





"Tu in note (Aman hong nungtasak). gitlohna leh mawhnate (note). sungah si (hong kithat). in na om lai un,..... mawhna leh khialhna sungah (eite aa). i sih lai nangawn in (hong kithat). Khazih tawh kipawlkhawm leh pumkhat suak in aman hong hing khawm sak hi. Amah in Khazih nuntakna mahmah eite hong pia a, amah a thawhkiksak na nuntakna mah tawh vantung munte sungah amah tawh eite hong tho sak khawm hi." (Eph. 2:2, 5, 6; uang gen Laisiangtho mun)

(i) **Nungzui khat nuntakna ah hih thawhkikna thupansante**

- Nuntakna thak khat kilang (Rom. 6:4)
- Nuntakna ading ngaihsutna thak kipan in kizang (Rom. 6:11)
- Topa thak thu kimang (2Cor. 5:15)
- Nuntakna thak ngimna kipom (Col. 3:1-4)

(ii) **Hih mailam thawhkikna bang hun a piang ding?**

- Ni tawpni ciang (Jn. 6:39-54)
- Ni tawpni thawhkikni teh (Jn. 11:23-24)
- Amah hong pai ciang (1Cor. 15:20-23)
- A nunung peng kul tum ciang (1Cor. 15:51-52)
- Topa mahmah thupiakna aw lian, vantung mi lianpen aw tawh Pasion sapna pengkul tawh vantung pan hong kumsuk ciang (1Thess. 4:16-17).

(iii) **Christian khat gamtatna ah thawhkikna in bang ciang sukhia?**

- I ut bang sem a, mawh nading pan hong kem (1Cor. 15:32-34)
- Khotakkiptak a ding dingin leh Topa na sem ding in hong kipia sak (1Cor. 15:58).

(iv) **Thu-um mite thokik ding hi.**

- Nuntak tawtungna ah (Dan.12:2-3)
- Khazih vangliatna pumpi bang pumpi tawh (Rom. 6:5; Phil. 3:20-25; 1Jn. 3:2)
- Pasion deihna tawh kizui pumpi tawh (1Cor. 15:38)
- Asia thei lo pumpite tawh (1Cor. 15:42).
- Min thanna sung a kithosak pumpi tawh (1Cor. 15:43a)
- Avanglian pumpi tawh (1Cor. 15:43b)
- Khazih tawh minthang khawm ding (Col. 3:4; Jn. 17:24)
- Amasa pen (Rev. 20:6)

"Kei ka hih leh, thumanna tawh na maitang ka en dinga, ka khanlawh ciangin, nangma mel muhna tawh ka lungkim ding hi." (Psa. 17:15AV)

f) **Hankhuk sunga omte khempeuh Thawhkikna nunung (Jn. 5:28-29).**

(i) **Thawhkikni pen Thaman piakni hi**

Hih thu maante a lawp huai na leh heh nepna ah thupi in lamdang a, a kizam khat om leh kilawm hi. A dinmun bulpi mahmah pan i nuntakna ah hih a thupi thumaan in bang hong sukha hiam? Lk. 14:12-14 sungah mite in pawl khat a bawl uh teh hong sankik dingte bek sem lo a, hong thukkik zolo dingte a sap ding uh Zeisu in hanthawn hi. Tua khith teh hi thu na gen hi. "Midikte thawh kikni ciang in nang hong kithuk kik ding hi." (Lk. 14:14). Tua aihman in thawhkikni pen thuh kik ni hi. Hih pen Khazih thu khenna tutphah hilh ding a kilawm na meizom hi (Rev. 11:18; Rev. 21:11-15).

(ii) **Khazih thukhenna tutphah**

Hih thu hilhna a hangte;-

- Mikhat ciatte amau gamtatna leh amau sepna tawh kituak in Topa in thamanh



pia ding ahihman in nasep ding ahi hi (Jer. 32:19).

- Khasiangtho vangliatna tawh na sem ding (Jn. 6:3). Eite in a si nasepte sem lo in Khasiangtho thahat sakna tawh Pasion lam manawh upna tawh na khempeuh sep ding ahi hi.
- Midangte thukhenna khawl ding (Rom. 14:10-13).
- Pasion launa / kiktakna tawh nasem ding (2Cor. 5:10).
- I nasep pen lungsim siangtak leh ngiimna hoih tawh sep ding hi (Col. 3:23).

(iii) **Hih thu zuih upna in Christian thu zuih upna khial pawlkhat bawldik hi**

Gentehna in;

- A tawpna ah eite in hotkhiatna ngah i hihman in vantung tung ding hihang. "(Eite nasepte hangin hong kihonkhia lo a, ahizong in hong kihot khiat khit teh i nasepte kisim hi.)
- "Eite khempeuh vantungah ki bang lel ding hihang.  
(Lamkhat pan in bel hi mah hi, ahizong pawlkhat in thaman a ngah hangin pawlkhat in tan dinguh hi.)
- "Na ut bang in nungta lel in tua tawh paikhia lel in"  
(Hehpihna pen piakkhong hi a, ai zong in a mantawm/tam lo hi.)

(iv) **I Pumpi ah i sepnate ading in ciaptehna khat i piak loh phamawh hi**

1. **Hihpen mimal thu hi.** Midangte ngawh theih hilo cihna hi. Mawh puakna pen ei ma kongbianga om hi a, midangte leh khua hun omzia peuh ngawh theih hilo hi.
2. **Thukhenpa Khazih mai ah.** Aman itna leh maitang deidan lo in thukhen ding hi. Ama thuciapteh theihna pen kicing ahihman in eite in i kineihnate leh kibawl tawmnate i lakkhiat ding kisam hi. Banghang hiam cihleh tua hun teh thutanna om ding hi. Tu mahmah in kipat tahhuai hi. Pasion mai ah thudik in i mawhnate pulak leng aman hong maisak ding hi cih phawk in.
3. **I Pumpi tunga i sepsa te.** I mit in bang en; i bil in bang ngai; i lungtang in kua ngai; i lungsim in bang um; i muk in bang gen; i khut in bang sem; i khe in koi ah hong pai pih leh i pumpi kua tungah kinga cihte hi. Hih thu etkikna ah, i hunte, i sumte leh i siamnate tawh a hoih bang sem i hiam cihte.
4. **Thusimte kipholak** (Rom. 2:16). I sepsate bek kilakkhia ding hilo in i lungsim ngimnate zong kipulak ding hi (1Cor. 4:5). Pasion muhna ah a hoih leh a dikte i sep ding kisam hi (Matt. 6:1)

(v) **Khazih thukhenna tokum**

Khazih thukhenna tokhom mai ah ka din ciang,  
 Kei ading hong gelsakna aman hong lak;  
 Ka nuntakna in ahih theih ding geelna ciang,  
 Aman ama lampi nei in kei hong musak;  
 Hih lai ah amah ken khaktan huai lai ah sit tel zen,  
 Kei ma deihna ka zuih loh ding hi zaw veh;  
 Ka honpa mit ah dahna a om zentam,  
 A dah hang aman kei hong it lailai tam?  
 Aman bel kei hong kicing sak, aih hang hiah kei zawng,  
 A neih khempeuh, a hehpihna suakhia thong;  
 Ka mangngilh theih loh nate bangin ka ciaptehna paipai,  
 Ka phak bat zawh loh kum tampite kantan in pai,  
 Tua teh a hawmsuak ka lungtang kitamkham dek a,



Ka buakkhiat zawh loh zah khituite luang a,  
 A hawm ka khutte tawh ka maitang selcip ning,  
 Lukhu angah lo ka lutang zong kunsuk ning.  
 Kei ading hong kinusia kum manpha tampite,  
 Nangma khut tungah hong nga ing;  
 Keimah hong la in, hong tuisak in, hong tat-hiam ve,  
 Nangma gee-lsa zia bang dingin ee.

(vi) **Thamante** (1Cor. 3:10-15)

- "A lamsate a kipsuak leh ama thamanh a ngah ding hi." (1Cor. 3:14)
- Mitampite thumaanna ah makaihna hang a lukhute (Dan. 12:3)
  - A tawntung kimang ding lukhute (1Cor. 9:24-25)
  - Dik na lukhute (2Tim. 4:7-8)
  - Nuntakna lukhute (James 1:2)
  - Minthanna lukhute (1Pet. 5:1-4)

Lukhute pen a tawpna ah kipia ding hi. Tua aih teh khatpeuh in na lukhu hong laksak loh nading in na neihsate hoihtak in lenkip in (Rev. 3:11). Eite in i pumpi; i lungsim leh i kha tawh Pasion tungah i man ding kisam a, amah ki-uk sak ding hihang.

g) **Dotnate leh kikupkhopte**

1. Zeisu nuntakna ah amah a tawntung nungta ding cih a theihna in kilamdanna a piangsak ding hiam?
2. Nangma nuntakna mahmah ah kha thawhkikna pansan ding khatpeuh na nei hiam?
3. Khazih nungzuite i hihna ah eite a thokik ding leh a tawntung a nungta dingte cih i phawk khakna man in a kilamdang bang nuntakna hong neisak hiam?
4. Eite in thaman ngah ding cih bek tawh Pasion ading na i sep ding mah hiam?
5. Zeisu nung zuite cih nangawn tawh hih leitung a i sep khempeuh a simtak in eite hong kikoih diam? Hih in i nuntakzia hong kilamdangsak ding hiam?
6. Thu khenna ni teh i sepnate leh i ngimnate hong kipholak ding ahieh leh, banghang in Christian tampite in amau hihna taktak selna in maituam khong a bulhbulh lai uh hiam?
7. Vantung ah lukhu khat peuh ngah ding in na ki-um hiam? Banghang in?
8. Matthew 24:36-51 dungzui in i nuntaknate koi ci nuntakhuai hiam?

h) **Tomlakna leh Zatpahna**

1. Zeisu thawhkikna in sihna a kizawhna leh amah na khempeuhte Topa ahihna hong lak hi.
2. Zeisu si in a tawntung a Pasion tawh a om khawm ding in thokik a, a nungzuite amah tawh a tawntung in nungta ding hi.
3. Zeisu nungzui khat in Zeisu a kici Topa thak khat nei in, a ma sungah nuntakna thak nei hi.
4. Thu-um mite kha thawhkikna in mawhna ding pan hong kepna sukkhakna nei in, Topa Zeisu tung kipiakna leh ama ading nasep na hong neisak hi.
5. Zeisu nungzuite ading in thawhkikni pen thaman piak ni hi.
6. Na septe in hong gumkhia lo ding a, ahizong in gupna i ngah khit teh i nasepte pen vantunga i thaman dingin Pasion in hong simsak hi.
7. I pumpi leh sim tham nate nangawn ah thukhenpa Zeisu Khazih mai ah eite khat ciat in mawhpuakna i nei hi.