

3. Gahphatna Telcianna: (Khen 2)

Gahpha Dinga Sap

a) Laisiangtho bulphuhte	Jn. 15:1-17	Jn. 12:24	Matt. 3:10
	Jer. 17:7-8	Matt. 25:14-30	Col. 1:10
	Matt. 7:16-20	Rom. 7:4	

b) Thupatna

A taktak in gahphatna pen nungzui hihna ii tupna hi. Mimal sianthona leh letsong sunga khantohna kilah khiatna pen i nuntakna sung Pasion gam ading a muibutna ahiah ding kilawm hi. Gahphatna pen ei le ei khantohna ding a tampi piak khiat sakna ahi hi. A tawntunga a pungkhasak mi khat pen a pua lam Pasion tawh kalsuan khopna ah cidam in lawp tawntung ding hi. Khakcipna in lungkiatna piangsak a, tua in gahphat lohna sungah tun kik hi.

I nuntakna ah Pasion ading gah i gah theih nading in Khasiangtho hong kipia khin zo hi. I utna leh i kipiakna tawh amah sem theisak hang a, i thuman lohna leh i lungtang khauhna tawh amah kham thei hihang (Luke 12:21). Pasion in eite ading hong ngimsak pen, i nuntakna buppi, i nuntakna khen tuamtuam khempeuh, pen ama lam ah hau in, eite hamphat nading leh ama minthanna ding a gah i gah nading ahi hi. Zeisu genna ah amau gahte tawh amaute thei ding hi teh (Matt. 7:16-20). I gahphat loh na a hang tampite pen i mimal nuntaknate leh i lungsim phutnate tawh a kizom vaite ah kinga pha mahmah hi. I nuntakna sungah i inn hoihtak in i neih kei peuhmah leh sunglam kidona in eite hong uk tawntung in Pasion ading ahi thei ding i neih khempeuh hong tuamcip ding hi.

c) I Gahphat nading leh Pasion ading i lawhcin nading a I letcip ding akisam mun lite

1. Upna theih tel cianna Neihna

Nungzui khat pen Zeisu kammal sungah nungta tawntung ding-a a ki-ap mipa hi. Ahizong in tua bang ahiah takpi nading in kihonna leh kha thumante telcianna kisam hi. Hih pen eite pilna bek tawh hilo in i lungtang sungah Laisiangtho theihna takpi tawh kingah thei bek hi. Hih in thuman leh thuman lo khentel theihna ah hong huh ding hi. Lungdamna thu genna ah i muibut nading in i up bang cihleh banghang a um cih i thei tel cianna ah i khantoh ding kisam hi. Hih bang na hih nading in Pasion thu sin kul lo hi (Theology). Pasion thu tawh thuk thei beh nuam a a zongte khempeuh ading in sia ding leh lamlak ding in Khasiangtho hong kikamciam khin zo hi (1Cor. 2:9-16). I nisim nuntakna dingin zong tua bang mah ahi hi. Eite hong kisapna sunga upna telcianna in, eite lungsim thuaknate lungsim phutte ukna pan in hong honkhia ding hi. Upna sung a dinna pan in kha tha a lian khat hong ngahsak hi. Hih pen a lamdang Laisiangtho thumante eite in lencip khin in, tua eite ading suaksak khin i hihman in, eite lungsim thuaknate leh kimle-pam dinmunte sanga a muanhuai zaw leh a kipzaw i nuntakna ading dinmun bulpi nei ta hihang.

2. Nuntakna Buppi kipumkhatna.

I nuntaknate pen mawtaw battery-te tawh kibang hi. Tuate pen dei khat sang a tamzaw tawh kibawl hi. Tua battery in muibuntak a na a sep theihna dingin tua

deituamtuamte khat ciat a hoih kim tek ding kisam hi. Tua a deite khat hiam nih hiam a siat leh battery buppi su kha hi. Tua bang lian in eite nuntakna zong ahi hi. Picinna pen nuntakna buppi tawh kistem hi. Zeisu pen i nuntakna buppi ii Topa a hihna phawk kha lopi a, kha vaite ah thupi sak tuamtuam tampi koihkhop pen hoih lo hi. Kha vangliatna pen lungmuanna tawh sep khop ding ahi hi. I nuntakna sungah khen pawl khat pen a dangte tawh kitukalhhi cih i theih leh Pasion mai ah kilungmuang thei lo hi.

3. Hun leh nuntakna khalna

Mi a tamzawte in a hun uh leh a zatna ah kepsiamna taktak semkhia lo uh ahihman in amanpha ahun uh tampi leh thatangte mawkbeisak uh hi. Lungsim lam tawh hun khatpeuh leh sepziate ah sila i suah ding kisam lo hi. Tua sang in i nuntakna ngimna leh i hunte zatna vai dotnate i dot ding kisam hi. Pasion hong piak kha ukna sungah i nuntak ding kisam hi (2Tim. 1:7). Kha kikhhalna neih lohna pen i nuntakna ah thupisak masak dingte kiciantak in phut masa lo in, a maan lo netcipna nuai ah ei le ei nuntakna cihna hi. Hih ngimna neih lohna in a awt loh in khalam lungkim lohna leh kha lam thupit lohna khangsak hi.

4. Kha tupnate leh a tangtunna

Eite in i nuntakna ading tupnate i neih ding kisam a, Khazih ading i sepna ah i ngim bang hiam cih i theih ding kisam hi (Phil. 3:12).

d) Kei leh kei kazawhna

Pasion ading i muibut nading in ei le ei koi ah ding cih i thei ding kisam hi. Bangin hong muibunsak; bang mun ah Khazih gualzawhna vangliatna i theih ding kisam leh tuate ban ah, koi lai ah a hiam leh ahilo lam pan i thuhkikna leh i dawnkikna piak ding kisam cihte i phawk theih ding kisam a, Pasion in eite hong sapna mun sungah lau lohna leh deihsak lohna tawh i sep nading in hong suakta theisak hi.

e) Mimal suahtakna leh Pasion ading muibutna dinga gal thumte

1. Launa

Hih pen a sung mahmah ah kineih khemna tampite tawh a suksia pen gal khat hi. "It na sungah launa a om kei hi. Ahihangin kicing itna in launa a hawlkhia hi; banghang hiam cihleh launa pen gawt ding kihtakna ahi hi. A lau mite, itna sungah kicinsak nai loh ahi hi." (1John 4:18).

Hih Laisiangtho tangah angung thei lo, launate lauhuai tak-a eite hong lencipna pan hong khahkhia a khauh itna, kipiakkhian 'Agape' itna tawh kisukha hihang. Launa pen lungmuan lohna ii sang gam zong ahi hi. I nasepna ah i muibutna hong sutkhia a piang thei tawntung khat pen, midangte tawh i kitekkakna leh, i nasepnate ah nopna leh lungmuanna om lo hi ci a, i ngaihnutna ahi hi (2Cor. 10:12). A langkhat ah, hong tha lawpsak leh a lianzaw muibutna ah hong kha thei kitekkakna zong om thei hi. Hih pen ei ma nuntakna telcianna leh Topa sunga i nasepna ah khamuanna i neihna tungah kinga a, tua in kihonna leh lungdamna tawh midangte mu thei in, tua mite sinkhknate pan pilnate sin thei in thuzuih dingte ngah thei hi.

2. Kiphatsakna

Ki-tap zanna pen i nuntakna leh i nasepna thu laigil ahih ding kisam hi. Banghang hiam cihleh i ci le sa hong holhthawhna dingin a lawhcing i nuntakna leh nasepna

sungah hunhoih hunpha khat Satan in baihno tak in mu thei hi. Kiphatsakna in kha khuamuhna mangsak in lungtang khauhsak hi. Hih in khalam phawkbaihna hong tansak bek lo in, Pasion tawh kinaina leh midangte kisapnate hong mu lo sak hi. A taktak in khalam kiniamkhiatna lungtang pen a hoih lo lungsim puak hilo in Pasion leh midangte tunga kihonna hi. Hih pen kiniamkhiatna leh nunnemna ciaptehna hi-a, a kisathei leh a kiliansak-te pen kha tawh kilehbulh hi (Prov. 6:16-19). Eite pen a hih theih zah in khalam ah kiva thei hang a, ahizong in tua kivakna ii hoihna leh gahphatna a neih khempeuh pen a khial lungsim leh lungsim puakte neihna in susia khin hi. Kiphatsakna pen Pasion in lampi khat bek tawh vat a, tua pen Aman langpan hi. Satan aihkeh Lucifer pen minthanna pan a kiasak pen hih mawhna hi a, tua a kipan in tua mawhna in mihing gui khempeuh lawh hi. Pasion tawh a kisai nak leh kiphatsakna pen thuneu khat hilo a, mun khempeuh ah aman langpan hi (1Peter 5:5-6)

3. Kip tinten lohna

Hih pen kholohna hi. Huih nung khempeuh hong mutna tawh i manawhna i khel a, i thu zuih bulpi leh i lungsim phutte i piak ciangin, mite in eitawh koi lai ah dinguh cih thei lo uh hi. Hih midangte tungah a lauhuai khammuan lohna khangsak a, amau tawh kizopna ah kimuanna susia hi. Midangte leh midangte ading a a muibut theih nading in eite tungah hong kingak thei dinguh kisam a, eite tawh kithutuak kei tale uh zong tua pen kisam hi. Eite nuntakna khempeuh ading Pasion ngimna pen lungtang leh nuntakna a picinna hi. A muibun leh a gah pha makaihna ah a kisam lianbel thumte pen vangneihna, kiniamkhiatna leh upna hi. Makai i cih pen mite ading ahi theite ahih ding kisam hi. Midangte in amau nuntaknate sim thei in, a man sepna leh gamtat luhekte mankhia thei dinguh hi. Midangte nuntakna sungah a gahpha takpi mite pen thu zuih dingte a hilh bek hilo in, tuate a lakkhiate ahi hi. A muibun i hih thei nading in i kivakna leh hong kisapna i theih ding kisam a, tuate zong kidal ding bangin ngaihsut ding hilo hi. A kiniamkhiat mi pa pen Pasion deihna tungah ama deihna tungah ama deihna a hongkhia pa hi. Ama nuntakna ah Pasion sapna leh Khazih sung a a omna maan tawh kizui a, amah leh amah a kimuthei mipa ahi hi. Hih pen kiniam khiatna thusim ahi hi. Banghang hiam cihleh tua khit ciang bek in, eite nuntakna sung leh eite nuntakna tawh Pasion in a sep nop peuhpeuh kihon takpi na ahi hi (2Cor. 16:9).

Eite in i hih na bang pung khiasak hanga, tua pen gahphatna thupi lian bel hi. Gamtatna ah i thanem leh ei le ei sanga a kip lozaw gamtatna ah a thanem mite mah pung khiasak ding hihang. Midangte launa leh, i nuntakna sungah hong tawh kuang thupi pen in tua launa susiang zolo in i om leh, tua ciangin ei tawh a kithuah khawm mite nuntakna sungah tua launa mah pungkhasak ding hihang (Ataktak bel kua tawh kithuah khawm cih tawh khentel ding ahi hi). Ei mahmah upna mite i hih kei ngal leh midangte zong upna sungah tunpih thei lo ding hihang. Gahphatna zung pen ei sungah om hi. Tua mahmah in Pasion tungah i kihon ding kisam hi. Tua manmah in i tatna maan lo khempeuh pan hong sit a, hong siangsak dingin Khasiangtho i phal ding kisam a, mimal uplohna, launa, kiptinten lohna pan siansuah ding kisam hihang. I mimal nuntaknate pen nuntakna ii hong kalhna leh Pasion in eite hong bawl nop nasepnate ading i ten khiat ding leh i suahtak ding kisam hihang.

I nuntakna ading Pasion mangmuhna i matkhiat ding kisam hi. Mipawl khatte in a nuntakna ading in Pasion mangmuhna ngah ngei lo uh hi. Banghang hiam cihleh, Pasion mangmuhna a zak nading leh a ngah nading un a sunglam nuntakna mahmah uh kituak zo lo hi. Kha lampicinna a kisap tawntung na un amau nuntakna ading a ngimna lim khatpeuh manawh a makaih nading pan amaute hi thei lo sak hi leh kilawm hi. Mangmuhna in nuntakna ading kiginkholhna khentel thei hi. Pasion in eite tangtut ding a hong deih tua mangmuhna tawh kituak a eite hong paipih tawntung nading in Pasion i phal ding kisam hi. Pasion in i nuntaknate tawh bang semnuam cih i muh theih leh, tuate hong taksuak thei nading bang kikhelna kisam i hiam cih zong mu thei zel hihang.

Pasion in hong sapna ah i gahphat nop leh, tua tawwna (Challenge). tawh kituak nuntakna kisam hihang. Ahizong in i gahphatma in lampi khempeuh ah i kivak ding bel kisam lo hi. Ama deihna nungah ngimna dimzaw in i delh theih nading in i pianken ngeina kicinlahnate Aman hong bawl sak thei leh hong bawlsak ding ahihman in Pasion phat ni (James 1:5).

Gahphatna pen Khazih sung a i hihna tak ah tunna hi. Hih pen Khasiangtho ah kipum honna leh singlam teh vangliatna sungah a lehlam vai khempeuh hong suksak ding a phalna hi. Hih pen Topa zat ding a a baihsa a kicing lei beel ah Topa in hong bawl phat nading a, i deihnate leh mihing kisiatbaihnate Topa tung a kipumpakna ahi hi (2Tim. 2:20-21), Pasion kammal ading mun leh i nuntakna ading ngimnate kisam hihang.

f) Kituah lohna khelna

Gahphatna thusim bangzah takpi hiam cih pen, nuntakna sunga hong piangkha haksatnate leh tonate koici thuhkik ding cih sinna ah kinga hi (Tua pen, thusiate koici lawn ding leh a hoih lam pen koici thuh kik ding). I gah phat nading in ah, nuntakna koici let ding cihleh Pasion minthanna a pungkhasak ding a eite tung a hong piang nate koici bawl ding cih i sin ding kisam hi. Satan in eite nuntakna sungah i kiphatsakna tungtawn a hun hoih a ngah theih loh nading in lawh cin na leh lawh sapnate koici let ding cih i sin ding kisam hi. kiphatsakna i upna pen upmawhna maimai suaksak in, tua khitteh nuntakna ah kiphatsakna leh mun pen i nasep leh Pasion ading i sep leh Pasion ading i sepna ah hong tawhkuang pen hong suak hi. A hihtakpi na ah Pasion zat dingin bangmah lo i suah nading in i lawh cinna nangawn Zeisu singlamteh phungah a sih ding kisam hi (Phil. 4:11-13).

g) Sunglam Bangci khan ding cih sinna ding a I kisap mun sagih

1. Lungkiatna

Hih in mikim hong sukha kim hi. A lianpen lungkiatna hunte pen khalam gualzawhna leh lawhcinna hunte nungah thakhat thu in zuipah thei zel hi. Banghang hiam cihleh i sunglam hihtheihnate khempeuh luangkha mang ahihman in eite pen zawh baih hihang.

Lungkiat na in aman pha nate hong thei khialsak ahihman in Pasion muh bangin nate hong muthei losak a, mihingzia nangawn sungah amaan bangin hong mu losak hi. Lungkiatna in i mawhpauk taktakte pan hong tai khiasak leh ei le ei kihehpihna hong guansak hi. Ei le ei kihehpihna pen mihing ngeina ah a siasak thei pen tha khat hi. Ei le ei pan in hong kihei sak in, a man taktakte i muh theih loh tungtawn in khuamial meilom lakah hong tuamcip hi. Ei le ei kihehpihna in

midangte ading i mawh puakte ah hong thazaw sak in, khalam leh pumpi ci le sa mahmah hong tang thei losak hi.

Lungkiatna in na khempuuh i muhna ah hong susia mangsak hi. I lungkiat ciangin Topa sungah ei le ei lungkhauhna i lakkik ding kisam hi. Pasion mitsuan in ama muh bangin nate i muh theih ding kisam hi.

2. Lianzaw tehkaknate

Eite in a hawmpi in Topa na sem hilo hihang. Khazih pumpi them hi in hundangte ah amau kivaknate leh amau zia tek tawh Topa na a sem midangte tawh zong kinaitak in i kizom hi. Hih pen i nopsakna ahieh ding kilawm a, Pasion in a kiciangtan lo ama pilna tawh Pasion gam ading nasem dingin mituamtuamte leh nasep tuamtuamte hong teel khin hi. Ahizong in khat veivei hih theih lohna leh kicinawh lohna ngaihsun in lungsim natna piang thei hi. A gah phatna ah lungdam ding sangin tona, tawna thuak in kingaihsun pahpah thei hi. Tua hi a, midangte hoihna lam gen ding sangin mawhsakna leh a hoih lo lam a muhna peuh kinei a, kilamtoh nading sangin puksuk nading hong tun zaw etcikna peuh hanciam den thei hihang.

"Sik in sik mah hiamsak thei a, mi in midang khat pilsak thei hi." (Prov. 27:17)

Hih bang dan a hih ding banga a piantheih nading in, thu thum kisam hihang:

- Topa mai ah ei hong kisapna a kitel thei pen in phawk thei in, tua sungah nungta ding. Midang khat ii sapna sungah nuntak ding pen a lauhuai bel thu hi.
- Pasion vangliatna sungah tawnga hithiat in, Pasion in nang sung leh nang tungtawn in a sep keileh midang kua mah in sem lo ding cih phawk ding.
- A hoih lam thupi ngaihsut in midangte gahphatna ah lungdam ding.

3. Lungkim lohna

Hih pen eima lungtang i tupna leh lametnate i lawhsapna pan hong pai thei tawntung hi. Lawhsapna dinmun in a muibun i nasepna siatna lakkhia thei hi. Lungkimlohna zong midangte ading a i lametna hong tangtun loh teh amau nuntakna pan hong pai thei hi. Hih lungkim lohna pen i upna lah khiatna suaksak ding hihang. I kha sungah hih lungkim lohna netcipna pan in kihemkhia in, tua sung pan a husa pai khiasak leng tua pen i upna ading a siangsak meikuang hong suak thei hi. Hih in i deih khat i deih teh i ngah tawntung loh nading in i kha hoih sak hi.

4. Netcipna (Pressure)

Nasep taktak khatpeuh pen a kithuak dimdiam mawhpuakna tawh kisem to hi cih thuman i phutkhak ding kisam hi. Mawh puakna in netcipna nei hi. Amaan lo lampi tawh netcipna i tuahkhak leh hong kitamkham sak gawp ding hi. Kisapna netcipna aih keh a kician upna neih ngamna pen a lamdang lawpna aih keh vangikpi hong lakkhia thei hi. Netcipna maan in hong gam tangsak a, Pasion vangliatna tawh i lak ciangin pung mahmah thei hi (James 1:2).

A diakdiak in midangte tangin i gah phat ding leh netcipna maan leh maan lo phawk theihna letsong (kivakna) i neih ding kisam a, koipen maan cih i san ding leh a maan lo pen i paihkhia ding kisam hi. Netcipna in i nuntak sunga a kisam mahmah thuakzawh hatna khangsak hi. Banghang hiam cihleh Pasion in eite hong piaksa nasep ading a zai zaw a huam theihna i sungah khangsak hi. Netcipna in i

hih theihna hong lak a, maantak in i zat theih leh khangsak thei lai hi. Netcipna in i nuntakna leh i mimal sunga i thanemna zong pholak ahihman in buaina khat hong kipat ma in hong phawk sak aihkeh kikhelna khat semkhia dingin a kizam khalam kalsuan nate hong neisak hi. Amaan lo netcipna i puak ciangin buaina hong tung hi. Hih pen eite hong kisapna ahilo maw, eitawh kituak lo maw nasep leh om mun khat i san ciangin hong piang hi. I mittangte in tua aw suah i sap ding Satan in mu ding a, eite nuntakna dinga Pasion deihna sungah nasepte sangin i sep ding sangin, i Pa in eite ading a hong deihsak ngei loh sawlnate leh netcipnate nuai ah a kipia suak ding hihang.

I letsongte (kivakna te). leh i hihtheihnate pen netcipna nuai ah kitat-ngil hi. Eite bang zah in thadah in, Pasion ading munkhatpeuh ah i pai nading hun bang tan vei sawt ding cih thei hihang. Tua hi a, eite ading a hoih pen hehnempa koici suah cih Pasion vangliat na sungah bang ci bang a hong sut gawpna tawh gamtatna sungah hong tunna tawh thei hihang.

5. Kithutuah lohna

Kipawlkhopna khat sunga gamtatna tawh kithukimpinna pen kizam a, kipawl khopna sunga ngaihsutna tawh kithukimpin lohna pen dahhuai hi." ci in mi khat in gen ngei hi. Mi nih kithutuaklo pi in koici tonkhop thei ding hiam? Pasion nasepna sungah khalam ngaihsutnate leh i naihziate ah kithukimna bulpi khat kizam hi. Ahizong in, cihtakna kuhkalna pen, hun khempeuh a, khat leh khat kikal kithukimna ding in a kisampi pen hilo hi. Hi bang kithu kimpinna pen khalam makaihna ah a kizam hilo a, ahizong in khalam thuneihna ah kizam hi.

Eite lak ah khenkhatte in a tawntung in mite hong thukimpin ding ut hang a, ahizong in hih pen thu haksa khat hi. Mi tuam dang tek i hih mah bangin, eite pen thuman khempeuh leh gamtat hoihte khempeuh a neite hilo hihang. Geelkhiatna kituah lohna pen eite ngaihsutna leh nasepna khantohna sungah a nawngkai mahmah vanzat ahi hi. Midangte sepna leh ngaihsutnate tungtawn in ei amahmah tampi vei bawlthak leh kipsak in om hi.

Tua hi a, tuate a kikipsak leh tuate pen kituak lo tawh a kibang tawna (Challenge). ading in a kitezaw leh a thahat zawte suak hi. Bangbang hi talehhih pen kituak lo hi ci a ngaihsut ding sangin, i picin zawk ding kilawm hi. Tua kilamdandate pen bawl theih hilo hi cih na kantan in gi kikhennate om hi. Banghang hiamcih leh a kizang thei kikupkhop nate sangin mipite lak ah kidonate ah hong tunpih uh hi.

6. Kigensiatna, kikona leh kitel khialhna

A gen siasia leii in midang khat pen a lauhuai meima piangsak thei hi. A leii amanlang luate in a suksiatnate pan khawl thei ngei lo a, dahhuai tak in puah thei nawn loh tun thei ngitngit hi (Prov. 18:8; 16:28; James 3:6). Thu pawlkhat manlang tak a i sin ding kizam hi.

Vantung gam ah pen ei le ei kidalna kipawl na om lo hi. Na sakol sang tung tuangin galdo dingin kithawi laitak makaih na khialh leh hoih lo hi. Banghang hiamcihle, hell dum khuk pan a hong pan gilopa tawh hi lai ah kimaingat hihang. A dahhuai thupen, tua in Khazih pumpi khempeuh a zeel khin gilopa ahihna hi.

Bang hun a amah guak nusia ding, bang hun teh khai to ding a, thuman tawh maituah ding cih i theih ding kizam hi. Hih gamtatna lang tuak a maan thei

khak ding hunte zong om a, a kilamdanna i theih nading in Khasiangtho sunga khentel theihna letsong kisam hihang. Gensiatna pen theihkhialhna hanga hong pian hunte zong om a, a maan a suah nading in thuman thutak tawn khatbek kisam hi.

- Hong nasak kammal in ei nuntakna leh i gamtatna hong koici tawntheih cih zong i theih ding kisam hi. Kimawhsakna sungah thuman tampi om thei-a, tua pan in bang hiam khat pilna kingah thei hi.

Kigensiatna in Pasion tawh kilem nuntakna leh lungtang khat pen nawngkai sak zo khol lo leh susia ngei lo hi. Na dinna mun thei in na khempeuh hoih hi ci a, hong gen Pa tawh a kihong kizopna na neih nakleh lau ding bang mah om lo hi.

"Tua hi leh theihtelnate khempeuh, a khup Pasion lemna in, Khazih Zeisu sungah, na lungsimte uh le na lungtangte uh hong cing ding hi." (Phil. 4:7).

7. Natnate leh Mimal Buainate

Natnate in a lauhuai kha kitapzanna ah hong tun thei hi.

"Mihingte lungsim in cinatna thuakzo sak a, mihing lungsim kisia leh cihna ding dang om nawn lo hi." (Prov. 18:14)

Hih pen Topa in na khempeuh ama tungah i suat ding hong deih hunte bang dan ahi hi. Hih i kha kisapna thukpite ading dawnna dang om lo hi. I Pa in a bawl ahihman in i kha hong thei hi. Aman koici kep ding, koici damsakding, a nungta kik dingin koici hel ding cih thei hi. Ei le ei kihehpihna kihel lo in i lungtang sungah ama zatui koici sunlut ding cih thei hi. A khut pen itna khut hi a, ahizong in thahat hi.

"Amah in nang hong kem ahihman in na lunghihmawhna khempeuh ama tungah na suan un" (1Pet. 5:7)

h) Dotnate leh kikup khopnate

1. Gah a gah lo nuntakna khat ii thaman bang hiam?
2. Na up bang hi a, banghang a um na hiam cih na thei hiam?
3. Na nuntakna sungah khankhat leh a dangte a kitukalh hiam?
4. Bang in na hun a tamzaw la hiam? Na hun a kepsiam khat na hihiam?
5. Na nuntakna sung mun khatpeuh ah Pasion ading na muibutnate launa in hong sutkhia hiam?
6. Mite nang tung hong kinga thei in, nang tawh a dinkhopna uh mite in a thei hiam?
7. Haza bung sungah bangzah om lai cih na theih nading in meek in, sal hi teh. Mite in nang tungah hong netcip uh ciangin nang sungah bang om cih mu thei uh hi.
8. I neih sa peuhpeuh a pung khiasak ding hi leng, nang bang pung khiasak ding na hiam?
9. Thupiangte a haksat teh, tua a haksa thupiang pen Zeisu nungzui khat ading in thu bulphuh hoih ahi hi. Na nuntakna sung hi bang hun ah tua bang thu bulphuhte tawh nungta zo ing na ci thei hiam?
10. Lungkiatna, tehkaknate, lungkim lohnate, netcipna kithutuahlohna, gensiatna, kona leh kitel khialhnate, natnate leh mimal buainate koici siansak na hiam? Khat ciat ngaihsun in.

j) Tomlakna leh zatpahna

1. Zeisu nungzuite in Pasion a ding a nuntakna vuah gah a gah phat dinguh ahi hi.
2. Upna kiciantak a telcian ding i nuntakna i neih khop ding i kikhalding, leh Pasion ading a i nuntakna ah gahphatna pen khalam tupna a i neih ding kisam hi.
3. Launa, kiphatsakna leh kipsuaklohnate pen Pasion ading i gahphat nading a i zawh ding a kisam thulian thumte ahi hi.
4. Pasion in Zeisu nungzui banga hong sapna ah i gahphat nop leh, tua nungzui hihna tawh kituak nuntakna ah i nuntak ding kisam hi.
5. Haksatnate leh nuntakna tawnnate ah Pasion zia ah bang ci dawnkik ding cih i sin ciangin gahphatna hong pai hi.
6. Natnate, lungkiatnate, lungkimlohnate, kithutuahlohnate, gensiatna leh kiteh kaknate tungtawn in i nuntakna sungah Satan in siksian in a laksak loh ding ahi hi.
7. Zeisu nungzuite i hihna ah lenggui Zeisu Khazih ii hiangte i hi hi (Jn. 15:1-17). Tua ii ngimna pen gah gah ding ahi hi. Hiang khat in hi pen cikmah in kizan lo a, lenggui ah a om ding hilel hi. Lenggui pi in hih hiang tungtawn in nuntakna a pia a naite tuangsak in tua pan in gah gah hi. Khazih sung a om na , amah tawh kinai tak a omna leh ei aituamnate hanga tai kawikawi lohna tawh, nuntakna a piangsak nai ahi Khasiangtho hong luangsak in gah hong gahsak hi. Hih gah pen a diakdiak in huan nei pa ahi i vantung Pa ading hi a, khate gupna bek kihel hilo in, damsakin suaktasak a, tua ban ah i nuntakna sungah kilangkhia Khasiangtho gah zong kihel hi (Gal. 5:22-23). Hih bang nam gah a mu mihingte pen ka Pa minthanna hi in, ka nungzuite a hihna uh no le no in a lak na hi uh hi (Jn. 15:8).