

Kha Namsau

Pathian thu la un

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KHA GAH

(Fruit of The Spirit)

Jamson

Thupatna:

Sawltak Paul in Galatia laikhak ah kha gah bang hihiam chih kichi-antak in ana gen hi. “Kha gah ahihleh, itna, kipahna, lemna, thuaktheihna, migitna, hoihna, muanhuaina, Nunnemna, kidektheihnate ahizaw uhi; Huchibang kalh lam in dan thupiak himihim a omkei hi” (Galatiante 5:22-23). Hiai ah Paul in kha gah toh kisai a genna ah KHA GAH ana chi a, KHA GAHTE ana chilou hi. Khat sang a tamzaw genna thumal (Plural) ana zanglou hi. Sa gah (sa thilhihte) toh kisai in bel khat sang a tamzaw genna thumal zang in SA THILHIHTE ana chi hi (Gal. 5:19). Hiaiziakin in enleng kha gah I gen chiang in kha gahte chihlouh a KHA GAH chi a khat genna thumal (singular) I zat uh hoih diing hi. KHA GAH khat hi a, hihna (characteristic) tuamtuam kua anei hi. Gendan dang in, KHA GAH in hihna tuamtuam kua atunkhawm. Huai hihna tuamtuam kua kigawmte kha gah ahimai hi.

Hiai a kha gah toh kisai genna a khat genna thumal (singular) kizat chitchiatna in gennei ahi. Hiai in ahon theihsak ahihleh, mi’n sagahte/sa thilhihte lak a khat lel ava hih lelung moh uh a, sa thilhih hih a sim ahi uh. Himahleh kha gah hihna kua kigente lak a khat hiam nih hiam lel neihna pen kha gah suanna hilou ahi. 2 Peter 1:5-8 kikal ah Jesu Khris theihna a khang I hih theihna diing a poimohte gensuk diudev in ana om hi. Huaite I neihkim vek chiang a Jesu Khris theihna a khang bukim pan a kihih bang deuh in Kha Gah suang I hih theihna diing in kha gah ina tun hihna kuate I neihvek a poimoh hi.

Kha Gah suan poimohna

Galatiante 5:22-23 a kigen kha gah – Itna, kipahna, lemna, thuaktheihna, migitna, hoihna, muanhuaina, nunnemna, kidektheihna tuh khristiante apan muh theih a agah khiak ngeingei diing ahi. Huai tuh sap leh tel a I omnasan uh leng ahi. Jesu’n hichi’n a chi, “Nou non telkei ua, ken kon telzaw hi, **vagah** diing leh na **gah** uh om gige diing in kon sep hi...” (Johan 15:15). Huaiziak in gah suan, kha gah suan, kha gah ei apan gakhkiaksak tuh deihlel thu hilou in i sepsuah diing mohpuakna ahi.

Siamchil in Pathian in leitung ah singkung ana siam a, gah tampi suang diing in ana vualzawl hi. "Pathian in, lei in loupate, anteh chi neite, thei sing, lei a amau chi omdan diing bang a gah, a gah sung a chi omte omsak hen a chi a huchibang a hong hita hi. Huchi in lei in loupate, anteh amau chi omdan diing bang a chi neite, sing amau chi omdan diing bang a gah, agah sunga chi omte a omsakta hi. Pathian in huai a en a, hoih a sa hi" (Genesis 1:11-12). Singkungte gah suang diing a siam a omten gah ahon suang chiat bang un ei, gah suang dia sap a omte'n leng kha gah l suang diing uh ahi. Gah suang dia etkol a om a gahlou singkung tuh zatna bei, phuk a adang suan in a om diing chi'n Jesu'n gah suah thu thoh kisai in gentehna ana gen hi (cf. Isai 5:1ff; Luke 13:6-9).

Kha Gah suan theihna dia poimohte

1. Khris a om gige diing.

Gah l suan theihna diing in gah tampi suang diing a hon sampa Jesu Khris a l om gige a kul hi. Grape guipi toh l kizop a, amah a l om gigena in ahon gahsak diing. Jesu'n hichi'n a chi, "Kei grepgui dik ka hi, ka Pa a kempa ahi. Kei a hiang gahlou peuhma a lamang a; a gah peuhmah a gah tamsemna diing in a hihsiang hi. Na kiang ua ka thugen tawn in tun ah na siangthou pah uhi. Keimah a om gige un, keileng noumau ah ka om gige diing. Hiang, grepgui a a-om gige kei leh amah in a gah theikei bang in, nou leng keimah a na om gige kei uleh, na gah theikei diing uhi" (Johan 15:1-4).

2. Kha a om gige diing.

Paul in gah l suan theihna dia kha a om gige poimoh ahindan ana gen hi (Galatiate 5:16; 22-26). Kha a l om chiang in kha mah hong gahkhia hi. Huchi mahbang in sa a l om chiang in sa hong gahkhia in kha gah theilou hi. Hiai sa leh kha tuh a kidou uh. Sa in kha a dou nak a, kha inleng sa a dounak hi (Galatiate 5:18). Anih ua neikhawm theih ahikei. Huaiziak in khalam thilte, Pathian thute mah awlmoh masak in l nei diing uh.

Aban a thugelhte ah KHA GAH in a tun hihna (characteristic) tua-tuamte unau tuamtuamte apan taklat in om hi. Huaite lungluttak a sim a hamphatpiah a kha gah suang diing in l kideisak uhi.

Kha Gah...

ITNA

(Love)

Jamson

I. Itna Hilhchetna

Kha gah in a tunkhop hihna (characteristics) tuamtuan kua om a huaite lak akhat tuh itna ahi. Hiai itna toh kisai l theihciam semna diing un hilhchetna l bawl masa diing. Itna toh kisai genna in Greek-te'n thumal litak (4) ana nei uhi. Huaite ahihleh -

1. EROS – Sa utna, numei pasal ki-etlahna (Carnal, Sexual love)
2. PHILA – Lawmta kal a ki-itna (The love of close friendship). Thukhun lui tangthu a David leh Jonathan ki-itna tuh etsakna hoih mahmah khat ahi.
3. STORGE – Innkuan sung a ki-itna ompen (The love of family relationship).
4. AGAPE – Pathian itna, midangte hoihna diing deihsak itna (God's love, the love which seeks only the highest good of others).

Galatiatae 5:22-23 a kha gah toh kisai a itna kigen pen AGAPE ahi chih thei masa ni. Hiai itna tuh 1 Korinthte 13:4-8 ah hilchet in ana om a, hiai thumal mah Matthai 5:43-48 ah Jesu Khris in memlate itna toh kisai genna ah ana zang hi. Hiai agape itna tuh teltuam mi bangzah hiam tung lel a kilang itna (exclusive love) ahikei a, himahleh, mi tengteng hoihna diing deihsak a mitengteng huam itna ahi hi.

II. Khristian hinkhua a itna –

1. **Itna tuh Hinkhua a l gamtat khohei ah, a huihkhua (atmosphere) ahih diing ahi.**

Sawltak Paul in hiai bang in ana gen hi, *“Huchi in a ta deihtakte bang in Pathian omdan zuite hi uh; Huan Khris in hon it a, namtui diing*

a Pathian kiang a thilpiak diing leh kithoihna diing a I sik a akipak bang in ***itna ah om un*** (Ephesate 5:1-2). Itna ziak a Khri ei a dia akipak bang a eite itna a om diing a hasuan I hi uh. Paul in itna ah om un a chi. Huai omdan bel itna polam a om diing hilou in itna toh I khosak khawm det diing chihna ahi mai hi. Huchi ahihman in itna tuh I hinkhua bouruak/huikhua ahih diing ahi.

2. **Itna tuh Khristiante'n I silh diing kithopna (garments) kankhawmtu ahih diing ahi.**

(Tie that binds the garments the chrisitan is to put on).

*"Huaiziak in Pathian mitel, misiangthou leh deihtakte bang in lainatna lungtang, migitna, kingaihniamna, thunvailutna, thuakzohna in kivan un. Kuapeuh in kua tung ah leng thubuai nei hile uchin, kithuakzou chiat in, kingaidam tuah unla, Toupa'n a hon ngaihdam tak bang in kingaidam tuah chiat un. **Huan huai tengteng tung ah itna silhthuah un; huai in thil bangkim kituaktakin a gakkhawm hi**" (Kolosate 4:12-14).*

Khristian khat I hong suah chiang in I koihmang diing om a, huan I kivatna diing a om hi (Kolosate 3:3-11, 12-17). Itna tuh huai I kivatna kankhawmtu diing ahi.

3. **Itna tuh I hih peuhmah hon hihsaktu (motive) ahih diing ahi.**

Sawltak Pual mah in *"Na hih peuhmah uh itna a hih hivek hen"* ana chi hi (1 Korin 16:14). Huaiziak in thil khatpeuhpeuh I hileh itna ziak a I hih ahi diing. Kithupisak ziak leh huatna leh thangpaihna ziak bang a leng bang hiam sep theih luat ahi. Khristiante a diing in bel huai hitheilou a, itna ziak ahi diing ahi. Mi ka panpih leh itna ziak ahih a, Khri min a kal kasuan leh itna ziak mah ahi diing. Itna ahi bangpeuh a kal hon suansaktu diing.

4. **Thugen leh thutak sinsakna a hon thununtu ahi ngeingei diing ahi.**

"Itna a thutak gen a, bangkim a Amah lupen, Khrist ngei a i khanlet zawkna diing uh ahi" (Ephesate 4:15). Huai omdan bel itna ziak mah a thutak gen a I kitaihilh diing. Kuahiam selphouh utziak hiam, kuahiam gup ziak lel hiam, ahikhei leh kuahiam huat ziak lel khong a thutak gen diing hilou a. Thu ka gen leh itna ziak a ka gen a, thutak ka gumleh agape itna ziak mah a ka gup diing ahi.

III. Itna lahsak theihna Dan

Itna bang ahia chih leh khristiante hinkhua a itna chihthe I genzoh nung in tu'n hinkhua a itna bangchi kilatsak diing chih I enzom lai diing.

Itna tuh hinkhu a muhtheih a akilat ngeingei diing ahi. Itna diktak tuh muh theih in a kilang nak a, sel theih ahikei. Huchih ahihleh I hinkhua ah itna bang chi'n a kilang a chih toh kisai sauloulou in I taklang suk diing.

Pathian lam ah (Towards God)

1. Pathian I itna tuh A thupiak zuih ah akilang.

“Nou n'on it uleh, ka thupiakte na zui diing uhi” (Johan 14:15).

“Kuapeuh ka thupiakte nei a, zui, kei hon it ahi... Jesu'n a dawng a akiang ah, min hon it leh ka thute a zui diing a... Kuapeuh hon itlou in ka thu a zuikei...” (Johan 14:21-24).

“Nou ka thupiakte na zuih uleh ka itna ah na om gige diing uhi, ken ka Pa thupiakte ka zui a, a itna a ka om gige mah bang in” (Johan 15:10).

A thupiak zuih tuh Pathian I itna ahiman in Pathian I it leh a thupiak I zuihna ah a kilang diing hi.

2. Pathian I itna tuh Unaute I itna ah a kilang

“Min, “Pathian ka it” chi in a unau haw leh amah zuauthei ahi; a unau a muhsa bawn a it ken, Pathian a muh ngeilouhpi bangchi'n a it thei dia? Amah kiang a kipan in hiai thupiak i nei uhi, kuapeuh in Pathian a it leh a unau leng a it sam diing chihna ahi” (1 Johan 4:20-21).

Pathian I it hia? It I kichih leh Pathian thupiak leh I unaute bang I loh ua? Pathian ka it chi mi'n Pathian thupiak a zui diing a, a unaute a it ngei diing hi. Pathian ka it chi a I unaute I it theihkei leh zuauthei I hi.

Mihing lak ah itna bang chi'n I langsak thei a?

1. Unaute tung a itna langsak in.

Nungzuite khat leh khat ki-itn tuah dia sinsak in I om uh, “Thupiak thak kon pia ahi, ki-ittuah un; ken nou k'on it bang in, nou leng ki-ittuah un. Na ki-ittuah uleh mi tengteng in ka nungzuite na hi uh chih hiai ah a thei diing uh” a chi hi. (Johan 13:34-35).

“A tung a kipan thukhah na zak uh i ki-ittuah chiat diing uh chih ahi”
(1 Johan 3:11).

Ahילה I unaute I itna bang chi'n a kilang dia? – salam leh khalam a apoimohte uh suktuahtsakna tuh I unau I it chih a kilatna ahi (cf. 1 Johan 3:16-18; Jakob 5:19-20).

2. **Ginglounge I itna ah**

Ei hon itte kia it diing hilou hi (Luke 6:27-36). Hon hua a hon hamsi-
atte nangawn I thumsak a I it theih chiang in kha a om a, itna nei kihi pan
ahi.

Thukhitna

Kha gah suang I hih theihna diing in itna neih a loutheilou ahi. Huan,
huai itna tuh muh theih a akilat diing ahi. Pathian in hon it chih I theichiat uh
- A hon itna a Tapa a akilat ziak in. Huaiziakin eite'n leng itna nei I kichih
leh Pathian thutak a I omna, I unaupihte I itna leh I mihinpihte tung a akilat
ngeingei diing ahi.

Thesalonika khua a gingtute kiang a “A hihang in unaute itdan lamthu
gelhsak na kiphamoh kei ua, ki-ittuah chiat diing in noumau ngei Pathian hilh
in na omta uhi. Masidonia gam a unau om tengteng tung ah huai na hihngei
uhi. Himahleh unaute aw, na hauhemna diing un k'on hanthawn uhi” a chih
bangdeuh in itna a khang a itna hausemsem diing in I kiasuan uhi.

Kha Gah...
KIPAHNA
(Joy)
Mungmuanlian

I thupi uh kha gah: ITNA, KIPAHNA, LEMNA, THUAKTHEIHNA, MIGITNA, HOIHNA, MUANHUAINA, NUNNEMNA LEH KIDEEKTHEIHNA ahih dungchi in amal zaw in KIPAHNA (Joy) toh kisai i ensuk diing hi. KIPAHNA chih sang mah in NUAMNA in I thupi a JOY genkhazaw ahihman in NUAMNA chih thumal I zangzaw diing uh.

Hiai khovel ah Khris nung i zuihna hon sunawngkai thei tampite lak ah a diak in: nek-le-dawn, inn-le-lou, silh-le-teen kia a kipahna delh khak ziak a pukna apan hon veng a, kipaktak a Kristian hinhua i zat theihna diing ahizhiak mah in nuamna tuh i neih ngeingei diing thil ana hi hi. Himahleh hun tamzaw ah hiai nuamna (Joy) pen sang in tomkal kipahna pen kia kiawlmoh khasek hi.

KIPAHNA (happiness) I chih leh NUAMNA (Joy) kibang hetlou hi. Kipahna (happiness) i chih chiang in mi hiam (persons), thil hiam (things), mun hiam (places) tungtawn a tomkal sung daih dia hon thathousak, kipaksak, phursak zelpen ahi. Khovel thil, sum-le-pai, hauhna, lohchinna, pahtawina, thupina, itna ziak, mun hoih leh thupi ziak bang a i neih pen tuh kipahna ahi. Hiai kipahna pen mang pah thei thil ahi a, i Laisiangthou a kigen nuamna toh ana kibang hetlou hi. Banghiam khat kipahna diing thil thupi hong tung lelung dahna diing khat ngaihtuah khekha a, dahna in i kipahna hon suhsakpah thei hi. Hiai kipahna toh dahna omkhawm thei ngeilou hi. Kipak petmah kawm a dah chih om theilou hi. Himahleh hiai kipahna pen delhna in ei-le-ei lungkhamna tampi I kiguan nak uh.

Nuamna (Joy) i chih chiang in kipahna sang a tungnung zaw pek: I sung a om khamuanna, lungmuanna, lungkim gige a omna ahi. Pathian i iitna, a hehpihna, a khawtuahna i theihiam chiang a, a nuam, a haksamun ah leng i lungkim gige theihna ahi. Khovel thilte ziak a kipahna i neih, kipahna sawt daih hetlou pen bang hilou in; Nuamna bel Toupa apan

kipahna, nuamna om pen a hizaw hi. Pathian in a hon it ziak a A Tapa tung-tawn a ahon tatna leh hamphatna tuamtuam a hon piak leh piak lai diingte ziak a, a tul ngeilou, bei ngeilou diing kipahna ompen tuh nuamna ahizaw hi (cf 1 Pet 1:8). A hong kipatna tuh Pathian ahi a, Amah a om laisung teng om gige diing hi. Hiai nuamna leh dahna, lungkhamna chihte omkhawm thei hi. Huaiziak in dah mahmah napi a lungkimtak, theisiamtak a hampaha kisak teitei theihna leh vui hetlou a omtheihna thuguk ahi hi. Thukhun Lui a Job ngaituah in.

BANGZIAK A POIMOH?

Khelhna ziak a Pathian hamsiatsa khovel a om i hih ziak un, haksatna, gimthvakna, sihna khovel, nek-le-tak zong a buaina khovel ahimanin, hiaite ziak a lungkham mangbang a om theih gigena khovel ahi hi. Khovel kitaitehna ah i lohsap chiang in i dah in Pathian i gense khathei a, i lohchin chiang in leng Pathian i phawk kei khathei hi. I damsan pen hiaite sak khak a, khovel in a piaktheih kipahnate kia buaipih det khaktheih hi (cf. 2 Tim 2:4). I gentaak bang in hiaite ah i lohching zong in kipahna sawt a daih kei, huchih hun chiang in, kipahna dang zong nawn in, kilumlet tuatuh in kol tang khak theih gige hi. Pathian In hon bawlana san mangngilh kha a, kipahna' bawi a om kawm a i Toupa nasep toh thuah tuh haksaw law diing hi (cf. Ekl 12:13). Amah nung i zuihna hon nawngkaisak thei: sa thilte, sa utnate, dangka deihtaknate a kihemkhia a, khovel mahmah a i damsung a lungkimtak a i om theihna diing ahizhak in hiai nuamna na poimoh ahi. Huchi bang a khovel kipahna, i sa nopsakna a masa a i koih leh Kha a om kih theilou diing hi. Kha a hing/om i hihtheihna diing in Pathian in eite a diin thupiak in a hon peta hi (cf. Gal 5:16,17; 1 Tim 6:6-10).

Nungzui masate i etleh Tanchinhoih ziak in nuamna nasatak in ana nei ua, kithuakhawm, kipanpih tuah, biakna limsak in hun ana zang uhi (Cf. Nas 2:44-47; 4:32-35). Sawina, gentheihna, a hinna uh lauthawn huai hun ah leng kiptak in na ding kip uhi (Nas 8:1-3). Sawltak Paul en lehang, hiai nuamna, Tanchinhoih ziak/Pathian akipan aneih ziak in hun haksaw pipi na tuak mah leh lungkelou in, Pathian nna thupitak in sem touden hi (Nas 11:23-28). “Huan tam veipi a sat khit un, suangkulh ah a khum ua, a vengpa kiang ah bittak a ven diing a chi bikbek uhi.” Hichi bang tuak himah leh “Paul leh Sila a thum ua, la asa ua, hentaten a ngaikhia uhi.” chi in Luke

in na gelh hi (Nas 16:23,25). Hun haksa himahleh Toupa a a nuamna in a thuakte bangmahlou in simsak thei hi (cf. 2 Kor 6:4-10). "...Lungkhamtak a omin, himahleh kipak gige (rejoicing/nuam) ngal in, zawngtak hi ngal a midangte hih hausa in ka om uhi ."

Philipite kiang ah Paul mah in a laikhakna ah: "Zawndan ka siam a, hauhdan leng ka siam, thilchih leh thil tengteng a gilvah leh gilkiat a om theihna thuguk ka thei kheta hi" na chi nawn hi. Paul in hiai a chih theihna mah tuh tuni a eiten leng i chih theihna dia nuamna Toupa a om pen, Amah i muanna ah, a thu i gintakna ah, i zuihna ah hong om in, hong khang semsem diing hi (cf 1 Pet 1:8).

Timothy kiang ah "Lungkimna toh kithuah Pathian limsakna punna thupitak ahi" ana chih bang in Paul mahmah apan hiai khagah nuamna neihna tuh manpha ahildan hong lang thakthak hi. I zawng in i hau zong in, lungkimna taktak, nuamna taktak tuh i neitheh hi: Toupa kiang ah a manbei a om ahih ziaak in.

BANG CHI NEIH DING?

A hong kipatna Pathian ahizhiak in Amah kiang mah ah zon ngai hi. Zon chih sang in la chi chi lehang dikzaw lai diing hi. A ziaak bel hiai nuamna khovel a i zon theih a hi kei a, Pathian ah omsa, eiten huai i laak diing ahilmanin (Phil 4:4). Mihingten theisiam lou in thilchi tuamtuam ah nuamna ana zong ua himahleh a mukei uh. Khenkhat in zu-le-sa, melhoihna peuh, taksa nopsakna peuh, khovel lohchinna tuamtuam bang ah. Himahleh nuamna pen Pathian itna, a hotdamnate ngaihtuah a A Tapa tungtawm a hon tatna manbeite, tangtawn a si diing lai hotdam a i om nate (cf. Rom 5:8; John 3:16; 1 John 3:1; Eph 2:4,5 etc) theihchianna ah a omzaw hi. Ei a diing a kipahman a hon koisakte, A hon khotuahnate i theisiam taktak chiang in huai in Pathian hon iit sak diing a, hiai khovel ah bangchituk in lungkhamna in hon bawm in, kipahna diing khat leng neikei mah lehang, a manphazaw tunglam thilte i ngaihtuahna in, i thuakte bangmah hilou ahildan hon theisiam sak diing hi (cf. Jak 1:12; 1 Kor 2:9; Phil 4:14; Luke 10:20; Rom 8:18 etc.).

Huai Pathian i itna taktak, ei a dia a thilhihte thehsiam a, Amah i muan taktak chiang in nuamna hon neisak diing hi. Pathian i itna in a thupiakte hon zuisak diing, a thupiakte i zuih chiang in i nuamna hon khang semsem diing hi (cf. 1 John 5:3). Nuamna naak tuh Pathian ahi a, huai naak ina kizoppih kuul hi. Khagah ahieh dungzui in I kha apan gah khe diing ahieh ziaak in a chi i tuh ngai ahi. Huaituh Pathian kiang mah ah, a thute tungtawn in, a thu i zuihna ah hong piang diing hi (cf. Sam 1 19:14).

THUKHITNA

Damsung kipahnate, thupinate a dep a i om chiang in, Kristian kichi napi a Jesu nung i zuih khak louh chiangin hiai nuamna pen ei ah dau deuh-deuh diing hi (cf 1 John 2:15-17). Pathian in a tate lungkimtak leh nuam gige a i om hon deih hi. Huchi hileh hiai khalam gal i douna ah nakpitak in hon panpih nalai diing hi. Enna, huatna, hazatna, dangka deihtaakna, huaihamna, Pathian zahlouh thu gen mawkmawkte, vangsia kisak luatnate, kingaihsiatnate, sa thil lunggulhnate, hiaite tengteng Toupa a nuamna in that vek thei diing hi.

Paul mah in sa a bangmah a suan louh bang in, amah a dia punna ningneng bangmai a Khrist ziaak a aseh bang in enleng Amah bang in nuamna nei lehang; tanbang a kilungkim thei pan diing hi (cf. Phi 4:12). A gam leh a diktatna zon masak chihte hong haksak nawnlou diing hi. Huai kia hilou in, huai nuamna Toupa a om pen i theihchet semsem chiang in mansuah kilau diing a, a tawptan ah Amah toh om khawm a tangtawn a nuamtak a om kilunggulh gige diing hi. Huai diing in hinkhua kizang gige thei diing hi. Kipahna tuh Nuamna in hon tonpih diing (by-product) hi. Hiai khagah I neihtheih taktakna diing in kisathak in, hiai chih theih chiat sawm ni hang: “Tunglam a thil omte ah na lungsim uh nga un, lei a thil omte a ngalou in” (Phil 3:19) .

“TOUPA AH NUAM GIGE UN; KA CHINAWN DIING HI NUAM UN.”

Kha Gah...

LEMNA

(PEACE)

Jamson

Thupatna

Lemna tuh asung a teng kha siangthou deihdan toh kituak a khosa khristian khat apan hong gahkhia ngeingei dia lamette lak a khat ahi. Aziak ahihleh Pa Pathian tuh khalam a l pa uh ahi a (1 Johan 3:1), huai l Pa Pathian tuh lemna Pathian ahi (1 Thes. 5:23). Huan, l Toupa Jesu ngei leng lemna lal ahi hi (Isai 9:6).

I. LEMNA BANG AHIA?

Amasapen in lemna l chih bang hihiam chih l hihchian masa diing.

Eipau a lemna, sappau ah Peace ahi a, huai bel 'gal hiam ahihkeileh buaina omlou' chihna ahi (The absent of war/trouble). Paukumlui mahmah Hebru pau ah hiai LEMNA tuh SHALOM ahi a, 'Mi adia hoihpen piangsak-tu thil khatpeuh' chihna ahi hi. Banah ah hiai SHALOM thumal tuh saptan *soundness of body, welfare, prosperity* chihnte in ana lehkhia uhi.

Greek-te'n ahihleh LEMNA genna in EIRENE thumal ana zang leu-leu ua, huai bel *serenity* (lungmuanhuaina), *Tranquility* (daihsipsipna) chihna bang inleng ana kizang hi. Hiai Greek a lemna thumal EIRENE pen pausiamte'n English ah "*The perfect contentment of a life which is completely happy and secure*" chi'n hon letsawn uhi.

Hiaite tengteng l hong lakkhop chiang in LEMNA tuh "*buaina leh mangbatna omlouhna; kituahna omna*" (a state that is free from disturbance or turmoil; a condition in which harmony exist) l chi thei hi.

II. LEMNA NAK

Lemna l chih bang genna hihiam chi l taklang khinta. Ahihleh huai lemna pen koi apan hong kipan? Anak kua/bang hi diing hiam chih saulou in ensuk nawn ni.

Lemna nak, lemna bulpi tuh Jesu Khris, Pathian ahi. Amah lemna lal hi diing ahildan genkholh in ana om, “Ei diing in naupang a hongpiang a, tapa piak in i omta; vaihawmna a liangzang ah a tuang diing a; a min “Lamdang,” “Lemthei;,” “Pathian Hat,” “Tangtawn Pa,” “Lemna Lal” a chi diing uhi. David tutphah tung ah leh a gam tung ah a vaihawmna khandan leh lemna in tawpni a neikei diing, hihkip diing leh tua kipan a tangtawn tan a leng vaihawmna leh diktatna tungding diing in, Sepaihte Toupa phat-uamngaihna in huaite a hih diing” (Isai 9:6-7).

Hiai Lemna Lal hi diing a genkholh a ana om Jesu Khris ahong paitak in Lemna thu mah ahon gen hi, “Aman khamuanna Tanchinhoih Jesu Khrist tungtawn in Israel suante kiang ah a gen a, Jesu mi tengteng Toupa ahi” (Nasepte 10:36). (“The word which God sent to the children of Israel, **preaching peace** through Jesus Christ. He is Lord of all” NKJV). Lemna thu agen kia hilou in huai lemna ahong luikhia hi. “Khamuanna k’on nutsiat a; keimah khamuanna kon pia hi; khovel in a piak bang in kon pekei hi. Na lungtang uh hihmangbat in omkei hen, lau leng lau kei hen” (Johan 14:27). Jesu’n ahon puak hiai lemna tuh khovel in ahon piak theihlough ahi a, gimthuak hun a leng neitheih lemna ahi. “Hiai thute na kiang uah ka genta hi, keimah a na khamuanna diing un (*in Me you may have peace* – NKJV). Khovel ah gimthuakna na nei diing uh, himahleh khamuangtak in om un, ken khovel ka zouta, a chi hi” (Johan 16:33).

III. LEMNA IN A TUUN

Jesu Khris in ahon puak lemna in bangteng tuun khawm hiam chih I ensuk nawn diing –

1. Pathian toh kilemna (Peace with God)

Lemna nak Jesu Khris ziak in eite siamtansak in I om ua (Romte 4:25), huchi in Pathian toh kilemna I nei thei uhi. “Huaiziak in, ginna ziak a siamtansak a om in i Toupa Jesu Khrist pansan in Pathian toh kilem in i om uhi. Melma i hihlai a bawn a Tapa sihna ziak a Pathian toh na kitam khin i hih ngal un tuh, kitam a i omkhit nung un a hinna ziak in hotdam in i omsem diing uhi” (Romte 5:1, 10. Cf. Romte 5:1-11; Ephesate 2:11ff). Huai Jesu Khris sisan ziak a siamtansakna tungtawn a Pathian toh I kilemna in gimthuak hun inleng ahon kipaksa hi (Romte 5:2-3).

2. **Mihinpihte toh kilemna (Peace with man)**

Nidang in Juda leh Jentel kal ah kideidanna liantak ana om hi. Jesu mahmah inleng a nungzuite Jentel leh Samari mite kiang a pailou diing in khamna ana bawl hi (Matthai 10:5). Himahleh Jesu sihna ziak in hiai nihte kideidanna banglai sukchip in a hong om hi. “Thusehte leh danthupiakte a sa a hihmang in; huchi a nihte Amah a mihing thak khat a siam a kilemna a bawl theihna diing in; Huan Kros ziak a nihte pumpi khat a Pathian toh hon kilemsakna diing in kimelmakna a hihbeita hi” (Ephesate 2:15-16).

3. **Ei a Lemna (Peace with self)**

Ei a lemna tuh Pathian toh I kilem khitchiang a hong om diing thil ahi. Huai Khris Jesu tungtawn a siamtansak a I om na in Pathian toh hon kilemsak a, huchi in huai Pathian toh I kilemna in I sung ah lemna leh muanna ahon tun hi (Romte 5:1-11). I maban diing a lungmuang loup i a khamuangtak a om kichi thil hithei ahikei. Huaiziaktak in Pathian toh I hong kilem chiang in I maban, I tangtawn diing toh kisai ah muanna I hong neithe i a huai in I lungsung ah lemna leh muanna ahon pia hi.

IV. **LEMNA I KEPBIT DIING AHI**

1. **Pathian toh I kilemna kepbit a kul hi.**

Huai diing in I lungsim Pathian a ngak gige a poimoh. Zawnei Isai in hiai bang in ana gen hi. “Na tung a lungsim nga mi, nangmah ahon muan ziak in, muanna kim in na kem diing” [*You will keep him in perfect peace - NKJV (Isai 26:3)*]. Pathian a lungsim nga mi tuh Pathian in muanna kim pia in a kem hi.

Pathian toh I kilemna I kepbit theihna diing a poimoh mahmah nawn khat ahihleh Pathian thu it a, Pathian thupiak limsak diing ahi. “Na dan deihte’n khamuanna thupitak (great peace) a nei ua; pukna himhim a neikei uhi” (Sam 119:165). Zawnei Isai in leng lemna Pathian thupiakte a om ahihdan hiai bang in ana gen hi, “Aw noute’n ka thupiakte na ngaikheta hi le uchin, na tung ua lemna lui bang mai a om diing a, na diktatna uh tuipi kihawtte bang mai a om ding hi ven maw” (Isai 48:18). Pathian thupiakte zuihna tungtawn a lemna Pathian I kiang a om ahihdan Sawltak Paul sin-sakna apan inleng chiangtak in a muh theih hi (Philipite 4:9).

2. Midangte toh kilemna leng kepbit diing ahi

Midang toh kilemna nei a l kipbit theihna diing in Pathian toh kilemna l neih masak a poimoh. Pathian toh l kilem leh Pathian in l melma nasan toh kilem in ahon bawl hi. “Mihing lampite’n Toupa a suk lungkim chiang in, a melmate nangawn amah toh kilem in a bawl hi” (Paunakte 16:7).

Hiai midangte toh kilemna tuh l delh diing uh ahi. “Atawppen in, navek un lungsim munkhat in om unla, kilainat tuah unla, thunuilut in om un. Khelhna, khelhna in thukkei unla, salhna, salhna in thuk sam kei unla, vualzawl zaw un. Hiai vualzawlna tang diing in sap na hi uhi. Hinna it ut leh nihoihte muh ut in khelhna lak ah a lei veng hoih leh, a muk leng zekhemna thu genlou diing in veng hoih hen. Gilou nungngat san in thil hoih hih hen; kituahna zong in delhzel hen” (1 Peter 3:8-11. Hiai Bible tangte leng sim in - Sam 34:12-14; 2 Kor. 13:11; 1 Thes. 5:13; 1 Pet. 3:10-11).

Thukhitna

Thutak (tunglam apan pilna) siangthou in kituah a ut (peaceable) a (Jakob 3:17), huai akipan in lemna ahong gakhia hi (Jakob 3:18). Huaiz-iaik in tampite’n thutak nelsiah in lemna delh mahleh uh lemna taktak a mu ngeikei diing uh. Thutak tellou a lemna tuh time bomb toh kibang lel ahi. Midangte toh lemna delh diing chihman a thutak bawllezen a (compromise) lemna delh diing ahikei. Thil hithei leng ahikei hi. Lemna nak tuh Pathian ahi chih theih gige ni.

Kha Gah...

THUAKTHEIHNA

(Long Suffering)

Jangthang

Thuaktheihna kichi thumal pen nouneeltak a sui a genchian ngai nawn tuanlou a i theihsa thumal a hihziakin hilhchetna lam sangin a poimohna lam paipih in nei zaw lehang i chi hi. Galatia laibu a Misiangthoute'n aneih ngeingei diing ua ana gen **Kha Gah** ahi, kha agah, gahsuang hih kilatna diing a ana gensuk diudeu poimoh mahmahte lak a khat tuh "thuaktheihna" ahi. (**Galatiate 5:22,23** *Kha gah ahihleh, itna, kipahna, lemna, **thuaktheihna**, migitna, hoihna, muanhuaina, nunnemna, kidektheihna khawng ahi zaw uhi; huchibang kalh lam in dan thu piak himhim a om kei hi.* Huan thuaktheihna thumal pen gendan dang in dohzohna, kingaihniamna, pan teiteina etc. chihthe bang in leng a gentheih diing a, thuvual i bawldan zil a kizang kuakual gen kibang ahih ziak un i zatkop khak hun hong om maithei hi.

Thilsiam peuhmah omsan (purpose) neichiat a siam ahi uhi. Amau toh kituak **Gah** hoih suang diing a lam-et leng ahi bok uhi. Singkungte'n ahun hun a gah limtakte suang a thilsiam dangte adiing a hinna apiak zel leh Luidungte'n dangtak a om thilsiam dangte a diing a hinna a hih bang un. I mihinpihte muh a gahhoih a i gahkhiak diing a amaute hinna petu hih tuh i khristian khat a diing a tavuan poimohtak ahi. Gah suang dia kilawm lua hinapi a poimoh hun a agah muh diing omlou maimah hilou a ahun hun a i gah a kilatkhak geihgeih diing ahi.

John 15:1,2,4 *"Kei grepgui dik ka hi, ka pa a kempa ahi. Kei a hiang gahlou peuhmah a lamang a; a gah peuhmah a gah tamsemna ding in a hahsiang hi. Keimah ah om gige un, keileng noumau ah ka om gige ding. Hiang grepgui a a om gige kei leh amah in a gah theikei bang in, nou leng keimah a na om gige kei uleh, na gah theikei ding uhi."* Kha gah Thuaktheihna ei a agah khiak theihna diing in Jesu Khrist a i om gige, Amah toh tatlou a kizopna i bawlhoih gige phamoh hi.

I thulu thuaktheihna in khalam toh kisai kia hilou in mihing hinkhua ah poimohna lianpi nei hi. (Genesis 3:17-19 Adam kiang ah, “Nazi thu na man a, singgah na ne ding ahi kei, chi a, ka hon thupiak na nek ziak in nang ziak in leitung hamsiat in a omta. Na damsung teng in gimtak a sem in agah na neta diing. Ling leh louling neite leng a hon omsak diing a, lei a anteh na neta dling hi. Lei a na kik nawn masiah na mai a kho-ul luang puappuap in an na neta diing. Lei a pan lakkhiak na hi; leivui na hi a, leivui ah na kik nawn diing” achi hi) Leivui a siam i hi a, leivui a i kknawn matan kho-ul kai huphup a semgim a neta diing i hihdan Pathian kamsuak ahi hi. Khelhna khovel a honglut ma a Eden huan a i na chiin-neelsa uh nuamtak a nekmuh mihingte lungtang a thamden apet de aw chih theih diing khop in, Semlou a muh, semlou a nek, lunggulhna om den a huchibang a dikloutak a hihtheihna bang thupina, chettheihna dan a kikoih hileh kilawm tang hial hi. Thilhoih leh kingaknatak thilte peuhmah nuamtak a muh diing vang hiphetlou in om-lou hizaw chileng uang khaliap deuh diam ah.

Vangphatna tuambiik tang a nu gilsung a pan thuaktheihna in hon pumtuamsa a piangkha hilou peuhmahte a diing in, thuaktheihna tuh sihdong a khapetzen mah a pang a kisin gige ngai khat ahi hi. Thuaktheihna i taksap/mansuahni ni tuh i hinkhua niamkiak hiam zahlak lam manoh diing a kipatni hong hi diing hi. Hinkhua ah hunteng a phut diing pal diing haksa tampi mahmah na om ahi. Huaiziak mahtak ahi diing laisiangthou in Thuaktheihna hichitel a ana poimohngaih, haksa tampi palsuah a nekmuh a hinkhua zat tuh hiai khovel pai dan diing a i laisiangthou a na tuang leng ahi bok hi.

Thuaktheihna in poimohlouhna mun aneikei chileeng i khial pumlum kei hial diing hi. Mihingte kipakthei, hehthei, dahthei a bawl i hi a kipahna dahna i chihte i damsung a i maituah diingte ahi uhi. I niteng hinkhua a kipahna hiam, mangbatna hiam ahikheileh thangpaihate i tuah hun a akhengval a gamtat khelkhak diing hon vengtu khat ahiah ziaakin thuaktheihna in i hinkhua ah poimohna lianpi nei i chilou theikei hi. Nupa ki-it-lua,kingailua hoih deih selua hizenpi inkuan ta-le-nau etkolna a hoih deih chiatchiat sepsuah nopdan kibanglou chih bangleng thil omthei ahi. Huchi bang hunte ah thuakzou zawsam omlou mahni ngaihdan kia chi tiitel a pangpalek bang a tungnun, dikzaw hih kituh nilouh a siatgawp sang in,

kingainiam a thuakzoutak kawm a i deihdante kitheihsiamsak kiphamoh hi. Innkuan hoih deihselua in lamtough naksang a phelsiat dimdem khak baihlam ahih ziakin innkuan sung ah thuaktheihna tuh munpoimoh penpen luahtute lak a khat ahi.

Khantouhna om theihna diing in Thuaktheihna neih poimohna lian hi. Khovel ah miteng mihing hihna a kikimvekna khat om bang mahleh dinmun mohpuakna tuamchiat nei in ki-om tiltel hi. Huchi mahbang in Innkuan sung leh saptuam sung ah leng ahi bok hi. I dinmun hihna chiat kizahtaksak chiat a i kithuakzoh chiat chiang in khantouh lam manoh in kal kisuan thei pan hi. Kizahtak tuah chiat i chih chiang in Laisiangthou thugin paipi pel a kilemna gen nuam i hi kei hi. Akan aval a kithuneih khum a kitaalkaihna in hoih lam sang in siatna lam manoh zaw ahi chih gennuam i hizaw hi. Huai i chih hang in innkuan hiam kivaihawmna pawl lian hin neu hitaleh i letkip a i dintang pih diing thu bel om veve ahi chih i mangngilhloh diing ahi.

I Toupa Jesu'n leitung a hongpai lai in i etton diing limlah tampi hong koihsak hi. Jerusalem ahong tun a Temple pen sumsinna mun bang hial a om amuh in vakhu zuakte tutna leh sumkhekte dohkante sawnpuk sak heh mahmah a gamtang ahihdan i muthei hi. *(Mark 11:15 Huan Jerusalem khua atung ua, tempul ah ava lut a, tempul a zuak mite leh lei mite a delhkhia a, dangka kheng mite dohkante leh vakhu zuak mite tutphah a sawnpuksak hi).* Thuaktheihna tamsam eive Jesu le i chi hia, Kamdam in awl in gen in thei-siamsak leh I chizaw hia? *(17... "Ka inn nam chih a diing in thumna inn achi diing uh chih gelh ahi kei a hia? Nou suamhatte khuk in na bawl ua", achi hi).* Thil peuhmah ahi dingdan gelkholhsa kichiantak a ome ahi bang a zat leh zuih ahih lough chiang a khauhtak a maituah pen thuaktheihna taksapna na hi khollou diingdan ahi chih Jesu thilhah ah i muthei hi.

Thuaktheihna ahih leh haitan degree a thuak zoh leh thuakthei chih hilou in, Taksa a sisan lum a luanlaiteng a pangzoute thuakthei hiphet hi. I melma setan tawplou a pangden ahihziak in, eite'n leng zouta chih omlou a i pan gige kisam hi. Huan ka unaunu hiam unaupa hiam in thuakzoulou a apukpih thil kei a diing a thil haksa lua hilou maithei hi. Khristian hinkhua pen kitaidemna (competition) bang in Paul in na gen mah leh khovel thil a kidemna dan toh kibanglou ahi chih i theih gige diing ahi. *(2Tim.4:8- Douna hoih tuh ka dou khinta a, kitaitehna ka tai khinta, ginna ka lenkip paisuakta hi).*

Tu'n ah zaw kei a diing in Diktatna lallukhu koih in a omta, Toupa vaihawmpa diktat in huaini chiang in kei a hon pe diing. Kei kiang kia hilou in akilakna it peuhmahte kiang ah ape sam diing). I unaute hiam mihinpihte hiam toh kidem hileng bel amau zohlouh khatvei i zoh leh leng azou kihi diing hi. Khristian hinkhua ah bel huai hilou in eimah leh eimah kidem kihi ahihman in i damsung teng a i zoh gige kisam hi. Huaiziak in thuaktheihna neih i chih thil baihlam liailou chihna ahi hi.

Hinkhua ah Thuaktheihna kichi a poimoh mahmahna hun nih om, lohching a i kipah mahmah hun leh vangsia kisa a lungngai a i mangbat mahmahna i phutkhak hunte ahi uhi. Hun tamzaw ah mihingte nuam thuaklah in kipuksenak hi. Chidam a neih leh lam hong kichin deuh a lohching a nuam i hon sak hun chiangin i khalam thilte mangngilh baihsam mahmah hi. Huan haksatluatna hiam taksapluatnate i tuah hun chiangin leng khemna thang ah awk baihlam mahmah hi. I deihtusam i ngah hun hi'n i tuahsiat lohsap hunte ah dohzohna thuaktheihna a omkei leh i khalam kia hilou in i taksa hinkhua mahmah leng mansuah theih hi mawk hi. Huan innkuan bang leng pukse gawpthei ahih ziakin hiai bang hunte ah thuaktheihna a kichin sem kisam hi (Prov. 30:8-9).

Ahi, kuapeuh Khrist Jesu Pathian limsak a om tum photphot in sawina a thuak sam diing uhi (2Tim.3:12). Khristian hinkhua tuh thuakna hinkhua ahi chileng kam uang deuh i bang diam. Khristian khat hi a thuakna bangmah i tuah kei leh i ginna kivelthak tuak ahi chileng uang na deuh e i chisim diam. Gim tampi thuak in Pathisan lalgam i lut diing ahi him ahi, chi in nungzuite lungsim ahikkip ua, ginna a om gige diing in a hanthawn uhi (Nas 14:22). Mi Khrist a hong hin taktak chiang in melmapa om maimai lou in vanzat chiteng zang a sual ahihman in thuakna tuh alou theilou ahi chileng uang lawmlawm lou diing hi.

Zawneite zang a genkhoh a na om lalgam tuh hih tangtun ahih theihna diing in i Toupa Jesu mahmah in a mulkimhuai soisakna thuak mualsuah in hong hih tangtung ahi hi. Jesu Khrist mahmah in Amah zuitute'n leng gim tampi thuak diing ahihdan na gen pah hi. *Ka (Jesu) min ziakin mi teng muhdah (huat) in na om diing uh. Himahleh a tawp dong a thuak paisuak (thuakzou) mi ngei tuh hotdamin a om diing (Mat 10:22; Lk,21:17; Mk 13:13). Huai ziakin Khristian khat a diing in thuakna tuh a maituah diing him chihna*

ahi hi. Bangchibang khemna thuakna, bangchik hun a tuak diing i hia chih i theihlouh phet hilou in, michih in i tuah hun leh tuahdan kibang kim sipsip lou diing hi. ‘...michih a lunglutna bang a khem a om diing...’ chih i laisiangthou a i muh leng ahi bok hi.

Khristiante a diing in thuakna pen pumpelth sawm vek diing hilou in maituah a thuakmualsuah diing pawl zong om veve hi. Huaiziakin khristian galvan chikim a kithuam a pilvang leh mansa gige a om theih poimoh hi. Khrist itna a zungkai a kiphutkip Amah itna bang itna neite i hih kisam hi. “*Nou non it uh leh ka thupiakte na zui diing uh.*” Thuakzohna diing a vanzat poimoh pen tuh thupiak zuih ahi. A thupiakte zuihzohna diing in itna neih kisam leuleu. *Itna in bangkim a thuakteitei a...bangkim a thuakkhe zel hi (1 Kor 13:7).* Khrist itna bang itna kiching ei ah om leh thuaktheihna pen i hinkhua ah hong kilang thei phet diing.

Mihing mitmuh a dik hih kituh a kihkek aphal kei, kingainiam a athuak-tu hih telzawk diing tuh a sinsak dan ahi. *(1 Kor.6:7...khat leh khat na kihkek uh na lohsapna uh ahi khinta hi. Banghang a adiklou zaw a om utzaw mai lou? Bang hanga na tunga thildiklou min ahon hikhum diing ua kiphalzaw mai lou na hi ua?).* Jesu mahmah in hichi’n na sinsak hi, Mat.5:38-48 ah, “*Mit sika mit, Ha sik a ha’ ‘Na innvengte it inla, na melmate hua in’ chih na zata uh Ken zaw hichi’n kachi hi. Na biang langkhat hon bet leh alangkhat leng doh in. Na melma it inla hon hamsiatte vualzawl in inla, hon hawte tung ah thilhoih hih inla, hon sawi a hon nuaisiahte thumsak in.*” Mihing hihna ah baihlam lou hial diing, himahleh nungzuihna hinkhua a pelmoh i Toupa hon sinsak ahi hi.

Thukhitna:

Mihingte hin khua ah thuaktheihna poimoh mahmah a hihlai in Khristiante adiing in na poimoh biik hi. Salam leh khalam a khantouhna omtheihna ding a suangphum poimoh leng ahi hi. Innkuan kilamtouhna ah thuaktheihna in mun poimohtak a luah. Suangphum dettak nei a lamtou hilou innkuante ziak in khotang leh saptuam sung ah songnawina om nuam viau. Huan saptuam leh khotang kipawlkhawmna-te’n masawinna aneih theihna diing in asung a om mite lak ah thuaktheihna kisam hi.

A hi a, thuaktheihna i chih hehtheihlouna bang i sak zezen leh khengval diing hi. Laisiangthou pel a kilemna pen thuaktheihna hilou ahi chih leng i theih diing ahi. Laisiangthou a thupiak omte ahihna bangbang a dinpilh ngamna tuh thuaktheihna na hi zawsop hi.

Thuaktheihna kichi pen zoh vualloh diing a haksa ahikei. I etdan i chi hia i lakdan adik khaklounh Chiang in thuakzohna kitasam khanak hilel hang. I etdan, i lakdan diksak zou peuhmah leng thuaktheihna i chihchih hong piang lel diing hi.

Kha Gah...

MIGITNA

(Kindness)

Jamson

Ina theihdan tangpi un migi l chih chiang in zaidam, hehngelou, mi om hiathiat leh mi siatna diing gen a hihloute ahi deuh uhi. Ahihleh kha gah toh kisai a migitna kigen pen en ina theihdan mah ahi diam? Bang pentak genna hi hiam chih l theih khomkhom in hilhchian lehang l chi ahi.

I. MIGITNA THUMAL HILHCHETNA

Greek thumal hilhchetna bu minthang leh kingaktak mahmah ‘Strong’s Concordance’ in MIGITNA tuh Greek thumal verb form **Chrestos** apan kilakhia **Chrestotes** ahi a, huai bel *serviceable, good or useful* chihna ahi ana chi hi. Huan, Jerry Bridges in “Migitna tuh midangte kipahna diing leh hoihna diing lunggulhna ahi” (Kindness is a sincere desire for the happiness/wellbeing of others) chi’n migitna thumal hilhchetna ana bawl hi.

Athumal hilhchetnate lakkhop apan in MIGITNA tuh midangte hoihna diing leh kipahna diing deihsakna leh lunggulhna ahi l chi thei uhi. Migitna l chih in eipau a migi, zaidam, heh mengmenglou chih tan kia tunlou in midangte adia thilhoih deihsakna huam telkha ahi chi’n thei lehang l deihi.

II. MIGITNA KICHI OMZIA

Migitna toh kisai l gen chiang in leitung ah Jesu Khris kan a migi zou om diing in gintak huailou hi. Jesu’n migitna neilou ahi a chi kuamah a omkei diing. Huaiziak in Jesu Khris hinkhua en lehang migitna bang hihiam chih ahong lang chiang mai diing hi. Jesu’n midangte nunnemtak in ana bawl hi. “Huailai in a tung ua a khutkoih a, a thumsak diing in, a kiang ah naupang neute a hon pi ua; nungzuite’n ana tai uhi. Jesu’n naupang neute ka kiang ah hon sawl unla, khamkei un; van gam hichibang mite a ahi ngal a achi hi. Huan a tung uah a khut a koih a, huai apan ina a paita hi” (Matthai 19:13-15). Akiang a atung ua khutkoih a thumsak diing a va pai naupang neute ana hehpil a, huchi’n a tung ua khutnga in a paisak.

“Nou semgim leh puakgik paw tengteng aw, ka kiang ah hong pai un, keiman khawlna kon pe diing hi. Ka hakkol pua unla, kei apan zil un; thunucilut leh lungtang kingainiamtak ka hi; huchi in, na kha ua diing in khawlna na mu diing uhi” (Matthai 11:28-29). Semgim leh puakgik pawte Jesu’n a hehpih a, a kiang a sam in a puakgik uh a dawnsak hi.

Hiai a tung a Jesu’ gamtat dan I taklatte’n migitna diktak a langsak ua, huai mah tuh ahi migitna thumal khiakna. Huchibang a midangte bawl-na tuh migitna diktak ahi.

Migitna I chih huham louhna, midangte tung a siatna hihlou chihlan kia hilou a midangte hoihna diing deihsak a huai dungzui a apoimoh bang a kalsuanna ahildan Kumpi David in a hinkhua ah ana langsak hi. A lawm hoih mahmah Saul tapa Jonathan ziak in kumpi David in Saul inkawte lak a migitna (kindness) laksak tum in Saul inkawte lak a damlai om hiam chi’n ahon zong hi “*David in, Johathan ziak a migitna/hehpihna (kindness) ka latsak theihna diing in Saul inkawte lak a mi a omlai a om hia? A chi hi*” (2 Sam. 9:1).

Huchi’n Saul inkawte sikha khat amin Jiba a samsak a, Kumpi David in a kiang ah, Saul inkawte lak a mi omlai omlou uhia chih a dong hi. Huchi’n Jiba in Jonathan tapa khat khebai, Mephiboseth, Lodebar a Amiel tapa Makir inn a om ahildan ahilh hi. Huchi’n Mehpioseth asam sak a, “*David in a kaing ah, Lauken. Na pa Jonathan ziak in migitna (kindness) kon musak ngeingei diing. Na pu Saul gam tengteng kon penawn dia, ka dohkan ah ann na ne gige diing a chi hi*” (2 Sam. 9:7). A chiam bang in David in Saul gamteng Mephiboseth a pia a, Jerusalem a teng in David dohkan a an a um gigeta hi (2 Sam. 9:9-13).

David in a lawm hoih mahmah Jonathan ziak in Sawl inkawte tung ah migitna lahsak ana sawm hi. Amah siatna diing zong Saul inkawte tung ah thilsia a hihlou pen kia migitna lahsakna hilou in a inkawte lak a adamlai omsun Jonathan tapa Mephiboseth hoihna diing zong a huai dungzui a agamtatna tuh a migitna lahsakna ahildan I mu thei.

III. JESU'N I TUNG UA MIGITNA A LATSAKDAN

Migitna toh kisai I thehsiam semna diing un Jesu'n I tung uah bang chi'n migitna a langsak a chih I enlai diing.

1. I hatlounha uh thehsiam in migitna a langsak –

“Siampu lianpen I hatlounh kitheihnate hon theihpih phalou nei I hikei ua; eimah bang a lam tuamtuum a khemna tuaksa, khelh bel khiallou, nei I hizaw uhi. Huchi in zahngaihna I muh hteihna diing leh huh I deih ching a huhna hehpihna I ngah theihna diing in, hehpihna mangtutphah hangtak in I naih diing uhi” (Heb. 4:15-16). Jesu'n I hatlounhate uh thehsiam lou hileh I haksat hun in I tung ah migi theilou diing hi. Bangziak a haksas sa (struggle) I hi ua chih a theih ziak in I tung a migi in chingkam hi. Tua mahbang in enleng mi I thehsiam Chiang in a tung uah migitna I suah theih diing uhi.

2. I kiang uah thutak a gen

Jesu'n i kiang uah thutak gen a (Johan 8:45), huai thutak tungtawn in suahtakna I ngah thei uhi. “Huan thutak na thei diing ua thutak in ahon suakta sak diing a chi hi” (Johan 8:32). Huai thutak genna ziak in Jesu'n khelhna sal apan ahon suakta sak hi. Huaiziak in migi hih theihna diing in itna a thutak gen a kul hi. Mi heh diing lauziak hiam, mi sukna khak diing lauh ziak a thutak genlounh pen migitna hilou ahihdan Jesu apan in mu thei hi.

3. I khelhnate ngaihdamna ah

“Mi tengtegn in thil a hihkhelh ziak ua Pathian thupina a tan zohlounh nung un, Khris Jesu a om tatna ziak in, hehpihna a athawn a siamtansak in i om uhi” (Romte 3:23-24). I khelhnate ahon ngaihdam na tungtawn apan in I tung a migi ahihna a kilang hi. Gendan dang in gen lehang, Jesu I tung ua migi ahih theihna diing in I khelhnate uh ahon ngaihdam masak a ngai hi. Huaiziakin ei leng I mihinpihte tung a I migit theihna diing in I kingaihdam tuah a kul hi.

IV. BANGZIAK A MIGITNA SUANG DIING?

Tu'n atawpna diing in bangziak a eite'n migitna I neih uh poimoh hihiam chi I ensuk leuleu diing uh. Migitna I suan diing ziak tuh –

1. Migitna tuh Pathian hihna khat ahi

“Himahleh Pathian, I hotdampa migitdan leh mihing tung a a itdan a hong kilat lai in” (Tita 3:40). Eite tuh Pathian omdan la diingte I hi uh, “Huchi in a ta deihtakte bang in Pathian omdan zuite hi un” (Ephesate 5:1). Huaiziak in nang leh ken leng migitna I suan uh a kul hi.

2. I kivatna diing uh ahi

“Huaiziak in Pathian mitel, siangthou leh deihtakte bang in lainatna lungtang, migitna, kingaihniamna, thunuaulutna, thuakzoh in kivan un” (Kolosate 3:12).

3. Thupiak ahih ziak in

“Huan kihatpiah chiat a lainatna nei in om unla, Pathian in Khris a nou a hon ngaihdam bang in, noumau leng kingaidam tuahchiat un” (And be **kind** to one another, tenderhearted, forgiving on another, even as God in Christ forgave you) - Ephesate 4:32.

Thukhitna

Mi a diing a poikhoihlouhna tan lel migitna hilou a, Kumpi David mahbang a mite a diing a thil phatuam bawl tuh Laisiangthou in a gen migitna diktak ahi. Huan, Jesu Khris mahbang a mite haksatna theisiam a, mite damna diing a thudik leh thutak mah a ding a I tung a hihkhalte ngaihdam theih kichi tuh migitna thupitak ahi a, hiai bang mizia tuh kha gah I suang theihna diing in a poimoh petmah. Pathian batna ahihman hiai migitna a kivan diing a thupiak in i om uh. Huaiziak in migitna i limsak thakthak diing uh.

Kha Gah...

HOIHNA

(Goodness)

Thangbiakmang

Jesu'n *Haichi thehpa* gentehna thu ah "*Huan a khen lei hoih ah a kia a, a hong pou a, a leh za in a gahta*" (Luka 8:8) chih ana gen hi. Tuni a Pathian sahkhuva zuihna kong ah hichi zahzah gindan, zuihdan leh biakna dan kibatlouhna ompen ngaihtuah tham ching ahi. 'Chi' tuh a ompen 'chi kibang' hileh agah suang khiat a omte leng a kibang mah a hon suangkhe ngeingei diing hi. Tu Khristian hun ah Jesu Khris' a omna tuh hinna thak khat hihna nei a thounawn diing a Tui a phumlut a omte ahi (Romete 6:4; 2 Kor.5:17; Gal.3:27; Kol.3:10). Huai tuh gendan dang in *pianthakna* ahi.

Jesu Khris thupiak bang dungzui a *pianthakna* ngahte Kha Siangthou piak in a om uhi (Nas. 2:38). Khris a thop a omte hinna thak nei a thilsiamthak hong hita ahihman un a a siampa batpihna nei a hong khankhiak ua, gah a hon suanna diing uh kha gah Paul in Galatia gambup a Saptuamte kiang ah kiteltak in ana gelh hi (Gal. 5:22). Kha gah in a tun hihna kua gen a na omte lak ah '**HOIHNA**' neih a poimohna Laisiangthou ah hiai bang in I mu thei hi.

Gingtu hinkhua a nungzui lohching mikhat I hihtheihna diing in ei a gah muh a om ngeingei diing khat tuh '**Hoihna**' ahi. Jakob in a laikhak ah "*Ginna nasep neilou tuh a si ahi*" (Jak. 2:17) ana chi hi. Khris a siamthak a omte "*thilhoih hih diing him a siam*" (Eph. 2:10) i hihdan mangngilh khak diing thil lauhuai ahi. Huaiziakin, Jesu Khris in "*Va gah diing leh na gah uh om gige diing in kon sep ahi*" (Jn. 15:16) ana chi hi. **HOIHNA** lam a gahsuang diing a lamet mahmah a I omlai a ei a *hoihna* muh a omkei maimah leh Khristian hihna a I kingaihtuah leh I kivel thak diing poimohna lianpi nei I hi kha diing hi.

I. KHAGAH - HOIHNA BANGCHI LATSAK DIING I HIA?

Khristian khat gah nei a hong khang diing a chi tuh a om I hi. Khristian tengteng in hinkhua a gah a neih ngeingei diing a om khat tuh '*hoihna*' neih

ahi. Sawltak Paul in, “*Pathian hing temple na hih uh leh Pathian Kha noumau ah a om chih nathei kei ua hia?*” (1 Kor. 3:16) ana chi hi. Huaimah tuh Timothi kiang ah “*Pathian thilpiak nangmah a ompen mutkuang diing in*” (2 Tim.1:6) chi in ana theisak hi. Pathian Kha in hong hihhalh guih diing himawklou in, Kha piak a omte’n gahsuan sawm a pan l lak poimoh ahihdan ahon taklang hi. Tanglai nite a kipan Pathian nasepdan muhtheih a om tuh, a utloute kua-mah bankaih ngei lou leh Amah lam a pangzekte tunga panpihna khut zak diing a mansa ahihdan Laisiangthou mun tamtak ah muhtheih in a om hi. Thihoih hih a gah diing tuh mihing lampang a sepsuah diing ngiat a om tuh ahi.

Jesu’n – Mihoih/hoihlou in a *lungtang goubawm a kipan thilhoih/hoihlou a hon lakhe ngal a* (Lk. 6:45).

- a. I mite gahlou a omlouh na diing un, *thilhoih hih a kuhkal diing in zil uhen* (Tita. 3:14).
- b. *Thilhoih hih* diing a siam; Amah khutsuak l hi ua; huai tuh l *hihdan diing him* ahi. (Eph. 2:10).
- c. Thilhoih ahih diing uh, *thilhoih hih a ahauh diing uh* ahi (1 Tim. 6:18).
- d. Gitlough zoh in om kenla, *Hoihna in gilou zou zaw* in (Rom. 12:21).
- e. *Thilhoih hih chimtak kei ni* (Gal. 6:9).

II. BANG CHIBANG HOIHNA NEI DIA LAISIANGTHOU IN HON SIN-SAK AHIA?

Tangval hau khat in Jesu Khris leitung a hongpai lai in, *Heutupa hoih, khantawn hinna ka neih theihna diing in ‘Thilhoih’ bang ka hih diing?* (Matt. 19:16) chih dotna Jesu’n a dawnna ah “*Mikhat kia loungal kuamah hoih a omkei, huai Pathian ahi*” (Mk. 10:18), “*hinna neih na utleh Thupiakte zui in*” (Matt. 19:7) chiiin a dawng hi. *Pathian kia Hoihna bukim* nei ahi. Pianthakna a sawp siang a omte lak ah Kha gah *hoihna* a hong suahkhiat ahih chiang in Pathian batna nei a khang l hih kichetna ahi. Laisiangthou in hoihna suah a poimohdan hiai bang in a na taklang hi.

- a) *Na thilhoih hihte uh a mu diing ua na Pa uh van a om apahtawi thei diing uh* (Matt.5:16; 1 Pet. 2:12).

- b) *Khris a na omdan hoih uh gen thanghwaite hih zahlak in a om diing uh* (1 Pet. 3:16).
- c) *Nasep hoih chiteng a gah a, Pathian theihna a khang a Amah kipahlam a Toupa a dia kilawm a na hintheihna diing un* (Kol. 1:10).
- d) *Thilhoih hih leh thilphal mangngilh kei un, huai bang kithoihna tung a Pathian a lung hi mahmah hi* (Heb. 13:16).

Khristian khat in gah a suan ngeingei diingte lak a khat *hoihna* a hon suah khat Chiang in a mihinpihte a diing kia a hoih hilou in, Toupa a dia kilawm leh Pathian lungtun mahmah na a khosakna hinkhua zatna ahi chih I mangngilh louh diing ahi. Hoih suahna lam ah pilvanna diing lianpi ana om leuleu hi. Hoih khat kia' Pathian deihdan tuh *A thupiak zuih* ahi. A thupiak khengval a hoihna suah sawmna tuh Pathian deihdan kalhna ahi chih khristian hinkhua a pilvan mahmah na diingte lak a khat ahi. Hoihsuah lua a kilang hina pi a, Hoihna nasepna dan in Khris' sinsakna/Sawltakte' sinsakna toh kikalh kha a ahihleh diklou a hi diing hi. Pathian itna huang polam a omna a suak diing hi. Jesu Khris in "*Ki-it un, huchi-ahihleh Ka nungzuite chih mi'n hon thei diing uh*" (Jn.13:34-35). "*Non it uleh Ka Thupiakte na zui diing uh*" (Jn. 14:15), "*Thupiak na zuih peuhmah uleh Ka lawmte na hi diing uh*" (Jn. 15:12-13) a na chi hi.

Khris a siamthak a omten Khagah *hoihna* I suah diing uh tuh Khris' sinsakna polam ah hilou in, A hon sinsakna Thukhunthak a muh a ombang a gahsuan diing ahi. Jesu'n

"*Amou tuh a gah vah na thei diing uh*" (Matt. 7:20), "*loulingnei/theipi in amou chi bang a suang*" (Lk 6:15-19) a na chi hi. Huan ah, Jakob in a laikhak ah huai mah "*Tuinak/Chi khuk khat in alim leh limlou a suang zel ahia?*" (Jak. 3:12) chiin ana gen hi. Huaiziak in Khristian khat in hoihna a gah a suah diing tuh Khris' sinsakna toh kituak ahih diing ahi.

III. HOIH SAWMLUA HINAPI IN HOIHVAL KHA HIHTHEIH AHI

I tenna khovel ah Khristian khat in *hoihna* lam a gah a suah diing tuh, khovel mite toh kibat theihlouna hun a omngei diing ahi. Chituh/phuhlut a I omna Khris ah ahihziakin, *hoihna* gah I suah diing leng Khris deihdan bang hih a kiphamoh ahi. Sawltak Paul in, "*Kha hihvui, hihlungkham kei un*"

(Eph.4:30), “*Kha Pathian kiang a kipan hi hia, hilou chian masa un*” (1 Jn.4:1) a chi hi. Khristian khat in hoihna suah diing i-neih sepsuah ahihna ah Khris deihna bang a gahsuah ahihkeileh Amah kipahpih lamsang hihsang in hih lungkhamtu I hizaw kha diing hi. Huaiziakin, Khagah hoihna I suah diing dan Paul mah in ana sinsak hi. “*Vak gah tuh hoihna, diktatna leh thutak tengteng ahi*” (Eph.5:9-10). “*Lungsim hoihtak pu diing, thil bangkim thilhoih hihlam a etton a kibawl diing, thugin sinsakna a dikdan taklang diing in*” (Tita. 2:6-7) ana chi hi.

Kumpi David in “*Toupa aw, nang hote ka holou kei a hia? Huat petmah in ka hua* (Sam 139:21-22) ana chi hi. Thukhunthak in, Pathian theilou khovel mite leh thugin dik hoihsa nawnlou a pialmang unau takloute tung ah lungsim put dingdan kiteltak in sinsakna ana pia hi. “*Thuhilhna thu nou-mau hilhlouh lam a kikhenna leh pukna siamte a kipan kiveng/ kiheisan un*” (Rom.16:17). “*Unau minpu a ahihziaka danlou bang a om, mi huchibangte kithuahpih lou leh a kiang a nek louh diing ahi*” (1 Cor.5:11). “*Ka lak va kipan thugousiah na muh bang va omlou, danlou bang a om unaute tengteng kiang ah kihemkhe diing in kon ngen hi*” (2 Thess.3:6). “*Ginglou mite toh kituaklou tak in hakkol pokhawm in om kei un*” (2 Cor.6:14-18).

Khrist nungzuihna hinkhua ah kop-leh-kai thuah hinkhua Pathian in chikmah in a deih kei hi. Khrist nungzuihna ah laihawl pawl a pang chih a omtheikei hi. Huaiziak mah in Kilakna laibu ah Laodicea Saptuamte laikha-kna ah “*Na lum leh lum vanglak inla, na vot leh vot vanglak in*” (Kil.3:14-16) ana chi hi. Juda in a laikhak ah “*Nou zaw sawltakte thugen kholhte theigige un, Pathian itna ah kikem hoih un*” (Jude v.17-21) ana chi hi. Unaute khat-leh-khat kikal ah bel lemthu a leng diing ahi (Lk.2:14); ahihziakin, midangte lak ah bel *ahihtheihleh* (Rom. 12:18) hih diing in ana gen hi. A hitheiloupi hihsak theih sawm a khutsau neihna tuh Pathian thuneihsa chouna ahi.

“*Huan ka unaute aw, nou tungthu zaw, noumau mah hoihna in na dim ua, na kihanthawn tuah thei uh chih keimah ngei in leng diktak in ka thei hi*” (Rom. 15:14).

Kha Gah...

GINOMNA

(Faithfulness)

Thangzalam

Laisiangtho sung a l muh KHA GAH in atun hihna kuate (09) lak ah, a sagihna (07) GINOMNA (Faithfulness) l chih koimun a, bang a kipan a gah thei diing hiam suah theihna di-om a, bangchi hon suah diing gah hong gah-ing in, KHA pen l neih ngai hi. pi, ei a tenglou-om theilou ahi khial kei diing. khat ka hileh, suah na hiam? Kei a, a om taktakna hiam? Kha gah in atun hihna kuate (09) kei a pan in a gahsuah na hiam? chih mimal in l ki-etkik uh ngai hi. Kha-gah in atunte lak ah, “*Ginomna*” chih pansan in l ensuk diing uh. *Ginomna* l neih theina diing in kalbi tampi om thei hi. A vekpi in sut man lou di l hihman in, *Ginomna*, kibilphuhna (Foundation) kalbi lite (4 steps) in en diing :-



? Kha in gah a ing a, kha koi a bang a, a gah hiam? Hiai kha suah theihna di-Khristiante'n Kha ei a omlou-pi in kha gah chi leng l gen Tunin Khristian kha-gah ka gah

- (a) Lungtang tengteng toh, kipiak khiakna, kiptak a gupna (Devoted)
- (b) Thudik, lenkip dinpih, gumngam (Honest)
- (c) Muanhuaina, muanggam a omna (Trustworthy)
- (d) Kingaktheihna, muanggam/muantak a omna (Dependable)

Hiaite ei a omlopi in, ginomna gahsuah om ngeilou diing hi. Khristian khat ka hih a, hiaite neih lou hileng, theipi kung gahsuanglou toh kibang lel diing hing. Laisiangtho sinsakna ah, kuate ginom a sim hi hiam? Ginomna kichi hih, gahsuahna diing in, a tawm, atam ziak hilou, thupi leh manphat ziak a ginom diing chihle hi tuanlou hi. **Luka 16:10-12 ah** “Kua peuh **tawmchik tung a ginomlou** tampi tung ah leng a gin om kei uh hi. **Sumlem tung**

a bawn na ginom kei uh leh kuan ahia hauhna dik noute hon kem sak diing? **Midang a, tung a bawn na ginom kei un**, noumau a, (nang a) kua'n a hawn pe diing a"? Hiaite pansan in, Ginomna point thum in saulou in enleng chi I hi.

(a) **Thilneuchik/tawmchik tung a ginomna**

1 Samuel 17: 28-29, 17-20 - David (*Kumpi hi dia thaunilh a ompa*) ginomna, apa belam tamlou, gamdai a, thousi thovai lak leh lauhhuai tampi lak ah, phun leh pau lou in, belamte enkol hi. Apa, Jesse in, galphual a, a ute enkhe dia a sawl in le, A belam tamlou chikte, mok nutsiat mai lou in, a bitna diing uh zong hi. Ka pa honsawlna, Kapa thumang a kuan ka hi, hiai belam tamlo chikte, a suahsuah uh suak hen, chilo in, a bitna diing uh zongmasa in kemtu Belam chingmite kiang ah a koih hi. David apat mawltak a I muh thei tuh kumpi dia thaunilh hinapi in gamdai ah apa belam tamlouchikte ginomna tak toh enkol hi. Pathian in thilneu chik a mohpuakna hon piakte, musit diing hilou, neu chik tung a ginomtak a, ka omkei leh Pathian in thilthupitak honpiak diing ka kilamet louh diing ahi (*While moving on to bigger things, keep your eyes on the small things*).

(b) **Nihna ah Sum leh pai tung a ginomna** (*Faithfulness of Monetary*).

Genesis: 14:19-24 - Abraham in a sanggampa, Lot melmate khut a pat a hunkhia hi. Galzou ka hi a, ka thuthu a, sum le pai ka kineih di, chih lungsim himhim a pawkei hi. Sodom kho kumpipa'n, Mite hon pia inla, **SUMTE** nang kineih mai in a chih in leng, sum leh pai ziak in a ginomna mansuah lou hi. Pathian lei leh van nei zahtak leh ginomna ziak in, Abraham in hichi'n dawng hi, "*Khauzang khat kia leng, khedap khau khat kia leng, na neih himhim ka la kei diing chi hi. "Tangvalte nek mang leh ka mi paipihite tantuan kia louzaw ka la kei diing, Anerte, Eskote, Mamrete'n a tantuan uh la uh hen, a chi hi"*. Hiai a I ziltheih hi, Pathian a neitu hi a, eite a kemtu, enkoltu i hi chi a, I kingaihtuah chiang in, sum leh pai tung ah ginomna kineitheih pan hi.

(c). **Midang Thilte Tung a Ginomna** (*Faithfulness with others property*).

Gen 39 :8-9 – "Himahleh a ut kei a, apu zi kiang ah, Ka pu in hiai inn ah ka kiang ah bangbang a om a chih lah athei ngalkei a, a neih tengteng ka khut ah a koih vek hi.

Hiai inn sung ah, keisang a lian zaw kuamah a omkei. *Azi na hih ziak in nang kia loungal, kei a kipan bangmah it a neikei hi.* Bangchi'n hiai khelhna liantak hih in *Pathian tung ah thil ka hih khial thei dia achi hi*". Joseph in a gamgi tan a thei a, apu in muangtak a, a gouteng enkoltu dia koih ahi chih a haih kei hi. Apu zi, in enlah in zol mah leh, amah a hilou, a pu a, ahi chih zahtakna leh a ginomna mansuah lou hi. Huchimah bang in, Khristiante in leng midangte neihsa tung ah ginomna, zahtaksakna l neih kul hi. Hiai kei ah lah hilou a, hiai tuh saptuam a, ahi, ahih kei leh hiai tuh saptuam sum eive le, tambei, tawmbei poi mahmah kei l chih khak diing lauhhuai hi. Saptuam neitu Pathian ahi, chih phok tawntung ni. Kei a enkoltu maimai, kepsak a om ka hi, chi mangngilh kei ni.

Thukhitna -

Ginomte bangchi

Matt 24: 45-47 – “Huchi in sikha ginom leh pil, a pun a inn kuante a hunhun a ann pediing a, a innkuante tung a thunei diing a seh kua ahita dia ? Apu ahong pai Chiang a, tuabang a hih a, amuh sikha tuh a hampaha hi. Chih-taktakin ka hon hilh ahi, aman amah a thilneih tengteng tunga vaihawmtu in a koih diing”.

Paunakte 28:20 – “Mi ginom in vualzawlna ahau diing, himahleh kuapeuh hau diing a kintat gawtlouh in a om kei diing hi”.

1 Tim 1: 12: “Gin om a (Muanhuai) a hon seh ziak leh a nna sem diing a ahon koih ziak in, tua na sem diing a hihtheihna ahon piak ziak in Khrist Jesu Toupa tung ah kipahthu ka gen”.

Ginomloute bangchi. (*Mika 7 : 2-4*) Pathian limsak mi lei a kipan amang ua, mihing lak ah midiktat a om kei uh, sisan suah ding in a tang vel ua, mi chih in amau unau len in agem uhi. Akhutte uh thil hoihlou tung a thanuamtak a hih ding in a nga ua, kumpipa'n thilpiak a ngiat a, vaihawmpa'n anegu a, mi lian in a lungsim thilhih khelhna a genkhia a, huchibang in a ki thutuak uh hi. Alak ua mihoihpen loulingnei bang ahi a; midikpen leng dailing sang in ahoih kei zaw; nang veng mite ni, veh a na om ni ngei ahong tung hi; huai tuh amangbat ni uh ahi ding hi.

‘Ginomna tasammi in kha-gah asuah ngeikei diing hi’

Kha Gah...

NUNNEMNA

(Gentleness)

Samuel Thangdouliau

GALATIANS 5:22-23 “But the fruit of the Spirit is **love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, self-control.** Against such there is no law.”

Khris nungzui kichite a diing a poimoh mahmah tuh kha a thuam a omna ahi, huaiziakin kha-gah omlou a kha a thuam kichi om theilou hi. Huai ahihna ah atunga l tangtel apan kha-gah in a tuun khop “nunnemna” kichi poimohna leh bangchi neih diing chihte suut zek leng l chi ahi.

Kha-gah in atunte lak a khat “nunnemna” (gentleness) kichi eipau a gendan leh thumal tuamtuam in leng gentheih diing hi. A tangpi in migitna thumal a kizat chiang in mizia, gamtat leh omdan lam genna in kizang a, **NUNNEMNA** chia a kigen chiang in l lungput (attitude) lam genna in kizangzaw hi. Sappau a gentleness leh kindness kichi thumalte kinaih mahmah himahleh, eipau a mi hehpihna leh panpihna lam toh kisai a lungput leh gamtatna pen sappau a “kindness” kichi in genkhazaw a theih in om hi. Huaiziakin nunnemna l chih in nemna, migi leh khutdam chihlam kaww khazaw a, mi a diing a poi khoihlou a, mi nat leh sat di khualtak a pau leh gamtat a pilvangtak a omna in nunnemna gen kha hi.

Nunnemna lahsak theihna diing in thagum a hihna/suknat thei diing dinmun a om himahleh mi natkhak diing khualtak a gamtat leh thumal zatna ahi. Hiai in kiniamkhiakna leh zahna langsak a, mi nunnem tuh khamuang leh mi kidek thei mi ahimai hi. Hiai apan a muhtheih tuh nunnemna (gentleness) l chih in bangtan hiam kidekna (restrain) om ahihdan kilang hi.

Mi tamtakte’n nunnemna pen hatlouhna (weakness) dan in kikoih khanak mahleh nunnemna in naktak a kidek theihna leh hatna poimohzaw hi. Mi nunnem in thutak ahi bangtak in gen a, hoih deihna ziak a mi a diing a na thei himahleh, kampa ah pilvangtak kawm a mi theihiam diing gel

kawm a gen teitei ahiman in hangsanna leh naktak a kidekna a poimoh hi.

*“Nu naupom, ama tate deihthohtak a kemmi bang in, na lak uah nunnemtak in ka om zaw uhi” (1 Thes. 2:7). Hiai tangin numnemna hoihtak in gen chian hi. **Gentleness** is a strong hand with a soft touch. It is a tender, compassionate approach toward other’s weaknesses and limitations. Naungek neuchik in a Nu khut alet chiangin mek-ek mahleh a Nu a diing in natna a tun kei a lungnopna tun hi, himahleh sa a pichingzaw a Nu in naungek neu-chik khut mek ek mawkleh nasa in kap maimah diing hi. *It’s the strong hand, not the weak one, that must learn to be gentle.* —Gary Thomas*

Hiaite apan numnemna bang hihiam, weakness hilou a hatna leh naktak a kidektheih ngai ahih dante l enta. Ahileh bangziak a Khris nungzuite a diing a hiai kha-gah poimoh hiam chih l ensuk diing.

NUNNEMNA A POIMOHNA

Matthai 11:29 *“Ka hakkol pua unla, kei apan zilkhia un: thunuilut leh lungtang kingainiamtak ka hi; huchi in na kha va diing in khawlna na mu diing uh.”* Khris nungzuite’n l zuih diing Aman hon limlah khinta hi. **Philippite 2: 6-8** *“Amah Pathian bang a om hinapi in, Pathian toh kikim a om thil khiaklah diing in asepe kei hi, himahleh amah ahong ki-awngsak a, sikha bang in ahong om a, mihing bang geih in ahong piang hi. Huchi in mihing mel ahon pu a, ahong kingainiam a, si diing in thu ahon mang a, ahi, kros a sihna nangawn.”*

Hiai tangte apan nunnemna in mi kiniamkhiakna leh thunuilutna huam kha ahidan l mu thei hi. Thupha tangkoupah diing a mohpuakna liantak nei l hihna uah, Thutak l tangkou pihna diing ua hiai migitna poi hmoh mahmah hi (Mat. 28:19-20).

People often observe, then listen to what you have to say.

l mi hinpihte lak ah ei sang a hatlou leh dinmun niam zawte kiang a l gamtatna a hiai numnemna leh migitna l lahsak chiangin mite’n ei a muanna nei in zahtakna hon pia uhi. Huai tungtawnin l thugen leh omdan in chii bang in a lungtang uah ana kituh hi.

High-school ka kai lai un, kumkim lakvel a pasal taksa leh din a lian mahmah leh mel et ale nelhuai hetlou khat honglut thak a om a. Khang-dawng akihihlai mahtak leng ahi dia, mullit leng kinei mengmeng lou hinapi

in ka pawlpih tengin leng hiai mipa ana mullit chiat vek uhi. Himahleh kei a lianpen kahi a thagum le neipen kahi chih lungput nei hetlouin, aneupen apan alianpen hi in numei-pasal hileh khatpuehin ki chiamnuih thei in, a hou nuam in a thuah nuam mahmah hi. Huai in ngaihnatna chii tuh ahi ngei dia, kikhavual thuah thei in ngaihnat huai mahmah hi. Midang pawl dang toh kinak-kisakna diing omleh muanhuai mahmah ahi a himahleh kei honsual a, kei a diing a poikhoihlou diing ahi chih theihchetna in amah kiang a om in hon lungmuangsak hi. Hiai hih a mizia, a nunnemna leh migitna ziak ahi.

Nunnemna neih theihna diing in kisin a ngai a, kingaihniamna leh kiniamkhiakna omlou a migitna leh nunnemna omtheilou hi. Huaiziakin, I kampau leh omdante ah kivel thak poimoh hi.

KAMPAU AH

Laisiangthou mah a nunnemna leh kampau thumal in kizopna liantak nei ahildan I mu. Paunakte 15:1 *“Dawna nem in thangpaihna a heimang a; himahleh thusia in hehna atokthou hi.”* I hinkhua ah mimal kal a kizopna tua-tuam kinei chiat a, I kal a kitheihsiamna thuktak omna mun a kisel-kinakna vang hi. Himahleh akal in ngaihndan kibatlough ziak bang ahikheileh lungkim louhna khenkhatte ziak a kitheihsiamlouhna leh kisel-kinak omthei zel hi. Huchih hun chiang a Khri nungzuite’n, I tunga hon suknat sawm a hon genkhum leh bawl a neih hun chiang un, zaidamna toh kidekthei taka aw-nem leh kamnem taka dawng theih, kisin poimoh mahmah hi.

Atunga laisiangthou tang a I mu mahbang in I dawna nem in mi hehlai leng sudai thei hi, huchimah bang in, kizopna hoihipen leng kampau thumal khat ziak inle kisethehi hi. Paunakte 15:4 *“Lei damthei hinna sing ahi; himahleh huai a kilawmlouhna kha sukkhapna ahi.”*

GAMTATDAN AH

Johan bung 8 na a Pharisaite’n numei khat angkawm lai amat uh Jesu kiang a ahon tonpih ua Jesu in hichin in ana dawng hi, *“Na lak ua khelhna nei lou in amah suang in deng masa heh”* (Jn 8:7). Huchi in kuamah in suang a deng ngam omlou a khatkhat a akigelkhiak zoh un, Jesu in, *“Ke’n leng siamlouh ka hon tangsak kei; pai inla, tuban khial nawn ke’n”*, achi hi (Jn 8:11). Hiai bang a Jesu in khial a omlai a mat a om hinapi, numei tungah nunnemna langsak a angaihdam bangin eite tungah leng a

itna leh hehpihna hon langsak hi. Huai diing in eite leng l tung a khialte ngaidam diing in hon deih hi, “Mi atateleknate uh na ngaihdam uleh, na Pa uh van a om in leng hon ngaidam sam diing hi. Himahleh mite tateleknate na ngaihdam kei ngal un, na Pa un na tateleknate uh angaidam sam kei diing hi” (Mat 6:14-15).

NUNNEMNA A I KHANNA DIING IN

Haichi in gah asuang theihna diing in chii (thutak) tuh in om a, tuipiak (kisin) a ngai a huchi in hong khang in gah (kha-gah) suang pan diing hi. Kha a om a l khan sem theihna diing in, “*khalam nawitui lunggulh*” (1 Peter 2:2) poimoh a, Khris toh kizopna thuksem neih a poimoh hi. “*Na lungtang uah Toupa in Khrist bawl un...*” (1 Peter 3:15a). Huchi louin zaw, l mihing hihna (nature) suah a l tung a khialte, ei dinmun sang a niamzawte, ei sang a hatlou zawte iiplahna leh simmoh khak baihsam mahmah hi. Thunei dinmun a l ding Chiang in, l nuai a omte tung ah hehpihna bei a gamtat theih a, l tung a thuneite chinlou l sak hun in zahna piak haksa kha nak sek hi. *Therefore, someone who lacks gentleness is often prideful and easily angered, or feels the need for revenge... A gentle heart comes from having love for others. This is shown in our thoughts and in the way we interact with those around us.*

Khristian khat hi a Khris nungzui l hihleh kha-gah suang in, nunnemna toh gamta ni. Huaiziakin, hiai thumal l suutna tungtawn a l kihasot nop ahihleh, l Khristian hinkhua zatna a michih kivel thak zel in, khalam ah ka khangna hia? kha-gah ka suangna hia? chihte mimal in kidong zelzel ni.

“*Himahleh na lungtang uah Toupa in Khrist bawl un; noumau a om, na lamet pen uh hon dong peuhma dawng diing in mansa gige in thunvailuttak leh laudan siam kawm in om un; sia-le-pha theihna siangtak nei un, huchi in nou ahon gensiatna lam uah, Khrist a na omdan hoih uh gen thanghuaithe hih zahlak in a -om diing uhi*” (1 Pet 3:15-16).

- Gentleness is a strong hand with a soft touch.
- A gentle person speaks the truth in a way others can receive.
- True followers of Christ are distinguished by gentleness.

“Let your gentleness be evident to all.”

Philippians 4:5

Kha Gah...

MAHNI-KITHUNUNNA

(Self-Control)

Jamson

Mahni-kithunun mite tuh salam leh khalam ah lohching leh zahtak in a omnak uhi. Hinkhua a mi lohsam leh mi zahlakte tuh mahni kithunun loute ahi tangpi uhi. Hiai mahni kithununna tuh hinkhua a salam leh khalam a l lohchingna diing a poimoh mahmah khat ahi. Hinkhua a lohchinna hon tuntu ahizhiak kia hilou in Laisiangthou in ana poimoh ngaih mahmah thute lak a khat ahihman in mahni-kithununna bang hi a, bang ziak a poimoh a, bang thilte a kithunun poimoh hi hiam chihte saulou chikchik in taklang nawn lehang ka chi ahi.

I. MAHNI KITHUNUNNA BANG?

Mahni-kithununna (self-control) thumal tuh Greek thumal **KRATOS** (strength) apan hong piangkha **ENGKRATEIA** thumal akipan hong kiletkhia ahi a, huai bel **“Amah leh amah kilentang zou mi”** (one holding himself in) chihna ahi. A Greek thumal apan tangtak a lehkhia diing hileh: hat, tha nei, banghiam tung a hatna nei, thazoh, bang hiam apan kism, sunglam a om mahni mihinna thuzoh chite bang in lehkhia theih diing hi.

Hilhchiantu minthang mahmah Thayer in hiai mahni-kithununna thumal hiai bang in ana hilhchian hi - **“Mi amah lunggulh leh utna, a diak a taksa a lunggulhna omte thuzoh theihna nei mi”** (The virtue of one who master his desires and passions, especially in his sensual appetites).

Webster Dictionary in mahni-kithununna tuh bang hiam hih utna/kilopna/thathohna (impulse), thangpaihna or kipahtheihna (emotion) leh utna (desire) chihte apan mahni kism zohna ahi chi'n hilhchetna ana pia hi.

II. MAHNI-KITHUNUNNA POIMOHNA

Mahni-kithununna, Greek a engkrateia, thumal geih Thukhun Thak

ah thumvei lel ana tuang a, huai munte ah a poimohdan toh taklat in ana omkhawm hi. A poimohna a nuai a bang in l taklang diing -

1. **Khristian hinkhua a tel ngeingei diing hoihna (virtue) khat ahi.**

“Na theihna uah **kidekna** (self-control) hel unla, na kidekna uah kuhkalna hel unla, na kuhkalna ua Pathian limsakna hel unla” (2 Peter 1:6). Sawltakpi Peter in Khristian hinkhua tel ngeingei diing hoihna/khristian omdan kilawm bangzah hiam ana vualsuak deudeu hi (2 Peter 1:5-8). Huai a Khristian hinkhua a tel ngeingei diing omdan kilawm giat vel ana gente lak ah hiai mani-kithununna leng ana telkha hi. Huaiziak in mahni-kithununna tuh khristiante’n hinkhua a aneih ngeingei diing a thil poimoh ahi chih l muthei uhi.

2. **Kha a om mi/kha pi a om mi chetna ahi.**

“Kha gah ahihleh, itna, kipahna, lemna, thuakthehna, migitna, hoihna, muanhucaina, Neunnemna, **kidektheihnate** a hizaw uhi; huchiabang kalh lam in danthupiak himhim a omkei hi” (Galatiate 22-23). Hiai apan kidektheihna/mahni-kithununna tuh kha a omna/kha gah suanna dia kiphamoh ahihdan l muthei nawn hi. Hiai mahni-kithununna/kidektheihna neilou mi tuh kha a om mi hitheilou diing a, hiai tellou in kha gah suang theilou diing hi.

3. **Tanchinhoih thupuak lak a khat ahi.**

Paul in Felik kiang a Khris Jesu ginna thu (tanchinhoih/gospel) genpih ahihdan Nasepte 24:24 ah muhtheih in om hi. Huai Khris Jesu ginna thu a genpih lai in Paul in hiai mahni-kithununna thu leng ana gentel kha hi. “Paul in diktatna thu, **kidek thu**, thukhen vaihawmna hongtung dingte a suipih detdet lai in, Felik in lauhuai asa mahmah a, Painawn phot inla, hunlem ka neih hun chian in kon sam diing a chi hi” (Nasepte 24:25). Hiai akipan in leng mahni-kithununna tuh tanchinhoih thupuak lak ah atelkha chih l muthei uhi.

Huan, Puanakte in mahni-kithununna poimohna hiai bang in ana taklang hi, “Amah a lungsim thuzohna bei khopi chimsa leh bang neilou bang ahi” (Paunakte 25:28). Khopi tuh a kuhl bangte ziak in bit hi. Bang neilou tuh vengbittu diing neilou toh kibang ahi. Huai omdan bel, mahni-kithunun-

na neilou mi tuh vengbittu diing omlouh ziak a suksiat a om diing chihna ahi mai hi. Siatna tuh a maban ahi. Paunakte mah in mahni-kithunun mi tuh khopi laksang a hoizaw ana chi hial hi (Paunakte 16:32).

III. BANG THILTE THUNUN DIING?

1. **Mahni sapum**

“Kitaitehte avek un a tai ua, himahleh khat kia in kipahman a muzel chih na theikei ua hia? Na muhtheihna diing un huchi mah bang in tai un. Huan kidemna ah kimawmi peuhmah bangkim ah mahni kithunun in a om nak uhi. Amau zaw lalukhu sethei mu diing in a hih ua, eite’n bel lalukhu setheilou mu diing in. Huaiziak in kei ka tai a, a ziak bei hilou in; huihkua leltak nawhlou in, ka pang hi: ka sapum ka hih sidup a; sikha in ka bawl zawzel hi; huchilou inzaw midangte kiang a ka tangkoupah nung in leng bangchi hiam in keimah tak kipahman mutaklou in ka omkha diing hi” (1 Korinthte 9:24-27).

“Huaiziak in na pumpi uh duhgawlina thumang diing in na pumpi si thei vah khelhna vaihawmsak kei un. Na pumpi hiangte uh leng diktatlouhna vanzat diing in khelhna kiang ah pephal samkei un; himahleh misi lak a kipan hing nawn bang in Pathian kiang ah kipia unla, na pumpi hiangte uh leng diktatna vanzat diing in Pathian kiang ah pephalzaw un” (Romte 6:12-13).

I pumpi’n ei hon thunun diing hilou in en I pumpi I thunun diing hizaw hi. Jesu Khris chihlouw bangmah dang sikha dia I kiphal louh diing ahi (1 Kor. 6:12). Zu sikha hiam, dummum (tobacco) sikha hiam, kham theih leh chin zongsat theih thilte apan I pumpi I thunun a huaite thunuai a omlou a, huaite en I thunuai a I koihzawki diing uh ahi.

Vualzawlina I tante mahni noptalna dia zat a baihlam mahmah (Luke 12:15-19; 10:19). Zat dia phalsak a om khovel a thilhoite leng hon thuneih khumtu in a pang thei uh (Matthai 6:32-34; Mark 10:21-22; Luke 10:38-42; 21:34; 23:21; Pau. 6:4,9-11). Amah a khelhna hiloute nangawn hon thuneih khumtu dia phallouh diing ahi (cf. 1 Kor. 6:12; Pau. 23:2; 25:16).

2. **Lungtang ngaihtuahna**

I lungtang ngaihtuahna I hinkhua zatdan hong suaknak a, huai I lungtang ngaihtuahte lah a hoihlou ngen hi ngitnget ahimhan in (Gen. 6:5) I lungtang ngaihtuahna I thunun uh a kizam petmah. Jesu'n leng "Lungtang a kipan ngaihtuahna giloute, tualthahna, angkawmna, kingaihna, guktatkna, hekna, gensiatna a hongpawt nak hi" (Matthai 15:19) a chi hi. Huaiziak ahi ngei diing Paunakte in "Thanopna tengteng toh na lungtang kem in; huai a kipan lah hinna tuinakte a luang ngal a" (Paunakte 4:23) ana chih. I lungtang ngaihtuahna I thunun a I kep lehel huai apan in hinna luite ahong luang diing a, himahleh I lungtang ngaihtuahna giloute I thununkei leh huaite I hinkkhua ahong suak diing uhi.

3. **Lungsim/lungput – heh leh kipah theihna (Emotion).**

Mihing in lungput (emotion) kinei chiat hi. Lungput I chih Chiang in kipah theihna leh hehtheihna I genna ahi. Hiai mihingte a om kipah theihna leh thangpaih theihna khahzan louh a thuzoh a kul. Lungsim thuzoh a poi-mohdan Paunakte in hiai bang in ana gen hi, "Kuapeuh heh hak mi hat sang in a hoihazaw; huan kuapeuh a lungsim thuzoh khopi laksang in" (Paunakte 16:32). A poimoh ziak mah in Sawltak Paul in leng hiai bang in ana gen hi – "Heh unla, khelh zaw khial kei un" (Ephesate 4:26). Huai omdantak bel, I heh a lelung I hehna (emotion) pen thunun diing chihna ahi. Sam laibu ah leng heh tawpsan a thangpaih kisik diing ahidhan I muthei (Sam 37:8). Jakob inleng hehhak diing ahidhan leh mihing thangpaihna in Pathian dik-tatna bawllou ana chi hi (Jakob 1:19-20).

Hehna, thangpaihna leh lungkhamnate I thunun ngeingei diing ahi (1 Thes. 1:13; Eklis. 7:9). I Thunun kei leh chiklaipeuh in puakzak thei gige hi (cf. Pau. 14:17). Huan, kipah hun a leng I kipahna I thunun keileh I kupaluatna in Pathian deihlouw thilsia tan ahon tun thei hi.

4. **Kampau**

I thunun ngeingei diingte laka khat nawn tuh I kampau ahi. I mukte thunun ahilouh Chiang in tatekna a omnak hi. Paunakte laibu in kampau thuzohlouh siatdan leh kampau thuzoh a hoihdan hiai bang in ana gen hi, "Thu tampi ah tatekna a omLou kei a: himahelh a mukte thuzoh in piltak in

a hih hi” (Paunakte 10:19). I mukte thusia genlou dia I thunun a (Ephesate 4:29), zahmoh thute kam apan koihmang a (Kolosate 3:8-9), I paukamsuak uh chisoh hehpihna ahi gige zawk diing ahi (Kolosate 4:6). Kampau thunun thei mi tuh mipiching leh pumpi veng thei mi ahi (Jakob 3:2).

Khristiante tuh kam vangtah chi a utteng gen a mawk paupau diing ahikei. I kampau in I tangtawn mun diing tanpha sukha ahi chih theikawm in I kampau I thunun diing uh (cf. Jakob 3:6-7; Matthai 12:36-37).

Thukhitna

Mahni kithununna kepbit thil haksapi ahi. Solomon in khopi lak toh ana teh hial hi (Paunakte 16:32; 25:28). Jakob in gamsa (wild animal) khozual a bailam zolai ana chih behlap (Jakob 3:7-9). Thil haksapi himahleh kithunun theihna dia hatna Khris ah a om hi (Galatiante 5:24). Khris a omte tuh kha a om (walk according to the spirit) hi uh ahihman un khlehna dou a kithununna diing in hatna a nei uhi (Galatiante 5:16-18, 25). Joseph inleng Pathian a kihtak ziak in a sa-utna ana thunun zou hi (Genesis 39:8-9).

Mi amah leh amah kilentang zou tuh khovel a mi hatpen ahi ka chi nuam a, huai mah tuh mahni kithununna hihchetna hoihpen in ka koih hi.

Kha a I gah theihna diing in gilou tengteng apan I pumpi lentang ni.

