

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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PRIVATE CIRCULATION

JUNE 20, 2021

Fret Not

- Dan Jenkins

Sometimes in our walk with the Lord we struggle simply because we do not understand the adversity that comes into our lives. It is not that we are about to lose our faith or leave the Lord. It is because we are perplexed about what is happening at the moment. It is remarkable how that at times like this, even the smallest troubles can cause so much stress. Evidently, David had such times in his life, and his words can help us deal with frustration. The opening paragraph of Psalm 37 begins with the words, "Fret not." Eight verses later, David again tells us not to fret over matters. How do we deal with the complexity of our lives? Between the two "frets" David mentions four actions we should do which can really help us.

"Trust in the Lord and do good" (v. 3). One fundamental aspect of our character must be that we trust God. He knows! He sees! He cares! We become depressed and turn inward. These words of David point us in the other direction. Instead of pulling back and magnifying our problems, David reminds us to become active in our lives. The best cure for our frustrations is to look outward and, to use the words of Paul, "*As we have opportunity, let us do good to all, especially to those who are of the household of faith*" (Gal. 6:10).

"Delight yourself also in the Lord" (v. 4). Perhaps the cause of our frustration is that we have thought that true happiness comes from living a life without stress. A man once came to the Savior and was so troubled. Evidently his father had died and his own brother refused to share the inheritance. Think about these words of Jesus: "***One's life does not consist in the abundance of the things he possesses***" (Luke 12:15). Yet, when we think that "things" are so important, we lose sight of the spiritual treasures and joy found in the Lord.

"Commit your way to the Lord" (v. 5). Remember Gethsemane. Jesus was so troubled with all that was happening, and He prayed to God. It is not wrong for us to pray even over the smallest matters. Yet, notice how Jesus ended His prayer. After asking God to remove that cup of suffering which lay before Him, the Lord said, "***Nevertheless not My will, but Yours, be done***" (Luke 22:42). The fretfulness of stress is overwhelming when we think we know what is the best way for us.

"Rest in the Lord, and wait patiently for Him" (v. 7). Cast all your cares upon Him for He cares for you. Turn them over to God. Lay those burdens and patiently wait for Him. To paraphrase the words of Paul—do not be fretful about anything, but pray about everything and the peace of God will come to you to guide you (see Phil. 4:6-7). Wait for Him.

Brethren, hear His words—"Fret not."

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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 00.00.0000 - ₹ /-

THOUGHT OF THE WEEK

**Nangmah kam hilou in, midang kam in nang
hon phat uhen; nang mukte hilou in
mikhual muk in (Paunakte 27:2)**

THU TUAMTUAM

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ONLINE

**BIBLE CLASS & SERMON
JUNE 2021**

Toupa' Ni

(Date 20.06.2021)

Mun-uk thumna : Jangminthang
Bible Class : Siamkhanmuan
Thugen : Jamson
Thumna : Pauminlun

Toupa' Ni

(Date 27.06.2021)

Mun-uk thumna : Kammuanlal
Bible Class : Siamkhanmuan
Thugen : Jamson
Thumna : Pauliansiam

HONGTUNG UH

❖ Kal paita sintawp ni in unaupa Pauminthangte innkuan Lamaka apan in damtakin Delhi hongtung kiknawnta uhi. Unaupa Joseph Pauminthang leh a tate ahihleh January kha a hun awl zang diing a innlam pai hi uh a, unaunu Chingthianman ahihleh a nu leh pa ngaplouh ziaak a pai ahi. Damtak a hong tunkik theih ziaak un i kipak petmah uhi. Anu uh unaunu Chiinkhohau in hon om-louhsan mahleh apa unaupa Thang-zalam in damna hoihzaw ahon neih i kipak petmah uhi. A zunkhum sangsim mahleh Pathian panpihna toh hoihtouzel ahihdan zak ahi. Ngaplouhna toh kisai a innlam pai unaupa Chinsuan-mung leh unaunu Rose Lalhoihching bel hong kik nailou uhi.

Huan, hun awl zang a pai unaute Khamminthangte innkuan leh unaupa Thangbiaklunte leng hong tam tadih lai uhi. Damtak a i kimuh nawn i lamen uhi.

SUTDIA PIAK HITA

❖ Lockdown ziaak a bazar kikhak nilouh ahiman in tukum Kha Namsau tunitan sutlough in omnilouh lai hi. Bazar ahong kihon toh kiton in sut diing in kal paita sung in publication lamte'n ana pekheta uhi. Kalnawn sung ngeingei a zou dia lamet ahi. Tutung in Kha Siangthou leh a nasep thupi paipi in kinei hi. Ngaklahhuai mahmah.

KIPAHTHUGENNA NEI UH

❖ Phuaizang a unau tamlou omte'n biakkhawmna inn diing ana sak uh ana zohsiang uh toh kiton in Pathian kiang a kipathu genna hun zan kiginni leh tuni zang diing uhi. I kipahpih mahmah uh. Unaupa Kamlianpau leh unaupa Hauminthang banah Lamka leh New Lamka apan unau bangzah hiam leng hoh uhi. Unaupa Khampi in a bawng khat thoh in ankuang leng lui diing uh ahihdan zak ahi. Unaupa kip-iazkohna pathuai isa uh.

Tulai khovel paidan...



Himahleh, Jesu'n bel, "Na thilpiak uh mi muh diing in, mihing mitmuh a hihlou diing in pilvang un; ...Nang zaw mi kiang a thilpiak na piak, na khut taklam in a hih na khut veilam in theikei hen" chi hi.

- cf. Matthai 6:1-4

A Great Weapon Against Temptation

Jay Launius

We all face temptation, Satan is going to make sure that none of us are exempt. We read in 1 Corinthians 10:13 that it is a common challenge for all people but those who are in God's family will be provided ways to resist and eliminate temptation. One great weapon we can use against the devil and his enticements is wisdom. Wisdom is available to every Christian who asks God for it (James 1:5) and can help us make good choices when we're tempted. But this is nothing new, long ago the wise man of Proverbs wrote about the advantages of using wisdom against evil. (Proverbs 2) When wisdom enters our hearts (minds) and we use knowledge wisely, discretion will be key to keeping us from sinful things. Wisdom will help us recognize social pressure which gives the desire to "go along with the crowd" and participate in things not pleasing to God.

Wisdom shows us that resisting physical desire contrary to wholesomeness (substance use, sex, dishonest behavior) will only give temporary pleasure that can lead to more trouble down the road. James 1:6-7 warns us that the Christian who doesn't tap into the free offer of wisdom will be "wishy-washy" in their struggle with temptation and sin. Doubting ourselves and God can and will have devastating results in one's spiritual life. But we can happy to know that asking God for and receiving wisdom can lead us down the path of righteousness and a life that is pleasing to God.