

NAUPANG SUNDAY SCHOOL TEACHERS' TRAINING
Training Paper (PSYCHOLOGY)
Khuga Sadar Presbytery
On 15th April 2019, at Head Quarter Church, Tuibuang.

Thumapui: Psychology kiti hi Grik paukam pani 'Psyche' ti leh 'Logo' ti apat lak khawm a hi. Psyche ti chu 'Lunghim' ti na ahi; Logos ti chu 'chanchin' tina ahi. Ziaziak a chun, Psychology ti chu lunghim lam zilna a hi. Mihing mizia leh lunghim putdan zilna hi psychology ti ahi pen hi. A hin la, mizia leh lunghim putdan siamtu, a kisel gu pen hi zil tei a ngai hi. (1) Kisuan sawn ziak in, (2) I kim vel a thil aum ziak in, (3) Taksa khang to zel in i mizia leh lunghim putdan le aki theng thei zel hi.

Sunday School ah hin le a chung a pathum te kizil khawm vek sek hi. Taksa a hung khan to dung zui in, i mizia le ahung dang lam to zel hi. Zillai bu le, zia taw kituak a siam ahi. Pawl khen dan hi le psychology taw kituak a siam ahi. Ziaziak chun, zillai te, amau mizia leh taksa taw kituak ah guangal ahi.

BEGINNER PAWL (KUM 4-5)

Zia gual hi ahi...

1. Naupang kumli a hung tin pat uhin, ataksau leh alunghim uh chu athunun thiam nai puau ua. Aneulai ua kipatin, amit uh aha sung ua, taksa kisawizawi apawimaw ziak ua atawi zing dinguh ahi. Zia chu ahi ziak in Sunday School ah hinle tawilo in a um thei puau hi. Zia hi (ataksa un) a pawimaw zia kin pawng khap chak tinten thei chi ahi puai. A tawidan ding uh amau lemchang dan thiam tak a siampiak ding hi pawimaw zaw ahi. **Hiatding a paw mo te...** Khutban zak hunte, dinsak hunte leh khut bet hun te hi ngaitua piak apha ma ma hi.
2. Paukam thumal ahe tawm nalai ua, a ngaitua nau le a chawm hi. Thil um zia le aman zung zung thiam tadi puau hi. Zia ziak chun, paukam amawl thei pen ah mat ding ahia. Bil ah hiat na mai ah a navak zaw seklo zia kun khawi khel khel leh mu khel khel bang a nuam sek ui. Zia haw chu a umkhel zia kin mai uh ahi puai. Hiatabe leh zilbe anawp zia kin uh ahi zawi. Dawtna tamtak

adawng un, a thudu ma ma sek ui. A hiatnau khangto zel tina ahi. **Hiatding a pawl mo...** Zilsaktu ten a ngaithei zawng ua leh a diktak ah dawn hu pei akul takzet a hi.

3. A thil zil uh tamtak hi taksa tawh zildaw agaw sek ua, alim ah (action) tawh nuam asau ahi. A zillai khel ua le ihindan/ umchan tiangun a zil nasa ma mau a, I mulo kal bangun ihi dan ala thaw/ching in abuai thei ma ma ui. **Hiatding a pawl mo...**zilsaktun chu umchan ah te uluk/titak angai a, paukam le uluk/titak ngai ma ma ahi. Suangtua na khovel ah cheng nasa thei ma mau a, athil ngaithak lai uh hi mitthan a suangtua ngal mai sek ui. **Hiatding a pawl mo...**zilsaktun, tuanthu igen lai un mitthan muthei ngei ding in (action) tawidan tawh gen angai sek hi. Chuti ahi lai in, angaitua zui thei hun sung uhi minute 3 apat a minute 7 vel hi ahi. Ngainawp asak u chun tawilo in angai thei ui. Zia ziak chun, hun sawt tak tak thil gen sawt ah le aphachuam tak tak diak lo a hi.
4. Aneu lai ua mi zosian nausen lawp ah ala lawp sek uh ahi ziak un Beginner ahi tiang un le lawp nuam angai nalai sek ui, ngaisak(attention piak) angai ma ma sek ui. **Hiatding a pawl mo...**zilsaktun angaisakpen gual ah thiam tak ah alatsak (show) ding ahi.
5. Biginner zilsaktu ding ah hin, “NU”, naupang mizia leh lungthim hia leh aki pe zo deu, dawthei taka naupang enkawl thiam guat thei hi leh duthusam ahi.

PRIMARY PAWL (KUM 6-8)

1. Primary pawl a hin kum 6-8 um ding ah ti ahia. Beginner sanga tamlo cha lian deu ahiu. A neu chau apata a miziau pakhat a ipmutlo ua leh tawi zing sek a hiu kha a kilang zing ahi. A hethiamlo tute a ding in ningtel um ti mai ding ahiu. A mavang, Pathian in a siam dan a hung piting zel theina ding ua, a taksa suk tawi zing a pawimaw mama ahi.
2. A ngaitua nau hal (active) hun sung hih minute 7 vel a hia, zia sanga sawt ahi chun, a taksau pian dan un, a zo talo uh ahi. A khut leh keng teu a tawi zing a ngai a, a ngaituanau le a lengkual vel zungzung sek ahi. Thil a hezing thei bek puau a, himaleh a tawp a amu taphawt u chu, a lungthim uh lua tuu in a pang zaw sek hi. **Hiatding a pawl mo...**zilsaktu in, pawl/class ilak phat leh sawttak hun matlo a pha ahi.

3. Thil zil be zel hi a ut mamau a, a hiatnau hih a gilkiak ngawi ngawi sek uh ahi. Ziakiak chun, Pathianni, nisin ahilo leh a chang chang leh tuanthu thak a hiatbe nuam tenten sek ui.
4. A thatnawp theina ding un, gai sang in pakchat zel sek di ahi. Thumanglo ahi chun, “A fel ahi ama hih, thumang ta ding ahi,” tia I gen piak chun, phatakchan a hung um mai zaw sek hi. Amau lamah pang guala ei muthei na ding ua, enle a lunguh hawl zing angai a, ti gual chu a dawu dan u le ahi. Zilsaktu chu ziagual ding a chun I kisingsak zing uh a ngai hi.
5. Sunday school bep hilo in, khawlai ah le I mu chun ho hamham guat ding ahiu. Duattak leh hepina mel tawh i etkawl khel a, lul hih amau a din a um taktak diak lo ahi.

JUNIOR PAWL (KUM 9-11)

1. Sunday school Naupang hih Department chuam chuam hin, hindan a nei chuam chil chel u'n, Beginner leh Primary te hih a hindan uh a kibang deu in, Juniorte hih a chuam kei kit hi. Intermediate leh Senior hih a kibang kit deu in. Juniorte chu naupang ahi ta puau in, fel tak leh etkawl nuam tak a hiu hi.
2. A taksau hin, a lungthim uh sau tak mai a, thunun ahi ziak un, Junior naupangte hih taksa kiphu tawk, kithazaw tak mai ahi ziaku'n a kiningtel vak ma ma ziang uh ahi. Taksa lampang ale, a hung khanlet tak dungzui un, a gu kisuktuanau haw le a hung dik tak ziak in, a thau le a hungza thei ma ma tau a hi. Ziak ah hin, bang hem khat vak bawl a nuam u'n, zia ziak ah chun inlam leh Sunday School mun ah le bang hem a hi ding u kawi piak a pawimaw ma ma hi.
3. A ngaituanau lam ule a khang hat ma ma ua. Vak kigel kawm a thuanthu phuak kawm mai maite hin a lungthim ngaituanateu a chawm zo ta puau'n, a tak tak a um ngei a hi nai ti hiat theina lam hih a nawp lam uh a hung hi zaw ta'i. **Hiatding a pawu mo...** zilsaktu in, Bible ah mite chanchin I gen in le, a hithei tiang ah chun a umna bu, bung leh changte gen lat kawm zel sek kha thil pha a hi.
4. Mi dangte ki-elpi na (competitive) lungthim a pulian ma ma zingu'n, phak zaw lo nei hin, haksa asa ma ma sek u'i.
5. Khawlai lam ah a hinkhuau ah chun, lawi pawl a thiam tak ziaku'n kipawlpai chuam, nei nuam a sau ah. Numei in a numei kibatpi, Pawsal in

a pawsal kibatpite a kivawppi sekuh a hi. Ziak ah chun, tian khat (line khat) ah numei leh pawsal chutkhawm saklo ding a hi; ginchak sang in haksa a lah sa ten seku a hi.

INTERMEDIATE PAWL (KUM 12-14)

1. A taksa hung khang in a hat mamau a, kumsin a pian dan ule a hung danga, a puan-ak teu le a ak sawt theilo uh ahi. Zia taksa khang hin a lungthim u le a sukha, lungthim det bek buk leh thil hi chet chawt lam hi a ngaitua bek puau hi. Zia sang chun thilthak lam leh lemlep lam a ngaitua zawu ahi. Zia pen hi upa zawte hawn a hiatthiam pi lo khawvela cheng guala kingaituana siamtu chu ahi. Upa zawte hi khang (thing) leh thil helo mama dingin a kawu ua. Zia zaw a chun a zilsaktute gina beklo a a hiatteu musit ngal le a ching u ahi. Zia ziak ahin zilsaktu te hawn I hinnau leh tawi leh chan dan a chitthei (uluk) a ngai diak mama ahi.
2. Naupang gual mai a kital mai chi hitalo a, a kihiat ua pat in hinna ngakna mun det a ngaitua nasau ahi. Ettawn di mi a guk chan a hawl sek u ahi. **Hiatding a pawu mo...** A zilsaktuteu ngei hi a ngaitua masak u ahi pen sek a; mi dik leh gin-um, sakhaw lam hin dan tiangale ettawn tak hi a ngaituau a, zilsaktute'n taka etsakna hinkhua latsak hile dawu a um pem hi.
3. Zia gual hun apat hin sakhaw hinna lam a ngaitua pan ua, a tak in a sulang ngam ziang puau a; maleh a lungthim sung ua chun dangchakna a nei lian mamau hi. A thei dan tiang tiang un thinung hun leh thil taktak hi a het ut un a ngaitua nasa mamau a. A titlonau leh gilo ahiu a hechian mamau a, ki-uansak a chin khawlaw zing sek ua, hukdawktu a pawimaw hun laitak uh ahi. Ziakiak hin a zillai ua le hukdamna thu a tam a. Zia a zillai teu hi hiatna hipungtu bep hi ziang lo in, a hinnau ah a taka mat ding ua siam ahi.

SENIOR PAWL (KUM 15-17)

1. Senior pawl a hin kum 15-17 mite kawu ding a hui. Taksa lam leh lungthim lamah piting lama manaw zinglai uh leh thil ngai tua tua zing pei mi ahi lai uh ahi ziak un, hiatna lamin a dangchak ma mau a. A zillai teu hawle ngaitha peilo leh ngaisaklo gual tak in um ziang leu le a guk takin a ngaitua pha ma ma tho u'i. A zillaiteu hawle a gen ah

gen thaw zianglo in a mau ngeile gen sak sek a, angaitua zui ding uh guan piak zel a pha 'i.

2. A mau taksa leh a kicheina teu chu a buai piu a zia thilte hin a lungthim teu hawle a kai mang nasa ma ma ziang a hi, ziakchun, taksa kisuk thiangtho leh kicheina chungchang zilsak nasat ding a hi.
3. Thil thak vak kimaituapi leh vak bawl patep hi a thanuam ua, chingthei taka etkawl a ngai ma mau a hi. Zia hun lai ah a chin zawngsak teu hi a hun khanletpi ding uh ahi zia kin a hindan uh hung chia zel dinga thil pawimawte haw chu hiatsak zing chu thilpha a hi.
4. Senior pawl zilsaktu chu a pawlte hinkhua a kipat ah kizilto zel kawma kisingsak ah ngai a. A pawl te'n a chung a tak sanna a neilo ua ahi chun a ziltilna chun ahi ding tiang ahi phaklo thei khawlaw thei khawp mai a hi. **Hiatding a pawl mo...** zilsaktu ding a hin a thei ham ahinchun teilawlte kaikhuai thei tak leh a tuk lo gual ua a ngai uh hithei ham leh a pha a hi. A pawimaw pen chu ki piak zawna tak tak tawh Pathian nasepna chu ah la laksawm ah nuam a, zia gual mite chu a thu leh la teu chu ngai saklo theilo ahi sek a hi.

Genkhawm di:

1. Pawl chuam chuam kisiam a kul na bang a hem?

Presented by: Rev. D Robert Thanga