

# Khris' Suangphum

CHURCH  
of CHRIST  
NEW DELHI

Suangphum lepkhisa loungal suangphum dang kuamah in a lem theita kei, huai suangphum Jesu Khris ahi - 1 Kor. 3:11

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PRIVATE CIRCULATION

September 15, 2024

Khristian Kitaitehna -

## HON HIHNOK THEI THILTE

-Jamson-

“Huaiziak in huchitel a theihpihte, meipite thupi umsuak a I om thei in, **hon hihnok peuhmah leh khelhna eimah a belhte koihmang ni**, huan I ma ua kitaitehna diing om ah kuhkaltak in tai ni – Hebrute 12:1

Kal masa Toupa Ni in eite Khris Jesu a Pathian sapna sang kipahman mu diing a tai I hihdan uh I na genta uhi. Kidemna a kimawlni peuhmah bangkim a kithunun mahleh uh amaute muh diing bel lallukhu sethei ahi a, himahleh eite muh diing bel lallukhu setheilou ahi. “Huan, kidemna ah kimawlni peuhmah bangkim ah mahni kithunun in a omnak uhi. Amau zaw lallukhu sethei mu diing in a hih ua, **eite'n bel lallukhu setheilou mu diing in**” (1 Korin 9:25). Hiai lallukhu setheilou mu diing a I taina ah eite hon bahsak a hon lunglelsak thei diing ana om hi. Tampite lak ah Hebru gelhtu'n kitaitehna a khrisitante hihbuai thei thilnih ana gente saulou in tuni'n I taklang nawn diing uhi.

Theihpih meipi thupi umsuak a om I hihdan theikawm a lallukhu setheilou mu dia Khristian kitaitehna I tai diing dan tuh –

### 1. Hon hihnok peuhmah koihmang

“Huaiziak in huchitel a theihpihte, meipite thupi umsuak a I om thei in, **hon hihnok peuhmah leh khelhna eimah a belhte koihmang ni**, huan I ma ua kitaitehna diing om ah kuhkaltak in tai ni (Hebrute 12:1). Hiai ah Hebru laikhak gelhtu'n (a laikhak ah kigen kei mahleh Hebru laikhak gelhtu tuh Sawltak Paul hidia gintak ahi) Khristian kitaitehna kuhkaltak a I taisuak theihna dia hih ngeignei diing a ana gen khat tuh – **“Hon hihnok peuhmah koihmang diing”** (*Lay aside every weight*) chih ahi.

Hiai a Paite pau a **hihnok** kichi pen a English ah **weight** a kichi hi. Hiai a ‘hon hihnok peuhmah’ (every weights) kichi in a kawt tuh amah a thilsia leh khelhna hipahlou ahiziak a i Khristian hinkhua a i masawna hon subuai thei leh hon hatlousak thilte tengteng genna ahi. Huai omdan bel amah a khelhna hipahlou hinapi a lah I Pathian thu zuihna a hon hatlousak thei leh hon bahsak thei thilte koihmang diing chih ahi.

Khristian hinkhua toh kisai I gen chiang in eite'n bel bible koihlai ah khelhna a kichi a eita chi'n I talpan khanak ua hive'n Bible mah in amah a khelhna hipah chitchiatlou ah hang a I Khristian hinkhua a hon bahsak thei, hon hihnok peuhmah koihmang diing ana chi hi. Olympic a kitaidem mite leng a zang theipen a kivan in atai uhi. Savun khedap hiam bumkawm in a taikhi hial uh. Numeite ngial kuamah khedap tawsang bunkawm a tai a omkei uh. Kuamah sengpi pawkawm leh sai-ip dim a van pawkawm in a taikhi hial uh. Puansilh zang theithe silh in khedap zang theipen bulh in atai zaw

uhi. Amau hihnok thei diing thil khempeuh koikhia in atai uhi. Tuabang mah a Khristian kitaitehna a tai diing in Laisiangthou in hon hasuan hi. Hon hihnok peuhmah koihmang diing in (Hebrute 12:1).

### 2. Khelhna eimah a belhte koihmang (*Lay aside the sin which doth easily beset us. KJV*)

“Huaiziak in huchitel a theihpihte, meipite thupi umsuak a I om thei in, hon hihnok peuhmah leh **khelhna eimah a belhte koihmang ni**, huan I ma ua kitaitehna diing om ah kuhkaltak in tai ni (Hebrute 12:1). Hiai ah leng laikhak gelhtu'n Khristian kitaitehna a tai diing dan kichiantak ana gen khat a om nawn. Huai tuh – **“Khelhna eimah a belhte koih mang diing”** (*The sin which doth so easily beset us KJV/The sin which so easily ensnares us NKJV*) chih ahi.

Bible hilhchiantu minthang Adam Clarke in hiai toh kisai hichi'n ana hilhchian hi - *“The well-circumstanced sin; that which has everything in its favour, time and place and opportunity.”* Adam Clarke hilhchetna dungzui a hiai bible tang paraphrase diing hileh, *“Lay aside the sin that is always so conveniently close to us”* chih hi diing hi. Huai omdan bel, chiklaipeuh a hih theih dia I kiang nai a om khelhna I lunggluh lamte ei akipan koihmang diing chih ahi.

Ei Khristiante a diing in I ma ua om kitaitehna tai diing dan ana om hi. Ei utdan leh hoihsakdan a tai diing himawklou in Laisiangthou hon sinsak dungzui a tai diing ahi. Huai Laisiangthou hon sinsakdan bel – Khristian hinkhua a hon hihnok peuhmah koihmang diing. Huan, khelhna eimah a belhte koihmang diing ahi. Hiaite hihloupai a I tailehzaw atawptan kitaitung zoulou hial diing ahi.

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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**            **Teacher**  
 Adult            : Siammuan & James  
 Inter.            : Jamson & Biakmang  
 Junior            : Robert & Chiinpi  
 Primary        : Suanlian & Vungngaihkim  
 Beginner        : Chingkhanlun & Rosely

**TOUPA NI'  
 THILPIAK**

**Date 08.09.2024 ₹ 61,040 /-**

**THOUGHT OF THE WEEK**

“Ngai dih, Toupa mit tuh amah laudan siamte tung ah atu gige a, a chitna lamente tung ah. A hinna uh sihna lak ah humbit diing leh kial tun a amau tungding diing in.” - Sam 33:18-19

THU TUAMTUAM

THU TUAMTUAM

**Biakna Hunzeek**

Toupa' Ni

Date 15.09.2024

Hun-uk thumna : Thangbiaklun  
 Lapi            : Siamkhanmuan  
 Thilpiak        : Dongzathang  
 Theihgigena   : Janglet  
 Thugen         : Thawngsiandong  
 Thumna         : Thangzalam

**Midweek online Bible Class**

Date 18.09.2024

Thumna         : Siamkhanmuan  
 Sinsaktu        : Chuck Horner  
 Thumna         : Kammuanlal

**Kiginni**

Date 21.09.2024

Hun-uk thumna : Amjangthang  
 Lapi            : Siamkhanmuan  
 Thugen         : Lamsuanmung  
 Thumna         : Gin Samuel

**Toupa' Ni**

Date 22.09.2024

Hun-uk thumna : Amjangthang  
 Lapi            : Siamkhanmuan  
 Thilpiak        : Jangminthang  
 Theihgigena   : Joseph  
 Thugen         : Kamkhenthang  
 Thumna         : Thangliankhup

**PAWTKHAWMNA OM**

✚ Kal paita Toupa Ni biakna zoh in edification lamte makaihna in unaunu Liannem-te inn ah pawtkhawmna hun zat in om hi. Hiai hun a unaute hunkhop kipaikhawm hi. Unaupa Jamson in unaute it taktak diing a thutak zui a i khatte hihsiangthou i hhdan uh gen in hasotna hun zang hi. Hiai bang a program kibawzelte mimal vai hilou a Saptuam program hi a, Saptuam program ngaihnepna tuh a neitupa ngaihnepna khat hipah ahhdan theihthak a ngaikhok chiat diing in i kichial uhi.

**MEETING OM NAWN**

✚ Zan kiginni in unaupa Khamminthang inn ah Saptuam business meeting neih in om nawn hi. Hiai hun ah maban a lectureship program leh thupoimoh tuamtuum gen in om. Thupuknate siamkhiak hinawn diing.

**HONGZIN UH**

✚ Lamka apan in unaupa Thang-suanlal leh a zi unaunu Channem ki-ensak diing in hongzin uhi. Damlou pen unaupa Thangsuanlal hi a, aman lungtang (heart) lam toh kisai in noplouhna ana nei a, a ki-etsakna leng lamzangtak in paille hi.

**INN LUAH THAK**

✚ Bersarai a ani kiang a sotkhop a om nung in unaupa Reuben in zanlam zek in Rajender Nagar lam ah amah kia in inn ana luahkheta hi.

**ANA NGAPLOU**

✚ Kal masa in baby Nemnunmawi d/o unaunu Ngaimuankim hitang khosik ziaik in ngaplou in ni bangzah hiam ana om hi. Tun ahiehleh Pathian ompihna toh damsang nawnta. Tulai in hitang khosik kithang sim a, i lak uah damou om zeuhzeuh hi.

**Improve Your Life**

**Turn off the TV for an hour and read your Bible.**

The Psalmist said of the blessed man, “His delight is in the law of the Lord, and in His law he meditates day and night” (Psalm 1:2).

**Put down the phone and pray.**

I never cease to be amazed at how much time some people spend on their cell phones. Is all that talking, texting, and browsing really necessary or profitable? “Pray without ceasing” (1 Thes. 5:17). “The effective prayer of a righteous man can accomplish much” (James 5:16).

**Get out of bed a little earlier and come to Bible study.**

“As the door turns on its hinges, so does the sluggard on his bed” (Proverbs 26:14). “He awakens me morning by morning, He awakens my ear to listen as a disciple” (Isaiah 50:4).

**Cut down your credit card purchases and give.**

Give to the poor. Increase your contribution at church. “One who is gracious to a poor man lends to the Lord, and He will repay him for his good deed” (Proverbs 19:17). “It is more blessed to give than to receive” (Acts 20:35).

**Change the conversation from sports, weather, and politics to spiritual things.**

Do that at home. “These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up” (Deuteronomy 6:6-7). Do that at work, too. “He who wins souls is wise” (Proverbs 11:30).

A few simple changes can make a big difference!

- Himmel, Frank