



### Thahatna hi lo, vangliatna zong hi loin keima Kha hang ahi hi. Zech 4:6

#### PASIAN IN CIHTAKNA THUPHA PIA

I Topa in “Kei hong pahtawite ka pahtawi ding hi...” ci hi (1 Samuel 2:30). Kum 100 tampi khit ciangin zong Laisiangtho sunga Pasion kammal pen kikheel nai lo a, tuni dongin tangtung- tung lai hi. Pasion kammal ahi “Pasion aw za in a thu mang nahih manun thupha khempeuh no tungah hong tung ding hi” (Thuhilhikina 28:2). Hih pen kum tul aval khit hangin tuni dongin tangtung lai hi. Pasion in hauhna thupha pen ama thu amangte tungah kamciam ngiat hi. Hih thu pen kaalsim a Sabbath a tangte tungah tangtung phadeuh lai hi. Leitung a kibawl cil a kipanin Pasion in Nisagihni pen thupha apiak tuam ngiat ahi hi (Piancilna 2:3). Pasion in thupha a piakte pen a tawntungin thupha ngahte ahi uh hi (1 Khang. 17:27). Pasion in Nisagihni Sabbath pen thupha pia ahih manin ei Sabbath a tangte pen Pasion in nasia takin thupha hong pia hi (Isaiah 56:2).

Dotna pawlkhat kidong dih ni. Sabbath bangci danin tang ding ihi hiam? Sabbath tawh akilehbulh sepkhiat- na le gamtatna honkhat om hi lo hiam? Sabbath’ thupha hong taansak nate a om hiam? Pasion in Sabbath tungtawnin bang ngimna nei hiam?

Sabbath thukhunte in ei hong makaih hi. Tua thukhun in i Sabbath tan dan pen mumal nei sak hi. Pasion kiangah thungen in, ama sungah i kipumpiak ciangin Khasiangtho in i Sabbath tanna a manpha suaksak hi. Laisiangtho siksan in Sabbath tan dan ding kikum dih ni.

#### I: Sabbath ni pen ei hong bawlpa Pasion biakna hun dingin ap ni.

Sabbath tanna ah a thupi pen in biakpiakna ahi hi. Sabbath ni in vantung a om teng khempeuh tawh aw khatin a nuaia thu teng ih pulaak khawm hi.

*“Kote’ Topa Pasion aw, Nangmah in na khempeuh piangsak in, Nangma deihna bangin na khempeuh om in, na khempeuh kipiangsak ahih manin, Minthanna, Pahtawina le Vangliatna, A ngah dingin na kilawm hi” (Mang. 4:11).*

Itna Pasion in eite hong bawl hi. Ei hong bawlpa Pasion bia in lungdamna i pulaak hi. Siampi. 23:3, sungah “Ni guk sungin nasep ki zo ding hi; ahih hangin a ni sagih ni in a thupi tawngakna Sabbath, a siangtho kikhopna ahi hi” ci hi. Hih ni pen Pasion’ mite kikaikhawm in Pasion biakna le phatna ni ahi hi.

Kum za tampi sung Judah minamte in Sabbath simin Pasion phat uh hi. Thukhun Thak sungah Jesu in Sabbath tanna ding ahoih lamin lampi hong lak hi. Luke in “Jesu pen a khankhiatna Nazareth khua ah hong pai a, a ngeina mah bangin Sabbath ni in synagogue ah pai in, dingto in Laisiangtho a sim hi” (Luke 4:16) ci hi. Jesu adingin Sabbath ni pen kikholkhop hun le Pasion biak hun ahi hi. Pasion mite kikaikhawm in khawl khawm uh a, Pasion phat in, a kammalte simin lungngai uh a, thungen khawm in a om uh ciangin Pasion in

amaute thupha pia hi. Jesu in Sabbath ni simin synagogue ah a Pa phat dingin pai hi. Sabbath ni a biakna neih pen Jesu adingin thupi mahmah hi. Vantung a om a Pa phat ding, Ama kammalte lungngai ding, A mite tawh kikhawl khawm ding cihte in Sabbath nisim a, Jesu’ zuih ngeina le a zat den khat ahi hi.

Thuciam Thak sungah Christiante in Sabbath ni simin kikaikhawm in a kha tha uh dimsak uh hi. Khat le khat tha kipia in kitawsawn uh hi. Paul thuhilhna mangin a zui uh hi. Paul in, “Khat le khat ki-it in a hoih nate i sepnadingin kihanthawn ciat ni...” (Heb. 10:24, 25). Sabbath simin Pasion in amah phatna ah lungkimna a

Thupha kua hong piak hiam?  
Koipan hong pai hiam?

zong dingin eite hong sam den hi. Sabbath pen vantunggam malepna ahi hi. Vantung lamte geelna ah Pasion in eite pen kaalkhat sungah Sabbath ni a tang dingin hong deih hi. Tua ni pen biakna hun bek hiding a, nasep ni hi lo ding hi. Sabbath ni in eite pen nasep gimna tawlna panin hong suakta sak hi.

Thukhaam 10 lak pan a 4na pen a tel baih penpen ahi hi. Thuhoih hong kihilh ciang bek hileh mihingte in zui nuam lo ding cih pen Pasion in tel sitset hi. Tua ahih manin Pasion in thukham hong pia a, tua thukham pen “Sabbath ni a siangtho-a zat ding phawk in. Ni guk sung nangma’ na semin na nasep ding khempeuh na hih ding hi; ahih hangin a ni sagih ni-in Topa na Pasion’ Sabbath ahi hi; na bangmah nasem kei ding uh hi” ci ngiat hi (Paikhiatna 20:8–10a). Pasion in “Phawk in” ci napi, leitungbup phial in hih thu mangngilh ta uh hi.

Pasion siantho’sak ni bek mah, eite in i tang thei hi. Sabbath ni pen ni sagihni bek hi a, nidangte in kheek khia zo ngei lo ding uh hi. Bang hang hiam cihleh Sabbath ni bek mah, Pasion’ Siantho sak ni ahi hi. Tua ni in nasep dang khempeuh nusia a Pasion biak ding ahi hi. Nasep dang khempeuh sangin a thupi zaw pen Pasion biakna ahi hi. Pasion biakna sangin a dangte thupisak zaw na hileh na Pasion a zahtaak lo na hi a, a minsia sak bek hi lo, hong piaksa thukham a zui lo cihna ahi hi.

Jesu in “Thumaan na thei ding uh a, tua thumaan in note hong suakta sak ding hi” (John 8:32) ci hi. Sabbath thumaan in a kizom den tawl taka nasepna panin tawldamna hong pia hi. Hong suakta sak hi. Sabbath-ni sim a i kitheih sak pen ei nasep hanciamna hanga lawhcinna i ngah pen Pasion kiang pan hi cih thu hi. Tua ni in Amah a bia dingin ei hong bawl Pasion in hong sam hi.

Mi tampite in a nasepna panun amau hihna mu uh hi. A nasep un amau koibang mi cih lak khia hi. Tua mah bangin eite kua-mi cih ih kitheih nading le eite’ manphatna i muh theih nangin Sabbath in hong sam den hi. Ahi zongin tua i manphatna pen ei nasepna tungtawn hi lo hi. Sabbath ni in Pasion’ muhna ah eite’ tawntung manphat-zia i sin theih nangin kaal simin hong phawk sak den hi.

Pasion ahi Jesu in Sabbath ni siangthosak hi.

## Cidamna Thu: Khuaizu

Khuaizu nekding aki gen ciang, kizep kipuahna lam ah ki limzat ahih manin mel hoih nading bekin i ngaihsun kha hi. Khuaizu i nek manin pumpi ading phattuamna tampi pia hi. Lupma khuaizu nek ahoihna kua mahin ki thei kim lo hi. Tua ahih manin bang phattuamna om hiam cih anuai aa thu (7) te sim suak in!

### 1- Ih mut nuamsak hi.

Khuaizu lakah pumpi ading akisam (tryptophan, amino acid) te kihel ahih manin lupma in sikkeu khatta tuilum tawh gawmin dawn leeng ih mut nuamsak hi.

### 2- Sikhang natna daal hi.

Sikhang natna asawt ciang, lungtang nasia takin su-kha(lawh) ahih manin kidop huai aa, hun lo pi nuntakna bei thei hi. Khuaizu in Si akhang lohna dingin nasem ahih manin lupma sikkeu khat ta ne zo leng, sikhang natna daal hi.

### 3- Sihui khak thei te daal hi.

Nek leh dawn hangin pumpi sungah akisam lo anel (sathau nom) ki-behlap den ahih manin sihui sungah tawmtawm in na lutlut hi. Sihui sungah akisam lo anel(sathau nom) te hangin lungtang natna, sikhum natna piangsak thei hi. Sihui khak anel(sathau nom) te khuaizu in sawpsiang zo ahih manin nisim nezo den leng, sihui khak thei te daal hi.

### 4- Pumpi tha hatsak hi.

Nitak sim lupma khuaizu nenden leng, aki lawh thei natgual maimai in hong zo lo ding hi. Tua hi aa natgual menmen in hong zawh loh nadingin khuaizu ne tek ni pumpi tha hatsak hi.

### 5- Ih thau' tuisuak sak hi.

A thau te adingin khuaizu nek huai hi. A hangin i pumpi sung aa thau' na apiangsak te tuisuak sak hi. Weight khiam nuam ten zongh Exercise i bawl kawmin khuaizu nezo lai leng manlang takin kiam baih zaw lai ding hi.

### 6- Hong nosuak sak ding hi.

Mel hoih nadingin khuaizu aki zat mah bangin nitak lupma khuaizu sikkeu khat le tuilum hel sa dawn den lecin na kum atam hang' na mai vun hong nosuak sak ding hi.

### 7- Lungkiat natna daal hi.

Lungkhamna tuamtuum apiangsak ngaihsutna te khuaizu in hemkhia thei hi. Tua ahih manin i nuntak sung khuaizu nenden zo leng lungsim neu /ungkiat natna (စိတ်ဓါတ်တူရေဝါ) daal hi.

Crd: Aunty May

## THEIHUAI TAWMNO:

Tu laitakin Africa gampan a kilawh Vok natna (Swine Flu) nasia takin kizel ahih manin voksa a ngawl zo nailote in voksa nek kidawm ni.

Tu sungteng Opersi (mat le hen) nasia takin hong semkhia uh cih ih mit muh in kimu ahi manin a kuama peuh (Card nei/neilo) vakna hawhna ciahna ah kidawm ciat ni.

## MIPI NGAHTHEIH HAMPHATNATE:

1. Merchantrade **bank card** leh Merchantrade **insurance** ki bawl thei.

Amun: ZRC zum

Ani: 10/06/2019 (Monday)

Ahun: 1:40PM

Ki zopna ding: 018-2635184

3. **Zomi Thongkia** sungah cidamlo a om leh ZRC zum ah hong zasak un. **ICRC** tawh ki kop in ki panpih hi.

4. Nasepna ah Khasum ngahlo te hi ta leh sim mawh bawlsiatna, thu maanlo pi in nasep khawlsakna cih te a om leh zong ZRC zum ah hong zasak un.

5. **Refugee Council** of Australia te'n Malaysia ah om Zomi galtai te ading in June kha sung in Geneva ah thu sunna nei leuleu ding. Aki sam lai dal lai kung teng ZRC pan ki puak khin. **Thungetna** ah phawk ding.

6. **Sen pau(Mandarin)** a sin nuamte ading in class om.

Amun: Methodist College Kuala Lumpur

Registration and school fee RM 30

Course man ciangin Certificate hong pia ding hi.

Kizopna ding ZRC: 039-224 7283

☺**Laibu Thak:** KLAC biakinn ah laibu hoih nono man ol takin kingah thei hi. Kizop nading, Sia David Lian (011- 2109 7892).

◆Sabbath School Lesson 3rd Qtr (Zolai)

◆Christ Kiang Zuatna (Zolai)

◆Lai Siangtho: A Thu Zui-in Khenna

◆Neihsa Kepzia

◆Khangtawn Lunggulh (Desire of Ages)

◆Gual Tawh Tan Bang Kim

◆Pasian in Phawk in A Cih Ciangin

◆Pasian' Kammal Tawh Holimna

◆သမ္မာတုမ်းညွှန်း: (Innkuan Lai Siangtho Sinna)

◆The Passion of Christ

◆Gupna Bucing Tangkona (Lakhui)

☺**Lungdam Kohna:**

Tu kha **Zo Phualva** laihawm adingin itna tawh ma hong pang Sia David Liant innkuan tungah ih pawlpi tangin lungdam ih ko hi. Ih biak pasian in amau innkuan tungah a kicing zaw thupha te hong buahsuk sak ta hen!

&Articles leh thu tuamtuum tawh Zo Phualva ah ma kipang thei hi. **Cidamna** lam, **Technology** lam, **pilna** lam.. Topic tuamtuum ki lunggulh hi.

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**KL ADVENTIST CHURCH**  
**(ZOMI SERVICE)**

**Every Saturday:**  
Sabbath School 11:00am  
Divine Service 12:30pm  
Adventist Youth 03:00pm

**PAI DAN DING:**

**BUS >** Balai Polis Sentul-  
**Train LRT >** Titivangsa  
**LRT Station**  
**Monorail >** Titivangsa  
**Stesen**  
**Grab/EZCab >** KLAC Zomi