

## 4. Gahphatna Telkanna: (Khen 3) Sapna leh Tupnate

a) **Laisiangtho bulphuhte** Eph.4:1-16                      2Pet. 1:10-11                      Eph. 5:15-16  
Phil. 3:12-16                      Jer. 1:4-10

### b) Thupatna

Pasian sapna pen a vanglian hehpihna nasep khat ahihna i phawk ding thupi hi. Pasian in a tawntung in a kilawm belte leh mihing hihna ah kivakna nei belte sang tuanlo hi. Pasian lungtang bek tawh kidawng thei ding Pasian sapna ah thu thuk khat om hi.

*“Ahihangin Khazih sehsaksa nasa bangin eite tungah hehpihna hong kipia ciat hi. Amah mi pawlkhat sawltakpi, pawlkhat kamsang, pawlkhat sawltak, pawlkhatte thuhilhsia leh laihilhsia sem dingin a pia pa hi a....”* (Eph. 4:7, 11).

Hih na sep za nga-te pen Khazih pumpi sunga kizam nasep ngate hi. Hih a kizam nasep ngate ading in mite seh hi. Kuamah in Pasian sapna bawltawm thei lo hi. Nasepna dinga sapna pen khaici bang hi-a; tua in a pha cia, a hih theih ua leh a ci a mel nei-in tua pennasep nading ama sungah om hi. Eite zong Pasian in nasep nading sungah hong sap teh tua sapna sungah sep zawhna leh gahphatnate i hih zawh nading in i kikap nate i sungah hong koih hi. Eite mawh puak pen tua sapna i kep i khio dinga Pasian in eite sep ding a hong sawl peuhpeuh manna tawh Pasian sungah i khantohsak ding hiziau lel hi. Letsong pumpi a kici Khasiangtho letsongte neihna leh (1Cor. 12:7-11) nasep nading a sapna kikal ah kilamdanna lian khat a om lam i khentel theih ding a thupi khat ahi hi (Eph. 4:7-13).

Letsong pumpi pen tuate hong kipiak hun-a Pasian ading na khatpeuh tangtut theih nading a Khasiangtho in hong piak letsongte ahi hi. Pasian nasepte sepna dinga hong pai letsongte hi-in tua khit teh paikhia hi. Tua in tawmvei sung thu neihna hong pia hi. Ahizongin nasepna ding sapnate pen hizah sang khauhpaizaw hi. Hih nasepna ding sapna nga-te a nei ni khat in a tawntungin a maute sungah tua sapna thuneihna nei uh hi. Tuate in letsong pumpite zang thei, zang lo thei uh a, ahizong in tua nasepna sapna sungah a tawntungin nungta in gamta khia tawntung dinguh hi. A taktak in amau nasepna dinga sapna a sep theih nading vua a kisan tua letsong pumpite pen a deih hunhun un ngah thei dinguh hi. Khazih pumpi sunga om peuhmah in (tua pen- pawlpi hi- 1Cor. 12:27). Khasiangtho letsong pumpite a tawntungin nei thei dinguh hi. Pawlpi mi khatciat in a kikapna dungzui leh Khasiangtho ngaihsutna dungzui-in hihte kismekhia ding hi. Ahizong in Khazih pumpi sunga mimal khempueh in hih nasepna ding sapna ngah lo uh hi. Pasian in hong sap ngeiloh na khat ah i buai loh nading in hih a kilamdanna pen i tel ding kizam mahmah hi.

### c) Nasepna ding Sapna Khen theihna ding Thulianpi Lite

#### 1. Pasian sapna theih telna

Nasep khat ah Pasian sapna i tel kei uh leh tuni-a nasepna sunga kizam vangliatna leh suahtakna sungah hoihtak in sem theilo ding hihang. Christian tampite in sapna leh Topa na a sepna pan uh-a lunggulhna uh kikal tel lo in buai uh hi. Pasian deih pen ama vangliatna leh itna a lahkhiat theih nading kicing tak-a kipuah leh a muibun pumpi ahi hi. Tua bang mi i hih theih nading in Pasian hihna maan ah i



nuntak ding kism hi. Pasion in sep dinga hong sapna ah i belh ding hi a, tua sanga a lawphuai zawkhat peuh sep ding leh bawl dingin hanciam ding hilo hi. Pasion in nakhat peuh sem dinga hong sapciang nangawn in tua sapna sungah i gah phat theih nadingin hih theih leh Pasion vangliatna sungah i kihon ding ahi hi. Pasion in kua sam a, bang bang hungthu a neih cih thupi lo in, Pasion lunggulh bangin amaute a kispna sungah a nuntak nak uh leh na lianpate sem zo in, Pasion ading a thupipi sep zawhnate nei dinguh hi.

## 2. Nasep nading lungtang

Hih pen Pasion ading i neih na sepna sunga i tuahkhak khempueh nuamsa kei ding cihna hilo hi. Tampi vei pen eite tungah tua a gik nasepna hong kinga in, tua in eite hong susia ding tawh a kibat hun om hi. Sep ding tamlua cih a muh khiat ciang leh ei sep theih a tawm luat teh lung kiatna i tuahkhak hun zong om thei hi. Bangbang hita leh Pasion sap mipa adingin hih nate pen a kha a thalawp sak suak zaw in, tua nasep ading a thupi zaw in kipiakhia sak thei hi. Thu hoih khat ah hih sapna sungah Pasion ading na i sepna pen nuam kisa thei hi. Ahizong in nasep nading lungtang pen hih nopsakna sang thukzaw tham pek a, tua bang hong hih keileh, nasepna hong haksat teh kipeng sak thei hihang. Pasion in eite koi-ah om dinga hong deih cih i theih ciangin lungkimna thukpi hong tung hi. Hih in a muibun zaw pek leh a gahpha zaw pek ah hong tun a, a beisa hunte sang nangawn-a Pasion ading nasep tam zaw sep theih nadingin thahatna hong guan suahtakna khat hong pia hi.

## 3. Letsong Zatkhiatna

Mi khat Pasion nasepna in amah leh amah mun kibawl hi. Pasion in pello-a sem dingin sam lo leh sehlo hi. Seh khiat pahna a lakkhia nate tungtawn in Pasion sapna ah sunglam thahatna khat om hi. Pasion sapna in lungtang sunga khalam ngimna lim khat semkhia hi. Tua pen ci le sa ngimna maw, hong sung hamphat nading metna hilo in, i sunglam-a omkhat seh khiatna-ah a tangtun na dinga sep khiat ding leh gamtat khiatna ding muhna Pasion kiangpan-a hong pai lunggulhna hi. Hih khalam sawlna pen sapna taktak ii kicinna hi a, gahphat nadinga nasep a sem dinga a kism kalsuannate-ah a mainawt nadinga mi khat a makaih ahi hi. Pasion hong sap ciangin a tuam vilvel nasep leh ngimna adinga Pasion bawl sunglam phawk theihna khat omhi. Tua hi a, Pasion in sem dinga hong sap nasep a tangcin theihna ding in ei le ei in a kism hih zawhnate zong thei hihang.

## 4. Gahphatna

Gah pen nasepna lim taktak hi. Pasion hehpihna pen a tawntung in muibun-a ei sung leh tua na i sep mite nuntaknate ah gah gahkhia hi. Muibutna pen eite Pasion in hong sam in letsong hong pia hi cih thuman teci ahi hi. Pasion nasep na tawh kispna in kua letsong leh pianpih kivaknate a kilamdanna pen bangmah lo hi. Pianpih kivaknate tawh i suah leh Pasion Gam ading tuate kizang thei a, eite bangmah hong hih dinguh kism-a tua pen a minin gen leng singlamteh lampi tawh ahi hi. I hihna leh i neih khempueh pen Topa Zeisu Khazih tungah kipumpiak khin hi. Eite Pasion hong piaksak ah mah bangin i suahpih tua kivaknate pen Amah in zang nuam a, ahizongin tua bang a pian theih nading in Ama tungah i kipiak ding kism a, mihing kiphatsakna leh sep zawhna khempueh tuate pan kila hi. A kisiangtho saksate bek Pasion in zang thei hi.



#### d) A thupi mahmah Dotnate

Hihte in i nuntakna ading Pasion sapna sungah bang zah cianga muibun i hiam cih hong khentel ding hi.

##### 1. Pasion sapna kitelcian na nei hiam?

Tu ni-in a kinmasak dingin hibang dan sapna i phuhkhiat ding kisam hihang. Hih dotna lian i dawn theih nading hong huh dotna pawlkhatte lak-ah hite kihel hi:-

- Na kikhel hun in Pasion in hong sam hi cih bang ci ngaihsut na hiam?
- Pasion nasepna sungah lawpna leh kinna bang ci neih na hiam?
- Na guhte sungah bang kuang hiam? (Jer. 20:9)
- Nei-a na ki-up sapna na nuntakna sungah lim kician khat peuh na nei hiam?
- Topa kiangpan kammal khat na nei hiam?
- Hih sapna pen midangte in a phawkthei uh hiam?
- Tua nang hong kispna ading mite in mun a nei uh hiam?
- Hong kisam hi na cih pen kuan hong panpih ding hiam?
- Mi dangte nuntakna ah nang hong kispna a gah pha hiam?
- Tua hong kispna-in amah leh amah in mun a nei hiam?
- Na gamtatna leh na gamtatna sa peuhpeuh ah hih sapna in na sem lai hi, cih a maan thei hiam?
- Hong kispna pen kikipsak in a kician khin zo hiam?

##### 2. Na nuntakna sungah Pasion hong sapna na hi thei sakkhin hiam?

I nuntakna sungah i bawl i deihtelnate leh i ki-apnate in bangtan in Pasion sapna in eite sungah muibun ding cih genkhiatna lian khat nei hi. Mi tampite in amau nuntakna sunga vai thupi-te-ah, thudon lohna, kin lohna leh khensatna a bawlna vua a pil lohnate hang un Pasion in a piak sapna ah kisia in luah zolo uh hi. I nuntakna sunga thu lianpate ah teelna i bawlnate ahi hun i zat dan i nuntak sunga dinga lawm i zon dan, eite hong kipia hun hoih hunphate i zatzia cihte a kipan, thute in i nuntakna adinga Pasion hong lunggulhnate a tangtun nading i ne hiam nei lo hiam cih a thupi lim pua hi. I dot beh ding dotnate ah hite kihel hi:-

- Nang hong kispna a taktak a suah nading ngaihsutna khat peuh na nei hiam?
- Tua bang ahih theih nading bang geelnate nei na hiam?
- Tua bang a pian theih nading mi dang khatpeuh tung na kinga hiam?
- Tua bang a pian zawh nading manh piak ding na ngap hiam?

##### 3. Pasion hong sapna a hidinga na ngaihsutna a tangtun nading bang hihtheihna nei na hiam?

Nasep khatpeuh sawlna ding a tang cing zolo in kingaihsun den hihang. Ahizong in a taktak in Pasion sap i hih teh tua nasep ii kalhna Khazih Zeisu sungah i phut theih nading in tua bang ngaihsutna i lungsim tawngah om hi. Tua in kipattahna maw, kikhalna hiam khat genuam hi kha ding-a, ahizongin tua nuai-ah tua nasep i sep zawh nading Khazih sunga hih theihna a nei nate kisam hi.

#### e) Ka Nuntakna ading Tupnate Sehna

Koi-ah paiding cihleh tua mun bang cih lian ding cih a kitelngaih sutna pawlkhat i neih keileh gualzawh dinga Pasion hong deihna pen kitangtun ngei lo ding hi. Tua sangsik in



Khasiangtho lamlahna kisapna thupi sim lo in, tua in hih bang kisapna khangsak hi. I nuntakna geelna leh kicinsakna ah Amah tawh i vaihawm khop ding Pasion in hong lamen hi. Hih dinmun ciangah khentel theihna i neih nading in ci le sa leh khalam hihtheihnate tawh Pasion in eite hong bawl khin hi. Pasion in khalam-a panglen dinga hong sap hilo in, a gualzote dinga hong sap ahi hi. I lungngaih ding thu lite pen:-

**1. A kitelciate (Thutaktakte)**

I nuntakna ading thu piang liante ading in thu taktakte leh ngimnate i ngetna-ah sepkhiat pah tangtang na kisam hi. Pasion ading i tupna leh a tangcin sak ding i hanciam bangte ahi hiam? (Eph. 5:15-16).

**2. Hunhoih Hunphate**

Pasion sapna taktak in amah leh mah in hun phate nei ding hi. Mi kut ii letsong in ama ading mah mun bawl hi. Ei ading in midang khat peuh maw dinmun omziate in na khatpeuh hong sepsak ding lamena, mawk tutut i hiam ci-a, ei le ei i kidotding kisam, ei le ei in na khat peuh i sep ding hi zaw hi. A mah leh amah-a hunhoihhunpha a omlohna in i lam et kholhna ah kidawmtak a i et ding a kulna hong suak thei hi. Banghang hiam cihleh mi dang khatpeuh ii muh kholhna etteh in a taktak lo sungah a nungtate peuh hi thei lelmawk hihang. Tupnate pen sapna tungpan hong tun'ding kilawm hi. Kha thu-ah ci leng, tupnate pen i nuntakna ah Pasion in hong koihsa sapna tawh kituak leh sem thei-a om ding kisam hi. Sinkhak haulo Christiante pen amau aituam kipna pen sapna a hihsakna uh tawh paikhial uh hi. Tupnate a seh na vuah amau lunggulhnate sangin a dang bangmah lakkhia lo uh hi. A tamzaw in hih tupnate pen kitangtun thei lo hi. Banghang hiam cihleh tuate pan thu taktak ah zungkha lo uh hi. Hi lai-a i gen sapna pen nasep nadinga sapna hi zenzen lo hi. Thu sangsik in Ama adinga nasep dinga Pasion in na lungtang tunga hong koihsa pen ahi hi.

**3. A kismnate**

Pasion in van guan lopi-in hong sam ngeilo hi. Mimal, kha thu leh neih leh lam thute ah hi taleh, kamciam pen i nuntakna ah a kip a sawmte pen a sep dingte ahihi. Thu hoih lo khat ah, hi mun-ah upna pen thutak lohna leh upmawh sansatna tawh kikheng kha thei zel hi. Taksuahna sangin adang khat kizozo lo hi. Telzawh loh thu thak leh kha thu-a khengval tuatna ah om ding hilo hi.

**4. Vaihawmsiamna**

Hih pen eite hong kisapna leh tua a tangtunna zopna khau hilel hi. Tua ahih keileh i tupnate leh i lawhcinnate zopna hi. Hih in a kingah thei hih theihna khempeuh zatkhiatna sungah tun a, thu taktakte tangtutna lam-ah lamlak hi.

Khalam tupnate pen a kikkel thei leh a kizen thei nate hi tawntung lo hi. Siamsuah nading leh kiciatsak nading in Pasion deihna leh ngimnate i nuntakna-ah kisam hi. Khalam tupnate pen kitehna leh khantohna dinmun hi-a, tuate in eite koi-ah pai cihleh koi-ah om khin cih hong mu theisak ding hi. Tuate pen i khantohna leh i tangsapna i kilangsak lungsim tehna piikhau bang ahi hi.

**f) Nasep Buaina Vs. Gahphatna**

Mi tampite in hi tegel khentel theilo uh a, a taktak in bangmah sem lo in kibuai pong thei hi. Buaina in i kha lungkimsak ahihman in a lauhuai siatna khat hi. Hih in i kha



ading bangmah metna piangsak lo napi, gualzawhna bang khat in hong khiim thei hi. Buaina in thuman taktak hong musak lo thei-a, mite amau nuntakna leh a nasep taktak uh mu lo sak thei hi. Mihingte in amau zuau phuahnate tawh bang sep kilawm cih dotna pan a suahtak theih nading un paulap zonna tawh nungta thei uh hi. Tuning adinga Khasiangtho hong sapna pen-hun, sum, thahatna leh kivakna cih a kipan Pasion hong piak a manpha hihtheihnate i zat dan kisittel theih nading hi a, tua in ei hih theihna ciangah Pasion ading i nasepna gahte i gahphatsak theih nading tupna i neihna-ah lungsim siangtho in om i hihlam kiciansak thei hi.

### g) Keima Nuntakna ading Tupnate Koici seh ding kahi hiam?

Khalam tupnate pen tawlkhat sung, a laihawl ah leh a sawt (nuntakna) tupnate ci-in a pongpi-in kikhen thei hi. A nunungte pen nuntakna awging sehna hi a, a ma mawh pen hun thupi tawlkhat sung leh na nuntakna omlai sungteng hi thei mai hi. A dangte pen a nunungte ading sawltak bang hi-in, a tang tun nadinga kalsuanna suangtumte tawh kibang hi. Bang tupna pen kish khin leh kish khin cih tawh kisai-in deihtel in i sep paisuak theih ding kish a, dei bangbang in lak kawikawi ding kish hi. Khalam tupnate in i nuntakna ading kituah dimdiamna piangsak hi.

#### 1. Tupnate pen i nuntakna a Pasion hong sapna tawh a kipden ding ahi hi

Pasion in hong guatnop nasep pan in oltak-in i pialkhia thei hi. I nuntakna ah kishapna tampite in hong sam ahihman in Pasion sapna taktak pan hong pialkhiasak uh hi. "Pasion hong piak nasep koici zawh ding ka hiam?" ci-in i kidot ding kish hi. Tua ciangin Pasion ading man anei khatpeuh i tangtut ding i dei hiam cih i phawk theih ding kish hi. I tupna a tangtun nading manh a pia dingin kiging khol in, tuate a tangtun nading kigin kholhna vaihawmna i bawl ding kish hi (gentehna in i tupnate gualhna). I tupnate kitelsak in, tuate tangtun nading in a kilawm a kituak kalsuannate i nei ding kish hi. Tua bang hi keileh hong piang thupen khalam, buaina leh lawhsapna hi-in, tua in lungkimlohna hong tun hi.

#### 2. I Tupna tuamtumte kizopna i phawktheih ding kish hi.

I nuntakna sunga vai khat ah i tupna i gualzawhna in hong lungkimsak in a thupi zaw vaite ah adang thute hong gualzo saklo thei hi. Tupnate a kituah ding zong kish a, tua bang tawh vai tuamtum ah lawhcinnate a kizelhna mu thei hihang. Tu a i theih tupnate i seh ding kish hi. Hih tupnate pen Pasion dei hna hi ci-a, teltak a i theihsa ah ih ding kish a, tua tupna a kicin' nading in kalsuannate kish hi. Hih sungah Pasion i zon theih nading tupnate i seh ding leh, Ama kammal i ngak dingte kihel hi. I theih lohpi thu ading tupnate koih ding hilo hi.

### h) Hun Teel siamna

*"Tua hi-a na nuntak zia uh a pil lote bang hilo-in a pilte bangin limtakin kidawm unla, nite hoih lo ahihman in hunhoih na nei peuhpeuh uh a hoih penin na zangun."* (Eph. 5:15-16)

Hun pen a kilehkik thei lo kipatkhiat pan hong kipia a manpha letsong khat hi. Nisim in zahtakna lim leh ngimna khat tawh i kipat ding kilawm hi. Hi lai-ah i tot kikhawn loh ding lampi kishan khat om hi. I nuntakna-a letsong kem siam zawte i hih ding kish hi.

#### 1. Nelhsiahtohna

Hih pen hun gukna hi. I nuntakna sungah na tampite pen nidang khat ading in i khihtoh man in a patauhhuai nate hong suak hi. Mi a tamzaw tei in amau dei h



vaite ah hoihtak in sem uh hi. Gahphatna ii thusim pen i deihloh nate ah muibut theih nading sinna hizaw hi. Pasion tawh kikim khat om hi. Amah in tuni-in khalam nasep khat sem hi (2Cor. 6:2). Hih pen Pasion mai ah tai khol ding cihna hilo a, nang hong kipia Pasion kammal khat a kasep nading in na deih zawk hun-a hong piang ding bangin na nelhsiah toh sangin tumah-a na sepna leh na panpihna thu ahi hi.

2. **Hong khaktante leh hong langpante**

I munlakna-a sawlnate i etna ah lampi lian nih omhi. Tuate pen buainate ahih keileh tawna tonate hi. Picinna sunga khantohna khenkhat pen tonate sungah buaina a kihelna hi. Pasion minu mipa khat in gahphatna taktak a tun leh buainate pen Pasion huhna tawh bang cih ding cih sin hi. Buainate pen khat khit khat i zawh ding nawkkhaknate hi a, tuate en gega-a lung ap ding peuh hilo hi.

3. **Pasion Huhna Ngetna**

Eite eikia bek hilo hihang. Nasep nading leh upna ading tupna i koihte pen ci le sa vangliatna sungah upmawh ding hilo hi. Upna neite pen amau sepna, muhkhohlna leh thungetnate ahih theih nading vua thupiakna a puate bek hi a, amau kingakna pen Pasion hi. Paubanna omlo-a kalsuante ading na hoih khat zong siit lo dingin Topa in kamciam pia zo hi (Psa. 4:11). I pianpih-a i neih loh letsongte leh hihtheihnate Pasion in hong behlap nuam-a, tuate pen Ama deihna sepna ding ahi hi. Pasion kiangah Ama huhna deih a kiniamkhiat taka a kihong lungtangte tawh a zuan mite ading in khalam huhna kicingtak in kikoih khol kiih keih hi. I teel theih pen i kisapna kitheih mawh bawl in, eima hatna tawh kalsuan ding hanciam leh a kiciangtan i ci le sa vangliatna tawh Pasion deihna i tangtut sawmna ahi hi. Hih pen siatna leh gahphat lohna lampi ahi hi.

4. **Belhicip Theihna**

Hi lai-ah Pasion nasep na-a Zeisu lungsim puakzia i etteh-a, i zat ding kisam hi. Zeisu in, *"Kei hong sawlpa deihna bang sepding leh tua nasep ka zawh ding, ka an ahi hi."* ci hi (John 4:34). Mi tampite pen a zawh bang leh a sep bang nate in vukcip uh hi. Tuate tawh zawngawp uh ahihman in bangmah semlo pi-in khawlsan uh hi. I septoh suak ding leh hong kipia sa nasep i zawh siang ding Pasion in deih hi.

5. **Kha lamlahna**

*"Tua hi na lampi, lampi tawn oh!"* (Isaiah 30:21) ci-in i nunglam pan aw khat i zak nading in veilam leh taklam ah i kihei na-ah, Pasion mai-ah i ngak-na ah Ama Khasiangtho tawh Amah lam hong lak ding-a, veilam leh taklam ah i kiheina ah *"Tua hi ei, na lampi tua lampi tawn oh"* (Isaiah 30:21) a cihna awging i nunglam pan in za ding hihang.

i) **Dotnate leh kikupkhopnate**

1. "A Thupi mahmah Dotnate" thuknuai ah em in la, lungsim siangtho takin dawngin (Hihna dawna ah na ngaihsut ding thu nih pen: akhatna ah, pasalneisa nupi khat in a nuntakna ah sapna khat nei thei a, tua pen a pasal sapna tawh kipeh ahihman in telkheh ding haksa zaw thei ding hi, ahihna ah; Zeisu nungzui khempeuh pen na khatpeuh sem dinga Pasion'sap hi a, ahizong in Eph. 4:11 a kigen nasep ngate lak ah khat peuh a sem dingin a vekun kisam lo hi).

2. Na nuntakna ading bang khathu tupna nei na hiam? Khat zong na neih keileh, na neih ding kilawm lo hiam? Tupna khat na koih leh, tuate na lawhcin nading in bang vaihawmkholhnate geel na hiam?
3. Na nuntakna-ah Pasion ading bang tupnate gualzo khin na hiam?
4. Tawmvei sung a laihawl leh a sawtpi ading na ngimnate bang hiam?
5. 2Cor. 5:9 tungtawn in a pongpi-in na nuntakna a tupna bang hileh kilawm hiam?
6. Pasion ading na nasepna-ah buai maw gahpha, aih keh a nih tuak-a hi hiam?
7. Na hunte pen nelhsiahtohna in (tua pen nasepna khintohna maw nasep ding nolhna) hong sut maw na hunte gahpha tak-a zangh?

j) Tomlakna leh zatpahna

1. Na nuntakna a omlai khempeuh ading in sapna pen sehkhohlna hi (Hih pen na nuntakna ah a kikumvelvel nakhat hi).
2. Nasem dinga sapna-ah eite hong kisapna tawh kituak-a sepkhiat ding hi-a gahphatna zong punsak ding ahi hi.
3. Ei hih theihna i phawk theih ding hi a, a vek ahi kei-a, pawlkhat bek nangawn ahizong in khantoh sakding ahi hi. Ei hong kisapna ah khantoh nading hihtheihna i neih lam thei-in, i lawhcin nading in vaihawm siamna tawh sathau hong nilh dingin Pasion kiang i nget ding ahi hi.
4. Sapna khatpeuh pen ama sungmah ah tua sapna ading eite hong kithawisak nading sunglam phawksakna khat kigelh pah hi.
5. Nasem-a i kisakkhiatma in Pasion sapna hong pai masak tawntung ding-ahi hi. Tua ciangin bangbang tuak ta leng ei tawh Pasion omkhawm cih thei ding hihang.
6. Bangmah na ngim keileh tua pen na lawhcing ding hiam!
7. A kingah kik theilo bulpi pan in Pasion in hun hong pia a, i hun tawh kisai-in Pasion ading neihsa kepsiamte i hih ding kisam hi. Eite ading Pasion deihna i sep nading in hun kicing takin nei tawntung ding hihang.
8. Na tangtutnop na lianpi khat geelkhol in,  
Tua na lawhcin nading vaihawmna lianpi khat nei in,  
Tua ading galdo dingin kiging khol in;  
Gualzawhna hong piak nading lungsim tak tawh,  
Pasion kiang ah thungen in.

(Lord Fisher)