



ATAH A TAONA

Simmun 7: May 16, 2026

“Itih in Pathien
a kingai un ka
mite, nagimna u
hetsah un, Ama
bou ikiselna u
ahi.”

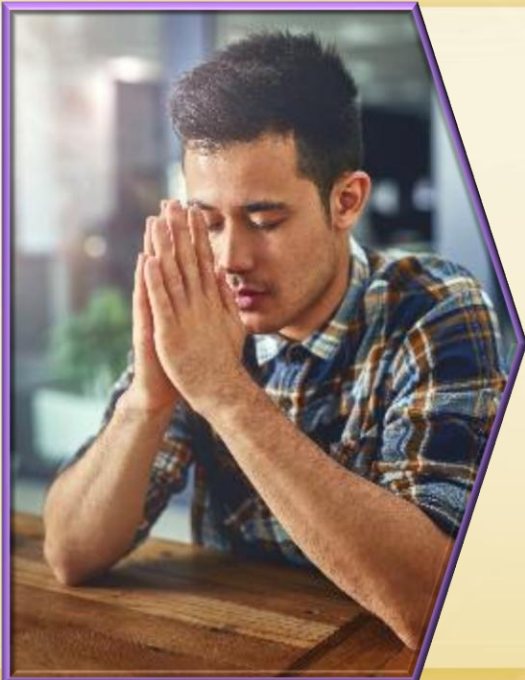
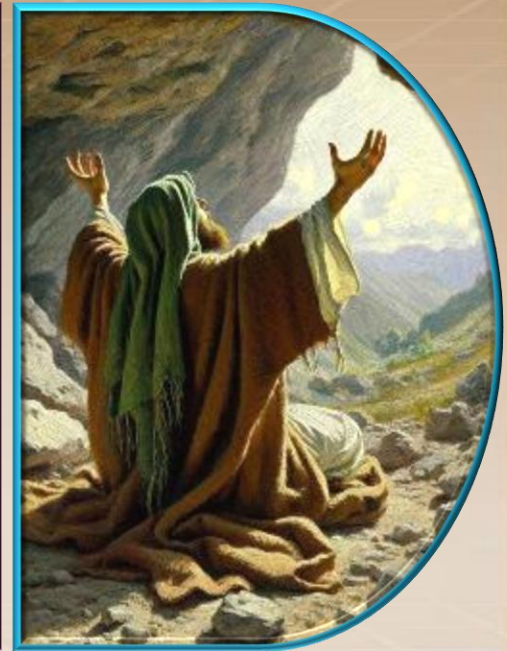
(Psalm 62:8)



Paul in itih lai hi hen, itobang phaath lai hi jong leh “*tao jing jing*” din ei hilchah uve (Eph. 6:18); itaona adonbutna kilang doh hih jong leh tao jing un ei ti uve.

Phaath hahsa le kinepna bei hiel nung a Elijah leh Hannah taona chu geldoh thei tah ahi.

Iti tao ipat doh thei diu ham? Ipi ithuum masah diu ham? Mi toh itaokhom diu ham? Tao hi Pathien kom ingaichat sein bou hija ham? Pathien houpi channa jong hija hin tem?



- ➡ **Phaath hahsa lai a tao:**
 - ➡ **Elijah:** Gamsung dinmun hahsat lai a tao
 - ➡ **Hannah:** Donbutna umlou, hinla tao jing
- ➡ **Taona limlom tah:**
 - ➡ **Jesu:** Taona a minphah ding
 - ➡ **Daniel:** Taona apat le achai dan
- ➡ **Taona chungchang thudoh li**



PHAAT HAHSA
LAI A TAO

ELIJAH: GAMSUNG DINMUN HAHSAT LAI A TAO

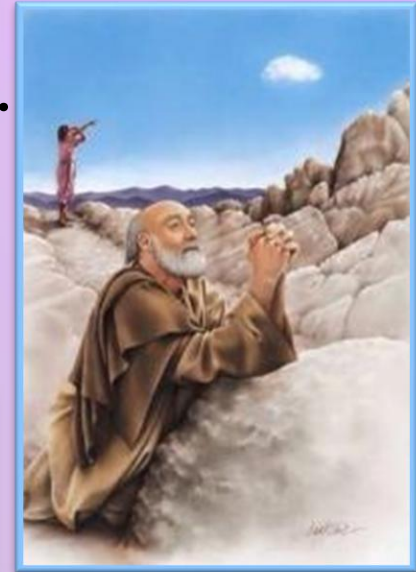
"Elijah in, "Pakai, Hatchungnung Pathien, a itih gei a nang kin bou bol jing kahi. Ahinla Israelte'n nang toh akitepna u asukeh ta uvin, na maicham jouse aphe uvin, na thiemgaote athat gam tauve. Kei chang seh hing doh kahin, tha din ei hol hol ui!" ati." (1 Lengte 19:10)



Gamsung dinmun hahsat lai Pathien in taona iti adonbut ji em?

Elijah Pathien kom atao in ahileh Pathien in meikuong in ahin donbut jieng tai (1 Lengte 18:36-38).

Go juhna dia 7 vei atao jou chun Pathien in meilom neocha ahin sol in, chomlou kah in gopi nasa tah hin lhutpih in apang tai (1 Lengte 18:42-45).



Elijah'n ahinna la dia Pathien kom atao chun Pathien in ima'n adonbut pon, aneh ding vantil ahin choipih sah e (1 Lengte 19:4-8).

Suongkuo hom sung a lunglha deh a aum chun Pathien in ataona adonbutna aw ahin ja tai (1 Lengte 19:9-18).

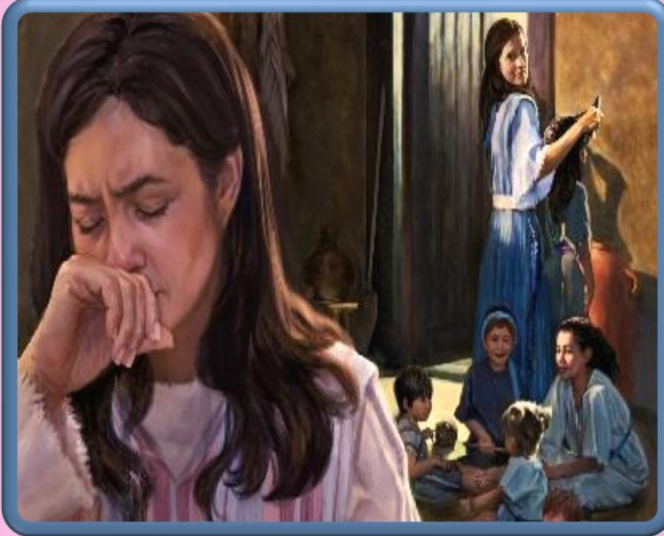
Ataona khat donbutna chu apet pet in amu'n, adang khat joh vang chu 7 vei atao jouvin bou amui (go ahinsol pih). Ataona nukhah chu ni 40 lhin in adonbutna Pathien aw amubep e. Pathien in idinmun u toh kituoh in itaona u itih le iti donbut ding ham ti ahe'i.



HANNAH: DONBUTNA UMLLOU, HINLA TAO JING

"Pakai hieng a hiche naosen hi thuum a kahin, kathuum chu eipe tai." (1 Samuel 1:27)

Hannah taona apet a kisaan pih abah vang in phaath sotpi anataova, lha 9 jen anaovop jouva hung guilhung ahibouve (1 Sam. 1:9-20).



Hiche masang jep chu isim leh Hannah'n thuohhat tah a sotpi ana nga a, athuum jing anahi ti akimui (1 Sam. 1:1-8).

Elkanah ji dang nu Peninnah'n chapa tampi anei jieh chun kum sieh leh cha neilou nu Hannah din thuohda da'n aumji'n, ajumso ji e.

Hiva kuon hin Hannah kum ijat cha neina dia hung taova, athuum kisaanpih lou bang jong leh atao jing hetdoh thei ahi.



Pathien in itaona u asaanloi ji lou hi ithuum dol u dihlou, tahsa thulam gelna jieng anahi ji jieh (Jacob 4:3), chonsiet kikhenpi nuomlou jieh (Psalm 66:18), tahsan nuomlou jieh (Jacob 1:6), ahilou leh aphaath lhin nailou jieh hiji ahi.

Idinmun u Pathien in ahethiem jo'n, apha pen ei koi pih na uve (Jeremiah 29:11). Tahsan vang a taona chu aman ati bang leh ati phaath tah leh ahin donbut ding ahi (1 John 5:14-15).



TAO LIMLOM
TAH



JESU: TAONA A MINPHAH DING

“Hijieh chun hiti hin taovun: ‘Van a um ka Pa u, na minthieng kijabol jing hen.’ ” (Matthew 6:9)



Jesu'n taoje eihil u chu sotpi tah tah taova, midang mu ding bou leh seiphat channa ding bouva tao chu ahi poi (Mt. 6:5-8).

Itaona u chu kitah tah leh lunggil a kuon luongdoh hijo ding ahi. Taona hi hinna ding a aloutheilou chu ahi.



“Taona chu chomkim leh kivellemou hi ding, angaichat bou phatah a thuumna hi ding ahi. Pathien bouvin ajah ding in gingtah in tao ji'n.

Bolthu in taona mang hih in, na taona chu naguot mong, na ngaichat mong, Hinna Changlhah ding a kiel mong nahi dan bou sei in.” (E.G.W. “Our high Calling”, May 4)





JESU: TAONA A MINPHAH DING



Hiche hi Jesu'n taoje eihil u chu ahi:

“Van a um ka Pa u”

Mihiem te jouse Pa toh kiguijopna kisiempat ding ngaicha ihi u ikihet ding u ahi

“Na min thieng kija hen”

Pathien athienje hetna hin achan ding jana le ginna pieh pum in ama kom ei naisah uve

“Na lenggam hung lung hen”

Jesu hung kit ding thanopna'n dim ute

“Van a bang in lei a nalung got bang hi hen”

Thilsiem jouse chung a vaihom ahi ipom uva, iinkho'u le vannuoi a jong leng chang din thuum ute

“Tuni kaneh ding u an neipe uvin”

Tahsa le lhagao nitin an neh ding kithuum jing ute

“Ka leiba te'u kangaidam bang un keiho bat jong ngaidam in”

Kisih a, ngaidam thuum ding, chuleh Pathien in ngaidam ei chan bang a ei bolsete ngaidam ichan theina din thuum ute

“Lhepna a nei puilut hih un, agilou a kuon nei huhdoh jo uvin”

Chonsepa umna gam leisiet a Pathien venbitna le puihuoina kithuum ute

“Ajieh chu lenggam le thahat, chule loupina tuonsot in nang a ahi. Amen”

Inei, ibol chuleh ihina jouse Pathien akuon kimu ahi ti pom ute. Ama bou loupie le vahchoi chang ding lom ahi

DANIEL: TAONA APAT LE ACHAI DAN

“Chu in khaodip puon sil in, an ngol in, leivui lah a touvin, Pakai Pathien kom a lunggil tah in ka taovin, ka ngeh e.” (Daniel 9:3)

Daniel 9:4-19 a Daniel taona hin taona pat le chai dan, kiguoltuoh dan, li atahlah e:

Vahchoi (Dan. 9:4)

Ngehna
(Dan. 9:16-19)

Kisih le ngaidam
thuum
(Dan. 9:5-15)

Thangvah
(Phil. 4:6)



Daniel atao (*thangvahna apieh*) chai masang jep chun Gabriel vantil in ahin houpie.

Hiti a tao dan kiguoltuoh hi chang le hon lah a taoje phatah ahi. “*Kisih le ngaidam thuumna*” hi ataopa ngaichat a kingai ahi.

Hiche tao dan hin Pathien lam bou ei ngat sah un, Pathien kom gamtingaichat seinah anahi chu ataansah e.





**TAONA
CHUNGCHANG
THUDOH LI**

Pathien in ahetsa ahileh tao khel ngai a ham?

Taona man hin Pathien laltouna gei ei domsang ji un, ichonchan kivetchilna le Pathien toh kiguijopna lampi ei siempih ji uve.

Taoje helouva jong Lhagao Thieng in akithopi nai (Rom. 8:26).



Abuoi ima bon umlouva tao khel ngai a ham?

Vantil chonse khalou hon tantih neilouvin Pathien avahchoi uve. Eihon jong ivahchoi jing ding u ahi.

Buoina ima ituolou jieha Pathien ngaichalouva kigel hi lungthim kiletsah tah kinei ahi.



Koi toh ka taokhom ding ham?

Aphaat dungjui a vet ding ahi:

1. Chang a. Ingaichat Pathien bou het ding idei a, lungna chim tah a itao nuom tieng.
2. Insung mi le hon neocha toh.
3. Houbung mite toh.



Thungai thiem tah iti kahi thei ding ham?

Taona toh Bible sim lhahkhah ji a Pathien toh phaath imankhom tieng ahoupina akichang thei in, eima chang lunggel le ngaito ho akichuomkoi thei e.



EGW (Our Father Cares, May 25)

“Ingaichat dihtah ipi ahi langsung a kikoi pum a Pathien kom lunggil tah a thuum hi tao dan dihtah ahi. Khutilou chu saan thei dol ahipoi. Itaona akisaan loi jieng lou jieh a chol le khop kisa a haisan ding ahi poi. *“...van a lenggam hi mi’n pumhat jieng in ano’n lah din ago uve.”* (Matthew 11:12).

Hiva pumhat ati hi Pathien deilam lunggot nasatah nei a, Jacob bang a Pathien lhakang louva kitudet ho atina ahi. Taona hi lungphut le huse tah a nei ding ahipon, lunggel kichol tah le taimah tah a ithilngeh Pathien hepi laltouna mun ilhut ji ding u ahi. Eihon ibol ding u chu Pathien ang a kineosah tah kipiehlut ding, chonsiet iphuon ding u, tahsan vang a ama kom inai cheh cheh ding u ahi.”