

MARA EVANGELICAL CHURCH

KRIZYHPA NÔ PY



**KRIZYHPA NÔZY
CHHÔHKHA CHHITHANA**

2022

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Published by

Krizyhma Nô Py (KNP)

Mara Evangelical Church

Headquarters: Lailenpi/Sabawngpi

Chin State, Myanmar

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KHOKHEINA

Chhòhkha liata nôhrâhpa leipa ta khihsa a ru ngâsâ aw. Pawhrâhpa leipa ta nôhrâhpa cha khih a sa thai via. Chavâta chhòhkha khihsana liata nôzy chakaona he peimawh ngâsâpa a châ. Thokha pawzy pi ta, chhòhkha nôhrôhpa thapatlô thai tyh leipa pi ta, chhòhkha hmâhsie awpa deikua kho tyh tloh pi. Nôhrâhpazy ta chhòhkha khihsana nata azaopa pachunazy anaosia kawpa ta hmô thei hra veih ei. Chavâta chhòhkha liata nôhrôhpazy ta, a eih viapachai ta ama hawtinahzy chhithana liata achu ei sala ama hmâ awpa ta phahnai kho ngaitapa ta nôpaw ngâchhihpazy ta ama vaw ropa “Chhòhkha Chhithana Châbu” ama vaw papua theipa he a rônah tah na ta, he châbu chyhpa heta chhòhkha hluhpi châta byhnâ a châ hmeiseih aw tah ei hnabei a seih. Chavâta Mara chhòh to liata he chòbu chyhpa he hnei chyupa châ sala, he châbu a hmâtuha zydua ama chhòhkha hmâhsie via aw ta, byhnâ ama tokhei cheingei aw tahpa ei thlahchhâna a châ.

Khokheina chòta;



Rev. Dr. Zôdau
KNP Concern Secretary

CHÂBU BIEHMIAPA

Ei 34na MEC. KNP Central ryureina, Lialaipi A, 2022 ta krizyha chhòhkha chhihthana châbu papua thei awpa ta khohna kyh reina cha mebâh zydua ta aly kawpa ta apy kheipa a châpa hawhta châbu rotuh awpazy chhao Central ryureina raopa hawhta tiamâ kawpa ta miah ama vaw ropa theipa vâta châbu rotuhpazy lâta hmiatua ta alyna bie ei reih. Chhòhkha achhihthana liata peimawhpa hluhpi hry ta thokha biepipa ta atlypazy nata rotuhpazy cha ary lâ hawhta raopa ama châ.

Khazohpa Bie Pro. P. Vupar; **Hnatlâna** Sayama Ngôzi; **Thaisona achuna** Sayama Sithlei; **Sanawhrinô azaokhina** Mch. Zai O; **Management** Rev. Mai Ki zy roh awpa ta raopa ama châpa hawhta châbu ta avaw châ theina taihta ama hriapasana zy vâta ama chô ta nata roh theina, hnatlâna, sona, novahna apietuhpa ABeipa liata alyna bie palôh chhòh chaipa tawhta ei reih hmeiseih. He zy hleikhôpa ta Dr. Sakie paper, 2019 MEC. Hqrs. Lialaipi liata a chupa **chanô nata abyuhpa hnatlâna** tahpa nata **Taozie phahnaipa**, A. Ngôtlua, Siaha Vaihpi, ECM KNP Dorcas “hmopha tao awpa ta pachhapa” Vol. 8 Quarterly Magazine, Issue No. 3 April- September, 2021 p. 17-18 liata pa chhao he liata pahlaopâ pa a châ.

Chhôhto nôzy ta he châbu he chhôhkha a chhithana liata hmâpha ei sila, eima chhôhkha â thôhkhei cheingei aw tahpa he ei ngiapâna a châ.

Achhâpa cha a chhoh liata a ypa he chhôhkha chhithana châta abyuh angiah chaipazy sai a châpa vâta paziepakô viapa ta ahmâh tuhpaazy ta athôhna hlüh via ama to aw. Chavâta hmâpha achhuah chyuh vy.

Pastor Vupar
KNP Secretary

KHAZOHPA BIE TA CHHÔHKHA CHHIHTHANA

Pastor Vupar

Biehmiapa

Ei 34^{na} MEC. KNP. Central Conference ryureina, Lialaipi (A) ta **Chhôhkha Chhihthana** châbu papua thei awpa ta pathlupa hawhta keima cha “Khazohpa bie tawhta chhôhkha chhihthana” tahpa bieluh hmâhpa ta roh hra awpa ta khohkheina pha kawpa eito thei hrapa vâta arôhna tah na ta ei ly hmeiseih. Achhâpa cha ngiapâtuhpazy hro, chhôhkha liata Khazohpa bie he peimawh chaipa, hmâlei theileipa bie a châpa vâta a châ. Khazohpa Bie cha Khazohpa husothlupa a châ. Zhn. 1:1 “Athaona liata Bie a y, cha Bie cha Khazohpa hnohta a y. Bie cha Khazohpa a châ”. Khazohpa leipa ta ngiapâtuhpazy cha ahro thaipa châleipa pita chavâta Khazohpa Bie, bie apahneisa awpa a châ. Khazohpa Bie he hro ta, hmotaothei ta zaozi ko nata hâh tiaht rairiepa hlâ chhaota tiahta, chyhsapa ru nata lathli taihta pachhaih theita, pathipalôh liata pachâna nata achhuahnazy he thlai a pahno thei (Heb. 4:12). Cha bie cha khizaw liata eima hro chhôhta khisana châta adaihpakipa chhao a châ. Chavâta Khazohpa Bie cha eima thlahpa pati châta nie lymâ

awpa châ ta, khizaw eima kaw hmâh laina awpa liata pasopakâtuh pha chaipa a châpa vâta hmâlei theileipa ta hmâ cheingei awpa a châ.

Chhôhkha chhihthana liata peimawhpa hluhpi hry ta palâsapa thokhazy cha: Chhôhkha liata nôpi nata nôvah akaophana, hawtinazy mohôh chhithana kyh, Biehrai liata amopâ tlâhpa nô thokhazy kyh, nôvah ahneina pathaihpa apeimawhna kyh nata avahpa ta lapinô atlyna kyh zy achâ. He chhôn liata eima palâsapa thokhazy he athaisohpazy châbu ropa tawhta la papuapa châ ta, thokha deikua cha keima pakha pachâna nata pachâsa khohpazy tawhta a chopa ta palâsapa a châ.

1. Chyhsa to ta angiahpa Biehrai

Khizaw liata châbu hluhpi y ta, Biehrai hawhpa he sâkha hmâh y vei. Biehrai cha Khazohpa husothlupa châ ta, 2Tim. 3:16 liata doctrine padona, siana pachuna, Khazohpa pachuna pakipa ta hmo phapa to ama tao thei nawpa ta chhaichhi châta apha a tah.

Hla phituhpa ta, *Hy Biehrai ei cha tlaichhai* atah. Biehrai cha rei hlüh via na ta tlaichhai viapa chi châ ta, eima tlaichhai via na ta rei khoh via rilina miah a pahneisa. Biehrai cha vârah lâthlôh miah chhotuhpa châ ta, Krizyhpâ ngiapâna abôna, Khazohpa bie husothlupa a châ.

Kyhpachâna, Zawngiana, ngiachhiena a châpa Khazohpa pathaihpa aphuana châbu châ ta, chyhsa to eima vâ ngaitapa, Khazohpa tawhta kyhpachâna châ

paphaopa (love letter) a châ. Achhôn bie sâkha zyhna ta sopa lâta miah a papua theipa châ ta, achhôn bie sâkha tlai hneipa ta byhnâ topa ta hneirôhna a châ. Châbu sâkha ta University tlohpa a châ. A bie sâkha tlai hneipathaopa ta chyhsa chhiepa hluhpi chyhsa phapa lâta phahnaina hro hnei haw eita, A bie sâkha apy pathaopa ta, pacharôhpazy thlahlôh ei ta, yrupazy lalôh haw ei ta, keichheipazy tlâh khai ei ta, riahchhiepazy riahpha ei ta, viavipazy amâ pahâ haw.

Biehrai liata Khazohpa bietaihpa hluhpi a y. Eima hro liata angiahpa to maih a chhôn liata a y. A châhna tho maih ta bie hmeiseihpa eima byuh ngaitapazy a y. Biehrai deita he chyhsa to angiahpa châbu a châ.

Biehrai ta eimâ ngiahpa to miah a pie, Nohchareih Khazohpa châta eima hrona awpazy miah a pachu., Châhrasala Biehrai cha rei leipa ta y sila, zie hrleipa ei sila eima châta phahnai hra aw vei.

2. Krizyhpa chhônkhka liata nô nata paw akaona

2. 1. “Chhônkhka mohôn hmiatua chai awpa peimaw zie” (I Timothy 5:8)

Chhônkhka he mohôn hmiatua chai awpa ta Khazohpa ta a paduapa a châ (At. 1:26-27; 2:24-25). Pawla ta chhônkhka he mohôn awpa a peimawh zie miah achhôn (I Timothy 5:8). China bieso: Chhônkhka a pha khiah khitlâh pha ta, khitlâh phapa ta râh phapa tao ta, râhphapa ta khizaw phapa a tao. Khizaw phana cha chhônkhka thaby phana vâta a châ.

Zisu ta, “Zerusale khih/ chhôhkha tawhta pathaopa ta ... kaoki taihta abie pahnosatuhpazy nama châ aw” a tah (Ht. 1:8).

Thâtihpha chhô hmiatua chai awpa cha chhôhkha he a châpa vâta nôvah eimâ hneina noh nata saw hlâna nohzy liata bie eimâ taihpa hawhta, eima hro he Thâtihpha nahta ahmiepa ta sawzy chô ta hro awpa a peimawh kaw. Paw mohnaona hro hneina nata nô biereipazy nawhtawna ahneipa sawzy he chhithana phapa chhôhkha liata avaw laiseih leipazy ama châ (Biso 30:17). Abeipa bie a ngia leina chichhizie he asia kawpa ta miah a chho.

John Grun ta, “sawzy ama khoh leina chô ta parusanazy, a zuana taih eima tua papua tyh,” a tah. He he ama siena awpa lâpi eima chho leipa vâta a châ (Biso 22: 6).

Eikha cha satliapa pa-ao sao awpa hnohta, “a hy nâ hmô khoh chai? tahpa ta ama hiahri no ta, “einô na ei hmô khoh chai,” a tah. Mothlih pathlana chôta avypa anô hnohta, “Atahmâ he ryureituhpa ta eina pa-ao sao awpa cha leipa ta, nâma ku tlai ta eina pa-ao sao chi hi!” atah. Anô cha angiapachhi hrasala phahnai khao vei, a hawh tuh haw! Hawti mohôh chhitha phaleipa cha nô pacharô, nozana atlô kheh (Biso 29:15)

H. C. Anderson ta, “chhôhkha mohôhna pha leipa vâta liany chei khohna a hneipa 80% ama cha,” atah. D. L. Moody ta, “einô ta eina mohôhna hawhta chyhsa hropa nôzy chhaota sawzy mohôh ha ei sala cha, Lô-o he y aw vei,” atah. Chavâta ngiapâtuha eima zydua ta

chhòhkha chakaona liata eima pazipakô via awpa he a peimawh ngaita kawpa a châ.

2. 2. Krizyha chhòhkha liata nôvahna hro

Krizyha chhòhkha liata nôvahzy cha Khazohpa raopa ta ati atyhpazy ama châ. Mat.19:6 liata “Khazohpa ta pazaopa ahyhmah ta pachhaih kha se” tahpa hawhta Khazohpa liata liahsa bietaihna lapa ta atiatyha ta chhòhkha paduapa eima châna he khatino rai ta my awpa châ vei. Biehraï ta maniah a chhopa cha chanô ta a nô nata a paw siesai awpa nata chapaw chhao ta nô nata paw siesai ta pôhkha châ awpa a châ. Eima râh duahmo eima vaw sai na ta nôpi nata nôvah palôh alyu leina vâta châ leipa ta, myuhnô nata neihnô adyh leina vâta tlyma, avahpa sietanôzy nahta adyh leina vâta tlyma, cha hawhpa chi nanopa vâta lapinô nata vahpa â chhaihpazy ama y. Chacha Khazohpa Bie eima chheina a châpa ta ei pahno. Nôpi nata nôvahzy, cha hawhta adyhryh thaileipa duahmo a châ khiahta la âmo eih ta ta paysa ta, amo pano adaorai kawpa ta khisalah thai awpa he teikhâ chai awpa a châ.

Chhòhkha nanopa tawhta avy ta hmaohkha ta a ypa ama châpa hawhta palôh alyu leina hluhpi a y thei aw. Nôpi nôvah châna liata tloh leinazy, châna hawh tlaita akhohkhei thai awpa he peimawh ngaita kawpa a châ. Cha hawhta akhohkhei thaina a yleina liata buana nata adyryh leinazy tlô kheï ta a chhâna cha nôpi nôvah achhaina taihta atlôhkhei tyha a châ.

a) Sasyh khohpa pasâhsanazy pathlai awpa âbyuh:

Kheihta chyhsa pano cha sasyh khohna a nanopa ta pôhkha ama châ thei aw? Achhyna cha “châ thei vei ei, Khazohpa khohna/ Biepiepa hawhta deileipa cha”, a ngiari raihri awpa a châ (Eph. 5:21). Châna parohpa, kaokha lâta sasyh khohna hmiapasananazy hnohchhupa ta eimâ kaolâhpa khohpazy a chadai thai awpa he a châ. Cha hawhta hro a pathlai khoh leina liata palôhrupa lâta rietheina hluhpi a y tyh. Chavâta keimo pakha deipa châ khaoleipa pita pano ta pakhapa châna cha liahsa novahpa ta keimo pakha khohpa deita pachâ leipa ta a kaolâhpa khohpa a pachâ thaipa châ awpa a châ.

Pôhkha pachâna heta ato kyh liata alyu khai awpa tahna châ vei. Chanô châna, chapaw châna (personality) nanopa ahneipa eima châpa hawhta châna nanopa liata thatlôna phahnai angiahpa kaozy ahmôpa rairi thaita alyna bie reina ta tha a patlô tyh awpa a châ. Pakha hneipa, akaolâhpa hnei leipazy chhao achu khohna hro hnei ta achu lymâ awpa a châ. Pkn. Alyna bie rei a hmâh thai leipa chyhsa pakha ta alyna bie reithaina â kaolâhpa hro liata a hmôpazy tawhta achu awpa a châ. Palysapa bie a theipazy cha â kaolâhpa chhaota cha hawhpa bie cha a khoh hra awpa pahnona chôta tao lymâ hra awpa a châ. Mat. 7:12 na chô ta ama taopa na khohpa hawhta chyhsa chô ta taohra awpa a châ. Pano pôhkha zy ta Khazohpa nahta akao pha ta, kaolâhpa nahta areisina hro ta akao phapa he pasâhsapa a châ awpa a châ. Pakha

nata pakha likawh liata azao tyhna hro hnei leipa ta hmo phapa achu raihrina hro pasâhsa lymâ awpa a châ.

3. 3. Nôvah ahneina liata hmâ awpa dâh nata ryhpa (Roles of husband and wife in Marriage)

Nôpi nata nôvah chhôhkha paduana liata eima thyukeina phôh nata ryhpa chi nanopazy a y. Cha zy cha hmâ awpa ta pha vei eima tahna châ leipa ta hmâ awpa a châ. Châhrasala hmâ awpa ta â hmie khaoleipazy hluhpi a y theipa vâta thata pachâ pasia awpa peimawhna daitizy avaw y tyh.

Eph. 5:22-33 liata hmâ awpa areipa cha vahpa nata lapinôzy cha Krista nata Awnanopa hawhta a châ. Chavâta Khazohpa Bie pathlaipathlâ awpa rai abyuh leipa ta, chhâ zydua nahta ahmiepa a châpa hawhta thlai hmâ awpa a châ. ‘Krista cha ano tlai pôhpa pachhatuhpa châpa ta, Awnanopa sahlao luh a châpa hawhna hra he ta, vahpa cha lapinô luha châ tlôh tah (v. 23), Vahpa saihs u, nama lapinôzy kyhpachâ teh u, Krista ta Awnanopa sahlao kyhpachâ ta, ama vyuhpa ta a hro a piepa hawhna kha (v. 25).

Lapinô saihs u, Abeipa lâta namâ ngiaripa hawhna heta namâ vahpa zy lâta a ngiaripah u (v. 22). Awnanopa sahlao Krista liata ama ngiaripa hawhna hra heta, lapinôzy cha ato liata ama vahpa lâta a ngiaripah ei se (v. 24). Khâparai châsala nâmo hry liatahpa chhaota âmo kyh ama pachâpa hawhta ama lapinô kyhpachâ chyuh

mawh sy, lapinô chhao ta a vahpa za awpa ta a chado mawh sy (v. 33).

Nohkha cha nôvah baokha vaw y ei ta, a vahpa he Dawhty vaw châ ta, Thohna o sâkha he ama vaw pahy. Cha liata a lapinô cha luhpa a vaw châ. Ama pano ta rai ama vaw chakaopa hawhta chhôhkha sawnahzy mohôhna kyh liata thata daihtyna ama vaw hnei. A lapinô cha vaw pachâ ta Balyh sâkha liata haotuhpa pano ypa hawh heta vaw pachâ ta, Balyh cha pakha dei haohpa ta a sie thai thlâh hapa a châpa vâta luhpa châna rai tawhta apaha chy ta sawnahzy mohôh khâsia awpa â vaw tly. Vahpa ta areipa cha, “He duasu liata na ypa he na palôhzy a châhta a pasa tyh khiahla, ei kyhpachâna he Krista ta Awnanopa k yh a pachâpa hawhta kyh eina pachâ hrana tahpa he my bei kha y” a tah.

Rei khohta cha: chhôhkha liata rai he apeimawh viapa nata apeimawh âh leipa hawhta pachâna hneina rai ta a y lei awpa he a châ. Thokha pawnahzy pakah tawhta eima thei tyhpa cha keima cha hlaohneipa, tâkâ a hmôpa châ na ta, o chhôh liata khei hawhpa rai rai cha na hria awpa a châ tahpa hawhpazy he a châ. Phusâ tâkâ hlaopata raihriapa dei he rai hawhta pachâ tyh pita, chhôhkha liata azo avâ ta hawtinahzy mohôh khâsiana rai he rai ta a pachâ leipa hluhpi eima y. Chavâta chhôhkha liata eima peimawhna nanopa a pahno kheithaipa ta eima hawrawh hmâpa nata hmotaopazy tawhta Khazohpa aly tlâh cha awpa he peimawh ngaitapa a châ.

Nohkha cha, chapaw pakha he saw mohôh khâsiana cha rai hawta pachâ leipa ta a y tyhpa vâta a lapinô cha thata a palôh pasa ta, â pahnona awpa ta hmo sâkha avaw tao, nônahzy Kawmiti metei khih hro lâ vâ hlao ta, cha chhôh ta hawti khâsiana aru dâh kha ama pawhrâhpa cha avaw pahnopâ haw. Chavâta cha pawhrâhpa ta a reipa cha, “keima raihriapa dei he rai ngyuna tahpa ta vaw pachâ tyh na ta eima nô hriapa rai, Hawti mohôh khâsiana he khapa rai hlâta rai rôhnhah viapa, raihriâh viapa a châ” avaw tah haw. Chavâta a pahno kheî thaina he peimawh ngaitapa a châ.

2.4. Nôvah châna liata reilâh chholâhna (Communication in Marriage)

Athaipazy ta reih ei ta, sahro cha ahmôtuana daihti liata a thietu ei ta, ylâh via adyh aryh via ama tah. Chyhsapa deikua cha âmâ hmôtuana daihti liata aly a ua, a pasô ei ta, ylâh via adyhry lei via ama tah. Chahawhta nôpi nata nôvah cha hmaohkha ta ama vaw y tuana daihti liata cha kyhpachâna saita bi ei ta, adyh aryh kawpa nata hropahâh kawpa ta ama vaw y tyh. Ama ylâhna noh vawpasi, kô vaw pasi via laih ta ama chânazy avaw pahno via ei ama tah na ta a reipachhienazy avaw y pathao. Kaokha lâta cha sahro aw-h-vaw nahta eimâ lyu leina sâkha chhao cha eima maohphaona vâ heta a châ thei aw. Chyhsapa cha maohphaona chhao ta khih a sapa eima châpa hawhta chhôhkha paduana liata nôpi nata nôvah cha luhchaipa

maohphaona a hneipazy eima châpa vâta a châ thei aw. Eima chhôhkha rairuna chi nanopazy tawhta a theichheina vaw y ta, cha daihti liata eima paleipakah tawhta bie apuapazy he khochhih leipa hluhpi ta â hlao tyh. Chyhsapa eima châpa hawhta palôh ahmô thaileina hluhpi chhao a y. Cha cha eima palaiseihsa na ta chhôhkha tymâna hluhpi a tlôkhei tyh. Chavâta palôhrupa liata pachôpa hmôzy he thaohpakua ta eima rei heih na ta buana ahluk via lymâ tyh. A chado sosi awpa thata a peimawh. Cha hawhpa daihti liata apanawhna hro hnei awpa he peimawh ngaita kawpa a châ. Eivaw taochhei haw tlaina/ reichhei ha tlaina tahpa ngiathaina ahaw khohna hro hnei awpa a châ. Mo thokha cha mo ta hmô theileipa Khazohpa lâta eima hmô taochheina reihphachei awpa panaosa ta taraw pita eima hmô theipa akaolâhpazy liata reihpha chei awpa he eima parusa ngâsâ. Cha hawhpa ngiapâna cha âdo thai tlai aw vâma tahpa pachâ awpa a châ. Achhâpa cha hmôleipa ta ngiathaina ahawpa he naota ta, pôhpa hmôpâpa ta ngiathaina ahaw eima parusapa he a châ. Chavâta hmô phaleipazy hmô phapa ta tiah eimâ chhuah awpa a châ.

- Nahthlie thaina achu awpa a châ. Khazohpa ta nahthlie awpa ta nakhaoh sâno miah pieta, reina awpa pakah sâkha deita miah a pie, chyhsa to ta nahthlie awpa apachhu ei se, bie rei tlaao apachhu leipa ei sala, ama pathi -ia ru se (Zami 1: 19)

- Bie rei hlâ ta pachâ tua ta rei awpa, Paleih dopa cha hrona tho châ ta, chhoruna yna deikua cha pathipalôh pachâ chhiena a châ (Bieso 15: 4).
- Ao nata reih pathliena, apielyu dâh chhao a mopasia awpa a châ. Achhâpa cha: yzie he bie reipa hlâta hmô atao thei via (nonverbal communication ‘speaks’ louder than words).
- Hmô a châ chiehpa liata a ngiathaina nata my thei achhuah ta achâ haipa ahryuna hawhpazy liata vaw thaohpakua lei awpa, reipakhua lei awpa

2. 5. Chhôhkha hro nata sawzy pachu chhihthana

Chhôhkha mohôh pha awpa he peimawh ngaita kawpa a châ. Chhôhkha he ano ta ta aduah chakhyhpa châ leipa ta Khazohpa paduapa tiao a châ. Khazohpa paduapa chhôhkha châna he hmiatua chai ta â pahno awpa a peimawh. Cha pahnona chata chhôhkha maohphaona hneipa cha pahnie theipa a châ. He châna eima my haw tyhpa vâta maohphaona eima hneipa liata eima hneipa zie ta hriapazih thei leipa a châ. Chhôhkha nô nata pawhrâhpa cha Khazohpa ta luh chaipa ta â tlypazy ama châpa hawhta akaoraoh ta Khazohpa khohnazie hawhta chhôhkha chhihtha thei achhuah awpa a châ. Chhôhkha cha sawnahzy nata sanawh rienôzy, khichhai zy chhao ta pahrana su a châ. Chavâta chhôhkha he âtlâhkha kawpa ta chhitha awpa a châ. Sawnahzy cha nôpawzy hrozie mopâ laihipa ta akaw laiseihpa ama châ. Rev. Laiu Fachhai ta areipa sâkha

cha, sawnahzy he “he ta tao la, he ta tao khâ” nama tahpa hawhta atyu adua thai aw vei ei. Châhrasala nâmo nama taodâh hawhta nama pachu leipa chhao ta ama taolaih hra aw atah. Chavâta keimo chhôhkha liata hro ahmâna he peimawh hmeiseihpa a châ.

Chhôhkha nô nata paw zy ta chhôhkha liata pathluana hro raita hnei awpa châ vei. Thotlâh chyhsazy hro liata chapaw pasâhsa viapa hro hneina chhao he achâ theina chhoh ta pahlei via lai lymâ awpa a pha. Chhohkha paw ta chapaw a châpa vâta ano reisai ta chhohkha patyupadua awpa achhuahna ahneipa chhohkha liata adyh aryhna y thei aw vei. Chhohkha cha adyh aryh kawpa nata member tota ngiaryh chhihpa lâta tao awpa a châ. Chavâta nôpawzy ta ahy apasâhsa viana hro hneilei ta akao thai awpa he peimawh ngaita kawpa a châ. Paw ta nô sawtasaleipa hmotaona, pakah paleih ahmâhnazy he sawnahzy hro a paraopa a châ. Paw ta nô liata tao dâh hawhta ama tao lymâ hra aw. Sawzy ta nô mohnaona/ ia-saina hro ama hneipa cha, paw yzie tawhta amâ chupa châ awta, paw mohnaopa sawzy chhao ta nô hro tawhta amâ chupa sai a châ. Chavâta nôpi nôvah akaona kyh liata sawnahzy hmiakô liata hawrawh eima hmâpazy tawhta pathaopa ta asosi kaw awpa a châ.

Raizy deita hmiapasapa ta hawtinahzy he hnôhchhy awpa châ vei. Ama palôhrupa liata chhao keima he nôpawzy ta peimawh chaipa su liata na so leipa ei ta a panona liata eina so ei tahpa pachâna ama hnei tlamaw awpa he hmo peimawh ngaitapa a châ.

Chavâta eima papeimawhsazie he palâsa lymâ awpa a châ. Ama biereipazy aphapa ta ta, nahthliena nata papeimawhsana palâsa awpa a châ. Hmo doleipa liata ama y tlamawlei nawpa ta abyuh khihta cha rana chhao he hnei tyh awpa a châ (Bieso 3: 12; Heb.12:7-11). Sawnahzy chhoreina dopa ta chhorei tyh awpa a châ. Sawnahzy thlalôhna chhao he nôpawzy azaona/ akaona phapa hneina liata â pahnieh via chai. Chavâta sawnahzy amopâ tlâhpa ta hro ahmâ thei awpa ta achhuah awpa achâ.

4. Sawnahzy Biehrai Bie tawhta pachupa ta chhithana

3. 1. Sawzy pachuna

Ei sawchapawpa y, napaw pachuna cha nahthlie la, nanô bie acha piepa cha a heih sai kha (Bieso 1: 8).

Hawtipa cha a siena awpa lâpi liana chata pachu u la, a machâ tita chhao siesai aw vei (Bieso 22: 6).

Nô pathipalôh cha Hawti achuna su (The Mother's heart is the child's school room) Henry Ward Beeche.

Hawti pachuna he cha nô nata pawzy hmaohkha ta maohphaona hneipa a châ. Sawnahzy Khazohpa rônahna châ ta chhitha awpa he nôpawzy hnohta Khazohpa maohphaona pahniehpa lai ngaita kawpa sâkha chhao a châ hra.

Khazohpa Bie liata asia kawpa ta eima hmôpa cha Khazohpa ta hawti ahy zydua pathluana hneileipa ta a

koh kaw sai ei tahpa he a châ. Mo pakha chy châta chhao achhuahna (plan) pha ngaitapa a hnei. Khazohpa achhuahna pipatlohpa awpa ta nôpawzy he rai lai ngaita pa, pahniehpa a châ. Cha liata ahy hmahta tloh pakipa nôpaw y leipa ei ta, a tloh pakipa hawti chhao y hra vei ei. A ngiachhiena vâta chyhsa siapa/tlohpakipa hawhta apyhpazy sai eima châ.

Sawnahzy he Khazohpa byhnâ hawhta pachâ ta chhitha awpa achâ.

Arylâ ta palâsapa Biehraizy he moh ei sila, sawnahzy he eima phaohrina awpa châ leipa ta Abeipa tawhta byhnâ (Blessing) ama châ. Sawnahzy he Abeipa tawhtapa eima ryuto châ ei ta, sathei he alymâ maniah piepa a châ (Hlazy 127:3).

Nama pathlazy chô liata ei Thlahpa hry aw na ta, nama sawzy chô liata ei byhnâ ei leithlu aw (Isai 44:3). Khazohpa ta a chipathlazy byhnâ a piepa hawhta hmo hrohneipa chô liata bieheina apie (At. 1:28).

Khazohpa achipa chi pathla ta Khazohpa achipa chhôhkha atao papua (Malachi 2:15).

3.2. Hawti pachuna liata alei theileipa ta pahlao awpa

Arylâ liata palâsapazy he alei theileipa ta pachuna liata hmâ awpa zy a châ.

- Pachuna cha nôpy chhôn tawh tlaita pathao awpa a châ. Nô cha thata thlahchhâ awpa, reithaina hlazy sa awpa, py chhôn liata hawti châta thlahchhâ lymâ awpa.

- Kô 5 taih he hawti chhithana liata peimawh chaipa a châ. Chavâta nô pakha sawnahzy mohôh khâsia, pati pie, kyh toti pachuna châta hro ahmâ parei awpa a châ.
- Mo pakha chyu taotheina a phapata ta pahno thai achhuah awpa achâ. Achhâpa cha: hawtizy he ama taotheina (capacity) â lyu tlôh leipa vâta. Pachuna liata thokha buakha ta liata ama thai theipa, mo thokha thai thei vei ei. Chahawta taotheina chinanopa hneina vâta, Khazohpa tawhta hmôpa talent chhao a nano khaipa hawta ama talentzy palaiseihsa awpa, mohropa chyhsazy nahta khatino rai ta pakho awpa châ vei.
- Ama lathli pachâna pahnie theileipa taihta pachu awpa châ vei.
- Hawti châna mopa ta khâpa vâta he ta a tah? Kheihawhta ei tao aw? tahpa liahsa pachâ khe i awpa a châ.
- Hawtipa he pachônôsapa ta a pachâna nata a biechhawhna zy mâ pahneisa hra awpa.
- Hawtipa cha achyh chaita sapa kô 15 taihta nôpawzy nahta hmaohkha ta paysa awpa.
- Nôpawzy cha hawtipa viasa phachaipa hawhta amo châta amâ lymâ awpa. Hawtizy nahta a viasa ta, palaopalyu khe i, ama palôh khohpazy pareisa, ama rairunazy pareisa, hmaohkha pati nie, hmaohkha ta charei tah awpa a châ.
- Palôhrupa ta dei kyhpachâ awpa châ vei. Kyhpachâna cha paleipakah ta palâsa ta hmotaopazy

chhaota palâsa awpa a châ. Apyh cha- i, pahnânazy tao tyh awpa achâ.

- Pachhiepany ta pachisa awpa châ vei.
- Ama taochhie, reichhiepa nata hmo phaleipa taona liata tha patlôlei awpa.
- Hrozie dopa ama hnei thei nawpa ta thliekhâhna/lyuri bâkhâh taopa awpa a châ. Cha thliekhâhna/lyuri ta, he ta tao awpa châ ta, he ta taolei awpa a châ, tahpa ama vaw pahno thai aw.
- Pachuna cha chi chyhta tawhta pathaopa châ awta, athai na ta ahropa lâta a pasie kheii awpa.
- Hawtipa cha pachâna (mental) nata pôhpa (physical) apielyuna (exercise) he ama hnatlâhna nata laiseihna châta abyuhpa a châ. Chavâta apha chaipa atly ta pie thai awpa a châ.
- Chhôhkha thlahchhâna daihti he hawtizy châta ngiamo chhihpa ta hmâ awpa châ vei. Amo zy ahlao thai awpa nata ama khodâh a châ theina awpa ta parokara sa awpa achâ. Cha khiah deita chhôhkha thlahchhâna, Khazohpa nahta akaona ama vaw pahâh thei aw.

3. 3. Palaopalona

Palaona daihti - palaona daihti pie awpa châ ta châhrasala daihti thliekhâh awpa achâ.

- *Viasa*: Nôpawzy ta sawzy amâ kaolâh viasa he thata mo thai awpa achâ. Chyhsa to ta amâ viasa thei, châhrasala amâ kao chaipa he cha hrozie phapa

ahneipa a châ awpa a peimawh. Hrozie phapa ahneipa hawtazy ta ama vaw charei tyh awpa ta chhopa chhao he hmophapa a châ.

- VCDs ama mopa chhao Khazohpa thâti h lâta phôhpazy nata hrozie phapa lâta a chhitha theipa deita pamosa awpa.
- *TV nata Movies* ama mopa chhao he pualeipa hawhpazy pamosa leipa ta hla sapa ta ama lâ pazy, misawnari zy thâti h, Biehrâi phôhpa hawhpazy nata sahro awhva hawhpazy khohdâh hawhta mo awpa, o liata paso awpa.
- *Cell Phone* hmâ tita ado leipa lâta hmâna he chichhih ngaitapa a châ. He phone sâkha heta viasa hlupî ta mo theipa a châpa vâta ama phone liata khei hawhpazy y ta ma, khei hawhpa châta ama hmâ tyh tahpa pahno achhuah awpa.
- *Personal Computers* liata khei hawhpazy ma atao tyh tahpa aphapa ta mokhah awpa a châ. Ochhi ahraikhôhpa ta Computer ama hmâ khiah khâpa vâta ma? tahpa pachâ abyuh ta apha theina hawhta mohôh ta khâsia awpa a châ.

3. 4. Pachuna liata peimawh via pachaipa thokhazy

Arylâ penahzy he pachuna liata abyuh cheingeipa zy a châ.

1. Pachônôsa tlâhpazy reingiana / areisina chôta ta pachônôsa thaina hro hnei awpa (Rm. 13:1-2; I Tim. 3:4-5; Pua. 20:12; Levi. 19:3).

2. Reingiana/ areisina he khohpasa chaipa a châ awpa achâ (Ephesi 6: 1). Hmialâ liata ama byhnâ tona cha ama reingiana liata a châ.
3. Sasyh khotlyna doleipa bieheini (control) ha awpa. Amo sasyh khohna ta nôpawzy bie ama hnei (control) lei nawpa (Deut. 21:18-21). Nôpaw châuhpazy ta apha tahpa tawhta sawnahzy cha apha theina chhôn achhuahta ta control awpa achâ. Chavâta *Yes* na tahpa cha *Yes* se, *No* na tahpa cha *No* tahpa ta a siakawpa ta pahnosa awpa.
4. Noh chareih ta Khazohpa Biehraia reina nata thlahchhâna daihti hnei khei awpa. Cha daihti liata ama palôh khohpazy pareisa ta thlahchhâ khei lymâ awpa. Cha hawhta tao kheina cha a kô ta avaw pasi na ta, ama hro liata Khazohpa nahta akaona hro hnei leipa ta noh kha a khô awpa he ngiaryhna hneithai khao aw vei ei.
5. Achuna kyh liata hnôh amâ sy lei nawpa ta nohkha rai he nohkha ta hria khai awpa ta teikhei lymâ awpa.
6. Nôpawzy Chhôhkha liata rai bao thaina hro pachu awpa, biechho phiachho, ophi, chysia pasao, sadô mohôhna hawhpazy, amo tata hriathai awpa ta pachu awpa.
7. Bao angiahpa viasa, opa lyupazy bao thaina hro pachu awpa.
8. Music lâ chhâh ta achuna zy patôhpatia khei awpa.
9. Ama pikheipa hmotaotheina nata Khazohpa piepa Talenty palaiseihšana kyh teikhâ khei awpa

10. Khazohpa lyuna hro he khei hawhpa hlaotlohna zydua hlâta ama pasâhsa chaipa pachâsa awpa.
11. Ngiapâna kyh lâta thapawhna ama hnei lymâ theina awpa ta noh chareih thlahchhâ khei, hla sa khei, Bievaopazy pavaosa tahpa ta tao khei tyh awpa.

a. Chhoreina dâryhpa

Hawtinahzy pachuna kyh liata chhoreina chhao he peimawh ngaitapa hmo sâkha achâ. Dâryhpa paraona he Khazohpa biepipa paraona a châ. Pachuna liata dâh nata ryhpa sianopa a y vei khiah pitloh / hlaotloh thai vei. Chavâta hehe cha nôpawzy ta sawnahzy chô liata kyhpachâna nata maohphaona achâ.

b. Chhoreina achhuahna (Aims of discipline)

Chhoreina cha biehneina liata a bôpa châ ta, kyhpachâna pathusa via ta, pachuna liata reingiana hro pahneisa ta, sapa nata thlahpa hro chhao mâ a pahneisa. Sôsi nata rana ta pasosa ta, hawti diathlapa chata anô nozana a tlô khei tyh (Bieso 29: 15).

c. Chhoreina Biehrai Bo nah tlâh tawhta chi nanopazy

1. Padona nata zikyurâna (warning) (1 Thy. 5: 14; 1Kings 1:5-6)
2. Chhorei (rebuke), 1 Samuel 3: 13; Hebrai 12:5
3. Sôsi (Bieso 13:24, 19: 18; 20:30, 22:15, 23:13-14)

4. Biehrai liata ngâchhihpa nô thokhazy

Sôsi nata rana ta pasosa ta, hawti diathlapa chata anô nozana a tlôkhei tyh (Bieso 29: 15).

Hawtipa châna cha a nô pachâsana hawhta a châ (Men are what their mothers made them) R. W. Emerson.

Khazohpa ta nôzy hmopie rônahpa nô-âhchhihpa a piepa cha nô kyhpachâna he a châ. He kyhpachâna hro ta sawnahzy Khazohpa lâpi dopa liata chhihtha awpa chhao he maohphaona lai kawpa pahniehpâ pa a châ. Nô nata pawzy he sawzy châta maohphaona a hnei raihripa châ taraw ei ta, nôzy he ta sawzy mohôh khâsiana nata chhithana liata a tôhpiya ta ama y tyh. Nôzy he sawzy khâsiana châta daihti phapa hluh chai a topazy ama châ. Achhâpa cha ama py chhôn liata ama yna daihti tawh tlaita ama hnei. Mohôh khâsia/ chhihthana cha ama kô hawtina daihti he apha chaipa achâ. Biehrai liata eima hmôpa hawhta, “ei saw chapawpa y, na paw acha pachuna cha nahthlie la, na nô bie acha piepa cha aheih sai khâ” (Bieso 1: 8). Hawtipa cha sapa kô kô-5 taih he pachu chhihtha awpa ta apha chaina daihti achâ. Ama hawtina daihti liata pachu chhihthana he ta ama hrochhôn zydua thei pathei theina châta a châ aw.

Khazohpa ta sawzy chhihthana liata ngâchhih kawpa ta a hmâpa, ama sawzy chhituh phapa ta a papuapa mo 4 thâtih he eima vaw palâsa tua aw. He nôzy hro ta ama pabupa zy cha, Khazohpa china, raihria tiamâna, thlahchhâna chôta nata palôh pasi kawpa ta amâ chhuahna (vision) Abeipa liata hlao patlohpa awpa

he achâ. Amo zy he a mopâ tlâhpazy châ eita, amo zy amopâpa nôzy chhaota byhnâ ama to hra aw.

4. 1. Zôkebe

Zôkebe cha Mawsi nô châ ta, a vahpa cha Amram a châ (Malu. 26:59). Mawsi uhtazy cha Arawna nata Miria zy a ma châ. A mozy he âlâlulah kaw vei hrâ ei sala, Khazohpa hmâ tlâhpa chyhsazy ama châ. Mawsi vaw pina daihti liata cha Izi râh abei chhiepa, chapaw hawti zydua athie khohpa a châ. Pua. 2:23 reipa cha Izarel chyhsazy rairu rietheina kyh a châ. Pachâ tua ei sila, he daihti liata Zôkebe ta thla- 3 chhôn hawtipa anyu theipa hi! Anyu thei khao leipa vâta maitanô baly liata khô ta chavah kiah liata aza so.

a. Izarei Khazohpa liata khâchâ ngiapâna hneina

Hebrai 11: 23 Mawsi nôpawzy ta ngiapâna ta nyu ei ta, ama mohôh. Pua. 2:2-3 reipa cha Mawsi nô hmôtaopa a châ. Â sikao chaina su liata nyu ta, a uhta Miria chhaota hawti chô ta kheihawhta avaw châ tahpa mokhâhpa ta âduah thlâh haw. Ano he kô 6 tlyma, kô 7 tlyma a châ thei aw. Miria ta maohphaona ahneipa liata reingiana ta â palâsa. Achhâpa cha anô pachu thaina vâta tah theipa chhao a châ hra. Kheihawhpa hmâhta â pabuapabâsa leipa ta baly chhôn liata a nawhta lâ deita mopa ta a y. A riah avaw paphasa ta phirao saw chanô lâta â vy, “Hebrai chanô he hawti khâsia awpa ta ei cha awpa aw ma?” thlai atah palâh. Khazohpa ta chhônkhâ ta ngiapâna nata riahphana chôta hmo ama taopa cha â

châhkhei ei. Anô tlai cha hawti Mawsi hâtuh awpa ta akaw aw.

Zôkebe he rai hluh kawpa chanô pakha, tho phao ta sahzoy laopienu hawhpa raizy a hriapa a châ ama tah. Khatluta rai hluh hrasala sawzy Khazohpa lâpi liata chhihtha awpa ta daihti apatu thai lymâpa a châpa hawhta Arawna cha Khazohpa chakaona liata theithai hmiatuapa vaw châta, Miria chhao he Izarei chanôzy chhihtha awpa ta chhituhpa vaw châ ta, Mawsi cha Izarei hrohsopa lai chaipa avaw châ haw.

b. Kô chyhta Mawsi nata anô ahmâ phana

Mawsi cha kô chyhta dei anô nata y lâhna daihti a hnei, Châhrasala cha kô chyhta cha mâ hnei kawpa ta amâ hmâ. Anô ta, nâ cha Hebrai chyhsa châ chita chyhsa hropazy nahta nâ nano tahpa a chho thei aw. Chacha ta a palôhrupa chhônchaipa liata ahroh lymâ. Pua. 2: 11-13 he he ta a pahmôsapa cha riethei rairupa, a chyhsazy kyhpachâna palôhrupa kha a châ. Abei o hneirôhna liata alaiseihpa châhrasala rairu rietheina a pahnokhei thai kaw ei. Achhâpa cha a nôpaw tawhta â vaw chupa vâta a châthei aw. Zawsi bie hnônchaipa, a Uhtazy hnohta areipa (Athaona 50:24) cha, khatlu po ta rairu rietheina y hrasala râh taihpa piepa ama châ awpa hi. Khazohpa china chô ta Mawsi cha vaw laiseih lymâ ta Khazohpa chyhsazy chakao awpa ta sasyh â hlâh haw. Hebrai 11: 24 ta Phirao sawchanô, sawchapawpa ta châ awpa chhao cha khoh khaoleipa ta a chyhsazy nahta riethei pasana tao awpa cha tlao a tly hri.

Biesozy 22:6 Hawtipa cha a siena awpa lâpi liana chata pachu ula, a machâ tita chhao siesai aw vei.

Hawti cha nô nata âhnia chaita a y lâhpa ama châpa hawhta lâpi dopa liata pachu awpa he nôzy maohphaona a châ. Pachuna dopa cha taochhei hriachheina hluhpi a y theipa tawhta pabohsana /vaihna nata lâpi dopa pahmôsana a châ. Avai thaina he patlâhna hlâ ta a peimawh via. Thokha nôzy cha paw vawtlô pa ama hâ kheiyh. Paw hâkhei abyuh leipa ta nôzy ta thlai chhorei awpa a châ. Pawzy hâkheina ta nôzy chizana hro hawtipa liata a pahlei thei. Chavâta maohphaona hneipa a âpahnopâ ta Khazohpa achipa, lâpi dopa liata asie thaipa hawti pachâsa awpa achâ.

Ngiapâna liata amopâ tlâhpa nô pakha kyh mo tua heih ei sila: China râh liata communists zy ta Tang Chang ama tahpa he ngiapâna bâsai awpa ta patu ei ta, lô o beipa lâ avaw chhi ei ta, cha liata Tang Chang ta anô chhao he achaki lâta a kuzy chakhipa ta a ypa avaw hmô. Lô o beipa ta bie hiarina a hnei, “Tang Chang, nâmo krizyhpâ zy ta Biehrawh piepa, Khazohpa piepa nama hnei, nôpawzy reingiana châta ama tah, eina vaw reipa thei khiahchita la ei nahthlie khoh kawna” vaw ta tah. Anô ta he daihti phapa Biehraw piepa rei awpa cha pakhô khoh leipa ta communists hmiakô ta reih ta, ‘Nanô nata napaw palyupalih teh, tahpa arei khaipa ta na ta, “â daih haw! anô he Krizyhpâ phapa tlai a châ khiahta la anô hrona he â ngiapâna pabâpa ta zyhna hropa lâta âvaw palie awpa a châ” avaw tah haw. Cha

daihti liata anô lâta aheih ta, ‘einâ, khapa ei tao aw?’ tahta, anô ta âchhupa cha, ‘na hawtina daihti tawhta ei cha chho ha khazaw, Zisu Krista kyhpachâ awpa nata Awnanopa kyhpachâ awpa hi, keima rietheina he papeisa kha, Khazohpa liata ngâchhih kawpa ta na y awpa a châ, na nawhtazy châ chhao ta” a tah. ‘Na Khazohpa he nâ papha sai tlai khiah; ei saw châ khao aw va chi,’ a tah. He liata eima hmô theipa cha noâh chhihpa Thestimawni (Testamony) nata nô ngiapâ phapa pachuna ta a sawchapawpa a pahnieh kawpa hmô theipa achâ.

4. 2. Rahâbi

Eima rei chanei khoh heihpa cha Rahâbi, Boaza nô, Salmona lapinô (Mathai 1:5). Rahâbi pôhpa cha Zawsua 2:1-21 nata 6: 22-26 liata rei theipa a châ. Ano he sihryhpa a châ. Jerikô khihpi liata chyhsa hluhpi ta ama thei tyhpa cha, Abeipa ta Isarei chyhsa zy châta hmo ataopa, theithai via nawpa ta tilaipi saihipa Ti pakuasa khaina (Zawsua 2: 9-10), hawhpazy he a châ. Châhrasala Rahâbi deileipa ta cha ahy hmahta Abeipa zo vei ei. Angiapâna cha pakah ta rei thlâthliepa châ leipa ta, râh mohparutuhpa mo pano zy cha a o liata nyuna ta hmo a tao. He a hmotaopa he hrona chichhihpa a châpa vâta, hro ahlâna ngiapâna, hmotaopa tah theipa chhao a châ.

Khazohpa liata ngâna, khâchâ âpahniehna daihti liata a hrona chhao âpathlaipa a châ. Hnôh lâta achâna

parohpa zydua pahluh khai ta, chyhsa thiehpa avaw châ haw. Khazohpa bietaihna cha a hro liata hmeiseihpa avaw châ haw (Hlazy 68: 6). Khazohpa ta chhôhkha pie ta, châhrasala sawzy chhitha thai awpa ta ngiapâna thaby (background) phapa hnei hlei vei. Châhrasala a nôpawzy maochhie chakhy ngâlâ awpa ta hraoleipa liata daihti pachhâ khoh vei. Khazohpa ngâna chôta hmia lâ atôh lymâ. A sawchapawpa Boaza he chyhsa zachhih/rônahpa a pachâsa (Ruthi 2:4; Bo 3, 4).

Rahâbi cha Abeipa tawhta novahna he khâ angiapâpa a châ. Khazohpa Bie liata a pahnieh ta, a sawchapawpa Boaza he ngiapâna liata a duapahroh theipa saw châ theina taihta a chhitha. Khazopa ryhpa cha Rahâbi daihti hlâ chhao ta hawtizy Abeipa china hro hnei theina awpa ta chhitha thai awpa ta pie hapa a châ. Ryhpa. 6:6-9 liata:

... he bizy atanoh ta ei cha piepa ei he nama pathipalôh liata y thlâh ha aw ta; nama sawzy phahnai khoh ngaitapa ta pachu aw ei chi ta, nama o liata namâ tyu nota zy, lâpi liata nama sie nota zy, namâ zia nota zy, nama thyu daihtita zy ta nama rei tyh awpa a châ. Chatawhcha pahnona châta nama ku liata chahry aw ei chi ta, nama mo nata mo likaw ta khirina châta a y hra awpa a châ. Chatawhcha nama o chhikao tôhzy liata nama ochhi liatazy nama ro awpa a châ.

Krizyha ngiapâtu hluhpi ta o liata Khazohpa Biehraï roh ta taw awpa he ama papeisa kawpa vâta tawh vei ei. Pkn. sâkha eima rei khozpa cha: nohkha he Dr. G. C. Morgan ama tahpa he a laihsanô nata ahneina kyhchhi vaw tao ei ta, ama o eihpa liata ama vaw y. Ama o cha pasipathaipa ta dyuchhai patyuna vaw paryh khai ei ta, moh ei ta ângia, apha ama tah kaw. Nohkha cha Dr. G. C. Morgan paw ta ama o lâ vaw charei ta ama o cha chhôhpadhâpa (room) sâkha hnoh sâkha ta angia lai chaimâh ta amo khai tawhta, areipa cha ‘apha kawna, ano deikua cha he o chhôh liata apahrapazy he Khazohpa nahta khiih a sapa ma ama châ? ahripa nahta ma? tahpa he cha pahno thaipa châ aw vei’ a tah. Achhâpa cha Khazohpa Bie sâkha hmahta ama o liata ama taw tlâ leipa vâta a châ. Cha noh tawh tlai ta chhôhpadhâpa zydua liata Khazohpa Bie, ama hrona liata ama khohchaipazy tawna ama hnei khai haw.

4. 3. Hânâ

Hânâ phôhpa nata a sawchapawpa Samuel hawtina daihti cha achyu chaipa ta 1Samuel Bo 1-2 liata hmô theipa a châ.

a. Saw châta hro ahlâpa ta thlahchhâna

Hânâ he saw hnei leipa ta vâropi tlai vaw y ta, palôh keichheihpa ta thlahchhâ ta Khazohpa lâta Bietaihna chhao a taopa chanô pakha a châ. Bietaihna a taopa cha: ‘na sei chanô he sawchapawpa na pie khiahcha, a hrochhoh noh zydua chhao ta nâma lâta ei cha pie lilaw

heih awh' tahpa he a châ. A hrona ta a bietaihpa he athei thlâh ha ta, ano châta hmo rairu ngaita kawpa châhrasala, palôhrupa liata a y lymâ thlâh haw. Thokhazy pi cha Khazohpa liata bie eimâ taihpazy eima la pakhua tyh. Châhrasala Hânâ châta cha he hawhpa bietaihna he rainaopa ta châ vei. Hawtipa cha ahâna tawhta daihti reipi liata avaw pih. A hrona tawhta avaw pahnopu cha hawtipa he cha Khazohpa byhnâ châ ta, nô he cha khâsia mohôtuha (steward) deita eima châ a tah (I Samuel 1:5; Hlazy 127:3).

b. Hawtipa cha Khazohpa rônahna châta palaiseihsa awpa

Khazohpa ta hawtizy cha ano lâpi liata chhitha awpa ta rai rônahpa miah a pahnieh. Cha rai rônahpa pahniehpa hlao patlohna châta byuhngiahpa zydua chhao piepa a châ. Keimo aohraohna, khohlei khohna, nohâh yna tlyma, tâkâ phusâ baokhâtuha lâta chhitha awpa châ vei. Khazohpa lâpi dopa liata achhuahna phapa ta chhitha awpa a châ. Khazohpa ta a o lâta âchhina daihti tlyma, chakaona châ ta a awna daihti tlyma liata Ano hnôhta rei heih awpa ta peimawhpa cha, 'na raihria pahniehpa he ngâchhih kawpa ta ei tao haw. He liana he hawtipa rai eina pahniehpa chie he' tah thei awpa a châ.

Nohkha cha hawti pa 4 a hneipa nô pakha y ta, Khazohpa achipa, Khazohpa kyhpachâpa sawnahzy sai ama châ. Misawnari ta asaw chapaw utheipa cha pathliepa châta cha Mission field liata chyhsazy ta ama

thiesao haw. Misawnari phupy zy ta anô lâta â sawchapawpa thipa achâpa chho awpa ama chi kaw. Chavâta thlah ei hluhpi chhâ ei ta, cha khai tawhta anô cha a sawchapaw pakhana thina thatih cha ama chho. Anô ta areipa cha, ‘pathlie heih awpa ta sawzy ei hnei via chy ei na’ a tah. A saw panona cha Mission lâta pathlie heih ta ama thiesao haw heih. Pathôhna pathlie heih ta thiesao heihpa a châ. Achhâna ta a sawchapaw papalihna cha pathlie heih ta ama thiesao haw heih. Mission phupy ta ama nô chho awpa ta rairu tah kaw hra ei sala, chho thlyu awpa a châpa vâta ama chho na ta, a hrona keichheih kawpa ta, “Abeipa, saw chapie awpa hnei khao vana” a tah. Chatlu ta ahlâna rônahpa cha pachâ tua ei si. Ato zydua hlâ ta Khazohpa kyhpachâ via ta a sawzy chhao ta Khazohpa kyhpachâna hro hnei awpa ta apachu khai ei. Ano he amopâ tlâhpa, Khazohpa chakaona raihria rônahpa châta sawzy a chhithapa, ano baokhâ awpa hlâta Khazohpa chakao awpa ta khohkheina asâh ngaita kawpa ahneipa a châ.

I Samuel 1:20 liata Samuel pina thâtih rei theipa a châ. Hânâ ta Samuel tahpa ta moh abi, “Abeipa lâta hiapa”. I Samuel 1:23 chatanachata a sâhpi pazy bâ hlâlei cha chanô cha y haw ta, a sawchapaw cha sâhpi pazy sa ta. Sâhpi pazy abâ tawhta atheihna hlâ awpa ta a sawchapawpa nata abyungiahpazy chhao ta Abeipa o (Temple) lâ a khy. Atheihna hlâ khai tawhta hawtipa cha Eli lâta achhi ta, ISamuel 1: 27-28 ‘He hawti hiapa ta thlahchhâ na ta; Abeipa chata ei hiapa cha na pie haw ta. Chavâta kei chhaota Abeipa lâta ei hlâ; a hro chhôhta

Abeipa châta hlâpa a châ,' tah ta. Cha liana chata Abeipa cha a chhy ei ta.

Hawtipa mohôh khâsiana liata nô hluhpi ta cha ama kôzy machâ tita mohôh khâsia awpa hawhta ama pachâ via tyh. Cha hawhta hawtipa Khazohpa achipa/kyh a pachâpa chata a nôpawzy nata mahnô mahpawzy cha a mohôh thlyu hra aw. Sawzy mohôh khâsiana liata palôhphao hnei awpa he ta Abeipa chakaopa pachâsa awpa he a châ. Hawtipazy cha eima pachâsa khohpa dawhty tlyma, engineer tlyma nata ahropa rai laipa zy, pahriasa khohna vâta ama palôh khohleipa ta hrahra ta pataosa awpa châ vei. Amo khohtlyna liata pa ysa ta, Khazohpa modypa ta ama Talent tawhta Khazohpa chakao thaipa a châzie chhao pahnopasiasa awpa a châ.

c. Khazohpa Bie pachuna he apeimawh via pachai

Samuel he anô Hânâ ta apha kawpa ta sapa kô 3 tlyma, kô 5 liata tlyma ryhpa bie he a pachu awpa ta pangiasapa a châ. Ryh. 6 avaw my ama thyu tawhta za a ziana taih ta. A hawtina daihti tawhta Abeipa eih a châna liahsa pahno ta sâhpizy abâh tawhta cha nôpaw nata achhaih ta ano y ta ta ythai awpa chhao a pachu awpa ta pangiasapa achâ. Khazohpa ta a chyhsazy hnohta hmotao rônahpazy chhao, he liata a pahnopasiasa thlyu aw. Thokha nôzy ta ama pachâpa cha Achhyna o liata Sermon ama reipazy he hawtizy theithaipa châ ngyu vei ama ta tyh. Kô 2pa hawti chhao he liahsa anahthlie khihta cha a thei thai kaw tahpa a châ. Chavâta chhônkhâ thlahchhâna, Sâde Saku zy liata

liahsa nahthlie thai awpa ta pachu awpa achâ. Ama thei haw chiehpa Thâtihipha zy chhao cha khatlu ma ama thei thai tahpa pahnona awpa ta hiahripa châ awta, ama novah leipazy a y khiah ama novahna taihta chhopasia awpa achâ.

Hawti pakha kô 4 pa ta anô hnohta, ‘Zisu athi hlâ kha kheita eima molei hmoparaona zy he angiathaipa a châ?’ Chatawhcha ‘Zisu Kraws liata a yna daihti liata ahy e khizaw he bie a hnei?’ a tah. Hawtizy he nahthlie thei ei ta, pachâna khiakhi kawpazy ama pachâ thei. Ama byuhpa cha ama hnôh lâ tawhta thapatlô ta deichhy awpa he a châ. Khazohpa bie, thlahpa pati he paniesa lymâ khiahta cha Khazohpa hmâtlâhpazy ama vaw châ awh.

Thokha nôzy ta saku liata achuna he papei pamawhsa kaw ei ta, ama thlahpa hro kyh liata diathlapa ta ama y tyh. Hawtizy liata pahnopasiasa awpa cha, “a Khinahrâh nata asiana tluatua la, ahropazy baichhapa ta na y aw (Mat. 6:33) tahpa hi. Hlaotlohna he liahsa pahnopasiasa awpa a châ. Hro liata apeimawh chaipa cha Khazohpa khohpa taota a moh parônahsa awpa he a châ.

d. Samuel châta a nô pachhuhpanohna

Hânâ thâtihipha moh chanei tua heih ei si. Hânâ ta nohchareih, khatino tama Khazohpa o (Temple) liata Sameul hrona â hmâ thei aw tahpa a pachhuhpanoh tyh. Hawti achhahna cha palôhpasa achhih kawpa châhrasala ano sasyh ta tha apatlô heihta Khazohpa

maohphaona liata hawti cha a pahnieh. Samuel bie a chhona awpa ta phone zy hnei vei. Tahmâ nata tahmâ a charei tyh thlyu aw. ISamuel 2: 19 ta areipa cha ‘a nô ta viapakao pasipa biehpata, kô chareih atheina hlâ awpata a vahpa hnohta a sie nota, kô chareih a phaopa tyh.

Samuel cha Abeipa hmiakô ta a laiseih lymâ. Hânâ nata Samuel hrona liata alai kawpa cha Khazohpa rônahpa ngâpa ta khâ amâ pahnieh, chavâta nôpaw yleipa su liata Khazohpa ngiachhiena ta mohôh lymâ pa a châ aw tahpa he a châ. Hânâ ta pachâna phapa apiepa nata Khazohpa bie apachupa dei adaih leipa ta, pachuna pha kawpa apie tyh. Khazohpa aly tlâhpa ta chakao thaina chhao a pachu. Khazohpa china nata Ano lâta thlahchhâna chhao a pachu. Areisina/ reingiana hro hnei ta khazohpa awna chôchâh ta achhy thaina chhao a pachu. Âmo ngâlâna daihti lia chhao ta Khazohpa awna liata reingiana hro a hnei, Eli lâta arâ ta areipa cha, ‘he liata ei y, ei na aw chi ma?’ a tah. Cha hawhpa reingiana hro hnei awpa ta a hnôh lâ liata a ypa cha pachuna he a châ.

Hrozie phapa zydua cha o liata pachu khai awpa a châ. Pkn. ta uhthei viapazy pachônôsa thaina, alyna bie rei thaina, chyhsa zydua nahta aryhpa ta y thaina, biedopa rei thaina hawhpazy he a châ. Biechhotuhpa pakha ta areipa cha, ‘nôzy he hawtizy haipa bie rei awpa ta a pachu tuapazy ama châ a tah. I Samuel 2: 26 liata cha, Hawti Samuel cha laiseih rili ta, Khazohpa nata chyhsapa khohzie ta y ta. Theithaipa Eli sawzy ta hmo doleipa tao hra ei sala, Samuel cha hmo doleipa tao

awpa ta chho theipa châ vei. Samuel cha pachuna phapa nata chhithana phapa atopa hawhta anô thlahchhâna byhnâ atopa chhao a châ hra. Isarel cha Samuel vâta thata byhnâ to ta, Hânâ chhao cha sawchapawpa Khazohpa chakaona rai rônahpa liata avaw chhithapa a châna byhnâ ato hmeiseih hra.

4. 4. Eunisi

Tahmâ Timothy hrona moh tua heih ei si, Ano he a nô ngiapâna ta a pahnie kawpa chyhsa pakha a châ. A nô cha Eunisi châ ta, a mahnô cha Lois a châ (2 Timothy 1:5). Eunisi cha zu Krizyha chyhsa a châ (Hmotaopazy 16: 1). Timothy paw cha ngiapâ leipa chyhsa pakha a châ. Timothy ta a hawtina daihti liata chôpaw â tai leipa he a paw ngiapâ leipa a châpa vâta a châ thei. Nô nata paw pano ta ngiapâna liata a ypazy ta hawtize ngiapâna kyh liata chhitha awpa he rai nao via syulyupa achâ. Timothy hrona liata eima hmôpa cha, a nô pachuna heta thata a pahniepa a châ. Ahmiatua ta a mahnô Lois ta ngiapâna cha a sawchanô Eunisi hnôhta paka ta, amo pano ta Timothy hnôhta ngiapâna cha ama paka heihpa a châ.

Timothy amopâ tlâhpa kyhpachâna ta Awnanopa a chakaopa a châ. Pawla ta Timothy testimawni pha kawpa cha ano pôhpa ahmô hlâ tlaita avaw thei khai haw. Ano he Lystra nata Ikônia khih liata unawh a ypazy chata ano ama reithai kaw hra (Hmotaopazy 16:2). Timothy cha palôhruphao liata Krista alyupa, awnanopa chakaona liata âreisi/ âpanawhpa ta pahnopâ

a châ. He zydua he a mahnô Lois nata a nô Eunisi ngiapâ chhitha phana vâta a châ. Pawla ta Timothy kyh a reina liata pahno theipa cha: *Ano hawhta palôhrupa aphaopa, nama yzie hmeiseihpata cha pachâpatu awpa ahy hmâh hnei tlôh lei khâh na ta. Ama zydua ta Zisu Krista châta tlua leipa ta âmo khopa châta tlaao ama tlua tyh. Châhrasala ano he cha pasiasapata a y hawnazie nama pahno, saw ta a paw a chakaopa hawhta Thâtihpha hie patlâna kyh liata eina chakao kheh tyhpa kha.* (Phi. 2: 20-22). Timothy cha Awnanopa liata arônah kawpa ta ahmâpa chyhsa pakha achâ.

Timothy cha ngiapâna kyh liata amopâ tlâh awpa ta a nô ta pachuna kyh liata a pahnie kawpa hawti a châ. Pawla ta Timothy thâtih areipa cha he he a châ: “pachhana hmôna taihta cha paso theipa châ pathaihpa zy cha na hawtita tawhta a pahnopa na châpa â pahnopa ta, na hmo achupa nata na hmo pahnopasiapazy liana chata y thlâh ha ma y” (2 Tim. 3: 15). He kyh liata athabypa cha a nô achâ. Timawthy he a nô Eunisi ta a pachuna hlâta ngiapâna hmotaona ta a hro a pahnie via thei aw. Hawtizy pachuna he apeimawh kaw tarawpa ta, nô pachuna hlâ ta nô hmotaopa he mohpasia ei ta, cha hawhta hro thei hra awpa ta hâlana hro ama hnei tyh.

5. Krizyhpâ Ahneina

5. 1. Dyhchâ pathaihpa

Chhôkhka liata sawnahzy dyhchâ pathaihpa ta dyhchâ awpa he a peimawh hmeiseih. Eima râh duahmo eima sai na ta, dyhchâ pathaihpa he kô chareih ta chyh

kaw ta dyhchâ paryhpa he ahluh via ta a châ lymâ. Chacha eima pachâ na ta, chhôhkha liata pachuna a chytupa vâta a châ aw tahpa miah a pahmôsa. Keima pakha chhao ta dyhchâ pathaihpa thata chyhta âparu/ â râkheipazy he thata ahluhpa vâta 2014, KHP Secretary ei vaw chakaona daihti liata ei viasa satlia laihsa thokhazy hnohta vaw hiahri ei na ta, “nama chhôhkha liata nama nôpawzy ta dyhchâ pathaihpa ta dyhchâ awpa acha chho bei ei ma? tahpa ta chyhsa pa 5 vaw hiahri ei na ta, mo pa 4 ta einâ vaw chhupa ei cha, “eima chhôhkha liata miah chho/reih beih vei ei”, na vaw tah ei ta, mo pakha deita “keima nô la dyhchâ pathaihpa ta dyhchâ awpa he a reih tyh”, avaw tah. Cha hawhpa nôpawzy cha eima reipachhie khohta châ tiarah leipa ta eimâ phahlana avaw châ. Keima hro lia chhao ta â vaw pachâ hra na ta, ei nôpawzy ta cha hawhta navaw chho bei hra vei ei.

Cha ei viasazy hnohta ei vaw hiahri chanei heihpa ei cha, “Khâpa vâta aparuna/ arâkheipa ahluh nama tah? Nâmo zaw âparu/ arâkhei awpa nama pachâ ma?” tahpa ta vaw hiahri ei na ta, amo ta einâ chhupa ei cha, ‘eima pachâ hrana, achhâpa cha dyhchâ pathaihpa cha tâkâ phusâ a hryuh tu hana’ ama tah. Keima ta ei vaw hiahri chanei heihpa ei cha: “Cha khiah nama satlia pathaona, tâkâ phusâ nama hmô/hlao thai tawhta nama hmôpazy achyh chyhta ta avaw pachô mawh ula, dyhchâ pathaihpa achâ thei thlyu aw nama tah ma, châ thei vei nama tah ma?” Ei vaw tah heih na ta, ‘achâ thei tu ha aw na, eima pachâ bei leipa vâta achâ’ ama tah. Chavâta

pachâna ahnei thai leipa/ âpahno thaileipa eima sawzy hnohta reih ta chho chanei lymâ awpa he chhôhkha nôpawzy taovyuh a châ. Dyhchâ pathaihpa papeimawh-sana hro he thokhazy liata Khazohpa pahnona ta ngiapâna tawhta avaw châ thei aw. Thokha nôpawzy ta cha chanô chapawna kyh nata dyhchâna kyh zy he rei hraoleipa hawhta ama pachâ thei aw. Cha hawhta pachâ awpa châ tiarâh leipa ta pachu ta pachu chanei lymâ awpa chi a châ. Achhâpa cha chhôhkha paduana kyh he hro chhôn châta a châ hawpa vâta a châ.

Chanô hluhpi ta aly thapha achhih ngâsâpa nôvah ta chhôhkha paduana he mâ ama sa tyh. Châhrasala chhôhkha ama vaw padua na ta, amâ mokhâhpa hawhta vaw châ khao leipa ta ama hnabeiseihna phapazy chhawh pathlapa hawhta a y tyh. Chacha khâpa vâta achâ tah khiahta la Krizyha chhôhkha padua awpa ta Khazohpa bie tawhta nata sapa liata chhao ta â pachhuahpanohna chy tupa vâta a châ.

Akaolâhpa atlyna chhao hmodâhzy hawhta âpathlai thai awpa châ leipa ta hrochhôn châta a châpa hawhta Khazohpa khohzie hawhta atly thai awpa he peimawh ngaitapa a châ. He khizaw ryhpa hawhna he ta y leipa ula, Khazohpa khohpa a pha nata alytlâh châpa nata pha paki cha nama palôhrupa athiehpâ ta ypa ta tiao apanano teh u (Rawma 12:2). *Khazohpa khohpa hawhta chhôhkha paduana he chhôhkha, Awnanopa nata khitlâh byhnâ tona chhao a châ.*

5. 2. Nôvah ahneina byhnâ

Ahneina ta byhnâ tona cha arylâ liata palâsapazy tawhta hmô theipa achâ.

2. 1. Ahneina cha Khazohpa taopa / pachhuahpanohpa

Ahneina cha chyhsapa chanô nata chapaw ta taochhyhpa châ leipa ta Khazohpa taopa / pachhuahpanohpa tlaô a châ. ABEIPA Khazohpa chata, “*Chapaw ano deita ta a ypa he pha vei; ano abaotuh awpa âkaolâhpa, a khy pa ei taopa aw*” tah ta (Athaona 2: 18). Khazohpa ta thlah achhâpa nôvah zy cha byhnâ pie ta, Khazohpa phana ama palâsa thei, “*He hmo he Abeipa tawhta apuapa a châ hî*” (Athaona 24: 50).

O nata hneirô cha paw tawhta ryuto châ ta, lapinô aryhna a pahnopâ deikua cha ABEIPA tawhtapa a châ (Biesozy 19: 14)

2. 2. Ahneina cha Khazohpa ta byhnâ a pie

Chhôhkha he Khazohpa ta byhnâ a pie khoh. Chatanachata Khazohpa ta ANO a lyupa ta chyhsapa tao ta, Khazohpa kakuapa ta chyhsapa tao ta, Khazohpa kakuapa tlai ta taopa a châ; chapaw nata chanô ta a tao. *Chatawcha Khazohpa ta amo byhnâ pie ta, khazohpa chata ama hnohta, “chi hlupi pathlapa ta pôhpa ta, aleilô he bi ula, nama reisai ta pa ysa teh u”* (At. 1:27-28).

Na lapinô cha na o chhôh liana chata krezôh a pathei khoh ngaitapa hawhta y aw ta; *na sawzy cha na tlâhkhai chheipâh liana chata ôli dawzy hawhta ama y*

aw. ABEIPA achipa chyhsa cha, cha hawnachata byhnâ topa ta ama y awh (Hlazy 128: 3-4).

2. 3. Biehrâi ta ahneina he zachhihpa/ rôhna hpa ta ap huah

Chyhsa zydua hry liata nôvahna he palyupalihpa ta y sala, rakhô chhao papuapalei leipa ta y mawh sy; apatlapazy nata apheipazy cha Khazohpa ta pachia tlô aw h ta (Hebrai 13: 4).

2. 4. Ahneina / nôvahna cha chyhsazy pachhana nata padona (discipling) awpa ta Khazohpa parokarâ peimawh ngaitapa a châ.

Priska nata Akuila, Krista Zisu liata ei raihrialâhpa, ei hro pabohsa nawpa ta rao a daopazy kha, nâ naohpa muh vy, keima dei châ leipa ta, Zenitai awnanopa sahlao zydua ta, amo liana chata alyna bi reih ei ta; ama o liata awnanopa apakhypa sahlao cha nâ naohpa hra muh vy. Ei khoh ngaitapa Epeneta, Asia râh liata Krista a ngiapâ tua chaipa kha, nâ naohpa hra muh vy (Rawma 16: 3-5).

2. 5. Nôvahna / Ahneina ta Krista nata Awnanopa likawh liata azaona a pamosa

“Chavâna chata chapaw ta a nô nata a paw siesaipa ta a lapinô patu aw ta, chatawcha ama pano ta sapa miakha ama vaw châ ha aw h”. Cha binyupa cha a rônah, châhrasala kei ta la Krista nata Awnanopa sahlao kyh ei rei (Ephesi 5: 31-32).

2. 6. Khazohpa ta chhôhkha padua awpa bie a pie

ABEIPA ta o a sa vei khiata la, a satupazy chata ama hriapasa thlâhthli. ABEIPA ta khihpi a vai vei khiatala, a vaihtuhpa cha â hra thlâhthli thlâh haw (Hlazy 127: 1).

5. 3. Vahpa Atlyna

Avah phapa cha Krista ta Awnanopa kyh a pachâpa hawhta a lapinô kyh a pachâpa, Khazohpa lâpi liata a chhihtha theipa a châ (Ephesi 5: 22-33). Chavâta vahpa châta atlyna liata khizaw hneirôhna nata duahmozy vâta châ leipa sala, ary lâ liata pazy palôh hmeiseihpa ta maohphaona ala kohpa a châ awpa achâ. Chazy cha;

3. 1. Lapinô hro a chu ta a tloleinazy chhao ta achâna hawhta a py thei awpa

He apy theina he a hmotaotheina, a thaisona, a yzie nochâ phana nata a hmiphana zy liata châ leipa awta, kyhpachâna he kupatuna daihti liata Khazohpa liata bietaihna tawhta nata Krista ta Awnanopa kyhpachâna chhâ tiah leipa ta kyh a pachâpa hawhpa a châ awpa a châ (At. 2: 23; Rm. 15: 7).

3. 2. Chapaw ta anô nata a paw siesai aw ta, a lapinô a patu aw, ama pano ta sapa miakha ama vaw châ aw

He he chapaw zydua châta peimawh ngaitapa Biehrai bo nata tlâh su palih liata nôvahna kyh a châ. (Athaona 2: 24; Matt. 19: 5; Maka 10: 7-8; Ephesi 5:

31). “Nô nata paw siesai” tahpa he nôpawzy nahta a sai tlâ khao leipa ta baona zy hia khao lei, nôpawzy palyupalihna hnei khao lei tahna châ leipa ta, ‘siesai’ tahpa ta arei khoh chaipa cha ary lâ hawh ta a châ:

- i. Sawchapaw ta a o eihpa ta liata chhôhkha padua ta cha chhôhkha liata ano cha luh chaipa a châ haw.
- ii. Ano chhôhkha eihpa liata nô nata pawzy ta biehei thei khao vei ei.
- iii. Ano chhôhkha lapinô nata azaona kyh lia chhaota nôpawzy avaw chahraoh hra awpa ta su piepa châ khao vei.

3. 3. Chhôhkha chhihthapa

Chapaw cha lapinô nata sawzy Khazohpa lâpi liata chhihthapa awpa ta maohphaona lai ngaitapa ahneipa a châ. Maohphaona ahneipa luh chaipa achâpa hawhta sapa nata thlahpa kyh liata biechhawhna siapa tao ta chhôhkha he Khazohpa biepiepa pipatlôhsa tuhpa a châ awpa (Ephesi 5: 23).

3. 4. Chhôhkha mohôh theipa

Avahpa cha chhôhkha châta nie awpa, chysia, o lyu, hnatlâh phapa chheipâh, thlalôhna abohna, tâkâ phusâ, hawtize achuna, pôhpa liata â byuhngiahpa, palôhru pachâna, thlahpa lâ kyh liata chhôhkha angiana hawhpazy nôpaw nata sanawhrinô zy â bôchhâpa châ aw vei (I Timawthy 5:8; II Thes. 3:9- 10).

3. 5. Lapinô nata sawzy kyh a pachâpa

Vahpa cha ano sasyh â pasâhsana, khopazy hnôhchhy ta ngiathaina, tiamapa, thapatlô thaipa, bao khohna palôhphao hnei ta lapi nata sawzy chhao ta aly kawpa ta daihti ahmâ awpa a châ. Krista ta Ananopa kyh a pachâpa hawhta chhôhkha mebâhzy kyhpachâna ahneipa a châ awpa a châ (Ephesi 5: 25)

3. 6. Lapinô a palyupalihpa

Kyhpachâna ahneipa vahpa ta lapi nata sawzy mohnao bei leipa ta mâ hneipa ta taota, ama raihria hmotaophana zy liata palyupalih tyh ta, pachâna phapa chhao a pie tyh ei (I Peter 3:7).

3. 7. Lapi aviasapa

Vahpa phapa ta lapinô biereipazy nahthlie awpa nata kyhpachâna chôta bie reilâh, y lâh awpa ta daihtizy a pie tyh.

3. 8. Lapi nata sawzy châta pachutuh phapa

Ngiapâ phapa vahpa ta Khazohpa bie tawhta lapi nata sawzy pachu ta, ama pathaisa, hrozy chhao a pado (Ephesi 5:26; Ryhpachaneina 6:7).

3. 9. Khazohpa bie tawhta lapinô zy maohphaona

Biehrai ta asia kawpa ta lapinôzy maohphaona maniah achho. Chacha apy thei leipa ta zi thei awpa chhao achhuahna ahnei vei khiahta la dyh châlei awpa apha via. Chazy cha:

3. 10. Vahpa cha tlohleina zydua chhaota a châna ta hawhta apy thei awpa

He apy theina he a hmotaotheina, taophana nata nochâ yzie tawhta châ leipa ta, ahneina daihti liata bietaihpa hawhta Krista ta Awnanopa kyhpachâna chhâ tiah leipa ta kyh khâ a pachâpa hawhta kyhpachâ awpa a châ.

3. 11. Na chyhsazy, na paw o liata chyhsazy cha my te (Hlazy 45:10)

Paw o my tahpa cha dyhchâ haw chiehpa sawchanô chapaw zy ta, paw o lâ charei awpa nata sanawhrinôzy lâta charei awpa châ khao vei tahna châ leipa ta nôpawzy palyupalih khao lei ta amo tawhta hmo piepa, pachâna piepazy nata palyupalihnazy tao khaolei awpa tahna chhao châ hra vei. Châhrasala he hawhpa natao hlâta liahsa avahpa/lapi nahta patlapasaopa ta tao tyh awpa a châ. *Paw o my* tahpa ta areikhohpa cha arylâ hawhta eima palâsa aw;

- i. Chanô ta nôpawzy bieheina tawhta puapa ta avahpa biehniena liata tlôkhuh ahlâ awpa a châ.
- ii. O eihpa ta y pata chhôhkha paduapa a châpa vâta avahpa chhôhkha chhithana liata tlôkhuh y awpa
- iii. Nôvah châna liata nôpawzy ta a chahraohna a y awpa cha pasai lei awpa
- iv. Biehhawhna taona cha nôpawzy liata a pahniepa châ leipa awta, nôpi nôvahzy liata â pahnieh awpa a châ. Ano deikua cha peimawhna liata nôpawzy pachâna phapa hia tyh awpa chhao a châ hra.

3. 12. Vahpa hnohta ahlâ awpa

Vahpa bieheina cha khatino raita chhu awpa châ vei. Palyupalih tyh awpa a châ. Pachu, chhoreipa hawhpazy tao leipa ta, biephapa ta âlâhâh (free) kawpa ta pachânazy pie ta, kyhpachâna hawrawh hmâpa ta deichhy tyh awpa. Avahpa hmiakô ta areisina chôta hmotao, bierei awpa a châ. Avahpa palyupalih ta sawnahzy chhao paw palyupalihna hro pachu awpa. Avahpa pachâna piena nata ahro padona liata areisi kawpa ta pie tyh awpa a châ (Kao. 3:18).

4.13. Vahpa nata sawnahzy Khazohpa parônahsa awpa ta apha theina chhôn ta bao awpa

Vahpa nata sawnahzy thlahpa, palôhrupa pachâna nata sapa pôhpa liata a byuhngiahpazy apha theina chhôn ta tao lymâ awpa (Athaona 2:18)

3. 14. Vahpa nata sawnahzy kyhpachâ awpa

Sasyh khona pasâhsapazy hnohchhupa ta angiathaina hro, raihria phapa zy ta vahpa nata sawnahzy châta hro ahlâ ta chakao awpa (Titus 2:4).

3. 15. Reikah phapa nata hmopha taona

O lâta avaw chareipazy chôta reikah phapazy hmopha taonazy ta kyhpachâna palâsa awpa, opah nata baongiahpazy hnoh chhao ta (I Timawthy 2: 10).

3. 16. Chhônkhâ mohôn khâsia pha awpa

Chhônkhâ mohôn khâsia pha awpa he apeimawh ngaitapa a châ. Pasipathaina: o lyu, dawhrâ (baka), beiphiah nata chheihpâhzy he thata a peimawh. Chahawh hrata niedo phapa pachhuahpanoh thai awpa

chhao he lapizy maohphaona a châpa hawhta, chazy tao thei awpa ta raihria tiamâ awpa a châ (Titu 2: 5).

Khizaw chyhsa rônahpazy ta nô phapazy sôzie reina

1. Chhôhkha alyna châhbi a vaotuhpa cha nô a châ.-
William Carey
2. Ei leibâhzy he thôpa châ sala, ei nô liata ei leibâh he thô awpa ei ngiaroh chai - **Abraham Lincoln**
3. Nô phapa pakha he ta pachutuhpa (100) â kho-
George Herbert
4. Khazohpa hmotaopa noâhchhihpa nata rônahpa cha Nô he a châ - **Norman Van William**
5. Khizaw liata nô zy he ei nâ hawhta châ khai ha ei sala, Lô o y aw vei - **D. L. Moody**
6. Khazohpa uasapa nô hneipa cha a riethei aw vei-
Abraham Lincoln
7. Nôzy cha na vaw pie teh u, âmo hmâpa ta khizaw ei panano aw – **St. Augustine**
8. Ei hlaotlohna bierupa cha nô phapa ei hneipa he a châ - **H. Ben Johnson**

Bievaopa pavaosa awpazy

Bisozy 1:7, 8, 9; 3:1-3,9, 12, 15, 27, 35; 4:1, 23-25; 6:6-8, 20-23; 7:1-3; 8:11, 13, 17; 10:1-2, 4, 12, 19, 21; 11:1, 24-25; 12:27; 13:4, 11, 20-21; 14:23, 31; 15:22, 32-33; 16:3, 24; 17:13-14; 19:15; 20:4, 13, 20; 21:5, 19; 22:4, 29, 23; 25:21-22; 27:12, 17; 30:17 Eph. 6:1; Kaol. 3:20;

Biépachhâna

Achô lâ liata palâsapa hawhta chhôhkha liata Khazohpa Bie a pahneisa ta, Khazohpa leipa ta tiamânazy hraoleipa sai a châzie eima pahno khaipa hawhta nôvah a kao ta chhôhkha paduana liata Khazohpa he hmiapasa awpa a châ. Ngiapâtuha chhôhkha pachu chhithana kyh lia chhao ta Khazohpa Bie, thlahpa pati he paniesa pha via lymâ awpa a peimawh. Sawnahzy lâpi dopa liata pasiesa awpa cha nô nata pawzy maohphaona achâpa hawhta eima maohphaona â pahnopa ta mohôh khâsia lymâ awpa he hmo peimawh ngai ta pa a châ. Eima maohphaona sianopa ta eima pahno vei khiata la eima chhôhkha khihsana nata â chhithana chhao ado bei aw vei.

Chavâta chhôhkha nôhrâhpa nata pawhrâhpazy cha ato kyh liata a mopâtlâh châ awpa a châ. Achô lâ liata palâsapa hawhta ahneina pathaiha chhao he Krizyha chhôhkha liata hmo peimawh ngaita kawpa a châpa hawhta chhôhkha liata âpachu pha awpa a peimawh. Sawnahzy ta âma tly thai awpa ta vahpa nata lapinô châna maohphaona hneipa zy he liahsa pahnopiasia ta dyhchâ totuha ama châ khahta cha nôpha pawphapazy châ thei aw ei ta, amo tawhta thei phapa hluhi chhao avaw pathei aw. Chacha nôzy ta chhôhkha liata sawnahzy pachuna kyh liata tôhpi phia khei awpa ta eima khohkhei ngaitapa chhao a châ. Chavâta chhôhkha nôhrâhpa nata pawhrâhpazy ta eima maohphaona pahnopa chyua ta eima mohôh khâsia lymâ awpa he Khazohpa ta eima ngiatlâh liata maniah â

pahniehpa a châ tahpa athei lymâna chô ta tiamâ papua lymâ awpa a châ.

Chhôhkha liata nôpaw châna maohphaona âpahnopazy cha chhôhkha ama mohôhna liata rôhna ngaita ei ta, palôh miakha hmâpa ta mebâh zydua kyh ama pachâ khai thei. Mo miano ngâlâh hneipa ta chhôhkha phana nata pha leina ama hmô khai thei. Ku miano hmâpa ta ama zydua a chakuchavei khai thei. Lathli sâkha hmâpa ta chhôhkha pha n'awpa ta a patuapalua khai thei. Paleih miakha hmâpa ta ama zydua ta a kyhpachâna lyubie a hlâ khai thei. Nohkha ta dawh 24 ngâlâh hnei ei ta, chhôhkha byuhpa nata angiahpazy a pie khai thei. Chavâta eima maohphaona pahnona chô ta hro ahmâ lyima suh vy. Chacha ato eima taopa liata eima hlaotlohna chhao a châ aw.

CHANÔ CHÂTA ABYUHPA HNATLÂNA

Dr. Sakie

1. Chanô hnatlâna a piepa niebawzy

Nawh a hneipa nôzy cha nie tyhpa hlâta pati ei (1) a hluh via nie awpa. Sahpi a pie ngâlâpa nô cha nie tyhpa hlâta ei (2) a hluh via ta nie awpa. Pati na nie tita, a pathaih kawpa, sa, nga nata âhnalasi, bietie photozy chhaota nie tyh awpa. Viachao hnô do tyh awpa.

- Hawtipa lathli nata pôhpa laiseihna apha thei nawpa ta iodine alôh he hmâ awpa.
- Thisaih thatlô leina hri-iah na hnei lei n'awpa ta saw phao daihti chhôn zydua nata saw pih khai tawhta a chyh chaita thla (3) chhôn he thuadâ (thua liata a ypa hnatlâna a piepa) nata fawli esi (*folic acid*) zy do tyh awpa.
- Thisaih thachyhna hri-iah na hneilei nawpa ta nawh hnei chhôn liata chhôn-hri thohna ei (1) do ha awpa.
- Py chhôn liata hawti thla (9), a pi khai tawh thla (3) taih Vitamin B1 do tyh awpa
- Hawtipa hnatlâna a pha theina awpa ta, a pi khai tawhta hâta ei (6) chhôn Vitamin- A do tyh awpa.

2. Hnatlâna châta a phapa niebaw phahlana vâta hnatlâ thai khaoleina

- Chanô kôhrawh hleipa pakha cha, alaiseih ngâlâna daihti liata nawh ahnei khiah cha, nô nata hawtipa cha ama laiseih ngâlâna daihti a châ raihripa vâta amo châta abyuha niebaw he amâ chhu. Chavâta amo cha niebaw phapa pie awpa a byuh.
- He hawhta kôhrawh hleipa chanô (nô) cha ano laiseih ngâlâna daihti chhâ hmâ leipa ta akieh rupa a chyh kaw chy khiah, nawh pih a ru aw. Chavâta pitloh chiehpa nôzy hlâta niebaw ahluk viata nie awpa a peimawh. A pahâna châh a hluh via ta hnei awpa nata mohôh pha via awpa abyuh. A nô châta nata hawtipa châta chhao niebaw phapa nie awpa abyuha a châ.
- Hawtipa a hro theina awpa nata laiseihpha theina awpa ta; nô sâhpi ti he a peimawh chaipa a châ.

3. Nawh hnei chhôhta hnatlana a vaina awpa ta tao tyh awpazy

- Py chhôh liata hawtipa laiseihna pahno theina awpa ta thohna o lâ a chyh chai ta ei (4) pahmôsa awpa a châ.
- Ei (1)na cha, thla (4) chhôh liata (pahmôsa chatlie via pha via)
- Ei (2)na cha, thla (6) tawhta (7) likawh
- Ei (3)na cha, thla (8) chhôh liata
- Ei (4)na cha, thla (9) na chhôh liata a châ.

4. Saw a phaohpa nôzy ta zi awpazy

- Na chanô châna daihti (thi) â vyh khao leipa ta nâ pahno khiahtha cha thohna o lâ ngai la, dawhty zy pahnosha ha ma y.
- Sawphaona daihti he patie nie leipa ta y awpa châ vei.
- Dawty or hnatlâna kyh a pahnopazy tawhta do awpa thohna hleikhôpa ta nâma pachâ ta thohna hropazy do awpa rai châ vei.
- Noh chareih pôhpa a pielyuna tao parei awpa a pha.
- Mokuh tlâna taihta amô awpa
- Noh chhô ta a pahâ awpa
- Hmo a hripazy chalo/ chaba lei awpa
- Chysia pathaihpa, a cha- ie leipa nata kihchâh nata â hmiêpa a tao awpa.
- Châhnamei, khaini, sâdâ, kuvâ, sahma zy pazy, pa-ô, dona zy taohria lei awpa.
- Châhnamei meikhuh nata meikhuh hropazy hry liata y lei awpa.
- Malaria, tôkwe (flu) pasanazy tawhta aboh theina awpa ta a chhô azâ nâmô tita, thlohmiã sao chhoh liata amô awpa.
- Hnatlâ vei tita nâ hnia chaipa thohna o, thohna piãna su lâ a chatliepa ta ngai teh
- Saw/ hawti a pih awpa châta a byuhpa hmozy liahsa ta pachhuahpanoh chhielie ha awpa.

5. Saw phaopa nôzy châta chichhihpazy

- Thisaih thata lona
- Thata luh chaina
- A daona, atheilô khaoleina
- Palina, chachôhna (or) chachâh lâta kârupa ry liata pasana
- Â pazaopa ta thata py pasana
- Ngai pasa ta rakhô tawhta thyuthei khaoleina taih thachhâna
- Huso chatliena, huso rietheina

6. Sawpih tita chichhihpa hmo yzie zy

Ary lâ hmo yziezy he a vaw chhihchâ ha khiah, a chatliepa ta thohna o lâ ngai kheî awpa a châ.

6.1. Nô châta

- Nawbyh ti ôh kai khai tawhta dawh- 6 chhôn ta a py a pasa vei khiah
- Py pasa ta dawh -12 khô haw sala, nawh a pi vei khiah
- Nawh pi khai tawhta thi a lo ngâlâ chy khiah
- Nawh pi khai tawhta nô-hlâ (nawh-hlâ) a tla thei vei khiah

6.2. Hawtipa châ ta

- Hawtipa cha apôhpa a di (a chyh) kaw khiah
- A husona a riethei kaw khiah
- Nô sâhpi ti a phapa ta a pazy thei vei khiah

7. Hawsaih a hneithiehpa nôzy châta hmo chichhihpazy

Nawh pih daihti liata a ry lâ ta palâsapa hmo yziezy a vaw y tlamaw khiah thohna o lâ a râ kheî awpa:

- Thisaih a lo hluh tu khiah
- Thata a luh chai sala, mokhaoh a siano thai vei khiah
- Â dao khia
- Husopa a chatlie kaw khiah, husopa a riethei kaw khiah
- Pasa tita, a ziana tawhta thyu hoh khaoleina taih a tha a chhâh khiah

8. Saw pi khai tawhta dawh-1 rachhôn liata hawtipa nô sâhpi pie awpa

- Saw pi khai tawhta a nô chachônna liata apy awpa.
- Nô nata hawsaihpa paphapa ta palalôhsa awpa
- Hawsaihpa cha ano a khohna daihti liata a khohna zie hawhta sâhpi pie awpa
- Saw pi khai tawhta dawh-1 rachhôn liata nô sâhpi ti pie awpa
- Saw pi khai tawhta sâhpi ti apua tua chaipa (amaihpa) he hawhsai pie awpa (kotho lâ papua lei awp). He he hawtipa châta hri-iah a pakhâpa a châ.
- Hawtipa he thla (6) apha hlâ via tacha sâhpi ti deita pie awpa a châ. Ti nata ahropa tizy pie awpa abyuh vei.

9. Nô sâhpi ti pua thei nawpa ta hawtipa cha sâhpi a do khohna daihti maih liata ei 8 tawhta ei 12 taih achhôzâ ta pie awpa a châ.

- Hawh lei ta (tahmâ nata tahmâ) hawsaihpa cha sâhpi ti pie awpa
- Sâhpi ti piepa he sâhpi ti a pahluhsa via
- Hawsaihpa a cha ngâlâ khiah, a nodipa a palâsapa a châ
- Hawtipa sâhpi pie tita, sâkha lâ apazy khai nata hiakha lâ chhao pazysa awpa
- Sâhpi ti deita piepa hawti cha, nohkha ta apazô ei 6 hlâta ahluk via pazôh sala, apazô rôh (colour) a maihtu vei khiah cha aphapa a châ.
- Hawtipa pôhpa âhrina kiathy/ a nano leipa hawhta nata atla pahnai ngâlâpa hawhta pahnopa a châ khiah thohna o lâ ngai khei awpa a châ.

10. Hawtipa he thla (6) tawhta pati pie awpa

- Hawtipa cha thla (6) apha khiah, sâhpi ti hleikhôpa ta pho hropa niedo pie awpa a byuh
- Nô sâhpi ti pie khai tawhta pati pie awpa
- A ei khana pati pie no ta, nohkha ta ei 2 pie awpa a châ
- Pati ei 1 na piepa he pati niena phiahtla hmo (3) rakha ta pie awpa a châ
- Lao naipa pie awpa a châ
- Pati pie tita sathaw he thopi phiathla thlachhaih pahlao ta pie awpa a châ

- A pathai kawpa ta nata palôh pasipa ta pie tyh awpa a pha

11. Niedo pho 3

- Thazah pietuhpa niedo (sâh, chhâmeih, âlu, maidâ, a thlôhpa chizy) 1 star
- Pôhpa a palaiseihsapa niedo (awhti, nga, sa chito, bietie chitozy) 2 star
- Hri-iah a pakhâpa niedo (âhna hrohpa, rautu, bâhla, siatlôh, maihpuh thei) 1 star

He niedopa chizy he pôhpa châta a byuh kawpa a châ.

12. Saw pahlâna thohna hmâna

Saw pahlâna he kô 2-3 khai tawhta hawti hropa a la heih awpa a pha

12.1. Saw pahlana vâta

- Hawtipa nô sâhpi ti â daihna taih pie theita, a khâsia mohôh phavia thei hra
- Saw hneina ei kha nata ei kha likawh liata nô châta thazah a la thei via hra
- Tâkâ tlyuh viata, niebaw nata chysia, siku liata pie awpa tâkâ a tlyuh via hra
- Saw pahlapa vâta, chanô châna a y lei chhôh thla (6) taih sâhpi saita piepa châ ta, hawti nata nô chhaota ama hnatlâ apha via.

13. Nô sâhpi ti ngalah deita piepa vâta saw pahlana tah tita, ary lâpazy he na zi khiah a yzie ahneipa a châ.

- Hawtipa he thla (6) chhôh nô sâhpi ngalah a pie khiah saw hneina a pakhâ
- Chanô châna (thi) â vaw lâ mâh vei khiah, saw hnei thai mâh vei
- Hawtipa thla (6) a tloh mâh vei khiah

Hawtipa thla (6) apha hlâta achô lâta palâsapa yzi mia thoh zy hry liata mia kha likawh â ki leipa khihta cha saw ahnei thei aw

Saw pahlana tao khoth khihta cha â hnia chaipa thohna o liata Dawhtyzy nata a saohiah awpa a peimawh.

HAWTI LAISEIHNA AWPA TA TAOPAZIH BYUHPA

Sayama Ngôzi

A vaw pi tawhta thla (4) taih

1. Nô sâhpi ti hleikhôpa ta ahropa niedo atipa piepa châ vei. Nô Sâhpi ti tahmâ nata tahmâ, a châh maihta nata anodi maihta pazysa awpa a châ.
2. Nô sâhpi ti cha hawsaih kha adaihti rei leipa liata pazy sa lymâpa châ aw ta, daihti seihpi pazy sa awpa a châ.
3. Nô a châpa maihta raihria athao hlâta nata rai tawhta avaw tlô na ta, za chhôh zydua nô sâhpi ti pazy sa awpa a châ.
4. Nô sâhpi hmaothy a pathaih lymâ awpa a byuh. Paryh byuh khiahta cha paryh lymâ awpa a cha.

Thla (4-6) taih

1. Hawsaih thla (40) a khô tawhta cha, Nô sâhpiti saita adaih thai khaovei. Chavâta thla (4) akhô khiahta cha ahropa niedo pie awpa abyuh haw.
2. **Nga pati, sa pati** achâ vei khiah lao nata dailua (Kalape) zy pahlaopa ta pie awpa a châ.
3. Hawti laiseihna a chatliena daihti a châpa vâta niepa nohkha ta ei (3) pie awpa a châ.
4. Niedopa eikha ta hluhpi piepa hlâta a chyhta ta ei hluhpi piepa apha via.

Thla 6-12 taih

1. Hawti anie khohpa pie awpa a châ. Hawti lao pie tita a palaopalâ haino ta piepa a pha. Hawti tlâh lei nota alao nie achhie khiah cha, palôh pasi ngaitapa ta pie awpa a châ.

Thla 12-Kô 2 taih

1. Nô sâhpi ti hawti kô (2) taih pazy sa awpa a châ.
2. Chhôhkha liata a nô tlyma, a nonô tlyma, a mahnô tlyma pakhakha ta maohphaona la sala pati apie awpa a châ. Anie khaina taih pie awpa a châ. Ânano ta pie awpa achâ.
3. Chhôhkha niepa châ sala, lao, dailua, sa, âhnalasi, Awhti nata Nga zy pie awpa a châ. Anaipa ta tah zy piepa a châ aw. Asahtuhpa nata ahiahpa zy pie awpa châ vei. Hawti khohpa pati a châ aw. Pati pathlai lymâ awpa a châ.

Kô 2-5 taih

1. Hawti khohpa pati atlypa ta daihti rei leipa liata pie lymâ awpa a châ.

Vitamin ‘A’ nata Hawti Hnatlâna

Vitamin ‘A’ he Hawti laiseihna nata Hnatlâna châtâ abyuh ngaitapa a châ. Na saw hawtipa Vitamin ‘A’ â phahla lei nawpa ta Vitamin ahlaopa niedo na pie awpa a châ.

1. Nawh hneipazy nata sâhpi apie haipa nôzy vitamin ahlaopa niedo nie awpa a châ.

2. Nawh a pih khaipa noh 1, 2 ta a puapa sâhpi hmiaupa kha vitamin ‘A’ hnei hlul ta, cha cha hawsaiha pazysa cheingei awpa a châ.
3. Hawti thla (4) taihta nô sâhpi dei na pie awpa a châ.
4. Hawti thla (4) pa lao na pie tita vitamin ‘A’ ahluk kawpa pati, Awhti, Âhnalasi hrohpa nata thothei hiahthei ano kô nata âhmiepa ta na pie awpa a châ.

Hawtipa achhôn aparâ khiah pie lei awpa atipazy

1. Coffee, Thopi
2. Athlohpa by zy (ဖျော်ရည်ဗူး)
3. Athloh pahlaopa thothei tizy

Atipa hlul viata pie teh

Arylâ ta palâsapa atipa zy pie theipa a châ.

1. Nô Sâhpi ti
2. Lao nôhti
3. O.R.S ti
4. Kâ-eih (စွပ်ပြုတ်)
5. Ti pathaiha
6. Kâ-eih (ဆန်ပြုတ်)

Lao naipa pie awpa a châ

1. Kâ-eih (ဆန်ပြုတ်)
2. (စွပ်ပြုတ်)

Nô sâhpi pie pazao teh

1. Hawti thla palih (4) ry a châ khiahta la sâhpi ti ahluk viata pie teh.
2. Nô sâhpi ti na piepa bâh kha.

Thohna o pangai awpa ta ngiana

1. Hawti atlâh vei khiah
2. Adâh aphi ngaita khiah
3. A ie asâ pazao khiah
4. A ie liata athi â hlao khiah
5. Arei leipa liata apali lymâ khiah
6. Ti do khah se, lao nie khao khah se, a tah khiah

Pôhpa a pasipathaina nata o chheipâhzy pasi-pathaina cha chhôn parâna hri-iah tawhta abohna a châ.

Pavyhpi pasana pahno abyuh kawpa zy

Pavyhpi chhôn liata apasa thai via penawhzy

1. Pavyh thlohpa (အစာအိမ်ရောင်ခြင်း) zy
2. Pavyh liata hmah yna (အစာအိမ်အနာရှိုခြင်း) zy a châ.

Apasasa thaipa zy

1. H pylori Lô-ia pa
2. Châhnamei pazypa, sahma dopa, kuvâ cha-eipa, karao pazy, paôpa, khainie, sâdâ paôpa zy a châ.
3. A palotupa, ahiahpa
4. Niena châh/daihti ado leipa
5. Coffee, thopi do tupa
6. Pasa pachhana (အကိုက်အခဲပျောက်ဆေး) thohna pati nie leipa ta dona
7. Palôh riethei tuna (စိတ်ဖိစီးမှု)

Pavyhpi pasana pahnosana

1. Py pasa na
2. Chachôhna ry liata palopa

3. Pali chhi, palipazy
4. Nie khoh, do khoh leina zy

Pachao T.B pahno byuhpa zy

TB hri-iah tahpa cha – TB lôpa pôhpa lâ â ngiapa vâta pasapa a châ. TB lôpa pôhpa lâ â ngiapa vâta pasa thaipa châ vei. Pôhpa chhôn liata alôpa a pahnetuhpa a tha achhâ na ta TB pasana hnei theipa a châ.

TB hri-iah he Thohna ta patlâh theipa a châ. Dawhty zy tawhta piepa thohna âkina taih dopa a châ khiakta la thabia zydua taihta patlâh theipa a châ.

TB pasana pahnosa na

1. Pakhu lymâ na
2. Tha ta pakhuna
3. Pakhu tita dâhkhaw liata thi â hlao aw.
4. Nie khoh, do khoh leina
5. Pôhpa ahrina tla pahnai awta a zaoh aw.
6. Zâlâ maih ta a chasi aw.
7. Azo ta a mathlai apua aw.
8. A ngiatlâh chônâ nata chachônna cha-ina zy acha.

TB pasana ahnei vei khiah

1. Dâhkhaw liata TB Lô-ia pa pamosa na
2. Chachônna liata ‘X’ Ray taona zy ta pahno theipa a châ.

HAWTIZY THAISONA ACHUNA LIATA CHHÔHKHA PEIMAWHZIE

Sayama Sithlei

Biehmiapa

Thaisona he chhôhkha tawhta pathaopa chi a châ. Chavâta chhôhkha he hawtizy thaisona hlaotloh thei nawpa ta a peimawh chaipa a châ. Zunawh ta, “chhôhkha tawhta sotluana dâh pachu leipa sawzy cha arupa ama pachâsa” ama tah tyh. Chavâta Zuzy cha chhôhkha he achuna su miakha hawhta ama hmâh. Cha hawhta atanoh eima râh liata chhao chhôhkha tawhta pathaopa ta thaisohna achuna he pachhuahpanohkhei awpa â byuh. Eima hawtizy he thaisona achuna peimawhziezy, thaisona achuna ta âchhuahnazy pahnosa awpa kyhzy, thaisona phahnaina kyhzy, achuna khopasana pahnosa awpazy, Khazohpa pahnona chôta achuna peimawhziezy nata thaisona achuna liata tao leiawpazy he arylâ hawhta a chyhta ei vaw palâsa.

Hawrawh chhopsiana

Thaisona tahpa cha Mongyuh reih ta *education* tahpa châ ta, cha chhao cha Latin reih *educere* tahpa tawhta la pachhua hpa a châ. A yzie cha Mongyuh reih ta “*to draw out*” tahna châ ta Mara reih ta “Palaiseihsa” tahna a châ. Hawti pakha thaisona pachu tahna cha “hawti pikheipa hmotaotheina palaiseihsa” tahna nata â lyu. Khazohpa ta chyhsa maniah a tao nota thaisona chi chyhsa liata a pamoh. Cha thaisona chi cha hmotaotheina a hneipa a châ. Cha hmotaotheina cha chidaw hawhta khâsia ta palaiseihsa awpa a châ. Thodaw cha a laiseih thei via khiah a theilâpa hluhpi a pathei theipa hawhta hawtipa chhôn liata a ypa hmotaotheina cha ama palaiseihsa via khiah phahnaina hluhpi a hnei via hra aw. Cha hawhta hawti pakha cha pikheipa hmotaotheina cha alaiseih thei via nawpa khâsiana he thaisona pachuna a châ.

Thaisona Achuna Peimawhna Kyh

Thaisona cha zokalu hpa a khu thlâh hâpa khizaw ta khaihna a peimawhpa tlu ta a peimawhpa a châ. Zokalu hpa liata cha hmo phaleipa nata hmo phapa pathlua pathlâ theipa rai châ vei. Hmo chichhipa nata hmo khohchhihpa chhao rai pahno theipa châ vei. Hmo zydua a yzie hneina a lâ khao hra vei. Chavâta Khazohpa ta zokalu hpa ta a khu thlâh hâpa khizaw cha a yzie a hneipa khizaw lâta â vaw lie thei nawpa ta khaina a piepa kha a châ (At. 1:1-4). Cha hawhta

thaisona a hnei leipa chyhsa cha hmo to zydua mâ hneina nata yzie hneina pahno thai leipa aw ta, ano mâ hneina nata yzie a hneipa hro ta hro thei aw vei. Cha hleikhô ta thaisona eima hnei vei khiah hmo chhie nata pha pahno thai leipa aw pita, hmo khochhihpa nata hmo phaleipa chhao pahno thai khao aw mapi.

Cha hawhta thaisona ahnei leipa chyhsa cha mochaopa hawhta a châ hra. Mochaopa pakha cha a chhithatuhpa y leipa ta ano sasyh ta sie thai vei. Mochaopa cha khizaw a ngianazy, hmo yziezy pahno thei khao vei achhâpa cha khizaw hmasiena he thaisona ta tobipa a châ. Chavâta thaisona cha achu awpa a peimawh ngaitapa a châ.

Thaisona Achuna Phahnaina kyh

Thaisona achuna ta â chhuahpa cha phahnaikei awpa he a châ. Chavâta thaisona a hneipa pakha ta a pahnaikhei thlyu awpa a châ hra. Phahnaina chhao hluhpi hnei aw ta, reihpaki theipa chhao châ vei. Thaisona achuna he phahnaina a hnei khai. Anodeikua a phahnaikeipa nata phahnaikei leipazy ama y thei aw. Sawhkhâ ta achuna kyh liata pohrawh taih he achuna thabya ta rao haw ta, chyhsa to ta achuna thabya he amâ chu khai awpa a khoh. A mâ chhao pie byuh leipa ta achuna thabya he achu khai awpa a khoh. Achuna thabya thai leipa ta achu khohpa achu thaipa châ vei. Pkn ta achuna thabya liata reih (English,

Burmese) ro nata cheina dâhzy, nuby chhuhna dâhzy ahlao ta, chazy hmâpa ta eima hro liata peimawhpa hmozy achu laih awpa a châ.

Achuna ta âchhuahpa cha raihria thaina nata raihria theina a châ. Cha cha thaisona achuna phahnaina thliena chhao a châ. Certificate ta raihria theina a pie. Pkn ta degree ahmôpa pakha cha sawhkha rai tlyma, degree ahmôpa ta a paziah theipa rai zydua a hiah thei haw tahna a châ. Certificate ahnei leipa chhao achupazy cha rai ama hria thai pyly. Achuna cha raihria thaina kyh a châ. Athaipazy ta rai hluhpi ama hria thei. Thai via rai hria via ama tah tyh. Chavâta “thadâhpa ta nie nâ hmô thei nawpa ta châ achu tiama ma y” tahpa pasyuna he a do tu vei. Thaisona achuna phahnainazy thokha eima palâsa aw:

1. Thaisona a hneipa ta mopavâna a hnei hawpa vâta hmo yzie pahno thaina a hnei aw. Hmo pha leipa nata hmo phapa pathlua thaina hnei aw ta, hmo phapa a tly ta hro châta biechhawhna a hnei thei aw.
2. Khizaw hmahsiena he â chadai thei aw, hmo thiehpa chhao a papi thei aw.
3. Achuna patlôna certificate a hneipazy cha hro chhôn châta rai ama hnei aw. Cha rai cha ama chhônkhâ châta nata ano châta py apalya a châ hra aw.
4. Pachhupahleina dâh novâh aw ta, khopathliahna do leipa pahno hra aw ta, chavâta sôh tluana dâh a pahno aw, sôh paliena dâh a pho a pha a pahno aw.

5. Raihria thaina ama hnei aw. Khizaw hmasiena he system ta taopa châ ta, cha system cha ama pahno hawpa vâta raihriana dâh ama pahno hâ aw.
6. Raihria theina certificate ama hnei thei ba aw. sawhkha rai nata molaipa raizy a hria thei aw.
7. Raihria thaina a hneipa vâta sawhkha rai a patu leipa chhaota, ano sysyh ta rai papi ta raihria a papituhpa company ahneituhpa lâ taih a châ thei aw.
8. Khizaw popalôhpa khitly thei aw ta, a thaipatlupazy cha thlapa awsi taih ama tlyh thei aw.
9. Khazohpa ta a pavaosapa talent pahno aw ta, thaisona cha Khazohpa ta a pavaosapa raihria chakao pakawhna châta a phahnaikhei aw.
10. Yzie nochâ khochhihpa, siana nata adona a pasâhpa, nata amopâtlâhpa chyhsa ama châ thei aw.
11. Chhôhkha, khitlâh nata râh châta ama phahnai thei bâ aw.

Nôpawzy ta hawtizy thaisona achuna liata maophaonazy

Thokhazy ta chyhsapa he châ a thai theipa y ei ta, a thai thei leipa ama y hra ama tah. Cha bie cha a zydua a do hlei aw vei. Achhâpa cha chyhsapa cha thaisona a hnei thei awpa ta Khazohpa ta miah a taopa sai eima châ. Ahy hawti rai ta, a nôpawzy ta ano châta pachhuahpanoh thaina ama hnei khiah ama thai thei khai thlah awpa a châ. Thokha nôpawzy deikua pi ta eima hawtinahzy thaisona achuna eima khokheina dâh â phahla kaw chypa hawhta â lâ. Chavâta nôpawzy ta

hawtizy chôta ama khokheina ama hnei awpazy achyhta arylâ ei vaw palâsa.

1. Hawti pakha thaisona â chu bâ awpa vâta - achuna he Khazohpa nata azaona a hneipa vâta Khazohpa china chôta sona ama tlua thei nawpa pahnosa tua awpa â byuh. Chavâta thlahchhâna chôta ta achuna o lâ chhitha thai awpa a peimawh.
2. Hawti pakha châ â chupa cha mohropazy ta châ amâ chu hôlôpa vâta a chupa châ leipa ei sala, achuna chhâpa vision kyh pachu awpa â byuh. Achuna ama hlaotloh tita ama vaw châ kohpa pareisa awpa a châ. Thokha cha reih thai aw veih ei. Thokha cha ama châ kohpa ama reih thai aw. Cha tlai cha nohchareih ta thapatlôna chhaichhi ta hmâ awpa a châ aw.
3. Hawti cha châ a chu pathaona noh liata pina noh (Birth Certificate), moh rona dâh dopa he peimawh kawpa châ ta, nôpawzy tlai ta register tao kheii awpa a châ.
4. Achuna su school he hmahsie viana râh liata cha school pha viapazy y ta, pachutuhpa pha viapazy y thai ei ta, school-zy chhao a tly thai awpa â byuh. Marara khi hluh via deikua, school cha sâ kha sai a châ. A tly awpa y hlei vei. Achuna pha viapazy cha achuna mâ chhao a ru viapa y thei aw ta, achuna mâ anao viana school chhao a y thei aw. Achuna su pha viapa nata pachutuh pha viana su zy atly awpa a châ.
5. School hawti châta peimawhpa châbu nata châsohzy âki chaipa ta pachhuapanoh kheii thai awpa a

peimawh. School uniform chhao pachhuapanoh pa awpa a pei mawh. Ama viasa hry ta angiahmanazy nozanazy ama hnei lei nawpa ta nôpawzy ta a pachâkhei cheingei awpa â byuh.

6. Nô nata pawzy ta eima sawzy châta châ mokheina kyh tlyma, pasyupalina kyh tlyma, thapatlôna kyh tlyma eima diathla awpa châ vei. Daihti a pie ta hawtizy achuna thapatlô awpa â byuh.
7. Eima sawnawh achu haipazy châta achuna mâ phusa tlyma, tlâhrai raihria tlyma, meeting tlyma zôpha kawpa nata riapha kawpa ta a piepasai awpa â byuh.

Khazohpa pahnona chôta thaisona tlua awpa

Khazohpa ta chyhsa atao tua no tlai ta thaisona nata azaona hneipa ta chyhsa a tao. Chyhsapa cha Khazohpa kakuapa ta taopa eima châ. Cha Khazohpa kakuapa eima lyuna cha THLAHPA ta taopa eima châna liata â lâ. Thlahpa tahpa he Burma reih ta “*wi-ngin*.” Burma reih ta “*wi*” tahpa cha “a pachaipa ta” tahna châ ta, “*ngin*” tahpa cha “pahno theina” tahna a châ. Chavâta “*wi-ngin*” tahpa cha “a pachaipa ta pahno theina a hneipa” tahna a châ. Chavâta chyhsapa he a pachaipa ta thaisona hnei theina a hneipa a châ. Sahrohzy cha thlahpa a hnei leipa châ ei ta, ei hluhpi nata kô hluhpi ta thaisona pachu tyh hra sila hmahsie hlei aw vei. Chyhsapa deikua cha thaisona achu lymâ ta a hmâhsie awpa ta taopa eima châ.

Thaisona ahneituhpa cha Khazohpa châ ta, chavâta Khazohpa eih a châ. He Khazohpa eih a châpa

thaisona cha Khazohpa pahnona chôta achu awpa â byuh. Eima chhòh liata a ypa Khazohpa thlahpa ta thaisona cha noh chareih ta chyhsapa cha a taopathi lymâ. Chavâta Khazohpa pahnona chôta thaisona a tluatuhpa chata thai theina nata pahno theina a hnei via hra aw. Hlao chhao a tloh thei via hra aw. a thaisona chhao a phahnaikhei via hra aw. cha hawhta thaisona âchupa chhâna lymâ chhao hmô aw ta, mohropazy châta chhao byhnâ a vaw châ thei via aw.

Thaisona tuana kyh liata hmo khochhih leipazy

Khazohpa pahnona chôta thaisona achu awpa kyh reih khai haw pita, Khazohpa khoh leipazy kao tawhta thaisona tlua awpa deikua pha vei. Chavâta arylâ hawhta thaisona achuna kyh liata pasichhihpazy cha a chyhta ei vaw palâsa.

1. Ezana liata châ parupa
2. Vyuhpa ta eza pataosapa
3. Achuna mâ pie khoh leipazy
4. Mohropa thaina certificatezy hmâpa ta rai tluapazy
5. Phusa piepa ta certificate chaleipazy
6. Ano thaina châ leipa ta pachutuhpa achhohiana ta exam pass achhuahna ..., hpz he a châ.

Sawnahzy Thaisona Achuna kyh liata Nôpawzy pahno awpazy

Hawtizzy thaisona achuna kyh liata maophaona a hnei pazy cha hawti, nôpaw, nata pachutuhpa zy ama

châ. Thaisona achuna kyh liata maophaona cha pachutuhpa ta 33 % maophaona hnei ta, achupa hawti ta 33% maophaona hnei ta, nôpawzy ta 33 % maophaona ama hnei chyu. Ama tovyuh chyu liata 100 liata 100 maophaona ama hnei chyu.

Nôpaw thokhazy pita eima sawnahzy achuna kyh liata achuna fee tlyma pie haw pita pachutuhpazy ku liata eima sawzy ama y hnyhkua ta cha tahpa ta school ama vaw bâh tawhta a mylâ school ama kiana taih nôpawzy ku liata maophaona a ypa pahno tyh khao mapi. Hawtizy cha châ nopavâhsa awpa ta pachutuhpa ta maophaona a hnei nota, hawtizy châ pakhoysa awpa deikua nôpawzy ta maophaona ama hnei. Eima hawtizy ta châ thai awpa ama khopasa awpa a peimawh ngâsâ. Chavâta nôpawzy ta hawtinawhzy cha ama o lâta amâ vaw di tawhta châ ama mo khoth thei nawpa ta pasyupalih thai awpa a byuh ta, daihti a pie ta, ama hnohta atyu lâh awpazy â byuh tyh. Thokha nôpawzy cha ama chu chiehpa pathiehna kyhzy hriapazihkhei thei aw pita, thokha deikua hriapazihkhei thai ngyu mapi. Eima hriapazihkhei thai leipa chhao châ ama mo thei nawpa ta daihti a piepa ta ama hnohta atyu lâh tyh awpa a pha. Thokha nôpawzy pita eima sawnahzy school ama kia leina daihti liata rai tua awpa eima khoth kaw tyh. He he ta hawtizy châ ama khothpasana a parao tyh.

Nôpawzy ta eima sawnahzy thiasona achuna châta thapasana ama hnei awpa a byuh. Eima thapasana deikua kao hluhpi liata palâsa theipa a châ. Achâh ta eima sawnahzy achuna awpa châta tlâhrazzy hria awpa

a byuh tyh ta, cha liata eima tiama awpa â byuh. Achâh ta eima sawnawhzy achuna châta meetingzy aw tyhpa a châ. Cha liata papeimawhsa kawpa ta meeting eima hlao tyh hra awpa a châ. Thokha nôpawzy pita eima sawnawh achuna mâ pie leipa ngiaryh thlâh hâpazy eima y tyh. Khoh â chhih lei kawpa hmo a châ. Athaiso viapazy ta reih tyh eita, eima sawnawhzy achuna châta leibâh hneipa he hmophapa a châ ama tah tyh. Eima hneipa zua theipazy chhao zuah ta eima zawnawhzy achuna châta hmâ awpa he i awpa châ vei. Achuna liata sôh hmâna he sôh hmâna do chaipa a châ.

Nôpawzy ta eima sawnawhzy chô liata eima khohkheina nata thapasakheina deikua eimâ sôhsi awpa â byuh. Nôpawzy ta eima sawnawhzy cha châ ama thai kaw awpa, nata degree a sâhpa pahmôsa awpa eima khokhei chyu. Anodeikua eima sawnawhzy ta ama pahnie lei awpa tlyma, ama pahâ leipazy tlyma eima khokhei pathlei lei awpa a peimawh. Achuna kyh liata ama pahâpa kao liata a chhitha awpa a pha. Pkn ta Dawhty a châ khohleipazy cha dawhty na châ cheingeih awpa eima khoh tahpazy pha vei. Hawti to ta ama khotlyna hnei chyu ei ta, he chhao he Khazohpa ta a piepa / pavaosapa a châ thei hra aw.

Hawtizy thaisona achuna he pathao tua no tawhta khâsia peimawhpa a châ. Hawti pakha cha âchu tua nota châ a pahnie vei khiah achuna asâh viapazy liata ama pahnie tyh leipa vâta athaipazy ta “achu pathao no he achupa hawti pakha châta peimawh chaipa a châ ama tah tyh.” Chavâta hawtizy he amâ chu pathaona daihti

nata Primary school level lia heta papeimawhsa via awpa a peimawh tahpa nôpawzy pahno awpa â byuh.

Biepachhâna

Thaisona he chyhsa châta peimawh chaipa hmo a châ. Ahneitupa deikua Khazohpa a châ. Hriapazihna deikua achupa hawti, a nô nata paw, pachutuhpa zy mo pathôh ta tiamana ta hlao tloh theipa a châ. He kyh lia deikua thaisona achuna kyh liata nô nata pawzy pahno byuhpazy deikta eima vaw palâsapa a châ. Hawtipa chhoh liata Khazohpa ta chi a pabupa thaisona he palaiseihsa awpa ta nôpawzy he pachutuhpazy hlâta chhao maophaona hnei via pita, achupa hawtizy châta thapasanzzy eima hro liata tlokhuh ta palâsa aw pita Khazohpa ta byhnâ pie aw ta hawti chhao achuna hlao a vaw tloh hra aw. Maophaona eima hneipazy tiamakhei aw pita, hawtizy thaisona cha vaw laiseih sala, a thei suh nie leipa ta y hra aw mapi.

SANAWHRINÔ AZAOKHINA

Mch. Zai O

Biehmiapa

Hmohrohneipa zydua hry liata chyhsapa he biehneituh awpa ta Khazohpa ta avaw taopa eima châ (Ath. 2:23). Chavâta hmo hrohneipa hropa nahta a nanopa eima châ. Eima châna liata yzie hnei kawpa ta hrona ahmâ thai awpa he hmo phapa a châ. Chyhsapa hrona liata sanawhrinôzy nahta akaoraoh awpa ta azaokhina phapa hnei lymâna he yzie thaina miakha a châ. Biehraï liata sanawhrinô he apeimawh kawpa ta a palâsa (Athaona 5; 11:10-32; 25:12- 19; 35:23-26; 36:1-30; 46:8-27). He hleikhô ta Biehraï liata palâsapa hluhpi a y.

Chyhsapa he hlaotlohna nata alyna daihti liata alykhei awpa eimâ byuh. Ngiarohna, tlalana nata rairuna hawhpazy eimâ tyhna daihti liata deichhy awpa eimâ ngiah. He hawhpa daihtizy liata a deichhy raihri awpa ta sanawhrinô he eimâ hnia chaipazy ama châ tyh. Chavâta sanawhrinô likawh liata azaokhina phapa hnei lymâ awpa he a peimawhpa a châ. Keimo rairuna nata daihtyna daihti liata deita sanawhrinô a theithlâh awpa châ leipa ta eimâ byuhngiahnazy a pahno raihri awpa he a peimawhpa a châ.

Azaokhina phapa eima hnei theileina vâta sanawhrinô eimâ hla tyh. Hmia chhao asi thei khao leipa ta “chavyh nôsaw â paviapa hawh ta” tahpa biesoh duahmo eima tlô tyhpa a châ. Sanawhrinô y thlâh ha tlôh ta azaokhina phapa a y leipa vâta tlalana, daihtyna, rairuna atyh theipa a châ. Achhâpa cha pôhkha, chhôhkha ta pathlâpazi thei leipa rairunazy y hra sala, sanawhrinô zydua lôraohpa ta akaoraohna nata apôkhkana ta pathlâpazi theipa hmo hluhpi a y.

Sanawhrinô chyu ta akaoraohna, apôkhkana, tha a pasana ta ngiaryh chhihpa khih nah râh padua theipa a châ. Chipho hropazy thlalôh ngiaryh kawpa ta khihsa lâh thei n’awpa ta achhuah awpa chhao apeimawh kawpa a châ. Eimâ kaoraohna he mohropazy chô liata reipachhiena châ leipa ta amopâh tlâh châ awpa a châ. Apalaina, pathluana, mohnaona hawhpazy a tlô kheipa apôkhkana cha raokeina ta a chhâ tyh. (Biso 16:5) Pathipalôh liata â palaipa maih cha ABEIPA châta pasichhihpa ama châ. Bie aparao h hri ei sala, hri leipa ta châ aw vei ei.

Chavâta suto liata akaoraohna, apôkhkana he mohropazy châta chhao hmo phapa asa papua awpa a pha. Chipho hropazy taozie phapa zy hâla thaita hmopha taona liata baichhi lymâ awpa a châ. O chhôn nata sanawhrinô tawhta pathaopa ta azaokhina phapa hneithe i lymâ awpa ta Khazohpa lâta sona hiana chôta hmâ papua awpa a byuh. Sanawhrinô azaokhina liata abyuhpazy hluhpi a ypa hryta ary lâ penahzy he theina rakha ta ei vaw palâsa.

1. Sanawhrinô azaona cha chhòhkha tawhta â thao

Sanawhrinô châna he chhòhkha tawhta avaw thaopa a châpa vâta chhòhkha he pasipakao awpa â byuh. Lapinô nata vahpa ahneipazy he ahnei leipazy hlâta sanawhrinô azaokhipa ama hluh via. Chavâta chhòhkha paduana liata sanawhrinô azaokhina he zôpha kaw awpa chhao abyuhpa a châ. Chhòhkha liata lapinô, avahpa nata sawzy hleikhô ta nohnô nata myuhnô, pawsaw nata nôtlia nô tahpa ta pahra khoHPa a châ.

Nohnô nata myuhnô he nôsaw hmeiseihpa hawhta ahmô thai awpa apeimawhzie he Naomi nata Ruthi thâtih liata hmô theipa a châ. Nohnô zy ta Naomi hrozie he achu awpa apha ngâsâ. Naomi ta myuhnôzy hmialâ khihsa laiH awpa thata a pachâ kheI ei. Ruthi 1:8-9 liata Naomi cha a tlapa chhaota a myuhnôzy tlaa awpa pasaih vei tahpa hmô theipa a châ. Ama chô liata a sawchanôzy hawh tlaita kyhpachâ ta ngiachhiena ahnei. Ruthi 1:13 liata hmialâ khih a masa laiHna awpazy pachâkheI ta, Ruthi 3: 1-4 liata a khohkheinazy a palâsa. Chavâta Khazohpa ta hlao patloh ta byhnâ chhao a pie. Ruthi 4:11-17 liata myuhnôzy chhaota nohnô he nô hmeiseihpa hawhta kyhpachâ awpa a châ miah a pachu. Ruthi nata Orpa zy he amâ vahpazy y khaoleina taihta ama nohnô Naomi he kyh ama pachâ kaw hra tahpa hmô theipa a châ.

Ruthi he ato liata a nohnô reingiana ta kyhpachâna a palâsa (Ruthi 1:10). He vâna heta Khazohpa modyhpa, chyhsa khohchhihpa nohnô nata myuhnô ama châpa he BiehraI liata hmô theipa a châ. Chhòhkha liata avaw

ngiapa myuhnô, piahpa nata tusaw zydua Naomi nata Ruthi hawhta kyh a pachâ raihri awpa he khochhih kawpa hrozie a châ.

Chhôhkha liata nohnô, myuhnô, puhpa, piahpa nata tusaw zy dei châ leipa ta nôtlia nô zy he khizaw châna hawhta a vaw y tyhpa a châ. Chhôhkha liata nôtlia nôzy he chhôhkha pawhrâhpazy ama tlalana daihti liata a deichhytuh chaipa ama châ. Nôtlia nôzy cha chhôhkha liata nôpo tlalanazy a chhihruhpa, chhôhkha mothlih hrutuhpazy ama châ. Chavâta notlia nôzy he aly tlâhpa ama châpa hawhta eimâ lykhei thai hra awpa apeimawh. Chhôhkha sanawhrinô dei adaih leipa ta khisalâhpa zydua ta alykhei ta deichhy awpa a byuh kaw. Chhôhkha liata sawzy ama y khiahta la sawzy moh paphaopa ta (saw utheipa moh ta) a mahnô tahpa ta aw awpa a châ. Achhâpa cha nôtlia hluhpizy cha sawmoh phaopa ta aw leipa ei ta, *ano lapinô* tahpa ta awna heta chhôhkha palôh apôhkhana hlâta a pachhahna a papua thei.

Nôtlia nôzy he chyhsapa ama châpa hawhta a tlohpakipa châ vei ei tahpa pachâna hnei leipa ta, phahlana hluhpi ahneipa hawhta ama rei tyh. Chavâta chanô pha leipa hawhta pachâna a y tyh. He hawhpa pachâna doleipa vâta chhôhkha liata buana a y tita nôtlia phaleina sai hawhta â lâ tyh. He hawhpazy he pachâpathi awpa a châ. Chhôhkha adyryh kawpa ta khihsa chyu awpa he khihsalâhpazy maohphaona chhao a châ. Sanawhrinô hry liata notlia nô a ypa chhôhkchazy liata deichhy thaina hro he a peimawh kawpa a châ.

2. Sanawhrinô akaopha awpa

Sanawhrinô châna he bie reina liata pahno theipa a châ. Moh awna a châpa: mahnô, mahpaw, papuh, papih, nohnô, parâh, sitanô, narô, rilâh, myuhnô, piaha, nô uhthei, paw uhthei, nô liah, paw liah, nô seihnai, paw seihnai, tusaw, samoh, sahlah tahpazy he sanawhrinô châna a palâhsapa sai a châ. Chyhsa hropa, sanawh a châ leipazy cha a chôlâ hawhta aw chakhy theipa châ vei. Chavâta moh awna dâhzy chhôhkha nata sanawh likawh liata pachu lymâpa ta, a aw lymâ awpa he khoh achhih kawpa a châ.

Sanawhrinô duahmo thâtihzy a pahnosana awpa nata ahiahri tyh awpa a pha hra. Thâtih a pahnosana nata a hiarina heta tlâhleina, rairuna nata duahmozy a pahno theipa a châ. A daihti ta liata o lâta a charei awpa na ta, pachâna phapazy apie raihri awpa, thlahchhâ a bao raihri awpa a châ. Hmo phapa taona, hlaotlohnazy alykhei awpa a byuh. Nôpaw nata sawnawh zydua akaopha awpa ta tei lymâ awpa a byuh. Akhohkheina hnei lymâpa ta pachâna phapazy apie raihri awpa a pha. Rairu tlalana daihti liata sanawhrinô hmaohkha ta akaopa ta a deichhy raihri awpa a peimawh. Chavâta rairuna daihti liata azaokhina hnei leina vâta thatih a pahnosana leina heta sanawhrinô a pahlasa theipa a châ.

Chavâta rairuna nata alyna daihtizy liata sanawhrinôzy cha my leipa ta khâ athei thlâh awpa he thata a peimawhpa a châ. Sanawhrinôzy kyhpachâna ta bie ama reipa chhao papeimawhsa awpa a châ.

Su nanopa ta y na daihti liata thâtihty a pahnosa pachhuah awpa a châ. “A pahno thlâh ha hra thlyu aw” tahpa ta rei pachhuah khaoleina vâta thâtihty apahno leinazy a y tyh. Â pahno thai raihrina he ta azaona apa i tyh. Azaona â i-na liata pakha nata pakha a pasôsa thaina a y. Sanawhrinô châna mâ pahneisana cha a pasô thaina he a châ. Eimâ pasô via rili thaina heta sanawh eima châna chhao mâ a pahneisa via lymâ hra awpa a châ.

3. Sanawhrinô liata chakao awpa

Sanawhrinô azaokhina phapa hnei lymâ thei n'awpa ta a chakao raihri awpa a byuh. Eimâ kaona liata chakao byuhpazy pahno theipa a châ. Chakaona raihria liata thazah hmâpa ta hria theipa a châ. Cha deita châ leipa ta, hmodâh piena zy, pachâna phapa piena zy chhao ta chakao theipa a châ hra. Peimawhna daihti liata a chakao raihrina ta runahnazy â pa thlâ kheithei. Chhônkhâ deita pathlâpazi thei khaoleipa rairunazy he chyhsa hluhvia a baopasupa ta, thakha tlapa ta pathlâpazi theipa a châ. He hawhpa a deichhy thaina phahlana vâta chhônkhâ nata khih nah râh liata rairuna hluhpi a y.

O sana nata lyu taonazy he rairu kheikawpa hluhpi eima y. Chiehlei tlâhleina daihti nata ngiarohna daihti liata bao angiahpa chhao hluhpi eima y. Rairuna daihti a pasina liata Ananôpa nata khisalâhzy deichhyyna deita adaih thei khao tyh vei. Sanawhrinôzy ta eima chakao pha via awpa a byuh. Chakaona raihria awpa ta sanawhzy ta patlapasaona chôta hriapazih awpazy

pachâ chhielie a byuh. Khizaw liata daihtyna daihti eima tlô chyuh awpa a châpa vâta deichhy theina lâthlôh tua awpa abyuhpa a châ. Peimawhna daihti liata a deichhy raihrina he chyhsapa liata a ngiabâhna, kyhpachâ raihrina, thlalôhnazy a tlô kheh. He hawhta eimâ deichhy raihrina heta ngiaryh a chhihpa khih nah râh padua theipa a châ.

Chakaona liata piehlâna he alychhihpa chakaona a châ hra. Ânhalasi, thothei hiahthei, sa, nga hawhpazy eimâ piehlâna he kyhpachâna palâsapa raihria a châpa vâta tao pazao lymâ awpa a pha. Khazohpa byhnâ tona chhao a châ hra. Sanawhrinô hmaohkha ta ta nie pahmaohnazy he tao tyh awpa apha kawpa a châ. Hlâno tawhta ama vawtao tyhpa sanawhrinô likawh liata athei thlâhna hmotaopazy he tao pazao awpa a phapa a châ. Pkn. ta Lialaipa chipho ta *Aepheh* ama tahpa hawhpazy hih. (*Aepheh* cha kô thiehpa noh my liata Patôhpa (puhpa) chhôhkha tawhta nazuahpa chhôhkha lâta niedo (pati) pahâh kawpa ama va padiepa (piepa) kha *Aepheh* ama tahpa a châ. Nazuah nata patôh likawh liata sanawh azaona a pha lymâ thei nawpa ta kô tota pathieh tyhpa a châ). A chhâpa cha saw samohzy ta sanawhrinô hmia pahnona pahneisa ta kyhpachâna amâ hnei raihri lymâ thei nawpa ta a châ. Hlâno tawhta taotyhpa hmo phapazy tao pazao awpa dei châlêipa ta, chhâ nata daihti ahmiepa ta hmopha taonazy pakawhpa ta pa-i via lymâna chhao a châ.

Sanawh liata hawsaih apih thiehpaazy alykheina, achu haipazy, saw samohzy alykhei ta tha patlôna,

nôvah ahnei thiehpazy palyupalihna, yna su nanopa tawhta awaw tlôpazy ahladyna hawhpazy he peimawhpa chakaona raihriazy a châ. Chiehlei tlâhleipa nata keichheih ngiarohpa chhôhkhazy thlahpalôhna raihriazy he diathla lei awpa a pha. Chhienoh phanoh zy liata sanawzy ta mohropa hlâta thapasa via awpa a châ.

Sanawhrinô liata chapaw lâ tawhta sanawh dei châleipa ta chanô lâ tawhta sanawhzy chhao â pahly khai. Sawchapaw sawchanô zy nahta azaokhipa sanawhzy a pahly hra. Sanawhrinô liata nôhmei, pawhmei, hâra nata HNA zydua pahlaopâ pa ta chakao awpa a byuh. Azaokhina nata chakaona liata chanô chapaw, moto pathlualeipa ta chakao awpa a châ. He hawhta eima chakao chy thei khiahta la chyhsa to thlalôhpa ta khih eima sa lâh thei aw.

4. Chyhsa to ahlaopa sanawhrinô châ awpa

Eima Mara râh liata sanawhrinô azaokhi phana, achakao phana hluhpi a ypa vâta aly â chhieh kaw. He vâta eima râh liata kudaopa, nodipa ta aviavipa y vei ei tah theipa a châ. Kyhpachâna ta a deichhy raihrina he eima hria pazao awpa nata eima hro kheii awpa chhao a phapa nata khoh kheii kawpa a châ. Hlâno tawhta pilâh zy, Awh-rao bawlâh zy a vaw sa ei ta, sawzy daihti liata ama pazao lymâpa he hmo khochhihpa chhao a châ.

Anodeikua cha he hlâta aphanviapa duahmo chhao pachâ ta taohriapazih awpa a pha. Chapaw sanawh châna dei châ leipa ta chanô lâ tawhta sanawhzy he sanawhrinô châna liata pahlao via awpa a byuh.

Achhâpa cha chanôzy he dyhchâna vâta chipho anano theipa châ vei. Chipho hropazy nahta ahneipa chhôhkha liata chhochhi cha chanô duahmo he apeimawh kawpa a châ. Hmo atao thei kawpa chanô hluhpi chhao ama y hra. Chavâta sanawhrinô azaokhina, chakaona, reipahmaohna zy liata chyhsa to pahlao thei awpa â byuh. Chapaw sanawh châna dei pachâna vâta chanô ta ano sanawh lâ a heih viapa ta hmotao raihriana a y tyh. Chhôhkha sanawhrinô liata buana chhao a tlô theipa a châ. Chavâta moto a hlao theipa sanawhrinô azaona he chhâ nahta ahmiepa ta sa papua awpa a byuh.

Chyhsa to ahlaona liata chanô, chapaw, siatla, HNA, nôhmei...hpz. apahly khaiapa a châ. Dyhchâ leipa chanôzy chhao pahlao awpa a châ. He hawhta sanawhrinô azaona liata â- i viapa ta pasi pakao awpa a pha. Ato liata chyhsa hluh via, pachâna phapa nata kawhpa hnei hluh via theina he hmotaothei viana a tlôkhei theipa a châ.

5. Moto châta phahnai awpa

Sanawhrinô azaokhi phana he mohropazy châta phahnai kheh awpa a byuh. Sanawhrinô ahnei leipazy liata chakao awpa a châ. Keimo vâta mohropazy ama thlalôh awpa he Khazohpa khozhie chhao a châ. Athaona 12: 3 liata hmôpa cha: eimâ pôkhana he râh hro chi hropazy liata alailao areina awpa châ vei. Keimo vâta mo hropazy ama ngia paryhsa awpa a châ. Achhâpa cha khizaw liata keimo sanawhrinô deita khih asa awpa châ leipa pita, keimo deita ta khihsa theipa chhao châ

vei. Mo hropazy nahta hmaohkha ta charei ta, khih asa theipa deita eima châ khai.

Sanawhrino azaokhi phana nata a pôkhana he mo hropazy mohnaona châta hmâ awpa châ vei (Biso 16: 5). Mohropazy pathluapa ta keimo sanawh a châpa vâta a châhkhei chakhy awpa châ hra vei. Eima sanawh a kaoraohna phapa hmâpa ta mohropazy hu paposâ awpa châ hra vei. Mo hropazy ta amopâtlâh châ awpa ta akaopha awpa a châ. Chihro phohropazy chhao hâla tlâhpa hmopha taona dâh hluhpi ama hnei hra. Mohropa liata hâla tlâhpa hmo phapazy chhao a baichhi laih awpa a pha.

Keimo sanawhrinô deita châ leipa ta chheipâh liata eimâ kaolâhzy, khihsalâhpazy chhao sanawhrinô hawhta kyhpachâ khai awpa abyuh hra. Khihkha salâhpazy he sanawh phapa sai eima châ awpa a châ. Keimo sanawhrinôzy eima pasôpa hawhta mohropa zydua he kyhpachâ khai awpa a châ. He hawhta sanawhrinô tawhta pathaopa ta moto nata azaona pha viapa hneina he ta thlalôh ngiaryh achhihpa chheipâh eima sa papua thei aw.

Bie pachhâna

Chyhsapa he keimo deita ta khih asa thaipa châ mapi (At. 2: 18). Chheipâh chyhsazy nahta akaona phapa hneina vâta deita thlalôhpa ta khih eima sa thei awpa a châ. Chaliana chata azaopa sanawhrinôzy he eimâ hnia chaipa achâpa hawhta pasô viata azaokhina pabohsa awpa a châ. Chhôhkha tawhta pathaopa ta

akaona phapa ta sanawhrinô zydua azaokhina a pha lymâ thei n'awpa ta a deichhy raihri awpa a châ.

Thisaih a zaoleipa unawh, narô, paw saw tahpazy chhao a y hra. Châhrasala thisaih ta azaopa sanawhrinô he pasô via awpa a pha. Thisaih azaoleipa sanawhrinô châna he chyhsapa a bôchhâna tawhta avaw puapa a châ tah theipa a châ. Sanawhrinô y leina suzy liata, cha hawhpazy cha abyuh thei hra. Châhrasala thisaih ta azaopa sanawhzy y na suzy liata cha amozy nahta azaokhi awpa he pha via ta, yzie chhao ahnei viapa a châ. Sanawhrinô a kaopha leina vâta hmo khohchhih leipazy apua thei. Eima châna âpahno leina he hmo khohchhih leipa a châ.

Chavâta sanawhrinô liata azaokhina phapa hnei lymâ awpa ta akaona hnei lymâ awpa a châ. Thisaih ta azaopa sanawhzy hnohchhy ta keimo ngiaryhpa hawhta yna he ta maohphyuna a tlôkhei thei. Sanawh hluhviapa ta thazah hluhvia papua theita hmotaotheina hluhvia chhao a papua thei. Sanawhrinô chyua ta akaophana ta khitlâh phapa atao papua thei. Ngiaryhpa nata thlâlôh achhihpa khitlâh padua awpa ta sanawhrinô zydua azaokhina phapa hnei chyua su vy.

Zisu thisai vâta chysapa nata Khazohpa eimâ zao theipa hawhta thisai ta azaopa sanawhrinô zydua a pasôh via chyua su vy!

CHHÔHKHA HNAWHZY RAIPATAIHNA (Family Resources Management)

**Rev. Mai Ki,
Executive Director, TSD**

*Hnawh Raipataihna
tahpa cha khâpa tah
na mau? KNP mebâh
zy châta a byuh ma?*



*Chhôhkha Hnawh tahpa liata
chhôhkha liata a pahrâpa chyhsa-
zy, daihti zy, sôh zy, thainazy,
hmobaoh hneipazy â hlao.*

*KNP member zy dei châ leipa ta
chhôkha amohohtuhpa nô nata paw
zydua châta abyuh kawpa a châ.*

*Raipataihna tahpa cha “A
phahnaina a hluk thei chaina
hawhta hmâna dâh” tahna a châ.*

*Achei! Kei châta abyuh
kawpa sai a châ chu. Cha
hnauh sâ 5 pazy cha keimo
chhohkha liata eima hneipa
sai châ ta, raipataihna dâh
sâkha hnoh sâkha na chho
thei bei teh.*



*Chatlai sy! Keima chhao
ei paki chiehpa châ leipa
ta ei rapasua haipazy a
châ.*

1

CHYHSAPAZY HNAWH RAIPATAIHNA bie liahmaripazy cha Pati a niepa maih raihria awpa nata chhòhkha liata pahrâlâhpa mebâh zydua TAOVYUH nata TOVYUH rai khai awpazy he a châ. TAOVYUH he ama kô nata hnatlâna, achuna nata taothaina mo pata rai khai awpa apha. TOVYUH he cha saw châna, nôpaw châna, mahnô mahpaw châna, Tusaw châna, myuhnô nata piahpa châna, puhpa nata pihnô, nohnô nata paraâpa châna liata rai awpa châ ta, chanô chapaw châna liata a pahnieh awpa châ vei.

Sawchanô nata sawchapaw eima hneipazy he nô nata paw eima hrochhòh ta eima raithai awpa ryuzy he Châhna liata ropa ta Thlachhâna chhao ta ryuhi hlâ awpa apha kaw. Cha cha Ryuhi châ a châ aw.

2

DAIHTI HNAWH RAIPATAIHNA bie liahmaripazy cha KHAZOHPA hmiapasah leipa ta Sekâ sâkha nata ACHHUAHNA PHAPA hneileipa ta Sekâ sâkha hmâ lei awpazy he a châ. KHAZOHPA hmiapasahna cha chyhsa zydua pachha ama châ khai thei nawpa ta Zisu Krista biepie thiehpa, kyh apachâ raihrina ta kyhpachâna he a châ. ACHHUAHNA PHAPA cha Khazohpa, chyhsa nata hmo hrohneipazy papha hnaisana raihria achhuahna eima tah aw.

Daihti hnawh raipataihna liata kao palih lâta pachhah sila hro chhoh daihti raipataihna, ko 1 daihti raipataihna, Hâta ei kha nata nohkha daihti raipataihna zy eima rai sy.

Hrochhoh Daihti Raipataihna he kô 10 kô 10 ta a raipataih thei hra ta kô 5 kô 5 ta chhao raipataih theipa a châ. Kô 10 ta chhâ 1 ta pachhahipa a châ khiahta cha a ry lâ hawhta pachhah theipa a châ.

Kô 70-100 : Pôhkha a khâsiana nata byhnâ awna
Kô 60-70 : Raihriana + Sâh pachôna + Chhâthieh sawzy châta raihria phapa chakaona
Kô 50-60 : Raihriana + Sôh pachôna + Chhâthieh sawzy châta raihria phapa chakaona
Kô 40-50 : Sawzy pachusana + raihriana + Sôh pachôna
Kô 30-40 : O hneina + Sawzy pachuna + raihriana
Kô 20-30 : Achuna + Sôh hnawh hneina + Dyhchâna
Kô 10-20 : Achuna + Raihriana + Sôh pachôna
Kô 00-10 : Pi na + Achuna + Raihriana

Kô 1 Daihti Raipataihna he Thla 12 chhoh heta kô 70 taih daihti eima raipataih chiepha hlao tloh thei nawpa ta khâpa rai zy he hria aw pita khei hawhta eima hria aw tahpa zy raipataihna a châ.

Dec - Sanawh zy pati nie awna + Leibâhzy thô khaina/angiathai khaina + Vâ mo nata akaona
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Nov - Zuatheipa hmozy zuana + chalei byuhpazy chaleina
Oct - Theilapazy pahmaohna + Hlâna + chhaina + pachôna
Sept - Chhôhkha a pahrana + Khih a pahrana + Khih pasipathai
Aug - Chichei khôsia mohôhna+ Hmo zuana + Sôh pachona
July - Zôthaina achuna + Hmo zuana + Sôh pachona
June - Thodaw lona + O chheipâh nata lâlaizy pasipathaina
May - Sawzy achuna lâ pasiesana + Thokô lona + Zawpi lâpi paraihna + Chhôhkha o zy pa-ina nata pathiehna
Apr - Tihnawh mohôhna + Chicheina + Sôh tluana + Pachôna
Mar-Feb - Raihria mopazihna+ Sôh tluana / Sahdô / lyu khâsiana + Vaih nata Awnanopa châta chakaona
Feb-Jan - Raihria mopazihna + Sôh tluana / Sahdô / lyu khâsiana + Vaih nata Awnanopa châta chakaona
Jan - Kô chhôn siena achhuahna taona + ABEIPA lâta Pavaosana + Kô chhôn niedo tluana lâthlôh reipatina + Sawzy achuna chata patohpatiahna

Hâta 1 Daihti Raipataihna he Thla 1 châta daihti eima raipataih chiehpa hlao tloh thei nawpa ta noh 7 chhôn khâpa rai zy he hria aw pi ta khei hawhta eima hria aw tahpa zy raipataihna a châ.

Pahâ noh - ABEIPA Reithaina, byhnâ awna + Sanawh nata tlâh leipazy vaina
Pachy noh - Hnatlâna nata zawpi phana raihriana
Chutyh noh - Pachô awpa + baona/chhaina châta raihriana
Pabie noh - O nata chhaichhi + raihria noh
Pakhy noh - Abu asai nata a chuna châta raihria noh
Hriaheih noh - Niedo nata a chuna châta raihria noh
Hriatua noh - Niedo nata a chuna châta raihria noh

Noh 1 Daihti Rai Pataihna he Hâta 1 châta daihti eima raipataih chiepha hlao tloh thei nawpa ta dawh 24 chhoh khâpa rai zy he hria aw pi ta kheh hawhta eima hria aw tahpa zy raipataihna a châ.

09:00-05:00 : Amona daihti (Za khata daw 8) amo awpa
07:00-09:00 : Hawti zy châ reina + Utheizy mylâ châta ama dyna + Bie achuna + Biehai reina
06:00-07:00 : Chhohkha thlachhâna + Chhohkha biepha reilâhna daihti
05:00-06:00 : Apakhyna + Sanawhrino bie a chhona
04:00-05:00 : Zâpati niena, vao awh lao piena
03:00-04:00 : Beichho phiahchho, pôhkha pasipathaina + Hawtizy palaona
01:00-03:00 : Siku/office kiah / Sahdô / Sôh hmôna raihriana
12:00-01:00 : Nohchhô pati nie + Apahâna

08:00-12:00 : Siku/office kiah / Sahdô / Sôh hmôna raihriana
07:00-08:00 : Chhôhkha thlachhâ, my pati nie + Vao Awh Laopiena
06:00-07:00 : Ko 18 rylâ thyu daihti, Beichho phiahchho, O chhôn pasipathaina
05:00-06:00 : Kô 18 chô lâ thyuna daihti, pôhkha a pasipathaihna nata mydi thlachhâna daihti

3

SÔH RAIPATAIHNA bie liahmaripazy cha sôh he Viasa baotuhpa hawhta akao awpazy, hnatlâh chhôn ta sôh pachô awpazy nata raipataih chiehpa ta sôh hmâ awpa zy he a châ.

Sôh he a palôh anano thaileipa, a ku nata pheihneileipa ta mathlaw ahnei leipa châ tawraw ta chyhsapazy ta sôh ama hmô na ta ama palôh â nano chhyh hapa vâta chyhsapa hmô theina liata sôh he so awpa pha vei.

Sôh he alaibâh na ta zy hnei na ta zy a pachô awpa châ leipa ta hnei thei n'awpa nata pachô awpa tlaita tlua awpa a byuhpa a châ.

Sôh raipataih leipa ta hmâna theilapa cha LEIBÂH hneina a châ. Sôh raipataihna liata pahlao cheingei awpazycha:

Niedo
Abu-asai

Achuna
O nata chhaichhi
Ngiapâna nata chakaona
Sievawna, bie achhona
Raihriana chhaichhi
Hnatlâna + sanawhrinô akaona + Baongiapazy deichhyna
Pachôna

4

THAINAZY RAIPTAIHNA bie lihmarihpazy cha chyhsa pakha ta hrona châta thaina peimawhpa achyhchai ta sâkha thai khai awpa, raihria athaipa cha asu nata daihti dopa liata hria awpa nata apeimawh ngaitapa, thaileipa thaina zy a chu baichhi tyh awpa zy he a châ. THAI CHIEHPA THAINA ta RAIHRIANA lâta hmâna nata THAI mâhleipa achuna ta RAIHRIANA lâta hmâna chhao a châ.

5

HMOBAO RAIPTAIHNA bie lihmarihpazy cha Aphahnaina ahluk thei chaina hawhta ahmathai awpa, aphahnaina daihti pasi chaipa ta ahma thai awpa nata mohropa pabualeina awpa ta ahmathaipa zy la ta raipataih awpa a châ. Chahawhpa chyhsa cha eima chhohkha liata ama y vei khiah ta la achuna nata pachuna hneipa ta atotlah awpazy duahmo liasa reipasia awpa apha.

Sawchapaw chhao rai, saw chano chhao rai ta araokhei thlah awpa saw cha khapa hmobao hmâta rai lei awpa apha. Hmathaina achutua leipa hmobao cha lei awpa pha vei.

Eima saw nawh zy he hmobao maniah ama hiapa chalei awpa hlata ama hnatlana, chuna nata raihriana liata apeimawhpa hmobao chalei awpa apha via.

Hmobao abyuhpa hlata hneihluh viana he Hmobao pahleipadiana a châ. Hmobao raipataihna liata sôhna zy, thaina zy, sanawh zy, viasazy chhao he ryusohpa hnawh zy ama châpa vâta eima sawchanô nata sawchapaw zy ryu hmobao sohpa zy eima rai tita raipa awpa apha. Eima ryusohpa hmobao zy he eima saw utheipa tlyma seihnaipa tlyma dei châ leipa ta eima saw zydua chanô chapaw ahmâ zie zôphapa ta pachu khai na chô ta nôvah eima hro chhôn ta châ ropa ta Khazohpa nata chyhsa pahnokheipa ta rai ha suh vy.

Eima zôthaipa zy eima hmo pahnopazy chhao pachuna nata chabu rôhna ta rai hra suh vy.



Ei châly ngâsâ. A vaw peimawh hmeiseih. Peimawh ngâsâ! Pha ngâsâ! Ru ngâsâ! Tao leipa ta y mawh si la a pha thai bei aw vâ ma? A châ vei khiah khi ta e eima pathao thai bei aw?



He hnawh sa 5 raipataihna nahta a zaopa ta Khazohpa Biehraï liata eima hmôpa zy cha:

- Chyhsapa hnawh raipataihna - Zhn 5:17, 2 Thys 3:10
- Daihti hnawh raipataihna - Hla 90:10, Zhn 9:4
- Sôh raipataihna - Lk 16:9, Lk 14:28-30
- Thaina raipataihna-Pua 36:1, Lk 2:52
- Hmobaoh raipataihna - Zawsua 19:49-51, Mal 27:6

Kei chhao a ru ei tah kaw hra. Anodeikua la hmophapa maih cha a naopa ta hmô thei awpa a y tlâ leipa vâta NGIAPÂNA nata THLACHHÂNA ta a râpasua awpa ei cha pahrua. ‘Na châ khohpa na châ thei nawpa ta KHAZOHPA hmiapasa la, TIAMÂ la na châ aw, na châ khohpa na pachâ beih vei khihta la NA CHÂ KHOH LEI CHAIPA na châ aw’ tahpa hawhta eima châ khohpa chhôhkha châ awpa ta a râpasua suh vy.

Chhôhkha liata Hnawhzy he eima raipataih pha vei khihta cha Leibâh hneina zy, chhôhkha adyryh leina zy, sawzy pachusa thei leina zy, hnatlâ pha leina zy, chhôhkha a chhahna zy a y thei aw. Chhôhkha hnawhzy eima raipataih pha khihta la eima chhôhkha liata Khazohpa nata chyhsazy ama ngia aryh aw ta hro chhoh nata chhôzaw ta eima thlah alôh thei aw. Chhôhkha Hmahsiena Kawmiti (Committee) hneipa ta pathaopa apha.

TAOZIE PHAHNAIPA

Ngôtlua, Siaha Vaihpi

1. Thobâhla liata athaopa khâpahmah a y lei vâta pavyh nata chhoh châta pha kaw ta, nie tyh awpa a phapa hawhta, thobâhla heipa chhao he sa (meat) ahmoh ru viapa liata patlaw la, thla la, ahmoh nao via aw.

2. Theihluh he sâ (hair) châta a phahnaina he a pahno leipa y mapi. Na sâ a tla / py tyh khiahla, nohchareihta theihluh hmôkha nie tyh la, na luh pachiena châta he hawhta tao tyh ma y. Hâta ei kha (1) liata ei no (2) tao la, thla chareih ta a phazie na hmô aw. Theihlu hmô charu (6) la la, sâhpiti pâvâ nyu kha (1) liata a nai ngâna taihta chhoh la, ahmôpa la khai ha la, ahyh kha sâhpiti nahta azao kawpa ta neih la, cha cha na luh/ sâ liata hnia la, 20 minutes pachie aw chi ta, tilalôhpa ta na luh apadi aw chi ta, shampoo tlyma, sâhbaw tlyma hmâ byu vei. Na luh nâ padi khai tawhta na sâ nai kaw aw ta, pathaih kaw aw ta, amo chhao â ngia kaw aw.

3. Chysia nata poh liata penti akia tlamaw ha khiahtha cha, sâhpiti achyhta palalôh la, penti a kiahna su liata za bao la, buakha pachie la, chatawhcha pasu tyhpa hawhta pasu heih awpa a châ.

4. Lipstick (hmaosaihsi) rôh chhao he chysia nata poh liata a kia nata sâhbaw ngâlâh ta asiazzy vaw ru pâ kaw tyh ta, chavâta ananeta pachie la, chatawhcha pasu la, asia a vaw nao via ha aw.

5. Chysia liata atlohpa a kia nata chalk (lôrâhpa) tlyma, powder paohpa tlyma hnia la, pachie tua la, a sia nao via.

6. Soda he hmo pathai nawpa ta vaw pha kaw ta, refrigerator chhôn pathai nawpa nata a roh paha leipazy papaisa nawpa ta ti lalôhpa 1 litre liata baking soda phiathla hmokha (1 tablespoon) pahlao la, cha liana cha a naipa pachie la, saoh la, cha chata ahnao la, nâ hnao khai tawhta ti pathaipa liata poh naipa pachie la, saoh la, ahnao heih la, poh hipa ana pathai aw. He hawhta oven nata gas Stove-zy chhao pathai la, a sia pha aw.

7. Sao daihti vaw chhâ ta, chasipaw daihtizy a vaw hnia heih pi ta, vo chhiepazy picha eima vozy amohôn pha awpa a vaw byuh ha heih bâ. Chavâta na ngai nâsi nawpa ti liata alôn achyhta thla la, ngaisi khai na ta vo hipa vâta pathaparopa hnei aw va chi. Cha hlâta pha via heihpa cha, ngaisi khai nata nâ pathaisana ti liata Olive oil (Olive sathaw) phiahthla tawtaw hmokha pahlao la, thata chahria la, cha cha na pôhpa zydua abao la, a chakua tah leipa aw chi ta, kahhrao tawhta a cha vaih pâ aw.

8. Hâh chatana hlyu ta hâh a pathaisa theipa hawhta nyu chhôn puapa asia ru kawpazy, na pachhih silver dieh pha khao leipazy pasi/ chata tah, pathaisa nawpa ta hâh chatana hlyu Colgate arâhpa he a pha ngâsa.

9. Kusadi nata lâkyu pahluh thei leipa ta, na bâh nata na kuparo liata â tâh khiata la, chawtawh liata ti soh la, Olive oil (Sathaw) tlyma, âhmie chateina sathaw tlyma spoon khophie pahlao la, vaw pahmah ta cha liata na bâh

nata kuparozy abaopa ta pachie la, rainao kawpa na pahluh thei aw.

Bie pachhâna

Chhôhkha he Khazohpa khohzie ta paduapa a châpa hawhta cha liata luhchaipa/ chhihtuh chaipazy cha nô nata pawzy ama châ. Chhôhkha chhihtuh chaipazy ta ama siena a do khao vei khiah ama chhihthapa chhôhkha mebâhzy chhao ama siena a do hra aw vei. Chavâta nôpaw zy ta chhôhkha chhihthana kyh liata sapa nata thlahpa lâ kyh liata chhihthapha awpa he hmo peimawh ngaitapa a châ.

Khizaw liata eima hro chhôn cha sapa nata thlahpa lâ kyh liata hmahsiena hneipha awpa he peimawh ngaita pa a châpa hawhta chhôhkha he Khazohpa bie nahta a hmiepa ta chhihtha ta thlahpa pati pasa lymâ awpa a châ. Chhôhkha liata hnatlâna chhao cha peimawh ngaitapa a châpa hawhta hnatlâna kyh lâta athaipazy reipa cha apha kawpa ta zi ta hnatlâna kyh ta chhôhkha vaih pha awpa a châ. A thaisopazy reina liata cha, “râh phapa paduana liata chyhsa siapa, phapa, thaisopazy he abyuh ngaita pa a châ” ama tah. Chavâta chhôhkha tawhta tlaita râh châta hmâtlâhpa pachhuahpanoh awpa apeimawh. Chyhsapa he pakha deita hro awpa ta taopa châleipa pita chhôhkha sanawhrinô azaokhizy nata akao ta hro lâh awpa ta taopa eima châ. Chavâta sanawhrinôzy nata azaona phapa hnei awpa he abyuh hmeiseihpa a châ. Chhôhkha mohôn khâsiana liata raipataihna (management) he kyh to liata a peimawhpa a châ vâta

thai ta hmâ awpa he hmo peimawh ngaita kawpa a châ hra.

Chavâta achhôn liata palâsapazy he âpachupa ta eima hmâ khihta la, chhônkha mebâh zydua Khazohpa china chôta laiseih aw eita, ama hnatlâ pha awta raihria theina, achu theinazy vâta ativynga kyh liata asosâh aw pita, thaisopa hlupi ama pua thei aw. Sanawhrinô azaokhina phana vâta chyhsazy hnohta adyhna, alyna, thlahlôhna y aw ta ngiaryh chhihpa khihtlâh eima sa papua thei aw. Eima hneipa daihti nata sôhzy hmâ thaina vâta ato kyh liata kiathyna hmahsiena eima hnei aw. Chavâta Khazohpa ta he chhônkha chhihthana bu hmâpa ta chhôn to he byhnâ miah pie mawh sy! Amen.