

Vantung Gammi-suahna



SABBATH NITAAK

Tu Kaalsung Simding: *Phil. 3:17–4:23; 1Cor. 15:42–44; John 14:27; Late 119:165, Job 1:21; 1Tim. 6:7.*

Kamngah: “Bangmah thu ah lunghimawh lo-in na khempeuh ah lungdam ko kawmsa in thungen unla, na kisapnate uh Pasion tungah pulaakin na ngen un.” (*Philippi 4:6, ZSV*)

Tu kaal sinna pen Philippi mite’ thu sinna thukhupna hi a, a manpha pilna leh nisim nuntakpih ding thuhoih tampi kihel uhhi. Hih laikhak a nunung lamah, Paul nuntakna a makaih den hoihna tampi takmah hiteng ah kihel ding hi. Zeisu’ thuhilhate mahbang in, mihing’ sunglam mah a bulphuh, Paul in hong hawp sawn nate pen, Khristian nuntakna nopna thusim ahi hi.

Na khempeuh ei’ deihbang ahih kholloh hangin, upmawh sang in hoihzaw thei zel ahih manin, lungkiat luat pahpah ding zong hisamlo hi. Nuntak sungah haksatna leh tona te phulzawhna dingin, sunglam thahatna thukhun te hangin, Pasion bekin hong piak theih kilemna leh tawntung daihna hong ngahsak hi. Tuhun leh mailam hun khempeuh in Ama’ khut sungah om ahih manin Amah in eite kisapna khempeuh hong sik ding hi.

A thupi pen panin lungkiatna bek hong piangsak thei, hi leitung ki ukna tungah bang lam-etna mahmah neih ding hilo hi. Khristian tepen Pasion’ gam mite ahi uhhi. Tua gammi hihna in a lamdang mahmah hamphatnate leh vaipuak tampitak mah hong ngahsak thei hi.

*February 14, Sabbath ading kiginkholhna in tu kaal lesson sim in.

Etteh Dingte

Mi khempeuh in eima pimuh phatdeuh le etteh nop deuh kinei tek hi. Naupangte phadiak, amau' etteh ding limhoih alak ding kisam phadeuh hi. Tuat pen amau' palehnu zong hikhasop ding hi. Hong khantoh ciangun etteh ding dang peuh zong muzel uhhi. Amau' nuntak na'ng a teelna uhleh, tangthu simna peuh panin muthei uhhi. Lai Siangtho sungpan tona lianpi neite' thu a sinna pan un amau' nundan peuh tawh enkak uh zong hithei uhhi.

Tulai media te sungah siatna lam etteh ding tamlua hi. Thaang hong kisiahna tam mahmah hi. Zualzangna lam thapia tangthute in mihoih pipite nangawn siatlawh sak hi. Paul' laisim Philippi mite in, internet khawng neinailo napi'n hihthute mah na phukha khin uhhi.

A mantakin cileng, Paul hunlai a leitung in tuni a eima leitung mahbang in siatna, zualzangna leh gitlohna tawh kidim khin hi. A om tawntung leh a omlai ding gitlohna in a tawpdong in om ding hi. Dotna khat omthei hi: Koibang in dawngthuk ding ihi hiam?

Simin, Philippi 3:17–19. Hihmun ah apha le asia etteh dingte koibang in pulaak hiam? Tua tegel kikal thu koibang in khentel thei ding ihi hiam?

Paul in aki thutuah pihloh mite nangawn it in – a kah ngiatngiat na phawkhui hi. Ama' galte ci hetlo in “Khazih' singlamteh tawh a kilehngat mite” (*Phil. 3:18*) cibek hi. Paul in a zaizaw sem in hong pulaak lai a, singlamteh in kikalah kidalna teng sukham in, hong kibang sak a, Honpa kisam mawhneite ihihna hong kilangsak hi (*Eph. 2: 11- 14*).

Philippi mite in, asiate etteh zawlo in limhoihte etteh zaw ding in a hatthotna zong phawkhui hi. Ama' nundan tawh a kibangte peuhmah awlmawh mahmah dinguh cihi. Amah'n Rom mite a thuhilhna ah “note theihsa thute gensia langpang in, mite upna nawng- kai sak in, pawl akikhensak mite kidawm un. Tuabang mite tawh kikhawl vetkei un” (*Rom. 16: 17*) cihi. Zuau khemthei tua Rome mite pen “tuabang mite in i Topa Zeisu Khazih' nasem hilo in, gilpi vaibek a sem uh ahi hi” (*Rom. 16: 18*).

Zeisu bekma etteh taakcingpa icih teihang, mun khatkhat ah a etteh huai mite zong omthei uhhi. Mi tungah Nang koibang etteh huai nahi thei hiam?

“Topa sungah Dingkip un”

Simin, Philippi 3:20, 21. Paul in Khristian “*gammi hihna*” koibang hi ci hiam?

Singlamteh tawh a kilehngat mite tawh a kibanglo “leitung nate a lunggulh mite” in, amau’ gilpi sangin a lianzaw pasian dang neilo cihi (*Phil. 3: 19*). Khristian te ahiehleh vatung gammi hi uh a, amau’ Topa in Zeisu Khazih ngiat ahi hi. Tuabang hong hisak thei thu pen Paul in “a ginalo i leitung pumpi pen, Ama’ aa mahbang in a minthang pumpi tawh hong kheelsak ding” (*Phil. 3: 21*) cihi. Natna satna, siatna leh sihna tawh akidim eima pumpi pen; a thokik a minthang Khazih’ pumpi tawh kibang in hong kheelsak ding hi.

Anuai-a munte in a minthang pumpi koibang in pulaak hiam?

- *Job 19:25-27* _____
- *Luke 24:39* _____
- *1Cor. 15:42- 44* _____
- *1Cor. 15:50- 54* _____
- *Col. 3:4* _____

A tawpna ah, Zeisu’ sihna in “gal nunungpen” sihna. susia ding hi (*1Cor. 15: 26*). Tua in ei a ding lam-etna lianpen, Zeisu’ hong kamciamna lianpen – sihna tawh tawpziau lo in pumpithak khat, a “minthang pumpi” (*Phil. 3: 21*) hongpia ding hi.

Laibu khat om a, Pasian lotawh “*hotkhiatna*” cihi. “*Hotkhiatna*” cihin sihna tungah galzawhna cihpen nial in; laikungpu Luc Ferry in, Khristian’ upna in “mihingte lunggeelna in sihna paltanzo bek thamlo, sihna mahmah satgawp in thuhilh thei hi. Pumpi thu kisinna leh ngaihsutna lel tawh hilo in, mimal khat thu ciaptehna bang hileh, eimah in sithei mi ihihna tungtawn in, a nunungpen khatvei galzawhna tawh nuntak tawntung theihna ding tua lampi bek ahi hi” —Luc Ferry, *A Brief History of Thought* (New York: HarperCollins, 2011, Kindle edition), p. 90. Pasian umlo khat’ upna ahi hi.

Paul a ding ahiehleh, vangtung gammi ihih na’ng pen, tu in lungsim in geelzawhloh, mithak silsel in thawhkikna tawh tawntung nuntak na sung lut ding kamciam omgige hi.

Thu ummi khempeuh a dingin tawntung nuntakna kamciam in banghangin thupi hiam? Khazih in eite hong kamciamna sangin a hoihzaw bang kamciam leitung in hong piathei ding hiam?

Topa sungah Lungdam Tawntung un

Simin, Philippi 4:4–7. “Pasian sungah lungnopna” koici kingah hiam?

Kipumkhatna ding kisapna thu a zawhkhith ciangin (*Phil. 4:1–3*), Paul in thukhun dang khat: Topa sungah lungdamna lam ah paikik hi (*Phil. 4:4–7*). Hong om phetleh a tui suakziau pahthei, bang adingin nasia takin na hanciam ngei hiam? Zeisu in lungkham luatloh ding thu hoih tampi tawh hong hanthawn (*Matt. 6:25–34; Matt. 10:19*) a, Peter in zong “Amah in note hong kem ahih manin” (*1Peter 5:7*) na lungkham nate uh Topa kiang ah tunpih ding cihi. Tu a leitung a buai na tuamtuanhangin Topa hong pai ding hun nai mahmah ta cih hong lam-en sak hi (*Matt. 24:33; Luke 21:28; James 5:8*).

Na khempeuh le mun khempeuh a lungkhamna teng bawldamna zatui in thungetna puaktohna ahi hi (*Phil. 4:6, 7*). “Lungdam kohna” tawh thungen in, i thungetna hong ki dawnma in zong upna tawh kalsuanpih pah ding hi. Kammal ki behlap khat om a “hehpih ding thuumna” (Greek, *deēsis*), thu-kin phatmawh hun cihna ahihi (*Luke 1:13; Phil. 1:19; 1Tim. 5:5; James 5:16*). Eite’ thungetna peuhmah pen “*thuumna*” vive hiphot a, eite in “Ama’ deihna tawh kituakin” (*1John 5:14*) i ngetleh, i nget khempeuh Pasian in hong pia ding hi. Tua hileh, eima’ ngetna khempeuh Pasian’ khut sungah om ahih manin, lungnuam takin tawlnga hithiat theita hihang.

Anuai-a munteng in Pasian sungah lungnopna koibang in hong khangsak thei hiam? *Late 29:11; Isa. 9:6; Luka 2:14; John 14:27; 1Cor. 14:33.*

Pasian’ lungnopna cihpen eite’ Honpa Zeisu Khazih tungtawn in tawntung nunna hong lungmuan sakna hi a, leitung in hong pia theilo hi (*Rom. 5:1; Rom. 6:23*). Tua lungnop na in nuntakzia etkimna hi a “Pasian hong piak lungsim nopna” (*Phil. 4:7*) ahi hi. Mihing’ lungsim Greek pau in *nous* (lungsim) in baan zolo hi.

“Pasian kiangpan Lungnopna” na neihlam mi khatpeuh kiangah koibang in pulaak thei ding nahiam?

Hih Thute Lungngai un...

Mihing' lungsim bat zawhloh lungnopna pen “Khazih Zeisu tawh kipawlna” (*Phil. 4:7*) hang ahi hi. I sunga nuntakna in kepbit kisam hi. *Phil. 4: 7* in Pasian' lungnopna tawh a kipawl galkapte tawh gentehna pia hi. Greek pau in (*phroureō*) pen khuapi a cing galkap honpi a cihnopna ahi hi (*2Cor. 11; 32; Sawl. 9: 24*).

Lungsim sung nopsakna ding a phamawh mahmah khat pen Pasian' deihsa bangin nuntakna ahi hi. “Nangma' thu a deihte in lung nopna lianpi ngahuh a, amaute a tuksakzo ding bangmah omlo hi” (*Late 119:165*).

Simin, Philippi 4:8, 9. Bang hih ding hong hanthawn tuam hiam?

Paul in *Phil. 4: 8, 9* sungah “a tawpna ah” ci in hoihna thu guk behlap hi. Tuateng tomlaak in Paul' limlahna bangin zuih ding hanthawn hi. A thukhupna ah Greek leh Rome ngeina tuamtuan te a om Philippi mite a dingin tuathute in lemzik bilbel hi. Lai Siangtho sunga gamtat hoihna tengmah bulphuh hitei nabi, Paul in Greek mite hoihna namli a nusiak sese zong lunglut huai veve hi (ciimna, thutanna, kideekna le hanganna).

1. *Dik* – hong omvat hilo, sajian gualsuk leng Lai Siangtho thubulpi in Zeisu hi. “A mantakpi kongcih in” cihpen Lai Siangtho Thak in ciden hi. (*Sawl. 26: 25; Rom. 1: 18; 1Cor. 13: 6, 2; 2Cor. 4: 2; Eph. 4: 15; James 1: 18; 1Pet. 1: 22; 1John 2:21*).
2. *Thupi* – Greek pau in mimal acihna hi. (*1Tim. 3: 8, 11; Titus 2:2; zahtakhuai zong kici*).
3. *Thumaan* – Hih hoihna pen Pasian' dikna omzia acihna (*Phil. 1:7*).
4. *Siangtho* – Pasian in hong diksakna panin hong luangsuk ngaihsut na le gamtatna (*1John 3: 3*).
5. *Ithuai* – Melhoihna limlim pen Pasian' piansak lai in ahoihsa in hong bawl hi.
6. *Zahtakhuai* – “lungsim hoihna, phuutzawhna le hehpihna”.

Paul mah in hoihna namnih mah paikhia hi, tua hikeileh milim biate' hoihna tawh kizompah ding hi. “a hoih le aphattaak thute” (*Phil. 4: 8*), hih thute pen vantung hoihna hi ci in lunggulh ding cihi. Lungghianna le kitelkhihna peuhmah hemkhia ding hihang. Paul in eima sinsa, saansa, zaksa le muhsa ama' limlahna bangin gamta dingin hong sam hi (*Phil. 4:9*).

Lungkim nading Tawhtangte

Simin, Philippi 4:10–13, 19. Lungkim in lungdam zawh na'ng bang tawhtang teng Paul in hong pulaak hiam?

Hun haksat mahmah laitak (gilkialna, cinatna, liamna le supna) cihte hongtun ciangin mihing in abeisa hunin a san'sa thuphate phawk kikkik zel thei hi. I 'tualniam' ciangin (*Phil. 4:12*), 'i zawn ciangin' le 'bangmah neihloh' ciangin, eima upna in tualai a tun laitak ahi hi.

A lehlam panin 'i hauh ciangin' tua hauhna tengzong tomno sungin beitheih ahihlam phawk ding hihang (*Pau. 23:5*). Job le Paul te in, leitung ah i pianlai in guaktang in i piang uh a, han sungah guaktang mahin i pading cih hong phawksak hi (*Job. 1: 21; 1Tim. 6: 7*).

Anuai-a Lai Siangtho' kamciamte phawk in:

- Late 23:1—"Topa in tuu bangin hong cingpa hi a, ka kisp teng kicing hi"
- Matt. 6:32—"Vantung a na Pa in na kisp uh khempeuh thei hi"
- 1Peter 5:7—"Pasian in note hongkem ahihmanin na lunghih mawhna khempeuh Ama' kiangah tun un"
- Philippi 4:19—"Ka Topa Pasian in Ama' hauhna tawh kizui in Khazih Zeisu tungtawnin na kitangsap khempeuh hongpia dinghi"

A lamdangpen panin: "Khazih in hong thahat sakna tawh na khempeuh kahih thei hi" (*Phil. 4: 13*). Cihte hang kuamah in 'nakhempeuh' baanzo nai samlo hihang. Pasian in hong huh ding leh hong thahatsakna ding pen Ama' deihna bangin ngen ding hihang. Ama' deihna tawh kituak nangawn i ngetloh ni zong pheivei lel hi. Tua ahih manin James 4: 2 sungah, "na deih uh ngenlo nahih manun a ngahlo nahi uhhi" cih.

Anuai ah Pasian' deihna tawh a kituak lungmuang takin nget theih dingte pawlkhat:

- It le ngaih lawm khat adingin hotkhatna (*1Tim. 2:3, 4*).
- Upna hawpsawn zawh na'ng hangsan'na (*Mang. 22:17*).
- Mawhna pulak khialhna nutsia in mawhmaina ngen (*1John 1:9*).
- Pasian' thukhamnate zuihzawh na'ng thahatna (*Heb. 13:20, 21*).
- Hong mudah hong simmawh te ittheih nading (*Mate 5:44*).
- Tona phutna ding pilna (*James 1:5*).
- Pasian' Thu sunga thumaan theihna ding (*John 8:32*).

Nangma' thunget nate; hong tung nailote le cihmah hunin hong tunglo dingte na koicih hiam?

Ngaihsutbeh Ding: “Hehpihna tawh panpihna a ngahden te bekin, nisim kisapna tuamtuamte ngahthei ding uh a, zong zeek siam thei ding uhhi. Amaute un Pasian sungah kipden peuh lehu, nisim in khalam thahatna silpiak tuamte ngah theih ding mailam hun peuh ngakngak kullo in, amau mahmah un Pasian a ding kuangzat keuzat te hong hiding uh a, kha hotkhiatna ah zong kizang thei ding uhhi. Amau batphak zawhna ciangciang Pasian’na semthei ding uhhi. Amau un tualniam mahmah in amau’ innsung ah semphial taleh, mipite lakah ahi zongin Topa a dingin nisim in semthei ding uhhi.”

“Khazih in zong leitung ah a nuntaklai in, Pa’ hehpihna zong ahih manin Pasian tawh kipawl in midangte thapia in thupha zong a piak mahbang in, a ki-aap Pasian’ nasem khat in hehnepna lam-etna nei ding hi. Khazih in hong limlahna bangin a zuite in, leitung ah buh aatna dingin Pasian in a pawlpi tungah hong kamciam sate ngah thei ding hi”—Ellen G. White, *God’s Amazing Grace*, p. 117.

“Pasian in i kisapnate thei in hong vaihawmsak hi. Topa in Ama’ tate a dingin van manpha kholna mun nei a, amau’ kisap bangbang in ahunhun in piathei hi. Tua ahihle banghang in muanzolo ding ihi hiam? Thupiakna tungah a citak a tate a dingin a manpha kamciamte bawlkhin hi. Ama’ hepkhiat zawhloh vangik omlo, Ama hawlkhiat zawhloh khuamial omlo, thahatna in Ama’ kheel zawhloh thanemna omlo, Ama daihsak zawhloh launa omlo, Ama’ makaih zawhloh lunggulh na omlo hi”

“Ei le ei ki-enkei ni. Eima’ kicinlohna tungah kingak semsem ciangin, zawh na’ng tha nem semsem hi”—Ellen G. White, *That I May Know Him*, p. 224.

Kikupding Dotnate:

❶ Na thungetna sungah hong kidawnphat pen lungngai photin. Nangma’ pilna a khengval Pasian’ lungnopna koibang in nangah kha hiam? Hong dawn nailoh thu ngetna te eleh? Kamciam lungnopna koibang in nangah hiam?

❷ Philippi 4:8 sunga thute koibang in hunla in na ngaihsun hiam? Topa tawh tonkhawm in nangma upna tha hong piak na koici muh hiam?

❸ A tunga kammalte ngaihsun in. “Eima gitnatlohna lunggulh semsem leng, tua te zawhna ding tha nem semsem” cih. Zawh zawnading bangthu om hiam?

Ahau Adventist Hong Suak

Rene pen SDA te pakta limlim hi. A omna Philippines ah acitheh khempeuh pen SDA hi khin uh hi. Amau pen buh lo zaipi nei uh-a citheh uh hi. Rene zong tua dan-in om nuam hi.

Nikhat, SDA naupangte in amau tawh Lai Siangtho sim khawm dingn zawn uh hi. SDA ahi apa' nasep pu' tapa in Sabbath sang akah dingn zawn hi.

Rene zong Sabbath thu azaak cilna hi. Zong man sa hi. SDA naupangte puan akilawm-in asilh lam uh hong mu hi. Kamsia azat loh uh zong paakta hi. Amau tawh kisun nuam hi.

Kum 12 aphak ciangin SDA ah luut-in tuiphum hi. Amah hong hau loin zawng zaw hi. A inn-a te'n lah aupna neumuh-in sang kah nading huh nawnlo uh hi. Sang tawp sak lai uh hi. Kum li khit ciangin amah thu tampi tuak khin hi. Kum 16 aphak-in apa tawh SDA pa' lo ah nasem hi. Asawtlo-in zu ne, za teep, laithai kineih, sa sianglo khempeuh hong ne hi.

Kum 2 hong beita, kum 17 apha Rodel in inn kong hong kiu hi. Amah'n Rene' nu kiangah "kei pen missionary hi'ng. Kong lut thei diam" ci hi.

Innteknu in "Bang missionary dan hiam?" ci hi. Amah'n zong "1000 missionary movement hi" ci hi. "Tua pen bang hiam?" Amah'n zong "SDA missionary hi'ng" ci hi. "Aw, ka tapa zong SDA hi ve'n, tu'n nungtolhta" ci hi. "Amah koi ah om hiam?" "Ihmu." Rene pen lo ah sem ahih teh gim hi. Anu in Rodel, Rene kiang paipih hi. Rene zong lamdang hong sa-in kilehkik lo ding ci-in theisak hi. "Ka inn-a te'n SDA ka hih man-in hong mudah uh hi." "Biakinn akah ding-in kong zawn thei diam?" "Um ke'ng, pai kei ning."

Rodel zong hong ciah hi. Kum khat le alang khit, Rene kum 20 aphak ciang'n Rodel hong daw kik hi.



Rodel in "nga beng khawm ni" ci hi. Rodel in Rene biakinn ah pai ding gen pih lo hi. Lawmta ziau hi. Amau nga beng khawm uh hi. Rene pen Sabbath ni ciangin biakinn ah hong paipai ta hi.

Rene Tucaldo pen 1996 Sabbath sumpi tawh kilam Silang, Philippines-a 1000 Missionary Movement ah sum lam alen zalian khat hi. Tangthu maikaal ah sim beh in.

Khen I: A Huamin Etna

Thubulphuh: *Philippi 4:6*

Lungngaih Ding: *Philippi 3:7-4:23*

Zeisu le sawltakte in Christian cih pen gam nih sung ah om kawm uh hi cih lak hi. “Amaute in, ‘Caesar kumpipa min le lim ahi hi,’ a ci uh hi. Tua ciangin Zeisu in, ‘Caesar kumpipa neihsate Caesar kumpipa pia unla Pasian neihsate Pasian pia un,’ a ci hi” (*Matt 22:21*). Leitung ah aom hangun, thu umte in van gammi ahihna uh maleep lam atheih loh pha mawh uh hi. Tua ban ah Khazih tawh akipumkhat man-un hamphat nate azon ding uh zong ki vaikhak hi “Tua ahih ciangin Pasian in Khazih tawh note hong thosak khinzo ahih leh Pasian taklam, Khazih tutna mun ahi tunglam a om nate na zong un” (*Col 3:1*).

Van gam mi hih man-in ei pen “tua sapna tawh akilawm akituak in gamtat” loh phamawh hi (*Eph 4:1*). Hih sapna ah Khazih aading i sepna ah haksatna i tuak zongin van khuapi pen i inn taktak hi ci-in thei-a lungnuam-in om ding thu kihel hi (*Heb 13:14*). Abraham pen upna tawh “bulkip anei khuapi khat a lamen hi a, tua khuapi a gelpa le a lampa in Pasian ahi hi” (*Heb 11:10*). Ei adingin “asia theilo, anin theilo, amuat theilo, na gamluah ding khat” om hi (*1Pet. 1:4*).

Tu kaal lesson in thugil thum en hi:

1. Van gam mite lungsim picing tak-in om-in mite’ etteh dingin om uh hi.
2. Christian lungnopna pen thu le la tungah kinga loin Khazin tungtawn in Pasian tawh kithuah khopna ah zungkha hi.
3. Dongtuahnate lakah i om hangin lungkim lungnuam tak-in om ding pen piang thei hi, ahih hangin Lai Siangtho deihdan ahih kul hi.

Khen II: Hilhcianna

Tangthu Tom

Ethiopia ah medical missionary ava sem Dr. Thomas Lambie’ thu kigen hi. Hun khat ciangin amah’n missionary phual dingin inn mun lei hi. Ethiopia’ danbupi ah gamdang mite kiang leitang zuak lo ding kici hi. Dr. Lambie pen Khazih leh Ethiopiate it lua ahih man-in America gammi hih na nusia-in Ethiopia gammi hihna hong la hi. Tua khit ciangin nasep nading-a kism inn mun ding hong lei hi. — Paul Lee Tan, *Encyclopedia*

of 7,700 Illustrations: *Signs of the Times* (Garland, TX: Bible Communications, Inc., 1996), p. 1176). Tua bang mah-in thu umte'n Khazih ait man-un amilip in-ah vanmi hih theih nadinigin leimi hihna nusia nuam uh hi. Amau leh amau “leitung ah mikhual le pemta te” (*Heb 11:13*) in kimu uh hi.

Vangam Mite

Paul in Christian makaite pen mite' etteh dingin om kul hi ci hi (*Phi 3:17*). Hih pen “Khazih singlamteh galte” (*Phi 3:18*) akici sia zuau tawh kikeelkii hi. Amau pen siatna atuak ding te, lunggulh bangin abiate, “maizum nading teng uh kisialhna-in nei zawsop uh a, leitung nate bek angaihsunte” na ci hi (*Phi 3:19*). Alehlah ah, Christiante pen “vantung gammi” (*Phi 3:20*) ahihna uh aphawk loh phamawh-in tat kul hi.

Philippi 3:17 “etteh” pen Greek kam *symmimētēs* akilet hi. Hih pen Thuciam Thak bup ah khatvei bek dawka Paul in thu athupiitna alahna-in kammal na teel mahmah hi. Amal-in let le hang “etteh pa,” mi khat in “midang khat etteh ding-a va kikhawl” cihna hi. — William F. Arndt, et al., *A Greek-English Lexicon of the New Testament and other Early Christian Literature* (Chicago: University of Chicago Press, 2000), p. 958. Ataktak ah, Paul in “amah a etteh pawlpi deihi: ‘kei hong etteh un.’” — Gerald F. Hawthorne, *Philippians*. Word Biblical Commentary, vol. 43 (Dallas, Word, Inc., 2004), p. 217. Hih pen Paul in 1Cor. 11:1 sung-a agen tawh akibang hi: “Khazih ka etteh bangin note in zong kei hong etteh un.” Khazih sungah ki om leh thu umte pen mite' etteh ding piang thei hi. Paul in 1Th 2:14 sung ah “sanggamte aw note in zong Judea gam-a Pasian pawlpite tawh kibangin agamtate na hi uh hi” ci hi.

Vantung gam mi i hih manin ei pen mungtup nei-in om loh phamawh-a ei hong gumpa vantung pan hong pai ding-a aginalo i pumpite amin thang pumpi nei ding cih thu len hi hang (*Phi 3:20, 21*). Tua ni atun ma dong e'n Amah ngak loh phamawh (*Phi 3:20*), kiploh phamawh hi (*Phi 4:1*), vangam mi hihna pen leimi hihna sangin hoih zaw tham hi cih hong kikham hi.

Lungnopna le Nopsakna

Paul in Christian lungnopna leh nopsakna pen thupiang lapiangte ah kingalo ci hi. Tua thu “Topa sungah lungdam tawntung un, ka hong cih sa bangin tu-in zong lungdam un, ka hong cikik hi” (*Phi 4:4*) cih kipsak hi. A theih sa bang mah-in mawhna tawh kidim leitung ah veeng hoih ah om

theih det ding pen piang theilo hi. Tua ahih man-in thupiang lapiangte pan-in koicih nuamsa thei den ding i hiam? Gen taktak le hang nuam i sak theih det ding pen “Topa sung” bek ah piang thei hi. Hih takah “Christian lungnopna taktak kingah theih na mun” mu hi hang — Philippians, Word Bible Commentary, vol. 43, p. 173.

Topa sungah lungdam ding thu pen thapiakna khat hi cih bang hilo-in thukham ahih lam phawk ding thupi hi. Lungnuam tak-a om ding pen Paul aadingin thupi mahmah-a alai sungah thum vei bang gen hi (*Phi 3:1; Phi 4:4, 10*). Athu angaite’ etteh khat ahih man-in (*Phi 3:17*) amau zong Topa sungah alungdam thei dingun hanthawn ngam hi (*Phi 3:1; Phi 4:4*), ahang pen amah’n atua cih man hi (*Phi 1:18; Phi 2:17, 18; Phi 4:4*). Lungdam ding pen Philippi te kiang lai akhakna ah thugilpi khat hi. Greek verb *chairo* (lungdam ding) giat vei daw (*Phi 1:18 [nihvei]; Phi 2:17, 18, 28; Phi 3:1; Phi 4:4, 10*); verb *synchairo* (lungdam khawm) pen nih vei (*Phi 2:17, 18*); *chara* (lungdam – “joy”) pen nga vei (*Phi 1:4, 25; Phi 2:2, 29; Phi 4:1*) daw hi. Thong sung ah aom khat in lungnop ding agen pen bangzah-in thupi hiam!

Christian lungmuanna pen lungdamna bang mah-in thupiang lapiangte tungah kingalo hi. Zeisu in “Note tungah keima neih bang lung nopna kong pia ding hi. Tua ka hong piak ding lungnopna pen leitung mite in a piak theih a kip lo lungnopnate pawl hilo hi (*Joh 14:27*) ci hi. Gen kik le hang hih dan lungmuanna pen Topa sung bek ah kingah-a Zeisu in “Keima sungah lungmuanna na neih theih nadingun hih thute kong gen zo hi” ci hi (*Joh 16:33*). Tua mah tawh akibang-in Paul in “Pasian piak lungnopna” acih ciangin Pasian pen lungnopna naak hi cih alahna hi. Tua kampau pen “Pasan in abawl lungnopna,” hiam “Pasian in apiak lungnopna” cihna zong hi thei hi. Bang bang akhiatna nei ta leh thu umte’n “mite tel zawh loh” (*Phi 4:7*) lungmuanna Pasian tawh kithuahna hang bek-in sin thei uh hi. Paul in “Pasian hong piak lungmuanna” (*Phi 4:7*) pen “lungnopna Pasian in note hong ompih” (*Phi 4:9*) man bek-in piang thei pan hi cihnopna hi. Tom kaih le hang van gam mi ahi thu um mite koici om uh hiam? hi. Amau pen lungnuam, lungmuang-in om uh hi.

Nuam Tak-in om Theih nading Thute

Nopsakna pen kaam hang hilo hi. Zuih ding thu om hi, tua hang mah-in Paul in Philippi 4 sung ah thu tampi na pia hi.

“Topa sungah lungdam tawntung un” (*Phi 4:4*), “Khatvei kong gen kikin ah lungdam un” (*Phi 4:4*) cihkikna in hih thukham pen thupi simloh

phamawh hi cih lak hi. “Na lungnemna uh mi khempeuh tungah kilang sak un” (Phi 4:5). “lungnem ci-a kilet Greek kammal *epieikēs* hi-in a khatna tampi nei kammal hi. Midangte tawh kikhohlna ah ih bawl dan ding pen hehpih ding, lungnem ding cihna hi-a, kithuahna ah zia thei ding, zum thute ah khual sakna cihna hi.” — Grant R. Osborne, *Philippians: Verse by Verse, Osborne New Testament Commentaries* (Bellingham, WA: Lexham Press, 2017), p. 167.

“Bangmah thu ah lungnimawh kei in” (Phi 4:6). Hih thukham pen Zeisu hihl “na nuntakna aading un lungnimawh kei un” (Matt 6:25; Mat 6:27, 28, 31, 34 te zong en in) siksian hi ding hi. Hih dan-in om theih ding pen haksa hi, hi mah lo ahiam? Paul in Pasian kiang thu ngen, thu um, lungdamko, deih ngen le hang lungnihmawhna ki zozo ding hi ci hi.

Tua “thute ngaihsutpen in na nei un” (Phi 4:8). Paul in i ngaihsut ding thudik, a pahtawihuai, a thuman, a siangtho, a ithuai, a phathuai thute hong gual hi. Thudik leh a pahtawi huai thute zong behlap hi.

“Keima kiang pan-a na sinsa, na ngahsa, na zaksa uh le na muhsa uh thute na zui un” (Phi 4:9). Etteh hoih te ciing un cihna hi.

Tua thukhunte zuih man-a apiang thute hih dan-in kigen hi, “Pasian hong piak lungmuanna in ... note lungsim ... hong kepsak ding hi” (Phi 4:7). Tua khit zawh aneu nih khit teh Paul in Pasian’ piak lungmuanna pen “note hong ompih” (Phi 4:9) teh bek om thei pan ding ci hi.

Khen III: Nuntakna-ah Zatpah Ding

Anuai-a thugilte lungngai in. Tua khit teh Sabbath sang hong paite kiang ah thu dong in.

J. I. Packer in “lim hoih lak zawh lohna in dinmun kiamsak tha pai hi, lim hoih zong tu-a kum zalom sung ah omlo mawh hi” ci hi. — Packer, “Some Perspective on Preaching,” in *Preaching the Living Word* (Geanies House, Scotland: Christian Focus, 1999), p. 31. Pasian in tua kicin lohna mun adim ding-in ei Christiante tung pan lamien hi (*Mat 5:13, 14*). Vantung gammi ahi eite pen Pasian alungkimsak dingin hong kicial hi, misiangkokthote’ luah ding i ngah ma dong (*Col 1:12*) “nasep hoih khempeuh ah gahsuh in Pasian theihna ah khan semsem” kul hi (*Col 1:10*).

Tu’n ei pen deih loh thute’n hong vuknelh hangin nuamsa, lungmuang thei hi hang. Tua dan nopsakna, lungmuannate pen Pasian tawh kithuahna bek tawh piang thei bek hi. Leitung ah lungmuan nading

a omloh hangin Khazih sungah lungmuanna ki ngah thei hi (*Joh 14:27*). Lungmuanna leh nopsaknate pen kaam thu hilo hi. Lai Siangtho in Pasion in a tate aading ageelsakna nuntak nuam tun nadingin thu tampi hong pia hi. Ataangpi in gen ziau le hang thukham sawm akhengzo omlo hi. Ellen G. White in hih dan-in gen hi, “i lamzawhna leh nopsaknate pen Pasion’ thukham kuhkal tak-in i zuihna tungah kinga hi. ... Tua sawmte lak pan khat nangawn vantung Pasion tung ah citak lo pi-in palsat zolo ding hi. Ei leh, ei tawh kikhawl khate nopsak nading-in thukham sung-a laimal neu, laimal them dong i zuih ding thupi hi.” — *Signs of the Times*, March 3, 1881.

Dotnate:

- 1. Pawlpi leh i veeng ah Christian i hih man-a etteh hoih i hih theih ding bange om hiam?**

- 2. Thukham zuihna leh lungnuam lungmuan-a om theih na kikaal-a kizopna pen bang hiam?**
