

**DUNGTHLUNTU LAMZIN
DISCIPLE PARTH THE JOURNEY-VOL.4**

SESSION 1

**THUTHANGTHA AH KIRSAL
RETURN TO THE GOSPEL**

**Key Truth: Thuthangtha cu khristian nun ih thahripi asivekin a thutak sungah kan kirsal
ringring a tul.**

**Because the gospel is the driving force behind the Christian life, we must consistently return to
its message.**

DISCIPLE PATH; THE JOURNEY: SESSION 1

DISCIPLE PATH THE JOURNEY Vol 4: SESSION 1

ZOHSALNAK

Dungthluntu lamzin Bible zirnak ah vol 4 tiang kan thlen zo vekin thlarau nun ah pitlin vivo lam kan pan cio ding. Curualruai in Thuthangtha cu Khristian nun sungmuril, hrampi asi vekin Thuthangtha ah kan kirsal ringring a tul. Kanmah hrang lawngah si loin midang hrang ruat in thutak sungah a nung dingmi kan si. Cutin Khristian nun cu Jesuh hnenah midang hruai suak thei ding kan si. Cutin thutak sungah midang kan hruai lut ih Jesuh dungthlun in kan feh tlang vekin dungthluntu tha si ding a thupit rualruai in a thulungtu kan si ding khal a lotheihlo in a tulmi asi.

Jesuh dungthluntu sinak cu midang dungthluntu va tuah sin asi.

Jesuh dungthluntu na sinak dunglam thuanthu zohsal hnik. Ziangruangah Thuthangtha sungah kirsal ringring a thupitnak?

Thuthangtha sungah na lutsal ringring lo, na nung lo asi ahcun na parah ziang a thleng thei?

Thuthangtha sungah kan nunnak in Jesuh thutak “Dungthluntu tuah ding” ziangtin a tak in in bawm?

THLACAM

Thlacamnak in himi session hram thok uhsi.

- Rundamnak na sinak Thuthangtha ruangah Pathian hnenah lungawithu sim aw.
- Nitin Thuthangtha tul nawn lo, pitling zet vekin na theih awknak in thlarau lam porh awknak sungah na tlak pang lo nak ding hrangah thlacam aw.
- Thuthangtha sungah na nun vekin nitin te Pathian in Thuthangtha ih sunlawihzia tharhlam zetin a lo thlawsuahnak hrang thlacam aw.

ZARHKHAT SUNG TUAH DINGMI

Himi cabu sung zirnak lawng si loin nan group hruaitu, asilole na pastor thawn ziangtin bulpak Bible zirnak, Pathian biaknak, zumnak nunpi ding in na ke kar vivo ding timi ruat tlang in tuah hram uh. A hnuailam pawl hi zarhkhat sung tuah ve aw.

Pathian biaknak

- Bible siar ding timi pawl kimcang ten siar aw
- Thlacamnak in nitin Pathian thawn pawlkom aw
- Pathian thu zirnak in Pathian thawn nitin pawlkomnak nei aw

Nunpi

Bible zohlo in ngah: 1 Kor. 15:3-5, 3Ka pom ngahmi atu nan hnenah a thupi bik tiah ka phuan sinmi cu hiti in a si: Ca Thianghlim sungih nganmi vekin Khrih cu kan sualnak ruangah a thi; 4an

phum ih, Ca Thianghlim sungih nganmi vekin, ni thumnak ah thawhtersal a si. 5Peter hnenah a lang ih a tirhthlah hleihnih hnenah a lang.

- Leitlun ah minute 15 lawng na nung hrih ding ih thusimnak can na nei ti si bang sehla, Paul in 1 Korin 15 sungah thu a sim vekin nangmai nunah na sim duhmi thu ca in ngan cia aw.
- Na kiang nai bik “nupi/pasal” lole unau, rualpi tha in lo bawm aw sehla, na nun nak cek aw fel dingin na nun tamsawn Khrih ih Thuthangtha in a lo phut vekin na nung maw, ca in ngan khum aw.
- Thla na cam vekin Pathian hnen ihsin nangmah bulpak nun thu a lo simmi pawl ca ah ngan khum aw.

BIBLE SIAR DING:

Ni 1: Tirhthlah 2:22-36

Ni 2: Roman 10:14-17

Ni 3: Isaiah 53:1-12

Ni 4: Sam 22:1-31

Ni 5: Philipians 2:1-11

Ni 6: 1 Korin. 15:50-58

Ni 7: 1 Peter 1:3-12

THUHMAIHRUAI

Leitlun tlan zuam awknak na zoh asile a hramthok a thupitzia na thei ding. Asinan kan thlarau nunah Thuthangtha cu a hramthok lawng si loin kan tawpna, kan nitin lamzin tluan ah thazangthar in petu khal asi ringring.

A hmaisai bik Thuthangtha na theihthoknak na cing lai maw, ziangtin na rak sang hmaisai bik?

Thuthangtha cu na thlarau nun hramthohnak lawng ah na hmang maw, na nitin nun kekarbak vekin lamhruaitu ah na nunpi maw, sim aw.

BIBLE THUANTHU

Paul cu nundan ah a fiang tuk: Zohman Jesuh Khrih theitu an um lo nak hmun ah a feh vivo. Jesuh rundamnak, ngaidamnak Thuthangtha a sim vivo. Cutin rundamnak cotu pawl Jesuh dungthluntu a tuah vivo ih midang dungthluntu ah tuahsawng thei tu pawl hruaitu ah a ret vivo. A um hmun ah um ringring loin a feh vivo, Jesuh Khrih ih lalnak ram a din vivo. Nangteh na leitlun nun ih tumtah, nundan Thuthangtha vekin na fiang aw maw?

Thuthlangthar Bible cu a tamsawn cakuat an si. Pathian in Paul hmangin a dinsuah mi kawhhran pawl hnenah Paul in ca a kuat sal. Paul a mah rori a nunnak thap in kawhhran a rak dinsuahmi le zumtu pawl a pehtlahmi hnenah ca a kuatmi pawl an si.

Paul in kawhhran a rak din theh ih hmundang ah Thuthangtha sim in kawhhran din vivo dingin a fehsuak hnu ah kawhhran zumtu pawl cu lamzin an pial ih thu nepnawi ah an buai sal leuhleuh. Curuangah Paul in an buainak pawl remtha dingin siseh Thuthangtha muril ah an nunhram an bualsal thei nak dingah ca a kuat hai. Korin khua zumtu pawl hnenah ca a kuat tik khalah cuvek thocho in asi.

1 Kor. 15:1-8, 1Ka u le ka nau tla, nan hnenih ka rak phuanmi Thuthang tha kha atu-ah lo theihter sal ka duh. Cuih Thuthang tha cu nan pom ciami le nan zumnak hnget zetih a dinnak hmun a si. 2Nan hnenih ka phuan ciami Thuthang tha a si ih hnget zetin nan pom a si ahcun rundammi nan si. Nan pom hnget lo a si ahcun nan zumnak hi a lak a si ding.

3Ka pom ngahmi atu nan hnenah a thupi bik tiah ka phuan sinmi cu hiti in a si: Ca Thianghlim sungih nganmi vekin Khrih cu kan sualnak ruangah a thi; 4an phum ih, Ca Thianghlim sungih nganmi vekin, ni thumnak ah thawhtersal a si. 5Piter hnenah a lang ih a tirhthlah hleihnih hnenah a lang. 6Cuih tlunah tum khatah zumtu u le nau zanga lenglo hnenah a lang; cupawl cu mi hrekkhat an thi zo nain a tam sawn cu an nung lai. 7Cule Jeim hnenah a lang ih cuih hnuah a tirhthlahmi zate hnenah a lang. 8A netnak ah, nithla kim loih suakmi vek ka si ko nain ka hnen khalah a lang ve.

A thlun Bible bungcang lak ighsin ziangmi bik in Thuthangtha a sim fiang?

Ziangruangah Thuthangtha cu khristian nun muril, a thupibik asi?

THUANTHU LAILANG

INSANG LE POMHNGETMI

Paul cakuat sungah tongkam pahnih a hmanmi hmnsin tlak zet asi. Pakhatnakah “U le nau pawl” (brothers and sisters) atimi asi. Thisen le taksa le thisen in ulenau kan si theh tinak si loin Jesuh Khrih ah zumnak ah pumkhat, Thlarau pakha tih kaihhruaimi, ulenau kan si timi thu asi.

Korintian pawl cu krihfa, Khrih dungthluntu an rak si zo asi ahcun Paul ih thusimmi ihsin ziangtivek in an thathnempi ding?

A pahnihnak ah Paul ih tongkam cu fiang zetin “pom hnget” a timi asi. Zumnak hram an thok pekte ahcun Khrih Thuthangtha ruangah rundam an sinak ah an fiang in an pom hnget zet.

Asinan tikcu a rei vivo tikah Khrih ih Thuthangtha ihsin lamzin pial tahratin milai tuahsernak thupit ter ciamco in Khrih ih Thuthangtha palzuut, ngainep tu an suak vivo. CUruangah Paul in a hramthok ih a rak zirhmi, rundam an sinak ih thuhram , jesuh Khirh rundamnak Thuthangtha ah hngget zetin an dinhmun an khuar ih an pomhnggetnak hrangah ca a kua tih thu a simsal hai asi.

Jesuh Khrih ih rundamnak Thuthangtha cu leitlun hmuhdan pomdan pawl thawn a cawhpolh ruri asi tiah na theih can a um dah maw?

CO HLANG IN DING HNGET

Paul ih cakuat sungah fiangzetin a simmi cu rundam kan sinak cu Jesuh Khrih ih hnatuan liolio asi ih kanmah milai lamah porh awk ding zianghman a um lo. Cutin Thuthangtha ruangah zangfahnak zumnak in rundam kan sin a cingin rundam kan si hnu ah kan nundan thu khalah Thuthangtha ruangah zangfahnak in kan co mi thiltha kan tuansuakmi pawl khal asi, kanmai thatnak le sinak parah porh awk ding zianghman a um lo thu pawl Paul in a sim. Cui hlei ah Pathian lawng rinsan in ziangkim ah Pathian ih hnatuannak parah zaahza hngat aw thum aw dingin in zirh asi. Jesuh Thuthangtha cu rundamnak hrang lawng si loin kan khawruahnak, thinlung duhnak, cangvaihnak ziangkim ah kan sirhsan mi Thuhrampi si dingah in zirh asi.

Ziangtin Thuthangtha ah kan ding hngget asi ti kan fiangter thei ding?

A tu nai na nuntu khawsakdan ah Thuthangtha in ziangtluk a lo ciahneh na nunah hmun a khuar?

Nitin nunah ziangtin Thuthangtha mang ringring dingin kan tuah aw thei ding?

Thuthangtha timi cu ziang so asi? Paul in fiang zetin a sim:

- Thuthangtha timi cu Jesuh ih thihnak le thohsalnak asi. A thihnak umlo in soal ngaidamnak a um lo. A thohsalnak tel loin kumkhua nunnak a um thei lo.
- Thuthianghlim vekin Thuthangtha cu can voikhat te lawngah Pathian a cangvai mi asilo. Milai rundamnak le tlennak hrang sankhuk tumtah mi asi sawn.
- Thuthangtha cu fiah theih mi asi. Mitcaw zumnak asilo. Paul in a thei, milai zalenglo Khrih a thohsalnak thu theihpitu an um asi. Thuthangtha kan zummi cu thuanthu sungah fiah theih mi asi.

Nunpi aw

Khrih Thuthangtha cu nitin mah le mah kan theih awk ter sal ringrign a tul. Curuangah nitin Thuthangtha na theiater awk sal theidan lamzin pathum in a hnuai ah ngan aw:

- 1.
- 2.
- 3.

Ziangtik ah zo hnenah Thuthangtha thu na relmi ih harsatnak pawl Thuthangtha vekin na nehpi? Paul vekin nitin nunah Thuthangtha simsuaknak cantha hmang thiam in kan nitin pehtlaihmi hnenah milai nun ih a thupibik, Thuthangtha theiater ding kan si.

Thlacam duhmi:

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.....
.....

HRINTHAR SAL MI-THARSAL

Milai mizia cu midang parah lungkimlo hmanmi kan si. Kan pehtlahmi midang parah thil pakhatkhat famkim lo mi um ringring vekin ruat hmanmi kan si. Cuvek mizia cun kan thlarau nun a ukneh tikah buainak a suahter.

Jesuh dungthluntu pawlin Thuthangtha lenglam an thleng dah lo, Thuthangtha sungah thuk sinsin in an lut sawn asi. Thuthangtha lenglam ah nungin fim zetin kan theih awk tikah Pathian in a thuthup kan hnenah phuansuah ding a nei asilo; Thuthangtha kan zum lawngah Pathian in milai hrangah a thabik in retsakmi thutak in simsuak sawn asi.

Jesuh dungthluntu lamzin cu Jesuh thihnak le thawhsalnak ah Pathian duhdawtnak a langmi thutak kan zumngamnak ah a hngat aw sawn asi. Zumnak in Thuthangtha kan co hlan tikah Pathian in Amai insang sungtel ah in co hlang ih Khrih ah kan tulmi thlarau thlawsuah famkim kan co ngah theinak asi. Dungthluntu pawl nun thansohnak hrampi cu Thuthangtha ah a tul le tu kir leuhleuh in nitin nunhrampi ah hmangin nun asi.

Pathian in kan hrangah thu pakhatkhat a nei asi ti kan ruat tikah Thuthangtha ah kan kirsal. Kan nitin nun ah tlaksam mi nei vekin kan theih awk tikah Thuthangtha ah kan kirsal ringring asi. Kan nitin nunah Pathian in in umpi maw, tiah rinhlelnak kan neih tik khalah Thuthangtha ah kan kirsal ringring asi.

Jesuh dungthluntu pawlin a hramthok in tharsal ringring nun an nei asi.

Pathian in nah rang thiltha lo pe lo in suupmi a nei vekin theih awk can na nei maw? Ziangvekin?

Thuthangtha kan theihsal ringringnak in Pathian duhdawtnak le kan hrangah a neihmi a sianzia pawl ziangtin in theihter sal?

A tuih na dinhmun ah Thuthangtha cu zum harsa timi na nei maw? Ziangtin?

A tuhrawng na leitlun nun ah ziangvek phan mi, ruahharmi na nei? Ziangtin Thuthangtha in na ruahnak ah hngam daihnak a lo pek thei ding?

BULPAK ZIRNAK PLAN B A UM LO

Mi hrekin Bible hi thenhni vekin an hmu. Ahmaisa ah Thuthlung Hlun ah Pathian cu thinhengnak le thuthentu vekin an hmu. A pahnihnakah Thuthlung Thar ah Pathian cu

duhdawtnak le zangfahnak ih khat vekin an hmu. Zumtu pawlin Pathian sinak hi kan theihusual lo ding a thupi ngaingai asi.

Bible na zir thawk tikah Thuthlung Hlun le Thar danglam nak ziangtin na thei ih na nunpi?

Thulung hlun le thar danglamnak ziangtin na thei?

Pathian asinak cu a kumkhua in a hmun ih hmailam khalah a danglam cuang lo ding.

Jesuh Khrih Thuthangtha cu Pathian in plan B asilo. Thuthlung Hlun cu Pathian cu “thin heng hmang” vekin kan hmu ih Thuthlung Thar ah “zangfahnak” Pathian vekin kan hmuh asi ahcun Pathian in Thuthlung Hlun san lai ah a tumtahmi a thelh, a hlawhtling lo ruangah Jesuh a thih a tul vekin kan ruat sual pang thei.

Jesuh Khrih ih thihnak le thohsalnak cu Pathian in a hramthok ihsin a tumtahmi lakah a tel lo tiah ruat sualnak in ziangvek tihunnak a um?

Pathian cun milai tluksianak ihta an sualman thihnak hellram ihsin run suak ding in a lu thing rero in vancung ah thu a ruat ih ruahnak tha a ngahsuak hnu ah milai rundamnak hrangah Jesuh thihnak le thohsalnak a tumtah thok asilo. Pathian in milai pawl a control thei lo, a uk thei lo laifangah milai in cantha la tahratin a Fapa an that mi asilo. Thuthlung Hlun ihsin kan zir suahmi cu Jesuh Khrih thing kross parah a thihnak le thlan khur sung ihsin a thohsalnak cu Pathian ih khaukhih tumtah cia mi asi-Amah plan liolio a rak si ti a fiang.

Prophet in a rak simcia mi Bible bungcang pakhat zoh hnik uhsi:

2Asinain Bawipai’ duhnak bangtuk in a riantu cu thingkung bangin a kho, Leicar lakih thing note bangin. Kan zoh duhnak dingah pianhmang thatnak le mawinak a nei lo. Kan thihlung le kan mit in latu dingah mawinak zianghman a nei hrimhrim lo. 3Amah cu kan hmuhsuam mi le kan hnon mi a si. Natnak le harsatnak a tuar. Zokhal in a zoh hman an zoh duh lo. Zianghman a si lo tiah kan umsan meen mi a si. 4“Asinain amah cu kan zonzaihnak tuartu a si, Kan natnak phurtu khal a si. A zonzaihnak le a tuarnak pawl cu Pathian ih hremnak a si tiah kan ruat. 5Sikhalsehla kanmah ih sual ruangah hriamhma a pu, Thil tha lo kan tuah ruangah vuaknak a tong. Hremnak a tuar mi cu kan damnak a si, Vuak a tuarnak cu kan rundamnak a si. Isaiah 53:2-5.

Himi Bible bungsang hi Jesuh leitlunah taksa in a rungsuah hlan kum zatel rei laiah prophet in a rak sim cia mi asi. Thuthangtha cu khua hlanpi ihsin timtuah cia mi asi ruangah Pathian in a ruahnak a thleng asilo ti kan fiang asi. Curuangah Pathian kutsungah a um lo mi, a control thei lo mi thil pakhat te hman a um lo asi.

Thuthangtha cu Pathian ih plan A asi. A kumkhua ih a plan mi asi.

Thuthangtha cu Pathian ih plan B asi lo ti na theihfiang nak in Pathian duhdawtnak le fimnak parah na hngat awk nak danglamnak ziangvek a um?

**A tuhrawng na dinhmunah Pathian ih fimnak parah na thum awk tulnak ziangvek a um?
Thlacam na duhmi a hnuilam ah ngan aw.**

MITCAW ZUMNAK ASILO

Tuihlan ah Khrihfa zumnak cu thinlung pacang lo, tawihnew pawl hrang asi titu an rak um dah. Cutin simtu cu nautat awknak asi ih ruahnak nei cuca loin khawruahnak mal pawl tiah ziang siar awk lo nak asi. Khrihfa pawl cu ruahnak pitling lo, mangmarau vekin milai suangtuahnak fangfang zum in her kual rero vekin nam thlak awknak asi.

Thildang lakah 1 Kor 15 ah in zirhmi cu mitcaw zumnak le zianghman si loin milai phuahcawp men zumtu kan si lo. Jesuh Khrih a thihnak le thohsalnak cu milai thuanthu ah a cangzo mi fiah zo mi thuanthu asi.

Santhar court ah misual pakhat misual asi tiah thuthennak tuah theinak cu mihmuh ih theihpitu (eye witness) asi. Culo thildang zumhmang men in thuthennak tuah in mi pakaht sual phawt theih asilo. Asinan thuthennak court room ah sual phawttu in mithmuh mi theihpitu a suahpi thei asi ahcun sual phawtnak cu a dik asi tiah court in lairel asi theu.

Thil pakhatkhat a cangmi cu mit in a hmu tu in a sim thei asi ahcun zianghman rinhlelh ding um lo thutak asi tiah kan sim theu.

1 Korin 15 ah Paul in ziang a sim zoh hnik:

5Piter hnenah a lang ih a tirhthlah hleihnih hnenah a lang. 6Cuih tlunah tum khatah zumtu u le nau zanga lenglo hnenah a lang; cupawl cu mi hrekkhat an thi zo nain a tam sawn cu an nung lai. 7Cule Jeim hnenah a lang ih cuih hnuah a tirhthlahmi zate hnenah a lang.8A netnak ah, nithla kim loih suakmi vek ka si ko nain ka hnen khalah a lang ve. 1 Korin 15:5-8

A tlun bible bungcang in Jesuh thohsalnak thu zang a sim fiang?

Na ruahnak hi a tlunih theihpitu thu hi ziangtluk a felfai, simfiang aw?

A tlunih theihpitu thu hi midang hnenah ziangtin na simfiang thei ding?

Paul in “zumtu u le nau zanga lenglo hnenah a lang; cupawl cu mi hrekkhat an nung lai” tiah a sim hi duh um zet asi. Paul in himi ca a ngan lai canah Jesuh a thohsal hnu ah a langnak mit rori in a hmu tu pawl an nung lai tinak asi. Cutin an zummi thu cu milai phuahcawp thuanthu menmen si loin mit rori in thilcang mi a hmu pawlih an hmuhmi thutak a simmi Thuthangtha asi tiah a nemhngat nak asi.

Khatlam zawngin sim asile mitcaw zumnak ah a hngat aw mi an si lo tinak asi.

Jesuh dungthlunntu pakhat dinhmun cu Jesuh cu na zum ih nangmai nunnak na thinlung a lo thleng lawng si loin Jesuh thihnak le thohsalnak cu mit rori in a hmutu pawlin an fiangtermi Thutak, milai thuanthu ah a rak cang taktak mi asi tiah hngat zetin thinlung zumhngatnak thu na

dinpi ngamnak asi. Mitcaw zumnak men asi lo. A hnget khoh mi thuhrampi parah a thum aw mi zumnak asi.

Ziangvek can ah Thuthangtha hi a taktak asi pei maw, tiah rinhnelh can na nei dah maw?
Rinhlelnak na neih can ah ziangmi in a lo bawm in nehnak a lo pek?

Rinhlelnak neih hi Jesuh dungthluntu hrangah thathnemnak a um pei maw? Ziangtin?

Rinhlelnak a nei mi mi pakhatkhat Jesuh dungthluntu ah na tuah tikah ziangtin na sim fiang thei ding?

Asile Khrihfa zumnak cu mi tawntai pawl zumnak asi maw? Asinak a um, Thuthangtha cu a tawitami si loin kamah minung zumnak tlasam mi a tawntai mi kan si e. Milai zohman mai sualman leiba pe tahratin kanmah te a rundam aw thei tu kan um lo, kan tawntainak ruangah rundam a tulmi kan si sawn.

Thuthangtha cu mi tawntai pawl kianghrawl men asilo; kan rumdamnak hrang mangbangza Pathian laksawng kan ruahsannak asi sawn. Jesuh dungthluntu dinhmun in kan mawngtu, kan cak tertu le kan ziangkim asi sawn. Curuangah Jesuh dung kan thlun vekin a tu le tu Thuthangtha ah kan kir leuhleuh sawn ding asi.

**DUNGTHLUNTU LAMZIN
DISCIPLE PARTH THE JOURNEY-VOL.4**

SESSION 2

**SESSION 2: ZIANGKIM HUAP IN ZOH
(SEE THE BIG PICTURE)**

**Key truth: Thuthiang zate in rundamnak hrangah timtuahnak le tuansuahnak a khihhmuh
theh. (Luke 24:25-35)**

DISCIPLE PATH; THE JOURNEY: VOL 4

**2017 BIBLE ZIR LAI BU
FALAM CHRISTIAN CHURCH OF INDIANAPOLIS**

DISCIPLE PARTH THE JOURNEY-VOL.4-

Session 2

Zohlo in ngah aw: Luke 24:27 Cule Jesuh in Ca Thianghlim sung Moses cauk pawl ihsin thokin profet pawlih nganmi tiang, amah ih thu an ngannak hmuahhmuah kha an hnenah a simfiang.

BIBLE SIAR DING: A hnauilam Bible nitin siar in Pathian aw na theihmi ngan khum aw.

Ni 1: John 1:19-31

Ni 2: Seem 3:1-15

Ni 3: Suahhlannak 12:21-27

Ni 4: Hebru 9:23-28

Ni 5: Hebru 4:1-11

Ni 6: Hebru 7:22-28

Ni 7: Hebru 10:1-18 ZARHKHAT SUNG TUAH DINGMI

Himi cabu sung zirnak lawng si loin nan group hruaitu, asilole na pastor thawn ziangtin bulpak Bible zirnak, Pathian biaknak, zumnak nunpi ding in na ke kar vivo ding timi ruat tlang in buah hram uh. A hnauilam pawl hi zarhkhat sung buah ve aw.

Pathian biaknak

- Bible siar ding timi pawl kimcang ten siar aw
- Thlacamnak in nitin Pathian thawn pawlkom aw
- Pathian thu zirnak in Pathian thawn nitin pawlkomnak nei aw

Bulpak zirnak

- A ra lai dingmi ih thlam timi siar aw
- Hero pakaht timi siar aw

Nunpi

- Dungthluntu pawl cu Jesuh aw ngai in a dung an thlun. Nangteh ziangtin Jesuh aw na ngai in a dung na thlun ding, nikhat ah minute 30 tal can pe in a aw na ngai pei maw?
- Thuthlunglhun ah Bible thuanthu na lungsung umbikmi ruat sal awla, Jesuh rundamnak thu a rak tarlang cia mi simaw.
- Nitin Pathian thawn pawlkomnak nei in thla na cam tikah Pathian aw na theihmi pawl ca ah ngan khum ringring aw.

ZOHSALNAK

Thuthangtha cu rundammi kan si theinak lamzin lawng si loin nitin Khrih ah nung in kan thalen sinsin nak ding asi. A tu ih zirnak sungah rundamnak cu Thuthangtha kip ih lai muril asinak thu kan zir ding. Kan zir vivo vekin Thuthlunglun khalah rundamnak hi a thumuril ah a rak tumtah bikmi asizia kan hmu fiang vivo ding. Kan feh vivo hlanah thusuhnak mahte sang in kan zir zomi na nunpi mi pawl zohsal hrih uhsi.

Tuzarh sung tuah dingmi pawl ziangmi n arak tuah? Ziangmi na zir suahmi le hmuhtawnmi pawl an um?

Bible na siar tikah ziangpawl na zir ngah in na nun ah na tep, na hlawkpi?

Thusut duhmi na nei maw?

THLACAM

Thlacamnak in Pathian thawn pehzawm aw in himi zirhnak thawk uhsi.

- Thuthangtha cu na rundamnak khal asi ih tuini le nitin na nun hrang khal asi.
- Thlacam awla, rundamnak thuthangtha cu Bible Thuthianglim ih thu lai muril bik asi tlunah nitin nunah lai muril bik a sizia Pathian in na hnenah lo theihfiang ter hram seh.
- Thlacam aw: Thuthiang na zir vekin Jesuh Khrih ih vision cu na sungmuril ah thar sinsin in na nun in a nunpi in a tep ngah ve ding asi.

THUHMAIHRUAI

Thuthiang sungah thuhla cipciar tampi a um; ral, milai thuanthu, miphun thuanthu, bulpak, insang, khua le ram, sakhua biaknak, natsia nat tha lo, thih le nun thu, a phunphun a um. Cumi zate kom in, ziangkim sersiammi tlun Pathian ih tumtahmi, Pathian hnatuandan hmuahhmuah khaikhawmtu cu Jesuh Khrih ah Pathian in milai a rundamnak hrang a timtuahnak le a tuansuaknak cu Thuthangtha in thu muril asi. Thuthiang ih a then a lang te lawng zoh loin a pumpi huap in khaikhawm tikah a lai muril ih Pathian in milai a rundamnak hrang a timtuahnak Jesuh thihnak le thawhsalnak asi.

Bible Thuthiang lai muril catluan pakhat in ziangtin na simfiang thei ding?

Jesuh dungthluntu pawl hrangah Thuthiang ih lai muril theihfeng ziangruangah a thupi?

Jesuh a thohsal hnu ah khualtlawngmi pahnih mit a vangtet thu kan zir ding. Pathian in na thlarau mit lo vangter in Thuthiang sung muril theihtheinak lo pe hram seh.

BIBLE THUANTHU

Jesuh cu an that, thlan sungah an phum, a dungthlantu pawl anhai in an um. Luke 24 sung kan zoh asile khualtlawngmi pahnih hnenah Jesuh a phuansuah awknak kan hmu. Asinan a hram thok ah annih cun an thei lo.

An feh rero lai ah Jesuh in Bible ih lai muril thutak cu amah Jesuh asi ih a kumkhua in asi ringring ding thu a sim hai.

(luke 24:25-35) 25Cule Jesuh cun an hnenah, "Nannih hi nan va aa so! Profet pawlih an rak sim ciami nan va zum har lawmmam so! 26Messiah hrangah hi thil pawl hmuahhmuah hi a tuarta

ṭeh hnuah a sunlawinak sungih luh ding cu a ṭul lo maw si?" tiah a ti. 27Cule Jesuh in Ca Thianghlim sung Moses cauk pawl ihsin thokin profet pawlih nganmi tiang, amah ih thu an ngannak hmuahhmuah kha an hnenah a simfiang. 28An feh tumnak khua an thlen zik zawng ah Jesuh cu a feh hrih ding vekin a um awter. 29Asinain annih in, "Kan hnenah riak ve ko aw! Khua a tlai zo ih a thim thlang fawn," tiah an kai. Curuangah an hnen riak dingin a thlun. 30An hnenah cun a to ih rawl an hil tlang. saang a lak ih thla a cam hnuah a phel ih a zem hai. 31Cutikah an mit a hung vaang ih Amah a si kha an thei thiam; a sinain an mithmuh ah a hlo sal. 32Anmah le anmah cu, "Lamzin kan feh tlang laiih kan hnenih a ṭong le Ca Thianghlim a simfiang rero laiah khan kan sungah meisa kang vekin a um tho lo maw kha?" tiah an ti aw. 33Hmakhatteah Jerusalem ah an kir sal ih dungthlun hleikhat le a dang pawl an rak tonkhawm lai kha an va hmu ih, 34"Bawipa cu a tho sal taktak a si! Simon hnenah a lang!" tiih an rak sim awk rero kha an thei. 35Annih pahnih khal in lamzin ih thil a cangmi thu le saang a phel zawng ih Bawipa a si ti an theihthiamnak thu pawl kha an sim ve.

Ziangtikah Pathian Thuthiang cu mak zet le huham nei zetin na nun ah hmual nei zetin na fiang in na nun a lo danglam ter dah?

THUANTHU LAILANG

Khualtlawng pahnih in a hramthok ah Jesuh thih nak cu hruaitu tha lo iksiknak thawn thiltha lo an tuah mi tiah an rak ruat. (Luke 24:20). Jesuh ih sinak taktak an rak theifiang in an rak co hlang lo. A hram thok ah Jesuh cu prophet pakhat menmen ah an rak ruat. Jesuh thih nak cu Pathian in milai a run suaknak thu laimuril asinak an rak thei lo. An feh hla sinsin tikah Jesuh an hnenah an phuan suah awk tik lawngah Jesuh thih nak cu Pathian in milai a rundamnak thu lai muril, Bible thuthiang ih lai muril asi thu an thei fiang.

Kanmah tla Jesuh ih sinak, power, thiltitheinak, hnatan mission, le sinak taktak pawl kan theifiang lo tla asi thei. Asinan Pathian thu kan zir vivo vekin Pathian in a dungthluntu pawl hnenah a tuah vekin a thutak sungah kan mit a vangter vivo dingih Jesuh sinak pumhlum le a hnatan pawl fiangten kan thei ding.

Jesuh sinak na theihmi tuihlan hnakin ziangtin a danglam sinsin na nun ah?

Pathian cu mipi hnen ihsin a thup aw mi asi lo. Jesuh Khrih dungthluntu na si ahcun Thlarau Thianghlim na sungah a um asi. Na sungah Pathian Thlarau a umnak cu theihnak ah na thansohnak, Pathian na theih sinsin ih Amah thawn nan neihnam sinsin Jesuh thu na thlun sinsin theinak hrangah lo bawm dingin asi.

Asina in Pathian thawn kan pehtlaihna tha sinsin nai aw sinsin dingin leitlun milai ruahnak thatha parah kan tlan ding asilo. Leitlun milai ruahnak le tuahmi program phunphun ah asilo. Thuthiang sungah thuk sinsin in kan lut a tul asi.

Cucu Jesuh hmaiton in kan ton awk hlan lo, Pathian kan hnenah a phuan suah awknak kan hmu suah theinak lamzin umsun asi.

Pathian tongkam ih man khunzia in na nun ziangvek in ralthatnak a lo pek?

Pathian tongkam cu a zapi ten man nei asi tiah ziangtluk zumngamnak na nei?

THUREL KHAWM DING

Thuthlunglum sungih Bible thuanthu in Jesuh Khrih cu rundamtu asinak, a ralai dingmi rundamtu thu sawhtu Bible thuanthu na siar le theihmi relkhawm uh.

Thim nakah: Pathian in Abraham hnenah thukam, Passover, Puanthlam ah Pathian a umnak, prophet pawlin sual sir dingin mipi an fialnak, tvp.

THU LAI MURIL

Jesuh dungthluntu pawl san lai ah Thuthlungthar Bible a rak um hrih lo. Thuthlunglum Bible lawng a rak um. Cutin Thuthlunglum Bible sung thu pawl hmangin Jesuh in a dungthluntu pawl tla biaknak thu a rak zirh hai. Thuthlunglum Bible hmangin Jesuh in dungthluntu pawl hnenah Pathian in a duhdawtmi milai pawl a rundamnak hnatuan zapi ten a rak zirh.

Bible kan siarmi sungah Jesuh ih Moses ih daan ihsin a thok ih kamsang pawl thusimmi pawl a simfiang. Daan cu milai in famkim ten thlun a theih lo zia, Pathian mizia langturtu a sizia le milai in an thlun tulzia pawl a simfiang ding tiah a zum um. Thuthlunglum san ihsin Jesuh Khrih cu kross parah khaikhat a si tiang Pathian cu ziangkim parah thuneitu a sizia pawl a simfiang vivo ding a zum um. Cutin khualtlawng pahnih cu Jesuh in Bible thuanthu sung muril a simfiang vivo ih Daan ihsin prophet pawl thusimmi, thuthlungthlun sungih Thuthiang in Jesuh ah rundamnak thu pawl a sawh theh mi pawl a simfiang tikah an kaa ang in an mangbang ih Thuthiang pakhat le pakhat a pehzawm awk theh zia pawl an thei fiang sinsinih thuthiang cu an hrangah a nung vekin an thei.

Tuisan khalah Bible cang pakhat kan siar tikah Pathian thu pumhupa sungah pehtlaih awknak nei theh vekin kan siar thiam a tul. Thuthiang hmuahhmuah cun Pathian in Jesuh Khrih ah milai a rundamnak thu a sawh theh asi. Curuangah ziangmi Bible kan siar, kan sim khal asile Pathian ih tumtah lai muril ah kan kir sal ringring, kan tawp ringring a tul. Ziangvek Bible bungcang kan siar khal asile himi bungcang in Jesuh Khrih ah Pathian in milai a rundamnak thu ziang in zirh, tiah kan pehtlaih ter in thu kan sut awk ringring a tul.

Cutin Bible bungcang zapi ten Jesuh ih rundamnak ah a sawh ringring asi tiah ruat in rundamnak cu a thuthuk laimuril ah kan ret ringring thiam asile Bible kan siar tikah kan hmuhdan theihdan pumhlum a thleng aw verver ding asi. Pathian thu kan zir tikah kanmah cu ziangkim ih lai muril vekin kan hmu nawn lo, kan mai duhmi tulmi cu a thupi bik lai muril ah kan ruat nawn lo ih Bible cu kanmai thlawsuah dawnnak ding ah kan hmang nawn lo. Cutin milai duhmi ngahnak hlawnak hrangah si nawn loin Jesuh cu laimuril ah ret in Thuthiang kan zir, kan zir, kan nunpi sawn asi. Cutin Jesuh dungthlun timi cu kan nunah Jesuh ben tun asilo ih kanmai sawn kan mai duhnak tanta in Jesuh ih nun, tumtah le mission ah kan mah sawn ben lut aw dingin pumpek awk nun asi sawn.

Pathian thu na siar, zir, duhnaksan hi dikten na sim asile ziangbik asi?

Bible in a huapmi apumpuluk zoh in nangmai bulpak Bible siar zirnak ah siseh group Bible zir le siar nak ah siseh ziangtin Jesuh cu a lai muril asi thei ding?

TEL IN NA TUAH VE A TUL

Kan zaten Emmaus lamzin khualtlawng pahnih vek kan sinak a um. Pathian thu cu a thluathlam te lawng in kan thei ih nikhat hnu nikhat Jesuh amah le amah kan nunah a phuanuah awk tikah thuksinsin in Thuthiang ih laimuril kan thei fiang sinsin asi. Acuih theihfengnak cu kanmai ruahnak ihsin a ra mi asilo, Bible thuthiang ihsin a ra mi asi.

Kanmah te lawng Bible kan zir kan siar lawng si loin a bur khalin Pathian thu kan zir tikah thuk sinsin in thutak sung muril kan zir ngah mi a um. Nangmah group sungah na tel hrih lo asile group sungah tel in ziangtin Pathian thu na zir dingih nan group sungah Pathian thu nan zir tikah ziangtin Jesuh rundamnak cu a lai muril ah retin nan nunpi thei ding?

THLACAM DIL DUHMI ZIAN GNA NEI?

TURULPI HMUH THELH HLAH

“Turulpi hmuh thelh hlah” tiah an rak sim theu. Simduhsan cu, turulpi lakih thingkung pakhat na zoh nak ah turulpi ziangvek a um timi ruat hngilh, hmuh thelh pang hlah.

Dungthluntu pawlin Jesuh dung an thlun lai ah Jesuh ih ratnaksan, asinak pumhlum an hmuh thelh ih thilmak a tuahmi le a fimnak maksak pawl lawngin an thinlung hmuhdan a luahkhat theu. Anmah rak ruahcia mi in an thinlung hmun kautuk a luahfawn: Israwl pawlin Messiah ah a rat tikah Roman Empiror kuthnuai ihsin Israwl ram cu political freedom, luatnak a pek dingih leitlun miphun lakah Israwl pawl cu miphun hleice an sinak lang ding rori an rak ruat vekin dungthluntu pawl khalin ziangmawcin an ruat ve. Cutikah Jesuh in leitlun milai pawl rundam dingin amai nunnak apek ding thu a rak simcia nan, Jesuh thusimmi pumhlum huap in an rak hmu ban lo ih anmai rak ruahcia mi, Messiah a rat tikah ziangvek asi ding, ziang a tuah ding timi le nitin an hmuhtawnmi Jesuh ih thilmak tuahmi pawlin Jesuh an hmuhnak a luahkhat theh.

31Pilat in an hnenah, “Cuti a sile nanmah in hruai uhla nanmah ih daan vekin a thu cu va rel uh,” tiah a ti. Annih in, “Kannih cun mithah theinak thu kan nei lo,” tiah an ti. 32Jesuh in ziangbangtuk thihnak so ka tuar ding ti ih a rak sim ciami tongkam kimnak dingah hi vekih a kannak cu a si. 33Pilata cu a inn sungah a lut sal ih Jesuh cu a ko. “Judah Siangpahrang na si maw?” tiah a sut. (John 18:31-33).

Cuvek thiamthiam in kanmah tla kan si thei ve. Nitin kan nunah thil ziangkim cipciar kan buai pi nakah Pathian in milai an rundamnak, Pathian tumtah nak hnaturan rero mi pumhlum kan hmu thelh thei ve asi. Kan hmuhnak, kan khawruah kan kauhter a tul ih Pathian in ziangkim parah a tumtahnak a famkim ter rero mi, milai rundamnak thuanthu dawtdawt le Pathian hnatuandan pawl kan khaikhawm in kan hmuhtlang thiam a tul asi. Cutin kan nitin nun cu Pathian ih hnaturanmi program sungah Amah ih remruat vekin kan nung ve thei ding asi.

- Na ruahnak sungah ziangmi bik in tulai khua a luah kau bik?
- Na rumdannak a famkim sinsin theinak dingah Pathian in a tu ih na dinhmun pawl ziangvek in a hmang thei ding tia na ruat?
- Na nitin nunah le leitlunah Pathian cu cat bang loin a tumtah mi tuansuak dingin hna a tuan rero timi hmuhfiah thei lo dingin ziangmi in a lo dawn kham bik? Pathian thu na ruahnak sungah na khaternak in ziangtin a lo dawn khamtu pawl na thiatbal thei ding?

A TAK A RA DINGMI IH THLAM

Tuitum zirnak ah Jesuh cu Thuthiang zapi ih laimuril asinak thu kan sim uar zet zo. Cutin kan sim laiah Thuthlungthar ih Hebru cabu ihsin kan zir ding a um. A cabu hminah alang vekin Hebru cabu cu Jesuh rundamnak Thuthangtha a co hlangtu Hebru zumtu pawl hnenah cakuatmi asi. Hremnak le harsatnak ruangah siseh thudangdang ruangah mi hrekkhat cu Hebru pawl an pupa zumnak ah kirsal an tum, a hrek cu tihnung ruang khalah asi. Cuvek dinhmun ah a umtu zumtu pawl hnenah Hebru cangantu in cakuat a ngan mi asi ih Thutlunghlun san lai ih Hebru pawl an pupa san ihsin an rak zummi Thuthiang in a simmi pawl cu a takin Jesuh Khrih ah a famkim zia pakhat hnu pakhat a sim fiang vivo. Thuhlunghlun san ah kamsang le Thuthiang ngantu pawl in an rak simcia mi pawl cu Jesuh Khrih ah pakhat hnu pakhat a famkim vivo ruangah Jesuh cu daan le thupek hnakin a sang sawn asi ti a simfiang.

Jesuh cu Thuthiangih laimuril asinak cu Bung 10 nakin a fiang cuang, a biktakin a hnuai ih cang hi:

1Judah mi pawlih Daan cun a ngaingai a si mi kha felte le kimtein a langter thei lo; a ra thleng dingmi thil tha ih thluathlam lawng a si. An tuah theumi raithawinak kha kumtinte an tuah ringring. Cutiin a sile ziangtinso Daan ih a fialmi hi bangtuk raithawinak pawl hmangin Pathian a pantu minung pawl cu mi famkimah a tuah thei ding? 2Pathian a biatu pawl an sualnak ihsin thianfaitemi rak si ngaingai haisehla an sual phuhrunawknak an nei nawn lo ding ih raithawinak hmuahhmuah a um nawn lo ding. 3Sikhalsehla thil umdaan ngaingai ahcun kumtinte an sualnak an theinak dingah raithawinak cu a rak si riangri. 4Ziangah tile cawcang thisen le me thisen in sualnak cu a tlangfai thei dah lo. Hebru 10:1-4.

- Cangantu hi ziangmi thu muril a sim timi na simfiang thei maw?
- Cangantu ih thu laimuril in Jesuh thu ziangtin a sim?
- Hebru 10:5-10 siar aw la, Jesuh thu ziangtin a sim?

Cang hmaisah ah Daan cu a ra lai ding mi ih thlam thu a sim. Thuthlunghlun in a a thluahlam a rak simcia mi pawl Thuthlungthar a thlen tikah Jesuh Khrih ah a famkim. Ramsa thawn raithawinak cu Thhlungthar ah Jesuh khihmuhtu thlam pakhat asi. Hebru cabu ngantu in Thlunghlun sanah ramsa thawn sual thawinak an rak pekmi, puithiam in a rak tuah theu mi cu Jesuh Khrih in amai thisen thawn sual thawinak a kumkhua hrangah a tuah mi a thlam a sizia a sim fiang.

11Judah puithiam pawl in an tuanvo cu nitinte an tuah ih an pek theumi raithawinak cu voi tampi an pek. Sikhalsehla raithawinak in sualnak cu a tlangfai dah lo. 12Asinain Khrih in sualnak hrangah raithawinak cu voikhat a pek ih cucu kumkhua daih a si; cuih hnuah Pathian vorhlam kamah a to. 13Cutawk ihsin Pathian in a ral pawl a ke-phah ih a tuah hai hlan sung a hngak. 14Voikhat raithawinak in sualnak ihsin a tlangfaimi pawl cu kumkhua mi famkimah a tuah a si. Hebru 10:11-14.

Thlunghlun san ih raithawinak cu thiltha lo asilo; a famkim lomi asi. Thlunghlun san ih raithawinak cu a takin Jesuh Khrih ah famkim dingmi Pathian in a rak tumtah mia si. Khatlam zawngin sim asile Jesuh Khrih in a kumkhua hrangah soal raithawinak a tuah zo ruangah soal raithawinak a tul nawn lo. Aaron cithlah pawlin puithiamsang an tuan a tul nawn lo, a kumkhua daih in Puithiamsang Jesuh a ra zo. Khrihfa kan si vekin Jesuh Khrih ah hahdam ten kan cawl hahdam thei zo asi.

Thuthlunghlun sah ah puithiam pawl hnatuan cu Pathian le milai karlahak palai tuan asi. Jesuh Khrih Puithiamsang kan neih hnu ah Pathian kan pandan ziangtin a danglam?

Jesuh Khrih cu Thuthiang hmuahhmuah ih laimuril asi ti na fiang nak in ziangtin Bible cang tinkim na nunah na nunpi dan a danglam?

HERO PAKHAT LAWNG

Bible cu zo ih thu a sim tik khalah lailan zetin a sim theu. Bible sungah hero pawl thu a sim tik khalah palhnak, famkim lonak nei lo an um lo thu a sim tel ringring.

- David-Pathian thinlung keng, Israel siangpahrang ropi bi, hla ngan thiam, ralkah thiam, rualpi hrangah rin um, hruaitu tha maksak, khuahli sai thiam. Asinan fate pawl hrangah a famkim lomipa, nupi hrangah uire pasal, tualthat asi ve.
- Moses, leitlun ah mi tangdor bik timi, Pathian thawn hmaiton in be aw the utu, amai san lai leitlun pumpuluk ah siangpahrang rorum maktara bik, Pharoah hmai ah pak fefe in Pathian thu sim ngam tu. Asinan tualthat asi ih lungto a vuak ih tidai a suak, Pathian lung a tling lo ih thifahnuakat in Israwl pawl Egypt ram ihsin a hruai suak hnu ah tiamcia mi ram Kanaan ramah Pathian in a lutter ta lo.
- Abraham cu Pathian hrilmi, miphun ih pa, Thuthlungthar in zumnak ih kan pa a timi asi. Pathian thukam cu a zum ih amai fapa rori hman raithawinak ah pek ding ui lo in Pathian thu a ngai. Asinan thih a tih ih amai nupi rori “ka farnu” a tiih mipa kutsungah a thlen ter. Voihnih rori asi betbet.

A thlunih Bible sung hero minung pawl thu na siar tikah na lungsungah ziang a suak?

Hebru 11:1-28 siar awla, Bible sungah hmin ngankhum tlak hmnsin tlak minung pawlih nun famkim lonak ziangvek a um?

Bible sung minung pawlih famkim lonak le palhnak pawl thu ziangruangah kan theihfeng a thupi?

Bible sungah ngantel an sinak cu himi minung pawl hi palhnak nei lo vekin kan ruat tahratin anmah vek si kan tum lo nak ding ah asi thei. David in Goliath a do ngam vekin zumnak in raltha zetin kekar ngam ding kan si. Moses vekin tangdor nun nei ding kan si. Abraham vekin zumnak in nung ding kan si. Asinan ziangtik hmanah David vek si kan tum dah ding asilo. Moses, le Abraham vek si kan tum dah ding asilo. Jesuh kan Hero taktak, kan zohthim ding, kan Master umsun vek si ding kan zuam dingmi sawn asizia Thuthiang in in zirh asi.

Tuisan ah American pawl in America ram dintu founding father pawl an uar zet vekin santhar minung uar zetmi tampi an neih vekin Hebru pawl khalin milai uar zetmi an rak nei ve asi.

Asinan ziangruangah Thuthiang in ziangtin Jesuh a khihmmuh timi an thei thiam lo. Farasi pawl thawn an ton awk tikah Jesuh in an theihfeng lo mi pawl a sim fiang:

7Cule i thlahtu ka Pa khal hi ka ai-ah ka thu i theihpitu a si. A aw nan thei dah lo, a hmuihmel khal nan hmu dah lo; 38cule a thu simmi khal nan thinlung sungah nan ret lo, ziangah tile a thlah mipa hi nan zum lo. 39Ca Thianghlim sung nan hawl; cutiuh nan hawlnak cu hi Ca Thianghlim sungah hin kumkhua nunnak kan hmu ding, tiah nan ruah ruangah a si. Hi Ca Thianghlim cu keimah ih thu a simtu a si. 40Sikhalsehla nunnak ngah dingah ka hnenah nan ra duh cuang lo. John 5:37-40;

45Keimah hi Pathian ih hmaiah in mawhthluku a si ding, tiah i ruat hlah uh. A parih ruahsannak nan neih bikmi Moses rori hi a lo mawhthluku a si ding. 46Moses nan zum ngah ngaingai rak sisehla keimah khal hi in zum ve ding; ziangah tile Moses in ka thu a rak ngan a si. 47Sihmansehla amah ih nganmi nan zum lo a si ahcun, ka simmi hi ziangtinso nan zum thei ding?" tiah a ti. John 5:45-47

Na nitin nunah Jesuh cu na Hero le na hmuutin mi si ringring dingin ziang na tuah thawk thei mi a um?

Jesuh cu Thuthiang ih lai muril asinak thu midang hnenah ziangtin na simfiang in an theihfeng thei nak dingin na bawm thei ding?

Jesuh cu kan zohthimmi kan Model le kan Hero si ringring seh. Nitin kan nundan ah midang zoh le hmuh mi theihmi kan sinak khalah Thuthiangih a sim vek si dingin nung uhsi.