm, a ɽo a ni phawt chun Siemtu in a ni na dinga a siem ang takin a zîk hmawr a chun hna kawp-thum a mawng pei a. Inchûk-

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Editorial

EI RINUM TUOR HI A PHAL A NIH

**Ringtuhau harsatna ei tuok lai khawmin;
Ei rinum tuor hi a phal a ni,
A nau ditlai, a hmangai em em ei ni;
Inchikna a lo nih.**

Hun iemani chen anthawk a chung a hla famtah Rev Ngamlalchawl in a lo siem hi lungril ah a hungin ri vang vang hlak a. Pathien hin ringtuhai hi ami hmangngai em leiin ei rinum tuor hi a mi phal pek rawp hlak a lo nih. Kum tam tak liem tah hnunga 'Our Daily Bread' a ka lo tiem fuk Pathienin ringtuhai ei rinum tuor a mi phal pek nasan hai ngaituonaah a lut zui pei bawk.

Pathienin ringtuhai ei rinum tuor ami phal pek nasan a points hai le bible reference ka zuk hriet suok vawng thei ta naw a. Internet ah ka zuk zawng kuol vel zung zung a. A lo tam khawp el. Internet bie hman lo hai tadingin ɽha ka ti zuol deu hai ka hung tarlang.

1. Ei ɽhat na dingin - Rom 8:28 ah Pathien hmangaituhai amân a ruot anga a ko hai ta ding chun, iengkim an thratna dingin a thawpêk hlak tiin a mi hril. A nau mitleng le a duot ngawi ngawi hai ei ni tlat leiin, ei ɽhatna dingin iengkim ei tuor hi a phal a nih.

2. Chatuona ropuina ei chang theina dingin - 2 Korinth 4:17 chun kan rinum nêptak, mitkhapkâr chova um ding hin ropuina nasatak, kumkhuoa ding a mi siem pêk nasa deu deu a nih a lo tih. Vanram ropuitaka ei lut theina dingin ei rinum tuor hi a mi phal pek a nih.

3. Krista ro hlupuitu dinghai ei ni leiin - Rom 8:17 chun Krista rohluopuitu hai ei ni si chun ama ei tuorpui ding a nih, a kuomah chawimawia ei um ve theina dingin lo tih. Vanramah ei tlung pha chawimawia ei um ve theina ding Krista tuorna hai ei tuorpui ve ding a nih.

4. Selna, hrietfiena le beseina ei nei theina ding - Rom 5:3-4 ah rimsikna chun selna a siem a, selna chun hrietfiena a siem a, hrietfiena chun beiseina

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a siem ti ei hmuh. Ringnaah ei innthanglien peina ding le Ama ah beiseina ei nei theina dingin rinumna le harsatna hai ei tuok a mi phal pek hlak a lo nih.

5. A nauhai inchikna le thununna a lo ni lem - Hebrai 12:7-8 ah in tuor hi nangni thununna ding a nih; nauhai chungah thaw angin Pathienin in chungah a thaw a ni hi; pa thunun naw nau tûm a um hlak a. Nau popo hlaw hlak thununna chu hlaw lova in um chun, nau tak ni lovin, sawn in ni a ni ding a nih ti ei hmu a. Thununa le kawka ei tuok hai hi a nuhai a min chikna a lo ni lem rawp hlak.

Hebrai 12:11 ah thununna himhrim hi tuor lai chun lawmumin ân lang naw a, thlasiet thlâkin ân lang lem hlak, tuor hnung ruok chun chutaka sawizawia umhai ta ding chun ra thlamuonungumtak, felna chu ân suopêk hlak ti ei hmu bok. A nau dit lai ngawi ngawi hai ei ni leiin thlamuonnga le felna ei nei theina ding thununna a mi pek rop hlak a nih.

6. Ei ringna suk hrattu le suk famkim theina ding - Jakob 1:2-4 ah thlêmna tinrêng in tuok pha leh lawmna ruokah ngai ro. In ringna fiena chun selna a siem ti in hriet si a ... Chun iengkhawm tlasam lova in famkima, in puma in him theina dingin, selna chun thaw famkim raw se ti ei hmuh. Ringna hratlo le famkim lo hai ei ni a. Ei ringna mi sukhrat le famkim theina dingin ei tuor a mi lo phal pek hlak a nih.

7. Mi harsatna tuokhai ei hrietthiempui le thlamuon theina ding- 2 Korinth 1:4-6 ah ieng anga rinuma umhai khawm chu kan thlamuon ve theina dingin, ama chun kan rinumna popo ah a mi thlamuon hlak a lo tih... Nisienlakhom rinuma kan um chu nangni rawi thlamuonnga ding le sandamna ding a na, thlamuonga kan um chu nangni thlamuon vena ding a nih; chu chun ka rinum tuor bawk hi sel taka in tuorna chun a thaw hlak a nih ti ei hmu bok. Mi harsat na hai ei hrietthiem pui le ei thlamuon theina dingin ei tuor ve hi a mi phal pek a nih.

8. Ama ei hrietchieng zuol theina ding le Ama le ei hnaih nawk zuol theina ding - Job ziek ah hilai thu hi chieng takin ei hmu. Ama ei hrietchieng nawk zuol theina dingin rinumna chitinreng ei tuor a mi phal hlak. Chun, suol sima Ama bel a, relationship tha lem ei nei theina dingin harsatna le rinumna hai ei tuor a phal bok a nih.

HRÂTNAWNA HI HNÊTU NINA A NI LEM

(Genesis 32: 22-29)

~ Rev. Cliff Kawldinglien Joute



Upa tawngin hang tawng ve bawk lang (I mi lo inzapui thim el thei!). Kan naupang lai Sielmat khêlmuolah ka ruolpa leh kan inbuon a. A bul chun ka hnê rak nawh. Chawmkhat kan inbuon hnungin a bul tienga mi hnê vieutu chun ‘dawl zawrin ka zawr, tâwp tâng ei tih’ a hung ti phing chun kan inbuon chu kan châwlsan ta a. A bula a hrâtnaw nilang khawm a tâwpa hnêtu ka hung ni ta a.

Genesis 32:22-29 sâng ei tiem chun Jakob le Pathien chu Jabbok vadung râlah khawfingchat chenin an inbuon thu ei hriet a. Ka ruolpa le kan inbuon ang deu hlek in, a phut chun Jakob chu a hrât hle ni ngêi a ta, an buonpuipa chun a hnê nawh ti ân hrietin Jakob êlpui ru insuktuona lai chu a khîk pêk a. Jakob hrâtna khîkpelsawl pêk a hung ni tâk a chun ‘Mal i mi sâwm naw chun inthla naw ning che’ tiin a tawngsuok ta hiel a nih.

Jakob khan a hrâtna hmanga t hang a khaw sâng po khan chu hnêtua puong a ni naw a, a hrâtna bulpui a êlpui ru insuktuona khîksawl pêk a hung ni a, Pathien hrâtna ringsan el naw chun a dam khawsuok zo ta naw ding a nih ti inhriet suokin ‘Mal i mi sâwm naw chun inthla naw ning che’ ti a dawl zawr a zawr thu a hung khêksuok pui chie khan ‘Pathien le mihriem i thaw a, i hnê ta si a’ tiin hnêtu nina a chang lem dai a ni kha! Jakob chu a êlpui ru insuktuona khîksawl pêk a ni hma khan chu a buon-tu laka chun thangkawin hnê vieu sienkhawm hnêtua puong a ni chuong nawh. A hrâtna po po leh a tlâwm let dêr hnung chauvin hnêtua puong chau a ni lem.

‘Pathien ka buon’ ti hi tawng-

châng lâkna takin ei hmang hlak a. Ei i buonpa hi hnê tak tak dingin ei buon hlak chie am? Pathien ka buon ei ti lai zingin ei dîtân, ngaidân le, remhrietna hai ei lekkaw char char sâng ruokchun hnêtu ni ngâi nâwngei tih. Hnêtu ni ding chun eini tienga ei chelbân po po pei thlâk a, ‘Lalpa ka tlâwm ie, i thang naw chun iengkhawm kan nawh’ ti a ei nun pumpui chu Amaah ei tlûklûtpui a, Ama chau chu ei hrâtna le innghatna a ni hnung chauvin hnêtu nina hi ei chang ding chau lem hi a lo nih.

Nun khîksawl pêklo ringtu nun chu a thil hriet, thiemna, varna, hausakna le a thilthawtheina hai chu a chapo pui a, Pathien thu nêkin a hrietna, varna le thiemna hai chu langsârpui a tum hlak. Hringmi hrietnaa Isu Krista hrietna

lampui thalem a mi kawkhmu hlak. Hi thuruk hi khawvel var nan a hriet thiem ta nawh. Mihriem varna le ngaituona, suongtuona khel an tah. Khawvel mita hmu theilo, an hriet phakloa dawmsangin ei um rawp. Sienkhawm chung tienga inthawk thurawn hung a fail ngai nawh. A tha-tak a ni rawp hlak.

**Lalpa zirtirna andik a,
Lungrilah hlimna a pek hlak,
Lalpa thupek a eng mawi a,
Lungril mithai a sunvar hlak.
Lalpa ti hi a felfai a,
A dai sawt hlak, kumtluong chenin.
Lalpa thusuok chu andik a,
A reingin a fel indik hlak. (Sam 19: 8 & 9)**

Chanchin tha zarin khawvel khawsakna le fakzawngna thalema hlangkaiin ei um pei. Mawphurna in-sanga hlangkaiin ei um rawp. Hnuoi inleta ramah kut sin thawa fak zawng tamtak um zing laiin, sappui runrem sunga nitin ziefung chawiin hming thaikawi theiin a mi siem tah. Siemtu Pathien kut suok boruok dei dawng phak naw inla khawm mihriem varna le thiemnan a siemsuk boruok deitak hnuoia fak zawngin amin thungtir lem. Tlang le ruomhai umnaa vadung tui dei dawn phak naw inla khawm, boruok dei hmuna tui hung suok ang elin vur khawl hmanga dangchar hnemna ding tui dei indawnin ei um rawp. Ei In-a hai mi tirlawn ding nein-

aw inla khawm, gospel zar chauhin office hmuna mi inza der hlawn tir inlawn ding ei hau ve hlak. Chanchin tha zar chauh a nih. Halelujah! Amen. Chanchin tha zara malsawmna, ei dawng le changhai a va ropui lawm lawm ngei. thenkhatin ei dawng ding reng, ei chang ding reng sawn ei tih. Sienkhawm, kei ka thlirna tukvera inthawk chun, chang tlak le hmu tlak ei ni nawh. Lunginsietna leia, chanchin tha zar lieu lieu a ni lem. Hieng po po dawnga ei chang hnung khawma siemtu Pathien hrie nuomloa, ei hnar zinga, ei chawibiek nuom naw tlat chun amaw chu nang le keiin phur ngei ei tih.

**I kut suok thangvan sanga,
Sawrthla siar in nghathai,
Thlira ka dawnkhawl changin,
Hringmi hi ieng am a na,
I hriet fuk lawp lawp el n i?
Hriem nauhai khawm iem an na.
Sam 8 : 3 & 4**

Chanchin tha zara ei chan t hatna le vangneina ngaituoin thlirkir ei tiu. Pathien ropuizie le a hmangaina hauzie hresuok ngei ei tih. Lalpa lawmthu ka hril che. ti hi ei hlapui ni ngei a tih. Chanchin tha zarin ti thupui hmanga thei anga ziek dawkhawm chu ei tul ang peiin Lalpan mal misawm pek raw seh. Amen.

9. Ringtu chanpui hai ei encourage theina ding - Filippi 1:14 ah Lalpaa unau tam lemhai khawm chun ka kawlbunna hai leia nghet tlatin, tri lovin Pathien thu hril kawngah an huoi nasa zuol a nih ti ei hmuh. Harsatna le rinumna ei fethleng hai hi ei ringtu chanpui hai lo entawn ding le chona siem pek hlak tu an ni rawp lein ei tuor ami phal pek hlak a nih.

10. Khawvel hi ei inzinana ram chau a nih ti ei hriet theina dingin - Hebrai 13:14 a chun hitaka hin khaw hmuh nghet ei nei si naw a, khaw la hung um ding chu ei zawng lem a nih ti ei hmuh. Rinumna le harsat ei tuok hai hin ei chatuon ram ding min ngai zuol tir tu an lo ni lem hlak.

Sawmapakhat le Good Samaritan Fund

Online a Sawmapakhat le thilpek dang dang: Sawmapakhat le thilpek dang dang pe nuom hai chun hi a hnuoi a Hmar Christian Fellowship, Delhi account detail a hin pek thei zing a nih:

Account Number : 91462010038313

IFSC Code : CNRB0019146

Bank Address : Syndicate Bank/Canara Bank, Akbar Bhawan, Ministry of External Affairs Branch, Delhi-110021.

Online baka hin ei chawibiek naa thilpek ei lakkawm huna khawm thilpek dang danghai hih ei pek thei zing a nih. Sawmapakhat le Missionary Fund hi Finance Secretary (Mission), Pu Immanuel Khawbung kuoma lut/pek ding a nih.

Good Samaritan Fund: Chawibiek naah thilpek lak khawm huna pek thei a ni a, chu khela chun Finance Secretary (General), Pu Thanglalmuon Hrangel kuoma khawm pek thei ani bawkh.

NUPA INLAICHINNA

~Pastor Lalditsak

(Paper presentation on “Nu le Pa seminar, HCFD” at Bible Bawan, New Delhi, 30th September, 2023) - By Pastor Lalditsak



Introduction: Nu le Pa Seminar nei ei tumna hi kum thum lai hiel a lo liem ta a. Thruoituhaiin poimaw an ti a, tu kum hin ei nei thei khieta lawm a um hle a. Sienkhom resource person dinga ruothai hin kan huphur hle a, kan huphur chauh ni loin Manipur buoinain a mi hung them buoi nasa khopel a, iemani chen lem kha chu zawng mang sie ang el ei niin ka hriet a. Thil dang dang lo thei loa buoina a hung um pei bok leiin inbuotsaina hun ring nekin a vang rai el ta a. Hi paper present ding hin kan huphur seng a, Pastor Zara lem chu zani hmasak chen khan a la tiansie tum rop a nih. Chuleiin programme siema a um ta si lei le a poimawa ei ngai si leia hung ngir trawk trawk kan nih, ti chu in mi lo hrietpek dinga ka hung hril hmasa a nih.

Kei ka topic ding chu, “Nupa inlaichinna” ti a ni a, Kristien sungkuo indin ding chun Nupa inlaichinna thra tak nei a poimawzie ti tieng hang tlur lem deu in la ti chu ei nuom le tum dan a nih. A, Aw, B hriet phot lo chun ei trong ziek le tiem ngaina a um naw a. Chuong ang bokin Nupa ei ti hi iem a ni a? ti hriet chieng phot naw chun nupa inlaichinna thra tak nei chu thil thei lo ang a hung ni a. Chuleiin nupa chu iem a ni a? ti hi ei lo hriet vong taah lo inngai inla khom la hang hril hmasa tak in la ei nuom a nih.

1. Nupa chu iem a ni a?: Nu le Pa lakkopin ‘Nupa’ ei hung ti el nia hriet a nih. English a chun hieng couple, husband and wife, parents tihai

hi nupa kona vong an ni a. Eini ruok chun ei hau naw a, Nupa ti bak hi chu ei nei meu nawh, poetic word a “Chun le Zuo” ti bak lem hi chu hming dang ei nei meuin ka hriet nawh. English a Parent ti lem hi chu nau le te nei nu le pahai kona ni ta awm tak a nih.

Nupa ei ti hi nunghak le tlangval puitlinghai an hung inneia, an innei nia inthokin anni kha ‘Nupa’ ti hming an hung put tah a nih. Khawvel ngaidana khom “nupa” chu puitling title a lo nih. Kum 18 le chung tienga inthokin legal taka innei thei a ni chauh a nih. Amiruokchu, Nupa hi puitling title an put le inruolin beginner, naupang thil inchuk dinga School kai tran ang char an ni nawk a nih.

(Pilepuhai thingbul/lungbul bie tia hla le thu thenkhata hril le inzawt hi thudik chenve chauh a nih. Thing mak/lungpui mak deu a nghaktu um an ring a. Chu nghaktu khawhri am huoi/ramhuoi tlawng lungawi tuma an inthawi a ni lem).

Nang le kei chu ei vangnei ie. Isu zarin, chanchin thain ami hung zawng daw. Thim hnuoia thunghai ei hmu le hriet thei dingin chanchin tha a hung tlung el hi ei vangnei a nih. Ei va hamtha lawm lawm ngei. Isu’n a thisenin a mi hung zawng daw a, suol bawia intang a min tlan suok tah. Suola thita hnung chatuon hringna a min hlan tah. Chatuon hringna nei thei ngirhmun ei chang hi vangnei chungchuong ei nih.

Lalpa! Lawmthu ka hril chu, chanchin tha, ka damna ding, ka sandamna ding imi buotsai pek leiin. Halelujah! Amen. Amen.

**Tiena mihan hmu annuom ni lawmum hi, Hmu loin sang tam tak anliem tah,
Lal lungawi kum hun lawmum sandamna hi; Eini han ei chang bik hi ei vangnei ngei.**

Chanchin tha zarin thiem inchuk sang ngirhmun ei hung chang nawk pei. Thiemna le varna, lungvar petu Pathien hring iengkim chungathuneitu a ni si. Ama zarin mithiem

laia tiemsa eini phak ve tah. Fak le dawn zawngin, sin zawnga interview hmasuon a hung ngai pei tah. Hienghai hi hnuoi mihriemhan ei pumpel theilo, mihriem hmasawna le inzula intlawnepei an nih. Sienkhawm hieng hunah huoisen taka tuok ngam ding, inlang ngam din chanchin thain mi ngirpuiin a mi dawmsang nawk hlak. Chanchin tha hi ka nun kap-engtu, sun-vartu le el-vartu a nih. Thim laia var, var mawi taka inlangtirtu a nih.

**I thu hi ka ke din khawnvar,
Ka lampui elvartu a nih. (Sam 119:105)**

Chanchin tha hin thima um hai, mila suokin, mihai-angin khaweng ei hmu ve tah. Ei fak zawngna, sinthawna hmun khawm mi var le mithiem hai umna hmun an chang zo tah. Hnam var le hnam insang, mithiem hai ta ding chauh a ei sie, ka lo sie le ka lo ngai hlak, tuhin chanchin tha, gospel zarin nang le keiin ei changphak ve tah. Khawvel roreltu, mi lienhai kawla dam amin thungtir ve a. Lalthai le thuneituhai rorelna hmuna min thungtirin a mi hlangkai ve tah. Rorelna khawlpui dam ei chel phak tawl tah. Decision la thei, ngirhmun insang le thuneina khawlpui a min hervir tir ve hlak.

Ngaidan siem harsa, siet el theina ding, hmabula an tlar tuorlai khawm, a varna le remhrietna hmangin

CHANCHIN THRA ZARIN

~Dr. Dony Tuolte

Aw Pathien, nangma chanchin tha zarin,
Lamthu kan hril che!

HALELUIJAH! AMEN

Kei hi Alfa le Omega, a hmasa tak le a nuhnung tak,
a bul le a tawp chu ka nih. (Thupuongsoo 22 :13)



Chanchin tha ei ti hih an tanna chu Isu a nih. Thil po po intanna Isu a nih. Isu zarin Chanchin tha an tan. A tirin Thu a um. Thu chu Pathien kuomah a um. Thu chu Pathien a nih. Ama chu a tira inthawk Pathien kuomah a um. Amaa chun hringna a um; chu hringna chu mihriemhai ta dinga var a nih. Thu chu taksa(mihriemin) a hung pieng/inchang tah.

Isu zara ei vangneina le hamthatna inzawt ding ni inla, inzawt le hrilseng ruol reng an nawh. A bat bata tiem ding ni inla tiemzo seng khawm ni naw nih. Khawvela tawng tinrengin hril inla khawm hril suokin puong seng nawng ei tih.

Vawisun nang le keiin Isu zara ei dawngchai inzawt kuol ding ni ta inla, Ieng am hril hmasa tak ei ta ? Isun nang le kei, suola tlu tah, bohman le pilhman tah, Pathien lungsenna tuor hmabak chatuona hrem ding hmabaka um, suolbawia intang a min tlan suoka, ama zara sandamna, chatuon hringna ei chang el hi kei chu ropui ka ti tak. Isu zara sandamna ei chang el hih ei ngaituo chun ava ropui lawm lawm ngei. Keiin ka hmangai ka ti ve bawka pasal, ka nau, ka nu le pahai ta din ka hringna kan hlan ngam dim ? Thenkhat chun ei suong le kuo, ruol le pai, nu le pa hmangai leiin an taksa bung laia her khat dam an pek hlak. Thenkhat ruok chun hmangai lei nikher loin, tangka

sum dit lei damin an taksa bung, mi-hai damna din an zawr bawka hlak. Isu ruok chun phutlet nei thak loin, beisei iengkhawm nei loin hmangaina leiin, misuol hringtlak talo ta din a hringna an hlan. Hiengang lawma hmangaina hi a hrilkipui ding, an teppui ding reng a um nawh. Hmangaina tawpkhaw haw ngei a nih. Amen.

Hmun inthima chengchai kawla nisa var mawi kawla hung suok angin chanchin tha kawla a hung eng. Chanchin tha hih vawisun nang le keiin ei dampui, hringpui ding a nih. Pi le puhai chun thingbul le lungbul mak deu, a nghaktu um din an ring a. Chu nghaktu chu suklungawi tumin maicham siemin anlo inthawi hlak.

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Hming thar 'Nupa' an hung put ta a, Nunghak le tlangval an nina title kha a thi a, Nupa a hung hring suok tah a nih. Mi pahni vuoi liemna hmunah 'Nupa' hi a hung pieng a nih. Chuleiin mihriem ram taka ngaituo khomin nunghak le tlangvalin an nunghak nina le an tlangval nina phum hmaka inneiin 'Nupa' title hi an inchawk ang a hung nih. Chuleiin inneihai chu in ngaizawng mei mei hai le chun inthlau tak el a lo nih.

Nupa origin according to the bible: Nupa hi khawlaia hung intran am a nia? Ieng tik huna lo intran am a na? Ieng leia Nupa hi siem a lo ni am a na? Hienghai hi ho te te zawna angin ei ngai el thei. Sienkhom hieng zawnahai hi Nupa foundation, a bulpui le nupa indin a nina san tak hriet ding le nupa relationship thra taka ei nei theina dinga a zungpui, a A, Aw, B a lo ni tlat a nih ti hi hriet a poimaw em em a nih.

Khawvel history an tran hmain Nupa hi Pathienin a lo indin a nih. Chuleiin nupa hi divine initiative, divine institution, divine ordination hnuaia lo indin voisun chena la fe pei chu a nih. Pathienin Adam kha a siema, mission thaw ding a pek a, ramsa tinreng hai kha an hming a phuok a, an hming a phuokhai chu an hung put ta pei a nih. Lalpan hieng hin a hung ti a, "Pasal ama khat chauha um hi a thra nawh, a thrangpuitu ding koppui

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ditum peng ka tih" a ta. Chuongchun Adam chu imu inhnik takin a nintira, a in kar a nakru pakhat a lak suoka, chu taka inthok chun nuhmei hi a hung siem a nih. Pathienin a nuhmei siem chu Adam kuomah a thruoi a. Adam chun a lo lawm em em a, "Hi zet hi chu ka ru ang ru nei, ka taksa ang taksa put a nih. Pasala inthoka lak suok a ni leiin, 'Nuhmei' ti ning a tih" a ta. Pathienin nupa a siemna san biblea ei hmu dan tak chun Adam a lunginsiet lei, thrangpui a ngai leia nuhmei a pek a nih. Adam khan nuhmei a mamaw thu le thrangpuitu ding a mamaw thu khom kha a hriet ring a um hran nawh. Amiruokchu Pathienin a lo hriet leia nuhmei kha a pek lem a nih. Human history hung intranna chu Pathienin nupa Adam le Evi a lo siem hi a hung nih. Chuleiin mihriem history hung intanna chu Nupa Pathienin a hung indin hi a lo nih. Chuleiin nupa poimawzie chu hril bek bek ngai loa hang hriet thei ngal a nih.

Marriage vows: A hmasa takin inneina thutiem ei lo thaw tahai kha la zuk en vat in la ka nuom a. Nupa po hin kum tin, January thla hin ei inneina thutiemhai intiem tharna nei zie in la a thra awm de aw! Ka ti a. Nau le tehai lei ni loin nupa kar buoina lei hin a nih family koidar tamna tak chu.

PASTORIN MONEITU KUOMAH: Nang,, Pathien hmingin kan don che. Pathien thu ang

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peia um hmun khat dinginhi I nuhmei dingin/I pasal dingin nei I nuom chie maw? Aw ka nei nuom an ti ve vea chun inneina thutiem ei tran hlak a nih.

PASTOR: Hriselin hriselnaw sien, hausain pasie sien, ama hi hmangaiin, chawimawiin, enkolin, a dam sung po po ama ta dinga ringumtaka um tlat in tiem am? ti andon ve ve a, Aw kan tiem an ti ve ve hlak a nih. Kei kan neitirhai chu anni kan dona an remtinain hi hi ka belsa hlak.

PASTOR: Krista'n a kohran a hman-gai angin I nuhmei hmangai dingin in tiem am? Chun nuhmei kuomah: Krista kuoma Kohran an tuklut ang bokin, nang khom kong iengkimah I pasal kuomah intuklut dingin in tiem am? Aw kan tiem an ti ve ve hlak bok a nih.

PASTOR: In kut chang tieng ve ve inchel ro

PASALIN MO KUOMAH: Kei hin, nang, tuta in-thok thinain a mi thre hma khat ka nuhmei dingin / ka pasal dingin ka nei che ti I kuomah thu ka tiem.

PASTORIN AN KUT CHUN-GA KUT INNGHAT A TA, HI HI HRIL A TIH: Mr le / Miss hai hin Pathien thu anga ringum taka nupa ni dingin an lo in-

tiem ve ve tah a. An intiemna chu Pa-thien le hi taka hrepuituhai hmaah hin an puong ta a. An intiem angin nupa ni dingin ka kut ngeiin tuhin kan suiti-ra Pa le Naupa le Thlarau Thienghlim hmingin an pahni hin nupa an ni tah ti ka puong a nih. Chuleiin Pathienin a zom tah chu mihriemin thre naw raw se,(Matt.19:6) Amen.

Hriselin hriselnaw sien, hau-sain pasie sien, ama hi hmangaiin, chawimawiin, enkolin, a dam sung po po ama ta dinga ringumtaka um tlat in tiem am? Hi inneina thutiem ei thaw hi tawite chauh ni sienkhom nupa hringnuna a bulpui tak, a foundation poimaw a um tlat a nih. Hriselin hrisel naw sien ti hin sex khom lo nei pei ta naw sien tihai khom a kawksa vong a nih. Hi thutiemna ei nei zo a, inneina ei zo khan ei inzo el ei sawna, amiruokchu hringnun thar life time commitment siemin ei intran chauh a nih ti kha hriet a thra a nih. Nupa tam tak chu an innei sawt deu deua an inhmangai deu deu a, threnkhat ruok chu an innei sawt deu deua an inhnaw deu deu lem dai a nih. Chuleiin nupa inthre tam tak an um pha reng a nih.

New Identity: Innei zo charin new identity le hming thar ei hung nei nghal a nih. Mi pahni ni hlak kha taksa pumkhat ei hung ni ta a, hming thar ei hung nei ta a, “Nupa” tia ko ei hung ni tah a nih. Hming in ang ni loin common name ei hung nei tah a nih.

kan zin khomin kan nupa trongtraina kha ka ngai em em hlak.

Chun familya mamawhai dam Pathien kuomah inthuruol taka Pa-thien kuoma ei hang ngen kha Lalpa khom a lo lawm bik niin ka hriet a. Mi pakhat chauhin invoi em ema ei hni rak rak nek khan a effective bikin ka hriet bok a nih. A kar chang chun inhoi ka ti thei em em a, sienkhom of-fice fe dam a hung hun leia kan suk-tawp el chang khom a um hlak. Kan nupa a kan lo thaw ve sun, trangkai ka ti em em a ni leiin ka zuk hril a nih. Tu tieng tieng hin kan regular ta naw khop el a, regularise thaw tum mek kan ni nawk chauh an tah. Hril rawn le hriet rawn chu a thra, sienkhom practice a um naw chun a trangkai tak tak thei nawh. Voisuna ei seminar nei khom hi hril ding tam tak khom ka nei hran naw a, inphalam um ka ti leia ka hril nuom threnkhat khom ka hril naw a nih. Asan tak chu kei a hriltu takin ka practice zo naw tlat lei a nih. Chu-leiin ei hriet ve sun sun ei hrilhai hi zuk practice el in la chu ei seminar hi a hlawtling ni el a tih.

Conclusion: Voisun ‘Nupa inlaichin-na’ thu hril dinga mawphurna pek ka ni hi kan za lei chauha hung hril ka ni a. Hril ding tam tak khom ka hriet chuong naw a, hril ding tam tak lo um sienkhom hril nuom lo tam tak nei ka tih, a san chu ka nunin a phursuok zo naw lei a nih. Nupa relationship tak lem hi chu ngaituo hran ngai loa fe pei el ding ni naw nim ti ngaidan nei lem hlak ka lo ni a. Sienkhom a lo va poimaw ngei de aw! Ti ka hung hriet tran ve chauh ang a nih. Ngaithlatu-hai kuomah thil pakhat char phut le ngen cheu ka nei a. Chu chu hi hi a nih, thil ei ngaithlakhai hi practice ei tiu. In ei kir pha ei nuhmei ei pasalhai seng leh inrawn tlang ei ta, ei thil hriet le inchukhai a reingin voikhata hang practice tran vong nghal thei a ni naw khomin, pakhat thra ei ti tak amanih, poimaw ei ti tak amanih, annawleh ei thaw thei hmasa tak dinga ei ngai kha hang practice phot ei tih. Chu chu ka trongtraina a ni bok a nih. Ngaithlatu ei ni tawl ta a, next step ei fena ding chu a zawmtu, practisetu ei ni seng a trul an tah. Chu ding chun Lalpan mi thrangpui seng raw se.

Damnaw threnkhat trongtraipui ding

- Pu ThangsangVarte, support ngailova a lawn theina dingin. • Pu Lalsiemlien Khawbung le Pi Rebecca Buhril an damfel peina di’n.
- Pi Siemtling Penatu, • Nk. Elish Vanrammawi, • Pu L.Thagen le • Pi Lallawmsang, Pi Jenny hai cancer anthawk Lalpa’n sukdam ngeina di’n.
- Pu Ruoviel Pangamte, lung tieng harsatna nei a hung dam pei di’n.

hohlim rawn, iengkim inhriet paw hi thil poimaw tak a nih. ‘Ka pasal chu hril dal ka tih, ka nuhmei chu hril dal ka tih’ tihai hi a lo fuk bek ngai naw a nih. A kar chang chun ei nuhmeihaiin lo hre hai sien an lungril lo sawl taluo pal a tih tia ei hril nuom nawhai lem chu thil um hlak a nih. Nupa inselna tam tak hi ‘ka lo hriet ve der nawh’ ‘I mi rawn der nawh’ tihai hi a ni nuom khopel. Sin thaw ding ei hau hle kho-ma nupa hohlimna hi ngaipoimaw hle ding a nih. In hrietpaw zing, lawm tlang, tuor tlang hai hi nupa relationship developmentna dinga hmangruo poimaw tak an nih.

Spiritual fellowship: Nupa chu physical relationship chu a thra am a thra nawh ei nei tho tho thil a ni a, sienkhom thlarau tienga fellowship nei ruok hi chu thrang lak deu a trul a nih. Hi khom hi ei inzirtir dan a fuk zo naw nit akin ka hriet a. Mi dang dang nekin Pastorhai, nupa kut insuitirtuhai intum kan um takin ka hriet. Marriage counselling nei chang hin thlaraua fellowship neikop ngei ngei ding, chu chu in thaw naw ding chun innei dal ro ti hiela a bul lo rem kha a poimaw hle niin ka hriet. Kan neitirhai khom spiritual fellowship hi compulsory a nih tia strong deuin ka lo hril kher kher naw chang a um a nih. Family devotion chen hi chu ei la ngaipoimaw tawl niin ka hriet ei thaw thra thei bek naw khomin. Sienkhom nupa chauha spiritual fellowship nei

ruok hi chu ei practice bek bek naw niin ka hriet.

Example: Suong tlak khom chu a ni der naw a, sienkhom ka ton hriet pakhat chauh kan lo thaw ve um sun, khom chu regular bek ta lo zuk hril vat ka tih. Kum 10 lai liem ta khan “Moms in touch” an ti kha, tu hin chu, “Moms in Prayer” an ti ta a. Pi Zingi, Rev. Jacob Pudaite um laia lo intran ta kha a hre ei um tawl ka ring a. Pi Zingi a um ta naw phing khan Chonghoi hi India rama incharge ang khan a hung um a. Hi ministry in a thaw tak chu nuhaiin an nauhai ta dinga trongtraina hun group chite tea insiema hun an hmang hlak a nih. An trongtrai dan system kha ka ena, a phut chun ka uk-sak bek naw a. Trongtrai ruol ni siin pakhat a trongtrai lai khan a danghai khan an lo ngaia an lo amen thrap thrap a, pakhat a zuk break khan a dang khan a hung trongtrai nawk pei a nih. An trongtrai khom chu systematic deuin an thaw a, Lawmthu hrilna, Pathien inpakna, mi dang trongtraipekna, mani mamawhai hnina, khang khan an thaw hlak a. Ka en ka en khan thra ka hung ti ve ta em em a. An trongtrai dan style khan Nupa trongtraina kan nei trana, Chonghoi kha a lo experience deu a ni lei khan ama khan a mi thruoi deu hlak a nih. Kan zuk thaw chu ring nekin inhoi kan ti khopel a. Khanga ei trongtrai chun darkar khat khom hriet naw karin a lo bo zung zung el a nih. Hmun dangah

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Tirko Paulan nuhmei pasal innei tahai chung thu a lo hril a. “Nuhmei chun a taksa chungah ama chauhin thu a nein aw a, a pasal khomin a nei ve a nih. Chuong ang bokin pasal khomin a taksa chung a ama chahin thu a nie naw a, a nuhmei khomin a nei ve a nih” (1Korinth 7:4) a lo ti a nih. Nuhmei pasal innei hi ei thaw top top el hlaka chu hieng a A, Aw B hai khom hre loa ei lo innei tawl el a ni hlak lei-in sin ei hau zuol hlak niin anlang a nih. Innei ei zo char khan hming thar pek ei ni a, ‘nupa’, chu chauh chu ni loin ei taksa khom eini ta el ni ta loin ei nuhmei, ei pasalhai ta a lo ni ve an tah, ti hi hriet chieng a poimaw hmasa tak a nih. Mani hming le mani identity hre lo chun hma tieng fe pei a lo harsa hlak.

Kum 15 kan innei hnungin, tuk khat chu ka nuhmei ta dingin ka trongtrai a, ka trongtrai lai zing chun Pathienin ka lungril inthuk takah a mi hung biek niin ka hriet a. inneina thut-iem Pathien le a kohranhai hma bul ngeia ka lo intiemna kha ka lungrilah a hung inlang ta a. A bik takin, “Kristan a kohran a hmangai angin I nuhmei hi hmangai dingin intiem am?” ti tak kha ka lungrila chun a hung inlang ta vang vang el a. E khai kei hi kum 15 lai hiel nuhmei ka lo nei ta a, “Lalpa Kristan a kohran a hmangai anga ka nuhmei hmangai thei dingin mi thrangpui rawh” tiin ka la trongtrai ngai der naw kha ka hung hrietsuok ta

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a. Chu tuk chun ka nuhmei hi Kristan kohran a hmangai ang chara hmangai thei dinga mi thrangpui dingin Pathien kuomah ka ngen ta a.

Lalpan ka trongtraina a mi hung don ta a, ka nuhmei chu a thra sotna khom chu ka hmu hran naw a, amiruokchu a tlin nawnahai kha ka lunginsietnain a hung hlao ta lem a, mak ka ti khopel a. Ka nuhmei chu ieng khom ka hril chuong naw a, amiruokchu hun iemani chena inthok chun a hung hriet ta a, tulai kuhin I dang lam ta top a nih a mi ti a. Kei chun testimony ei nei khom ni naw nim ie ka ti ringot a. “Lalpa ka nuhmei hi kristan a kohranhai a hman-gai ang chara hmangngai thei dingin mi thrangpui rawh” tia lungril le ti-tak zeta trongtrai hi a va thra lawm lawm de aw! Ti chu kei khomin ka lo tonhriet ve leiin ka hung hril a nih. Hi hmangaina hi nupa relationship siem thratna dinga number one a nih ka ti nuom a nih. Nuhmeihai khomin, “Lalpa Krista kuoma kohran a’ntuk-lut angin kei khom kong iengkimah ka pasal kuoma intuklut thei dingin mi thrangpui rawh, Ka pasal hmangai thei dingin mi thrangpui rawh” tiin ei trongtrai hlak am? Lungril le titak zetin hang trongtrai ei tiu. Lalpan mi don ngei a tih ti chu ka ring tlat a nih. Ei nuhmei, ei pasalhai ei hmangai phot chun hmgaihai leh dam sung ei um khawm el ding a na, hmangai tak kuoma um neka inhoi a um nawh.

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Josephin Mary a hmangaina hi ka ngaituo changin ropui ka ti thei khopel. A nuhmei huol, thir dam sie diem ta hnung, voikhat khom physical union la nei ngai lo an ni a. Khang lai tak khan Mary kha nau a hung pai el ta a. Joseph lung nat dan ding chu hril ngaina um lo a nih. A nuhmei huol Mary khan a ruka ngaizawng dang a lo nei ni ngei dingin ring a tih. Judahai dana chun khang ang kha mipuiin lunga deng hlum hlak a nih. Amiruokchu Josephin Mary kha a hmangai em leiin khang khan a thaw nuom naw a, Mary a hringna ding khan a ruka mak el dingin thu thlukna a siem ta a. Ka ring dan chun mithli thla pumin divorce lekha a siem ka ring. Kha decision a siem zo khan Lalpa vantirko a kuomah a zun lar a, Mary nau von thu a zu hrilfie chauh a nih. Pathienin Joseph kha a en zinga, Mary a hmangaina leia decision a siem kha a lawm hle khom ring a um a. A vantirko a zuk tir ngal el a nih. Mary khom khan Josephin a hmangaina kha a dam sung a theinghil ring a um ta nawh. Chuongchun Lal Isu chu anni nupa kara khan a hung insieng tah a nih. In hmangaina hi Nupa kara relationship siemthratu ropui tak le Pathien mal-sawmna ko thlatu a lo ni rop hlak a nih.

Nupa inlaichinna bible hril dan: Nupa inlaichinna, relationship a thrat ding angin eini lai a thra thei naw-

na tam tak hi ei culture lei a niin ka hriet a. Eini laia upa pawl tak ei Upa Dr. Lalsiemlien Pulamte khom hin a nuhmei Pi Rotluong hi inchelpuiin ei biekin tuollai, mipui tam lai tak a'n lonpui ngam dal thei a nih. A san chu ei culturea thil ngaidan inthuk taka inphum a lo um lei a nih. Mani nuhmei-hai hang chela mi laia hang inlawn vel chu thil inzakuma ngaina lien tak ei nei tlat. "Ama chu a nuhmei a hman-gai hlura a" ei ti chun a thra zawnga ei hril a ni ngai nawh. "Amanu hi a pasal ti dan dana um a ni ie" ei ti khomin a thra naw tieng ei hrilna deu a ni hlak. Mani nu le pahai neka mani nuhmei hmangai lemtuhai chu khawtlang soisel an hlaw hlak. Kei ngei khom hin ka nuhmei hi, "I love you" ka la ti ngam naw zing a nih. Ama khomin a ti ngam bik nawh. Chun nu le pa khom an nau pasalhain anni neka an nuhmei an hmangai lema an hriet chun an nuor el hlak. Chuleiin ei community laia nupa inhmangai tak le inrem taka umhai hi chu ngaisang um tak an nih.

Biblein nupa relationship dinga a hril chu iem a ni a? Genesis 2:24-25 hin chieng deuin a hril a. "Hi lei hin pasalin a nu le pa maksanin a nuhmei chel a ta, taksa pum khat hung ni tang an tih. Chun Adam le a nuhmei chu saruokin an um a, sienkhom an inzak nawh" Hi taka a hril umzie tak chu nupa relationship, nupa inlaichinna hi ieng khomin a suksiet ding a ni nawh, ei inza tak le ei hmangai tak nu

le pahai chen khomin nupa inlaichinna a suksiet ding a ni nawh a tina char a nih. Bible Scholar Andrew Knowles chun, "The Bible guides" ti lekhabu a ziek a, chu taka chun, "The partnership of man and his wife is not to be split by any other loyalty-- not even to parents" tiin a ziek a nih.

Chun "Adam le a nuhmei chu saruokin an um a, sienkhom an inzak nawh" a ti khom hi nupa inlaichinna inthukzie a hrilna tak a nih. Ei ruol thra takhai, ei nu le pahai kuoma chen khom saruoka um inzak der lo chu um naw mei nih. Amiruokchu nupa kara chun inzak der loa um thei a nih. Asan dang ieng khom a um naw a, ei inlaichinna a lo inthuk lei a ni tak a nih. Amiruokchu nupa relationship hi an thuk ang bokin responsibility, maw-phurna khom an sang em em a nih ti hi hriet chieng ngei ngei ding a lo nih. Nupa relationship poimawzie: Khawvel dana khom ni sien nupa ni dinga kut insuina hrim hrim chu dam sunga ringum taka um dinga intiem ve ve a ngai a nih. Dam sunga um hmunkhat ding, family indin ding a ni leiin relationship nei thra chu thil poimaw tak a nih. Nupa relationship nei thra lo, nupa inrem lo chun chun dam sunga inhoi lo deu a um el thei a ni bok a nih. Hi lei hin nupa tam tak inthre an um hrim a nih. America rama khun nupa za a 52 divorce an nih. Chu umzie chu nupa a zatve neka tam inthre an nih. Hieng inthrenahai hi a

bulpui tak chu nupa relationship nei thrat naw lei a ni deu tak. Tu laia nupa inthrena tam ve em em el chu drugs addiction lei a ni bok a nih. Chuleiin nupa inrem taka um theina ding chun zai daw theina chauh khom ni loin insum theinahai khom a lo poimaw hle a nih ti a chieng em em a nih. Mi puitling piengna le seiliena family khom in ang lo, room khata dam sunga hang riek tlang el ta ding chun inremna thra tak, inlaichinna thra tak nei chu a poimaw hle ding a nih ti chu hang hriet el thei a nih.

Nupa physical relationship: Taksa khawsak dan le thlarau dan hi thre thei ni der lo, inkop tlat an nih ti hi hriet ngei ding chi a ni a, ei experience tawl ta khom ring a um. Taksa inrem der lo chun thlaraua inrem dan a um der nawh. 'Piengthar phot phot in la chu a dang chu a hung infuk vong el' ti hi trongkam inlar fu a nih. Amiruokchu a ni vong chuong nawh.

Nupa nun (Sex): Nupa relationship thra neina dinga thil poimaw em em pakhat chu nupa nun (sex) hi a nih. Khum chung a nupa nun hi nupa inremna dinga thil poimaw tak pakhat a nih ti hi hriet ngei ngei ding a lo nih.

Hohlim rawn, inrawntuo, inhriet-paw zing a thra: Nupa inhohlimna hun hmang dam hi a thren chun hun khawral mei mei anga ngai pawl an um a, sienkhom nupa inbiek rawn,