

# Jesuna Kourri

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Private Circulation

Tha Ani Anida Phongba

## Sirbasu hingba Jesu

A.D. 52 aduwaida Paul na Athens ta lak-i. Jesu amuk hingbagi waram haiduna, mana Greek Philosopher singda christian dharma asi itop toppi haina praman pirami. Paul na asiba hing-gatpagi waram tamba kanda, mi kharana thajade (Acts 17:32). Mi kharana phagi oina lou-i. Paul na Rome gi governor Festus da Jesu hinggatpagi waram tamba kanda, Festus na Paul asi ngaore, haina lou-i (Acts 26:24). Adubu Jesu amuk hinggatpa asi, mamit makna ukhiba mi 514 romna madugi sakhi piramla bani (1 Cor. 15:4-8).

Jesu amuk hinggat pagi pau tabada, mi kharanadi makhoigi thaja daba adu phongna utkhide (Acts 17:32). Wa adu tabada makhoina thouoide. Nungaina yumda paanba, lairik laisu heiba, sen paiba, chana thakna ba wattaba mina, Jesu kanano haibsu khangningba leite. Christian kharana Jesu asi hinggat tabagum khanbasu lei. Thabak chinba misingna Jesu siri bra hingbra thousade. Jesu amuk hingbasi christian singgi damak maru oi, eikhoisu siba matungda amuk hingba

oigani, haibasi takpi. Jesu thajaba khuding sirbasu hingngani haiba Jesu na utlam labani.

Paul na Jesu amuk hingbagi waram sandokpa kanda, mi khara nadi hekta thajei (Acts 17:32). Jesu thajaduna Baptise loubami khuding, Jesuna sibagi amasung amuk hing gat pagi khudam oina makhoi ising da Baptise toubani. Iruppa kanda Jesu phumbagi khudamni, isingdagi tho rakpa kandana Jesu sibatagi amuk hinggatpa du utli (Rom.6: 3). Christian amana Baptise loubami kanda, mana Jesu amuk hinggatpa asi thajare, haina khanghanbani. Siba dagi Jesuna amuk hingbagum, Jesu bu thajaba khuding sirbasu amuk hing gani haibagi sakhini.

Ngasi Jesu phajana thajaba mi khuding gi pap kokpiba oire. Pap leitaba khuding siba kanda amuk hingba ngamngani. Maramdi, makhoi Jesu thajaba mi oibagi maramna ma khoigi pap kokpire. Makhoi lomba naidana hingba oiragani. Maramdi papki atouman sibani. Maram asina Jesu thajasi, pap kok-hansi, lomba naidana hing gadaba misinggi marak ta yaohounaba tourasi.

## Mongpham gi mathang karino

Punsigi artha karino, haiba asi misingna yam khang ningba oi. Ei khoi asi siraga loiba oirabra? Siba tung gi aasha kari lei? Siba kanda aasha asisu loirabra? Haibana chingba hangningba yam lei. Khangningba mayam asi eikhoi christian ama oiba kanda loina khang ba ngami. Taibang mi khudingda phatta ba wakhal lei. Phattaba asi pap aduni. Masibu sengdokpiba ngambadi Jesu tani. Natrabadi, papna mi khuding du norok ta hoijin gani.

Norok changning daba mi khuding haibadi, norok kiba mi khuding Jesu thajaba tai. Norok theidoknaba lambidi Jesu thajaba asini. Jesu thajara raga aasha phangi. Aasha adudi, ei sira basu amuk hingngani haiba asini. Ei siba tungda swarga pan-gani, haibagi aashani. Kayada nungaiba aasha no. 1 Cor. 15 paraga eikhoina khangni, madudi, Prabhu Jesu na siraba tungda amuk hing khi. Hingba tungda ihan hanna magi sebok singda masa utli. Adugi tungda mi 500 romda masa utkhi.

Siba tungda amuk hinglaga, Peter ga unei aduga Jacob kasu unei. Paul gasu unakhi (1 Cor. 15:10). Amuk hingbagi wa asi christian singgi thajaba aduni. Jesu bu cross ta hatpa oirabasu mahak numit humnigi tungda amuk hingba oikhi. Mana amuk hingdaba oi ramlabadi, Jesu thajabagi kanaba kari su leite. Mana amuk hingbagum, eikhoi su siba tungda amuk hingba oigani, hai basi Jesuna tamba-ramlabani.

Jesuna sibatagi amuk hingda ba oiragana, ngasi church amatasu lei roi. Siba tungda hingba pamba sing church kabani. 1 Cor. 15:23 da, Jesu na amuk eikhoida lakpa kanda, siram khraba mising adu haanna hingba oi rakkani, hai. Madugi tungda taibang da Jesu thajaba mi ahingba sing adu Jesu gi leiphanda pukhat pigani, hai. Masigi tungda, prithibi aduga swarga mangkhigani, leiraroi.

Jesuna amuk lakpa kanda Jesu thajaba migi taibanggi hakchang asi, swargagi hakchangda hongdok khigani, matam aduda makhoibu ma ga swargada leinaba loukhatpigani. Masigi waram asi, Bible da sengna iduna leibani. Swargagi hakchang asi mallaroidaba, pumlaroidaba, kellaroi daba hakchangni. Maram aduna ma du gi hakchang adu, lomba naidana hinglagani, amuk siba nairaroi (1 Cor. 15: 58).

Jesu amuk hinggat pagi ma ramna, eikhoina Good Friday, aduga Easter Sunday, da church ta tinnadu na Iswarbu thagatli. Jesu amuk hingdaba oiramlabadi eikhoi masigi numit sing asi paalon touramloi. Jesu ngasi su hingli, eikhoina thajariba Iswar asi ahingbani, haiba eikhoina khangni. Si daba luchingba amabu eikhoina thajabani, aduga ningbani. Maram asina ei khoina khurumliba Iswar asi, sidaba mapuni. Sidaba mapu ningba mi khuding sidaba oigani, haiba asi eikhoigi thajabani. Masi Bible na tamba. Jesu thajaba asi aremba nate. Hinglinge da su kanaba, siragasu kanabani.

### Christa da anouba punsi

Christian ama oiba khuding pap kokpi khraba oiba tai. Baptise louba kanda Jesuga siminnaba, aduga ising dagi thorakpa kanda Jesu ga amuk hingmin naba mi adugi praman oire (Rom.6:4). Mahak amuk hanna nouna poklaba ama oire (John 3:5). Pap tagi kanbiba phangkhraba mi ama oibagi maramna, taibangda paal liba mi ama oirabasu, pap toudaba, pap ngamlaba mi ama oiba tai (Rom. 6:12-13).

Jesuga cross ta siminna-khra ba ama oina khanjaba tai (Gal. 2:20). Eikhoida leiramba ariba mi adu tha namduna, anouba punsigi mi oiba tai. Maram asina christian ama oirabadi, punsida ahongba leihan-gadabani. Eikhoi punsi asengba lenba oiba tai. Maram di Iswar su sengi. Asengba Iswar gi nakta changba yanaba, ei khoi sengna hingba tai (1 Pet.1:14-16). Iswarna eikhoisi motnaba kou biba nattaduna, sengnaba koubani (1 Thess. 4:7).

Eikhoina pukning hongba tungda, Christian ama oina Baptise louba oi, aduga Iswarna eikhoibu paptagi sengdokpi-rabani (Acts 22:16). Eikhoina Jesu thajabagi maram na, eikhoida leiramba pap khuding dagi Iswarna eikhoibu ngakpi-rabani (Acts 2:38). Maram aduna eikhoi lomba naidana hingba ngami (Heb. 5:9). Eikhoina sengdaba haiba ma khei thadokpa tai (2 Cor.7:1). Masi amaromda hairabadi, phi hongba gum

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bani (Col.3:1-17). Nungthilda tha bak wana sururaga, yum hallakpada, leikhom thanba phirol adu lou thok laga, irujaba tungda, anouba asengba mottaba phi setpa, litpa aduga chang dam naba yai (Col.3:1-3). Christian ama oirabadi, wakhal, pukning, lichat sajat, wangang wata, loina asengba oinaba hongba tai (Col. 3:5). Apha ba maigeida hongdokpa haibasi arai ba thabakti nate. Maram di inakta leiriba mi ayambagi punsi motpani. Thakloidaba charoidaba kaya lei. Mayamdu henba haibasi arai wadi natte.

Henba tabasing loina henba kanda, eikhoi anouba mi oiba ngami. Nouna pokpa, amuk hanna pokpa mi amagum oiragani. Aduga 'keiroi leikaigi mibu isamak kumna nungsi basu ngamlakkani (Mat.22:39). Pun si honglaba mi amana, manakta leiba christian nattaba, mapunsi hingdaba, motna leiriba khudingbu henna nung siba, thoujan-bibasus oirakkani.

### Mi pumnamak pap chelli

Nahakna aranba oina khang ba thabak ama touruba leibra ? Ma du papni. Chumdaba ama khangna khangna, sen pambagi damak touba mi yamna lei. Chumdaba, araanba haiba khuding papni. Iswarna tathi (1 John 3:4). Phattaba touba mi khuding swarga karoi (1 Cor.6: 9-10). Phattaba touba asi papni. Pap touba mi khuding sigani. Haibadi pap chen ba mi khuding sigani.

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### Thawai Asengba kanano

Jesu bu Jordan turelda John na Baptise toubiba tungda swarga dagi Thawai Asengba mangonda kumlak-i. Aduga Jesuna si-dringei ma-mangda sebok singda Thawai Asengba makhoibu pangbinaba tha rakkani, haikhi. Maram asina Jesuna hingna swarga kaba tunggi numit tarani subada, swarga dagi Thawai Asengba laktuna sebok sing gi ma nungda changi, thabak sui. Makhoi gi panggal thouna hapchinbikhi aduga makhoi kiba leitana pao sandok tuna mi yam Jesu thajahankhi.

Thawai Asengbasi swarga dut ama oibra, natraga mi ama oiba jatla ? Nate, Thawai Asengba asi Iswargi khutsem ama nate. Mahak asi Iswargi thawaini. Mahak Iswarga leiminnei. Nongma Jesuna Nicodemus ta, Iswargi leibakta changge khal labadi nahak nouna amukka pok-u hai. Matam aduda Nicodemus na, mi ahal oiraba kanda karamna amuk ani rak suna pokkadra, hangkhi. Jesuna mangonda, amukka pokpa haibasi Thawai gi waramni, haina Jesuna khumkhi. Iswarna mi ama pok hanba ngami, Iswarna mi ama thawaigi punsi piba ngami aduga mi adubu anouba mi oihanbasu ngami. Mi ama na pap touba kanda, mahak satan gi macha oi. Asigumba mi asi Iswarna Iswargi macha ol-hanba ngami. Pap touba amabu nouna pok-hanba kanda mahak adu Iswargi macha ama oi

Eikhoina pap chenba kanda, eikhoi asi asengba Iswar ga sam naba ngamde (Gen.3). Papna mi adu hatpa oi (Rom. 6:23). Taibang mi khudinggi pukningda phattaba wakhal lei. Pukningda leiriba phatta ba adu pap kou-i. Adubu Jesu thaja ba kanda, phattaba adu touningdre, ngang ningdre. Maramdi thajaba mi aduda Iswarna thabak surak-i, phat taba touningba pok-hande. Mana Jesu thajabagi mapanna, paptagi kanbiba phangkhe. Kanbiba oira ba tungda mahak araan khubam hai basi phangi. Araan khubam phang ba asi lomba naidana hingba aduni. Haibadi amahani.

Makhoi Jesu thajabagi mahei oina, Jesuna makhoigi pap makhei kokpibani. Maram aduna makhoi araan khubam phangba ngami. Araan khubam phanglaba tungda lomba naidana hingbasu oiragani. Asumna pap kokpiraba mi khuding asi, swarga kagani, Jesuga leiminna ragani. Masini christian ama oibagi kanaba haiba asi, masi Jesu thajaraga oithok-i, natrabadi lambi atei leite.

Pentecost numitta tilliba mi yamda Peter na, nakhoi Jesu thaja duna pukning hongu, pap kokpina bagi damak nijou, aduga Baptise lou, haina nganglami (Acts 2:38-41). Mi 3,000 na pukning hongkhi, Jesu tha jakhi, aduga pap kokpiba phangjakhi. Ngasisu, Jesu thajaba migi pap Jesuna kokpiri.

re. Thawai Asengba asi thawaini, mit na uba ngamde. Magi hakchang lei te, madi thawaini (2 Pet.1:21). Thawai Asengba asina, Jesu taibangda leitrabasu thajaba misingbu lamjing bigani, takpigani, haina Jesuna hai khi (John 14:26). Misingna Jesu ma bu cross ta hatkani, madugi tungda mahak hinglaga swarga kagani, hai na Jesuna sebok singda haiba kan da, sebok sing du nungaita.

Mahak leitrabasu Thawai Asengba na makhoiga leiminna gani haina Jesu na makhoida hai. Pentecost numitta Thawai Asengba kum lak tuna sebok singda changle. Masi gi matung ngasi phaobada, Thawai Asengba asi Jesu thajaba mi khu dinggi manungda leibiduna makhoi bu chingbiri. Eikhoina pap chenba kanda Thawai Asengba na eikhoi da pukning haangnaba haibi. Thawai Asengba na Jesu thajaba mi ama tat tana chingbi duna lei.

Jesu thajaba mina Thawai Asengba asi pibiyu haina Iswar dagi nijaba yai. Thawai Asengba na eikhoida aphaba karino, phattaba karino khanghalli. Eikhoigi nungda lei ba phattaba wakhal asi mana nam tha hanbasu ngami. Jesuna niraga phanggani, hai (Lk. 11:9). Iswar na sebok singda Thawai Asengba piba gumna eikhoi dasu pibiba ngami. Thawai Asengba phangnaba eikhoi na Jesu asi chetna, phajana thajaba yam mathou tai. Thajaba kanda Jesu na eikhoibu pangbira-gani.

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## Hakchang phanaba pot

1. *Egg* : Hakchang phanaba Protein pamlaga, yerum kanei, mamansu hongna phangi. Yerum da mineral, vitamin, yao-i. Yerumda anti-oxidant su lei, maram asina mitki damaksu phei. Phosphorus, iron, vitamin A lei. Toina yerum charaga, hakchanggi arumba hantha hali, aduga fat ki saruk hanthahalli. Numit khuding yerum amamam chaba yai, henjinba phate. Yerum charaga aphaba cholesterol (HDL) sembi, maram asina stroke amasung heart disease hanthahanba ngami. Hakchanggi darkar oiriba amino acid su pibi.

2. *Ginger* : Shing asi pukki chaba tumhanba, lokki damaksu kanaba, anti-inflammatory gi saruk lei, anti-oxidant ga antimicrobial su lei. insang da toina happa phei.

3. *Garlic* : Chanam angouba, asina hakchanggi ee senganba, ee paa hanba (blood cloths), cholesterol aphaba sembiba, immune system pangbiba, thamoigi panggal happiba na chingba toubiba ngami. B P gi da maksu kanei.

4. *Papaya* (awathabi) : Chaba tum hanbada pangbi, immune system kankhat hanba aduga vitamin A su pibiba ngami. Awathabi dagi phangba papain kouba pot asi hidak kaya sembada sijinnei.

5. *Carrot* : Mula angangba, asi mit ki damak yam kanei. Hingna oiraba su, insangda happa oirabasu yai.

## Nokpasu kanei (Prov. 17:22)

\* Luhongba ama leiduna church ta mi yam tinna ringeida, Pastor na miyamda, “Ngasigi luhongba asi toubaya yaro, hai ba kanagumba leirabadi, lep khatpiyu aduga maram adu sengna haibiyu, na trabadi lunghongba asi pangthoknaba houragani” hai. Matam khara mi khu ding tuminna leiraba tungda, masak pha jabi amana macha pamladuna hougat le, aduga Pastor gi leipham lomda lak pa heure.

Masi ubada luhonggadaba lei sabi aduna, magi pakhang dugi makha-jaida khubakna kanna thabikhi. Pakhang dugi mamadi ikaibana, maru luk thakhi. Pastorna nupi aduda, “Kari wano haiyu, haiyu” haire. Nupi asina, “Eina maning lomda phambada, na hakna kari hairibage, karisu tade. Maram aduna eihak mamang lomda pham ba lakpani” haikhi.

\* Luhongba yaonaba nupa ama Hotel ama da changbada, thong ani thangna na hanglami. Thong amaduda ‘Brides Guests’ irami. Aduga atoppa thong aduda ‘Grooms Guests’ irami. Mana haraona ‘Grooms Guests’ aduda chang le. Thong ani amukka hanglami. Amada ‘Ladies’ irami, aduga atoppa thongduda ‘Gents’ ire. Mahak ‘Gents’ haina iriba aduda changle. Khara chatlaga thong ani thangnana hangba amuk thengnei. Amadana ‘Guests with gift’ irami. Aduga atoppa thong adudana, ‘Guests without gift’ irami. Mana gift purakte, maram aduna ‘Guests without gift’ adugi manungda changle. Mana adum

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changbada, Hotel gi maning thong adu youre, thong aduda asumna che thetlami, “*Houjik sen yam taangba kanda, karisu yaodana cha thak pa lakpaga damak, nanggi damak karisu toubiroi. Nungaina nayum da hankhro, Bye bye*” haina irami.

\* Cricket sanaba ama pakhang ahumna yengi. Makhoidugi hek mamangda Catholic leisabi (nun) ahum leptuna makhoina nungaina yengba ngamkhide. Maram asina pakhang amaduna, “Eihak Utah kouba lamda sanaba yengba chat ningi. Maduda Nun mi 100 khakta lei hai” hairami. Khara leiraga anisu ba pakhangna “Eidi Montana da lei ningi, maduda Nun 50 da lei, hai” hairak-i. Mathangda ahumsaba pakhangna, “Eidi Idaho kouba jagada leiru-ningi. Maduda Nun 25 ngakta lei haina tai” hairaba tungda Nun lei sabi singdu tumin lei. Nun leisabi ahumdugi manungda, amaduna ma khoibu yengladuna, “Nakhoi wa ngangbada, khon pikna ngangba tamu. Karigi aduk laona ngangba ribano. Nun leitaba mapham pamla ga nakhoi ahummak Norokta chat lu, maduda Nun amattasu leite” hai raga leisa ahumdu chatkhre.

\* Pakhang anina Museum yengba kanda migi saru ani ui. Amana pik-i, amana chao-i. Pakhang amaduna, “Skeleton apikpana thainagi ning thou angang oiringei, aduga achou bana ma siba tunggi skeleton ni” hai.

## ***Khangbada Kanaba***

\* Bank amana nanggi Account da ayuk khuding lupa 86,400 hapchinbi, haina khallu. Adubu numit adu takhra ba kanda, sen adugi nangna sijinna houdaba peisa makhei lona leite, hai na khallu. Numit loikhraba tungda sensu Account da karisu leite, haina khallu. Adu oiba tarabadi nang kari tougani ?

Adu oirabadi numit amagi damak piriba sen adu nangna lona louthokpa, haibadi sijinnaba tare. Ei khoi khudingda asigumba Bank ama numit khuding lei. Masigi mingdi ei khoina *Matam* (Time) haina kou-i. Matam asina numit khuding eikhoida Second 86,400 pibi. Numit hek loiba ga matam aremba sing lona mangi, balance leite. Hairiba second 86,400 asigi manungda nahakna aphaba thabakta sijinna houdaba matam adu aremba oi. Nangna tungsinba ngam de. Hajenggi damak matam thamba yaroi, tungsinba yaroi. Iswar na na ngonda numit khudinggi matam gi second 86,400 lemna pibi. Ghari asi chenduna lei. Arembada chel-han-ganu, karigumba aphaba thabak ama numit khuding touhouro.

\* Matam amada India gi Katra kouba maphamda, missionary matei manao Iswargi thabak tounaba lak lami. Mapham aduda christian mi lei tri. Makhoi anibu khun gi misingna yam yengthi. Nongmasi CID nupa ama makhoida lak-i. Nupa asina ma khoi anibu kanana sen pibagi lakpra,

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thada tolop kaya chai, kanana tha rakpano, India mapal-dagi sen ka ya phangi, haiba kaya hangle. Ma na asumna khumlami :

Nongma eikhoigi karisu chana thaknaba leiramde. Sensu loire. Ichanupa chahi ama oiriba adu chak laambagi kaptuna kaptu na leire. Eiga eigi nupi Lily na tou pham khangdabagi damak Iswar da asumna prathana si toure, 'He Iswar, eikhoi anidi chara hellabasu, nahakki mingi damak henjarage, eikhoigi angangdi chanaba khara pi biyu' haina prathana loibaga, eigi nupina machanupadu ising pithak naba kitchen da changlubada, kana gumba amana chak thambiramba thengnei. Eikhoisu harao harao pra thana touraga chaktu chai.

Mathanggi numitta asumna amuk thokle. Numit humni subada eikhoina chakki damak prathana touba kanda, kitchen da pukham tenggot ki makhol tai. Eigi nupina thunamak changlu bada, thangnaba imunggi nupina chak thambibadu uhoure. Makhoigi yumda eigi nupi chatlaga maram hanglu-bada, 'Eigi thamoida mi amana nakhoibu chak pinaba kanna taksin-bagini. Sao ganu' hairak-khi, haina khumi.

\* *Kumsi 2019 chahi gi :*

- Palm Sunday ... April 14
- Good Friday ... April 19
- Mother's Day ... May 12
- Pentecost Sunday ... June 9
- Father's Day ... June 16

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**Jesuna Kouri** haiba chephong asi tha ani khuding phongjei. Thawaigi punsi lamjing-bi, aduga hakchang phanabagi waram tamba. Sen-thaang chahigi Rs. 50/- oirabasu, chahi anigi Rs. 100/- pibi-u, maramdi chephong taruk phang bada chahi oire. Thuna mak surak-i. M.O. thabiragana Form gi Editor na phang-gadaba che machet tuda, nasagi ming, address suna ibiyu, **or** Editor mobile No. 94355 -51080 da phone toubi-u. Senthang masida pibibasua ya gani :-

1. Miss Lhingjanem Haokip, Kuki Baptist Convention, Opp. D.M.College, Imphal, Manipur.
2. Mr. J. Manchong, Trulock Theological Seminary, Opp. D.M. College, Imphal.

## ***Ee-Pau Khara***

\* Houjik kansida chana thaknaba pot asengba kaya leitre. Maram asina ei khoigi hakchang yam sokle. Chana thaknaba pot leiba kanda asengba lei biyu, recycle plastic suksi sijinna ganu. Pot leiba kanda masida mina nga, sa, atei chanaba pot thambi-raklabasu yum youbada thuna hundok-u, kuina tham ganu. Plastic recycle touba kanda hakchang sokpa yaba hidak sijinnaba yam leire.

\* Nacha singgi Tiffin natraga chana thaknaba sembiba kanda nasana sem biyu. Semkhraba chinjak leiganu. Isana sembana henna sengi.

\* Guwahati da eikhoi romgi lol ngang ba nupi singna phone touraga, migi ma teng pangnaba wa ngangduna, nam thakna sen taanba leire, haina tai.

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