

Christian Meivah

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Lhani seh thuso

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Cross a kikhai guchapa

Pathen chapa ahi jeh in Jesu in mi tampi anadamsah in ahi. Cross a athi chun mi tampi chonset a kona ngaidam channa ana subulhinge (Mt. 28:18-20). Cross a kona Jesu thisan lonlhah jouva konin, michonse ho chonset ngaidam channa ahin bol doh tai (Acts 2). Guchapa Jesu ko ma cross a kikhai pa jong chun Jesua kona ngaidamna anamu ahi. Jesun ama koma chun, tunia eini van gama iumkhom ding ahitai, anati (Lk. 23:42-43).

Guchapa hi Baptise achan lou vanga van gama lut thei ahi. Tunia christian eiho hi Baptise chan tei ding ahi. John in Judea gama mi tamtah Baptise anabol ahin, chule Jesu sei jui ten jong mi tamtah Baptise ana bol ahi (Mt. 3:5-6, Jn. 4:1-2).

Cross chungu um guchapa hin Jesu thanei dan anahei. Jesu mi pha ahidan leh Jesu lenggam hi ola hung ding bou ahi, tiho ahei. Hijeh a hi aman Jesu henga, neihin sumil hih in, neihin hejing in tia anasei ngam ahi. Hiti ho jeh a kona eihon igel thei-u chu ahile, guchapa hi christian ana hisa ham, ahiloule Pathen hesa hi khat ham, ahilou kitleh John ahiloule Jesu seijui anahisa hiding ham khat

hidia ginmo ahi. Guchapa itih lai-a thia ham ? Jesun Jew ho huhhingna dia thu ana seiphong lai-a thia ahi khai (Mt. 10:6, Jn. 1:31). New Testament akinei masang, Old Testament mihon aman lai-a guchapa hi thia ahi. Jesu thini gei-a chu Mose danthu anache ahi (Col. 2:14). Jesu thia chu Jesu hi thempu len anahia ahin, hiche lai-a chu O. T. a danthu ana kinit ahi. Hiche jouva hi New Testament hung kipan ahi (Mt. 5:17, Heb. 7:12).

David in kilhaina gantha ana bol jia gancha asang sang athisah anahi. Noah in konglen tah anasema ganhing namkim ana huhdoh ahije. Abraham in achapa Isaac Pathen hounaa thajeng ding anati ahi. Chule Cross a thi guchapa umdan, hiche jouse hi tulai eihon ijuu thei-u ahita poi. Ajeh chu amaho khang achom beh anahi. Tunin eihon Old Testament lai-a umdan thoding ituleh, tua ikomuva um New Testament khang a ngailutna, hepina (Grace) kiti khanga hi iumlou diu dol ahi (Gal. 5:4). Cross a guchapa chu Jesu lenggam tichu Houbung kiphu masanga, thia anahi. Houbung hi Pentecost nikhoa kiphut pan anahi (Acts 2:11-15). Houbung umdoh masanga chu, tua inei thei-u Jesu mina chonset ho

ngaidam channa chule lung heina ho hi Gospel ahi ti thuhi ana kisei poh loulai ahi (Lk. 24:27). Jesun vannoi michonse ho chonset ngaidamna kin abolchai masanga guchapa hi Cross a kikhai ahi. Gospel (Kipana Thu pha) itiu hi Jesu thi, Jesu kivui chule Jesu hindoh kitna chu kiseina ahi (1 Cor. 15:1-3). Cross a kikhai pa chun tua eihon ihet ule ijah-u Jesu thusim ho hi ajah khah loulai ahi (Heb. 9:16-17).

Baptise chan kiti hi Jesu leh eima kivuitha melchihna ahi (Rom. 6:3-4). Cross a kikhai pa hin, akoma kikhai Jesu thusei chu abonin ana tahsan in ahi. Jesu tahsan ahi jeh in, Jesun ama chu van gam alhun sah tan ahi. Jesua kona van gam lhunna um ahi. Hijeh chun Jesun miho jah a, “Keima Lampi kahi” tin anasei ngame. Tuni gei-in Jesu hi Lampi chu ahi. Eiho lah-a Jesu tahsan jouse chun, Jesu sei ajui uva Jesu nung ajui uleh van gam lhung tei diu ahitai. La khat in, “Cross chu in jotna lampia kanei tei ding, chulou chu lamdang umlou” ati. Adih monge, Jesu bou Lampi ahi.

Jesu hi galbol mi ham ?

Jesu hi thil khelsuh khel tou va hunga ham (Revolutionary) ? Ahi poi. Jesu khang lai chun, mi loi khat ana umin amaho chu, Zealot tin aki hei. Zealot kiti thucheng hi, Greek paova Zelos kiti kona kiladoh ahi. Zelos hi ‘lunglut’ tina ahi. Amaho hin Jew ho Danthu leh Pathen Lenggam

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thudol ho lunglut tah-a anaboipi jiu ahi. Amaho mi atamjon chemjam, ahiloule chemcha akiphoh jingun, ama ho geltoh kibang lou miho chu leiset kivaipohna douho ahisah un, athat jiuve (political killing). Hijeh chun Zealot hohi Sicaril tin jong ana kihei. Sicaril hi Latin paocheng ahin, mithat tina ahi. Amahon abang teng leh houlam ahiloule leiset kiva poh na lam na jong atong jiuve. Hijeh hin 66 A.D. chun Jew le Rome te galin akisat uve.

Zealot ho leh Jesun phat khat chun, Pathen lenggam anai tai, tin ana seiphong ui. Phat khat chun Jesun, Herod lengpa chu ‘Se-al chu’ tin jong ana sei-e (Lk. 13:32). Zealot ho thusei banga Jesun jong thu cheng ngeilou ho anaman chah jeh a Jesu athanomu jong ahi (Mt. 27:37). Jesu seijui ho lah-a Simon kiti Zealot khat jong ana ume. Jesu nung jui lah-a Zealot jong aumkhah jeh chun, amahon chemjam jong ana kipoh un, Jesun Jerusalem hou-in asuh thengni chun chemjam poho jong aumjeh chun, mi abangin Jesu chu galbola hung danin anangaitoi (Lk. 22:38, Jn. 18:10).

Houlam thudola jong Jesu in Pharisee ho sei ajuipon, chule leiset kiva pohna lam hijongle Herod chu aging deh pon, mi tampin Jesu chu ana hekhel ui. Ahekkel ho ngaidam din, Jesun apa koma ana sei in ahi. Hijeh hin, vannoi a chamna sem ho, avang phai, amaho chu Pathen

chate ahi, tin Jesun ana sei-e (Mt. 5:9). Jesun hou-in asuhtheng dan chu ivet leh Jesu hin hiche leiset a lenggam aphudoh lou ding ahi, ti kichen tah in akilange. Kum thum jouvin jong Jesun hou-in chu ahung sutheng kit in ahi. Jesun jong atheng adei ahi ti, akilange. Jesun, hiche hou-ina songtum ho khat chung a khat kisethom umlou ding ahi, tia anaseinaa kona ihet-u chu ahile, lei set chung a thil ho hi alhou ding khat cha aumpoi, atina ahi (Mk. 13:2).

Leiset thil ho aumsot ding ahipoi, ati vanga gam vaipote heng a ipoh diu dol vang ipoh tei diu ahi, ti jong abanin anasei-e (Mt.22:17). Jesun Rome gamsung apumpin ana suling jouvin ahi. Hijeh a chu lamkai ten Jesu athisah uva, Barabbas chu ahinsah-u ana hikhai. Ahinla Jesu chu mihemte thathei jat ahipoi. Mi chonseho achonset nauva kona sem phat ding, jail a khum sanga ngai dam ding, ati jeh a chu, leiset vaipo ho toh lung kitoh thei louva ana um khaa, vaipoten galbola hung dana analah khah-u ahi.

Kei neitahsan un chule ka pa jong tahsan un, kei umnaa nang ho jong na-umna diuva, nangho ka koma dia puitou dia kahung ding ahi, tin jong Jesun anasei-e (Jn. 14: 1-3). Jesun ama tahsana athu sei ho tahsan ho chu van gama dia apuitou lah-a pang ding ahi ati. Natha nom lou ham? Jesu tahsan ho chu thilou diu, tonsot hinna amu diu ahitai.

Mission natoh kithopin

Tulai mihon 'Mission' kiti thucheng hi amang nom tapouve. Ahinla Genesis a kipat Revelation sung phate cha akisim leh 'Mission' thu akihasei pene. Pathen, Eden hon a ahung lut-a, "Vo Adam, Adam, hoi-a um nahim?" tia adoh chu "Mission' kipatna ahi. Hijeh chun mission hi Pathen patdoh ahi. Jesu hiche leiset a ahung pen jong chu, amangsa holdoh ding, van gam lut sah dia hung anahi. Nangla mission mun nanei hitam?

Nangma chu Pathen umna lam helou mi, lhagao hinkho lama sonlel melpu mi, mi ngaidam joulou mi, nahi maithei ahi (Eph.2:1-3, Acts 26:15-18). Jerusalem khopi suh chim a aum thu ajah chun Nehemiah chu akap in, an-ngola taona jong nikho phabep anamang in ahi (Neh. 1:4-5). Idia Nehemiah in chubanga athoh lel ham? Ajeh chu agilou ho jona ding manchah hi taona bou ahi. Taonaa hat mi chu Pathenin ahen, ahin kithopi jie (Eph.6:10-18).

Jesu leh aseijuiten jong tao na ana haman ui (Acts 4:18-30). Ei hon migilou jona ding lampi ihol tenguh leh police matsah ding bou igel doh jiuve. Ahinla Pathenin migilou chu semphat a mipha soding adei joh ahi. Bible in nunnem naa joding adei ahi. Hichu alhagao hinkho suh hat peh ding hi ahi. Jesu chu nikhat Galilee dillen panga avale leh Simon leh anaopa Andrew in nga amat chu

ana toh khai. Nga namat mat lhon sangin mi joh man lhonin, nei jui lhonin, amat dan ken hillinge, tin Jesun amani koma anasei-e. Amani chun len chu adalha lhonin Jesu joh anajui lhon tai. Chomkhat Jesu ava bea ahileh Zebedee chapa teni, Jacob leh John jong ana tohkhai. Jesun amani jong chu akou tan ahi leh, amani chun apa Zebedee chule kong a ahintou khompiu midang ho chu adalha lhonin, Jesu nung ajui jeng lhon tai (Mk.1:16-20). Ama ho hin mission na ahin toh-u ahi.

Bible a numei jineisa, jinei loulai tehon, Jesu nung ajui uva mission na atoh khomu isim doh uve. Numei adammo kisu dam ho leh thilha vop kino mang peh ho jong chun Jesu seijui 12 ho nung ajui un mission na tongin ahung pangui (Lk.8:1-3). Samaria numei nu jong chun Jesu koi ahi akhomi ho henga anasei phong in ahi (John 4:28-30). Amanu hi numei missionary masapen ahung hi. Ahile tulai a church hon mission na iti-ti atoh-u hinam?

Jesu thu seiphong dia, mi-hem ho Pathen in anganse ahi. Hijeh chun church jousen mission na hi lunglut tah-a atoh jomu angai-e. Church hon amaho kho khokala na atoh-u angai-e. Lhagao mangsa umna munho houbung hon ahol doh-u angai-e. Antioch houbunga chun hou thudol he mi ana ume. Amaho chu, Barnabas, Simeon, chule Cyrene mi Lucius, Manaen,

chule Saul anahiuve. Pathen lhagao in amaho henga Saul leh Barnabas chu mission natong din phaldoh un tin ahetsah tauve. Amani hin pontho tah in Pathen na anatong lhon tan, Cyprus, Derbe, Lystra, Iconium, Antioch kiti hoa mission na ahintong lhonin Jesu thu aseiphong lhonin, mi tampi Jesu atahsan sah lhon tan ahi (Acts 14:21-23).

Paul in khangdong Timothy jong chu Pathen na ahin tohsah tai. Hiche hohi ivet leh Pathen natoh hi christian jouse kin ahi. Ikoma um jing khat henga changkhat changni isei doh jong chu Pathenin twi achap leh phachom ding ahi. Hijeh chun christian hon ipanna thei thei-a Jesu na itoh-u angai tai (2 Tim.4:1-5). Mi hem jouse sema leh lungset hi ipau Pathen ahin, misempa koi ahi, hetsah ding hi eiho ahesa ho kin ahi. Idia ithaset diu ham? Ithi teng Pathenin khut goh keuva nahung ham? eiti teng sei ding kihe lou ding, themmo kichang dingin aume. Tonsot Hinna hom doh lah a pangu hite. Pathen kipasah ute.

Palm Sunday 2020

Tukuma Palm Sunday ni hi April 5 ni ahi. Mark 11:1-11 sunga Jesu Jerusalem khopia alut hi, thupi mong ahi. Tilla chu hiche khopia hi Jesu anache ngam behseh lou ahin, hiche nikho hin vang alut jengin, ahin la khopia chun ageh deh poi. Ajeh chu hikoma mi phabep in ama hi tha dia anga jing ahin, hichu Jesun aki-

het ahi. Ahinla athi nikho anai tah jeh chun hiche nikho hin Jerusalem a anache jeng tai. Pathen lekhabu theng hi nin akhomin, khat chu Kitepna Lui (Old Testament) chule khat kit chu Kitepna Thah (New Testament) ahi. Kitepna Lui hin Kitepna Thah a hung guilhung ding aseia, Kitepna Thah hin ahung guilhung pan aseia, chule agui lhung kit ding toh aseitha ahi. Hia isei diu hi Pakai Jesu loupitah a Jerusalem khopi alut thu chu ahi.

1. *Jerusalem a Pathen* Kitepna Thingkong kiput lut, hiche thingkong sunga Pathenin Moses anapeh thu som chu kikoi, thusom chu Pathen thusei ahi. Pathen thusei kisun doh chu Pathen lim le mela agel uva, Pathen gin banga aginu ahi. Pathen Kitepna Thingkong, Pathen thusei kikoina chu Pathen khela panga chu le Israel gal ho asatpeh ahi.

2. *David lengpan*, Kitepna Thingkong chu Jerusalem a apohlut ahi. Pathen thuseina thingkong ahi jeh-a, jabolna chungnung pena abol uva, thingkong puhon kalgup ase chanuva David in adinsah a, hiteng chuleh bongchal khat leh kelngoi thaotah khat kithat jia, hichu Pathen a kilhaina David in abolji ahi. Pathen jabol nan David lengpan von bang leh khat seh in akivonin, athanei sun in thingkong vela chun alamin ahi.

Jerusalem ahin pohlut phat un, Pathen kitepna thingkong chu, atunna ding asem naovah atung un,

chule Pathenin aum piuvin jong ana tahsan tauvin ahi.

3. *Jesu loupitah-a* Jerusalem alutna dinga, seijui hon abol diu ho anasei masah a chule seijui hon aseimasat banga abol ding dolu abol uva, sangan nou khat chung atou sah uva, chule lampia pon ho leh theoboh ho aphauva Jerusalem kho pi alutpiu ahi. Mipin lusuna akidop cheh uva kipah thanom tah-a akijot piuva, mipi hon, “Huhhing hen”, “Pakai mina hungpa anun nome”, “I-pau David lenggam hung lhung chu nun nomhen”, “Chung nung pen in huhhing hen” tin obem bemin anasam tauve.

Jesu chu Jerusalem khopia alut in, hou-ina achen, thil ijakai ave soh kei-in, chule ajing chun Jerusalem hou-in asu thengin, “Ka-in chu namtin dia taona in, ahi, tia kisun hilou ham, nang hon gucha michom ho kikholna mun in nasemdoh tauve” tin thempu ho thimah ten thu aseia in, kivei ho anodoh in, hijeh hin jong athalo tauve.

“Palm Sunday” hi Kuki paova “Lusu Sunday” tiding nikho hi iman tengule chonset jeh-a mi hem sunga Pathen Lhagao akilah doh phat chun, Pathen Kitepna thusei joh chu Pathen khela aman uva, thingkonga anapoh-u chu, Pathen Chapa Pakai Jesu Palm Sunday ni khoa Jerusalem alut ding lima ana thosah-u tobang ahi. Tutua eiho het dinga chu, Pakai Jesu chu loupitah a, eiho sunga lut sah-a, kisuh theng sah cheh ding ahi. -- Dr. T. Lunkim

Jesu thohna ho

Pakai Jesu adam lai in, changlhah pheng 5 leh nga 2 chu akhut in alan, phatthei aboh jouvin mi 5000 val aneh vasah in ahi (Mt. 14:13-21). Chapang ho jong akhut in apomin, phat thei boh in, chule akhut in mitchopa mit akhoi leh kho anamu tan ahi. Akhut chun mipah akhoi in ahileh adamsel jenge. Akhut a elbai akai thouva ahile lam ajot jenge. Hitobanga dam theina khut chu, Rome sepai engse ho mi chon seho chun, lungsetna beihel in, thing pel thing bolsesu khat a angam un, thingkil lentah in thing chutoh akilbel peh un, damna khut phanga chun thisan alon doh sah un ahi. Thilpha bol theina akhut chu chat thei lou in aum tai.

Pakai Jesu hi iti doh hitam ! Akhut bongla ahapon, akeng bong, amitcho, apaomo la ahapon, itia hitam ! Pathen kelngoi nou chu thing leh-a akhai uvin, nisa noi-a gilkel dangchah athoh tai. Iti vetlel uma hitam ! Mipin anuisat tauve. Pathen chapa Jesu hilouva hitam ! Akhut akeng thingkil in aman chah tai. Aman la imacha abol thei tapon, mipi hon, Pathen chapa nahileh thing leh a konin hung kum lhan, chutileh keihon natahsan unge, atiuvin a-eng engin ahou un, tot nopnan amang un, chule athat tauve.

Imacha bol theilou pa, ama kihuh hing thei loupia, vannoi nuisat thei beppa, ahitai. Iti hitan tem, nang in iti nangaito em ! Tuhin akeng chu

6 veuvin, hiche masangin akeng in lam ajot in, twi chung akingin achen, chule Jerusalem a pat in Galilee gam gei in, gamla lneh jong leh kengin avahle len, Kipana Thupha ahil lhang len ahi. Sakol chung atou akimu poi. Sakol kang chung a jong atou khapoi. Thilpha bolin akeng bouvin anavahle len ahi. Hitobang ngailutna keng chu, michonse ho keng bangin lungsetna beihel thingkil lentah in akeng atuh chah tai. Thisan lonkhah louna akenga kon in, thisan manlu tah chu ahung longdoh in, ama achat thei tapoi. Iti vetlel uma hitam ? Akeng bong la ahapon, i-atile thing toh kikil beh doh hitam ? Vetemin, Pathen chapa keng thing toh akilbeh tauve !

Oh, ana ngei-e, ka Pakai thohna chu ! Akhut akeng, alu veuvin, chonset jalin athisan theng tah chu along doh tai. Lungset um ngeipa chu !

Anu Mary le aloite, leh aseia juite din, iti vetlel aum tadem. Iti lai nat aum tadem ! Thingleh a akhai un, kelngoi nou chun gilkel dangchah athoh tai, anun galkanga akaka jenge. Tuhin Jesu luchang chu vekit tem ute. Alu ahin, amit, akam, akol aum in, hiho a hi van le vannoi leiset anasema amit a hiho chu amusoh hel a, akama thil jouse anasema, thu ho atanji hilou ham ? Tunia iti hitam ? Ngailutna luchang loupitah chu, michonse pen luchang bangin asemun, Rome sepai te le michonse ten isah lou tah in, lingho apheh un, michonse pen kibolna sanga nasa jon, eng

7 bolna, lingho lukhuh akhuh peh tau vin ahi. Michonse penin jong akhuh khah lou hilou ham ? Iti hitam, ama la amitcho, ana ngong, akam bei la ahipon, ipi jeh a Jesu thip beh-a um a ham ? Amai jongla vetngam louvin thisan adim tan, mihon atai tomnan ahivang in apaopoh tapoi.

Pakai Jesun akichai tai, tia kho asap chun thimpi ahung jingin, songpi apoh keh in, hou-ina pondal lentah chu achunga pat anoi gei in akeh lha tai. Thilsem hon Pakai thi athohleh danu hi kidong leh amahon hitin sei unte :

1. Vo, *pondal* len, i-atile nakelbah jeng hitam ? kitileh aman, ka Pakai pa vanle lei-a thempu chung nung pa thitaa, kei ibola kaki khai nahlai ding ham, keihi panna bei kahitai, ahinti ding ahi.

2. Vo, *songpi*, ibola nake jeng ham, kitile aman keihi semtila pat-a atah pen kahin, leiset tuhchah-a pang ka hin, kemtuh neilou abang chu abang kahi vangin, eisempa ka Pakai athi nin vang atahpen kahi thei tapoi, hijeh a chu kake jeng ahitai, ati ding ahi.

3. Vo *thimpi*, ibola kho jinga nahim, kitile, ohe eisempa ka Pakai kibolna hi keiho nile lha, ahsi hon kavejou tapouvin, kamit-u kasin jeh uva thim jinga ahi, ati diu ahi.

4. Vo *lingpi* ibola kihot hot nahim, kitileh, ohe, ka Pakai pa thisan ka chungahung lon jeng hi kathoh jou tapouvin, kakiho jengu ahitai. Leiset pumpin kathoh joulou phat uva, kakiho ho jengu ahitai, ahinti diu ahi.

Hicheng hon Pakai thi athoh joulou nau, vannoi leiset leh van ho chengse kihot ling soh a ama ho chu Pakai anga kona jammang diu, ahiala amahon mun akimu jou lou diu ahitai (Rev.20:11). Hiteng chule migilou mi engse, Pakai taitom ho jousen athoh diu chu iti hah-a hah ding hitam ? Lengle lal ho jong vana ahsi pul lhang banga pullha diu, van jong lekhajol banga kijel lha ding, molle lhang tuikhang len ho jong aum umna muna kona kichon mang diu, leiset leng ho, milen milal, sepai lamkai pipu ho, chule mihao ho kokhuh sunga kisel untin, songpi ho kachunga hung lhun lang kelngoi nou lunghan naa konin neiselin, alunghan nikho ahung lhung tai, koiham ading jou dingah, ahinti diu ahi (Rev. 6:12-17, Luke 23: 30). Tunia michonse ho, Jesu tahsan loi un, hinthoh jou pouvin nate.

Ipi jeh a Jesu amat uva thu adoh vang uva thip beh a uma hin tem ? Ajeh chu lungsetna le ngailut na'n atuh chah ahi. Iti nat hitam athohna hi, iti kidana hitam eihuh hingna hi ! Lei-a alenlai in ama nop sahna ding phatchomna ding ima akibol poi. Miding bou abol jin ahi. Inle lou aseikha poi. Gam-ui in ko anei in, chung leng vachan bu anei in, Pathen chapa'n chenna ding in aneipoi. Jesun chonset thinaa konin eihuhdoh tauvin, tua eihon ipi ibol peh diu hitam ! Ipi nabol thei em ? Ka hung kit kahsen kiging jingin um jing un anati. Asim jouse chibai, Amen. -- (L) Rev. Seikholen Lenthang -

Insunga hinkhomna

Mihem hinkhomna amasa pen hi minu le mipa ahi. Abana chu chate toh kigoma insung hinkhomna ahi. Insung hinkhomna hi chitin nam tinin anei cheh ahi. Hiche lah a chun christian insung hinkhom hi Pakai Jesu sei banga hinkhomna chu ahi.

1. *Nupa hinkhom ding* Paul in ase. Pathen seisa bangin nupa kiti hi pum khat ahi lhona (Gen.2:24). Mihem tahsa pum khat sunga tibah ho ana toh danu achom chom ahi banga, nupa jong pumkhat ahitah vanga akin lhon achom chom ahi. Mipa chu insunga Pathen geldoh theinaa aluchang ahi. Minu hi mihem ho hindana, mihem thalheng banga um ahi. Pasal in ajinu chu atahsa mong monga agel ding chule numei in pasal chu apenna ahijeh a Pathen ajabol banga ajabol ding ahi.

2. *Chaten insunga hinkhomnaa*, nule pa iti jabol ding ham ti ahetau angai-e. Pathen jabolnaa anu le apa ajabol diu ahi. Pathen ja jeh-a nule pa jabol mai hilouva, twisih-a kona milhing hinso sah a, sentui-a pat hinkhou khah nu le pa chu jabola alungset diu thu ahi. Chaten nu le pa ajabol uva, alungset nau chu lei set a hinphatna jong hia ahi.

3. *Insung lhacha ho*, insunga ahin ding danu (Eph. 6:1-13) jong het angai-e. Insung lhacha hon insung kin abolnauva chu, akin bolnau chu

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Pathen kin bol dana akigelu dei ahi. Insung kin abol nauva chu, mi ajen ho soh-a kigel louva, Pathenin lha chaa apansah joh-a kigel diu ahi. Insunga chate le lhacha ho minu mi pan lungtheng sela ahilouva, atoh diu abol diu phatecha aseipeh uva, atil khou tho diu pha ahi.

Insunga pasal in aji anoise bola, ahiloule ahutot-a, ahileh adih thei pon ahi. Alhin lelina ho ahetau ahin khompi ding, chule numei in jong ajipa chu Pathen sema apenna ahi ahetau jinga, ajabola alungset-a akithopi angaina chana akithopi ji ding ahi. Hichun insunga chamna leh kihet themna chule kingaidamna aso sah ding ahi. Insung khat lhahsamna chu khat in hetpeh-a, kihuto ding ngai ahi. Ki-enghou, kihutot, lunghan khum kitiho hi insung kitomona bul pi ahi. Ipi chu Christa lungdei ham, geldoh jinga hiche dung jui-a chu insung kipoh tup ngai ahi.

Jesu leh thil chedan

Ichennau leiset umchan dol leh Jesu umdan akikhehna phabep aume. Hetkhel lou din, ama hi vanmi ahin eiho leimi ihuive. Lei mihem khat banga ahung hin vangin, aju kim jou louna aum jie. Ajeh chu ama vanmi ahi. Noi-a get ho hi veute :

1. A masa penin Jesun *Biology* dan thu asukeh-e. Lei-a mihem khat banga ahung pen vang chun pasal a kona penglou anahi. Tulai Doctor

khat pen penah, mi pasal bei-a apen hi hithei am, kitileh ahi thei poi, tinte.

2. Jesun *Chemistry* danthu asukeh in ahi. Twi a kona lengpi tui asosah chu ahi.

3. Jesun *Physics* danthu asukeh-e. Akengin twi chung a lam ana jot in ahi. Peter jong chu ajot sah in ahi.

4. Jesun *Economics* danthu ana sukeh in ahi. Ajeh chu changlhah pheng nga leh nga niseh a konin mi 5,000 val ana vahvan ahi.

5. Gov't. danthu jong ana sukeh in ahi. Ajeh chu *election* bei in vai ana pon ahi.

6. Jesun *Mathematics* danthu asukeh-e. Thum chu khat ahi sah chu ahi (Trinity). $1+1+1=1$ ahisah-e. Apa, Achapa, Lhagao Theng, thum chu Pathen khat seh ahisah-e.

7. Leiset mite hindan danthu ana sukeh-e. Ajeh chu, ama athin, aki vui in, chu in athoudoh kit in ahi.

8. Jesun *Law of Gravity* ana sukeh in ahi. Hichu ahinga van gama dia lah touva aum chu ahi.

Hiche ho hi ivet leh eiho Pakai Jesu tobang hou danga akimu polai-e. Jesu neite mi vangpha ihi uve. Eihon jong Jesu Lampi holeu hen apha.

Malcha ngola pham

Malcha hi tahsa dia pha chom khat in akisei-e. Malcha dong

a, Vitamin A, C, B 6, Iron, Copper, Potassium aumin chule Protein, leh Carbohydrate them khat khat jong aume. Calory anei pon (Zero Calories), Cancer kisatpina ding anti-oxidant jong anei-e. Malcha hi nat olsah in jong apange (pain killer). Mihem thisan jong apaat sah jin, thi chedan akito sah jie (prevent formation of blood-cloths). Diabetes ho din jong thi-a alhum umho alhom sah thei-e (balance blood sugar level). Vitamin A atamnei jeh in gu leh ha jong asuhah jep in ahi.

Pomelo phatchomna ho

Pomelo ti hi sappao ahin, Assamese paova Robab Tenga tia kihe chule Manipur lama hon Nobab atiu theithuh hi, mihem tahsa dia aphanatampi aume. Nobab hi koi sot lou ding, ajeh chu akikoi sot-a ahile akha doh jitai. Athah ahi pet a, akilo lhah jou jouva neh loi hi atuina ahi.

Akineh a ahile junthah anop jep sah in, vun jong asuhoi in, chule blood pressure jong asulhome. Mihem immunity akithopin, buhse, flu, asthma nat ho asu-ol thei-e. Mihem gu ho jong asuhah thei-e. Oisunga neh le chah ho jong asumin jep in ahi (helps digestion, reduction of constipation). Mihem tahsaa Iron apunsah in, hijeh chun anemia nat jong akidoupi thei-e. Hiche theiga hi asolai leh neh jom jia pha ahi. Aki choh jongle aman lhomcha ahi. Ei dia jong kitua pha khat ahi.

Nui-hi damna (Prov.17:22)

* Sunday School kihilna khat a chapang hon Pathen thilsem ho aban chan ase un, ajo jonan Adam nahgu khat a kona Eve kistem thu jong ase ui. Chapang khat hi ina ahung lhunin, lupnaa adamlou bangin alum tai. Anun iti nahim, nadam lou ham, tia adoh leh aman, "Kanahgu ho lah a khat kaman sah in, ka-om lang anana jenge" tin anu ana donbut in ahi. Anun Adam nahgu thu chu pha ten ahil chene.

* *Mathematician* khat in aloi ho koma, "Number li hi nga sunga kon a iti lahdoh ding ham?" tin adong e. Japan pan, "Ahi theilou ding ase ahi" anati. America pan, "Thudoh chu adihlou ahi" ati. U.K. pan, "Hiche kidong chu ngolthu ahi" ati. Chuin India pan, "Hiti ahi, FIVE a kona F leh E hi ladoh in, Roman lekha jem IV namu ding ahi" tin baitah in ahilin, India miten chihna thepna anei jeh uva, natoh phatah tah vannoi gam tina atoh-u ahi" anati.

* Ojapun chapang khat henga, na pan ipi na atoh em, tia adoh leh chapangpa chun, "Kanun ase sei jouse atonge" ahinti.

* Nungah khat in akideipipa koma, "Keihi Mobile phone kahin, nanghi asunga Sim Card bep nahi" anati. Chuin gol lhangpa chun, "Kadei lam tah nahin sei-e. Hiti thu sei chu kaki pa pie" ahinti. Nungah nun, "Ahinla kei Mobile pihi ajatchom deove. Asunga Sim Card ni aume" ahinti.

* Japan gal lai in, thinglhang koite kho hama, thingphung chung vella lenna ahung leng jap in ahi. Khomi ten kidang asauvin, ahung len kit le kimat ute, tin akilol un, thing len chung a chun thaang lentah anaka mun ahi.

* Thinglhang kho khat a, nungah khat leh gollhang khat akijam lhontan, houbung in vet in anakoi lhone. Lhani jouvin pastor pan amani chu akimu pin, "Hou-ina hung kai lhon in lang, kathermmo tai, tin hung ki thum lhonin" anati. Akit mapnin ama ni hou-ina ahung kai lhonin, pastor pan phat ahin peh phat in, pasalpa chun, "Houbung miten nei ngaidam lhonin, tukal hiti lhon kit taponge" anati.

* Thinglhang kho khat a nikhat mi hon football kichep aveuve. Gol lhang khat in aloipa keng joh afeh pih jeh chun Refree pa'n ama chu Red Card apei. Ama jong alung hang beh seh in, "Kakichepnaa kona kon eihung kaidoh ngam em, kavet ding ahi. Ama chu ahinkho kichai pai ding ahi" ati tai.

Thu chu akhoh tan, hijeh chun Committee hon meeting abol pai-un, ama chu Red Card khellin Yellow Card joh apeuvin, akichem jom kit tan ahi.

* Kho khat ah tehsepu kichih sah tah khat in, "Vannoi leiset a ateh ho ho hi thidale chamna um jonte. Ahin la tehse thita hih le, tehsea tehse ho dimset untin, insunga tehse umho cheng cheng chun ajenle diu anei hih a, genthei kei diu vang ahi" ati.

Het-a phachom ho

* Uric Acid, Gout chule joint pain neihon lou na neh vang uva kahvah vah leh hung najap jia ahin, hijeh chun twi hadon jep angai in, chule twikhanglen nga Sardine leh sahing chule gobi pah, gobi lum ho jong ngol apha.

* Soda haneh ho Diabetes avei nom in ahi. Soda hi tahsa din jong apha poi. Melah-a soda lhah louding, chu le soda kilhah donthei ho chu don hih un.

* Tulai tah a China ho athi thi jeng nau nat, tuni gei-a mi 2000 vel thita, hi gul leh gam sa hoa kona mihemin ahin lah danin akisei-e. Nat ahung kipatna hi China gama Wuhan kho pia hung kipan danin angoth uve.

Akipat tilin buhse vei to bang ahin, titho (khosih) anei in, temperature sang tah tah anei in, napti long, khut, lol peh (sore throat), lu nat, hailelna ho anei in ahi. Mihem ho lah a nat ahung chalna hi mi le mi hung kipeson ahi atiuve. Alou jong umlou lai in ahi. Nagaland ten gamsa neh tadi lou ding apha sah uve.

Anat vei ho toh kituh (hand shake), akhutnau hui kijoplut, achit khumu, anaptui-u toh khah, atham nau thamkhah, ithamkhahna ikhut a chu mit noiham, muh tham khah ham tengle isunga lut ji, tiho ahin, khut hi savon a siltheng ji din eihil uve. Buh se veina thei ho neh lou ding, cold drink, ice cream, semsa donthei ki koi ho, donlou nehluo din apha.

Hiti tobang thima nanat pat tengle ina umthim in pot doh hih un, twi don jingin, doctor kivet sah loi in atiuve. Hiche nat vei-a ginmo mi India a jong aumtai.

Corona virus naho kijenna din, China a, hospital lentah khat asaloi chalun, pung 16 sungin hospital noi dan achai un, ni 19 sungin insong 57 nei hospital chu, athil jouse le manchah jouse lhingset pumin asa chai un ahi. China ho thepna vang akidange.

* Mihem dammona holna ding, C.T. Scan, MRI, X-ray, kitiho ki mang taponte, eihon computer a inlim ho isem uva ipeile le ji tobang uva, mihem jong hi digital technology thah khat doctor in amanchah a, hichun idei lai lai chu imudoh sah thei ding ahi. Sonography (ultra sound) tobang thim ahi. Mobile a mi khat photo letsah neosah thei ahi tobang thim khu ahi. Machine hi akijoh pan tai.

* Guwahati, Assam vela picnic a chena thei ho :

1. *Chandubi* : Guwahati a kona 64 Kms., konga touna thei tui veina aume. Vet ding atampon ahinla amun anome. November a kipat April a che apha.

2. *Umtru* : Guwahati a kona 50 Kms. Mehgalaya sung ahi, Byrnihat a kona lut ding ahi. November a kipat May sunga che apha.

3. *Borbitoli* : 30 Kms. Sonapur komcha, Waterfall neothim khat aumin, an jong kihonna thei ahi.

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

- 1) Miss Nemhoichong Haokip, KBC
- 2) Rev. J. Manchong (Lunpu), KCC
- 3) Rev. Lhoukholal, Kangpokpi Missn
- 4) Mrs. Veikholam, Ideal school, ccpur.
- 5) Mr. Henkai Lenthang, Medziphema,
- 6) Mr. Seikholun Singsit, Kohima.
- 7) Mr. ? (Kapcha), Dimapur.
- 8) Mr. Minlen Lhungdim, Mizoram

Het-a phachom ho

* *Kum 2020 a nit ding ho :*

- Palm Sunday ... April 5
- Good Friday ... April 10
- Mother's Day ... May 10
- Pentecost Sunday May 31
- Father's Day June 21

* Good Friday jouva Easter Sunday nikho leh Easter Eggs (Ahtui) akine jie. Malai in hiche hin hinkho thah ahetsah-e. Tulai hin christian ho din Jesu lhana kona athodoh a ahung hinkit ahetsah ahi.

* Japan gama nungah hon, pasal toh kidei a mun khat touva tou khom ji hi, phat mansah ahi, atiuve. Amaho gama miho hi natoh lama pontho tah, phat it-tah ahi cheh ui.

Christian Meivah
March-April, 2020

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