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☐ KHRIST ADIA HINKHUO LAMDANG NGAM... ☐ Rom 12:2

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Hun hingpei zelin 2021 kumtawp lama iding ta ua, eima hoijieh hilou a Leitung natpi in atuom lai a Pasion in ahing umpina jieha hitan tung ihi uh chi thei in Pasion kungah kipahtu genva ui, Tukum i thupi uh □ Khrist adia hinkhuo lamdang ngam □ ahi dungzui in i umna chiet ua kilamdanna mite muthei ding in umsawm chiet va ui, vah in miel a beisah bangin i umna uh heisung hinanleh eima a um Khrist in ahing suhdanglam ding ahi.

Bible ah Khrist jieha hinkhua lamdangte khat leh ni en va ui :

1. Paul - Sawltahte laha athupipen ahi ah ah Jesu toh akimaituo masang in gingtute bawlgenthei khat ahi, Judate biehna a kulmut mama ahijiehin a biehna uh biehna dangin a subua ding ngai ngamlou in Jesu gingtate sugenthei a suhbei ding tum ahi, Juda biehna ah dia a ginum dan ahileh Siempuliente phalna toh gingtute amun amuala suikhiet suhmang ding khu a tup ahi, gingtute delah avahleh na ah damascus khogei a Jesu vah in asal a, amit khomu lou in tomkhat a um hi, tuazou in ahinkhuo khu hing lamdang in ana bawlsiet Jesu adingin shi zong khosalou in ahing pang hi.

2. Gadara gama doibuo paipa : Gadara gam ah doibuo paipa ahileh Jesu toh aki maituo masangin puon zong sillou in gamla, ahilouleh hanmual laha a um hi, inn ah a um chiengin zong a thunun theina ding

un kol abul ua ahisileh siakhainiang in akhi uhi, tuate phatuom louin aki khinate a suhtan zel hi, Jesu khatvei Gadara lama ahingpei agalmu in □ Nang Pasion tapa, bang hilaw som na hiei, ahun tun masanga hing suhgenthei sawm nama? □ achi hi, tuachin Jesu □ n doibuo khu amapa apats potdinga thupieh in, ama pa jong doi in a pawtsan zou in puonte sil in, lungsim dihtah puo in Jesu kunga um in, Jesu kunga um nuamsa in a kunga umden dingin angen hi.

Mihing khat khu Jesu toh aki maituo leh ahinkhua akilamdanna um teitei ahi chi a kichieng mama hi, Miteng hinkhua ah kilamdanna a umtei chieta, hinanleh bangjieha um ahiei? Koi amu jieha um ahiei? chite ngaisut ching mama ahi, i hinkhuo ah a hoilou lama ki lamdanna zong a umthei ah, hinanleh gingtute vang a hoilama kilamdanna ahi ding ahi.

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KHRIST ADIA HINKHUA LAMDANG NGAM

(Rom 12:2)

~ Pastor Khup Do Khen

Tam leitung mite bangin um sih unlen, nah in dan uh atha um in hing lam dang zaw ta un.

Khrist adia hinkhua lamdang ngam gingtu tamloute tangmi suut vai.

Gadara gam a dawibua: I Laisiangthou Luk 8:26-39; Mathiu 8:28-34 sung isim leh **Gadara gam a dawibua nei mi khat** imu uhi. Jesu Khrist toh aki tuoh masanga ahinkhua zah dan leh Jesu Khrist toh akimutua nua ua ahin khua zah dan aki khie ma ma hi. Khrist a dia hinkhua danglam ngam ahi pai lian hi. Jesu Khrist toh aki mu masangin, amapa khu **Puan mong mong sillou (v.27) ahi hi. Inn a jong um ngai lou, hanmun lah pou leh gamdai a um jel ahi hi. Kol abul sah ua, Sia khainieng in a hen uhi. Ama khu mipiten aveng uhi. Aman akigahna siakheinieng te leh a kol kilbul nate abottan a, gamdai ah dawiten apui jel uhi (v.29). Jesu amu tahin, jau in ahing kikou khie a, Nang Pasion tapa, kou bang hing law ding na hiei mah ? A hun tun masanga koute sugenthei dinga hing na hiei ma ? a chi hi.** Jesu Khrist toh ahing kimutuo nua un, tami dawimat

mipa khu **Puan asilta a, lungsim dihtah pua a, Jesu kengbul a tou mipiten amuta ua, azau ta ma ma uhi. Tua jouin, tami dawimat mipa n, Jesu kunga aupden thei na dingin, angen kia hi.** Jesu amu chillai a jau akikoupa n, aki mutua nua un, Jesu ngai a akunga aup den theina dingin angen ta hi. Tami kilamdanna, tami hinkhhhua kipumkhelna ahi ei Khristian Khangnou te n tule tu a itahsap pen uh. Hinanleh Jesun amapa asawl khie a , ama tunga Pasion in silloupitah abawlsah dan khopi sung pumpi a phuongjah dingin a sawl tahi. Tami ahi Khanglai Kris adinga hinkhua danglam ngam.

Jesu Khrist toh iki tuoh masang hinkhua leh iki tuoh nua hinkhua pen entha chietvai. Akilam danna a um ei ma ? Ki lamdanna mong mong a up sih le vang, Jesu toh kituah kha nailou khangnou ihi uh china ahi lel hi.

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Mary of Magdala: I Laisiengthou sung Luk 8:2,3 na isim leh, numei bangjat ahei khat gen khah in a um uhi. Ama uh te khu, Jesun atung ua nna loupitah aseppiehte ahijieh un, anei sun sun uh **silpieh tuom tuom toh Jesu panpina ahing pieh uh ahi** hi. Tam numeite lah ah Mary Magdalene kichi nu khu, asunga Jesu □ n dawi sagi adeldoh pieh nu jong ahi hi. Tam numei ten Jesu Khrist khualjin topna dinga Jerusalem aphah nukhiepen tan ah jong ajuj uh hi. (Mt.27:55; Mk.15:41; Lk 23:55). Jesu Sing Kross aki khailupna nuai tan ah ava ding uhi. Tuachiin Mary Magdalene, Salome leh Jacob nu Mary te **Jesu luong gimnamtui toh zut dingin, zingmawng matah in han ah ahing pei uhi.**(Matt. 28:1;Mark 16:2). Han kihong sa in amu uh. Jesu Khrist a kungah thakhat in ahing kilah a, ama nu khu aw ngaitahin □ Rabboni □ chi in ahing kikou khie ta hi (Johan 20:16).

Tam numeite leh adieha Mary Magdalene khu, Jesu toh akimu masang in **mi tonkhiel nu** chi a theihin ana um (Lk 7:39) hi. Jesu toh aki mu nua hinkhua khu aki lamdang mama hi. Jesu adinga hinkhua danglam ngam ma ma, shi leh hin jong khohsa lou ahing hitang hiel moh hi.

Lazar sanggamnu Martha: Luk 10:38 na mun isim leh Nungah Martha in Jesu a inn a atun sah dan imu hi. Ahivangin tang 41 na ah Jesun Martha a phohtop ta hi.

□ Martha, Martha sil tampi na ngaitua a buai na hi □ achi hi. Gim leh tawl laitah a, panpitu ding ngetna phalpieh tahsangsiha, phohtop neh ding chi mong mong, thuoh hasa mama ding hi. □ Nang leh na nuazuite neh ding, lungvai zen a buai pi inga, nang phohtop nah lai maw ? □ chia Martha adinga dawn suh pai ding ut huai mama ding hi. Ahivangin, adawng sih hi. Nungah Martha adingin jahnop huai vot lou ding hi. Thangpai huai leh hehsuoh huai asa mama ding hi. □ Tubansie ka inn ah hing tung non sih ua, na bon un, □ chi dehtah va ka chi hi. Hinanleh, Johan 11:20. Isim kia chieng in, Martha khu, Jesu lamdawn dinga kuan masa pen pen in ahing pang ta moh hi. Jesun a phohtop jiehin, hasiatna, hena, thangpaina leh nuahna in anei vot sih a, ahoilam a, ahinkhua ah kikhelna leh lamdanna loupitah tuntu in ajang jaw hi. □ □ **hinanleh phawhhilna zada pouma mimo ahi** □ (Thupil. 12:1) Tami ahi Khanglai Jesu adinga hinkhua lamdang ngam chia igen gen uh khu.

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JUDAS ISHKARIOT

Jesu nuazuite lah a Finance cum Treasurer dinga Appointment pieh ahi. (John 12:6; 13:29). Sil hitheiloukhat □ Hiina leh dinmun sangtaha Jesun Promotion apieh ding akinem hi. (John 6:64-66,70-71). Guta ahing suoh ta (Johan 12:6). Pasion tapa kilepsan in aman sah ta □ Nuazuite lah apatsa in nawkhiet in ahing um hi. (Mk 14:10). Judas Iscariot sungah Setan alut ta hi (Johan 13:2,27). Jesu leh nuajuite anuasie ta hi (Johan 13:30). Gingtu dihtah ahi mal mal sih a, nuazui 11 te □ n, hagau a silsiengna atan bang uh Judas in atang kha sih hi. (Johan 13:10-11; 15:2-3). Ama leh ama aki khailia ta hi. (Mt. 27:5; Acts 1:18). Pasion in Ama kunga ahiip nuazui 11 te khu a umden ua (Johan 6:44,65), Pasion nasem dingin Jesun training apie hi. Judas khu, ama angmasialna jiehin ashilaw ta hi. Tami jong Jesu Khrist adia hinkhua lamdang ngam khat ahi.

JONATHAN

Heroic faith. 1Sam. 14:6
Undaunted courage:
1Sam. 14:7-13
Self-sacrificing friendship 1 Sam.
18:4;19:2

ABSALOM

A pienna - 2Sam.3:3
Asanggampa - Amnon that hi.
2Sam 12:29.

A inn apatsa in taimang hi. -
2Sam.13:37.

A melhoina minthanpi mama
2Sam.14:25.

Politician hisawm in panla hi.
2Sam. 15:2,3.

A guh-le-gal a apienna Pa David
touna suan sawm. 2Sam.
15:13,14.

Shi hun nailoua shi. 2Sam.18:9

Pasion deilou lama lamdangtaha
hinkhua jangpa ahi hi.

JOSEPH

Apa min Jacob ahi. Siemchil.
30:24

Zan mang hoipi khat manpa ahi.
37:5-9.

A mangte Pasion in tangtung sah
hi. 41:42-44

Hun hahsa ah jong muan hi. 39:1-
6,20-23.

Kisol pua zou lou hi. 39:7-13.

Hausatna, minthanna leh law-
chinna ten jong puasah joulou 41;
ff

Pasion tungah kinga 41:16;45:8

Gitlounate hoina toh thuhkia
50:16-21.

**Pasion adinga alamdang ngam
lou hinkhua jangte □ n:**

#Hinna khu Khovel mite et bang
bang in a en zing uh. (Kumpi Saul
1Sam.15, Uzzah 2Sam. 6:6-10,
Judas Iskariot Luk 22:1-6, (1Kor.
3:3-4).

Pasion thu sanga Khovel thu
a zui zing uhi. Lot (Siem. 13:8-

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13), Jezebel (1Kings 16), Samson, (Vai. 13-16),(Kumpi Solomon- foreign wives).

#Jesu Khrist tanchin tangkoupui sangin ama mimal tanchin a tangkoupui zaw gige hi. (1Kor.2:12-3:4)(Miriam Ex. 2:4-10; 1 Chr.6:3, Absalom 2Sam.3:3, Diotrephes 3John9).

Khrist adinga ihinkhua uh a lamdan ngam ding ahi. Azieh pen:-1. Eite khu, Israel mi ihi lou jiehun, Pasion Biehbuh sunga lut theilou dia thupieh ihi uhi **(Dan.23:2,3)**. Tuin vang, Jesu Khrist sisan jalin, Pasion inkuante ihi ta uhi.**(Eph.2:12-13,19.)**Pasion nei lou leh kinepna neilou, Mihinga jong simtahlou, tuin Pasion mite ihita uhi.**(1Pet.2:10)**.Jesu Khrist sisan jal in tatdohna imu ta hi **(Kol.1:12)**. **Tambanga hamphatna** manphatah, sum le pai a lei theilou hingmusahpa adinga, I hinkhua lamdang sah ngamlou ihi leh, ilunggil sung Dawi te□n aluo uh china ahi lel hi.

Mangpa Jesu Khrist igintat ua kipat Pasion in ahing pieh tua silpieh bangbang amaute kunga apieh nuain achi khu Pentecost ni a Juda mite□n atan uh Hagau Siengthou khu agenna ahi. Khumi Hagau Siengthou khu ei, Jentelte kungah jong piehin ium uhi achina ahi hi.**(Nasep. 11:17-18)**. I tahsa pumpi jong

Pasion bieh Inn ahi a, Pasion Hagau siengthou teenna ahi. **(1Kor.3:16; 6:19)**. Tua ahijiehin, Hagau Siengthou in, Pasion tate kungah sie-le-pha khen siemna a pie hi. **(1Pet. 1:11)** Pasion Hagau Siengthou pieh a ium nua a, atangkha nailou pawl ihi uh leh vang□ Kingai tua hun mama ahi ta hi. Bangchiin ilamdang thei mama diei ? Pasion in Ama thuzuite pouma kungah Hagau Siengthou apie hi **(Nasep. 5:32)**. Pasion thu zuilou Khristiante ihi jiehua, Pasion in a Hagau Siengthou ang pieh theilou ana hijing dan ahi. Tuajiehin i Hinkhua uh jong Khrist a dinga lamdang thei mama lou ahi.

Hinanleh Pasion Hagau nouma a um tahtah ahi nahleh, tahsa ah na om sih ua, Hagau nouma sungah ateng hi. **(Rom 8:9)**. Pasion Hagau in ateen khwmpi tahsa gingtute khu, akim le pam a teeng, ami hinpi te□n jong kichientah in athei uhi. Hagau tellou a Khrist adia hinkhua lamdang ngam chipen thuzuau pumlum ahi.

Mi koi hijongleh Pasion Hagau Siengthou in aluo khum leh sungluttaha ateenpi den te khu□n **Jesu Khrist adinga hinkhua lamdangtah** ajang ngam uhi. Tambang hinkhua jang te khu,tam anuaia min kigiel te chilou adang tampi aum nalai hi.

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Tam anuaia min kigielte khu, aban ban in ahinkhua thusim uh ana sut mong mong aw eyaw:

Jesu Khrist (Luke 4:1)

Apostle te panpina pe masapen te (Nasep.6:3,5)

Stephen (Nasep 7:55-59)

Barnabas (Nasep. 11:24)

Nuajuite (Nasep 13:52)

Nicodemus (John 19:39).

Philippi khuo suongkul ngahpa (Nasepte 16: 25-34).

Gingtu zousie toh kisai (Ephesate 5:18).

Eli tapate (1Sam.2:12).

Jeroboam (1Kum 13:33-34).

Recabte inkuan(Sons of Jonadab) (Jer.35:8; Jer.35:1-8,19).

Tam atunga min ki gel te khu Jesu Khrist adia hinkhua lamdang ngam te ahi uhi. Amaute, amimal mal in ahinkhua uh Jesu adia lamdang ngam ahidan uh sut man diu deu sih vai. Jesu toh akituoh masang hinkhua uh leh akimutua nua uh hinkhua khu kikhel lamdang mama ahidan imu uhi. Kei leh nang jong, Jesu adia Hinkhua danglam ngam lou ihi lepen, Jesu toh ikituohdan, ikimudan etthana leh suichetna ibawl uh akul le poimaw pen ahi ding hi.

A SUNGTE □ N HAGAU SIENGTHOU

(Indwelling of the Holy Spirit.)

1. Pharoah in Joseph sungah Mangpa Hagau Siengthou a teeng hi chi athei hi (Siem.41:38).

2. Joshua sungah Hagau Siengthou a up jiehin Pasian in ama a tel hi.(Kisim 27:18).

3. Daniel sungah Hagau Siengthou a um hi chi aki thei hi. (Daniel 4:8; 5:11-14; 6:3).

Relationship of it was experienced by many people in the O.T times.(Judges 3:10;6:34; 11:29; 13:35; 1Sam. 10:9-10; 16:13).

4.Nun tapa Joshua sungah Pasian Hagau aup jiehin, Pasian in lamkai dingin ateel hi.(Kisim 27:18)

5.Daniel sungah Hagau Siengthou a um hi chi aki thei hi. (Daniel 4:8; 5:11-14; 6:3

Relationship of it was experienced by many people in the O.T times.(Judges 3:10;6:34; 11:29; 13:35; 1Sam. 10:9-10; 16:13).

Ephesate Hattuumte adinga Paul thumna: **Eph. 1:17.** That the God of our Lord Jesus Christ, the Father of glory, may give to you a **spirit of wisdom and revelation** in the knowledge of Him.

Azieh suikhiet poimaw hi

~ By: Nu Neiching

I hinkhuo ah, sil hing tung jelte khu, ajieh suikhiet a, bawl tuoh ana poimo dan enkhom vai....

2 Sam 21:1-14.

David damlai in kum 3 kizom in kiel atunga, Tualeh David in Mangpa adonga, tualeh Mangpa □n adawnga, □Saul zieh leh a innkuonte sisan suo mite zieh ahi, Gibeonte atha zieh uh ahi, □ achi hi.

Tuatahin, David in Gibeonte kungah:

Gibeonte kungah, □Bang ahiei ka hing bawl pieh ding? Mangpa goutan Israel te na guolzawl theina dingun, bangchibang kilepna ka bawl diei? □ achi hi.

Tuachin Gibeon miten □Ahing sumangpa leh Israel gamsung mawngmawng a umseh lou dinga hing sumang dia kisapa; Saul tapa 7 hing pie inlen, kouten Mangpa mitel Saul umna Gibeah khuo ah Mangpa masang ah ka khai ding uh □ achi uhi. David in, Saul meu nu Rizpah tapa 2te, tualeh Saul tanu Mikal tapa 5te a pui khawm a. Gibeonte ape khie a, tuachi □n a 7 un mun khat ah ashi khawmta uhi; Saul meu nu Rizpah in sun leh zan in misi luangte khu tungleng vate leh gamsate nesah lou in a veng hi. Tami thu David ahil tahun,

David ava kuon a, agute ava lakhawm a, tualeh, Saul gu leh atapa Jonathan gute jong valain, Benjamin gam a apa Kish han ah avui ta hi. Tuazouin khum gam tungah Pasian alungdamta hi.

Q. Gibeon te koite ahi vuai?

~ Gibeonte khu Amormite ahi ua, Joshua in thalou ding a thuhun ana bawlpi uh ahia, Maitam adia, sing puo leh tuitawi dinga apangsahte ahi uhi. (Joshua 9). Hinanleh Saul lenga ang pan bepin, Israel leh Juda hahlehsuan dinga aphantuam ngai laiin, Gibeon te suh mangthai tum in, Saul in ana suisui uhi.

Q. Tami tungtang apat bang ijil ding vuai?

Mangpa khu.....

Thuhun ngaisah pa ahi. Joshuo leh Gibeonte thuhun manghil lou hi.

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Vaihawmna ah koima huptuam neilou ahi. Gibeonte jie h a kum 3 sung amite suhgenthei khoh salou pa ahi.

Akhangkhanga phuba lajelpa ahi. Joshuo thuhun, saul in asuhsiet, David hun a gawtna pepa ahi.

A thu aki suhtuo chienga lungdam pan ahi. Gibeon nam tuam leh nam hatloute demand David in asuh buching in, Mangpa lungdam pan hi.

Kingaituoding:

Q. Na pu napate thuhun na suse kha amah?

Q. Gibeonte bang a,
Mi/Nam neu leh hatlou na etkawl dingte na sugenthei kha amah?

Q. Saul bangin,
Na hapan seng nalam in thuhun na bawtse kha amah?

Q. Na vaihawmna/ Lalna jiehin, mi hatloute abit nai?

Q. David bangin, ajieh Mangpa na dawng ngai ei?

David in Gibeonte maipha asui bangin.....

Q. Koi maipha nasui chiengin, na tungah Mangpa a lungdam de aw maw?

Mimal, innsung, khosung, hattuamsung, vengsung, gam-sung a sil hoilou tungte sui lei ajieh bei omlou ding ahi.

Mangpan ajieh beiin sil tungsah ngailou hi. Ajie suiloupia, ajie bawltuoloupia, Mangpa kung ah thumthum leijong AMAN ei bawltuoh ding hing na ngah lah jaw hi. Mangpa khu buaina Pasian ahisih a, nang kisiamp-hatna jieha kitawisang ut Pasian ahi jaw hi. Gibeonte lungdamna khu Mangpa lungdamna ana hijawta hi.

Q. Na tung ah koite lungdamna ah Mangpa a lungdam de aw maw?

I simmo penpente jie h a buaina ana kituotuo jong hithei hi.

Gibeon te jiehin Israel ten kum 3 kial thuolaw bangun.

I buainate khu Mangpa bawlding hilou a, Eima bawltuo ding tamjaw maithei hi.

Tuajiehin ahi Jesun Maitam na laat masangin, na unau na tunga lungkimlou om chi nathei leh vaki lem masa phot in tuachin hingpei inlen na silpieh laan in, chia ang na hil uh khu. (Mathew 5:23-24)

Q. I pu I paten thuhun or hoina ana neite uh I kepbit na vuaimah?

Job 8:8-10.

8. Khang masate kansui kia inlen, Tualeh apu leh paten ana mukhiet sate ngaituo in.

9. Ajiepen eite zanni mi bangma theilou ihi ua, leitung i

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damsung nite uh, nihim bang giap ahi bou hi.

10. Ama un nang ahing hil un ahing theisah sih ding uh amah?

Tualeh a theisiam na uapat in, thute agen dawh sih ding uh amah? Kumpi Saul banga, thuhun bawtsetu hilou a, akisesate nangawn jong bawltuoh ding khu Pasion tate mopuoh ahi. Isai 58: 12.

Nangma a kipat a hing piengding miten, munlui sesate alamtha kia ding ua, Khang tampite suangphumte nangman na tungding kia dinga, tualeh nangpen asesate bawltha kiapa leh, tenna dinga gawljingte siamthapa ahing kichi ding hi. Mangpan i bawltuo dingte hing bawltuosah in, hing sudam chiet ta uhen aw.

YOGA LEH KHRISTIAN HINKHUO:

*Leitung Dan (Law) in phal nanleh
Gingtute kingahna Bible in phal vawtlou hi.*

Pastor M. Thangboi Zou

Laisiengthou tangtel:

i) Hinanleh Kenvang Pasion giinna ziehin tuabangin ka bawl sih hi (Neh. 5:15).

ii) Mihinga dinga dih hileh kilawm lampi a um a, atawpna khu shina lampi ahi (Thup. 14:12).

THUMAPUI: Apple khu i-et chiengin asietna, amuotna bangma akimu sih a, nanleh i neh chiengin Lung vei bang ana um thei hi. Khum bangma in Yoga in mihing a dingin damtheina pia chin gingta nanlei ei gingtute ading in hoina sangin sietna hing tunzaw ahilam thei lei ka nuom ziehin, laibu tuomtuom leh internet tungtawn in ka hing kaikhawm hi.

Laisiengthou in Ka hun-le-nite ahing nai chiengin sil lamdang tampi ahing tung ding ana chi sah ma bangin, tunin Setan in zong kumtawn Gawtmun Meidil a atenpi ding mihingte suiin, Pasion zada ding siltampi ahing bawlte lah a Yoga kichi khu tunia Khristian tampi in sietna gellou in, tahsa damtheina ding chi lungsim nei in abawl mi tampi aum tahi. Tua ahileh Yoga khu eite chin dia ahoi tahtah hina ama? chi en suh vai leh:

YOGA THUBUL SUTNA:

Yoga ichipen Sanskrit thumal yogah akipan ahia, akhietna ahileh kihawmbawlina/ kigawm/ kipumkhat chite apat Yoga hing piengkha ahi hi. Tami khu □hagaulam kihambawlnan□ genna in akizang hi. Yoga ichipen Hindute Hundamna lampi 6 ahileh, (i) Nyaya- suinenna (anlysis), (ii) Vaisesika- Nizia sutna (school of character), (iii) Sankhya- sil simna (the count), (iv) Yoga- Kiham bawlina (to yoke), (v) Mimamsa- kanchetna (enquiry), leh (vi) Vedanta- Vedas tawpna, chite ahi hi.

BC Kum zabi 2na (2 century) hunlai in Hindute zilsahtu (teacher) Patanjali in YOGA ana pankhie hi. AD 1983 in □mihing pasien□ kichi Sri Ramkrishna nuazui Swami Vivekananda in pilvang tah in khovel pumpi ah thezana dingin chi ana tu hi. AD 1920 in Tumlam gam ah Self Realization Fellowship chin patkhie in tuami tungtawn in mun tampi ah ahing theza hi. Tuin kumteng in June 21 ni khu □International Yoga Day□ chi in North East India State tan pha in zat in ahing umta hi.

AHING KIPAT KHIETDAN:

Sanskrit ham a □Yogah□ kichipen □Kisuhgetheina/

kigawm/ kipumkhat□ chi thumal apat in YOGA hing piengkhe ahia, tua khu □hagaulam kisuhgentheina genna in aki zang hi.□ India ah sakhuo vai a mimal kisuhgentheina leh kithuzawna genna in kizang hi. Yoga bawl mite khu Yogi aki chi hi. Yoga ichi Hinduten hundamna lampi 6 a neite ua lah a khat ahi. Tami hundamna lampi 6 te khu ahileh (i) Nyaya- sui chienna (analysis) akichi a (ii) Vaisesika- mizia sutna (school of character) akichi a, (iii) Sankhya- silsiemna (the count) akichi a; (iv) Yoga- kisuhgentheina (yoke) akichi a, Mimamsa- kanchetna (enquiry) genna ahia; leh (vi) Vanta Vedas chiteng ahi hi. RS Tripathi in, □Upanishad in thugin poimaw tah Chandogya leh Brihadaramyaka in Hindu thugin Darshanas- Sankhya, Yona Nyaya, Vaiseseka, Purva and Uttash-Memaisa te tunkha ahi□ chin agen hi.

YOGA TUP-LE-NGIM:

Yoga in atup khu muthei khovel (material world) a Hindu pasien Brahman toh tahsa khat a um ding chi ahi. Yogi ten hun sawtpipi nalou in um thei ua, a lungput uh thuzaw thei ua, vot leh lum (cold & hot) bangma a simlou in, ann-ngawl leh gilkiel thuohat ua, upat leh teh (old)

nung in zong navah leh chiim in sawtpi hat uh chi gingta uhi. Yogi (yoa bawl mite genna) ten mihing leh pasien tahsa khat a um thei din gingta uhi. Tuami ziehin midangte sanga hagaulam ah tungnungzaw a kikoï in amau-le-amau thupi kisa uhi.

YOGA KIBAWLNA SAN (Purpose):

Yogi te tup, Yoga Sutras a kigiel bangbang zui a theina, pilna leh zalenna nei dia pasien toh kibang (one with god) chi khu ahi hi (Yoga Sutras 1.1-4.34).

YOGA ICHI KHU BANG ADIEI?

Tukhang a gingtute hiin lawkitha leh tahsa damtheina dia kizang Yoga khu Sanskrit ham in □Yuj□ ahia, Mang ham in □Unity□ chin akilet khethei a, tua khu ei Zoukam in □Kipum khatna ahilou leh Ei-le-ei kinuoisia, kithunun□ chia zong lekhiethi hi. □Yuj□ kichi thumal akipat in □Yajna□ chi ahing umkhia a, tuakhu □Kilatna, kipum piehna□ chi zong ahi kia hi. Azangtute toh genkop in Yaga khu Hindu sakhuo leh gindan a kipat a hagau zalenna bukim mu a pasien toh kipum khat dinga tahsa leh lungsim thunun a

sawizoina ahi, chilei khiel loupén ding ihi. Bhagavat Gita laibu in a sutdan in, □Yoga ichipen Indian khangsím danin Veda hunlaiin Kristna in zong a mite lunglutna din ana zangta hi, tua hun khu BC 6-3 laivel ding ahi□ chin agen hi. Buddhist, Jainism sakhuo zúiten zong Yoga khu a pasien u□toh lunggil tah a kizawptuo nadin ana zang ngaita uhi. Dr. Ishwar Basavaraddi in, □Yoga ichi khu India Mallam ah Kum 500 BC lai velin ahing kithei khia ahi. Yoga kichina laibu masapen □Reg-Veda□ ahia, Reg-Veda khu bang chibang laibu adiei ichileh, Hindu Kulmut Brahman siempute laibu ahi. Tuachin hunle-nite hing liemtou zelin Hinduten Yoga ichipen amau sakhuo lam ah hing peipi in, tutan in azang denta uhi□ chin agen hi. Yogasanas & Nature Cure for Total Fitness laibu in, □Yoga ibawl chiengin Gu-le-tang natna zousie abei sah hi□ chin agen a, tualeh agenkia na khat ah, □Yoga khu Nisa pasien biehna ahi, aziehpén Yoga zingmawng leh nita lam chiengin Nisa lam ngat a kibawl ahiman in□ chin zong agen hi. Kristna gendan in, □Yoga apat lungmuonna (Moksha) kim hindute gindan toh kituo a

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muthei/ tanthei ahi □ chin agen hi. UK gam a Father John Chandter in, □Yoga khu Hall sung leh Biehinn sunga bawldin akham (bandh) hi. Aziehpén ei gingtute i tahsa khu Khantanhoi phuonzahna/ thezalna a zat ding ahi. Yoga khu Hall sung leh Biehinn sunga bawldin ana phal non sih hi □ akichi hi. Charles Elliots in, Hindu khu siem ahi sia, inn bawl bang ahi sia, gam nuoi bang ahizaw hi, anachi ma bangin, Yoga zong khu bang hun a hing piengkha/ kipankhia adiei chi theichet ahi sih hi. Hing khangtoug zel ahina ah gen tawpni zong a um ngai sih ding hi. Hunkhat laiin Shamanism achi uh hagau damna mu leh tanna ding khu tahsa kisawizoina apan a hing kipan khia a ngai pawl zong a um uhi. Hinanleh Shamanism khu sakhua a thanopna, limna nasep ahizaw hi. Yoga pen tuabang hilou in sakhua leh niteng hindan kepbitna chi ahizaw hi.

Yoga ichi nin umtah mihing hing mukhiet ahi ziehin Indus (Indo-Aryan) luipang a teng Hindu (Persian ham Hinduism hing pienna) te in masawna leh khantouna ama nawlai hun (2500-1500 BCE) vel a kipan hita dinga gintat ahi ta, Reg-Veda 10:136 leh 15 te a imu bangun tua hunlaiin tahsa

thunun leh nasep ah kithunun na ana chingta uhi. Yoga kichi amin dihtah khu Kum 800-200 BCE hun lai velin Uphanishads ah Prota Yoga chi in mu khiet masa ana hita hi. Hindu mipil Patanjali kichipa khu Yoga tungtang giel ding a koi masa pen ahia, Kum Zabi ni na lai velin Yoga Sutra agiel a, tuamin ma hing sawn zelin Patanjali Yoga, Yoga Vertika (Medieval Yoga) chite leh Modern Yoga chite tanpha in ahing um tahi. Leitung pumpi huopin International Yoga Dai chin 21 June zangin Hinduism, Jainism leh Buddhism sakhua te ah atha in ahing zang tha na □ h mama uhi.

YOGA IN ATUN KHATE:

Yoga in tun kha apoimaw mama thu (3) a um hi, tuate ahileh:

a) Tahsa kisuzawina (physical exercise): Tahsa leh pumpi bahiengte soizawi ah, hu lah na dan kizil ding.

b) Lungsim ngaituona (mental Meditation): Ngaituona hoi leh hoilou apan lungsim awngsah a tawldam tah a um ding,

c) Thumal Gentuam (Verbal Chanting): OM chi thumal gengen (repeat) zing ding ahi. OM- Hinduism ah hagau in a houpi theina die lungsim kihonna die thumal siengthou a ngai ahi.

YOGA ZILSAHNA:

Bhagavad Gita thutun poimaw mama khat khu Yoga ahi.

a) Bung 2 tang 48, Krishna in thukia lou die Arjuna a thuhilna ahi, □Na mopuona ah ginum inla, lawching leh lawsap ding kisubuoi sah sin, O Arjuna. □ Tami lunggelna Yoga akichi hi.

b) Bung 2 tang 50, □Koizong lungsim soizawi khu silhoi bawl ahia silsie tung a guolzou ahi. Tuami ziehin Yoga bawl in O Arjuna, tami khu thuhil ding dan ahi. □

c) Pasien bat thei ding dan Arjuna in adohna ah Krishna in, □Yogi-te dugawna apat a kihepkhiet ding ahi. Tuami ziehin dugawna umсах thei kotkhate kha (close) sieng in. Mani kimanghil a thumal siengthou OM chikawm in Yoga bawl a pasien ngaituote khovel tunglam peh a hagaumi ahi □ chin adawng hi.

d) Bung 3 na ah Karma Yoga.

e) Bung 5 na ah Karma Yoga- action in Krishna consciousness leh

f) Bung 6 na ah Sankhya-Yoga te kigiel hi.

Kum 2000 vel peita in Yoga Sutra ah Yogi zilsahna

point 5 in ana khen uhi. Tuate ahileh:

a) Pasien (god): Yoga pasien □Ishvara □ ahi a, OM chi in kihan hi. Ishvara pasien khu theina zousie kiptna ahi (Yoga Sutras 1.25). Ishvara pasien OM chi a hat leh thei in a um hi (YS 1.27).

b) Thumna (prayer): Phuisam na toh kizawpmatna thupi tah nei ding (chanting repeated mantras). OM chi thumal gen in athuh zawsem a pasien toh kizawp ding ahi (YS 1.28-28).

c) Biehna (worship): Hagau (spirit) zatatna pekawm aging a daw (demon spirit) hat a thahatna nei ding. Etsahnan, Nisa mai a kun ten nisa pasien abieh bang un, Yogic ten zong a umdan (posture) te ua tha petu ganhing leh solte (solar bodies) pasien lim ching ahi uhi. A phuisam zilsahte uzong pasien leh tha petu hanta leh biehn ahi hi. □Hu □ ladan leh saupi ngaituodan kizil kawm in Yoga bawl in hing thulutsah ding hi (YS 2. 46-55).

d) Hagau toh kihouna (Communication with spirit): Yoga Sutra ah daw thudot dan (divination) leh bum ngawl dan (sorcery) a kigiel hi. Tami tungtawn in haguulam gam leh

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dawite toh kithuza theina in sil bawltheina, sil theitheina leh siltuo lamdang pipi umsa thei hi.

e) Yogi ten lungsim thuzawna zang in hun peisa leh hun hingtung ding gen khawl thei uhi (YS 3. 16, 3. 22).

f) Lungsim thuzawna tungtawn in hagau muthei in kihoupi thei uhi (YS 3. 25, 3. 32).

g) Lungsim thuzawna tungtawn in mitphiel dawi (sorcery) silbawl theina tuomtuomte nei thei uhi (YS. 3. 17-3.38).

h) Lungsim thuzawna tungtawn in theitheina sangpi nei thei hi (YS 3.5).

i) Damdawi, dawi bieh leh Yoga tungtawn in sil bawltheina lamdang nei thei hi (YS 4.1).

YOGA KIBAWLNAZIA (purpose):

Yogi te tup khu ahi leh: Yoga Sutras a kigiell bangbang zui a theina, pilna leh zalenna nei dia pasien suoh (one with god) ding chi ahi (YS. 1.1-4.34).

YOGA IN HINDUISM TOH KIZAWPNA ANEI DIEI?

Nei tham e, kizawp mai ahi sih ua, Indus luipang a tengte sakhuo khu kum zabi 19 na

ahing kihei khiet tazat in vang Hinduism (Muslim leeng masate gendan) chi ahing hi a, tuami ten a pasien uh kunga atun theina dingua asil bawl khat uh ahileh Yoga ana hita hi. Hinduism leh Yoga khu Nu khat suon ahing hita hi. Hindu te School of Thought (Darshan) gu (6) lah a khat ahia, tuateng lah ah Pasian um sih, leitung bangmalou a kipan a Pasian siem ahi chi pom vawtlou, Science zilsahna dungzui a hing um toutou Samkhya khu a kingahna uh ahing hita hi. Karma Yogate nei in; Hindu sakhuo ah hundam tantheina ding lampi khat in apom uhi. Bhagavat Gita 6:14 ah khun Yoga dihtah khu hagau hundamna nei na dinga kaan/hen hina a kipan a suotatna dinga zat a, mihing hinkhuo sawizoi khu ahi. Tua khu paikhietsah thei mai ahi sih hi.

HINDUISM IN MASANG HUN DING ANA ZILSAH DAN:

Hinduism in mihingte khu tam khovel itaam sung ua isilbawl (Karma) dungjui a shinua chienga kipahman muding ihi chi athei chiena, tuakhu pienkiana/ sunglut (Samsara) leh zalenna (Moksha) te zangin suikhiet a

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sawm uhi. Min adam sung a silhoi abawlte zieh a pienkiana a pan a zalenna in pasien (Brahmin) toh kipum khat thei dinga, tua chibang hilou a silhoi bawl a tawm zaw a ahileh ashi nuoh chiengin a hagau khu silneu zaw (Eg. Mihing hilou in gan hing, Bawng, Ui chite) ah apieng kia ding hi chi ngaidan anei uhi. Pien kiana a pan zalenna hagau hundamna tanga, pasien toh kipum khat a pasien batna nei theina dinga, kalsuonna khu Yoga ahi chi Hindu sakhuo kizilsahna ahi hi.

Hindu sakhuo zilsahtu minthang India gam tuom a tuom a hing zinte leh zillaite kunga Hinduism zilsahtu Sakunthala Jaganathan in a laibu gel *An Introduction of Hinduism* (1984) ah Yaga khu tahsa kisawizoina toh makawpsin, tahsa kisawizoina ichi maithei uhi. Hindu ten abawlzel uh silneu nounou giet (8) atah langa, Khristiante a dinga zui theilou ding khan khat zong aum hi. Tuate khu saulou lou in anuoi ah ihil chien ding hi.

Amasa nite (i) Yama leh (ii) Niyama en masa vai:

Yama leh Niyama gel khu lungsim siengthou sahna leh mihing hinna dihtah a kipan a mawpuohna zawna khu ahi hi.

Tamna ni tegel khu anuoi a chiengdeu in ensuh nalai vai:

a) Yama: Tami khu Tuoltha nate, gitlou nate, huham nate leh du-am nate lah a kipan a kisuh siengthouna leh numei-pasal kal a ki uh siengthou guoh hilou in zi-le-pasal nei louna tanpha ahuom hi.

b) Niyama: Tamin sunglam leh polam kiven zawna koh in, kingaisiem tah a hinkhuo zatna (tapasya) chi a zilsah hi. Tami in lungkim tah a pasien (Brahman) a kitulutna azilsah ngal a, tuami ziehin Kolte pasien te thu zil ahing ngai tahi.

c) Asama: Tami khu lungsim ngaituana leh tahsa thunun a ki sawizoi na bawl dan tuom nei a, chi tatna toh taima tah a bawl na khu ahi hi.

d) Pranayana: Tami khu Huoh (brain) lam ki sawizoina ahi kia hi.

e) Pratyahara: Tami ahileh khovel lam sil tengteng a kikhumchip/ kikhah khum a, sunggil lam maimai et ding ahi, achi hi. Tami in mihing hinna a sawizoi in adetsah hi. Tamte khu tahsa ki sawizoina Yoga chi ithei pen uh ahing hita hi. Yoga chi khu tahsa maimai sawizoina, chi maimai ahitheih sih hi.

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f) Dharana: Yoga dihtah khu Raja Yoga achi uah, tamte akhaikhawm hi.

g) Dhyana: Tamna ahing puilut kia a, ngaituona tawp theilou nei dingin theina dih peding in a puijel hi. Atawpna ah

h) Samadhi: Tamna Yoga leh angaituona (hagau Brahman) khu pumkhat hing suoh in theina dih ahing umzel hi, achi uhi.

Hundamna tanna dingin theina, silpha bawl leh pasian umpi nate a ngai zinga, Samadhi khu sawngni in akikhen kia hi. Mihing in theina bukim leh dihna nei a silbawl theina sangzaw Yoga bawl na a kipan a tanna khu Siddhis aki chi hi. Aban a pasien toh kipumkhat na a ngaituona khat nei kia khu Nirvikalpa Samadhi akichi kia hi. Tam mun ah mihing hinonlou in, Hindu biehna dan a hagau khu ahina ding dihtah ah apeita china ahita hi. A silbawl zieha gawtna (pienkiana-Samsara) lah a kipan a hundam hi in zalenna hundamna bukim (Moksha) atangta uhi, chin angai/ gingta uhi.

KHRISTIANTE DIE YOGA BAWL HOI HINA AMA?

Hinduten tahsa ki sawizoina khu kem chingin sakhuo thedalna

bulpatna ahing zangta uhi. Tunin Khristian tampi ngaituona ah Yoga kichi khu ahing zalen mama ta a, kum bangzat ama khat pei a Hinduism in ahingzaw sa toh iki bang mai thei uhi. Tua ziehin Yoga kichi thu mal maimai zong i gintat/ tasang lou ding uh ahi. Tuhun ah Hattuum, Khotang leh inn kuon chin ah tami (Yoga) hoilou dan iki zilsah ding uh angai tahi.

Ei Zou suonte khu Tuipi gallam a kizilsahnate zui a Khristian i na hi ua, mi masate (pilepute) sakhuo Dawi-le-Kau biehna zui nuom kia na lungsim bang zong inei kia maithei hi. Hinanleh silhoi muta a amulou banga umthei ahi non sih hi. Tuachi bangin ngaituo zel nanleizong ilung akim zelna na diei ma?

Pasian leh laisiengthou ki zilsahna a kipan a, i-et chiengin Yoga tangmi tomkim tah a igelte un Khristianna nasahtah in adou taluo hi. Theologian minthang Abraham Dommer kichipan, Khristian Yoga ana gen a, tuomi thu Yoga minthang Baba Prem in Khristian Yoga chi kitah amu tah in alung aphawng guih a, Hindu a pieng, Hindu laibu Upapen Vedas a mun poimaw pen luotu, Sankrit ham

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a na kigiel khie ahi, chi in azada mama hi.

Yoga khu tahsa ki sawisoina mai ahi sia, tuachi banga agente Hindu sakhuo a kizilsahna gensia ahi ichileh, Khristian khat hingal a Yoga na bawl zing mite in Khristian Thugin angainep uh china ahi hi. Yoga neitu khu Hindute ahi ua, Khristiante a dingin bawl apoimaw na a um sih hi.

HAGAU TOH KIHOUNA (Communicating with Spirit):

Yoga Sutras ah dawit thudotdan (divination) leh Bum (Sorcery) aki giel hi. Tami tungtawn in haguulam leh dawite toh kithuza thei in sil theitheina, sil bawltheina leh siltuoh lamdang pipi umсах thei hi.

a) Yogi ten lungsim thuzohna zangin hun peisa leh hun hingtung ding gen khawl thei uhi (Yoga Sutras 3. 16, 22).

b) Lungsim thuzohna tungtawn in hagaute kimupi thei in kihoupi thei uhi (Yoga Sutras 3.25, 32).

c) Lungsim thuzawna tungtawn in mitphiel dawit (sorcery) silbawltheina tuomtuomte nei thei uhi (Yoga Sutras 3.17-38).

d) Lungsim thuzawna tungtawn in theitheina sangpi nei thei uhi (Yoga Sutras 3.5).

e) Dambaw, dawit bieh leh yoga tungtawn in silbawltheina lamdang tahtah nei thei uhi (Yoga Sutras 4.1).

LAI SIENGHOU HING ZILSAHNATE:

Laisiengthou zilsahna sunga poimaw mama khat ahileh Thupie Sawm (Ten Commandment) a ki giel, □ Kei lou ngal Pasien dang nei sin, Milim behsin, Na Pasien min genthang sin, Khawlnei tang in □ chi ahi (Exo. 20: 1-11, Deut. 4: 39, 5: 7, 30: 17, Judg. 2: 12-13, 1Kor. 8: 4-6. Gal. 5: 19-20).

Laisiengthou in ginglou mite bawldan banga thumna gengen lou ding (repeated) in hing zilsah hi (Exo. 23: 13, Deut. 12: 3-4, 30, 13: 1-4, Mt. 6:7). Tuaban ah Aisan, dawit nna sepna neite kunga vatai a va kithawi chite hing phallou hi (Lev. 17: 7, 20: 6, 26-31, Deut. 18: 9-12, 32: 17, Mal. 3:5, 1Kor. 10: 20-21, Rev. 9: 20-21, 22:15).

Laisiengthou in Pasien batna nei ding in hing hanthawn a Pasien bang din (like God) hing sawl ngailou hi (Phil. 3:7-14, 1Jn. 3:2). Jesu Khrist bou lampi, thutah leh hinna umsun

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ahi a, Ama gintatna tungtawn in hundam kihi thei giep ding a, nasep zieh ahiei mihing panlana zieh hilou ahidan hing zilsah hi (Jn. 3:16-18, 14:6, Eph. 2:8-9, Rom 10: 9). Laisiengthou in Pasian akipat itan tahsa pumpi khu Pasian hing tenna inn (temple) leh man a leisa ahiman in Pasian patawina ding bou a zat ding achi hi. Ut dandan a zat ding leh tahsa soizawi zielziel ding phallou hi (1Kor. 6: 19-20, 2 Kor. 6: 14-18).

A K H U P S I T N A :
Southern Manipur a tengte khu 99. 99% Khristian ihi ua, Local Newspaper lah a Yoga bawl chia alim leh amun-le-muol ahing kisuo nin, aw Setan in mipite lungsim thuzaw hina va-ia e maw, chin ka ngaisut hi. Eite lah a Yoga ahoi hi chia abawl, Yoga in sietna neisih chia gingta zong um ngeiva chi igingta uhi. Sawltah Paul in, □Hamse dongin um uhen□ achite lah a um ding in ikiphal sih hi. Tualeh agenkia na khat ah, □Sil zousie enchien unlen, ahoiloute paikhia in, ahoite tudet un□ (1Thess. 6:20-21) achi ma bangin, tunin Gingtuten i hagau hinkhuo leh i sakhuo suhbuoi thei silte hoita velchien a, tuate akipat kihap siengthou khu apoimaw penpen ahita hi. Miten Yoga ahoi hi,

tahsa damtheina dia bawl ding ahi, chia itna toh ahing gen chiengun, Kei Khristian ka hi, tamte bawlthei dia ka Mangpa Pasian in ahing phal sih hi, chi ngam a ngaita hi. Apple asietna umlou, nanleh ineh chienga Lungvei umte toh ikibatlou ding ahi. Na Khristian Thugin (Laisiengthou) leh Khristian hing phutkhiapa Mangpa Jesu Khrist deidan ahilou Yoga bawl a na ki khristian sah leh, nangle-nang kisol lungmuong hi ding na hi, tua ziehin, Mangpa Jesu□n, □Solna na puohlouna ding un Thu ngen zing un□ achi khu manghil sih vai. Khristiante khu leitung hindan toh kituo a hing dingte ihi sih ua, Khristiante khu Pasian leh Laisiengthou deidan a hing dingte ihizaw uhi. Mangpa Jesu□n, □Kei lampi, thutah leh Hinna khu kahi, Kei kunga peilou khu koima Pa kung atung sih ding hi□ (Jn. 14:6) achi hi. Tualeh agenkia na khat a, □Kei Mangpa ahing suhdam pa khu kahi□ achi kia hi. Dam na bukim khu Yoga a umlou in Jesu Khrist a um ahizaw hi. Sodam mite sietna zieh a Khopi suhsiet ding kuon in, Vansawltah in, Lot kunga, □Na suotatna ding un taikhia un□ achi mabangin, ei gingtute Setan thang Yoga a kipat isuotat theina dingin

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gintatlou ding, tualeh bawl zong bawllou ding ahi hi, agingtate leh abawltute akipat isuotatna dia itaikhiet uh angaita hi.

Khristian innsunga Yoga ngaina, lunglut iumleh nu-le-pate, tami apat asuotat theina dingun Home Crusade, personal Counselling chite ngaithupi a nei chiet ding, Yoga ngaina, lunglut aup nuo azong tua igen Home Crusade leh personal Counselling na gelkhaw lou leh na tate ziehin na muolphou dinga, na tunga Pasion akipah sih ding hi, aziehpén □ Tate khu Pasion akipat i Goutan ahi a, Vangam itung chia Mangpa □ n ka

hingpia na Goutante hei sung a um ahi uoi? Hing chileh Vangam a zong kipah tuon sih vate, aziehpén inn sung mite kimlou ding ahiman in □. Tunin Innsung abitna din Pasion akhatna koi chiet in, leitung silte sangin Pasion Thu lunggul in Pasion thu a dangta zaw chiet lei, tam sietna gam a Mangpa zalin suotatna leh kipahna na mu ding hi. Yoga akipat innsung vengbit zouchiet ding leh eima hinkhuo kikem siengthou chietdin Mangpa □ n simtu zoiusie thupha hing pechiet taken, chi ka thumna ahi hi.

~~~oio~~~

## *Laisiengthou*

# **GENLAWH THUTE TANGTUNG**

~ Rev. Dr. Hangminthang

Tulai natna (Covid-19) zieh a leitung pumpi a siltungte i et leh Pasion thu in ana genlawhsa thute tangtunna ahidan imu thei hi. Bible pheet in simsuoh un.

**Amos. 8:3** ~ □ Biehinn a Laa kisate peimang diing ... □

*Khuni chieng in, Biehin a Laa kisate khu kaa le mauna a suoh diinga, mun chinteng ah mishi luong tampi sip-di-de a paithang ahi diing hi □*

**Amos. 8:8** ~ Gamsung or leitung a kiliing diing hi.

□ Tami ziehin gamsung kiliing in, a sunga teng zousie in a suun diing uhi. □

**Amos 8:10** ~ Guolnop bawlnate daana suoh diing.

□ Na pawl bawlte uh suunna ka suohsah diing a, na Late zousie uh kaala ka suoh sah

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*diing hi. Kawng chintengin sai-  
ip-puon ka teengsah diinga,  
lutang chintengah lukieuna ka  
tungsah diing hi.....* □

**Amos 8:11,12** ~ Pasion Thu  
zaahna diing a um nawnsih diing  
a Pasion Thu a kielna a tung  
diing hi.

□ *Gamsung ah kelna ka tungsah  
diing a, tui leh ann du a kielna  
hilou in, Pasion thu a kielna ahi  
diing hi* □.

**Amos 8:13** ~ Khangdawngte  
thabei in apua diing uhi.

□ *Khumi chiengin, nungah  
siengthou mel hoitah leh tangval  
thahat laite dangtah in a pua  
diing uhi.*

**Jer.16:4** ~ Natna huoise tahin  
mipite a shi diing uhi.

□ *Amaute shisia in a shi ding ua,  
koima □ n a suun sih diinga; vui  
zong akivui sih diing a, leitung  
a silnieh sekhawm bang a hizaw  
diing uhi.*

**Jer. 16:5** ~ Shi suun diing  
kikhaam:

□ *Mangpa □ n tambangin agen hi:  
Shi suunna innah lutsih unlen,*

*amaute daapi diing leh kaapi  
diingin zong vahaw sih un....!*

**Jer.16:6** ~ A lien leh aneu, a teeh  
leh akhanglaite shi tuoh tuoh  
diing uhi:

*A lienpen leh a neupen zong, a  
teehsie leh a khanglai zong ashi  
chiet diing uhi.*

**Jer. 16:8** ~ Guolnop bawlna inn  
leh mipi kipunkhawmna munte  
a haw diing akikhaam diing hi.

□ *Guolnop bawlna innte ah  
zong, amaute toh ne diing leh  
dawn diing a na hawlou diing  
uh ahi.*

**Isai 26:20** ~ Na inn uah kikhum  
unlen, kot kikhahkhum un....

□ *Ka mite hingpei unlen, na  
pindan sung uah lut unlen, kot  
kikhah khum un, lungthahna  
abei masangsie in....* □ *(Tami khu  
Home Quarantine ahi)*

**Isai 2:11** ~ Mihingte kiletsahna  
suhngiem ahi diing.

□ *Mihing kiletsahna khu  
suhngiem ahi diing a, mite  
kideikhopna zong kunsah  
ahidiing hi.*

# Pasian tuak dingin Nakiman hiam?

~ Rev. Chin Lamthang Buansing

## Thupatna:

?. **Johan 14:6** □ Jesun adawng a, akiangah: Keimah tua lampi, tua thutak leh tua hinna ka hi. Kei hong tawnlou in kuamah Pa □ kiang a tung thei kei.

?. **Johan 3:16** □ Ahang hih ahi: Pasian in leitung khuavannuai a it mahmah manin, Tapa tangkhat aneihsun apia hi. Amah a um mikuapeuhin, mangthang teitei loua, tangtawn hinna aneih zawk nading ahi.

## Q. Bangchibanga Pasian tuak dinga Kiman ding ihi uh hiam?

- 1. Gamtatna hoih leh nuntakna hoih nei in maw? Hilou.
- 2. Saptuam leh Biakna ah hoih taka kizang in maw? Hilou.
- 3. Hotdamna tang in. Khelhna akipan Hotkhiatna ngahna in maw? He hi ei.

## Q. Banghanga Hotdamna Poimawh kihi ahi hiam?

- ? Khelhna hanga Khalam ah misi akihihman in ahi.
- Hinna nei, Pasian in Ama □ hinna huu hongpiak a hinna nei te ihi uhi.
- Ahihhangin melma Satan □ khemna kizuikha ahihman in, Pasian toh khalam nun-

takna ah ikizopna uh hong kitat a, tua hangin kha nuntakna ah misi ihong hita uhi.

- Hinna neisa mite, Pasian toh kizom nawnlou in misi ihong suak mawkta uh ahi.

## Q. Hotdamna ahihkei leh Pianthakna kichi bang ahia le?

- Gawtmun akipan hotkhiatna ahi diam?
- Ahihkei leh Vangam kaina, Vantung gam tunna ahizaw diam?
- Hotdamna kichi bel khelhna akipan hotkhiatna leh ngaihdamna ahi (Mathai 1:21).
- Jesu Khrist hotdamna in Pasian leh mikhialte hong kizom sak kika, tuabel Pa-

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sian gam sung luttheihna lampi omsun ahi.

- Hotdamna leh pianthakna kichi atonkhawm ahi a, akibang bel hilou ahi.

**Hotdamna leh Pianthakna Bukkakna:**

- ? **Pianthakna:** Khatvei a zoh ahi (Once for all)
- ? **Hotdamna:** A pai zel ding ahi (On-going process)
- ? **Pianthakna:** Khalam hinna bul kipatna ahi (Beginning of Spiritual life)
- ? **Hotdamna:** Khalam hinna kipattung akipan Vangam tunma hinkhua (Spiritual Life till we reach heaven)
- ? **Pianthakna:** Thil khat (nna khat) dan ahi,
- ? **Hotdamna:** Sawngthum (aki suangsawn) ahi.

**Hotdamna Sawng Thum (Three Layers of Salvation):**

**1. Siamtansakna (Justification) Pianthakna ahi.**

- **John 3:1-17:** Jesu Khrist upna tungtawn a tangtawn hinna.
- **John 10:1,7:** Kongpi Jesu Khrist tungtawn a Pasion kiang lutna.

**2. Sianthousakna (Sanctification) Khalam a niteng□ nungzuihna ahi.**

- **Nasep 2:47:** Thu-ummi te□ nasep poimoh mahmah khat Pasion phat tawntung ding ahi.

- **1 Cor.1:18:** Sianthousakna hinkhua kichi bel nisim hinkhua a Pasion thupina piakna ahi.

- **1 Cor.15:2:** Tangthupha kiptaka lena hinkhua zatna pen sianthousakna hinkhua zatna ahi.

- **1 Cor.15:31:** Nisim a Khrist a dia nuntak gige ngamna leh khawvel adia sih ngamna ahi.

- **Matthew 10:38:** Nisim a, khros pua a Jesu nungzuih gigena sianthousakna hinkhua ahi.

- **Col.3:10:** Sianthousakna hinkhua bel Pasion batpih hinkhua zanga nuntakna ahi.

**3. Thupisakna (Glorification) Gingtuten Vangam a itan ding uh.**

- **Romte 13:10:** Thupisakna hinkhua kichi bel, itna hinkhua ahi.

- **1 Pet. 1:5:** Pasion□ vangletna in a tonpih leh akepbit hinkhua ahi.



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**Toupa Jesu Khrist in Nang ahong Chialna:**

- ☐ Vangam kai ding kia in Jesu in nang ahong sam kei hi.
- ☐ Hotdamna Sawngthum nei ding leh Amah zui ding in ahong sam hi.
- ☐ A hinna hongpepa Jesu in lamtawn a Amah zui ding in hong sam hi.

- ☐ Nisim a ginomna toh muan-huaitaka Jesu Khrist zuih gige ding ahi.
- ☐ Khros pua a gimthuak tampi toh Toupa nungzuihna hinkhua ahi.
- ☐ Itna hinkhua leh Pasion ☐ hehpihna tungtawna hinkhua zat ding ahi.

**Thukhupna:**

- ☐ Toupan na lungtang sung akipan in Amah sang ding in hong sam hi.

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## **SURELY I COME QUICKLY**

~ Rev. Haozalian, Founder Editor.

**Text. Rev.22:20 cf 22:7,12& 3:11; 1:7; Luke.18:8.**

Atleast five times in Revelation alone we have found the phrase ☐Behold I come quickly☐ signifies the eminence of His coming again on earth to take up the saints.

This is the Church age which also is known as Grace Dispensation period, a time will come soon to the close of Gentiles dispensation. As we knew the Israelites clock was put to stop on the day of crucifixion of Christ on the cross of Calvary, two thousand years ago. Then the Gentile age or church age began to usher upto this

twenty first century. Our Grace dispensation will come to an end after the rapture of the saints or the Church. But God will activate the Jewish clock by ushering the millenium reign of Christ. after the rapture!

Therefore it is good to discuss how to make most of our short period of time. Tentatively

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we may have about 12 years for spreading the gospel of the Grace of God. Nevertheless this is human projection: The Lord may come at any time, even before the end of this year!

In the light of the above passages, let us focus on 5 (Five) vital roles to play:

1. Let us be faithful to serve God in the midst of hardship. This is the time of apostasy- falling away from faith. Let us attempt to be faithful by the time the Lord come on earth, that He will find faith in us. (Luke.18:8). A time will come when the man of sins be revealed, the son of perdition (2 Thes.2:3) V-4 who opposeth and exalted himself above that is call God, or that is worshipped. so that he as god sitteth in the Temple of God showing himself that he is God. v-3)

**Comments:** This would be the Anti-christ who is a genius man in politics, religions, economics and in all social and civic dealings. The newly elected Israeli Prime Minister Naphthali is said to have announced to prioritise the construction of The Third Temple in which this genius man will have his seat.

2. But particularly it is good to focus on how to prepare for His coming again. Let the preaching of the gospel and soul winning be the second important things we must keep on doing it, until He comes! This we must do because we have a rewarding God: he says,  My reward is with me to give every man according to his work shall be  (Rev.22:12) The Bible also states that God is a rewarder of those who diligently seek HIM. (Heb.11:6).

3. The third vital role we must play is to wait patiently and serve our glorious coming King. He is our great King. Let us acknowledge Him as King of our life. He is not only the head of the Church, but also the Ruler in every individual Believers (Psalm.149:2 ff). Our King deserve our praise because He had redeemed us by His precious blood and make us to be Kings and Priests unto God the Father (Rev.1:6) How much thankful we ought to be for having such a great King who laid down His own life for us His flock. (John.15:13). Just imagine the four words:  Jesus died for me . This is Spurgeon life principle and great theology.

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4. The fourth vital role we must play is exercising our faith daily. The text we selected in Luke.18 :8 states, "Nevertheless when the son of man cometh shall he find faith on earth?" Let us emphasize how to keep up faith? How to make it grow? How to be faithful till death? the answer be: Let us fix our eyes on Jesus! Let us look to the crucified one. He is the author and Perfecter (Finisher) of our faith (Heb,12:2). Our faith will grow by leap and bound in the fertile soul of thanksgiving (Col.2:6-7). When we are able to bind ourselves in his covenant of love, we could be able to remain faithful till the end of life. (I Cor.16:22)

5. The fifth vital role we must play is Hope for His glorious appearing. Hope is an expression of faith. Luther said, "Everything we do is done with Hope". Hope is the anchor of our life. Hope sustain us. Hope give us endurance and comfort. Hope revive us, Hope strengthen us. (Rom.15:4). Because our God is the God of Hope. The Bible says, "Let Israel hope in the Lord: for with the Lord, there is mercy and with Him is plenteous redemption.. He shall redeem Israel from all his iniquities (Psalms. 130:7,8) as long as we hope in the Lord, our faith is pleasing to God!. May our dear Lord speak afresh to everyone of you! Amen.

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## *Sepguol*

### **HOULIMNA TOMKIM - 2021**

*~ Pastor Suonboi, Shillong*

Covid-19 Positive leh Negative toh buoina kawm kaal ah Sepguol 2021 jou thei ihiitaah man vun, Pasien kung a I kiph chiet ding lam en ing, tua leh kou jongh kipaah mama vung. MELC. I kumthupi vuh, Christ adia hinkho lamdang ngam pan sanh a sepguol vaaiguon teng jawsiang ahi taa a, dei bang a kikhawm thei lou leh innsuon tuon thei lou jong om ding gin taat om ahi jie in, tunin tomkiim nou khat kikumh thaa kia lei a nuom huoi kasaa hi.

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Kum thupi hi, Jesu Khrist jieh a, Ki lheng ngam, Ki khel ngam, Hinkho tha a lamdang ngam ding chi dei na ahia, Misiengthou Paul inh, Christian te kung a, Pasien inh ei khotuo nate vuh, Ama□n I khiel nate ei ngaidampih na leh, a Vankhuo leh tuui a dia ei pom na te thei jingh a, I sapum vuh kithoih na hing leh sieng a kilaan dia nget na ahi, tua leh leitung hin daan toh kituoh a hin kho man lou ding chi nget na ahi.

Thuhunthaa sung a tam leitung a chi nop inh, 1 John, 2:16 Ajiehpeen leitung a sil omjou sie tahsa deina, mit dei na, damsung kiletsah nate Pasien akipan ahisih a leitung a kipanah ahi jaw hi achi hi, tua jieha Khrist adia hinkholuui tawpsanh a hinkho tha toh kivon ding chiel na ahia, ki khel na ding lamdanh ngam theina dia apoimaw te pen, I mihing luui nuasie ngam, pai doh ngam, taan ngam poimaw kia jel ahi, Na niidang laai hindaan vuh mihing misolh nop na jieha kise gawp hawhkhieh doh un chi ahi, I mihing luui a kilang, ina nei ina kep jing vuh ina bawl jing vuh, juou leh nal, dihtat lou na, sienthou lou na, thanguoitah nuu leh paa kaal a sietna hinkho manh na, kham thei guui theih,

teep leh muom, du aam na, leh tahsa deina lungeel te teng teng hi lamdan ngam na ding in, mihing luui hawhkhiet doh a pai mang doh leh taan ngam na apat hing kipan doh ding bep ahi.

Tamte ing nuasie jou chieng a ei te pen Jesu Christ adia gimnam tuui hing ding ihi bep vuhi ajieh pen, Paul inh, Ajieh pen, Hundam a om te leh mangthai te lah ah Pasien a ding in Khrist giimnaam tuui kahi vu hi achi lien hi, ka om dan vuh, ka tawn dan vuh leh ka sil bawl jou sie te vuh pen Khrist khantanh hoi toh kituoh ka hi vuhi chi ngam ahi, ka giim nam vuh mite thei in, Kingaai thanguoia, kham thei guitheih, paahtat na, sienthoulou na, dihtatlou na leh huoihamh thangsiet na giim ka nam sih vuhi chi ngam lien ahi, koute giim nam mite thei ding in Khrist giim ka nam vuh achi hi ajieh pen tam te ka bawl jou theina ding vun, lam etkichien nei pum in na kasem nei vuhi, agen belap na ah, Nualam silte om te mangngil in malam a sil omte ka del jaw hi, kipahman manh saang diing in Pasien inh vaan lam haat na in Khrist ah kei ahing han a tua kipah man mu tumh in phaatawp na mun ka del ahi achi hi, tam te jieha in

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kou te puoh gih pen, Gospel phuon doh khu puoh gih lienpeen in ka nei vuhi achia, Khantanh hoi gen naan lengh kisah theipih ding bangma kanei sih hi, get loutheih louh a ka tung a kingaa ahi jieh in, Khantanh hoih gen sih leng ka tung agih ding ahi, achia, ajieh pen Pasien Hagau apat thop na leh silthawn pieh (Spiritual gift) ka nei te vuh tawh na kasem vuhi, ka gen vuhi ka kuon vuhi achia, tam te panh sanh in Khovel thupi nate ka taan ngam vuhi, Hinaan leh kei a ding in ding in meet na jou sie Khrist jieh in supnaa in ka sim ta hi □.. Ama jieh in siljou sie ka taan ta a, tua leh tuate Khrist ka nei theina din buathah ki kholkhawm bang giep in ka ngaisun hi ana chi hi ajieh pen malam hun hing tung ding te a kipahmanh amu ding lam et na in thahaat na leh kukal pawnthaw na apieh ana hia, tua kipahmanh saan ding a kinep na anei te uh leh ei te saan ding a om sa te pen, Loupina, Kipahna, Dihtatna, Setheihlou leh Hinna Maang Lukhuu te ahi, tam te

kinep na ten tha haat sah in kinem sah a tuachin, mimasa Abraham bang a atenna a om na mun teng a atepii mite adia guol jawl na tunh tu hing hi ahi vu hi.

Tukum sepguol vaaiguon I manh lai vun, Khrist adia lamdang ngam ding mi bang jaa ahei om ding in ka tuot jeel a, ajieh pen September nitam pi sung ki hou liim liim ahi jieh vun, Hinkholuui te nua sie, Silhoibawl lam a taikidem leh ginglou te leh gingtuute a dia Khrist giimnaam na nei a lam et na toh, Manggam khanlet na dia, kuonkhie, thumnaa leh silpieh toh pang kawm a Pasien Hagau inh ei pieh silbawl theina inei te muutkuong a, dam laai leitung thupi nate paidoh leh taan ngaam na hinkhuo toh sinua lam kipahman, muding kinep nei pum a, iseppih te, ei ma innsung chiet, I veeng te leh I minam leh nam dang te adia guoljawl na thupha tunh tuhi ding in sepguol tungtawn ah Mangpa Pasien apat I lawchinh chiet ding vuh ki nep a om mama hi.

Lungdam.

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*Lungdam Thuphuan*

Tukum 2021 sung a Vondei Sauliim Orphanage Home ading in ha teng a MELC innsuan chin in anntang ithoh khawm te banah,mi kiphah ha tenga sum a pang gige te anei abang ahi.

1. Nu Flora Hatzaniang, UK apat - Rs. 25000 (Quarterly)
2. Major Chinghoinei, Imphal apat - Rs. 2000 (Monthly)
3. Nu Neneng, Chingka Avenue - Rs. 1000 (Monthly)
4. Nu Niangpi, Zomi Colony - Rs. 2000 (Monthly)
5. Nu Chiinhaukim, Zomi Colony - Rs.1000 (Monthly)
6. Nu Chingkhodim, Zomi Colony - Rs. 500 (Monthly)
7. Nu Niankhanchiin, Immanuel Khopi - Rs. 500 (Monthly)
8. Nu T. Niangneihohi, Zomi Colony - Rs.200 (Monthly)
9. Nu Ngaihoiniang, Zomi Colony - Rs. 200 (Monthly)

Tualeh, Simveng apat mi kiphah 18 te□n hateng in Rs.2000 tan bang thoh khawm thei jel uhi. Amaute ahileh..

- |                      |                                    |
|----------------------|------------------------------------|
| 1. Pa Khamminlun     | 2. Pa Liana Thomte (Thom□s Agency) |
| 3. Pa Khaisavung     | 4. Tv.Khuplianpau                  |
| 5. Pa Tunmang        | 6. Pa Khupthang                    |
| 7. Nu Zamchiin       | 8. Nu Thangkhoman                  |
| 9. Nu Vunghuai       | 10. Nu Vunghauchiin                |
| 11. Nu Niangliankim  | 12. Nu Nemhoihching                |
| 13. Nu Chiinkholam   | 14. Nu Mawite                      |
| 15. Nu Vungkhanching | 16. Nu Thangdeihching              |
| 17. Nu Sianneiching  | 18. Nh Nuamngaih mang.             |

***Mangpa□n Thupina tang ta hen!***

Khochin ELWA member te pawnthaw leh ngai poimaw na jiah ban ah tam atung a teng in phut thu hilou, kiphah man a hateng a VDS ading thoh khe zing ahina uah, amaute tung leh Khochin ELWA te tungah VDS Managing Board te thatang in lungdam thu kahing gen hi.VDS ading a na gim na tawl nate uh, na sum le pai senna te uh aleh tampi□n Mangpa□n hing thuh ta hen aw.

Lungdam ung.

Ngaineikim  
VDS Secy. M/B.

~~~oio~~~

Patron Memberte

- | | | |
|--------------------------------|-------------------------------|---------------------------------|
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| 2. Pi Warlita Manlun | 57. (L) Rev. Khaamthang | 112. Evan. T. Dongzalam |
| 3. Pu M. Khamzaming | 58. Pu T. Lamzagin ASC (Retd) | 113. Upa Paukhosuan |
| 4. (L) Upa T. Gougin | 59. Upa S. Kammang | 114. Pastor Ginsuanthang |
| 5. Upa M. Kaichinkham | 60. Pu L/Nk Mangchinthang | 115. Upa M. Khupkhanhau(Retd) |
| 6. P. Vungzathang | 61. Pu Pumkhanmang | 116. Pu M. Haukholian |
| 7. Pu P. Chinzakhup | 62. Upa Tunzagin | 117. Pastor Chinlunmang |
| 8. Pi Chinnu (Mrs.Gouzadou) | 63. Pi Zengaihniang | 118. Pu H. Khaikhogin |
| 9. Upa D. Khupsuanpau | 64. Pu Chinsuanlam | 119. Pu T. Chinkhohau |
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| 11. Upa M. Jangkohau | 66. Pu Genkapthang | 121. Pu Khamkhanhau |
| 12. Upa T. Gouzalal | 67. Pu Paul Henkholal | 122. Pi Lunsuanchiin |
| 13. Upa Jangkhogin | 68. Upa Nengkhenthang | 123. Upa Tutzamung |
| 14. (L) Upa M. Khamzathong | 69. (L) Rev. P.K. Khama | 124. Pu Dongzakam |
| 15. (L) Pu H. Thangmang | 70. (L) Pi Nuamneikim | 125. Upa Thangchinhang |
| 16. Pu M. Ginzasuan | 71. Pu Dr. David Vumlallian | 126. Evan. Thangkhanpiang |
| 17. Pu M. Kailam | 72. Upa Ginzalam | 127. Pi Goikhanman |
| 18. (L) Pu T. Soiminthang | 73. Rev.Kamminthang Tungnung | 128. Upa Zamkhosuan |
| 19. Pu S. Suankhothong | 74. Rev. Thangliankham | 129. Pu Jamchinpau Samte |
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| 21. (L) Pu Hauchinmang | 76. Sya Dongzapum | 131. Evan. D. Ginpu |
| 22. (L) Dr. Upa Tongkhokai | 77. Dr. N.D. Samte | 132. Pastor Khamkhenthang |
| 23. Pu T. Ginzamang | 78. Pu Sienzathang | 133. (L) Upa Chinsuanpau |
| 24. Pu T. Goupau | 79. Pu Sheshei | 134. Pu P. Tunzamang |
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| 27. Upa P. Kamzadou | 82. Pastornu Niangzadim | 137. (L) Upa Thongzalam |
| 28. Dr. Ginniung | 83. Rev. Ngilzakhup | 138. Pu Kaikhankap |
| 29. (L) Upa Lt. Col.Thongzadou | 84. Pu Hausuanthang | 139. Ex-Sub. Upa Kaichinpau |
| 30. Pu John Zamkhomang | 85. Upa Khamchinlam | 140. Pu Ex-Hav. Thangzakhup |
| 31. (L) Pu M. Lunkhoneh | 86. (L) Khaiminlian (13 yrs) | 141. Upa S. Suanzakham |
| 32. Pu Kapzaming | 87. Upa H. Khamzaming | 142. P. Chinminthang |
| 33. (L) Pu Hauchinthang | 88. Pu P. Sienzadong | 143. Rev. Retd.S.Nengkhanmang |
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