

DISCOVER

(Bible Ralchhan)

Zirlai - 18
Hrisêl Taka Nundân Thurûk

Bible-in thu dik a lo sawite chu thu bul chhuitute chuan nasa takin an chhui a, an hmuhchhuah dânin mihringte hi inpumkhat hlâwm a ni. Kan then hran fo thîn, taksa lam, rilru lam, thenrual lam leh thlarau

lam, mihringa thil hrang hrangte hi hmun khat leh thendarh theih loh an ni. Kawng danga kan sawi chuan kan rilru khawihtu chuan kan taksa a khawih a, kan thlarau lam nun pawh hian kan taksa lam a khawih a, chutiang chuan an inkhawih tawn vek a ni. Kan taksa pêng khat khawihtu chuan pêng dang pawh an khawih vek a ni. Chuvângin taksa hi hlâwm khat a ni.

Entîrnân, Thubul chhuitu, Dr Lee S.Berk Loma Linda University-a mite chuan khuahhkhirh taka zirnaah chuan hlimna leh a hlim zâwna chêtna hian mihring taksa natna dotu chu nasa takin a tidanglam thei tih an hmu chhuak a ni. (*Loma Linda Scope*, July- September 1992 p. 55). Chuvângin hlim taka i awm chuan i taksa chu natnate do tûrin i pui thei tak tak a ni. Hei leh thildang zirna tam takte hian, rilru leh taksa hi an inzawm hle a ni tih a tilang a ni.

Kum sâng tam tak aţang tawh khân he thil inzawmna pawimawh tak hi Pathian Thu chuan a lo sawi tawh a, chu chu damdawi lama thiamna hian tun hnaiah a lo pawm ve chauh a ni.

“Thinlung hlim hi damdawi tha tak a ni a, thinlung lung chhia erawh chuan ruh a tiro thîn.” Thufingte 17:22.

Apostol Johana min hrilh dânin kan rilru leh kan taksa hi kan thlarau hlimna atân eng angin nge an inzawm?

“Duh tak, thlarau chuan malsâwmna a hmu angin, engkimah malsâwmna i hmuh leh i dam (hrisêl)theih nân ka tawngţai thîn a ni.” 3 Johana 2.

Pathian Thu hian kawngkhat aia tamin i nunna a chhamdam thei a ni. Kan Chatuan nunna tuikhur a ni ang bawkin kan hrisêlna tuikhur a ni thei. Chuvângin he

zirlaiah hian hrisêlna lama thil pawimawh tam tak kan thlîr tel bawk ang.

Kan taksa leh rilru hrisêlna, leh kan thlarau nunte chu an inzawm vek avângin, Kristiante hnênah hian ngenna chaktak Paula chuan a siam:

“Chutichuan in ei pawhin, in in pawhin, in tih apiangah pawh, Pathian ropuina tûr hlirin ti rawh u,” 1 Korin 10:31.

Chanchin Tha hian taksa leh thlarau lam siamthatna a huam a. Min Siamtu chuan hrisêlna tha tak nei tûrin min duh a ni. (3 Johana 2). Hrisêlna tha hian Kristiante chu a ti nung thîn. Chuvângin engtin nge hrisêlna tha neia kan than zêl ang? Hêngte hi hrisêl zâwk leh hlâwk zâwka i nun theih nâna i zawm tûr pawimawh pariat te chu an ni.

1. BORUAK THA

Boruak thar leh thianghlim hi hrisêlna atân a tûl. Chhunah zâna kan muthilh lai tea kan pindan leh hnathawhna hmuna tukverhte kan hawn hian kan boruak tha hip chuan kan thisenin kan taksa pêng tinah kan mamawh tâwk boruak tha a sem darh thîn a ni.

Boruak chi hrang hrang kan hîp luh hi a pawimawh khawp mai. Mei khu kar boruakte, boruak bawlhhlawh leh hmun thianghlim lo aţanga natna hrik bâwm boruakte hi hîp lo tûrin fimkhur ang che.

Zîng boruak thianghlim hîp luh hi taksaa boruak tha tih luhna a ni i kal kawnga boruak chu a thianghlim chuan nasa taka thaw lak hi a tha a ni.

Mei zûk hi tunlaia mihring thattu ropui takte zînga mi a ni. Tun laia mithiamte chuan chuap cancer te,

chuapa boruak hîplûttu puan te, thinlung natna leh natna dangte hi vaihlo (meizûk) hian a siam thei tih a hmu chhuak a. Meiziala nicotine tûr hi taksain a ngawl a vei tawh chuan meizuk hi thilthalo chîn dawklak, sim harberte zîngah a siam thîn. Mei zûk hi tun anga a kal zêl chuan kumtinin mi maktaduai 3 vêlin an thih phah a, kum 2020-ah phei chuan kumtin maktaduai 12 an tling tawh ang.

2. NI ÊNG

Ni êng hian tângkaina tam tak a nei:

1. Nitin zîng leh chhûna minute 15 a tanga 30 vêl inpho hian taksaah vitamin D a siam a, chu chu vun atân a tha êm êm a ni. (Vitamin D hian taksa ti tâng tûr leh siam tha tûra a mamawh calcium leh phosphorus a siam).

2. Ni êng hian natna hrik a thatin natna inkai chhawn theih a vêng bawk.

3. Thlawhnaa hmun (ram) hrang hrang kal tlang hunah ni êng hi taksa vâwt tihreh nân a tha a ni.

4. “Ni êng hian chakna a nei a, chu mi hmang chuan thlaite hian kan boruak thâwk chhuah (Carbon dioxide) leh tui hi chakna leh chawah a siam a. He mi tel lo hi chuan mihring leh ran te hi ril tamin kan thi thei a ni.” Eleannor N. Whitney and Eva M. Hamilton, *Understanding Nutrition* (St. Paul, Minn: West Publishing Company, 1981), p. 401.

5. Ni êng hian zân lama hnathawk thînte a tãnpuiin thlasika ni thim ngeih hote a chhâwk thîn. (“Fimkhur la Ni êng hi a hlauh awm thei bawk. Nisaa awm tam lutuk hian vun a em char a, chu chuan vun cancer a siam awl a, mi a titar hmaa, mit a ti chhiain a tidel awl a ni.”) *Look Up and Live: A Guide to Health*, (Nampa, Idaho:

Pacific Press Publishing Association, 1933), p. 36.

3. HAHCHAWLHNA

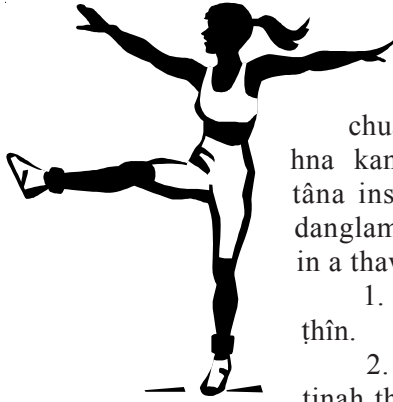
Hrisêlna chungchâng hi kan la thutak lo fo thîn. Natna kan han tuar hlek hian, kan ngai kan awh leh vat theihna tûrin a tirehtu emaw, chhâwktu emaw atân damdawi kan ei vat a, mahse taksa chuan amah in tiphuisui tûra hahchawlh a mamawh a ni. Damdawi kan eite hian kan taksain in tihchakna (ngaiawhlelna) tûra a hnathawh chu a pui chauh a ni. Natna hrik chuan taksain nasa taka natna a do chu a lo bei lê ve a, khawsikna te, thisen chhuak nasa lutuk leh chaknate hi min tidam tûra taksa hnathawh nasatzia entîrna a ni.

Chawlhahdamna hi chhûn lama kan rilru leh taksa hah taka kan hmante tihdam nâna khawvêl pianphungina a siam chu a ni. Hnathawhhahna leh in chhûngkhur enkawlina lak aţanga min chhâwk tûrin in tihhlîmna leh hahchawlhna kan nei tûr a ni. Hetiang hahchawlhna ţul tello hi chuan rilru ipikna, lungngaihna leh thinchhiatnate an awm thîn. Hei hian natna te tichhuakin kan taksain a mamawh êm êmte chu min khawhraltîr mai ang. Tui taka muthilh hi a ai thlâk thei a awm lo. Mut kham lohna hi damdawiin emaw taksa chawh danglam theiin emaw a thlâk thei lo.

Kan taksa lan hrisêlna tûrin nitina kan thlarau nun kan tihthar reng hi a ţul bawh. Kristian nun, nitina Pathian pâwlina, Bible zirna leh ţawngţaina hian kan taksa leh thlarau a tidam thîn. Tin, kan hnathawh aţanga chawlh hun diktak leh kârtina hahchawlhna in kan mamawh bawh; chu bakah kum khatah emaw kum chanveah emaw in tihharh nâna chawlh kan mamawh bawh.

4. INSAWIZAWI

Look up and Live: A Guide to Health, page 38
chuan heti hian a ti:



“Pathian chuan Adama leh Evi chu taksa insawizawi theihna hna thawk tûrin a thlang a, mahse tunlai hian vânduaitlâk takin kan zînga tam takte hi chuan kan taksa tiche thei tlêm thei ber hna kan thawk tlat mai. Mahse kan taksa tâna insawizawi a pawimawhzia hi a la danglam chuang miah si lo. Insawizawina in a thawh thenkhatte i lo en teh ang.”

1. Insawizawina hian thisen kal a tiþa ðhîn.
2. Insawizawina hian kan taksa peng tinah thisen tam zâwk a kal tîra, kan kut leh ke ðangte a tilum ðhîn.
3. Insawizawina hian kan taksa leh rilrua hahna a tibova chu chuan i nun a tiharh ðhîn a ni. Insawizawi hi rilru hahna leh taksa hah tihdamna þa ber a ni fo.
4. Insawizawina hian kan thluakah leh hriatna thahruih electric chakna a pe a chu chuan natna dotute a chawkharh a, kan taksa chu insawizawina mumal tak nêna kan enkawl chuan, kan rilru pawh hian a duhawm leh hmantlâk zawngin ngaihtuahna a nei ðhîn.
5. I lan dân a tiþhain i taksa pawh a tinalh a ni.
6. Insawizawina hian a tichak che a, chu chuan taksa leh rilru hahna a chhâwk ðhîn.
7. Nihdân pangngai leh na tuar theihna a siamna

kawngah thluak a ÷anpui ÷hîn.

Hêng a ÷hen a zâr kan han ziaak chhuahte hian chhuanlam siam khawtlai lova insawizawi hi chin nghâl a ÷ha a ni. A tîrah chuan indim deuhvin ÷an phawt la, i taksain a zawh tâwk a zirin tinasa deuh zêl ang che. Insawizawi i ÷an hmain Doctor râwn hmasak a ÷ha. Thisen sâng leh Cholesterol te hian alang apauva chhinchhiahna an nei reng lem lova, amaherawh chu insawizawi hian a pawî thei a ni. I tum ber chu boruak ÷ha dawn theihna chi a ni tûr a ni a, chu chu kêr khat chhûngah vawîli emaw a aia tam emaw, minute 15 chhûnga mêl khat kal ang tluk, intihhlîmna te hi an ni tûr a ni.

5. TUI

Tui thianghlim hi kan taksa chhûnga pêng hrang hrangte hian an mamawh avângin tam tak in tûr a ni. Thildang ti tuiral thei a nih avângin chhûnglam leh pâwnlam tihfaina ÷ha ber a ni.

Tui hi leilung siam a÷anga lo awm ve tawh a ni a, kan taksa ÷ha taka vawng ÷hîntu a ni.

1. Taksa rihna zaa sawm sarîh (70%) hi tui a ni.
2. Thisenah hian tui zaah sawmriat leh pathum (83 %) a awm a, ruhah erawh chuan zaah 22 (22 %) a awm thung.
3. Taksa tihrawlah hian zaah sawmsarîh leh pangâ (75%) tui a awm a ni.
4. Taksa hian nitin tui quarts 2½ vêl nitina ÷ulte thawh nân a mamawh. Hêng hnate hian thisen zam kal vêl dante, taksa bawlhhlawh paih chhuahte, taksa tâna ÷ha semdarh te, leh tihtawihnaah te a pui ÷hîn. Tui hi kan in a÷ang leh kan chawei a÷ang tein kan dawng ÷hîn.

5. Mi vântlâng kai chin hian a thluakah pindan tluklehdingâwn (billion) 14-40 vêl a nei a, hêng zînga zaa sawmsarih aţanga sawmriat leh panga (70-85%) hi tui a ni. Hêng pindante hi tui tam tâwkin an hmuh chuan rilru harh fîm i neiin, rilru lungngaihna leh thinchhiatna lakah a vêng ang che.

6. Tui hi in atân chauh a pawimawh a ni lo. Tuivawt leh a lum pilh pelh a nitin inbual fai leh tuia han intleuh hian thisen kal a puin taksa leh rilru a tiharh a ni. Tuia intleuh emaw inbualfai hian hriatna a siamţha a ni, taksaa natna dotute chu tichauva natna te hi a tireh thei a ni. Inbual hian vun aţanga thil bawlhhlawhte tlengfaiin natna pawh a titem thei a ni.” *Ibid.*, p. 35.

6. CHAW THA

Khawvêl siam tirh khân Adama leh Evi chu Pathianin, thlai mute, a vuite, a rahte chu an chaw atân a pe a. (Gen. 1:29). An lo sual tak khân thlaihnahte chu an ei (châw) atân a pêk belh a. (Gen. 3:15). Tuilêt hnu khân Siamtu chuan an chaw atân sa thianghlim a pêk belhchhah leh a ni. (Gen. 7:2,3; 9:1-6).

Thlai ei mite hi an hrisêl zâwk leh an damrei zâwk avângin, ei leh in chungchânga mithiam bîkte chuan a tîrtea Pathian ruahman, thlai mute, a vuite leh a rah, thlai te belhchhaha ei hi ching leh tûrin minrawn a ni. Tunlai hian Doctorte leh ei leh in lama mi thiamte chuan sa ei thînte pawh hi a sati, thâu tello, hmin taka chhum tlênte chauh ei thîn tûrin an râwn a ni. Thlai lam ei tawh zâwk i tum chuan sa tih lova chaw inbuk tâwk siam dân hre hmasa ang che. Hetah hian thlai ei chi ten emaw tlênte chauh sa ei duhte tân rawtna kan han siam a.

(Hei hi *Look Up and Live*, p 44, ațanga lak chhuah a ni).

1. A thar ber leh ța ber chu theirah, thei pilsak (nuts) leh a fangnei (grain) leh thlaite lei la. Chungte chu hmun vawt ța leh hul țaah dah la, a rang thei ang berin hêngte hi ei ang che.

2. Nitin thil hring hel ei tel la, i chhum a nih pawhin a tui tlem thei berin a neilo thei ang berin chhâm rawh.

3. Chaw chawh chaw rawi leh man tam lam chi hi a theih ang tâwkin pumpelh rawh. I lei a nih loh chuan nangmah ngeiin thlai ațanga chhang phut ațangin chhang țawp siam la. Buhfai a nih chuan a vâ sâr aiin a buang lam deuh hmang rawh. Chawhnâng leh chakna pai tam chi, carbohydrate chi hrang hrangte chu nitin vawi ruk emaw a âia tam emaw semrualin i ei tûr a ni (hei hian thil chi leh be lam chite pawh a huam).

4. Fian ngâ emaw a aia tam pawh thlai leh theirah nikhatah ei rawh. (fiankhat chu no chanve a ni). Thlai hring leh hmin (eng) a thur lam chite nêna ei pawlh hi a ța hle. An thar hun lai a nih chuan thlai leh thei tharlâm tam tak ei ang che.

5. Ransa thau (butter, cream, duâr leh rilbawh) te hi thlai ațanga siam thaute in thlâk la, thau i ei chu i taksaa calory zaa sawmthumin a hniam tûr a ni. Hêngte hi ran vulhna ami ngei i hmang a nih chuan a tâwk a ni. I chaw chuan sa a huam a nih chuan sa ța, a thau tel lo leh sangha ei ang che.

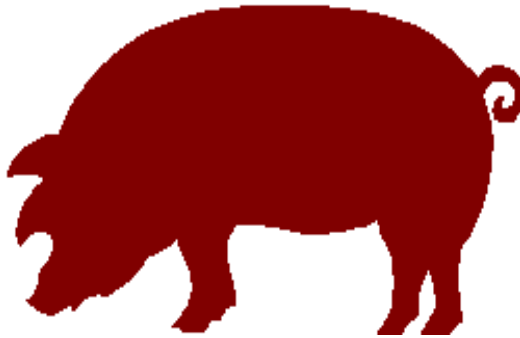
Chaw hrisêl chu thil mâwltê, itawm leh tuihnai taka siam leh ța taka buatsaih, a hun taka ei hi a ni. Chawei hun inkâra ei leh puar lutuka ei a bîk takin thau, thil thlum, chaw chawhchawrawih ei te hian kan rihna ti tam lutukin min tichau thei, natna pawh a chawkchhuak thei a ni.

Chaw ei paha tui in t̄euh hian chaw pai a tīawih har a, chuvângin chaw ei paha tui i in chuan tam lo takin in t̄hîn ang che. Thilthak (hmarcha etc) leh chawa hriak tam hian pum a tina duh. Thil in tura min tilum thei chi thingpui, coffee leh thildanga caffeine awm chawhpawlh hian pumpuilâwng, raso, lungngaihna leh rilru hahnate a siam thei.

Chawa sa ei tel thlangte chuan, Pathian lehkhabin sathianglim a tihte mihring tâna ei tlâk chauh kha an ei t̄ur a ni. Tuilêt hnua Pathianin sa ei a phal khân. (Genesis 7:2,3; 9:1-6). Eng sâte nge tenawma, eng sâ te nge tenawm lo tih a thliarsak vek a, chumi hnua a mite chu a thianglim chauh kha ei t̄urin a phalsak a ni. Leviticus Bung 11 leh Deuteronomy Bung 14-ahte hian sava te, sâ te, leh sanghâte Pathianin ei tlâk loh a tihte chu an chuang vek a. Hêng ațangte hian sa thianglim chu a tin kâk a, tin kâkchhuak, thialret thial a ni a, sangha ei tlâk chu puhlip leh pângparh nei. Sava zîngah chuan sahel ei chîte chu tenawm an ni a, sa tenawm zîngah chuan a bîk takin vawk hi thinhrik bîk a ni.

"Vawk hi a tin chu a kâk i a, thialret a thial loh avângin intân a bawlhhlawh (tenawm) a ni; a sâ in ei t̄ur a ni lova, a ruang pawh in khawih t̄ur a ni lo."
Deuteronomy 14:8.

Mithiamtena an naah (Scientific Research) chuan Pathianin vawksa leh sa bawlhhlawh



dangte ei lo tûra min lo hrilh hi a lo ti dik takzet a ni tih hi an hrechhuak a ni. Mihring thi ruang an zai tam tak chuan Trichinae natna (hri) hi an lo vei reng mai a ni. He natna hri te reuh tê te hi hetiang vei, vawksa ei hian an kai ðhin a ni. Tun laia an thil zirnaah phei chuan engvangin nge Pathian hian sa ðhenkhatte hi tenawm tia a lo puan chhan hi a tichiang tawlh tawlh mai. A chhan pakhat chu natna kai theih avâng hi a ni ngei ang, chu natna chu Trichinae lung, vawksa leh vawksa ðin aţang te hian a ni bawk. A dang lehah chuan a thau hi, mihringten an eiin hei hian thilpai ðawihna a tikhawlo thei a ni.

Thil tenawm leh tenawm lo chu tun thleng hian an la awm reng a. Isua lo kal thlengin an awm ang.

“Lalpa chu mei nên a lo kal dâwn si a. 'Vawksa leh thil tenawm leh chaichîm sa eite chu an boral tîang ang,' LALPAN a ti.” Isaia 66:15, 17.

7. THIL HLAUHAWM PUMPELH

Ruihtheih thilah Bible hian eng vaukhâna nge min pek?

“Uain hi nuhizatbura mi siamtu a ni a, zu pui hi insual bung bungna a ni; chumi buma awmte chu an fîng lo a ni.” Thufingte 20:1.

“Tute nge chungpik ðhin a, tute nge lungngai ðhin a, tute nge inhau ðhin? Tute nge thubuai nei ðhin a, tute nge avâng awm lova hliam tuar ðhin a, tute nge mit sen rem rum ðhin le? Zuhmuna awm reng ðhin te, zu chawhpawlh in ðhînte an ni.” Thufingte 23:29-30.

“Rûk hmangte emw, mi duhâmte emaw, zu ruih hmangte emaw, mi hau hmangte emaw, hlêprute

emawin Pathian ram an luah lovang.” 1 Korin 6:10.

Look Up and Live : Hrisêlna kawnga kaihhruaina phêk 66 chuan heti hian a sawi a:

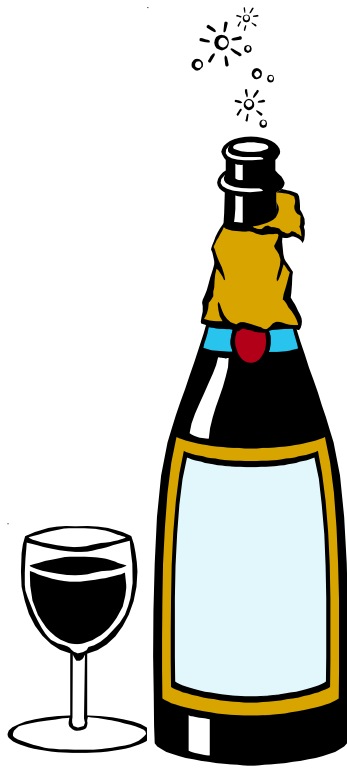
“Zu vawihnih khat han in zeuh hian thluakin kan thilduhte a zawn chhuah thuai theihna hi a tichhia a, hriatrengna te, hriatfiah thiam theihnate leh chhia leh tha hriatnate hi a tibuai a. Chuvângin zu hian hêng kan taksa bung hrang hrang te hi a khawih thîn.

1. Natna lo do theihna Zu hian kan taksa White Blood Cells natna lo dotute chakna hi a tichhiao chuvângin pneumonia te, TB te, thin leh mit natnate leh cancer hrang hrang vei a sam bîk a ni.

2. Taksa mamawh siamtu chikhat (Endocrine system) hi nitin an vawi hnih emaw vawi thum emaw lek in hian naupai a tikhawlo thei a, a thiin a pâitîr/hrintîr thei a, thlakim lovin a piantir thei bawk a ni.

3. Thisen zam khawihin zu in avângin lung lam natna a chhuak awl a, zu chuan thisena thlum titlêmin thisena thau a tipung a, thisen sâng a siam thei bawk a ni.

4. Chaw kawng, zu hian pumpui a tilâwng a chu chuan pumpui a ti thip thei a. Zu in reng hian thin a tilianin mit a tiliam thei bawk a ni, chu bakah thin sâwng



(cirrhosis) a siam thei bawk a ni.

Zu avânga thil thlengte:

Inâwk hlum, zaah 30; Motor accident, zaah 55; naupang sawisak hlum, zaah 60; leh in chhôngkhura intihbuaina aţangin zaah 85.

(Kathleen Whallen Fizzeral, *Alcoholism* (New York Doubleday, 1988, p. XII)

Christiannity Today tihte hnêna a lehkha thawnah, Richard Cizik chuan, "Zu hi ruiththeih lam thila ram hmêlma hlauhawm ber a tling ta, kumtinin sum leh paiah Dollar 100 billion leh mihring 1,05,00 in an thihpah a, Amercia mipui hi Crack te, Heroine te leh drugs chi zawng zawng belh khâwmin a tihlum lê tsum a tihlum a ni," a ti.

8. PATHIAN CHAKNAA RINNA

Kan sawi tak pasarihte khân hrisêl taka nundân tlângpui min kawhhmuh tawh a, amaherawhchu apawimawh ber mai pariatna tûr tello hi chuan a famkim tâwk lova, chu chu Pathian chakna Rinna hi a ni. Diklohna avânga hlauhna a zawn mêk mihring tân chuan chûng hrisêlna dân pasarih aţangte ringawt hi chuan a hlâwkna hmuh kim a har hle ang. Amaherawh chu Pathiana rinna nei mi tân chuan engkim mai hian nun hlimna atân an thawk a ni tih a hria ang. Nunhlimna lo chhuahna bulpui chu hrereng rawh.

"Aw ka nunna LALPA chu fak la; ka kawchhûnga awm zawng zawng te u, a hming thianghlim chu fak rawh u. Aw ka nunna LALPA chu fak la, a thiltih that zawng zawng chu theihngihl

suh; Ani chuan i khawlohna zawng zawng a ngaidam thîn a; i natna zawng zawng a tidam thîn a; Boralna lak ata i nun chu a tlan thîn a; ngilneihna leh lainatnate a khum tîr thîn che a.” Sâw 103:2-4.

David Larson, National Institute of Mental Health-a advisor chuan sakhua leh hrisêlna in kaihnawih dân nasa takin a chhui a. Mak a tih deuh mai chu: Biak ina inkhâwm thînte chu inkhâwm ngailote aiin an dam rei zâwk tih hi a ni. Inkhâwmite chuan lungnatna te, thisen kal thalo te, thisen sângte leh natna hrang hrang te an nei tlem zâwk a. Chu lovah, Larson-a chuan Pathiana rinna neite chu nun kawngah an hlawhtling zâwk a chu chu rilru natnate an tuar tlêm deuh zâwk vâng te, rilru nat avanga zu lam an pan loh avang te, lung ina an tân nawn loh vângte leh inneihna duhawm lovah an awh (tan) loh vângte niin a chhui chhuak.

Hrisêlna hi a natna hrik awm loh vâng mai a ni lo, taksa, rilru, thenrual leh thlarau lam thila inchawihtâwk taka kan thanna rah a ni. Pathian chaknaa rinna hi nun tuang, hrisêl leh hlim neihna a ni. He kaihhruainaa thil pawimawh pariatte zâwmtu chuan damrei zâwkna an dawng ang. Loma Linda University-a Department of Preventive Medicine chuan Ruahmanna kallai mêk a nei a. Chutih chuan mi engnge maw zatin nundân inanga an awmnaah chuan hetiang hian a awm a ni:-

A bîk deuh takin California-ah chuan Seventh-Day Adventists 50,000-te chu kum 30 chhûng khân an awmdân an lo zir a. Chuta an hmuh dân chuan Adventists mipate chu hmeichhiate âiin kum 8.9- in an damrei a, tin, hmeichhiate chu midangte âiin kum 7.5-in an damrei a ni. John Sharffenberg. M.D., M.P.H. *Vibrant Life* (May) June 1992) p. 18. He doctor vek hian Holland ramah te, Norway

ramah te leh Poland rama Adventist hote pawh a zir leha mahse a hmuh chhuah chu a thuhmun deuh tho a ni.

Zirbingna beitungna hian hêng Adventist-te damreina chhan hi chu 'Hrisêlna Atâna Kihhruaina Pariatte' kha a vai a nih loh pawhin, tam takte kha an zawm vang niin an ngâi.

Hetiang zirna bawh hian, Marmons-hote hi lunglam natna nei tlêmberte zînga mi an ni tih an hmuchhuak bawh. Mei an zu lova, zu an in lova an thil inah caffeine nei engmah an in ngai lo.

Bible-in kan nun dân tûr min lo ruahman sakte zawmna hian danglamna nasa tak a siam a, hei hian kawng tinrênga remchanna a thlente hian Kristianna hi khawvêla sakhua hman tlâk ber leh awmze nei ber a ni tih chiang takin a lantîr a ni. Mite hnênah danglamna a thlen a, an ngaihtuah dân leh chetdânte tidanglamin an mahniah nundân thar a siam thîn a ni.

Rilru, taksa leh kan thlarau thua nung Kristian chuan, Krista lo kal tûr tâna an inbuatsaih rual hian hrisêl zâwka nundân tlângpui te hi zawm a duh ngei ang. (1 Johana 3:1-3).

Krista chuan a lo kal huna amah hmu tûr chauhvin min duh lova, kan tunlai nun dân pawh hi tihmasâwn tûrin min duh a ni. Hêng hrisêlna dân tlângpui te hi zâwmin a ni chu kan thawhpui thei a ni.

Kan chhûnga a thiltihtheihna thawktu hmang hian kan nundân chhia zawng zawng aţang hian min chhandam thei a ni. (Efesi 3:20).

Kan taksa tihchhatna kawnga kan thil chîn, vaihlo zuk emaw zu inna te hneh thei tûra ţanpui i ngaih chuan, min han hriattir la, kan lo ţawngţaipui zêl ang che.

Kan pa duhtak Vana mi, Krista nun anga nun ve kha ka duh tak zet a ni, thianghlimna leh faina neiin. Ka nuna thil thalo zawng zawngte hi paihbo tûrin i khawngaihna min neihtîr rawh. Ka chakna mai chuan ka paih bo thei si lova. Ka thiltum ruh ber berte chu an thamral leh mai thîn dânte pawh i hre vek a. Amaherawhchu i chakna chu keimahniah thawk tûrin min tiam kha. Ka hmangaih chein nangmah an ka duh e; chu mai chu ni lovin Isua loal huna lo inpeih ka duh bawk a ni. Ka nungchang thalote simna tûr leh i tâna nung tûra chakna min pe ta che. Hei hi Isua Krista hmingin ka dil a che. Amen.

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