

Khri's' Suangphum

Suangphum Iepkhitsa Ioungal suangphum dang kuamah in a lem theita kei, huai suangphum Jesu Khrist ahi - 1 Kor. 3:11

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21 Biblical Meditations During Communion (Part 2 of 4)

Christians are instructed to partake of the Lord's Supper every first day of the week and to remember the Lord's death, discern His body and examine themselves as they partake. The first article in this series examined the importance of doing that; this article will begin to suggest some practical and Biblical ways to fulfill that joyful experience every week.

I must keep my heart engaged while eating of the bread and drinking of the cup. With so many things to distract me, one easy way to keep my heart and mind focused the entire time is to read from the Bible. If I bring it with me to worship every Sunday, it can be my faithful resource for meditation and discernment. There are so many different aspects of Christ's crucifixion on which our minds can focus. So, perhaps we keep a list (like the following) in our Bibles and focus on a different aspect (and read the associated Bible passages) each week. This kind of list could last me for weeks.

1. Read and meditate on the pre-creation (i.e., eternal) plan of God to send Christ to die for me (1 Pet. 1:17-21; Rev. 13:8; Gal. 4:4; Eph. 1:4; 2 Tim. 1:9).
2. Read and meditate on the prophetic utterances of Isaiah, who foretold of the rejection and suffering of Christ more than 700 years before its cruel fulfillment (Isa. 53).
3. Read and meditate on the knowledge that Christ would have had (before ever leaving heaven to come to earth) of the tremendous sufferings that He would endure (Psa. 22).
4. Read and meditate on the multiple predictions that Jesus made Himself of the things He would suffer (Matt. 16:21-23; 17:22-23; 20:17-19; Mark 8:31-33; 9:31; 10:33-34; Luke 9:22, 43-44; 18:31-33; John 12:27-33).
5. Read and meditate on the selfless acts of Jesus in the upper room, including His identification of two friends who would hurt Him (Matt. 26:21-25, 31-35; Mark 14:18-21, 27-31; Luke 22:21-23, 31-34; John 13:1-30, 36-38).
6. Read and meditate on the anguish of Jesus as He instituted the Lord's Supper, when He told His friends, "This is my body" and "This is my blood" (Matt. 26:26-30; Mark 14:22-26; Luke 22:19-20; 1 Cor. 11:23-30).
7. Read and meditate on the prayer-filled sorrow, distress and heart-rending agony of Jesus in the Garden of Gethsemane (Matt. 26:36-46; Mark 14:32-42; Luke 22:39-46; John 18:1-2).
8. Read and meditate on the intimate betrayal by a friend and being arrested like a violent criminal (Matt. 26:14-16; 47-56; Mark 14:43-50; Luke 22:47-53; John 18:1-11).

(more next week)

PLACE OF WORSHIP

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**'KHRIS' SUANGPHUM, A WEEKLY BULLETIN FOR
THE MEMBERS OF THE CHURCH OF CHRIST, DELHI,
ON THE FIRST DAY OF THE WEEK'**

Enkaitu : Jamson Guite

BIBLE CLASS

Class

Adult : Khenpi, Siamkhanmuan
Inter. : James & Jamson
Junior : Ginsuan & Suanlian
Primary : Minlun & Niangngaihching
Beginner : Chingkhanlun & Pauliansiam

Teacher

TOUPA NI THILPIAK

Date 27.12. 2020 - ₹ 31,701/-

THOUGHT OF THE WEEK

**Ginom a mi genthei, mihau a mukte
kilawmlou gen leh mihai sang in a hoih
zaw hi (Paunakte 10:22).**

THU TUAMTUAM

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BIAKNA PROGRAM

Toupa Ni' (03/01/2021)

Hun-uk thumna : Kamkhenthang
Lapi : Mungmuanlian
Thilpiak : Lang James
Theihgigena : Thongginlian
Thugen : Jamson
Thumna : Pauminthang

BIAKNA PROGRAM

Toupa Ni' (10/01/2021)

Hun-uk thumna : Janglet
Lapi : Mungsuan
Thilpiak : Thangdoulian
Theihgigena : Khamminthang
Thugen : Jamson
Thumna : Thangliankehup

Sam 90:10-12

**Ka damsung kumte uh
kum sawmsagih ahi a,
hatna ziak in kum sawm-
giat leng ahi thei hi;**

**himahleh a sawtna sep-
gimna leh lungngiahna
lel ahi a; a mang pah a,
kouleng ka leng mangzel
uhi.**

**Kuan ahia na hehna thil-
hiththeihdan thei a, nang
kihtak diing dan a na
hehna theilou?**

**Ka damsung nite uh sim-
dan hon hih in, pilna
lungtang ka neihloh hial
na diing un.**

ZIN LEH TUNG

❖ Unaupa Chinlunmang kal nihvel paita in phalbi hun awl zang diing in Lamka lam ah ana pai hi. Hongtunkik hun diing bel theihchet hinailou.

❖ Unaunu Hoihmuankim leng phalbi hun awl zang diing in Lamka lam ah ana pai hi. Bangtan va om a bang hun a hongkiknawn diing hiam chih theih hitadihlou hi.

❖ Unaunu Manmuankim leng exam a zoh uh toh kiton in Lamka lam ah ana pai hi. Amah leng bang hun a hongkik nawn diing hiam chih theih hitadihlou phot.

❖ Unaunu Ngaisuanching leh a nau unaunu Chingthianmuang leng kal masa in Lamka lam a hun awl zang diing in ana pai leuleu uhi. Bangtan va om diing uh hiam chih theih hilou.

❖ Unaupa Chinsuanmung-te innkuan leng kal paita sung in Lamka lam ah hun awl zang diing in ana pai uhi. Sawtpi bel va omlou diing uh hihtuak.

❖ Unaunu Jamlunkim-te innkuan leng kal paita nilaini in Lamka lam ah ana zinkhia uhi. A lemtheih leh akha a sim lam va om diing uh hi'n kigen uhi.

HONGTUNG UH

❖ Mou kha diing a December kha a Lamka lam a ana pai unaupa Tawnsian-pau-te innkuan zan kiginni in damtak in Delhi hongtung kiknawnta uhi. Program hoihtak a zangzou a damtak a hongtun theihman un i kipak uhi.

MEETING OM DIING

❖ A hongtung diing kiginni (9.1.2021) Chiang in unaupa Jamson inn ah tukum a dia amasapen diing Saptuam business meeting om diing. Kuapeuh in limsak in a tamtheilam telsawm ni hang. Intekte'n meeting a paikhawm unaute nek diing sun an leng ana bawl diing uhi.

VA PAWT UH

❖ Kal paita sepnawnni nitak in un-aute bangzah hiam Saptuam ai-oh in Richard kiang ah va hoh uhi. Richard in Berean Bible Study Series a video recording leh editing athawn a teng khat leng lalou a hon hihsakna tung a kipathu genna dan a va pawt ahi uh. A va pawtte kiang ah Richard in Pathian min a ka sep theih omsun ahihman in kei leng hiai bang nahoih sepna a ka pankhak kipak lua ka hi'n chi'n gen a, huan, noute toh nasep khop nuam in manpha lua ahi chi hi. A sing tel senna diing a tengkhat leng ahon laklough ziak in Richard leh a innkuante tung ah kipathu i gen thakthak uhi.

PAWTKHAWMNA OM

❖ Zan kiginni in unaupa Thanglian-mangte inn ah pawtkhawmna om hi. Hiai pawtkhawmna ahiehleh unaunu Sara Ngailian in apianna pa suun a innlam pai hongtunkik nawn ziak a kisawm ahi. Hiai bang a pawtkhawm-nate mun khenkhat ah tulai hileng ziak a inntekte khualna a sawmlouhna mun bang leng om hi. Hiai kal kuapeuh in theisiam diing in leng i kingen uhi.

BIAKNA PROGRAM

❖ January- February 2021 Toupa Ni biakna program bawlkhit hita. A copy dohkan tung a i bulletin-te toh kikoih-khawm diing ahiehman in kuapeuh in ngaihven in eima copy diing kilak chiat ni. Huan tan nei khempeuh in a loutheilou ahiehkei leh i tante kilawmtak leh feltak a buchin chiat diing i kingen uh. A latheilou diing i om leh a baihtheipen a worship lamte khatpeuh kiang a zak-sak ngeingei diing ahi.

VISITATION PROGRAM

❖ Visitation program, first quarter, 2021 leng bawlkhit hita. Eimah copydiing kilak chiat ni. Huan, veh a i omni diing chiamteh chiat ni hang.