

# Christian Meivah

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Lhani seh thuso

Private Circulation

## Nang dia cross a thipa

“*Pilate in Barabbas alha doh peh in, Jesu vang chu ajep in thingpela khetbeh din apedoh tai*” (Mat. 27:26). Thingpela kikhai ho chu khailih dia kikhaiji ahi. Thingpel a mi khailih kiti hi Persia ten ana patdoh masah penu ahi. Alexander leh a-general hon Egypt le Carthage a anajom ui. Christian masa ho chun thingpel (cross) hi ana kidah un, ipi hia ham ti jong ana jihdoh nom pouvin, ana minpah nom pouve. Cross khat hi kilo 60 vel gih ahijin, Jesun hichu ana kiput ahi.

Jesun cross a akikhai ding chu agelleh agohih beh jengin, hijeh chun Gethsemane hona, apa koma ahitheile ladoh in tin hatao taovin ana taovin ahile a-ulsa thisanin jong ana longdoh-e. Mihemin ima khat angap chat lou hela, athohlel tengle a-ulsa ah thisan jong apang jie, tihi Medical science jong anomin, amin hi, ‘hematodrosis’ tin aminsa ui. “*Na sa asa behseh jengin, gunchu cheh-a atao leh a-ul thisan bang in tolach avachet chut-e*” (Luke 22:44). Rome sepaiten Jesu amat-u jan chun, gupvei jen jankhang lai in achung thu kholna ana umin, abon

a semthua themmo achan sahnau ngen anahi. Achung thu khol ho chun adai thaangun, chil aset khumun, a bengphe amai ho abengui. Jan kho vah a asuh genthei uva, imulouva akoi uva, dangchah le gilkel aum chun atha ana lhasam lheh tan, jing kah matah in Fortress Antonia kiti muna ahin kailut un, hikoma chu Pilate in achung thu akhol jouvin, Herod Antipas in akholna din asol doh tan ahi. Herod Antipas in asu genthei in thu doh ima anei in, chujouvin Pilate henga ahinlesol kit tan ahi. Chuin Pilate in Barabbas lhadohna ding le Jesu bol genthei a chule cross a khaina ding chu ana nom tai (Luke 23).

Jesu chu alela lel, ajepnau muna thisan kainel nul, achung chon in linga kistem lukhuh khat jong alua asonlut uve. Aling jong hi sao ahin, thinga kitih ho ahi, tin aseui. Atha lhasam pumin thing cross chu aput sah kit un, thing kijut naamlou ahijeh chun atungtun ajepnau maha ahiet kit in, apujou hih beh in, adingjang jou pon, akun kun puma aput nah nah vangin, tha anei pon, achal jou tapoi. Sepai ja-lamkai pu chun, avetlel jeh in akoma chea North Africa a kon

pasal khat, Cyrene a kon Simon chu Jesu cross chu aput sah tai. Jesun kibai bai le gilkel dangchah thoh pum in anung chu Golgotha gei in anajui tan ahi. Golgotha alhun phat in, cross thing haatlep lop chung a chun athal ngan alup sah un, akhut alang lang chu, thingkil len hamthe thu saotah tah khat khat akhen lut un, thisan akai nelnul jengin, naa asah jeh chun akhut teni akithing thing jeng tan ahi. Chuin akeng khophang tenia thing kil len saotah akhenlut kit un, akeng akhut akithing thing jengin, athisan akai chet chut jengtai.

Aluchang chung a, “ama hi Judahte lengpa ahi” kiti khat jong anatah uve (Mt.27:37). Cross chu atung doh un, akeng a adin joulou phat chun akhut thingkil tenia chun atahsa pumpi akikhai jengin, na asa lheh tai. Akijet jang nah nah got vangin, akikhai dehduh jeng tai. *Koi dia athoh hintem, nang sochatna ding ahi. Ama phatchomna ding ahipoi. Nadia athi hi nadip dam louham ?* Achop in hui ahai theina dia ajop lut nah nah vang in, hui chu ahin semdoh jou tapoi. Ahai jou tapoi.

Hijeh chun carbon dioxide achuop leh athigui hoa akikhoh dim tan, athi tobangin anang deh duh tai. Hitia thideh chet-a aum pet-a hi hin te, Jesun cross a kona thu sagi ana sei nah nah phat chu ! Rome sepai ho chu avet-a ahile Jesu sang khol chol kichunaa vang avet pet-u amun, “Pa, amaho hi ngaidamin, ajeh chu

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ipi abolu ahe pouve” anati (Lk. 23:34). Hiche hi cross chung a kona thu aseui doh nahnah amasa pen chu ahi. Anina in, thilse abol jeh-a akoma cross a kikhai henga, “Tahbeh-a kasei peh nahi, tunia keitoh choldo na gam noma iumkhom ding ahi” ati (Lk.23:43). Chuin avesuh in ahile anu toh kaiku khoma ding angai lut seijui John amun, athusei athumna, “Nanu chu kivet in” ana tin, chu in anu henga “Nachapa chu kivet in” ati (Jn.19:26-27). Chu jouvin, haille pum pumin, thu alina Ps.22 kipatna, “Ka Pathen, ka Pathen, ibola neida lhah hitam !” tihi ana sei-e.

Sun nisa noi-a nelou chalou va, hahsa tah-a cross a akikhai chun, alungchanga jong thisan alut pan tan, haibing deh deh in athoh in, hipet a geldoh-a pha chu Ps.22:14, “Keihi twi kisunglha banga eikisung lha ahitan, kaguchin kacang chin aki khensoh ding ahi paitai. Kalungthim jong khoilu tobangin ka-op lhang sunga ajolsoh pai tai” tihi ahi. Alung changin thajung hoa kaapdoh doh ding thisan themcha chabou aneitah jeh chun, Jesu ahaisam deo deo tan, aman cross chung a kona thu anga na, “Kadang achah-e” ahinti (Jn. 19:28). Tuhin Ps.22:15 in aseui, “Ka thahat abonchan chan, leibel kivogoi ahalsi kiphougo ho abangin, kalei jong kadang tenia abeh tai; nangin thina leivui lah-a neijamin neidalha den tan ahi” tihi geldoh ute. Chuin Rome sepaiten donji juthuh pona ki dekot khat Jesu muhtoh sepai hon

ahin sutouvin. amanla adon nom pon, a-o theu pumin, thu agupna, “Ijakai akibu lhiti tai” tin asame (Jn. 19:30). Sochatna kin asuh bulhit ahi tai. Tun atahsa chu athi ding anom tan, thing kilin amatchah akengteni chu halhonin alhonin, ajochana peng doh pumin athusei sagina leh achaina, “Pa, nakhut-a kalhagao kapei” ahinti doh jenge (Lk.23:46). Pathen in nanghi nalungset behseh-a, van gam nalut teina dia nachonset man thina chu, achapa Jesu ahung peh sah a nachoh doh ahitai. Hiche sima sopi, Jesun nang huhdohna dia hi chana athoh hi hen, kigelin, Jesu pha ten tahsanin, phat anaitai, ichennau leiset hi beivah ding ahitai. Leng Solomonin asehi geldoh ute, “Thu ki sei kingai chengse thil hijat agom soh-a achaina kei-in, Pathen gingin, athupeh chengse nit soh kei in, ajeh chu hiche hi mihem toh ding kin apumpia ahitai (Eccles.12:13).”

### Gethsemane hona Jesu

Pathen chate din Gethsemane hon hi akimu teng dip dam um tah ahi. Pakai Jesun ahinkho malam avet leh thoh hahsa thoh-a, genthei tah-a cross chungu akikhai ding chu akimui. Hijeh hin apa Pathen henga, hibang gentheina hi apeldoh sah na din Gethsemane hona hatao in ana tao tai. Ahatao dan chu a-ulsa thisan mal soh in ana longe. Doctor ho seidanin, mi khat hi lunggim tah-a atao le a-ulsa thisan mal hon akailha thei-e, tin asehi ui (Mt. 26:36-56).

1. *Athi ding phat* : Jesun athi ding anaidan ahei (John 13:1). Itih nilhah le hiding ham, tijong amahet tai (Mt. 26:31). Pathen chapa ahi jeh-a aheth ahi. Hichun alungjin sah tai.

2. *Aloite ho* : Hiche nilhah a aloi ho chu seijui somle khat chu anahi. Gethsemane kelkot (gate) a mi 8 ana dalhan, mi 3 vang chu hon sung ataona mun kom gei-in akijui sah in, hia neina ngah un, tia adalhah ahin, tao khat achai-a ahung vet leh ana ihmu gamui (Mt.26:40-41).

3. *Apohmat dan* : Ahuhhing theipa henga chun, othong leule mitlhi pumin, taona ananei-e (Heb.5:7). Ama alel in, agil jong akele. Thohna ding chu, eiho banga angapchat lou agot lou anahi (Heb.4:15-16).

4. *Kicha pum* : Mihem tahsaphea kona tao anahi jeh chun, kichatna nei pumin Pathen henga athohna ding chu alahdoh pehna din ana taove (Heb.5:7). Michom thoh sah tan vang anati poi. Atao chainan ken ipi sei jong leng, nang thu thu joh hihen tin ana kipelut jenge. Eihon jong ijomu angai-e. Pathenin ataona asangin, akichatna abei tai.

5. *Jesu kitahna* : “Keidei hilouvin, nang lungdei joh hihen” tin ana tao ve (Mt.26:39,42). Nachapa chang khat seh kahina jeh in, kathoh ding hi tolmang tei-in, anatipoi. Pathen toh ikijop dia ahile ama sei ngai ding ahi, tihi eihilui. Gethsemane a konin Golgotha, chu in lhanmol ana jontai.

### Jesu thokit thusim

Chulai a Judah hou lamkai ten, Jesu chu Rome vaipo ten atha teina diuvin, pan nasatah in analauvin ahi. Lhan sunga lupden sah ding atiu anahi. Rome governor Pilate koma phalna alauvin, Jesu kivuina mun kotpi chu akhah chah un, chule kotbeng ngah ding sepai jong ana umsa tauve. Ahinla hapta ni masa (Sunday) nin, sepai ho phabep chu hou lamkaite henga ahung un, Jesu tahsa lhan sunga aum tapoi, anati tauve.

Chuphat in hou lamkai hon sepai ho chu sum apeguvin, thudih chu ana-imsah tauve. Jesu seijuiten janin ahung gudoh tauve, atisah ui (Mt. 28:12-15). Jesu lhankot chu akha joulou phat uva, sepai ho kam chu akhau ahitai. Iginmo diu chu :

1. Lhankot anga pet uva, a-ihmut ule gotna kipe ding chu thina ahi. Hou lamkai ten ahuhdoh diu gelna jeh-a, ihmut thua kilep-u ahitai.

2. Ahileh idia governor pan athu akhol toh-a, sepai ho thina chan gotna afeh lou hintem ?

3. Jesu tahsa lhana aumlou jeh-a idia hou lamkai ho chu kiphinna sepai ho chu thina chan gotna afeh sah louvu hintem ?

4. Lhankot ngah a pang sepai ho chu alhom pena mi thum hitei diu ahi (Mt.28:11-12). Mi thum lah-a khat beh in, idia seijui ten Jesu ajon doh pet-u amulou ahidem ?

5. Seijui ten Jesu lhankot songtum chutepi chu, gingloh louhela ahonjou diu tahsan hinam ? Angah a pang ho chun songtum kilih gin ajah tei diu hilou ham ?

6. Sepai ho chun a-ihmut pet uva kon lhankot ahona, kon Jesu long aput doh ham, ti chu iti aheth thei-u hintem ? Kidang nasah lou ham ?

7. Lhankot ngah sepai ho chun, seijui ten Jesu long ahung-gu tai, tichu amit tah uva amu-u ahileh idia seijui ho chu apet-a ahiloule kho nunga amat louvu ahidem ?

Phatea akigel leh ginmoa gin mo ding atame. Nazareth Jesu lei-a ana hingin, cross a anathin, chu in lha na chun atahsa aumkit tapoi, tihi koi man nelthei taponte. Jesu dou hon jong hiche hi anel joulou diu ahi. Adou ho kamsua kona kihe chen chet chu ahile lhansunga Jesu long aumden poi, tihi ahitai. Athodoh jou va, Jesu ahinga mukit ho hi mi atama tam ahivun, achutile kon Jesu athou doh kit poi, atingam tadem ! (Acts 2:31-41; 4:4; 5:14; 6:7).

### Mihem thokit ding thudol

Jesu athou kit in, nikhat leh hung kit ding ahi, tihi Bible in asehi in, Jesun jong akam tah in anasei-e. Ahung kit nileh sumkon kimut ginga chule Christa tahsan athisa ho jouse athina mun cheh uva kona hung thou doh soh kei diu ahi (1 Thess. 4:16). Jesu anatahsan ahing nalaiho leh athisa thoudoh te ho chu thakhat tah-a,

van Jesu hung kilahna muna, Jesu koma dia lengtou diu ahitai (1 Thess. 4:17). Mihem vana kaltou dia athokit teng itobang melvou anei dem ? Numei le pasal kikhen nalai intem ? Mel hetsaho khat le khat kiheto intem ? Khangdong mel ki pun tem ? Ole upa, tehse mel akihi dem ? Tiho doh thei atame.

Thikit louna ding tahsa chu itobang ahidem ? Hiche ho hi igelleh mitthop khat in asan avom iti aheth thei ding ham ? kiti toh akibange. Thithei lou ding tahsa chu kihekha lou kimu khalou lai ahi. Alim le amel chule aloupina ho chu seitei kigo jongle eiho leiset paocheng hon sei doh joule akilompoi. Coffee nadon teng anam chu iti naseichen theidem, paocheng aumpoi. Kho nung ding jong ahichet-a seidohna ding pao cheng umponte.

Bible thucheng in jong loupina na lim le mel iput diu chu itobang mong ahidem, ti seichen jou ponte. Bible in, (i) atonsot a Pathen toh ichen khom diu ahi, (ii) Christa tahsan ho chu hinkho nomtah manga hing diu ahi. Pathen toh ikipa khom uva, atonsot-a lung monga ium diu ahitai, ati. Christa ahung kit tengle amatoh ibah diu ahitai, ati (1 Jn.3:2). Achaina kheh-a sumkon ahung gin tengle imelu kikhel ding, tin Paul in aseie (1 Cor.15:51-52). Thil ni doh thei in aume. Khat chu ahile, Jesu athodoh jouva atahsa chu itobang ana him, tihi khat ahin, aninaa chun

5 Paul in mihem thokit tahsa itobang hidia aseie, tihi ahi. Kihechen soh jouhijongle themkhat hetdoh thei in aume. Athodoh kit jou chun Jesu chu min Jesu ahi ahei. Ahinla seijui mini chun ahing kit dia agel lhon lou jeh in, ana hedoh poi (Luke 24:16). Jesun tahsa anei in chule cross a amaha jong anei-e (Lk.24:39). An anen, atahsa jong thamkhah thei ahi thouve. Ahinla akot kikhhah in-dan sunga jong alut jengin, ahingin vana jong akale (John 20:19-20, Acts 1:9).

Tutu hin van gama Jesu itobang mel in aum dem ? Leiset a alim le amel, asan anem chutoh akibang nalai dem ? Vana chun alim muthei in um intem ? Ahiloule mit a muthei lou lim aneidem ? Atahsa chu avah in aloupi dem, ahiloule kelngoi khat lim apun, amit sagi le aki sagi ahidem (Rev.5:6)? Het ding chu, akivuina lhan chu agohkeo ahin, Jesu tahsa hia chun aumden poi. Thou kit Jesun tahsa khat vang anei-e, tihi kinelna bei ahi.

Ahinla thokit tahsa hi tilla tahsa to akilo vangin achom jep-e. Bailam tah-a seidin, Jesu tahsa pum a athokit hin, achom jep-e, tihi ahi tai. Van vou-in athoukit tai. Lei-a hihen vanah hijongle tahsa anei-e, tihi tahsan ute. Tun ama tonsot mun alhung tai, leiset-a phat le mun tehon ama chungam gamgi akoi tapoi, tijong hi tahsan ahi. Van gam hinkho chu leiset-a toh kikhe mong ahi. Hikoma dia chu Jesun eiho eikou-u ahi. Hia dia chu, nakigot jing hinam ?

*Mihem thokit* : Thokit ni kho leh ikikhel diu ahi, tin Paul in aseie, (metamorphosized)(1 Cor. 15:51). Hiche thokit tahsa chu thimo vou hia, toi theilou, tonsot-a, loupina, thanei tah, lhagao tahsa hiding ahitai (1 Cor.15:42-44). Ahinla tilla alim bang ding ahi. Paul in muchi kehdo lim toh atekah in ahi (1 Cor.15:37). Akikhel vanga ipi ahi kiheding ahi. Muchi khat pahcha ahung hi tobang ahi. Hingjinga ahiala akikhele ti kihe thei ding ahi. Hichu tonsot-a hingjing ding, thita lou ding ahitai.

Tilla tahsa chu pumhia hita lou ding tina ahipon chule tilla atahsa mong jong hiding tina ahi kit poi. Alim lui kipumpai jong ahipoi. Mihem tahsa chu aloupina chombeh (new qualities) toh thokit ding ahi. Hiche thokit tahsa chun, lhagao lam thuho jong aheth ding ahi (Gal. 6:1). Hiche thokit tahsa hi inei tokah uva hiche thu hi ihetchen theilou diu ahi nalai-e.

Idia mihem thokit tahsa thu dol hi kisei khoh-a ham, tahsa hi sei daa lhagao joh vana kalthei hilou ham ? tia doh thei ahi. Ajeh chu Pathenin Adam anasem chun, suhmang kitna din ana sempoi. Hiche tahsa chu van thah le lei thah-a cheng thei dia anagon ahi. Mihem masa asem chun pha asan, alunglhai pin ahi. Chomkhat joule kisumang tante, tin ana sempoi. Mihem tahsa suhmang din Jesu ahinsol pon, ahudoh din ahinsol (Col.1:19-20, Rom. 8:21). Sochatna kitia hin mihem tahsa

6 jong apantai (Rom. 8:23). Itahsau hi paimang, leman ding chi ahipon, mang theilou, monmang theilou le toi theilou hel dia lhatdoh ding joh hi Pathen thilgon ahi. Hijeh a hi, Pathen thilsem ho ivet tup uva, eima tahsa jong ikivet tup diu ahi. Leiset hi suhmang igot lou diu semphat semhoi ding iti joh diu ahi. Aselam thet bola, chule thudih kolchah-a, japi hinkho hi (social world) suhmang got, don da got sanga, semhoi-a semphat joh ding igot diu ahi.

### **Khonung ding nahet nom**

Bulgaria gama Baba Vanga tia kihe numei khat 1911 chun ana penge. Ama hi akum 85 alhin, 1996 chun athi. Akum 12 alhinin nikhat chimpei hattah khat akhouva ana kipei in, ama jong van lama apeidoh in, chu in tolla ahung lhah leh amit athop in ahinkho lhum kei in kho amu tapoi. Ajeh chu vaicha behseh a, doctor phatah amit avet sah jou lou anahi.

Chim peijin vana apeidoh a kona chu, lei-a ahinkheh lhah sah chun gam chombeh khat ana hitai. Ainkoten phat sottah aholun, khonungin amuve. Hitia agamman lai in khonunga hung soh ding ho seitheina leh mi adamlou jong dam sah na tha ana neipanin ahi. Milen milal ho ama koma ahungun damna anei un chule amaho khonung thuding ho ana kidoh jiuvin ahi. Khonung ding aseie ho lah-a 85% vang adih-e, ati uve. Russia le Europe a amin ache

lhev jengin anahi. 1950 chun vannoi pumpi ahung lumjep jep ding le buh bang kikhoh ho ajun ding thu ana sei in, tulai in adihna iheuve. 2004 kum a Tsunami jong ana masei doh-e. America a 2001 Sept. 11 nia insang ni lenna in asuh set jong chu 1989 in ana masei-e. Ama seidanin, thih-a kistem vacha nin insang teni asuh set ding ahi, anati. 2000 kuma Russia te kong nuclear submarine twi noi-a alahlut ding jong chu Vanga kitinun 1980 a ana seisa ahitai.

Barack Obama hi America President ahi ding thu hi ana sei-e. Ama seidanin, America President 44 channa pa hi African-American mi hiding chule ama chu America a President achaina hiding ahi, anati. 2016 teng muslim thingnoi ho hung hat uva Europe anokhum uva, mi tamtah bei ding, agam hi keoleu ding ahi, chule amaho gal hi Syria a kipan ding, amahon Rome jong alo diu ahi, ati. 2023 teng leiset in alampi akhel ding (change its orbit), 2025 leh Europe a mi achenglou tobang hiding, 2028 leh mihem Venus a leng lut a *energy* thah ahol diu, 2033 leh buhbang hajuna junlhaa twi len ding, 2043 leh Europe pumpia Islam tha neina uma, Rome hi amaho khopi hiding, 2100 tengle mihemin nisa asema hichun leiset jan teng kothim na mun ho asalvah ding, tiho aseie. Chule 2480 tengle mihem semthu nisa ni hung kitat toa, vannoi pumpi thim ding, 3005 tengle Mars a gal kisattona un ding tiho aseie.

## Chonse louhel Jesu

Isaiah 53:4-12, Jn.19:1-16, Pakai Jesu leiset mihema ahung pen lona pen chu, Israelte ngajing leng Messiah ahidan hetchet sahna din Jesun phong tah in Jerusalem khopi ajonlut in, Israelte Pathen hou dihlo aphoh in, hou-in chu kiveina muna neiho anodoh in, atoh ding molsonan athi tai.

1. *Jesu thoh ding kisei masa* : Isa. 53:4-12. Palestine gam Qumran kiti muna leiko sunga kisela kikoi, Isaiah themgao lekhabu chu vannoi gallen 2na jouva kilaidoh-a, lekhabu sung a chu Jesu thoh ding ho apen maa kisun ahitai.

Isaiah lekhabu hi ginchat dol a Jesu pen masang kum 500 lama kisun hithe ahi. Kum 500 jouva hung penga, chonsete dia athoh-a, chule athi ding sei thei-a chu Pathen bou ahi. Gal. 4:4 lai-a, “Phat alhinset phat in Pathenin achapa ahinsol lhan, danthu dung jui in numei sunga konin ahung pengin” kiti hi semtila Pathen thilgon kisei (Rev. 13:8) hitoh suhto thei tah ahi. Ajeh chu Pathenin, “Athoh ding hi kadei ahi” (Isa.53:1-12) ati hito akitoh-e.

2. *Dan dihlo le hou dihlo* : Jesun dan dihlo le hou dihlo athipi ahi. Israel leng ho leh hou lamkai ho che khelna phoh thei, leng jouse lengpa (Messiah) ahina jeh-a aphoa chu Israel lamkai jouse thangtom uva mit sing kei-a, thadoh ding atiu anahitai. Gam vaipo Rome Inpi mitvet-a athi

thei khat ahina dinga Rome kumpipa deh-a aseie uva, kumpipa sanga len joa kisei-a ahehset-u, chule Israel dan dung jui a, kipathen sahchu tha dia kiloma aseibeu ahitai (Jn. 19:7). Jesu Pathen chapa dana akiseidoh dan aseie-u chu Rome gam vaipo Pilate in ajah chun, Jesu chu akicha cheh tan, lhadoh tei ding deinan thu ni ana sei-e. Hichu, “Ven, mihem hi” (Jn.19:5), atileh, “Ven, nalengpau hi” ati teni hi ahi (Jn.19:14). Thugil cheh ni aseidoh ahi.

3. *Jesu thilona pen* : Palestine gam sunga vaipo ahijeh chun Pilate hin Jesu natoh thil kidang abol tampi ajah tei ahin, chule achung thu akhol naa ma “Pathen Chapa” tia mihon aseidoh kit ule, athutanna apan vang a akithanaa naatlou ding adei tan, Israel ten akitha joh din apedoh tai (Jn.19:16).

Isaiah themgao lekhabua ki sei masa bangin Jesun tahsa tah in chonsete thoh ding jouse athoh in, athi tah tah ding kon chun na asa behseh jengin, “Oging tah in, apeng in, ‘Kapa, nakhut-a kalhagao kapei’ atin, aseie jouvin atantai” (Luke 23:46) akiti. Thina mitha chu thohlel jouse kikhonna ahitan, chonsete bol doh, alel helu thohna ahin, Jesu gei in jong na asah behseh a peng jah jeng ahi.

- i) Chonsete thi khela thi, Pathen dei pelmoa thi ahitai.
- ii) Pelmo thinan iphah teng, Pathen khut-a kipehlut jeng ding ahi.
- iii) Pathen dei ahi jeh-a, lung lhaisel

a thi ding ahi.

Chonse mihem teho dinga Jesun athipeh thu sein dinga, anikho jong, “Nikho Pha” tia, English pao va “Good Friday” tia aminsah-u ahi. Hiche nikho pha hi tuchan gei chule leiset khang kichai gei-a, van noi namtin lah-a Pakai Jesun eithipeh nau, “Nikho Pha” hi kinit jing ding ahi. Chonset thinaa kona eihuhdoh diuva eithipeh pau, Jesu Christa hi tonsot atonsot in thangvah leh vah choi in um jing jeng taken. Amen hihen Amen. (Dr. T. Lunkim)

## Tahsa dia pha ho

\* *Dahdul thuh* (Tomato ) ... hi neh jing aphantna atame. Amin asan, loulai asel neh aphapoi. Potassium, Vitamin A, C, anti-oxidant aumin chule calory lhomcha nei, chule cancer sona thei kisatpi theina tha jong aume. Lungchang natna thei ho jong akidoupi jouve. Hon min louva aki neh le asunga um vitamin C akitam mujon ahi. Mi abang din Tomato hi allergy ahi.

\* *Sutjou* (Ai-eng, haldi, Turmeric) hi metuina din akilhah jie. Ai-eng hi mihem damna dia ngaichat umtah ahi. Carbohydrate, calory, protein, sodium, potassium, fibre, oi-a neh minna, apom phatna, infection dam na, anti-oxidant, ho anei-e. Khosung thempu hon ai-eng hi lou ho semnan anei-ui. Melah-a akilhah le aphanan, angena neh, atui don kitiho vang thinka a song neiho le ulcer neiho doctor kidoh masatle apha.

## Houbung lamkai kin

Lamkai akitile houbung po ho tina ahin, eihon upa, chairman, secretary, pastor tihon iheuve.

1. *Houbung miho jui thei* : Ama hi houbung mite kihilna thei (example) mi hihen. “Nakichin sah ho chung a kipiput sah louvin, kelngoi honin avetsui-a ajui thei din umjouvin” tin Peter in anahile (1Pet. 5:3). Atina chu, ahoubung mite chung a thunei vaihom dana akigel sanga, amahon kihilnaa anei-a ajui theina diuvin um jon, atina ahi. Houbung mite chung a kithunei sah lamkai chun Pathen lung alhaisah joupoi. Malai leng hon ami te athunoi-a akoi tei-u toh bah lou ding ahi. Pathen mina lamkaite chu thaneina thuneina vetsah hisanga mi ngailu ahiu angai-e. Amiten ama phatna ho ajui thei mi hihen. Lam kai chu ama kikhoh masa jihen chu in amite chingah kelngoi chingmi hihen (Acts 20:28).

2. *Kelngoi ho vah* : “Pathen kelngoi hon um chu ching phauvin” (1 Pet.5:2). Houbung lamkai kin len pen chu, houbung chu hilthema chu le oiva sah ding hi ahi. Christiante din Pathen Thu hi an dihtah ahi. Hi chun lhagao hinkho avah khang ahi (Acts 20:32). Lhagaova khangdong ho chun bongnoi tui chu akhantouna diuvin angaichauve (1 Pet.2:2).

3. *Kelngoi te chin* : Kelngoi ho chintup kiti hi, hepi tah-a vettup tina ahi (Acts 20:28). Bible khanglai in

kelngoi ching ho chu akelngoi ho toh ana gehkhom jiuve. Hijeh chun kel ngoi ho chu achang changin aheuvn, ahatnao le ahathmo nau jong aheuve. Jan teng aching tup un, sun tengle lamdih a achen a diuvin alamkai jiuve. Khattou avamang le aholdoh tei un, khattou adammo le ajen ui. Akelngoi ho ahoiji pouvin, anung joh ajuisah ui (Ps.23).

4. *Ching-phauvin* : Bol lou pha moa bol hilouvin, lung lut in chingun, ati (1 Pet.5:2). Houbung damna dingle machalna ding a avet tup diu tina ahi. Thase tah-a vetup hilou ding, sum jeh-a bol jong hilou diu ahi. Chingthei tah-a na atoh diu ahi.

5. *Vaihom them* : Lamkai pha ahi na dia kihabol ding ahi (1 Tim. 5:17). Ama insung vetup thei hihen (1 Tim. 3:5). Insung mipa khat in ainsung mite akaihoi banga kaihoi them hi hen. Vaihom them tihin houbung mite chung a kithanei, kithunei sah tina ahipoi. Lengpa asohte chung a athunei tobang hidahen.

6. *Lhagao chingtup* : Houbung lamkai chu adeh-a lhagao hinkho chingtup hihen. Hia hin tahsa lam jong donda lou ding tina apange. Tahsa lam adih loule lhagao hinkho dihjou jilou ahi. Lamkai chun kipah tah-a amopohna kin atoh angai-e (Heb.13:17). Ahoubung mite avet tup ding, melma tea kona ahoidohna diuva ahilu angai-e (Ezek. 3:17-21). Amite tilkhoh jing hen, chingtup jing hen, chutile vana Pa-a kona kipa man akisan ding ahi.

## Nui hi damna (Prov.17:22)

\* Pastor pa khat khosunga avalea ahile chapang khat kichom ji jia, kot beng a ‘Bell’ mehkhah tei go khat hi amun, ama jong akoma achen ‘Bell’ chu amehging peh in ahenga, “Tun kipah in lut tan” atin ahile chapang chun ahenga, “Ilhai doh loi loule mol ithoh tei ding ahi, jamtaite” atin alhai mang jel tai.

\* Dukan khat-a hi chapang khat alut a ahile thil chop a henga dukan bolpa chun, “Vetan, hiche chapang hi mingol ahin, lungset lou thei ahi poi” atin ahi. Chuin thil johpa chun sum dangka chengni khat akhut jet lama akoi in, chule dangka chengnga khat akhut veilama akoi peh in, “Na dei jojo kilah in chetan” atile cha pangpa chun chengni joh chu akilah in apot tai.

Thil chopan hichu amun ki dang asan ahi. Thil achoh jouva apot leh thingphung noi khat-a chapang chu atoh khan, “Idia cheng-nga joh chu nakilah lou ham?” tia adoh leh chapangpa chun, “Atamjo kakilah a ahile akitile sum eipenom taponte” anati.

\* Sunday school kihilnaa, ojamin chapang ho henga, Adam nahgu khat kiladoh-a Eve kiseum anahi, tia ase chu pasal chapang khat in aki melchih jing tai.

Jingkah khat hi apang peh anatan ahile lupna alume. Anun idia nalup nahlai ham, tia adoh le kasih langkhat hi ana thim thimin, kei hi jong Adam banga jinu nei ding hita

leng akilome, tin anu henga anasei in ahi.

\* Nupi ni hitin akihou lhone :

Henei : Kachapa mipha ahi.

Boisi : Alung theng em ?

Henei : Athenge.

Boisi : Nasei angai em ?

Henei : Kasei ho angai lhez-e.

Boisi : Ina hung kile gei kham ?

Henei : Achuti poi.

Boisi : Nachapa chu apha nah-e ?

Akum ijat lhing tam ?

Henei : Lha 4 ahitai.

\* Sunday nilhah in, Pastor pa jinu ina tounaa akaikun, “Tuni hin katha achol tave, kachol mamai, bu honin” tin ajipa henga ana sei-e. Pastor pa chun, “Iti dana, kei janhi nilhah-a kona Pathen thu 6 vei hinseipa bon katha chol louva, nang amoh tounu natha chola ham?” atileh ajinu in, “Kei cholna hi imadang ahipon, na thu sei jouse aban bana kahin ngai ngai jeng jeh-a chol kahi” anati.

\* Pasal khat lampia ache pet in ogin khat in, “Kal khat nasonbe leh cheh tum khat nachunga chuding” ahintin adin loile amalama cheh tum khat akhelhai. - Chuin chomkhat achebe jouva lampi pal galkai dia akigot leh ogin chun, “Nachebe leh gari khat in natah lih ding” ahintin adin dena ahile gari khat euvilin amai a ahung lhah-e. Aman ogin henga, “Koi nahi ya neilung set ham” atile “Naching tup vantil kahi” anati. Amapan “Achu tile idia ji kahol lai-a ima neina seipeh daa hibanga kagenthei ham?” anati.

## Het dia Phachom

\* Kotcha, kotpi phatea honjia, po lama kona huitheng insunga lut sah apha. Air Condition a umte jong kahvah vah-a polama huitheng adon jiuleh apha. Insunga hui lutna leh apotna thei gontoh apha. Insunga meikhu, le dumchep meikhu ho aum leh mi adampoi. Nom tah-a haithaina dia kivonna ho sangkhol ho agahho man lou ding ahi.

Hui thenna lou (Air freshner) lou namtui (scent) ho man louva pha ahi. Mihem atongkhai. Hui thenna dia insung le invela pahcha tua, thingphung ho tuding ahi, hiche hon hui asuthenge. Mi oxigen ape. Itou tengle position khat seh-a sottah touji apha poi. Toudan khelle le apha.

\* George Fernandes chu Railway Minister ahi lai-in, avon ho aman ana kisop jie. Madhu Dandwate chu Finance Minister ahi lai chun TV Black & White ana nei-e. Prime Minister anahi Manmohan Singh in Maruti 800 ana mange. Tripura a Chief Minister livei kaidohpa hin, a tolop jouse chu amaho party apen chule ama allowance Rs. 5,000/- chu amange. Pope Francis in jong in danni bou amangchan, gari neocha khat anei-e. France President pa Francois Hollande in jan teng Paris a chele valenan scooter amange atiu ve.

\* Kum 2015 chun christian ho aki sugenthe atame. Christian kisuh gentheina 200 ahin, India sunga mi

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hem agomin 1.25 billion bou ahin, christian ho hi 2.3% bou ahi.

\* Tillai in Kerala hi Catholic them pu ho (priest) le nun (numei) ho pam lama houbung natohna dia asoldoh pen anahi. Tulai in hou natong nom alhom tan, thempu dingle nun ding ahah tai. India a Catholic te school 25,000 le hospital 6000 le orphanage le charity institution anei houva natong ding thempu le nun ho alhing tapon, milham (laity) ho jong amang pan tauve, ti akijai.

\* Tripura a HIV nat apungin, pasal 1004 le numei 579 chule chapang 64 HIV natvei akimu doh in, hiche ho lah-a mi 637 vang AIDS avei tai ti akijai. 2015 kum in hiche nat in mi 30 ana that-e.

\* 2016 May, October leh Holy Land (Israel, Jerusalem, Jordan, Egypt) venom ho che diu ahin, apangnom hon sum ija lut ding ham tiho hia kidoh un :-

Fellowship Travel & Tours, New Delhi, c/o, J.S. Rathore, Mob. 9811715576, 9811607004 ... *Min najoulhep louna din phaten khol toh masan, hichu apha.*

\* W. Bengal a lampi akehlet nauva agam le ain tongkha ho compensa-tion govt. in apen, ainu akipheth uve. Khatpa vang in, compensation lakh 15 akilah jouvin, ain alungset beh seh in, dopdoh johna din Engg. ho akihoupin, ain chu a Foundation pumin meter 21 anungchon sah in sum lakh 3 bou asumange.

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*Christian Meivah* - sim ho taona akiman peh jinge. Kum sumto Rs. 100/- ahin, asim nom jousen hin peuvin, sum napeh lhaa kona kum nakisim peh ding ahi. M.O. hin thot hon Editor kipe ding lekha beh a namin le address suntei un. Editor pu Mobile No. 94355-51080. Manipur le Nagaland a sumto peh na thei ho :-

- 1) Mrs. Neijathem Haokip, Haokip Veng
- 2) Ms. Lhingjanem Haokip, KBC
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- 8) Mr. Seikholun Singsit, Kohima.
- 9) Mr. Kapcha Singsit, Dimapur.

### *Hetsah nom ho*

\* Akenga lam hajot ho ahing sot jon ahi ... Ahlu le changnam akikoi khomle ahlu amon bai-e ... Saipi hi achom theipoi ... Muthong abang khu leiset chung lam foot 36,900 sang-a jong aleng jouve ... Hippopotamus hi mihem sanga lhai hatjo ahi ... Chocolate uicha akineh sah leh athi jie ... Sih mi khat in ama sanga dan 50 gih thil akai jouve ... Japan te gol seh (national sport) hi kibot ahin (wrestling) amaho paovin *Sumo* atiuve.

- \* 2016 a *nikho loupi ho* :-
- Palm Sunday ... March 20
  - Good Friday ... March 25
  - Mother's Day ... May 8
  - Pentecost Sunday ... May 15
  - Father's Day ... June 19

*Christian Meivah*  
March - April, 2016

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