



VANTUNG GAMMI SUAHHNA

February 14, 2026 ading Lesson 7



“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

Paul in a laikhakte khempeuh ah eite pen hih Leitung gammi i hih lohnam kician takin hong gen hi. Zeisu pen i Honpa in i san ciangin, eite i suak kik hi. Hih pianthakna tawh, Vantung gammi i suak hi.

Hih Leitung thukhun le ngeinate zahtak-in zui mah le-hang, i nuntakzia pen a taktak-in a zaizaw le a sangzaw gamtat hoihna ahi hi.



Vantung gammi hihna:

- Upna a kician mite etteh in (Philippi 3:17-19)
- A kicing gammi hihna (Philippi 3:20-21)



Tualai i tun' mateng:

- Kilemna le lungdamna (Philippi 4:1-6)
- Ngaihsutna siangtho (Philippi 4:7-9)
- Lungskimna (Philippi 4:10-13, 19)

The background is an abstract geometric pattern composed of numerous overlapping triangles in various shades of purple, blue, and magenta. The triangles vary in size and orientation, creating a complex, crystalline texture. The colors transition from darker purples and blues at the top and bottom edges to lighter, more vibrant magentas and purples in the center.

VANTUNG GAMMI HIHNA

UPNA A KICIAN MITE ETTEH UN

"Sanggamte aw, keima gamtat bangin hong gamta niloh un. Note' etteh dingin a hoihin kote hong gamta ka hih manun, kote' gamtat bangin a gamtate na etteh un." (Philippi 3:17)

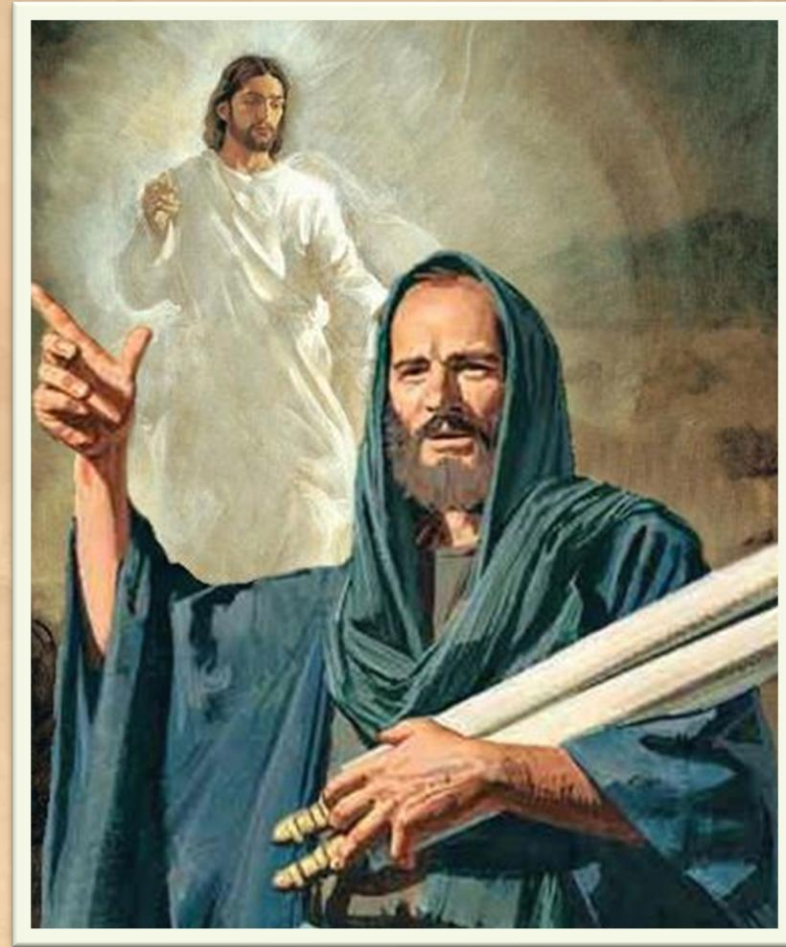
I vekpi in lampi khat zawzaw tawh i nuntakna ahihkeileh i ngaihsutna a bawlpah mi i nei ciat hi. Limsuai siamna, kimawl siamna, tumging tum siamna, lasak siamna nei khat na hithei hi. Pastor khat, thugenpa, acitak numei ahihkeileh pasal nahi thei hi.



Hih "etteh-taak" mite in, ei mimal khat sim khantoh nading hong huh hiam, ahihkeileh i totloh ding lampi ah hong tonpih hizaw hiam?

Paul in i hoih nading le i thahatna dingin a etteh tak nuntakna a lakte zuih ding a hanthawn hi (Phil. 3:17). Amah in, thu um mite lakah zong et teh huailo mi om ahihna hong thei sak hi. (Phil. 3:18-19).

Bang in kilamdanna bawl hiam? Mi khenkhat in leitung thute bek ngaihsut uh a, a dangte in bel Zeisu tungah a lungsim nga uh hi. Etteh tak a pha mite pen Khazih a sun mite ahi uh hi (1 Cor. 11:1).



A KICIANG GAMMI HIHNA

"Ahi zongin eite ihihleh vantung gam mite ihi a, vantung panin a hong pai ding Topa Zeisu Khazih, eite' Honpa, lawptakin a ngakte ihi hi." (Philippi 3:20)



I nial theihloh khat om. Ei Khristiante in hamsatna khat i nei hi: gammi hihna nih i nei hi. Ei pen hih leitung gam-mi le vantung gam-mi i hi tuak hi. Hih in eite adingin buaina lian pi piangsak hi (Rom. 7:22-23).

Cikciang in gammi hihna kicing i ngah ding hiam? Cikciang in mawhna dim hih leitung gammi hi nawn lo ding hiam? Nihveina Hong Paikik na hun ciangin (Phil. 3:20).

I thawhkik ciangin (ahih kei leh i kilaih ciangin), leh sihna in i tung ah thuneihna a neih nawn loh ciangin, bang piang ding hiam?



Eite'n pumpi taktak i nei ding a, i mit mahmah tawh Pasian i mu ding hi. (Job 19:25-27)

I pumpi pen kha lam, si thei nawn lo, le kisia thei lo hiding hi (1 Cor. 15:42-44, 50-54)

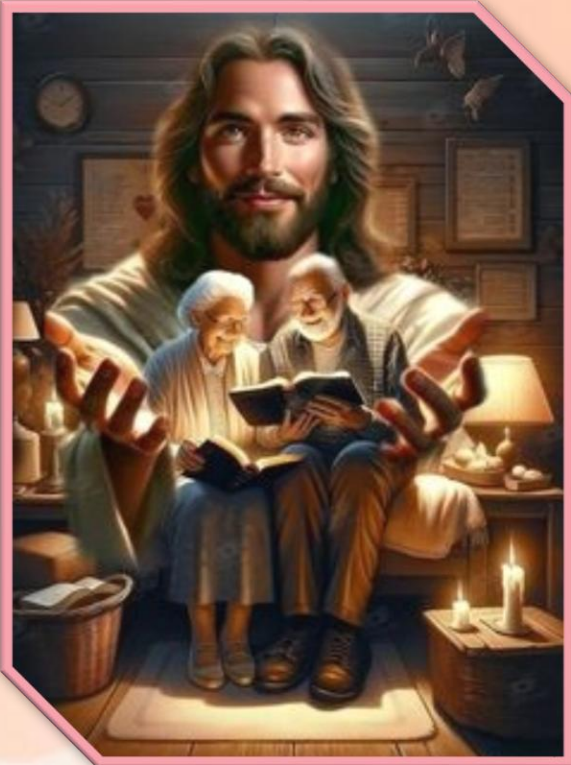
Eite'n minphat na i ngah ding hi (Col. 3:4; Phil. 3:21)

TUALAI I TUN' MATENG

KILEMNA LE LUNG DAMNA

"Topa sungah lungdam tawntung un, ka hong cihsa bangin tu-in zong lungdam un, ka hong ci kik hi." (Philippi 4:4)

Ama laikhak khupna-ah, Paul in mimal muakna le thuhilhna manpha te a kigawm-in a gelh hi. Ama in Syzygus [itna tawh a kithuahpihpa] le Clement kiangah Euodia le Syntyche kilem takin a om khawm nading un huh dingin a ngen hi. Amaute khempeuh, Paul' naseppihpihte lak ah, amah in: "a minte uh nuntakna laibu sungah a kigelh hi," ci hi (Phil. 4:2-3).



Hih thuhilhna in i lungsim hong buaisak thei hi: "Tawntungin lungdam un" [...] Bangmah lungkhampih kei un (Phil. 4:4, 6). Haksatna le gimna tawh kidim hih leitung ah hih bangin koici piang thei hiam?

I lungdamna "Topa sungah" ahih manin hih pen hithei ahi hi (Phil. 4:4a). Ama'n eite adingin a pua zo ding hi ci i upna tawh, i lungkhamnate Ama tungah i khia hi (Matt. 6:31-34; 1 Pet. 5:7).

Ahiehleh i lungkhamnate Zeisu tungah bangci-in i ngat ding hiam? Thungetna tungtawnin (Phil. 4:6).



NGAIHSUTNA SIANGTHO

"Sanggante aw, a tawpna-ah ka hong gennop thu in, a hoih leh a phattaak thute tawh na lungsim uh na kidimsak un. Tuате in: A man, a dik, a tang, a siangtho, a deihhuai, leh a pahtakhuai thute ahi hi."
(Philippi 4:8)

I lungkhamnate Jesu tungah i ngat a, i lungdamna i neihna ngah pen nopna ahi hi. (Phil. 4:7). Leitung in a piak zawh loh leh a lakkhiat zawh loh lungnopna hi (John 14:27; 16:33).



Paul's genna bangin, hih nopna in i lungsim leh i ngaihsutnate a ding dalna—cingpa—hi ding hi. (Phil. 4:7b). Hih venna a kicing nadingin, bang thute i ngaihsut kul ding hiam(Phil. 4:8)?

Tomkimin: "a hoihna khatpeuh leh phatna tlak khatpeuh a omleh, tua thute ngaihsun un." (Phil 4:8b).



LUNGKIMNA

"Ana kasep i Topa Pasion in ama hauhna tawh kizui-in Khazih Zeisu hangin note' kitang'sapna khempeuh hong pia ding hi." (Phil. 4:19)

I lungdam hi; bangmahin hong lungkham sak lo hi; lungnopna i nei uh hi; i ngaihsutnate siangtho hi. I nuntakna a kicingin a lung kimhuai mahmah hi... ahih keileh i nei mah hiam?

Kiciatna i nei thei a; i kisap na hiam, haksatna hiam zong i nei thei hi. Paul bangin, Pasion in i nuntak na a makai hi cih muanna kician i neihleh, i dinmun bangbang hi mahleh ama tungah i muanna a kip ding hi. (Phil. 4:11-12, 19).



Agur mah bangin, Pasion in eite ading a phatuam ding zah sanga tamlo, tawmlo in a piak ding i muang hi (Pau. 30:8-9).

Hih muanna tawh i nuntak ciangin, "Tha hong pia Pa tungtawnin na khempeuh ka hih thei hi" (Phil. 4:13) ci-in i kician hi.



LUNGKIMNA

"Ana kasep i Topa Pasion in ama hauhna tawh kizui-in Khazih Zeisu hangin note' kitang'sapna khempauh hong pia ding hi." (Phil. 4:19)

Kisam hi i kicih thute i neihloh ciangin bang piang hiam?

Topa kiangah ngen ni, ama deihna ahih leh amah in eite hong pia ding hi. (James 4:2b; 1 John 5:14-15).

I thum nate Ama deihna tawh kituakin i thei gige kei hi, ahi zongin Ama deihna tawh kituakin i kician theih ngetna khenkhat om hi:



It mahmah khat ahihkeileh lawm khat ading hotkhiatna (1 Tim. 2:3, 4)

I upna genkhiat ding hangsanna (Mang. 22:17)

I khialhna i pulak a, i nusiak ciangin maisakna (1 John 1:9)

Pasion thupiakte zuih nading thahatna (Heb. 13:20, 21)

Eite hong hua le hong bawlsiate tungah itna (Matt. 5:44)

Haksatna dinmunte ading pilna (James 1:5)

Pasion' Kammal sunga thutak theihshiamna (John 8:32)

“Leitung kik a dingin i nungta ding hi. Tupna le ngimna neilo a mawkmawk a nuntakna pen heh pih huai mahmah hi. Nuntakna ah ngimna khat i lunggulh hi—tupna khat nei-a nunta ding. Pasian in i vekpi in ei mahmah kipiakhia ding, kikhualna kiam ding, kimangngilh zaw ding le angsumg khualna khempeuh nawlkhin zawh na ding hong huh hen; hoihna bawl ding, hih lai-a i ngah ding i lamien minphatna hang hi loin, hih pen i nuntak na-a i tuppi ahihman le i nuntakna-a i kipatna le i tawpna a kicing sak ding ahih man hi.”

EGW (Our High Calling, August 24)