

Pathian hepina I chantheina dinga chun en le hepina chuailo ah Khrista I hepi a pawimaw ahi.

“Amen” Hihen tina ahi. Paul in a thugente hi tung hen/ hita hen atina ahi.

### GENKHAWM DING:

- 1 Hepina chuailo ah Khrista chu bangtin kochuamte'n I hepi thei diam uh?
2. Gingtute chu kipanpitua zing ding I hidan uh genkhawm hile.

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  - 1). New Revised Standard Version
  - 2) Pathian Lekhabu Thiangtho in Vaiphei.



### ZIKTU THUMAPUI

Ephesa lekhathawt hilchianbu bawl dinga mawpuakna ei pia Khuga Sadar Presbytery leh zo thei dinga ma ei puitu Pathian chungin kipak thu ka gen ahi.


Ephesa lekhathawt hilchianna bu hi Vaiphei Holy Bible dungzui ah siam ahia, thupi khendan le Bible dungzui ah siam ahi. Vaiphei Holy Bible dungzui ah siam himaleh a chianzawkna ding gelna in New Revised Standard Version tawh matkhawm ahi. Khenkhat a dingin sau talua sim pei umlo khawp himaleh, mawl taka hiatchian bai thei pen dinga siam ahiziakin sim peite a dinga panpitu khat ahi ding kinep a um hi. Chuleh, Sunday School hotute'n inlam ah simlawkna umlo a ahun taka biakin ah va simtha mailo ah hawi taka kisingsak lawkna nei ding ahi. Chun, zillai tawp ah genkhawm ding ah umte ngeile ngaikhawkding in I kichial ahi.

Zia hilchian bu ahin Vaiphei Holy Bible zui ahiziak in Bible dungzui ah siam ahi. Paumat hi a zikdan ka thiamlo ziakin dawigual atingzawlo ka ging cha'i. A bang hile, khutsuak masa ahinaklai ziak in bukimlona tam tak um ding ahi. Bawlkhialnate ah la ngaithiamnau ka hung dawn hi.

Ephesa hilchian bu siamzawna dinga Laptop phaltaka eimat-saktu Pro. Pastor D. Robert Thanga S/o Upa S.T. Liana. Salem Veng chungin kipakna simsenlo ka gen hi. Pathian in panpi ngaite panpizel thei dingin malzawl ta hen ti hi ka dawisakna ahi.

Ephesa lekhathawt simtute'n taksa leh thagau lam a mitvakna hawizaw I nei be theina ding un Lalpa'n simtute leh mangtute zosia ei malzawl ta hen.

Dated/Tangmual  
17/06/2016

  
(REV. SIAMA PHALTUAL)

## SUKLATNA

Pathian mapuina zal in Galatia lekhathawt zilzo ah kumkim Examnaneizotheidingaeipuitu Pathianchulopina chang tachen.

58<sup>th</sup> KhugaSadarPresbyteryAnnualSession2015na NulehPatendawisaktakahPitingzillaisiamtudingakiguat Rev. Siam Phaltual inle tha leh zung tamtak hun seng ah Ephesazikahuntakahzilzawmtheidingahahunsiamzawziakin KSP pumpi sik in a chung in kipakthu ka gen hi.

Simtuzosiathagaulamahphatchuamnaneitheiding in Pathian in hun malzawl chiat ta hen.

*Lalpa lopina chang ta hen..*

  
**REV. (THANGLIANMANG)**  
 Executive Secretary

Ahiziakin, Paul naseppite laka pangjing chu ahi (Nas.20:4). Chun, Ephesa lekhathawt leh Kolosa lekhathawt hi Paul in Tukika a puak sak ahi (Kol.4:7-9). Chuleh, Krete thialkal ah semtu Tita a dinga le panpina a puaksak hi ding ahi. (Tita 3:12). Zia haw zosia ziaka hin Paul in Tukika hi muan umsa mama a “*Lalpa ah... nasepmu ginum*” ati hina. Paul in ama chanchin hi a gentam bek pua, Tukika hin kochuamte a a hilsawn dinga a ngansia hiding a hi.

**6:22 Ziaziak tak ah hin, ama chu la kiang un ka hun sawl ahi: Ka chanchin uh la hetna ding uh leh ama'n la lungthim uh a hung thamuan thei na ding in.**

Paul in suangkul a tangnung ahin kochuam a phudawte chu lungkham leh beidawng taka um ahiv ti ahia, amau haw chu thamuan dingin Tukika hi asawl ahi.

**6:23 Pa Pathian leh Lalpa Jesu Khrista ah kipat ginna, hepina leh chamna chu suapite zosia chung ah um ta hen.**

**i). 'Pa Pathian leh Jesu Khrista'** ti

thumal a pat hin Paul in Pathian chu Pa ahidan leh Jesu Khrista chu Lalpa ahidan a genchian kit hi. Mikhen khatin Pa Pathian leh Chapa Jesu Khrista hi pakhat, hun chuamchuam ah Pa leh Chapa ah kilang ti'n a pawm ui. Zia chang ahin vang Paul in Pathian chu Pa ahidan leh Jesu Khrista chu Pa hilo ah Lalpa ahidan a genchian ahi.

**ii). 'ginna, hepina leh chamna chu suapite zosia chung ah um ta hen'**

Paul in suapite zosia kiang tung ding ah adawisak mama chu ginna, hepina leh chamna ahi.

**6:24 I Lalpau Jesu Khrista chuailo ah hepita chungin, a hepina chu um zing ta hen. Amen**

Paul in kochuamte a dinga malzawlina adawt piak tawpna ahi tai. Zia chang ahin Paul in paukam kilawm tak mai “*Khrista chuailo ah hepita chung in*” ti amang hi. Kochuamte'n Khrista I hepina'u hi chuaitheite banga ala kihepi thei ahi dan muthei ahi. Paul in a genpen tak hi hepina chuailo leh setheilo ah Khrist hepita chungin a hepina (grace) um zing ta hen ati ahi.

ahilo dante va tangko nuam ahina thu Paul in gingtute kiang ah a gen ahin, zia dinga chun kochuamte chu pauchap piakding ah adawt ahi, atiu ahi. Paul hin suangkul sungin le chanchinpha gen hi a chawl diak puai ti muth-ei ahi. (Phil. 1;17)

**6:20 Zia chanchinpha palai ding ah, thikkhau but chu ka hi ta ngal a. Ka gen ding gual tak ah hangsan tak ka gen theina ding in, ei pauchap piak un.**

Paul in zia lekhathawt hi suangkul apat a zik ahi ti hi l hia, suangkul chu a gukchak jiak, atu-altha ziaka lut ahi pua, chanchinpha zia ah lut ahi. Ziakachun, "chanchinpha palai ding ah thikkhau but chu ka hi ta ngal a" ati ahi. Gingtute kianga hin ei pauchap piak un chanchinpha chu hangsan taka ka gentheina ding in tia adawt ahi.

**Mimal thu leh Mangpha thakna thu:**

Zia anuai ah thute hi Paul thu tawpna leh kochuamte a mangpha thakna thu ahitai. Zia thu hi Kolosate 4:7-9 tawh kibat-

na lianpi a um hi. A mangpha thakna thute apat hin, Paul leh kochuamte hi kinai mama leh ki ngaina mama ahidan uh muthei in a um hi. A nisin khawsak dante leh a chanchinte gen in kochuamte tawh kizawpna hawitak anei zing hi a hiatthei hi.

**6:21. Himaleh, nangmau inle bangti'n ka um em ti la hettheina ding un, Tukika, Lalpa ah suapi dawitak leh nasem ginum hin bangkim hun hiatsak in a.**

**i). 'Himaleh, nangmau inle bangti'n ka um em ti la hettheina ding un,**

Paul in kochuamte, a suangkul tang ziaka lungngai leh beidawng taka umte chu thamuan leh sukhat anawp zia-ka a chanchin hetsak ut ahi thu muthei ahi.

**ii). 'Tukika, Lalpa ah suapi dawitak leh nasem ginum.'**

Paul in a seppite hi a gense ngai sek pua, Tukika hile "Lalpa ah suapi dawitak leh nasem ginum" ati ahi. Tukika chanchin hi tamtak vak suithei ding hi a um puai.

### Sunday tawh kituak ah khenna ding ahi. Zillai zat

A bu sung thu khendan :-

Zillai	Date	Thupi	Bible Ch.	Pg No.
1	10/7/16	Thumapui		04
2	17/7/16	Chibai bukna leh Khrista ah Thagau lam malzawlina	1:1-14.	10
3	24/7/16	Paul pauchapna	1:15-23.	21
4	31/7/16	Thina kipat hinna	2:1-10.	26
5	7/8/16	Khrista ah chun Juda leh jentel pumkhat ahiu	2:11-22	33
6	14/8/16	Jentelte kiang ah Paul nasep	3:1-20.	41
7	21/8/16	Paul pauchap niveina	3:14-21	49
8	28/8/16	Khrista taksa ah kipumkhat-na	4:1-16	53
9	4/9/16	Hinna lui leh thak leh Hinkhaw thak mat dingdan	4:17-32.	64
10	11/9/16	Khawvak ah umna	5;1-20	73
11	18/9/16	Khristian Inkuan	5:21-33.	81
12	25/9/16	Nu leh Pa leh Chate	6:1-9.	88
13	2/10/16	Pathian galthuam bukim leh mangpha thakna	6:10-24	93
14	9/10/16	DIST. KKP KHAWMPI		
15	16/10	DIST. PWF KHAWMPI		
16	23/10	SUNDAY SCHOOL ETNAWNA		
17	30/10	DIST. KHAWMPI		
18	6/11	SUNDAY SCHOOL ETNAWNA		
19	30/11	SUNDAY SCHOOL KUMTAWP EXAM		

## Zillai-1

## INTRODUCTION

## Changvawp - 1:10.

## 1. THUMAPUI:

Ephesa lekhathawt hi "*Lekhathawt lengnu*" tia ko ahia, thuthungthak sung ahin a bu sawmna ahi. John Calvin chun Ephesa lekhathawt hi "*My favourite book*" ati ahi. Ephesa lekhathawt ahin Paul in Pathian hepina chu Khrista ah suklat ahidan leh kochuamte mawpuakna thute a gen hi.

## 2. Ephesa khawpi leh Paul

Ephesa khawpi hi khawpi minthang takmai, Asia tumlam pang ah um hi. Zia khawpi hi sumkawveina na ding inle mun pawimaw tak leh sakhawlam a ding ah le mun pawimaw leh minthang khat ahi. Leng (king) chuam chuamte'n a la do un ala zo ua, Romte khutnuai in B.C. 133 kum in a um pan tau. Kochuam kiphudaw hunlai tiangin Romte vaihawmna nuai in a um hi.

Paul hunlai a hin Ephesa khawpi hi Cayster tuipi kama um ahijiakin lawngchawl na mun ahia, mi 2,50,000 val cheng ah suidaw ahi. Nam chuam chuam, Judate, Greekte leh a gam mi, Anatolia

mite a um ui. Romte khutnuai ah a um pat un khawpi minthang a hi bep hilo in sumkawveina munpi khat ahi. Ephesa khawpi leh Rom khawpi kikawmtuana hawitak a um hi. Chun, Ephesa khawpi ahin etnawp suana mun (theatre) mi singni leh sang nga (25,000) val dawlthei na a um bawk hi.

Ephesa khawpi sumkawveina mun bep hilo in, sakhawlam a ding ah le mun pawimaw ahi. A gammite hin "*Diana pathian*" a la biau ah, zia Diana pathian hi Greekte'n "*Artemis pathian*" atiu ahi. Diana pathian hi "*leiphatna pathian*" ahi.

zaw nung in, galvan laka pang talo maleh, gingtute a dinga pawimaw mama khat "*pauchapna*" thu a hung gen hi. Zia ban ah chun "*dotna zosia'n*" ti I mu kit hi. Ahiziakin, dawtna zosia'n ti hi pauchapna thou ahi, ei un le "*pauchapna leh dawtna*" I ti sek gual uh hi ahi. Paul in le pauchapna hi a gen uang deu hizaw'na.

Paul in pauchapna chu "*zia hun ah*" ti'n bangma huntep a nei diak puai. Gingtute a dingin pauchapna hi thil pawimaw leh kul, nisin ei suhattheitu ahiziakin Paul in a gen khawk mama jiang ahi. Ziakachun, pauchap hun ding chu "*huntin in*" ati hial hi. gingtute a dinga hin pauchapna hi haisan leh chawlsan theiding ahi puai.

"*mithiangtho zosia a ding in*" Zia thu a hin gingtute chu ki panpitua ding ahidan uh a gen nawpna thu a muthei hi. Thuthungthak hun lai ahin "*mithiangthote*" ti paukam hi kochuamte genna ki mang sek ahi. Kochuamte ki panpitua ding leh ki pauchap piaktua ding ahidan uh a genna ahi. Ginglotute pauchap piak un atina ahipua, gingtute ma ma ki ngaisak jawk ding atina ahi. Gingtute

chu kipakni, lungngaini, lungkham leh beidawngnite ah ki gal-et mai lo ah kisawmdawltua ding leh huntin ah ki pauchap piak tuazing ding I hidan uh ei kawkmua ahi.

**6:19 Chanchinpha thuguk chu hangsantak ah gen ding ah ka kam kat ah, thu ka gen thei na ding in ei pauchap piak un.**

i). '*Chanchinpha thuguk*'

"*Chanchinpha thuguk*" hi English achun "*the mystery of the gospel*" ti ahi. Zia thu hi bung 3:3,4,9 leh 5:32 ah le kichian takin gen khak ahi tai. Hukdamna thu hi nidanga chun selguk in um maleh, Jesu Khrista ah suklat ah umta kha a genna ahi.

ii). '*hangsantak ah gen ding ah ka kam kat ah, thu ka gen thei na ding in*'

Suitute suidan a chun Paul hi Rom vaihawmna ma ang ah dinga a thiamna thu a gen hun ding hi anai ta, zia vaihawmna inpi sung ah chun le Jesu Khrista chanchinpha va tangkopi ding leh Judate zektan ah hukdamna thu a taksanna'u chule Pathian thu

Tulai in sepaite'n kengtaw (shoes) ahawi theipen but tama-leu, nidanglai Rom sepaite chun sandal kengtaw but in galdo in a pangsek ui. Zia Sandal kengtaw chun a kengte'u tuam in ling leh khau lak ah kivenna hawi tak ahisek hi. Zia guala chun gingtute'n le chamna chanchinpha chu keng ah bu-zing ding ahidan a gen ahi.

**6:16 Zia zosia hi tawh, ginna phaw chu lau inla, zia chun migilo thalkuangthei chu sumit thei inlau.**

Paul in gingtute a dinga Pathian galvan a hung gen zel hi. Zia chu "*ginna phaw*" ahi. Galvan laka phaw hi pawimaw ma ma khat ahia, melmate chemjam, cheicha leh thalchang laka kiven bitna dinga galvan hawi ma ma khat ahi.

Paul in "*Phaw*" a gen hi nidanglai ah Rom sepaite galvan mat ahi. Thing leh savun ah siam ahia, a sau dan chu feet li leh kim (4 & 1/2 feet) ahi. Zia phaw chun a taksa pumpiu a selzo hi. Nidanglai in thalkuang thei hi ala mang sek un, zia laka kivenna dinga chun phaw chu matchak

hawi ma ma ahi.

Zia gual galvan "*phaw*" chu nei dingin Paul in gingtute a thuhil ahi. Ahinla, phaw chau hilo in ginna phaw atia. Ginna phaw umzia chu Pathian ah ginna det-tak nei tina ahin, zia chun migilo thalkuang thei chu sumit thei in lau ati ahi. Migilo thalkuang thei ti hi gitlona chuam chuam gingtute susethei atina ahi.

**6:17. Chuleh, hukdamna lukhuk chu khuk in, Pathian thu, Thagau chemjam chu pan un.**

Paul in galvan pawimaw tak khat gingtute'n alak ding uh a gen kit hi. Zia chu "*hukdamna lukhuk*" ahi. Lukhuk hi kido lai ah chemsau leh thalchang laka luchang humbitna dinga pawimaw ahi. Luchang hi a liam phat le mihing a dingin basapna bailam khat ahi.

**6:18 Thagau ah chun pauchap leh dotna zosia'n huntin in pauchap un, Zia dinga chun, mithiangtho zosia a ding in phachuamngai tak thuak zo tak ah don in hu'ngai zing un.**

Paul in gingtute a dinga galvan chi chuamchuamte a gen

Ephesa khawpi minthang na diak ma ma chu Artemis temple (Nas.19:35) thupi tak ala um a, zia temple chun Ephesa khawpi chu a minthang sak diak ahi. Artemis temple sung ahin numei temple a dinga nasem a um un, zia numeite chu kizuak in Ephesa khawpi chu siatna lam inle a minthangsak ahi.

Paul in a khualzin niveina hun in Ephesa khawpi hi a vataw ahi. Korinth khua ah Pricilla leh Akuila tawh kimutua in Ephesa khaw lam a chiau a, zia hun a chun Paul in Synagog ah hun chawmchat amang hi (Nas.18:18-21). Sawt cham theilo in Jerusalem lam in a kile kit tai. A khualzin thumveina hun in vang sawttak a cham in kochuamte a suhat in chuleh, Artemis pathian lim ziak in buaina atuak hi (19:1 ff). Paul in Ephesa kochuamte chu a ngai-khawk mama zia kin Jerusalem a zawt ding ah khan Melita apat in Ephesa khua upate ko in thu vaithakna hawitak a nei piak nalai hi (20:17 ff).

**3. A ziktu:**

Thuthung thak ahin Sawlchak Paul lekhathawt hi bu 13 a um ahi. Ziate lak ahin, Bible suitute chun Paul khutsuak ngei (Authentic Pauline Epistles) leh midang in Paul min ah azik (Deutero-Pauline Epistles) in a khen u'i.

Paul khutsuak ngei (Authentic Pauline Epistles) ah ngaite chu; Rom, I Korinth, II Korinth, I Thessalonite, II Thessalonite, Galatia leh Philemon ahi. Midang in Paul min ah a zik (Deutero-Pauline Epistles) ah ngaite chu; Ephesa, Philippi, Kolossa, I Timothi, II Timothi leh Tita ahi.

Chun, Paul lekhathawt hi lawm 3(thum) in a khenthei kit ahi. i). Suangkul a pat a zik (Prisoner Epistle), ii) Kochuam etkawlina leh chawpna lam (Pastoral Epistles) leh iii) A tangpi lekhathawt (General epistles). Bible suitute suidan taka chun Ephesa lekhathawt hi midang in Paul min ah a zik (Deutero-Pauline Epistles) leh Suangkul a pat a zik (Prisoner Epistle) ahi. Ziakachun, a ziktu hi Paul ma ngei ahi na'm ti vak en suk hitiu.

Bung 1:1 na chun, “*Pathian doilam ah Khrista Jesu sawlchak Paul hin*,” atia, Paul zik ngei ahidan agen chian hi. Kochuam masate hunlai apat in sawttak chu nialtu umlo in Sawlchak Paul ma zik in ala pawm zing ui. Ahinla, kum 1845 ah F.C. Bauer in Paul ziktu hina hi a la gingmaw tai. Zia apat chun Paul zik hidinga ginglana a hung um topan tai. Ginglana ziak khenkhatte chu; 1). Apau mat (languages)-Ephesa ahin Paul paumat ngailo tamtak a um ziak 2). Kolossa lekhathawt tawh kibatna liantak a nei ziaka kolossa lekhathawt hi a ettawn hidinga gingchak ziak. 3). Paul in ama a kigen na ah leh chibai a bukna ah, lekhathawt dangte guallo ah a melhiatte a ziklatlo ziak leh a dang tampi a um hi.

A chung ah ginmawnte hi thil umthei ahi. Ahiziakin, Paul in kochuam sung ah gindan diklote, kochuam kivaipuaknate leh lekhathawt zikdante chu lekhathiam mi ahiziakin a bawlthei ding ahi ti hi taksang ding ahi. Paul zik hiding ah gingchakna ziate: 1). Paul in a ziktu ngei ahidan

a genlang hi (1:1). 2). Pathian thuguk kawltu ahidan agen hi (3:2). 3). Suangkul ngak ahidan agen hi (3:1;4:1;6:10). 4). Tukika chung thu agenna leh kochuamte pauchapna a dawtna thu ah (6:21-22).

Kochuam puitu masate'n le Paul zik ngei hi'n ala pawm u'i. Ziate chu: Clement of Rome (Rom kua ah Klement), Ignatius, Hamas, Polycarb. Chun, Gnostik ziltitu Marcion ngei inle Paul zik hi'n a pawm hi.

Tulai ah suitute F.F Bruce (1984), Peter O'Brien (1999) te'n le Paul hi ziktu ahi ti'n apawm ui. Paul ziktu hina hi gingmawna thei tamtak um maleh, a chiang tak um theilo ahi. Paul hi Ephesa lekhathawt ziktu ahina hi adik pen ahizing hi.

#### 4. Lekhathawt dawngtute leh lekhathawt pawtu:

Ephesa lekhathawt dawngtute chungchang ahin Bible suitute lak ahin ngaidan kibatlona liantak a um ahi. Bung 1:1 na achun, “*Ephesa kua mithiangthote*” ti himaleh, khutzik lekhabu lui Chester Beatty Papyrus (A.D. 200), Codex Sinaiticus leh Vaticanus (A.D. 400)

zik hun ahin Rom kua suangkul tang ahia, Rom sepai ama vengtute hi muzing kawm ah a zik hiding ahi.

Galdona ah chun melmate bep thithei ahi puau a, a zotute ngeile vainunga thitho thei ahiu ahi. Paul in a gendan tak hi galdo ding. dozaw nung ah le kipuklo ah dingzing ding hi a tuppen ahi. Zia dinga chun Pathian galvan in ki thuam un ati ahi. Gingtute'n I kidopi'u Diabol hi bangtik hun ale I zaw theina ding un Pathian galvan ah kithuam a kigalgingsa um zing dinga ei dawina thu ahi.

**6:14 Ziaziakchun, ding unla, la kawng uh chu thutak in gak unla, diktatna awmphaw chun kithuam un.**

Paul in chang 10-13 sung in gingtute Pathian galvan lak ding thu a gen zaw in, chang 14na apat hin Pathian galvante chu a banban in a hung genta ahi.

i). *'la kawng uh chu thutak in gak unla'*,

Paul in Diabol zawna dinga chun thutaka kawng gak ding ati ahi. Zia taka Paul in “*thutak*”

ati hi Jesu Khrista lo ngal thutak dang a um puai. Jesu'n: “*thutak chu hun hia'n la tiu in, thutak chun suak ah kipat hun pawt sak in a*” (Johan 8:23) ati ahi. Chu-leh, Jesu'n “*Keima lampi leh thutak leh hinna ka hi*” ati kit ahi (14:6). Gingtute chun Khrista ah kawng gak ding tina ahi.

ii). *'Diktatna awmphaw'*.

Zia thu hi Paul in Isai 59:17 apat alaksawn hiding ahi. Awmphaw hile gingtute a dinga galvan pawimaw ma ma khat ahi. Awmphaw hi melmate va dona ding ahi puai. Ahinla, melmate thauvui thauchang laka pat kivenna ding ahi jaw'i. Gingtute hin nisin leh hunsin in diktatna awmphaw ah kivan zing le'u hin thagau lam ah kalsuanna ahin ei chawkbuai thei laka bitna kinei thei ding ahi.

**6:15 Chuleh, la kengteu a dingin chamna chanchinpha chu but un.**

Paul in gingtute a dinga galvan pawimaw ma ma khat a gen lang kit hi. Zia chu “*chamna chanchinpha keng ah bu ding ahi.*”

Rom sepai mukhalo ei uh a dinga hin chu hetthiam ziang hi haksa le a kilawm hi. Zia hilchetna hi chang 14na in gen pading l hui.

Chuleh, Paul in Pathian galvan bukim ati hin gingtute chu galvan khatchau ah kivan lo ah, a bukim ah kivan dinga a dawina thu a gen ahi. Gingtute melma Diabol hi dodan thiam leh chalak ahin, galvan bukimlo ah i kivan chun zawna'n amang sek hi.

Chun, Pathian galvan lo ahin chu gingtute'n Diabol l zothei puau. Gingtute hi Lalpa'n a jam ding leh kinung lekit dingin ei ko pua, Diabol ma ah pang ah do dingin ei dawite l hui ahi.

**6:12. Taksah leh thisan ah melmate tawh kibuan l hi puau ah, thim chung ah vaihawmte tawh, van mun ah thagau gilote tawh kibuan l hizaw ngal un.**

Zia chang hin a gen hi gingtute'n l kidopi'u leh l kibawtpi'u chu "taksah leh thisan ah melmate" ahi puai ti a genchian hi. Muthei ah l lawikhat tawh l kibawt gual hilo ahi, ti Paul in a genna ahi. Paul in ging-

tute melma tia a gente chu;

1. Lalnate 2. Thuneinate 3. Thimchung ah vaihawmte leh 4. vanmun ah thagau gilote ati ahi.

**6:13. Ziakiachun, ni phalo ah chun la do zawu ah, la zawnung ua le kipuklo ah la din zing theina ding un, Pathian galvan bukim ah chun kithuam un.**

Paul in Ephesate chu Pathian galvan la dinga a nivei dawtna ahitai. Gingtute melma chu hawitaka a genchian nung in Paul in Pathian galvan lading in a dawn kit ahi.

i). 'ni phalo ah'

Zia taka "niphalo" kiti hi hunbik nei ahi pua, hunhaksa l tuakni, l buaini leh lungngai leh lungkhamna l tuaknite hi niphalo in ahuap hi.

ii). 'la do zawu ah, la zawnung ua le kipuklo ah la din zing theina ding un',

Paul in zia tak ahin sepai galdo mite paumat amat ahi. A gen tuppen hi, "gal la do ua, la dozaw nung ua le la ding zing theina ding un" ati ahi. Paul in Ephesa lekhawthawt a

zikte ah chun Ephesa ti hi a kizik khalo ahi. "Mithiangtho, Khrista Jesu ah mi ginumte kiangah chun;" ti ahi zaw'i. Kochuam puitu masa Origen (AD 185-254) leh Tertulian-te (AD 160-255) hun lai inle Ephesa thumal hi ala um puai. Amau hin chu Ephesa ti diaklo in, a kizik gual in a sim mai sek u'i. Gnostic ziltitu minthang tak Marcion in vang Ephesa mun in LAODIOKEI a kawi hi. Ahiziakin, Marcion ngaidan hi Tertullian in apawm puai.

Ephesa lekhathawt hi Bible suitu khenkhatte'n Ephesa khua ah kochuamte a ding bik ah zik hilo in, a sevel ah kochuam dang dangte'n le a la sim dingua zik ahi. Thawt velvel lekhathawt (circular epistle) atiu ahi. Ephesa Lekhathawt pawtu hi Tukika hiding a gingchak ahi.(6:21).

##### 5. A zik hun leh mun:

Ephesa lekhathawt zik hun hi ngaidan chi 2(ni) a um hi. Paul in Melita khua ah Ephesa upate tawh a kikhen nung uh kum li zaw ah Rom khua a suangkul

ngak khatveina ah azik hi ding in Bible suitu khenkhat in a pawm ui. Paul suangkul atan sung ahin kum 2 sung Kaisaria ah a tang a, kum 3 sung Rom khawpi ah a tang hi.

Kaisaria ah suangkul a tang sung ahin hawi taka henchip ahiziakin lekhathawt zikthei ding ahin gingchak a um puai. Ahinla, Rom khawpi ah suangkul a tang hunlai akhan, Kaisaria mun ah suangkul a tang gual hilo in thakawl ahi. Ama ngei in Innluc

in midangte kiang tiang ah le chanchinpha va gen thei in a um hi. (Nas. 28:30,31). Suangkul ah chanchinpha a genna ah a gasua Onesima ngei le ahi. Ziakiachun, zia gual ah zalenna a nei sung ahin Ephesa lekhathawt hi a zik hiding ah gingchak um ahi. Zia chu a dik ding ahile 62AD vel hi ding ahi. Ahiziakin, Paul zik hiding a gingchalo pawlte'n vang 70-80 AD vel hizaw ding in a apawm u'i.

**6. Lekha a thawtna ziaak:**

Ephesa lekhathawt hi su-  
angkul apat zik ahia, zia-  
kachun Prisoner Epistle a  
kiti ahi. Ama ngei inle  
Khrista ziaka hen ahi dan  
3:1; leh 4:1 in agen hi.  
Ephesa lekhathawt hin a  
gennawp tak hi Pathian in  
mihing zosia hukdamna a  
chan theina dingua thuguk  
ala nei chu Khrista Jesu ah  
suk butin ahi dan thu agen  
a. Chuleh, zia thuguk chu  
Paul in a kiang ah vawpsak  
ahidan thu leh zia thuguk  
chu kochuamte ahia-  
sak nuam ahi agen hi. Zia  
ban ah chun, Khrista ah  
hukdamna ala chang masa  
Judate chun ki ka-

wichuamna nei maleu, Juda  
leh Jentel mite ki daidan na  
bang chu Khrista Jesu ziaka  
sukchip ah-itak thu leh nam  
nite chu Pathian inkuante  
ahi dan uh a gen nawp  
ahi.

Chun, Paul in Ephesa  
lekhathawt ahin gingtute  
hin dingdan nasatak in a  
genlang hi. Zi leh pawsal  
kal thu ah, chate leh nu  
leh pa kal thu leh suak  
leh apute kal thu tiang  
agen hi. Khrista chu  
kochuamte luchang  
ahiziakin, Khrista'n a  
kochuamte a hepi gual  
ah khat leh khat ki-hepi  
dinga a thuhilna le a  
muthei hi.

**7. A BU SUNG THU KHENDAN:****A. PATHIAN THUGUK LEH KOCHUAMTE 1:1-3:21.****I. Chibai bukna leh Khrista ah Thagau lam malzawlina 1:1-14.**

- i). Chibai bukna 1:1-2.
- ii). Thagau lam malzawna 1:3-12.
- iii). Thagau ah teptena 1:12-14.

**II. Paul pauchapna 1:15-23.****III. Thina kipat hinna 2:1-10.****IV. Khrista ah chun Juda leh Jentel pumkhat ahia 2:11-22.**

- i). Khrista thisan in Jentelte a huap 2:11-13.
- ii). Juda leh Jentelte pumkhatna 2:14-18.
- iii). A kil ah suangphum Khrista 2:19-22.

**Zillai-13****PATHIAN GALVAN BUKIM****Simding: Ephesa. 6:10-24.****Changvawp 6:13.****THUMAPUI :**

Paul in 6:10-24 sung ahin  
Pathian galthuam a gen a.  
Thuthunglui hun lai in  
Pathian chu galdotu leh  
galthuam chi chuamchuam  
ah kithuama gen ahi (Isai.  
5:17). Paul hun lai ahin  
Khristiante chu nisin ah  
galdo zing ah ngai ahiz-  
iak un melma chu zaw a  
hitheina dingin Pathian  
galthuam bukim chu  
pawimaw ahi. Pathian  
galvan bukim Paul in a  
gente haw ensuk ding I  
hiu.

**6:10. A tawp pen in ka  
sua-pite haw, Lalpa leh a  
hatna thilhitheina ah chun  
hat takin um unla.**

**i). 'Atawp pen'**

"A tawp pen" ti thumal  
apat hin Paul in a  
lekhathawt hi a khak  
nawp tak thu leh a sim-  
tute a ding ah thunutsia  
nei nuam ahi dan a  
muthei hi. Atawpna pen  
le hi apawimaw pen le  
hi tina ahi **ii). 'Lalpa leh  
ahatna thilhitheina ah  
chun hat takin um unla.'**

"Lalpa leh ahatna  
thilhitheina ah chun hat  
takin um unla." ati hin  
gingtute chu a mau  
hatna leh theina ah  
kisuang mai lo a, Lalpa  
hatna leh thilhitheina  
ah kingak zawk ding  
atina ahi. Diabol do-

zaw theina chu Lalpa  
hatna leh thilhitheina  
chau hi ahi. Mihingte  
hatna hin Diabol zaw  
theina a um puai ati  
nawpna ahi.

**6:11. Diabol tawh  
kidona chu la zaw  
theina dingun, Pathian  
galvan bukim in kivan  
un.**

Paul in Diabol tawh  
kidona ah gingtute'n I  
zaw theina ding un  
"Pathian galvan bukim"  
ah kivan ding in a gen  
hi. Pathian galvan  
genchianna ding ahin  
Paul in Rom sepaite  
kithuamna tawh a  
tekhin ahi. Zia hunlai  
ahin Rom sepaite hi a  
mu bai ah, gingtute a  
ding ah le hetthiam bai  
ding a hi.



**6:9 Chuleh, nang uh suak nei te haw, nang uh chung ale thuneia um ah, ama chun kuama doichuam neilo ahi ti hia'n, la suakteu chu vau thaw ta kiu in.**

Paul in suakte sepding dante a genzaw in chang 9na ahin suakneite (masters) sepding leh mawpuakna ahun gen lut hi.

Nidanglai ah suakneite chun a asuakte'u chungin thuneia mama'u a. Suakte chung ah a lungawilo uh chun a zuakdawk thei ua, a that ziangthei ui. Ahinla, Paul in suak leh a pute'u chu Khrista neitute ahitak zia kun suak neitute umding dan a hun gen ahi. Paul in suak neitute'n a suakte'u chung a bawlding dan uh a gen

chu "vau thaw kiu in" ti ahi.

Zia taka 'vau' thumal hi English ah chun "threaten, threatening" 'ahi. Suak khenkhat chu zia gual a kha la seplo le ti ah vau (threaten) ding bangle um mai-thei ahiu, ahiziakin zia tiang dinmun ah chun le hepina leh dawisakna tawh a chung ua vaihawm zaw ding ah a thuhil ahi.

Paul in suakneite a thuhilna zia hi a chung ua Pathian thuneia um ahidan ahil hi. Pathian in kuama khenchuam a nei pua, Ama mitmu ah suak leh suaklo le a um chuam diaklo ahi. Ziakachun, Paul in la suakte'u chu dinmun niamzaw ahiziakin musit khanlau tia agen ahi.

#### Genkhawm ding:

1. Nu leh pa thu awi alawk zia genkhawm hile.
2. Nu leh pate'n chate enkawl dan thiam ding ahidan genkhawm hile.

**V. Jentelte kiang ah Paul nasep 3:1-23.**

- i). Paul, Jentelte palai 3:1-6
- ii). Paul in Pathian sawlna a sukbutin dan 3:7-13.

**VI. Paul pauchap niveina 3:14-21**

**B. GINGTUTE HIN DINGDAN 4:1-6:24.**

**I. Khrista taksa ah kipumkhatna 4:1-16.**

- i). Khrista ah pumkhatna 4:1-10.
- ii). Mitin kiang ah sepding piak thu 4:11-12'
- iii). Gingu piting hina lampi 4:13-16.

**II. Hinna lui leh thak mat dingdan 4:17-32.**

**III. Khawvak ah umna 5:1-20.**

- i). Gingtute umdan ding ah hilna 5:1-7.
- ii). Thagau lam ah gasua hindan 5:8-14.
- iii). Thagau ah dim ding 5:15-20.

**IV. Nupan um dingdan 5:21-33.**

**V. Nu leh Pa leh Chate 6:1-9.**

- i). Nu leh Pa leh Chate 6:1-3.
- ii). Suak leh a pute 6:4-9.

**VI. Pathian galthuam bukim leh mangpha thakna 6:10-24.**

- i). Pathian galthuam 6:10-20.
- ii). Mangpha thakna 6:21-24.

#### Genkhawm ding:

1. Kochuamte hi Khrista ah pumkhat I hidan uh genkhawm hile.

## Zillai-2

CHIBAI BUKNA LEH PATHIAN THUGUK  
KIPUANGNA

Simding: Ephesa 1:1-14.

Changvawp 1:10.

## THUMAPUI :

Paul in kochuamte chu Khrista sawlchak ahina dawl in dawisakna tawh chibai a buk a, zia zaw chun Pathian ah mi pathum (Trinity), Pa leh Chapa leh Thagau thiango nasepte a hun genlang hi. Pathian, Pa chun mihingte a hepina thu vv.3-5 sung in a muthei a, Pa Pathian in mihingte a hun telna zia chu A Chapa Khrista thina zia ahidan v.7 ah a muthei kit hi. Chun, Khrista tatna nasep chu kochuamte kiang ah supingtu chu Thagau thiango ahidan a genlang hi. Zia gual ah mihingte'n malzawl na I dawn theina'u hi a manpiak ahidan a muthei hi.

**1:1. Pathian dawilam ah Khrista Jesu sawlchak Paul hin, Ephesa kua mithiangthote, Khrista Jesu ah miginumte kiang ah chun;**

**1). 'Pathian dawilam ah Khrista Jesu sawlchak hin,'**

Ephesate kiang ah lekthawt hi kum zabi 1 na hunlai ah lekthawt zikdan gual in Paul in abul apat ahi. Kum zabi 1 na hunlai ah chun lekthawt a zik phat ua le, tulai ah lekthawt zikdan guallo takin a ziktute hi na,

a lekthawt dawngtu dingte leh chibai bukna haw ziklat tei ahi sek hi. Zia gual a chun Paul inle sawlchak a hina, a lekthawt dawntute leh chibai bukna apat ahi.

Paul in sawlchak ahina chu ama kipekawm leh midang kua ahem in a piak uh ahilo dan leh Pathian in aguat leh atel ahidan a genchian ut jiaka "*Pathian dawilam ah Khrista sawlchak kahi*" ati ahi.

**6:6 Mi kipakna ding mai ah, mitmei veng bep ah sem hilo in, Khrista suak gual zaw'n, lung-sung ah kipat Pathian lung lam hawl in sem zawu in.**

Paul in suakte haw chu a pute'u thu awi mai ding bep in adawi pua, Khrista suak gual leh Pathian lunglam hawlding in adawn hi (Kol.3:22). Khrista neutute ahitak zia kun, Paul in suakte umding dan ah adawi chu a pute'u gilo male'u za bawl uh hen, ati ahi. Suak neitu in umpilo maleh Khrista entawn ah sem ding inle a dawn hi.

**6:7 Mi a ding bep ah napha sem hilo in, Lalpa a ding in thanuam takin nasep zawu in.**

Zia thu hi chang 5,6 sut zawpna ahi. Paul in suakte chun a pute'u umpi sung leh mu-na bep ah napha seplo ah bangtik lai ah le thanuam tak leh phataka sem dinga a gen bana, chang ona ah a gen gual in Lalpa a dinga semzaw ding a thuhilna ahi.

**6:8 Suak hi'n, suaklo hileu chinle, thilpha la hi taphawt uh chu Lalpa'n ei thuk ding ahi, ti he tau in.**

Mi mitmu a nasepte, mihing kipakna ding mai ah nasepte leh suak neitu'n a umpi ziaka nasepte, kilepmangna ding a mu hun ah sempeilo leh thabei taka semtute chu Khristian hina tawh a kituak puai, ti hi Paul in agen ut ahi. Bible in "*Bangkim la hitapo uh chu mihing a gual ah semlo in, Lalpa ading gual zaw'n thanuam takin sem un*" (Kol. 3:23). "*Mi zosia'n taksa i thilhite, a sia a pha, I hi gual gual un I muchiat theina ding un, Khrista vaihawmna chutpha man kilak chiat ding i hui*" (2 Kor.10:5). Zia thu hi mizosia'n I chanding chiat uh ahi.

Tulai ahin Pate luchang hina hi nute hin pawmthei lo a, insung ah pawsalte sang a chungnungzaw kikawi tinten le chu a kibe diak puai. Zia gual dinmun ah dingte hin Ephesi bung 6:4na hi apawmlo uh tina ahi. Chate etkawlina ahin Nu leh Pate'n etkawldan hi thiam angai hi. Chate ahivang ua eima dawidandan ah bawlijiang, etkawlina ah chip talua tite hin chate hi lampi pha'n a pui ngai puai.

**6:5 Suakte haw, Khrista kiang ah la kituk lut gual un, lungthim thua neilo in, lau leh kithing kawmin taksa ah la puteu kian-gah chun kitulut unla;**

Paul in insung ah nu leh pate leh chate haw um dingdan a genzaw nung in suakte umdin dan le a gen zui ngal hi. Zia hun lai ahin inkuantin ah suak nei hi tamtak a um u'i.

Paul in "Suakte haw" ati hi nasem dinga kua ahem khat in mi a vakte genna ahi (Kol. 3:22-25). Paul in a hun lai ahin suak nei hi pawmlo maleh, a gam in a

chiapi ahiziakin dodal jawk sang in suakte kiang ah thagau lam ah a dinmun ding uh genpiak chu a mawpuakna'n angai ta ahi. Zia hun lai a civil law ala nei dungzui ua chun suakte chung ahin a neitu apu chun thu a nei lian ahi. Suakte chun a pute'u thu amat ding uh ahimai ahi. Zia hun lai ahin suak neitu(master) te bep hilo in suakte ngei le Khristian ahung hitak zia un, suakte chun Khristian hina zal in pute (masters) nuai ah pat zalenna mu gual in a ki ngaitua tau ahi. Ziakachun, Paul in suakte chu a pute'u kiang ah kitulut ding in ahil ahi. Khristian hina hin suak hina hi a subei pua, chanchinpha jia kin a pute'u chun suapi gual in a enthei bep uh ahi..

Rom lalgam ah suakte dinun hi a se mama a. Suak neite chun a suakte'u haw chu mihing a le simlo in a thilneite'u khat gual in a ngai mai u'i. Ahinla, gingtu khat a dingin asuakte'u chu Khrista ah a suapi'u ahung hizaw tau.

Paul in "Pathian dawilam ah" ati theina zia khenkhatte vak en nalai hitiu.

1. Damaska lampi a kituakpi kha Jesu ahi (Nas.9:4,5).

2. Antiok khua ah kochuamte tawh angawl ah a pauchap lai ua a sawldawktu kha Thagau thiangtho ahi (13:2).

3. Paul in "Ka nu gilpi sungah kipat ei la khenchuampa leh hepina jia kha ah ei kopa Pathian chun" ati ahi. Ziakachun, Paul in Pathian dawilam ah sawlchak ahina a gen hi a dikthei ahi.

"Sawlchak" ti hi English a chun "Apostle" akiti'n, a um zia chu "thupawtu" tina ahi. Bible khenkhat ah chun Jesu nungjuite kha le Apostle tia ko ahiu (Mk.3:14). Thuthungthak hunlai inle Jesu nungju 12te, Barnabas, Jesu suapi Jakob ngei kha le Apostle ti ahiu hi (Nas.14:4,14;1 Kor.15:7; Gal.1:19).

"Khrista Jesu" Sawlchak Paul hin a lekthawte a hin "Khrista Jesu" leh "Jesu Khrista"

mang helsek maleh, a danglamna bangma a um chuam puai. Khrista Jesu ati hin Judate kinepna "Mes-siah" Greekte'n "Khristos" atiu leh ei pau ah Khrista ti hi a kaw-kna himaithe ahi. Khrista Jesu chu sawlchak hiding ah sawldawktu leh thuneina petu ahia zia kachun, Pathian dawilam ah sawldaw ahi.

**ii). 'Ephesa khua mi thiangthote, Khrista Jesu ah miginumte'**

Bible khenkhat in "Ephesa" ti hi a kilang puai. Kochuam bik a thawt hilo ah Ephesa kochuamte'n a simzaw phat ua le kochuam dangte kiang ah thawt sawnzal dinga gingchakna hi a lian pen hi.

Paul paukam mat "Ephesa khua mithiangthote" hi Thuthunglui hunlai ah Pathian in Israelte thiangtho dinga a ko gual ah kochuamte chu Israel thak, a thiangtho dinga kote ahijia kua mi thiangthote a ti hiding ahi.

Zia mi thiangthote (Saints) hi Jesu Khrista ah sawpthiangte, Khrista chu amau hukdampa leh tanpa ah pawm ah ginumte, khawvel ah agitlona taisante chu ahiu.

Het dinga pha chu, Ephesa khua hin mi tampi um ngei ding ahiu a, maleh Paul in lekha athawtte hi kochuamte (mithiangthote), Khrista ah mi ginumte ahiu. Tulai kochuamte hi mithiangthote (saints) tia ko ding ahin haksa mai tale a kilawm tai.

**1:2. I Pau Pathian leh Lalpa Jesu Khrista a kipat in hepina leh chamna um ta hen.**

**i). 'I Pau Pathian leh Lalpa Jesu Khrista'**

Paul in Pathian hina tak a gen ahi. Ama ngei inle I pau ati ahi. "*Lalpa Jesu Khrista*" ati hin Jesu chu Lalpa ahidan a gen lang ahi. Zia chang hin a gen ut pen chu Pathian chu I Pau leh Jesu Khrista chu I Lalpa'u ahidan a gen hi.

**ii). 'Hepina leh chamna'**

Hepina leh chamna hi Paul paukam mat mun ma ma

ahi. Zia thumal pawimaw panite hi Greekte leh Hebraite lak ahin chibai bukna in a kimang hi. Hepina hi Greek pau "*Agape*" thumal a pat ladaw ahia, a umjia chu mihingte apat pawt hilo, Pathian apat pawt hepina chu ahi. Chamna (peace) hi Pathian dawisakna apat piak lungmuana leh chawldamna ahi. Hepina leh Chamna hi Paul in Kochuamte Pathian leh Jesu Khrista apat amu ding ua adawisak chu ahi.

**1:3. I Lalpau Jesu Khrista Pa leh Pathian chu pak in um ta hen. Ama chun van mun ah te'n thagau lam malzawlina chitin in Khrista ah chun ei malzawl a,**

Bung 1:3-14 sung hi thutawn khat ah zik ahi. Paul in Pathian a pakna leh a chawihawina thu ahi. Chun, Pathian in kochuamte a tel jiaak (vv. 4-6), Jesu Khrista'n Hukdamna na asejna jiaak (vv. 7-12), leh a thagau thi-angtho ah namdetna jiaakte ahi agen hi.

**ii). 'thutiam nei thupiak masa pen.'**

Pathian thupiakte lak ah khan thutiam nei a um pua, "*La nu leh pa ja in*" ti chau hi thutiam nei ahi. Pathian thutiamte chu anuai ah chang 3na hin ensuk hitiu.

**6:3. Chutileh, nang a dingin pha'n tin, lei ah la dam kum le sawt in a.**

Zia a thutiam hi chini ahi. 1. *nang a dingin pha'n tin*'tileh 2. *lei ah la dam kum le sawt in a*. A tangpi in nu leh pa thumang nau-pang chu buaina khenkhat a tuak ding uh leh thil a sukkhial ding uh chu a pelthei u'i. Pathian in Mosi kiang ah Dan a la piak ah khan naupang thumanglo leh peng-pelte haw chu suang ah selup thei ahidan a muthei hi (Deut. 21:18-21). Pathian in thukhel leh hiltheilo mi chu a ngainep mai mai puai ti a muthei ahi.

**ii). 'lei ah la dam kum le sawt in a.'**

Zia thu hi kum tamtak dam ding tina ahi. A thutiam chu lei ah damsawtna hi ahi. Judate chun damsawtna hi lei ah Pathian malzawlina in a ngai ua, a ngai

pawimaw mama jiang u'i. Zia Judate lungthim hi Paul in hezing in naupangte chu nu leh pa ja ding in a zilttil ahi.

Chuleh, Israelte'n Kanaan gam a lua phat uh le damsawtna a nei ding uh chu Pathian thutiam chu ahi (cf. Deut. 5:33). Zia thutiam hi tuhun inle a tungthei tho ahi. Naupang thumang leh zilttilna ngaisak mi chu damtheina, pilna leh Pathian malzawlina adawng nuam un, zia chun damsawtna a piak be thei ahi.

**6:4 Ahi'n, nanghaw pate haw, la chateu hi'lungna kiu inla, Lalpa thununna leh zilgaina chun kaihuai zaw tau in.**

Paul in chate um ding dan bep a gen pua, pate umding dan le a gen hi. "*la chate'u hi'lungna kiu in la*" ti'n a hil hi. Pathian in Pate kiang ah chate enkawl ding ahin mawpuakna a piak ahidan a muthei hi. Paul thugen dan hi nute hin chate chung ah mawpuakna neio hile'u a kilawm hi. Ahinla, Pate luchang hina nuai a chun nute le a um ngei u'i ti hi gingmaw umlo tak ahi.

## Zillai-12

## GINGTUTE DINMUN-INSUNG AH.

Simding: Ephesa. 6:1-9.

Changvawp 6:6.

## THUMAPUI :

Paul in gingtute hiding dan gen zawmzel in, tuhin insung (family) ah gingtute umding dan a hun gen hi. Insung khat ah Nu leh Pate'n chate chung ah a mawpuakna'u leh chate'n nu leh pate chung ah a mawpuakna'u ahun gen hi. Chuleh, Suakneitu inkuante'n le a suakte'u chung ah amawpuakna'u leh suakte'n le a pute'u chung ah a mawpuakna'u a hun gen hi. Bangkim chu Pathian dawi guala thilpha bawlchiat ding in a gen hi.

**6:1 Naupangte haw, Lalpa ah chun la nu leh pateu thu zawm un; zia chu thildik leh ahi ngal.**  
i). 'Naupangte haw,'

Paul in gingtute um ding-dante a banban in ahung gen suk a; zi leh pawsal kalthu a gen zaw in naupangte umding dan a hun gen ta ahi.

ii). **Lalpa ah chun la nu leh pateu thu zawm un,'**

Paul in naupangte'n a nu leh pate'u thu a zawpna ding ziak uh chu "Lalpa ah" ati ahi. Thumat-na chu Lalpa a kipat hile ti hi a dawi ahi. Zia chu Lalpa kipakna lamtak ahi (Kol.3:20). Nu leh pate

etkawlna leh a thupiakte'u chu Lalpa a kipat ahile hilo lam bucipi zawlo ah a thu uh awi tawp mai chu Lalpa dawidan ahi.

**6:2, "La nu leh pa ja in," ti hi thutiam nei thupiak masa pen chu ahi.**

i). 'La nu leh pa ja in,'

Zia chang hi Pathian in Mosi kiang ah thu sawm a piakte lak ah a pa-ngana ahi (Ex. 20:12; Deut. 5:16). Israelte'n a zui ding ua kipia ahi. Zia thu hi Israelte'n hezing in a nu leh pate'u a ja mama u'i.

i). **Lalpa Jesu Khrista Pa leh Pathian chu pak in um ta hen.'**

Zia thu hi Paul in Pathian, Jesu Khrista Pa chu chawihawina a piakna ahi. Jesu Khrista Pa Pathian chun Khrista zalin thagau lam malzawlina chitin ah gingtute a malzawl zia kin pak leh chawihawina piak ding ahi dan a gen ahi.

ii). 'Ama chun van mun ah te'n'

Paul in zia gual thumal hi Ephesa lekhathawt sung ahin mundang inle a mang hi.

a). 'van mun ah te' (1:20). Khrista lalna mun.

b). 'van mun ah te' (2:6). Gingtute tawh umna ding mun.

c). 'van mun ah' (3:10). Pathian pilna chu kochuamte manga hiatsaka a umna ding mun.

d). 'van mun ah' (6:12). Gingtute thagau gilote tawh i kidona ding mun.

iii). 'thagau lam malzawlina chitin in Khrista ah chun ei malzawl a,'

Paul in "thagau lam malzawlina chitin in" ati hin Pathian Thagau thiangtho nasepna

lam thu a gen ahi. Thagau zosia nasepna lam a genna hilo ahi. Tulai ah eima dawidan dan ah Pathian thu kaikawina thagaute, eima ut ut puangdaw a thagau thupuan gual ah ngaina thagau a genna hilo ahi.

**1:4. ama ah thiangtho leh demna umlo ding ah leichung pian masang ah eila tel tak gual in.**

i). 'ama ah thiangtho leh demna umlo ding ah'

Pathian in mihingte hi hukdam hi ding bep in ei dawi pua, thiangtho leh demna umlo ding inle ei dawi ahi. Zia tak ahin Paul in paukam pawimaw tak mai pani amang hi. 1) thiangtho leh 2) demna umlo ding ahi.

Paul paumat "thiangtho leh demna umlo ding" ti thute hi Bible suite Clarke chun, Paul in Israelte Pathian ma ah kithawina a nei phat uhle bukim leh gensiat bei ah mipiten dan dungju ah kithawina a bawl seknau apat lakdaw hiding in a gen hi.

Demna ding umlo hial ah Pathian a thiangtho gual in gingtute chu thiangtho dinga ei dawite l hui ahi (Lev.11:14,15). Mihingte mitmu ah thiangtho bep hilo ah, Pathian mitmu a le thiangtho dinga gingtute a dawina thu agen hi.

Paul paumat “*demna umlo ding*” ti thu hi le thu pawimaw ma ma khat ahi. Zia thu hi Israelte gan ah kithawina a nei na’u apat lakdaw ahi. Ganhing khat (bawng, vapal, belum) ah kithawina a nei ding phat uale kithawina ah lat ahi masang in velchian masak ahi sek hi. Kithawina dinga ganhing chung ah chun demna a um chun pawmlo ahi’n, ganhing chung ah chu demna ding a umlo chun Pathian kiang ah kithawina mat ahisek ahi. Paul in gingtute le Pathian ang ah demkai lo ding ahidan a gen ahi.

**ii). ‘leichung pian masang ah ei uh ei la teltak gual in’**

Paul in zia chang ahin gingtute a dinga Pathian in thagau lam malzawlina a piak chuam diak khat a gen lang a,

zia chu Pathian in leichung pian masang ah gingtute a la teltakna thu hi ahi. English a chun “*predestination*” ahiloleh “*election*” ahin, a umzia chu “*guatlawk masak, tel masak*” tina ahi. Pathian in thiangtho leh demna umlo ding ah leichung pian masang ah gingtute hi a la tel ahi thu a genna ahi.

“*Guatlawk*” thu ahin Khristiante lakin ngaidan kibatlo zia kin kikhenna a um hi. Tel masakna thu a ngaidan umthei khenkhat chu; Pathian in hukdamna a chansak ding mi a guatlawk um ahem? Ahiloleh, Pathian in ahukdam ding mi leh hukdamna a piaklo dingte a gelkhawl masak ahi diam? ti hi ahi.

l hiatchian theina ding un Bible ah kigente vak en hitiu. Bible ahin mun tamtak in Pathian in mihingte kianga ama thu awi ding ah a kona a kimu; a thu awi ding leh awilo ding hi mihingte chungin mawpuakna apia ahi.(cf.Matt 11:28-30). Pathian in ahukdamna hi mizosia a dingin a hil ah, Jesu Khrista ngei khan le Chanchinpha (gospel) thu hi

**5:32. Zia hi thuguk lopi tak chu ahi; ahi’n Khrista leh a kochuam tekhinna ka mat ahi.**

“*Paul in zia hi thuguk lopi tak chu ahi*” ti’in thu ahung pan hi. Thuguk hi nidanglai ah pat ala kiselgu himaleh tuhi puan-daw hita tina ahi. Zia thuguk chu, “*pawsal chun a nuleh pa nusia in a ji chu zawm ta’n tin, pumkhat hung hita’n au.*” thu hi ahi. Thuthunglui hun lai in zia thuguk hi ala muchian puau a, ziakachun pawsalte’n le ji tam taktak ala nei sek ui. Ahinla, zia thuguk hi Jesu Khrista ah chun puandaw ahung hitai. Ji leh pawsal kizawpna chu Pathian gawp ahia, nupan kal ah kihepi taka um ding ahidan a hetchian thei hi.

Chun, Paul in zia thu hi “*Khrista leh a kochuam tekhinna ka mat ahi*” ati. Pawsal chu a ji a ding ah luchang ahiziakin a ji chu a taksa (body) ahia, a hepi ding ahi. Zia bep chu hilo in, a vak in a chawm ding ahi. Jite chun le a pawsalte’u chu luchang ah nei in a nuai ua a kituklut ding uh ahidan thu chang masa lam akhan i

**GENKHAWMDING:**

1. Jite chu pawsalte kiang ah kituklut ding ahidan.
2. Pawsalte chu jite kinepna tak ah um ding ahi dan.

gen zo tai. Ji leh pawsal kal thu chu Paul in kochuam leh Khrista tekhinna’n amang ahi. Jite chun a luchang uh pawsalte kiang ah a kituklut gual un kochuamte’n le l luchang uh Khrista kiang ah l kituklut ding uh a genna ahi.

**5:33. Bang hitaleh, la lak ua kua hi ziangleu chin le, nangmau la kihepi gual tak un, la jiteu le hepi chiat un; chuleh, ji chunle a pawsal chu a tak in kicha taken.**

Paul in zia chang ahin thunei taka thupiak bawl hile a kilawm hi. Ahiziakin, Bible pansan ah thugen ahizaw’i. Pawsalte’n a jite’u chu a hepi teitei ding uh ahi. Zia chu pawsalte’n a jiteu chung ah a leibat uh ahi. Jite’n le a pawsalte’u chu a kichak ding uh ahi. Zia taka “*kicha*” thumal hi “*lau ziaka kitulu*” tina lam kaw k maleh Paul in agennawp chu pawsalte chu migilo lau ah lau ding tina hilo in a hepituh leh dawisaktu ahiziaka a za (respect) ding ahidan a genzaw k ahi.

bakte ahidan uh a hilna thu ahi. Ji leh 4 pawsal kal thu gen hiziang maleh Khrista leh kochuamte kal thu tawh tekhnin zel ahijjakin kochuamte chu Khrista taksa bakte ahidan uh a gen ahi.

Bung 4:25na ah kochuamte chu kizawm khawm chiat leh Khrista taksa I hidan uh(1:23,4:12,16) a gen hi. Kochuamte luchang chu Khrista ahi ngal a. Jesu Khrista'n chun ama ate tawh a aki zawp dan uh 'grop gui leh a bakte tawh a tekhnin ahi. (Johan 15:1ff). Khrista leh kochuamte'n zia gual a chun kizawp gual in ji leh pawsal le kizawpna hawitak nei ahiu thu agen ahi.

**5:31. Ziaziakchun, pawsal chun a nuleh pa nusia in a ji chu zawm ta'n tin, pumkhat hung hita'n au.**

Zia chang ah thu hi mi khenkhatte'n I hiatthiamlo khat uh chu ahi. Ziakachun hiatthiam theina ding in zia gual hin gen hitiu.

**i). "pawsal chun a nuleh pa nusia in a ji chu zawm ta'n tin, pumkhat**

**hung hita'n au".**

Pawsal in bangziak ah nu leh pa nusia ah a numeite kiang ah va um mai ding ahem? ti hi dawtna tangpi ahi. Ei chawndan tawh le a kituak puai tite hi a gen mun khat chu ahi.

Nu leh pa chu pumkhat ahiu a, chate chu nu leh pate bel in ah um ahi. Chapa chun ji anei phat le a ma taksa apat ah Pathian in a lakdaw chu hung kit ahi zia in, nu leh pa chu nusia in a ji chu tawh pumkhat ahiding him uh ahi. Ji tampi tawh pumkhat hiding ati puai, Pathian in Adam kiang ah numei a puilai khan khatchau apui hi.

**ii). "Ziaziakchun,"** ti thumal hi *version dang* ah chun "For this reason" ati ahi. Ji leh pawsal pumkhat ahina ding zia uh chu Pathian in pawsal nakgu apat ah numei a siam ahin, zia a phelang khat chu tawh kigawm kit ahizakiin Paul in "Ziaziakchun" tia a zia a gen ahi.

thilsiam zosia kianga hil dingin thu apia ahi (Mk.16:15,16). Ziakachun, guatlawksa mi um chuam lo in, kua le a ging tapo chu hukdamna chu chang ding ahiu. Pathian in ama taksang ding leh a thu awilo ding ahin a guat chuam a um puai, a guatlawk chu a thu awi leh pawmte chu hukdamna chang ding ahiu, ti hi ahi.

**1:5. Ama chun a doi leh tup gual tak in, ei uh hi Jesu Khrista vang ah a chate hi ding in, hepina jia in ei la guat lawk tai./**

**i). 'Ama chun a doi leh tup gual tak in,'**

Zia thu hi Pathian daw leh tup gual tak in atina a hi. Mihingte'n le daw leh tup khat chiat a kinei sek a, zia gual ah chun Pathian inle daw leh tup khat a nei hi atina ahi. Pathian in daw leh tup a nei chu "ei uh hi Jesu Khrista vang ah a chate hi ding in," ti ahi.

**ii). 'ei uh hi Jesu Khrista vang ah a chate hi ding in'**

Pathian in a mi siamte hi a chate ah guat ding hi adawi leh

tup chu a la hi. Zia tak ah thumal "chate hiding in" ti hi English Bible a chun "adopted sons" ti ahi. A um zia chu, "midangte cha chu ama cha ah bawl/siam" tina ahi.

Paul in zia thu hi Rom dan a pat a lak hi ngei dinga gingchak a um hi. Rom dan a chun kuan le midang cha chu ama cha in asam/bawl thei hi. Dan dungju ah chun cha ah siam a um taphawt chun cha taktak hina (legitimate son) achang thei hi. Cha taktak hina changtu chu mithak ahung hita, a inkuan masa ah sumbat leh thildang ah kitanna a neite kha mithak ahi nungin abeitai. Zia gual chun Khristiante le Pathian in Khrista zia kin a chate hi ding in ei telta ahi. Zia gual ah Pathian in a chate dinga ei teltheina zia chu bangdang zia hilo in a hepina zia ahikit ahi. Pathian in daw leh tup ah anei chu zia thu hi ahi, ti Paul in a gen ahi.

**1:6. A hepina chun ama'n ei la lut ah, zia hepina lopi chu I chawihawina ding un.**

**i). 'A hepina chun ama'n ei la lut ah,'**

Zia chang hi a chiang di-akna ding in NRSV Bible in vak en hitiu. *"to the praise of his glorious grace that he freely bestowed on us in the Beloved"* Ei pau in *"a dawitak (Jesu) zal ah chun a hepina lopi chu a thawn ah ei hung piak tak ziak in, zia hepina lopi chu I chawihawi theina ding un"*

Paul in kochuamte kiang ah a gen nawp hi Pathian in a chapa Jesu Khrista (the Beloved) ziaka Pathian hepina a chang dan uh ahi. Zia hepina ziak chau hi ahi Pathian tawh kizawpna kochuamte'n a neithei nau chu. Zia taka *"the Beloved"* ti hi *"ahepi"* *"a dawitak"* ti ale ledawthei ahi. Zia *"a dawitak"* ti hi Jesu Khrista genna'n le mat ahi (Mt.12:18; Mk.1:11; Isai. 42:1). Pa Pathian chun a chapa *"a dawitak"* Khrista zal ah chun kochuamte chu apawm thei ta ahi.

**ii). 'zia hepina lopi chu I chawihawi-**

**na ding un.'**

Pathian in Israelte kha Ama pak leh chawihawi ding ah atel ahiu a (Is. 43:21), tuhun ah gingtute hile Pathian pak leh chawihawi ding leh a hepina taklang ding ah ei tel chuamte chu I hiu ahi. Zia thu hi Paul in Ephesa kochuamte hin a zui ngei ding ua a thuhilna ahia, tuni ei uh gingtute a dinga le pawimaw ahi.

**1:7. A hepina hau dungzui in, a thisan ah tatna chu changin, I gitlonate'u ngaidamna chu I chang tau ahi.**

Zia chang hi Mihingte gitlona nuai ah a um nau apat Pathian hepina zal ah a chapa Jesu Khrista tatna chang ah gitlo ngaidamna a changnau thu Paul in a gen latna ahi.

**i). 'a thisan ah tatna chu chang in,'**

Zia taka *"tatna"* thumal hi English ah chun *"redemption"* ti ahin, a umzia chu *"chawdawkw"* ahiloleh *"aman pia nung chawkw kit"* tina ahi. Jesu Khrista'n gingtute chu a thisan ah a tatdawna thu a gen ahi.

Pawsalte'n a jite'u a hepi ding dan uh chu ama taksa a kihepi gual ua a jite'u a hepi ding ahi- dan ahung gen suk ngal hi.

Numei leh pawsal kichen- na hi Pathian gawp ahia, Jesu Khrista'n *"Amau chu taksa pumkhat hung hita'n au.... Pathian in a gawptak chu mihng in khen kihen"* (Mk 10:8,9) ati ahi. Pathian in Adam nakgu kipat numei siam in a kianga a hung pui lai in *"Adam chun: Zia zet hi chu ka gu ah kipat gu nei ah siam, ka taksa ah kipat taksa nei ah siam ahi; pawsal ah kipat lakdaw ahijiak in, Numei ti ding ahi"* Adam chun numei, Evi chu ama ah kipat lakdaw ahi a hechian hi. Pawsal taksa pat ladawkw ah gawm kitthei chu Pathian ahi. Ziakachun, kichenna hi ngaidau mai mai lo ding ahi. Pawsal in le a ji chu a hepi ding ahi. Paul in *"Kua le ji hepi chu ama ki hepi ahi"* ati ahi.

**5:29. Kuama'n ama taksa bakte a haw ngai puai; Khrista'n a kochuam a duat gual in ama'n le, a chawm in a duat ding ahi.**

Zia hin pawsalte'n a jite'u a hepi ding thu a hung genzawm

ahi. Pawsalte'n a jite'u chu a hepi ding ahidan *"Kuama'n ama taksa bakte a haw ngai puai;"* thu ahin a gen lang hi. Pawsalte a dinga a jite'u chu a taksa bakkhat/phellang khat ahi. Ziakachun, kuama'n a phellang khat uh (a jite'u) chu a haw ngai puai, ati ahi. Zia taka *"haw"* thumal hi simmaw leh muda tina ahi.

Zia ban ah, Paul in pawsalte'n a jite'u a hepina ding ua ettawn ding ahung gen hi. Zia chu dan uh chu *"Khrista'n a kochuam a duat gual in ama'n le, a chawm in a duat ding ahi"*. Khrista'n a kochuamte chu a thisan ah a tatzaw in a mawkw kawi diaklo ahi. Thagau lam in duat in a chawm zing ahi. Zia taka *"chawm"* hi vak, anpia lam genna ahia, *"duat"* tihikem, enkawl lam genna ahikit hi. Khrista'n a kochuamte thagau lam ah anpia ah a etkaww zing gual in pawsalte'n le a jite'u duat in a chawp zing ding uh ahi.

**5:30. ama taksa bakte chu I hi ngal un.**

Zia chang ahin Paul in kochuamte chu Khrista taksa---



Paul in Pawsalte'n a jite'u a hepi ding dan uh leh a jite'u a hepi theina ding ua a ettawn ding uh a hun gen nalai hi. Zia chu; "Khrista'n a kochuam a hepi ah, a thasang ah a kipiakdaw gual in" ati ahi.

**5:26. amau chu a sukthiantho theina ding in, a thu tui ah chun silthiang in.**

Paul in zia chang ahin thu kizawmlopi hung gen kha abang hial hi. Zia thu hi thuhaksa leh buai um mama khat ahi ziakin hilchian dan le jatchuam chuam a um ahi. Nidanglai in numeite chu lengpa kiangah a lutding phat ua le tha 12 (twelve months) hi kisingsakna'n amang sek ui. Thaguk sung chu Murra thau ah kijut na'n leh thaguk dang chu gimtui leh kicheinna dang danga kicheina in amang sek ui (Esther 2:12). Greekte kichen dan khat a chun mo ding nu chu a pawsal kiang ah pui a hi masang in kisilthiangna a nei sek hi. Monu chu apawsal ading ah a kisuk thiangtho gual in Kochuamte le

Khrista a dinga akisukthangtho ding ahidan agen nawpna ahi.

**5:27. a kochuam chu melhemna bei leh thiangtho tak ah, ama a ding ah melpha leh gun tak ah a umtheina ding un a kipumpiak tangal a.**

Zia chang ahin Paul in Khrista'n kochuamte umding dan a gen hi. "melhemna bei leh thiangtho....melpha leh gun" haw zosia hi Khrista hina le ahi. Chia-kan kutna ah belum tha ding chu demna bei ahi gual in Khrista le demna bei in a hung kipia ahi. Zia gual ah chun kochuamte melhemna bei leh thiangtho ding ah Khrista'n kochuamte a dawina thu agen ahi.

**5:28. Zia gual ma chun, pawsalte'n le a jite'u chu amau taksa gual ah a hepi ding uh ahi. Kua le ji hepi chu ama ki hep ahi**

Paul in pawsalte'n a jite'u a hepi ding thu zia hin a gen nawn kit hi. Pawsalte'n a jite'u a hepi ding dan uh chang 5na khan le I gen zo tai.

Pathian in a hepina hau dungzui ah a chapa Jesu Khrista thisan ah mihingte ei hung tandawk a tichun, Pathian hepina hau dungzui ah chun gitlo ngaidamna le I chang ui, tia Ephesa kochuamte kiang ah Paul in agen ahi.

**1:8. Zia hepina chun ama pilna leh lunggel thiamna'n ei la vuk ta ahi.**

Zia chang ah "pilna leh lunggel thiamna" hi thu pawimaw takmai khat ahi. Kua pilna leh lunggel thiamna ahem? tia dawtna bawlthei ahi. Zia pilna leh lunggel thiamna hi kua dang a hilo in Pathian pilna ma ahia, zia'h chun gingtute kiningting taka ei jangvuk ahi. Zia hi Pathian thuguk Khrista ah kiselgu chu ahi.

**1:9. Khrista ah a thiltup, a doilam dungzui ah a lunggil thuguk chu ei hiatsak ta ahi'.**

*i). 'Khrista ah a thiltup,'*  
Khrista ah a thiltup ti hi, Pathian in Khrista ah bang ahem khat a sep daw guat um tina ahi. Chang gukna(6na) ah Pathian doi leh tup chu mihingte hi a chate

ah guat hi ahi, ti I gen zotai. Zia chu sukpitng ahi theina ding in Pathian in a chapa Jesu Khrista ei hun pia, Khrista thina ziak ah chun Pathian in mihingte gitlona ah um zingte chu a chate in ei siamdawk ta ahi, ti hi Pathian in mihingte tatna ding ah Khrista ah a thiltup chu ahi, ti a gen nawp pen chu ahi.

*ii). 'a lunggil thuguk chu ei hiatsak ta ahi'.*

Pathian in dawih leh tup ala nei jing chu mihingte hiatdinga phal ahina thu agen ahi. Ahinla, Pathian lungel zosia hiatding tina vang ahi puai. Pathian in Khrista zala mihingte hukdawkitna ding a guanggalte genna ahijaw'i. A dawih leh tupte hi Thuthunglui hun lai a michuam chuamte kiang in (Abraham, Mosi leh jawlneite) ala gen a, ahijiakin a limtha gual mai in bukimlo takin ala genjel ahi. Himaleh, gingtute kiangin Pathian lunggel chu puandaw in a hung umta, Pathian lunggil thuguk chu hiatsak in I umtau, ti Paul in a gen ahi.

**1:10. Zia adoilam lunggil chu, hunbi ahung tung phat leh, thil zosia: van ah umte leh leichung ah umte chu, Khrista ah gawmkhawm in, suktua siksek ding ti hi ahi.**

**i). 'hunbi ahung tung phat leh,'**

Pathian, Jesu Khrista pa ngei chun a chapa Khrista chu a hung sawl hun ding leh Khrist ah suk butinna dinga guanggalna ala nei chu hun tiam um ala hi ahi.

**ii). 'thil zosia: van ah umte leh leichung ah umte chu,'**

Khristian masate'n ngaid-an ala nei uh chu "van ah umte" hi Judate a genna ahisek in, "lei ah umte" hi Jentelte a genna'u a hisek hi.

**iii). 'Khrista ah gawmkhawm in, suktua siksek ding ti hi ahi'**

Pathian in lemguatna a nei chu thil zosia chu Khrista thunuai ah kawi hi ahi. Van ah umte leh lei ah umte, Judate leh Jentelte chu Khrista ah chun inkuan khat ah siam a gawpkhawm chu Pathian thiltup ahidan a gen ahi. Paul in Khrista hi hukdampa ahidan a genlang nuam ahi.

**1:11. Ama doidan leh lemguat dan ah thil zosia sem in, a tup gual ah a guatlawkna chu, ama golua I hi theina ding un.**

Zia taka "Ama" kiti thumal hi Pathian a genna ahi. Pathian in ama doidan leh lemguat dan tak in mihingte hi ama a hiding in Khrista ah chun ei la guatlawk ta; zia chu Ama gouluat I hitheina ding un, tia Paul in a gen ahi.

**1:12. Ei haw Khrista ah ginna ala nga masate hi a lopina pakna I hung hitheina ding un.**

**i). 'Ei haw Khrista ah ginna ala nga masate hi'**

Paul in "ei haw Khrista ah ginna ala nga masate hi" ti'in a hung pan ah, ama ngei huap ah kigen ahijiakin "Ei haw" ati hin Judate a gen hiding ahi. Judate chu Jentelte sanga Khrista ah ginna ala nga masate atina ahi. Aziak chu, Judate chu Jentelte sanga Khrista ah hukdamna chanchinpha ala dawng masa leh tak-sang masate ahiu a, hukdamna chang masa leh sawlchak hina leh chanchinpha puangtu ala hi masau ahi.

**ii). 'pawsal chu a ji a ding ah luchang ahi ngal a.'**

Khrista chu kochuamte a dinga hukdampa leh luchang ahi guala chun pawsal chu Ji a dinga luchang ahi ding ahi, ati ahi. Khrista chu kochuamte a dinga hukdampa (saviour) ahi guala chun pawsalte le a ji ading a chun hukdampa ahi ding ahi. Pawsalte Jesu gual ah Kross lek ah khaikan ah um ding tina hilo in, pawsal chu a ji a dinga chun panpitu leh beltak ahi ding ahi. Chuleh, Khrista chu kochuamte (ataksa) luchang ahi gual in pawsal chule aji a dinga chun luchang (head, Lord) ahi ding ahi. Sarah ngei inle a pawsal Abraham kha 'Ka Lalpa' (1Pet. 3:6), ati ahi. Pawsal chu a ji a dinga luchang ahi ngal le a ji ading a chun enkawltu suan um leh kinepna thei ahi ding ahi.

**5:24. Kochuam chu Khrista thunuai ah a um gual hin, jite le bangkim ah a pawsalteu thunuai in a um diu ahi.**

Zia chang hin a gen nawp tak hi jite chu pawsalte nuai ah kituklutna ding thu ahi. Nupan

hinkhua ah chu jite chu bangkim ah a pawsalteu thunuai ah a um diu hi ahi. Ji chun a pawsal kiang ah thuneina a piak ding ahidan a genna ahi.

**5:25. Pawsalte haw, Khrista'n a kochuam a hepi ah, a thasang ah a kipiakdaw gual in, nang unle la jiteu hepiu in:**

**i). 'Pawsalte haw,'**

Paul in Ephesa lekthawt ahin jite mawpuakna thu bep a gen pua, pawsalte mawpuakna lam le a gen a, zia chu a pat theina ding in pawsalte haw ti ah ahung pat ahi.

**ii). 'Khrista'n a kochuam a hepi ah, a thasang ah a kipiakdaw gual in,'**

Zia taka ahin Paul in Khrista'n kochuamte a hepina thu a hun gen hi. Khrista'n a kochuamte a hepina chu kochuamte sika ah Kross chung ah mualpho taka thina tiang hial ahung thawkna thu hi ahi.

**iii). 'nang unle la jiteu hepiu in:'**

Zia taka "nang un le" ati hi pawsalte a genna ahia, Pawsalte'n ajite'u a hepi dinguh ahi dan a genna ahi.

Khrista ana ziaka gingtute'n l bawding uh chu ahi, ti hi Paul gennawp tak chu ahi.

Mi'n kiluttchaktuana lungthim aneilo phatle ama kingaisangna leh midangte a thunuai ah kawiguan na nei tina ahin, zia gual mite chu Khrista nei leh thagau ah kalsuanzing gual in kingaitua male'u amau kithem hi mai mai ding ahiu.

**5:22. Jite haw, Lalpa kiang ah la kituklut gual un, la pawsalte'u kiang in le kitulut un.**

**i). 'Kitulut'**

Zia chang ah "kituklut" thumal hi English Bible (nrsv) ah chun 'be subject' amang hi. English ah "be subject" umzia tak chu kitulut bep hilo in mi thuneina nuai ah lutna (umna) a gen kha zaw'i. Paul in agen nawp tak chu Jite chu pawsalte kiang ah kitulut ding ahi, ti agen nawp ahi.

**ii). 'Lalpa kiang ah la kituklut gual un,'**

Paul in Jite chu pawsalte kiana kituklut ding ahidan thu a gen zawmna ahi. Zia chu, "Lalpa

kiang ah la kituklut gual un," ati ahi. Mi kuale Khrista chu a Lalpa ding ah pawm ah a kiana a kituklut chun, Khrista thunuai ah chun a um sek hi. Zia gual ah chun Jite chu Lalpa kiang ah akituklut gual un a pawsalte kiana akituklut ding uh ahi. ati ahi.

**5:23. Khrista chu ama taksa a kochuamte hukdampa leh a luchang uh ahi gual ma'n, pawsal chu a ji a ding ah luchang ahi ngal a.**

**i). 'Khrista chu ama taksa a kochuamte hukdampa leh a luchang uh ahi gual ma'n,'**

Paul in Khrista hi na chini(pani) agen ahi.

(a). Kochuamte hukdampa:- Khrista kochuamte hukdampa ahina zia tak hi mihingte Pathian ang ah pat jam mang ah gitlona suak ah tangte hukdawktu ahiz- iak ahi.

(b). Kochuamte luchang. :- Khrista chu kochuamte hukdawktu/hukdamtu ahitak zia kin kochuamte luchang (head, Lord) ahita ahi.

**ii). 'a lopina pakna l hung hitheina ding un.'**

A chung ah Judate dinmun chu Khrista hukdamna chang masa leh Apostle himasa ahiu ti l genta; zia kachun, Khrista hukdamna chanchinpha chu Jentelte kiang ah a va tangkopina zia kua chun Paul in Judate kiang ah chun "a lopi pakna l hung hitheina ding un" ati ahi.

**1:13. Ama ah chun nang uh le, thutak thu, la hukhinou chanchinpha chu la het ua, la gin nung un, ama Thagau thi- angtho tiamsa ah chun tepte la hi tau hi.**

**i). 'Ama ah chun nang uh le, thutak thu, la hukhinou chanchinpha chu la het ua, la gin nung un,'**

Zia taka "nang uh le" atite hi Ephesa kochuamte a genna ahi. Paul in chang 12na a khan ama leh Judate chu Khrista ah ginna ala nga masate ahidan uh leh Khrista chanchinpha gentute ahidan uh a gen a, tuhin Ephesa kochuamte ahun gen ta ahi.

Chun, Paul in Ephesa

kochuamte kiang ah chun "thutak thu" atia, zia thutak thu chu Khrista hukhinna chanchinpha thu a genna ahi. A gennawp tak chu Ephesa kochuamte kiang ah chun Khrista ah hukdamna chanchinpha ama leh Judate kipat ah la hiat ua la gin nung un, atina ahi.

**ii). 'Thagau thi- angtho tiamsa ah chun tepte la hi tau hi.'**

Jesu Khrista zal ah mithi- angthote chu Pathian in Thagau thi- angtho ah a tepna thu a gen ahi. Zia taka "tepte" thumal hin a kaw k tak chu a neitu in a teptena lam a kaw hi. Judate zektanna chu Pathian in a teptena ahin, zia- gual ah chun gingtute chu le Bap- tisma ah chun Pathian in ei tepte ahidan a gen ahi (Nas. 2;38; Kol. 2:11-13).

**1:14. Zia chu ama lopina pak-na ding ah a chawksa, ama a te ngei taddawna chu a bukim masangsia, ama golua dingte khamlawkna chu ahi.** khamlawkna chu ahidan a gen ahi. Pathian hun tiam tun masang ah gingtute chu Thagau thiangtho in a puihuai ding ahidan agen ahi.

Zia chang ahin Paul in Thagau thiangtho thu a genzawm ahi. Thagau thiangtho chu "a chawksa leh a golua dingte"

#### Genkhawm ding:

1. Paul in Ephesa khua ah kochuamte chu mithiangthote leh Khrista ah miginumte atia; tulai ei gingtute hi mithiangthote leh Khrista ah miginumte I hinaw em genkhawm hile.



#### ZILLAI - 11

### KHRISTIAN INKUAN UM DINGDAN

*(Ji leh pawsal kipumkhatna ding thu)*

Simding: Ephesa. 5:21-33

Changvawp: 5:21.

#### THUMAPUI :

Ephesa lekhathawt ahin Paul in Khrista zal ah kipumkhatna hi a gen pawimaw mama khat chu ahi. Bung masa lam akhan Khrista'n Jentelte leh Israelte kidaidanna bang sukchim in, zia namnite chu pumkhat ahung hitau a, nang uh Jentelte, kei uh Judate ti a kikhenna a um ta puai ti a hung gen tai. Zia gual ah chun, inkuan sunga nu leh pan kal ah kipumkhatna a um theina ding thu a gen ahi.

**5:21. Khrista la jana zia k un, nanghaw le kilutchattua chiat un.**

Zia chang hi Paul in thagau ah kalsuante hindang dan a genzawmna ahi. Gingtute'n Khrista a hun pawm ua, thagau ah kal asuan phat ua le kingainamna leh midangte lunggel ngaivenna lungthim a nei sek un; midangte tawh kilutchaktuana anei sek u'i. Gingtute a dinga kilutchaktuana lungthim kipatna hi Khrista jana zia kahi'n, chuleh zia hinkhua mang mite chu Thagau in a thununte ahiu ahi. Ziagual chu Khrista gingtute hindang dan chu ahi.

Paul in Thuthungthak hun ah gingtute chu kilutchaktuana

lungthim nei dingin a la dawnzing hi. Philippi lekhathawt achun Paul in ti hin ala gen hi. "Kikhenna ding ahem, kilopisakna zia k ahem ah bangma bawlo in, mizosia, n kingaitawm tak in, ama sang ah midang phazaw'n guat chiat uh hen." (Phil.2:3). Jesu'n a nungjuite kiang in "Mihing chapa hial hile min a na aseppiak ding ah hung a hipua'n, nasem ding leh, mi tamtak tatna dingah a hinna pe ding ah hung ahizawi, atia" (Matt.20:28). Zia ban ah chun, Peter ngei in le khangdawng nalaite chu upate nuai ah kitulut ding, gingtute chu na kiseppiaktua ding leh thunuaigolna ah kivan ding in a hil ahi (1 Pet.5:5). Zia haw zosiate hi

dinga a dawina thu agen ahi. Mi kuale Zu a khamphat le Zu thunuai ah a um gual in Thagau thiangtho thunuai ah um ding a ahilna ahi.

**5:19. Pakna late, Pathian late, Thagau lam late ah ki hotua chiat in, Lalpa kiangin a lunggil zosiau in thilgi kilawm leh La sa in,**

Paul in Ephesa kochuamte chu Zukham kiu inla zia sanga chun Thagau ah dim zaw tau in ati nung in, Paul in thagau ah dimte um dingdan chi 4 a gen hi. **i). 'Pakna late'** - Pakna late hi English pau in "Songs of praise" "Psalms" ti ahi. Thuthunglui hun ah pakna late kiti hi Sam lekhabu ah pakna late haw kha ahi. Judate leh Khristiante'n Pathian pakna la a matsekte'u tina ahi. **ii). 'Pathian late'** -Pathian late hi English a chun "Hymns" ti ahin, chawihawina la tina ahi. Zia chawihawina la hi Khristiante

#### GENKHAWM DING:

1. Pauchapna ah chun Jesu Khrista min a Pathian kiang ah dawt ding ahidan genkhawm hile.

Pathian chawihawina late genna'n kimang ahi.

**iii). 'Thagau lam late'**- Zia hi "Spiritual songs" a kiti ahi.

**5:20. I Lalpau Jesu Khrista min in, Pathian, Pa ngei kiang ah chun bangkim in kipak thu genzing tau in.**

Zia chang hile Paul in gingtute, thagau ah dimte umding dan agen zawmna ahi. Gingtute hin nisin hinkhua a vangphatna kituak kha thei, vangsiatna kituak kha thei ahi. Bang dinmun chun ding in, bang chu tuak kha hijiang leu chin le bangkim in Pathian kiang ah kipak thu genzing tau in, tia Paul in a thuhilna ahi.

Zia ban a chun, Paul in Ephesa kochuamte chu Pathian kiang ah kipakthu gen dingdan ahil be nalai hi. Zia chu, "I Lalpau Jesu Khrista min in" ati sese hi. Jesu Khrista min ah Pathian, Pa ngei kiang ah chu kipak thute, dawtnate gen ding ahi, atina ahi. Jesu Khrista 'La min' in ati lo ahi.

#### ZILLAI - 3.

### PAUL EPHESA KOCHUAMTE ADING AH A PAUCHAPNA

**Simding: Ephesa 1:15-23.**

**Changvawp: 1:16.**

#### THUMAPUI :

Ephesa lekhathawt ahin Paul in kochuamte a dinga a pauchap piakna thu hi mun ni, Bung 1:15-23, leh 3;14-23 sung in a muthei hi. Ephesa 1:15-23 sung hi a khatvei pauchap piakna thu ahi. Paul pauchapna hi gingtute pauchapna ding ahidan ei kawkmu ahi. Zia gual ahin kochuamte'n pauchapna neithe le'u hin uh I pauchapnate'u hi danglam ngei in ah.

**1:15. Lalpa Jesu ah la ginnau leh, mithiangthote zosia chung ah hepina la latsak danteu ka la het in**

Paul in chang 3-14 sung ahin Khrista ah Pathian in kochuamte a malzawlina a taklat nung in, zia chang ahin kochuamte a pauchap piakna jiate a nuai ahin a genlang hi.

Paul Ephesa kochuamte chu ala phudaw himaleh, kum 5 lam bang hi ala mu talo ahi. Zia hun sunga hin kochuamte kanthatu ding mi anei jing hiding ahi. Ziaka-chun, Ephesa kochuamte dinmun hi a phalam hi'n aselam hitaleh a hejui jing hi. Ephesa kochuamte

chun chanchin hawilo lam le anei ui ti hi Ephesa 4:17-6:9. sungin a muthei ahi. Himaleh thu masa lam ahin Paul in chanchin kipak um lam ah apat ahi. Ephesa kochuamte chu "Lalpa Jesu ah a ginnau" dettak ah a tukzing ziaak ua leh amau laka kihapina leh kinalgainatna suklat ahijjakin Pathian kiangin kipak thu gen in a pauchap piak thu a gen ahi.

**i). 'Mithiangthote zosia'**

Zia taka mithiangthote ati hi taksa lama kisuthiangthote, nik leh puan ah thiangthote atina ahi diak pua, Lalpa ginna lama kisuthiangthote atina ahi. Ephesa kochuamte a genna ahi.

Bible in “Nangma la ki-hepi gualin la invengte le hepi in” ati hi Ephesa kochuamte chun a jui dik jïak ua kipak mama hiding ahi. Midangte chung ah hepina latsak jïng hi Jesu Khrista gingtute hina suklatna ahi.

**1:16. Ka pauchapnate ah chun hun hezing in, nangmau jïakin kipak thu ka gen jïng hi**

*i). ‘Ka pauchapnate ah chun hun he hejing in.’*

Ephesa kochuamte hi zam velvel lou ah ginna dettak ah a umjïng jïak un Paul hi a kipak a, “ka pauchapnate ahin ka hun hezing in” ati ahi. Paul hi gingtute a dingin a pauchap sek hi ti hi mun dangdang inle a muthei ahi. (Rom. 1:9; 1Thes.1:2; 2Thes.1:11;Phi.4).

*ii). ‘nangmau jïakin kipak thu ka gen jïng hi.’*

Ephesate chu Jesu Khrista ah ginna dettak ah a um jïak uh leh jïa ginna chu amau lak ale muthei dinga sulanga, a kihapi jïak un Paul in Pathian kiang in kipakthu tawp lo ah ka gen jïng

hi, atina ahi.

**1:17. I Lalpau Jesu Khrista Pathian, lopina Pa chu, ama hetna lam thu ah pilna leh hi-atsakna thagau a piaktheina ding in.**

*i). ‘I Lalpau Jesu Khrista Pathian, lopina Pa chu,’*

Paul in Ephesate ding ah pauchapna a neina hin Pathian, Jesu Khrista Pa kiangin adawn ahi. Khenkhat in Jesu Khrista hi lopina Pa ah hilchianna bawl a um ui. English ah chun, “ I pray that the God of Jesus Christ, the Father of Jesus of glory,” (NRSV) atia, Jesu Khrista chu Pa dinmun in Paul hin akawilo ahi. Pathian hi Jesu Khrista Pa ahidan chang 3na in le agen lang tai. Zia Pathian, Jesu Khrista Pa chu “lopina Pa” ati ahi. Lopina Pa ti hin Pathian lopi dan a genna ahi.

kochuamte chu piltak in um un, ngawl kiu in tia a thuhilna ahi. Kochuamte chu khawvel ah ginglotute tawh chengkawm ahui a, ginglotute hindan ah theppuk ah umthei zing ahiziak un ngawl kiu in tia ahilna ahi.

*ii). ‘Lalpa lunglam chu hawl in hiatthiam gaw zaw’u in.’*

Pual in Ephesa kochuamte chu “ngolhuai tak in um kiu in la,” ati nungin “Lalpa lunglam chu hawlin hiatthiam gaw zaw’u in.” a tikit hi. Paul in Ephesa kochuamte a thuhilna thu hi ginglote guala hing mailo ah, Pathian dawilam chu banggual ahi em ti hawl ah ngaichang zawding in a hil ahi.

**5:18. Zukham in um kiu in; zia ah chun kisumlona a um sek hi; ziasang ah chun Thagau in dimzaw tau in.**

Paul in zia chang ahin thu pawimaw pani a genkhawm ahi. *i). ‘Zukham in um kiu in; zia ah chun kisumlona a um sek hi.’*

Paul in Ephesa kochuamte chu Zukhamlo dinga adawisakna thu agen ahi. A zia chu, Zukhamna chun gasua hoilo takmai “kisumlona” a tutsek hi.

Zukhamna hin mihing hinkhua ah gasua hawilo taktak a siam thu Bible ahin muthei in a um hi. (Thupilte 20:1;23:29-32. Isai. 5:11-22; Rom. 13:13; 1 Kor.6:9,10; Gal.5:21). Zu khamna hin kisumlona atat a, zia chun zudawntu chu khawksaklona hinkhua in a pui a thilpha a bawl theilo ahi. Paul in Zukhamna in gasua hawi a neilo dan hi ahetchian ahi. Ziaziakchun, Ephesa kochuamte chu Zukham sang in Thagau in dimzaw tau in ati ahi.

*ii). ‘zia sang ah chun Thagau in dimzaw tau in.’*

Paul in amasa gingtute’n bawlo ding agenzaw nungin bawlding khat ahung genzawm ngal hi. Zia chu Thagau in dimzaw tau in’ tithu hi ahi. Zia taka “Thagau ah dimzaw” ati hi Pathian Thagau thiangtho a genna ahi. Paul in Ephesa kochuamte chu Thagau thiangtho ah teptena changte (1:13) leh Thagau thiangtho chu hi lungngai kiu in (4:30) tia ala hiltakte ahiziak un, kochuamte chu Zukham mai ah umlo a, Thagau ah dimzaw

ati hi gingtute chu gitlona nut-sia ding leh Khrista neilote tawh kipawlo ding atina ahi. A mau lak apat ah pawtdawd ding ah a thuilna ahi.

“*Khrista chun vakna hun pia’n a,*” Chang 8na khan “*La-lpa ah chun vak ah mi la hi tau*” atia, Vakna petu ding chu Khrista ahia, Khrista chu gingtute vak ahikit hi. Zia Khrista vak chun vakna hun pia’n a ati ahi.

**5:15. La hin dan uh chu mingolte gual ah umlo in, mipilte gual in pilvang tak in um zaw tau in.**

Zia chang hi Paul in Ephesa kochuamte chu pilvang ding leh mingolte gual ah umlo dinga a thuilna ahi. Zia taka mingolte ati hi ginglotute a genna ahi. Chuleh, mipilte ati hile gingtute agenna ahi kit ahi. Paul in Ephesa kochuamte chu ginglotute hindan in um ki’u in la, gingtute hindan in umzaw un ati ahi.

**5:16. Nite hi a phat tak lo ziak in, hun lemchang atam thei pen hawlzing un.**

*i). ‘Nite hi a phat tak lo ziak in,’*

Paul in “*nite hi a phat tak lo ziak in*” ati hin ni zosia hi phalo mawngmawng jiangta tina ahi puai. Paul in khawvel gam hi nat leh satna gam, thi leh manthai theina gam ahiziakin bangtik hun ah chun bang a hungtung diam tina gam ahi, ti hi agen nawp pen ahi.

***ii). ‘hun lemchang atam thei pen hawlzing un.’***

Paul in “*Nite hi a phat tak lo ziak in,*” ti a genzaw in “*hun lemchang atam thei pen hawlzing un.*” ti in a hun sunzawm hi. Zia thu ahin Paul in a gen nawptak chu hun zosia hi a mantam theipen in mangchiat leu hin, ti hi a atup tak chu ahi. Midangte guala hun mantam taktakte bangma lo mai ah mawk matzaw lo a, tuhun hi a hun mantam chu ahi, ti in hun lemchang in mangthei leu hin atina ahi.

**5:17. Ziakiachun, ngolhuai tak in um kiu in la, Lalpa lunglam chu hawl in hiattthiam gaw zaw’u in.**

*i). ‘Ziakiachun, ngolhuai tak in um kiu in la,*

Paul in Ephesa

***ii). ‘ama hetna lam thu ah Pilna leh hiatsakna thagau apiak theina dingin’***

Paul in Ephesate a dinga Pathian kiang ah a pauchap piak chu pilna leh hiatsakna thagau ahi. “*Pilna leh hiatsakna thagau*” hi English a chun, “*the spirit of wisdom and revelation*” (NRSV) ahi. Pilna thagau hi thagau ah pilna tina ahin, hiatsakna (revelation) hi thilkhat banghem in a khukhum zing chu a khuna lakdaw ah um ta (reveal), a nuai ah thilkhat kikhu chu muthei hita, tina ahi. Paul in Kochuamte a dinga a pauchap piakna chu Pathian lampanga bangma hiatchianlo umlo ah thagau lam pilna ah Pathian chu a hettheina ding ua a pauchap ahi.

**1:18. Chutia, la lungthim mitte’u chu hivak a hung hi ah, la hettheina ding un, ama kona kinepnate, mithiangthote golua ding a lopi dante.**

*i). ‘Chutia, la lungthim mitte’u chu hivak a hung hi ah, la hettheina ding un,’*

“*Chutia*” ti hi English ah chun, “*so that*” (NRSV) ti ahin,

“*chutia*” sang ahin “*tichun*” tihi kimang le a thuihi chiazawm zaw ding in ka gingchai. Paul in kochuamte a ding ahin chang 17na khan pilna thagau leh hiatsakna ala dawt piak ta; zia chu kochuamte’n a hun nei ua chun a lungthim mitte’u hivak piak hung hin tin, a hettheina ding un, ati ahi.

Paul in kochuamte lungthim mit a hung vak ah a het ding ua a dawt piak chu “*ama kona kinepnate leh mithiangthote golua ding a lopi dante.*” ahi.

“*ama kona kinepnate*” ti hi malam ah thawkitna kinepna, thiam changna bukim leh Angelte sang ah chungnung zawknate ahi. “*mithiangthote golua ding a lopi dante.*” ti hi ahileh hilchian dan chuam chuam a um hi. Hilchian dan chuam khat ah chun Paul in a mite laka Pathian chu golua ding ahi dan kochuamte’n ahiahting uh a dawt ahi, atiu ahi. Aziak chu, English Bible ah chun, “*what are the riches of his glorious inheritance among the saints*”(NRSV). a kiti ahi.

Gingtute pawmdan ah chun Pathian ah golua ding bep ahia, ahinla Paul in kochuamte chu Pathian a dinga mantam tak ahiziak un Pathian in amau laka go alua ding ahidan a gen ahi.

**1:19. Chuleh, ama gingcha ei haw ah a thilhitheina te guallo, a hatna lopi sep dan gual jel ah.**

**1:20. Khrista ah a sep zaw tak, chutia, ama mithi lak ah kipat kaitho ah, vanmun ah te a changlam ah chutsak ah,**

Paul in Kochuamte a dinga a dawt piak chu Pathian thilhitheinna leh hatna chu te'guallo, hat ma ma leh lopi ahidan a hiat theina ding uh ahi. Pathian chu thilhitheleh leh ahatna chu lopi ahiziakin sepding atigual zel in Khrista ah chun a sem ahi. Ziakachun, "a hatna lopi sep dan gual jel ah Khrista ah a sep zaw tak" ati ahi.

Kochuamte a dinga adawtpiak chu Pathian hatna/thilhitheina a hettheina ding uh bep hilo in, Khrista ah a sep zaw takle ahi. Pathian in Khrista chung ah asepzawte chu: (i). Khrista mithi lak ah kipat a kaithawna

leh (ii). van mun ah te a changlam ah a chutsakna thu ahi.

**1:21. lalnate, thuneinate, thilhitheinate, vaihawmna zosia chung leh, tu khawvel bep hilo ah, khawvel hung tung ding nangawn ah,**

Jesu Khrista chu "Lalte lal Hotute Hotu ahingal ah" (Thp 14:17). Pathian in thuneina apiak ahi "bangkim a kengnuai in a chawtdensaktai" (1 Kor. 15:27). Khrista lalnate, thuneinate... chu kumtuang ah umzing ding ahi. Paul in kochuamte ahetteh ding ua a pauchap piak zelna chu ahi.

**1:22. ama'n bangkim a keng nuai ah koi in, ama chu bangkim chung ah kochuam luchang in a siam a;**

**i). 'ama'n bangkim a keng nuai ah koi in,'**

Zia taka thumal "ama'n" ti hi Pathian a genna ahin, "a" khi Jesu genna ahi. Zia gual hin simle'u hin hiat bailam in a. "Pathian in (ama'n) bangkim Jesu (a) keng nuai in ah koi in," Zia thu hi Paul in Sam lekhabu ah kipat a lakdaw hidinga gingchak ahi.

A ziakchu thim thilhitheina hin gapha a sua ngai pua, amau apat in phatnate, diknate leh thutaknate hi a pawt ngailo ahi. Ziakachun Paul in "ga neilote" ati ahi.

**ii) 'zia sang ah chun a diklona hiatsak zaw tau in.'**

Zia chang ahin Paul in kochuamte bawl ding ah adawi be khat chu a hun gen kit ahi. Kochuamte chu ginglote lak apat ki kawi mang ding bep hilo in, kochuamte chun vak chate ahina ziak ua a diklonau chu va hiatsak ding in adawi nalai ahi.

**5:12. A guk ah thil kihite hi a gen le zachak a um sek ngal ah.**

Thim thilhi "ga" chu Paul in "a gen le zachak a um sek ngal ah" ati ahi. Galatia bung 5:19-21 sung ahin a genchian ahi. Ziate haw chu: Angkawmna, tatsualna, buakna, hukna, milim biakna, dawimang ah nasepna, huatna, kinakna, thangsiatna, lungnatna, kilanna, umchuamna, gindan chuamna; enna, tualtha'na, zukhamna, kinoptelna haw ahi.

**5:13. himaleh, vak in a suklat tapo chu muthei a hung hi tak ziaakin;**

Sun leh zan hi a ki bang pua, mihingte mit hin khawvak ah a muthei gualin khawthim in a muthei puai. Ziakachun, suang po akisui sek a, l chiana lampi bang a kiman sua kha sek hi. Ahinla, Vak ah chun thil mutheilote chu muthei ahung hitai. Khrista vak in thilphlo leh buakte leh a zachat um dan asulang hi. Himaleh, mitamtakte'n l gitlona'u sulang theitu Jesu Khrista hi a kidawi puai.

**5:14. muthei ah hung um zosia chu vak ah mi ahi ngal in. Ziaziaichun, "Nang ipmu hak inla, mithi lak ah kipat hungtho ta'n, chutileh, Khrista chun vakna hun pia'n a," ala tii.**

Zia thu hi Jawlnei Isai 26:19 apat leh 60:1 apat ah Paul in alak daw ahi. "Nang Ipmu" ati hi gingtu khat, a hindan ding gual ah umlo a genna ahi. "mithi lak ah kipat hungtho ta'n"



“tuhin” a um hi. “Malai a khan leh tuhin vang” ti hin Ephesa kochuamte a dinmun masa’u le nunung a genna ahi. Chun, Ephesa kochuamte dinmun genchianna ding in Paul in “thim” leh “vak” a mang hi. Bible ahin Pathian leh A lalgam genna in “vak” mat ahisek in, Satan leh a lalgam genna in “thim” a kimang sek hi. Malai a chun Ephesa kochuamte chu thimnuai ah khawsa mi, chang 3-7 sung ah gitlona ki gente haw hi sem/bawl ahiu a. tu’n vang Khrista ah ginna ziakin vak ah mi a hung hitau, atina ahi.

Paul in Kolossa 1:13 achun “Ama chun thim thuneina lak ah kipat ei hukdok in, a chapa doichuam gam ah chun ei langkai tai;” atia, Sawlchak Peter in 1 Peter 2:9 a chun “Himaleh, thim ah kipat hun kodok ah, a vak lopi tak ah hun kolut pa thilbawl lamdangte chu la taklat theina ding un...” ati kit hi. Mi kuale Khrista gingtu a hung hi apat chun “Khawvel vak ahung hi tai” (Matt.5:14). Hetding khat chu gingtute hi vak sung ah um hilo in, amau chu vak ahiu ahi. Gingtute hi vak thuam ah a kithuam phat uhle thim thilhitheina

a zo sek uh ahi.

**5:9. Thagau ga chu phatna zosia leh dikna leh thutak ahi ngal a.**

Gingtute chu vak chate gual ah a um phat tak uale chang 3 leh 4na ah sualna kigente chu bawlo in, thagau lam ah ga thumtak a nei sek u’i. Thagau ga a nei sek uh chu; phatna zosia leh dikna leh thutakte hi ahi.

**5:10. Ziaziakchun, Lalpa pawmtak chu hawl zing un.**

Vak chate chu vaknuai ah chiazing ding ahiu a, Lalpa lunglam hawlzing ding leh a kipakna ah um zing ding atina ahi.

**5:11. Thim thilhi ga neilote ah chun panna nei kiu inla, zia sang ah chun a diklona hiatsak zaw tau in.**

**i). ‘Thim thilhi ga neilote ah chun panna nei kiu inla,’**

Chang 9na akhan thagau ga a gen a, zia chang ahin thim thilhi/nasep ga neilote a gen hi. Paul in Ephesa kochuamte chu thim nasepte/ginglote tawh kizawpna neilo ding ah a thuil ahi.

Paul in 1Kor. 15:27 ah le a gen tai. Sam lekhabu in a gen hi ahileh Pathian in a khutsuak zosia chunga thunei dinga mihingte siam a tup thu ahi. Himaleh, mihingte’n gitlona ah puksiatna ziakin Pathian thiltup chu l la mansua tau. Zia thiltup chu Pathian in Jesu Khrista ah a subukim in a kengnuai in thil bangkim a kawita ahi. Zia bep chu hilo in gitlona ah pukta mihingte ngei chule siamthak in l um tau ahi.

**ii). ‘ama chu bangkim chung ah kochuam luchang in a siam a’**

Pathian in Jesu Khrista chu thil bangkim chung ah thunei dinga a siam bep hilo in kochuamte luchang hiding inle thuneina apia ahi.

**1:23. zia kochuam chu a taksa ahi’n, ama chu bangkim ah bangkim sungdimpa bukimna chu ahi.**

**i). ‘zia kochuam chu a taksa ahi’n’**

**Genkhawm ding:**

1). Kochuamte hi Khrista taksa l hi ziak un eima’u dawidan ah umthei l hilo dan uh genkhawm hile.

Paul in kochuam hi Khrista taksa ahidan mun tampi in agen lang ahi (Eph.2:16,4:4,12:16,5:30. Rom.12:5,1Kor.10:17;12:27, Kol.1:24,2:19). Kochuam hi ama taksa pumpi ahia, jia ah chun a luchangpen le ahi. Kochuam hi Jesu Khrista gingtute kipawl khawmna ahia, kochuamte chu Jesu Khrista thu ah hinkhua mangtute ahiu ahi.

**ii). ‘ama chu bangkim ah bangkim sungdimpa bukimna chu ahi’**

Zia thu hi hilchian dan chuamchuam um ahi. Hilchian dan chuam chuamte chu: 1). Kochuam chu Khrista taksa ahia, Pathian bukimna um zo ahina a gen ahi. 2). Khrista chu kochuamte luchang ahia, kochuam in Khrista tawh kizawpna a nei phat le Khrista chu kochuam a dingin bangkim ah sungdimpa leh bukimsakpa ahi, atiu ahi. Genchian dan panina hi dikle a kilom hi.

## ZILLAI - 4.

## THINA APAT HINNA

Simding: Ephesa 2:1-10.

Changvawp 2:8.

## THUMAPUI :

Paul in bung 2:1-10 sung ahin Khrista panglo ah mihingte dinmun chu khawvel gitlona nuai ah um ahidan uh leh Pathian lungnatna tuak ding ahidan uh a gen lang hi. Himaleh, Pathian in a hepina nasatak ziaka chun mihingte gitlona ziaka thimai ding chu a chapa Khrista ah chun a suk-hing thu a gen a muthei hi. Zia hukhingna chu mihingte thilpha bawl ziak hilo in Pathian thilthawnpiak ahidan a gen hi.

**2:1. Nanghaw le, la sukkhial leh gitlona'tu ziak ah thi la hila uh khan, ahun hin sak la hia;**

Bung 1na a khan Paul in Pathian a pakna thu leh gingtute ziaka Pathian kiang ah kipak thu a genna thu I mu; chuleh, Ephesa kochuamte thagau lam ah a lungthim mitte'u sukvak ah a umna ding ua pauchapna a nei piak ahi. Himaleh, Bung 2na ahin ngaituana chuam tak mai a hung nei hi. Pathian helo ah kochuamte ala um lai uh a hung gen lut hi. Hun chiasa ah kochuamte chu taksa in dam male'u le a sukkhialnate'u leh gitlona'tu ziak ua thagau lam a thisa ahidan uh

a taklang hi. Ahinla, Paul in tuhin Jesu Khrista zal ah hinsak la hitau hi, ati ahi.

**i). 'Nanghaw'**

Paul in "Nanghaw"ati hi Ephesa kochuamte leh Jentelte zosia agenna ahi. Chun, Paul in Ephesate chu a sukkhialna'u leh gitlona'u ah thi in a gen hi.

**ii). 'Sukkhialna'**

Zia "Sukkhialna" hi English in "Trespases" ti ahia, gitlona chikhat ahi. A um zia chu gamgi pel/gamtalek, Pathian dan pel ah um, gamta/khawsa tina ahi. Paul in masanga Ephesa kochuamte dinmun agenna ahin, Pathian dan pel ah khawsa ahia, atina ahi.

**5:6. Kuama'n thumanlo in hun them kiu hen; ziate ziak ahin awilo chate chungah Pathian lungnatna a tung sek hi.**

Gnostikte ziltina ah chun taksa thilbawlte hin mihing sunglam a sukha puai atiu in, taksa tatsualnate leh thilthi-anglo bawl hi bangma khawklo in a ngai uh ahi. Zia gual kiziltina chun Khristiante chu a subuai mama hi. Ahiziakin, Paul in Gnostikte kiziltina chu "Thumanlo" atin, zia ban achun, kochuamte chu kuama thep ah umlo ding in a fui hi. Kolossa 2:8na a chun Paul in "Chingthei tau in, chutilochun, kua'nle Khrista thulo gual in, mihingte thugosia leh khawvel thubulte gual in, a thupilteu leh thepna maimai un gallak in hun la kha'n au" ati ahi. Thepna (deception) hi satan matchak hawi ma ma ahia, gingtute'n do dan i thiam uh a pawimaw ahi.

**5:7. Ziakiachun , amau haw tawh kikop kiu in.**

Zia thu hi Paul in Ephesa kochuamte chu kiziltina diklo zuite tawh kivawplo mai dinga a hilna ahi. Kiziltina diklo zui-

tute dinmun hi kochuamte dinmun masa ala hi (4:17-19). Ahinla, tuhin chu vak chate, Khrista gingtute ahi tau ahi (5:1-3). Ziakiachun, Ephesa kochuamte chu zia gualah kiziltina hi pawimaw ma ma dan ahia.

Athenaeus in a gen dan a chun, zia hun lai ahin nawpchetna leh hindan hawi lam hi tasam ma ma jiang dan in a gen hi. Athenaeus chun, Aspasia kiti mi pakhat hin Greek gam ah chu nungak melhawi tamtak a hung pawlut a, amau ziaka chun gamsung ah chun numei kizawkna tamtak a um khawlaw hi ati ahi. zia hun lai ahin Venus pathian a biakna'u temple 'ETAIRA -AFRODITE' kiti minthang ma ma jiang a um in, zia temple chu numei kizawkna mun in a mang un, zia haw ziak ahin Paul in kochuamte chu a thuhil hi ding ahi.

**5:8. Malai khan thim ah mi la hia; himaleh, tuhin, Lalpa ah chun vak ah mi la hung hi tau a; ziakiachun vak chate gualin um tau in.**

Zia chang ahin thu pawimaw pani, "malai" leh

ah thillat ah a kipiak gual khan,"  
a ti sese ahi.

ii). **'gimtui ah Pathian kiang ah'**

Zia tak ah "gimtui ah Pathian kiang ah" ti hin a gen utpen hi Khrista'n ei hepina ziak ah thillat gual ah a kipiakna chun Pathian a kipaksak dan a genna ahi. Gingtute'n le midangte hepina I nei nau ahin lungthim ah tita-kna tawh nasepna chun Pathian a kipaksak ahi. Khrista kengnungzui dinga ko te I hui ahi (1Pet.2:21).

**5:3. Mithiangthote la hung hitak ziak un, numei chung ah tatsu-  
aldate, buakna zosia leh enna  
thute hi la lak un genkhak le  
hita kihen.**

Khrista hepina changtu kochuamte chu mithiangthote ahi-tak ziakun numei chung ah tatsu-aldate, buaknate leh enna thute chu jamsan ding ahi thu a gen ahi. Jamsan ding bep hilo ah gen le genkhaklo ding leh, zia thute haw hi ginglotute bawlding bep ahi dan agen ahi.

**5:4. Jamaw thute, thu manlo  
leh tawt thugente haw hi a  
kilawm tapuai; ziate haw sang**

**haw sang ah chun kipakna thu  
genzaw tau in.**

Zia achung ah thu kigente hi paukam kilawmlote ahi. Khristian khat chun paukam kilawm leh mat ding ahi. Paukam kilawmlo; jamaw thute, thumanlo leh tawt thu mai maite haw sangin kipak thu gen zaw'u in tia Paul in kochuamte ahil ahi. "Kipakthu" ti hi Pathian kiang ah kipak thu gen un a tina zawk ahi.

**5:5. Mi hukte, mi buakte, mi  
du-am leh milim hote haw hin,  
Khrista leh Pathian gam ah chun  
chan himhim anei puau hi, ti he  
tau in.**

Paul in chindan phalote paiding leh nusia dinga a hiatsak zelna ahi. A ziakchu, zia gual mite chun Khrista leh Pathian gam ah chun chan neilo ding ahi, ati ahi. "Khrista leh Pathian gam ah chan neilo" ti hi vangam lut puan'au ahiloleh, kumtuang hinna nei puan'au atina ahi. Ziate haw hi khawvel apat ahin, khawvel tawh kizawpna hin Pathian tawh ei khen ahi (Jakop. 4:4).

iii). **'Gitlonateu'**

"Gitlonate'u" hi English a chun "Sins" ahi. Zia thumal hin a gen ut tak chu "tup khalo" ti na ahi. Paul in hun chiasa ah kochuamte chu Pathian dawigual ah um khalo, sukkhialna leh gitlona ah thi ahidan uh a gen ahi.

**2:2. malai khan zia khawvel dan  
gual hin la um un, beingawn ah  
thuneina lal, thu awilo chate  
sung ah sem zing pa thagau  
dan gual ah chun la um ui.**

i). **'malai khan zia khawvel dan gual  
hin la um un'**

Ephesa kochuamte (Jude leh Jentelte) chu Pathian a nei masang ua chun taksa "dam male'u thagau lam a thi" (1Tim.5:6) ala hui a, Satan in a chung ua thu a nei khum zingte a hui. Ziakachun, Paul in kochuamte chu "zia khawvel dan gual ahin la um uh ahi" ati ahi.

Malai a Judate'n pawm-dan a nei uh chu thagau buakin khawvel hi alua dim ahin, zia lak ahin kochuamte le thagau buak thunuai ah chun a um ziakun "la sukkhialna'u leh gitlonate'u achun dim in khawvel dawi gualin la um

ui," ati ahi.

ii). **'Beingawn ah thuneina lal...  
nasem zing pa thagau dan'**

"Beingawn ah thuneina lal" ti hi thagau buak ahiloleh, Setan ti in genle'u hin dik pen in a. Chuleh, "Nasem zing pa thagau" hi beingawn ah thunei lal ti hi tawh thumun khat hi ding ahi. Paul in kochuamte chu masangin beingawn thuneina lal nuai ah um ahidan uh a gen ahi.

**2:4. Ahinla, Pathian chun, hepina  
a hau dungjui ah ei la hepi  
jiak in;**

Paul in chang 3na khan mizosia, Juda leh Jentelte chu thagau lama thi leh awilo chate ahiu ti'n agen a; taksa dam a thagau lam thi hijiang male'u chang 4na hin "Pathian chun, a hepina hau dungjui in ei tha dawktai," ati ahi.

Zia "Hepina" hi NRSV achun "Mercy" a kimang a, Vaiphei pau in "zangaina" in letdawk leu hin dikding in ka gingcha ahi. Zangaina hi Pathian jia pawimaw takmai ahi.

Mihingte jia leh hina chu du-amna, huatna, nekjukna leh gitlona zosia ah dim l hui a, Pathian mitmu a chu mibuak l hui ahi. Himaleh, Paul in Pathian chu zangaina dim/hausu ahijakin a zangaina leh hepina chun l gitlona'u chu ei ngaidam zo ahi, ati ahi.

Zia chang apat hin muth-ei khat chu mihingte hukdamna hi Pathian zangaina zia ahia, mihingte thilpha bawl zia ahi puai ti a genchian ahi.

**2:5. I sukkhialnateu zia ah thi l hi zing lai un, Khrista tawh kigual in ei suhing ta'n, hepina ah hukhin la hi tau.**

**i). 'Sukkhialna'**

"Sukkhialna" hi chang lna khan l gen ta gamgi pel, gamtalek, Pathian dan gual ah um lo tina ahi.

**ii)'thi'**

"thi" ti hi taksa lam ah thi hilo in thagau lam ah thi atina jawk ahi. Judate dinmun chu sukkhialna ziaka thagau lam ah thi a hui hi. Sakhawlam in kulmut ma

ma gualin um male'u, Khrista a la nei lo zia kun a dinmun masa'u chu "taksa damzing ah thi" ahi tho u'i. Paul in a sukkhialnate'u leh gitlona'u ziaka thagau lama thi a hidan uh a genchianna ahi.

**iii). 'Khrista tawh kigual in ei suhing ta'n, hepina ah hukhin la hi tau.'**

Pathian in mihingte dinmun chu hun sangdanglam in, taksa damzing ah thagau lam ah thite chu Khrista ah chun a hung suhing kit tai. Ziakachun, Paul in "Khrista tawh kigual in ei suhing ta'n, hepina ah hukhin la hi tau." ati ahi. Paul in ama leh a chipi Judate chu thagau lam thina a pat in Pathian in Khrista zal ah a sukhing kitna thu a gen ahi. Mithite amau leh mau kisuhing theilo ahigual un, thagau lama thite ngei le amau leh mau kisuhing theilo ahui a, Khrista ginna zia chaw in thagau lama thite chu sukhing in a um thei ui, ati ahi.

### ZILLAI - 10.

### GINGTUTE BAWLDINGTE

(Mimal hinkhua ah)

Simding: Ephesa. 5: 1.

Changvawp - 5:8

#### THUMAPUI :

Gingtute chu Khrista zalin Pathian inkuante himaleu, gitlona tawh khawvel ah khawsa khawm zing ahizak un Paul in a khawsak ding dan uh ahil ahi. A khawsak ding dan uh a hilmate chu ginglote umdan ah um mailo a, thagau ah gasua zawding in ahil hi. Paul in kochuamte khawvel ah gitlona taisan ding ah a hilmate chu vak en khawm hitiu.

**5:1. Chuleh, a cha dawitakte gual in, Pathian nunchan zui tau in.**

Paul in Ephesi kochuamte chu kingaitawmna, nunnemna leh kidawtua zo tak ah um ding a a dawtzaw nung in, Bung 5na patna hin Paul in Ephesi kochuamte chu Pathian cha dawitakte gual ah um ding in a adawn kit hi. Pathian in mihingte gitlona chu ngaidam in A chapa Jesu Khrist ah kichamna na asepu chu kochuamte'n entawn thei le'u hin a cha dawitakte hi thei ding i hui.

Paul in kochuamte chu naupang gualah um ding in adawn puu, ahinla, naupangte gual ah kingaitawm ding ah

adawt ahi jawi. (Matt.19:14). Naupangte gual ah lungthim thi-ang nei ah hinkhua matna chun Pathian gam l lutthei chaw ding uh ahi. (Matt.18:3).

**5:2. Khrista'n ei hepi ah, ei uh a ding ah gimtui ah Pathian ki-angah thillat ah a kipiak gual khan, hepina nei zing tau in.**

Midangte ka hepi hi ti mai ahin ahun tawk puu, hepina chu nasep a pangte ding ahi. Paul in kochuamte'n midangte a ding ah hepina ka nei hi tichu thu mai hilo ah Khrista'n ei hepi gual ah midangte hepi ding ahi dan a gen ahi. Ziakachun, Paul in, "Khrista'n ei hepi ah, ei uh a ding ah gimtui ah Pathian kiang

Zia thu ahin Khrista ah mihing thak, Pathian kibatpi ah siam a umte'n le bawlding I nei ui ti ahia thei ngal hi. Zia bawlding I nei uh chu "kingaidam tau in." ti thu hi ahi. Bangthu ah kingaidam ding I hiu em? Bangjiaka kingaidam ding I hiu em? ti dawtna hi a um thei ahi. A chunglam a khan kochuamte bawlding ding kigensiatna, lungnatna leh thu phalo genlo ding leh adang tamtak I gentai. Zia haw zosia hi kuate ahem pat a hung pawt a,

I zakda/l lungnat hun ale ngaidam ding ahi atina ahi. Bangjiaka kingaidam ding I hiu em? Paul in "Pathian in Khrista ah a hun ngaidam gual in" ati ahi. Zia ban ah chun, "kiheptua leh kilainatna nei un" ti'n agen kita, Kochuamte kingaidam ding dan chu kihepitua leh kilainattua taka kingaidam ding ahidan a genna ahi. Pathian in gitlona a dim mihingte a ngaidam guala khat leh khat kingaidam ding ahi thu a gen ahi.

#### GENKHAWM DING:

1. I Kochuam sung ua thilphalo (khanmawbawk) ah I hiatte'u leh bawltaklo dinga pha I sakte'u genkhawm hile.



**2:6. Zia awilo chate laka chun ei hawle malai ah khan, taksa leh lungthim dawigualte bawlding in, I taksa nopnate'u gual in I um chiat un; midangte gual ah lungnatna chate piang I la hi tau.**

**i). 'Zia awilo chate laka chun ei hawle malai ah khan,'**

Paul in zia awilo chate laka chun "ei hawle" ati ahin awilo chate laka chun ama ngei le pang in a kigen ahi. Ama leh Judate zosia a genna hiding ahi. Judate chu namdang zosia sanga sakhawlam thil ahin kikulmutsakte ala hiu a, ahivangin Paul in ama leh a chipite chu awilo chate laka chun pang tho tho ahidan uh a gennawp pen chu ahi.

**ii). 'taksa leh lungthim dawigualte bawlding in, I taksa nopnate'u gual in I um chiat un,'**

Paul in Judate chu sakhawlam ah kikulmutsak jiang male'u le Jentelte gual tho ah sakhawmi ahinaw in hukdawk diaklo in "taksa leh lungthim dawigualte" bawlding a chun khawsa tho tho ahiau, ati ahi. Juda mite chu Jentel awilo

chate gual tho a amau lungthim dawidan dan ah chiate ahidan uh a genna ahi.

**iii). 'midangte gual ah lungnatna chate piang I la hi tau'**

Sam ziaktu David in "Ngaitia, khawlona hin ka hi, ka nu'n ei vop ah kipat in, migilo ka la hi tai" (Sam 50:50) atia, Paul in "mizosia'n thil a hikhial zaw tak jiak un, Pathian lopina a chang zo talo uh ahi" (Rom. 3:23) atikit ahi. Gitlona hin mizosia a huap a, Judate leh Jentelte chu khenchuam a nei puai. Ziakachun, Paul in a chipi Judate kiang in "midangte gual ah lungnatna chate piang I la hi tau" ati ahi. Judate leh Jentelte chu Pathian mitmu ah thiamchang a um diak puau a, kisakhawmi-sak jiangleu le gitlona tawh piangkhawm tho ahi dan uh a gen ahi.

**2:6. Khrista Jesu ah chun ama tawh ki gualin ei kai tho in, van mun ah te khin ei chutsak tai.**

**i) 'Khrista Jesu ah chun ama tawh ki gualin ei kai tho in'**

Zia chang ahin Paul in Pathian hat in Khrista a kaitho gualin gingtute le thagau lama hinna thak ah hing ding in thina apat in ei kai tho ahi, ati ahi (Rom.6:4). Khrista tawh kaithaw khawm bep hilo in, vanmun ah te khin ei chutsak ahi.

**ii). 'van mun ah te khin ei chutsak tai.'**

Zia tak "vanmun ah te" ti thumal hi Bung 1:3,2:6,3:10 te in le a mang hi. Khristiante'n "Van" l tiphat tak ua le ngaidan umsa chu chunglam hi ahisek ahi. Van hi English ah chun "Heaven" ti ahia, Hebrai ah chun thumal tamtak mat ahi. Ziate chu:

1). Galgal = Van tina tho ahin, ahina tak ah chun "sumpi lom" tina ahi.

2). Shachag = Van tina tho himaleh, Sum sabeklo, patak tina ahi. (Sam. 89:6;37).

3). Shamayin = Van chunglam phawt genna ahi. ( Gen.1:1).

Zia Shamayin hi Greek pau in "auranos" (van) tawh kibang ahi. "Auranos" a kipat in "epourania" (vanmunte) hung pawtdawt ahi. Zia mun hi Pathian chenna gam leh a mite umkhawmna munding chu ahi.

**2:7. Chutichun, hun hung tungkit ding ah te chun Khrista Jesu ziak ah l chung ua nunmem in, a hepina lopi hau dan te'guallo chu ei musak theina ding in.**

**i). 'Chutichun'**

Zia chang ahin Paul in "chutichun" ti'n ahung pan a, a ban ahin genkhawm nawp anei ziaka zia thu hi ahung mat ahi.

**ii). 'hun hung tungkit ding ah te chun Khrista Jesu ziak ah l chung ua nunmem in, a hepina lopi hau dan te'guallo chu ei musak theina ding in.'**

Zia taka "hun hung tungkit ding" ati hi 4:4 ah hi tawh kibang hiding ahi. Van mun ah chun a mithiangthote, Khrista tawh kizawpna neite chu Pathian in a hepina hau dan chu amusakna ding thu agen hidinga gingchak ahi.

**ii). 'tatna ni ding ah chun ama ah chun tepte la hi tangal un.'**

Paul in Ephesa kochuamte chu, "tatna ni ding ah chun tepte lahi ta ngal un." ati ahi. Ephesa kochuamte chu Khrista zal ah mithiangthote, mihing thak leh Thagau Thiangtho ah tepte himaleu, Pathian Thagau Thiangtho chu a hilungngai thei nalai u'i atina ahi( cf.1 Thes. 5:19).

**4:31 Thangtawmna, lungnatna leh siatsona, hansiatna tawh kigensiatna zosia chu haisan tau in, lungthim sia zosia tawh.**

Paul in zia chang ahin mihing kam apat thu phalo hung pawt gasuate leh Thagau Thiangtho hi lungngaina theite ahung gen hi. Ziate chu thangtawmna, lungnatna, siatsona, hansiatna, kigensiatna leh lungthim siatnate hi ahiau. Zia haw zosia hi mihing sung ah umsate himaleh, Paul in Diabol panmun piak theina zosia chu paimang ding in Ephesa kochuamte, mihing thak ah siam, Khrista neitute chu a dawtna thu ahi.

**4:32. Chuleh, kihepi tua ah, kilainatna nei in um unla, Pathian in Khrista ah a hun ngaidam gual in kingaidam tau in.**

**i). 'Chuleh,'**

Paul in chang 22-32 sun-ga hin Ephesa kochuamte kiang ah bawlding leh bawlllo ding ahun gen sukjel hi. Chang 31na khan vang bawlllo ding ngen a hun gen ta, zia nung ah chun zia chang ahin bawl ding ahun gen kit ahi. Chang 31na sutzawpna ahiziakin Paul in "Chuleh" ti ah ahung pat ahi.

**ii) 'kihepi tua ah, kilainatna nei in um unla, Pathian in Khrista ah a hun ngaidam gual in kingaidam tau in.'**

A chung ah thute hi zia gual hin hilchetna bawlleu hin het bailam in a. Pathian in mihingte kiana ngaidamna na asepi hi Ama (Pathian) ngawn ah asepi ahidan muthei in a um hi. Paul in, "Pathian in Khrista ah a hun ngaidam gual in" atia, Pathian in kochuamte ei ngaidamna hi Jesu Khrista zal ahi atina ahi.

ii). *'a tasam kiang ah piak ding a neitheina dingin a khut ah dik tak in semgim zaw ta hen.'*

Paul in Ephesa kochuamte chu gukchakna bep haisan ding in adawi pua, *"a tasam kiang ah piak ding a neitheina dingin a khut ah dik tak in semgim zaw ta hen."* ti thu a gen belap nalai hi. Paul tuptak hi Ephesa kochuamte chun, gukchak haisan ding, na nasa taka sepding, amau a ding bep panpi thei ding in sem uh hen, ti gen ut hiding ahi.

**4:29** *Thu phalo him hi la kam un pawt ki'hen la, a kul dungzui ah mi dang siamphatna phachuam ding bep pawt zaw ta hen; tichun, a ngaithate chun hepina a piak theina dingin.*

*i). 'Thu phalo him hi la kam un pawt ki'hen la,'*

Zia tak ahin Paul in Ephesa kochuamte chu thugen lam leh holimna lam ah pilthei dingin ahil hi. Mihing kam apat hin thusia pawt in thil liantak asuse thei hi (Jakop 3:1-12).

ii). *'a kul dungzui ah mi dang siamphatna phachuam ding bep pawt*

*zaw ta hen; tichun, a ngaithate chun hepina a piak theina dingin.'*

Ziatak *"siamphatna"* thumal hilchianna ding in thumal dang; tilkhona, sukhatna tite hin a hilchian thei hi. Paul in Ephesa kochuamte chu a kam ua pat thu pawtte chu midangte siamphatna, tilkhona leh sukhatna thute pawt zaw hen, atina ahi. Zia gual holimna chu midangte a dinga phatchuamna leh a ngaithatute a dinga le a chawmtu hiding ahi ati ahi.

**4:30** *Ahi'n, Pathian Thagau Thiangtho chu hi'lungngai kiu in; tatna ni ding ah chun ama ah chun tepte la hi tangal un.*

*i). 'Ahi'n, Pathian Thagau Thiangtho chu hi'lungngai kiu in,'*

Zia thu hi chang 29na sutzawnpna ahi. Paul in mihingte kam apat thu hung pawt holimna leh thugenna chun Pathian Thagau Thiangtho chu hi lungngai thei ahi. Kuale a kam a pat thu phalo pawtsak thei mi chu ngaituana diklo nei mi ahin, zia gual ngaituana a chun Pathian Thagau Thiangtho a cheng theilo ahi atina ahi.

**2:8.** *Lungsiatna ziak ah ginna ah chun hukhin la hi ngal un; zia chu nangmau ah kipat pawt hilo in, Pathian thilthawnpiak ahi zawi.*

Zia thu hi Paul in Pathian thil thawnpiak a gen ahi. Pathian thil thawnpiak chu Khrista ziaka hukdamna ahi. Khrista tatna gingtute chu hukhin ahitau ahi. Zia chu mihingte thilpha bawl ziak hilo in Pathian thil thawn piak ahizaw'i.

**2:9.** *Thilhi jia ah puai; chutilochun mi kisuang kha'n au.*

Paul in mihingte'n hukdamna a dawn uh hi thilpha sep jia ahilo dan a gen hi. Judate'n Mosi dan a zui uh hin hukdamna um ahi pua, mihingte thiamna leh hatna ale mu leh chanthei le ahi diak puai. Chuleh, Pathian in hukdamna hi mihingte kiang ah thilpha a bawlziak ua apiak ahi pua, Pathian a pat thilthawn piakchau ahi, ati ahi. Thilpha bawl jia hileh mihingte hin kiletsakna in gel in'ua ati ahi.

Mihingte hi thilpha neu chacha I bawlte'u ale kiletsak leh chapo paipai sekte I hui a, zia hi Pathian in a he mama ahi.

Hukdamna dinga thilpha bawl hin umjia anei pua, Pathian in a hepina jal ah Khrista ei hung piak hi gingmai ding ahi.

**2:10.** *Thilpha hiding ah Khrist Jesu ah chun siam ah um in, ama khutsuak I hingal un; zia thilpha hi chu I khawsak dan ding ua Pathian a siamkholsa ahi.*

Zia chang a hin Paul in agennawp chu hukdamna dinga thilpha bawl hilo in hukdamna changte hiding dan leh hukdamna changtute chu mawk um leh thabei taka um mailo ding ahidan Paul in a gen ahi.

Ephesa kua ahin ziltina diklo Gnostikte ziltina chu ala lut a; Gnostikte ki ziltina chu thagau chau hi a thiangtho leh pha in a gel ua, taksa him him hi thilbuak leh phalo in a gel uh ahi. Ziaka-chun, Gnostikte ziltina chun taksa thilbawl hin thagau lam a sukha puai atiu ahi. Zia ngaidan hi Ephesi kochuamte laka chun le um ahidiam ti thei ahi.

Ziakachun, Paul in gingtute chu a nasep ah a ginna'u chu suklat ahiding chu a nuam a, chuleh Pathian kipakna lam hi'n le a gel hi.

Zia thilpha bawding ahin Khrista ah chun siam leh guatlawk ahidan uh a genlang kit hi. Paul

in Khrista a chun thagau lama ei siamthak ahi ati ahi. (2 Kor 5:17). Bible in gingtute hi a thu ngaitha mai mai dingin ei dawi pua, a bawltu dingin ei dawi ahi (Jakop.1:25).

#### Genkhawm ding:

1. Hukdamna channa dinga chun thilpha bawl ziak hilo maleh, Khrista gingtute chun thilpha bawl ding ahidan gen khawm hile.
2. Kochuam sung ah thagau lam ah thi hingal ah hing minpu um thei ahidan gen khawm hile.



pumkhat I hiu ahi. Mihing taksa bak khat in a taksa bak dangte a them hi ti um theilo ahi. Mihing taksa chung a veilam khutban in a changlam khutpi a them ngailo ahi.

#### 4:26 Lungnau unla, ahi'n la lungnatnau chu nisa'n tumpi ki'hen.

Paul in "Lungnau unla," ti thu in zia chang hi ahung pan a. Zia thu apat hin Pathian in lungnat hi a phal ahi ti a hiatthei hi. Thuthunglui hun ah Pathian lungnatna mun tamtaka muthei in a um hi (Deut. 9:8; Num.25:4). Thuthungthak hun inle Jesu lungnatna muthei in a um kit hi (Jn. 113-17). Zia gual tho a chun mihingte ahin le lungnatna chu a um hi. Ahinla, Paul in "la lungnatnau chu nisa'n tumpi ki'hen" ti'n a genzawm ngal hi. Lungnat ding, ahiziaka lungnat sawtlo ding atina ahi. Mihingte'n lungnatna a nei sawt phat le thilpha asuak ngai puai. Pathian dawilo gual bawl hi a bailam sek ahi, atina ahi.

#### 4:27 Diabol chu panmun pekiu in.

Zia thu hile chang 26na ah lungnatna ki genna thu tawh kizawm ahi. "Diabol" hi Greek pau ah chun "diabolos" ti ahia, a um zia chu themtu tina ahi. Paul in chang 26na khan "lungnau un la, ahinla la lungnatnau chu nisa'n tumpi ki'hen" ti'n Ephesa Kochuamte ala thuhil hi. Mihing in lungnatna hi a control ding ahi. Lungnatna chun mihingte a thuzaw phat le Diabol in matchak ah mang in Pathian dawilo gual bawl na'n amang sek hi, ati nawp ahi.

#### 4:28 Gucha chun gukchak haisan henla, a tasam kiang ah piak ding a neitheina dingin a khut ah dik tak in semgim zaw ta hen.

#### i). 'Gucha chun gukchak haisan henla,'

Zia hun lai ahin gitlona tamtak umte lak a chun gukchakna le a um hi, ti zia chang ahin a muthei hi. Paul in Ephesa kochuamte chu nidanglai ah chun gukchak chingmi hijiang maleu mihingthak, Khrista ah thutak ah um ahitak ziakun gukchakna chu nusia/haisan dinga adawtna ahi.



i hina'u chini (pani) ahun gen hi. "diktatna leh thianthona" ahi. Diktatna leh thianthona hi Pathian zia chu ahi. Paul in Jesu Khrista gingtute, Ephesa kochuamte chu zia Pathian ziate ahin kivan dinga adawtna thu ahi.

**4:25 Chutichun, zuau gen haisan in, I invengteu kiang chiat in thudik gen hitiu a kizom khawm chiat I hingal un.**

**i). 'Chutichun,'**

Paul in chang 24na khan mihing thak, Pathian kibatpi ah kivan ding ah Ephesa kochuamte a gen ta, a thugen sunzawm jel ahiziak in "Chutichun" ti thumal hi amat ahi. Paul in zia chang ahin mihing thak, Pathian kibatpi ah kivante'n a bawl ding uh leh bawlo ding uh ahun gen suk hi.

**ii). 'zuau gen haisan in,'**

Paul in Ephesa kochuamte kiang ah mihingthak ah kivanna ding leh gingtute bawlo ding khat ahun gen chu "zuau gen haisan in" ti hi ahi. Zuau gen hi gingtute bawlo ding ati ahi. Chang 21na khan Jesu ah thutak ah um atia, Ephesa kochuamte chu thutak ah umte ahia ah

ziakachun, zuauthei a genlo ding uh ahi. Zia zuautheina hi mihing ah umsa himaleh, mihingthak ah kivante'n apaimang ding uh ahi, atina ahi.

**iii). 'I invengteu kiang chiat in thudik gen hitiu a kizom khawm chiat I hingal un.'**

Zia hin Paul in Ephesa kochuamte bawlding ahun gen kit hi. "I invengteu kiang chiat in thudik gen hitiu" ti hi ahi. Zia thu hi Paul in Zecharia 8:16 apat alaksawn hi ding ahi. "Invente'u" ti thumal hin a huap lian mama hi.

Insakte, lnthangte, bep genna ahi pua, insungmite, lawi leh pai, khua leh veng leh gingtu chanpite tiang ahuap hi. Amau kiang ah chun thudik gen un, a zia chu amau chu tawh kizom khawm chiat I hi ngal un, ati ahi.

Zia taka 'kizom khawm chiat i hingal un' ati hi chang 16na tawh genkhawm thei in a. Taksa bak chuam chuamte (kochuamte) chu luchang khat (Khrista) ah kizawp khawm vek ahi gual un, gingtute le mi chuam chuam kizawm khawm hileu hin le I luchang uh chu Khrista ahia, taksa

**ZILLAI - 5**

**KHRISTA AH CHUN JUDA LEH JENTEL PUMKHATNA**

**Simding Ephesa: 2:11-22.**

**Changvawp: 2:14.**

**THUMAPUI :**

Judate leh Jentelte kal ah nam kikhenna ala umjing chun kochuam sung tianga kikhenna atat hi. Judate chun Pathian namtel ahinau suangin Jentelte chu gawtmun lut dinga a kawitawp uh chu ahi. Zia gual dinmun ah namnite chu a um lai un Paul in Khrista thisan jal ah chun kuama michuam a um taklo thu leh mizosia chu Khrista jal in Pathian inkuante ahidan uh agen ahi.

**2;11. Ziaziakchun, malai ah nanghaw taksa dan ah Jentel ah piang taksa khut ah Zektan, kititen, Zektanlo, a la titeu haw:**

**i). 'Nanghaw'**

Ephesa kochuamte chu Judate (zektante) leh Jentelte (zektanlote) kigawm ahia a, zia taka "nanghaw" ti thumal hi Paul in Jentelte a genna ahi.

**ii). 'taksa khut ah Zektan, kititen, zektanlo, ala titeu haw'**

Zia taka "taksa khut ah zektan kitite" ati hi Judate a genna ahi kit hi. Judate'n Jentelte chu zektanlote ala ti him uh ahi.

Judate'n taksa in zektan male'u lungthim in zek a tan diak puau a, Pathian lama chun kuama midik a um diaklo uh ahi.

**2;12. Zia lai ah khan Khrista neilou in, Israelte khua leh tui tawh kikhendan in, khawvel ah kinepna him neilou leh Pathian neilou in, thutiam thuthung lak ah kipat malzin la hiu kha he zing tau in.**

**i). 'Zia lai ah khan Khrista neilou in,'**

"Zia lai ah khan Khrista neilou in," 'zia lai ah' ati hi chang 11na ah "malai ah" ati hun hi tawh kibang ding ahi.

“Zia lai ah” leh “malai ah” ati um zia hi Ephesate chu gingtu ahi masang ua Khrista ala neilona thu uh a genna hi ding ahi. Zia dinmun ahin Jentelte leh Judate hin kibatlona liantak anei u’i. Judate chu Khristian hijianglo maleu Pathian hing hote ala hui ahi.

**ii). ‘Israelte khua leh tui tawh kikhendan in,’**

Judate chu Pathian hing hote ahijakun, Paul in Jentelte chu “Israelte khua leh tui tawh kikhendan in la um tau ahi,” ati ahi. Judate chu Mosia dan zuitute ahiu a, achung un zia dan chun thu anei ahi. Mosia kiang ah dan thu kipia chun zektanlote chu ahuap pua, kenchuam in a um u’i.

Jentelte leh Judate chu zektan leh zektanlo jia kin kikhendanna liantak a nei ua, ahiziakin, Jentelte chun zektan abawl uh chun Juda mi hina a chang thei ui. Zia gual ah Juda suakmite chu “Proselyte” atiu hi. Zia Proselyte te chun Judate biakdan chu a zui thei tau hi (Num. 15.14-16). Paul in Ephesate chu Proselyte te gual beka Judate tawh biakna

kikawpna him him neilo la hui, ati ahi. Ephesate chu gingtu ahi masang un Pathian mite titheina ding him a neilo puau.

**iii). ‘khawvel ah kinepna him neilou leh Pathian neilou in,’**

Jentelte chu Judate tawh khendan bep hilo in, “khawvel ah kinepna neilou leh Pathian neilou in” a ti belap nalai hi. Gingtute’n kinepna lian tak mai I nei uh chu gitlo ngaidamna, thawkitna leh thagau thi theilo ah Pathian kiang ah chawldamna ahi. Jentelte chu malai in ziagual ngaidan leh kinepna him him chu a neilo thu uh Paul in a gen ahi.

Chuleh, Paul in Jentelte chu “Pathian neilo in” la um ui, ati kit nalai hi. Jentelte chun pathian tamtak nei in ala ho maleu, Pathian hing neilo ahi ziakun Paul in Pathian neilo la hui, ati ahi. Jentelte’n a biak pathiante’u chu milim siamkawmte, thilpha leh phalo le hekhen theilote haw ahiu.

hawilote’u kha agenna ahi. Ephesa kochuamte hindan masate chu zuauthepna, hukna leh du-amnate leh adang tampi a um ahi.

**ii). ‘la mihing lui uh’**

“a mihing lui uh” a tikit ah, zia mihinglui ati hi Rom 6:6; 13;13,14na in le Paul in ala gen tai. Mihinglui ti hi hindan hawilo, gitlona hinkhua kha ahi. Ziate haw zosia chu liptha un tia Ephesa kochuamte Paul in a hilna ahi.

**4:23 la lunggil thagau uh chun hinthakah hung um in,**

Zia taka Paul in “thagau” amat hi Pathian Thagau a genna ahi pua, mihing thagau agena ahizaw’i. A thu hin le a gen chian hi “lunggil thagau” ati ahi. Mihinglui paithak bep ahin a huntawk pua, lungthim thagau chu hinthaka hinsak ding/ lungthim thak neiding ti hi Paul in a gen nawp tak chu ahi. Mihing lungthim hi ei puikawi thei leh ei siampha thei ahizak in lamjang taka chiajelna dinga chun lungthim thak nei hi Paul hin pawimawsa ma ma ahi.

**4:24 mihing thak, diktatna leh thianthona Pathian kibatpi ah**

**siam ah chun kivan tau in.**

Paul in zia chang ahin Ephesa kochuamte chu gingtu van ah a kivanna dinguh agen piaka, a kivanna ding uh agen piakte chu anuai ahin gensuk hitiu.

**i). ‘mihing thak,’**

Paul in chang 22na khan mihinglui thu ahun gen ta, tuhin mihingthak thu ahun gen kit ahi. Mihinglui, hindan hawilote liptha mihingthak Pathian kibatpi ah kivan ding ah Ephesa kochuamte a ziltina thu ahi. Pathian in mi masa Adam leh Eve a siamlai khan Ama (Pathian) kibatpi a siam ahin himaleh, a gitlona ziakun Pathian kibatpina chu a mansua tau hi.

Pathian kibatpi hina hi mihingte’n a chankit theina dingun Pathian in a chapa Jesu Khrista a hunsawl a, kuale ama (Khrista) gingtute chun Pathian kibatpi hina chu a changkit thei u’i. Zia ah chun kivan un tia Paul in Ephesa kochuamte a hil ahi.

**ii). ‘diktatna leh thianthona Pathian kibatpi ah siam ah chun kivan tau in.’**

Zia thu ahin Paul in mihingte hi Pathian kibatpi ah siam

a gitlona ziak ua Pathian in aki-heisan takna thu ahidiam ti'n a gel thei hi.

**ii). 'hukna chun a kipumpiak tau ah, buakna chitin chu du-am tak in a bawl tau hi.'**

"Hukna" thumal hi English a chun "lasciviousness, licentiousness" ti ahin, a umzia chu zawn-tat thanghuaina, angkawmna, umdan phatlona, zakmaw taka kicheina leh paudan/paukam matdiklona lamte a kawk hi. Zia kigente haw hi Jentelte hindan Paul in a gen chu ahin, zia haw gitlona ahin thanuam takin a kipumpiak uh ahi. Zia bana chun, Jentelte'n gitlo nawpchenna chu ngaina'n du-am tak in a bawl ui, a ti kit nalai hi.

**4:20 Nang un vang zia gual chun Khrista chun la zil puau hi!**

Paul in "Nang un vang" ti'n a hun pan a, zia taka nang un vang atite hi Ephesa kochuamte a genna ahi. Chang masa lama khan Pathian thu awilo Jentelte hindan, umdan leh a gitlona'te'u haw Paul in ahun gensuk a, Ephesa kochuamte kianga hin

zia gual hiddinga chun Khrista ah chun nang un vang la zil puau hi, tia ahilna ahi. Ephesa kochuamte chu Khrista neitute la hi takziak un Jentel, gitlo bawlingte gual ah um thei dingte la hi ta puau ati ahi.

**4:21 Thutak chu Jesu ah a um in, a thu he ah ama ah thuhil ah um la hita ngal un.**

Paul in zia chang ahin "Thutak chu Jesu ah a um in" atia, Jesu ngei in le, "Keima hi lampi leh thutak leh hinna chu ka hi" (Jn.14:6) ati ahi. Jesu ah thutak umte chu; Pathian mihing ah a pi-ang thute, a thina leh thawkitna thute leh kumtuang hinna thute haw hi ahi. Zia zosiate hi hil ah um leh hetute la hi tau a, tia Paul in Ephesa kochuamte a hilna thu ahi.

**4:22 La nidang lai hindan uh, la mihing lui uh zuatheih leh hukna ah pui mang ah umsa chu liptha ding leh,**  
**i). 'La nidang lai hindan uh,'**

Paul in zia thu ah a genawp tak hi Ephesa kochuamte, gingtu ahimau ah a ahindan

**iv). 'thutiam thuthung lak ah kipat malzin la hiu kha he zing tau in.'**

Paul in malai ah Jentelte dinmun a genjelna achun, "thutiam thuthung lak ah kipat malzin la hiu kha hezing tau in" ti agen kit hi. Zia thutiam thuthung hi Horeb tang ah "Dan" thupiak kha agenna ahipua, Abraham kiang ah thungthung kha agenna jawk ahi. Pathian in Abraham tawh thuthung (covenant) asiam ua khan thutiam (promise) le apang ahi. Zia thutiam chu Jentelte hukdamna ding ahi (Gen.12:3). Ahijakin, Paul in Ephesate chu "thutiam thuthung ah kipat malzin la hiu" ati ahi. Aziakchu, Jentelte hin hukdamna channa ding ahin bangma kinepna a nei puau a, a pathian belte'u chu milimte haw mai ahiziak ahi.

**2;13. Tuhin vang, Khrista Jesu ah chun, nanghaw malai ah gamla tak ah umte chu, Khrista thisan ah chun hinai in la hung um tau hi.**

**i). 'Tuhin vang,'**

Chang 12na akhan Paul

in malai a Ephesate chu Pathian mite a kipat khenchuam leh Pathian neilote ahiu ti agen a, gingtu ahimau ah a dinmun uh a genna ahi. Ahiziakin, Ephesa kochuamte chun Pathian hing a hun nei phat un, "Tuhin vang" ati ta, a gen ut tak hi "gingtu la hi nung un vang" ati na ahi

**ii). 'nanghaw malai ah gamla tak ah umte chu, Khrista thisan ah chun hinai in la hung um tau hi.'**

"nanghaw malai ah gamla tak ah umte chu," Zia thu hi chang 12na a khan l gen zotau ahi. Paul in malai ah Jentelte chu Pathian apat gamla tak in a la um maleu Khrista thisan ah chun hinai in la um tau ati ahi.

Zia taka "Khrista thisan" hi Kros chung ah gilote a dinga luang kha agenna ahi. Zia thisan chun Jentelte gamla taka um chu Pathian tawh kinai in a siamta, zia chu ahi Jentelte a ding ah chanchinpha chu.

**2.14. Ama chu I kichamnau ahi'n, pawlnite chu pumkhat ah siam in, I kikal ua daidanna bang chu a suchim ta ahi.**

*i). 'Ama chu I kichamnau ahi'n,'*

Zia taka "Ama" ti thumal hi Jesu Khrist a genna ahi'n, Jesu Khrista chu ei uh kichamna ahi, atina ahi. Zia kichamna hi Pathian tawh kichamna ahi'n, Khrista tatna ziakin gingtute chu Pathian tawh kicham in a um uh ahi.

*ii). 'pawlnite chu pumkhat ah siam in,'*

Zia taka "pawlnite" ati paukam hi Judate leh Jentelte a genna ahi. Jesu Khrista'n a thisan ah Pathian tawh kichamna a hung siam hi Judate a ding mawng ahi chuam pua, Jentelte a ding le ahi diaklo ahi. Jesu Khrista hi Judate leh Jentelte a dinga thi ahin zia thina chun pawlnite chu gawm-khawm in Pathian tawh kicham in ei siam tai, Paul in ati ahi.

*iii). 'I kikal ua daidanna bang chu a suchim ta ahi.'*

Zia taka "daidanna bang" hi Judate leh Jentelte kal ah kikhenna bang um zing chu ahi. I gen taksa gual un Judate leh Jentelte chu nasa taka nam

hina ah kikhente ahiu a, ahiziakin, Jesu Khrista thina in pawlnite chu hung gawm-khawmin, daidanna bang chu ahung suchim tai. Jesu Khrista zalin nam niam leh nam sang, a thiang leh thiangolo ti um chuam talo ahi, ati na ahi.

**2.15. Pani hilai kha ama ah mihingthak pakhat hiding ah a siamdaw theina dingin, dan leh a thupiakte leh a thuthungte chu subei in, kichamna a bawl tai;**

*i). 'Pani hilai kha ama ah mihingthak pakhat hiding ah a siamdaw theina dingin,'*

"Pani" ti thumal hi Jentel leh Judate a genna ahi. Paul in Jentelte leh Judate chu Khrista'n mihing thak pakhat hiding ah a siamdaw theina ding in, ati ahi. Zia taka "mihing thak" ati hi Jentelte chu Judate hisak ding ati ahi pua, Judate jawk chu Jentel hisak ding atina le ahidiak puai. Jentelte leh Judate kituaklona leh kimuda taka um jingte chu Pathian ah kipat maljawlna kibang leh daidanna umlo a dinmun kibang, mihingthak chu Khrista nasep ziaka a chantheina ding un, ati ahi.

Paul in Pathian thu awilo Jentelte um dan zia hin a hung genchian zaw diak hi.

*i). 'Amau chu a hetnau sukthim piak a hiu ah,'*

Paul in "Amau chu" ti in ahung pan a, zia amau chu atite hi Pathian thu awilo/ginglo Jentelte a genna ahi. Pathian thu awilo Jentelte chu a hetnau sukthim piak ahiu ti ahi. Hetna sukthim piak umzia tak chu ngaituana thim, ngaituana chim nei theilo tina lampang ahi. Pathian a neilo ziakun a ngaituana'u chu athim ahi, atina ahi.

*ii). 'a lungthim mawl leh tak ziak un,'*

Zia taka hin Paul in Jentel, ginglote um dan a hun gen be nalai hi. Jentelte chu lungthim mawl taka a umthu uh a gen ahi. "Lungthim mawl" zia thumal hin agen ut tak chu hetna lam ah mi batphaklona lam a kaww deu ahi. Jentelte chun le Pathian thu chu amawl takluat ziak ua banphalo/hetchian phalo ahiu, atina ahi. Zia ban ahin Paul in Jentelte chu "lungthim tak" ti'n agen be nalai hi. Lungthim tak ti hi genhak, lulul tina lam ahi. Paul in Jentel,

Pathian thu awilote chu genhak, lulul leh Pathian hetphakna tawh kikak ma ma nalai ahiu, ati ahi.

*iii). 'Pathian ah hinna chu changtalo a hiu hi.'*

Zia hin Jentelte chu "Pathian ah hinna chu changtalo a hiu" ti I mu, Jentelte dinmun chu Pathian ah kipat gamla taka um ahi thu uh a genna ahi. Jentelte'n Pathian ah hinna a changtaklona ziak uh chu achung ah thu pani kigente ziak hi ahi. i). Amau chu a hetnau sukthim piak ahijjak uh. ii). a lungthim mawl leh tak ziak uh ahi.

**4:19 Amau chun kihiatdaw theina nei talo in, hukna chun a kipumpiak tau ah, buakna chitin chu du-am tak in a bawl tau hi.**

*i). 'Amau chun kihiatdaw theina nei talo in,'*

"Amau chun" ti hi Jentel Pathian thu awilote a genna ahi. Jentelte'n kihiatdaw theina nei talo in atina ahi. Rom 1:23-32 a khan Paul in Jentelte gitlona zia-ka Pathian in a nutsia thu a gen a, zia thu ahin le Jentelte hi

## ZILLAI - 9.

## GINGLOTE LEH GINGTUTE KAL THU

Simding: Ephesa 4:17-32.

Changvawp: 4:20.

## THUMAPUI :

Bung 4:14-30. lom sung ahin Jentel, ginglote chu Thagau ah lungthim vakna a neilo ziakun genhakna, lululna, kisaktheina leh gitlo nawpchenna ah chun kawl tang den ahidan uh muthei in a um hi. Zia ban achun Jentel, ginglote chun gitlona banggual bawl maleu, Ephesa Kochuamte chu Khrista ah zil ahiziak un thilpha bawl un tia Paul in a thuilna thu a muthei hi. Ephesa kochuamte chu mihing thak ah siam ah um ahitak ziakun a bawlding uh leh bawlllo ding uh leh Paul in agen ahi.

**4:17 Ziaziakchun, zia hi Lalpa ah chun ka pom in ka phut la hiu: lungthim kisathei tak ah um, Jentelte gual in um ta kiu in.**

**i). 'zia hi Lalpa ah chun ka pom in ka phut la hiu.'**

Zia thu hi Paul in Ephesa kochuamte thilkhat bawlding/hiding a aphutna thu ahi. A thilphut hi anuai ah thute ahin a genchian ahi.

**ii). 'lungthim kisathei tak ah um, Jentelte gual in um ta kiu in.'**

Paul in Jentelte gual in um ta kiu in atia, zia taka Jentelte ati hi kuate a genna ahem ti a dawtna umthei hi. Ephesa kochuam

ahin Judate leh Jentelte a um ua ahinla, Paul in "Jentelte" tia agen pen hi kochuam ah gingu Jentelte agenna hilo in ginglote, Pathian thu awilote a genna ahi. Zia Jentel ginglote hindan guala chu khawsalo dinga Ephesa kochuamte a hilna ahi. Ginglo Jentelte hindan Paul in Ephesa kochuamte'n a bawlllo ding ua agen chu lungthim kisathei ahi.

**4:18 Amau chu a hetnau sukthim piak a hiu ah, a lungthim mawl leh tak ziak un, Pathian ah hinna chu changtalo a hiu hi.**

**ii). 'dan leh a thupiakte leh a thuhungte chu subei in, kichamna a bawl tai.'**

Paul in Jentelte leh Judate, kituaklote kichamna leh kimudate kingainatna mihingthak, dinmun kibang ah a um theina ding uh chu Khrista nasep ziak ahi ti l gen zo ta. Zia tak ahin Paul in Jentelte leh Judate chu dinmun khata a um theina ding ua Khrista nasep chu a hun gen zawm ahi. Zia chu, "dan leh a thupiakte leh a thuhungte chu subei in" ati ahi.

**2.16. Kros jal ah panite chu kipumkhat ah, Pathian ah a kicham theina ding un, kituak lona zosia chu a that ta ahi.**

Zia chang hi chang l5na ah Jentelte leh Israelte pumkhat hiding ah a gen sutzawpna ahi.

**i). 'Kros jal ah panite chu kipumkhat ah.'**

Zia chang hi "Kros jal ah panite chu kipumkhat ah," ti in ahung pan a, Paul in agen ut tak hi Jesu Kros ah a thina zia kin panite (Jentelte leh Judate) chu pumkhat in a um tau, atina ahi.

**ii). 'Pathian ah a kicham theina ding un, kituak lona zosia chu a**

**that ta ahi.'**

Paul in "Pathian ah kichamna" thu hi II Kor. 5:19 in le a gentai. Pathian ah kichamna thu hi amasa Pathian leh mihingte kichamna thu ahin, a ban in mihingte leh mihingte kichamna thu ahi. (Gal. 3:28).

**2.17. Chun, a hung ah, nanghaw gamla tak ah umte leh naicha umte kiangin le chamna chanchinpha ahung hil a.**

**i). 'Chun, a hung ah.'**

Zia chang ahin "chun, ahung ah" ti'n ahung pan a, "ahung ah" ati hi Jesu Khrista ahung a, atina ahi.

**ii). 'nanghaw gamla tak ah umte leh naicha umte'**

Zia taka "gamla umte leh naicha umte" atite hi Jentelte leh Judate a genna ahi. Jentelte gamla um ati na ziak hi Pathian neilote ahi jiaak un, Pathian a kipat gamla umte ahiziak un, ati ahi. Judate chu naicha umte a ti theina jiaak hi bang dang jiaak hilo in Pathian namtelte ahijiaak un Pathian tawh kigamla lo ah--

naicha umte, Paul in ati hiding ahi.

Zia chang ahin Paul in, Jesu Khrista chu chamna chanchinpha- Pathian leh mihingte kal ah chamna leh mihingte leh mihingte (Jentelte leh Judate) kikal ah chamna gen dingin ahung ahi, ati ahi.

**2:18. Ama jïak ah chun thagau mun khat ah, Pa kiang ah lutheina I nei gel tau hi.**

Chang 17na akhan Jesu Khrista kha gamla leh nai ah umte kiang ah chamna chanchinpha gendingin a hung hi ti I mu'u a. Chang 18na hi bangjiaka Jesu Khrista chu chamna chanchinpha gen ah hung ahi em, ti dawtna dawnhuna gual ahi.

**i). 'Ama jïak ah chun'**

khawvel ahin namni, Jentel leh Judate ti ah khen in a um hi. Judate chun amau chau chu Pathian nei leh Pathian hing hote a kigel in nam dangte chu, kua nam leh jat ti umlo in Jentelte ti'n nam kidak um in a gel mai uh ahi. Ahiziakin, khenchuamna umlo in Jentelte leh Judate a dinga chun Jesu Khrista chu a hung thita, Jentelte leh Judate chun Khrista

jïal in malzawna adawng gellgel tau ahi. Ziagual ah namnite chun malzawlina a dawnkhawm theina'u chu Jesu Khrista jïak ahia, zïakachun, Paul in "Ama jïak ah chun" ti ah chang 17na hi ahung pat ahi.

**ii). 'thagau mun khat ah, Pa kiang ah lutheina I nei gel tau hi.'**

Zia thu hi Khrista chu chamna siam ah a hungna zïak dawnhuna chu ahi. Jesu Khrista zïaka chun namnite chu pumkhat ahitau a, thagau thiangtho khat neite ahitau hi. Zia thagau khat zala chun Pa kiang ah lutheina Judate leh Jentelte chun a nei gel tau Paul in ati ahi. Zia hi gingtute vangphatna chu ahi. Khrista'n vangam kawt ahawng ah, thagau thiangtho in ei puilut ding ahi.

**2:19. Ahin, tuhin malzin leh gamchuammi la hi tapuau a, mithiangthote tawh tual khat ah lengkhawm, Pathian inkuante la hitau hi.**

**i). 'Ahin, tuhin malzin leh gamchuammi la hi tapuau a,'**

Chang 18na akhan Khrista zalin Pathian kiang ah lutheina i nei tau, ti'in Paul in a gen a,

ati hi kochuam mimaltin in Khrista apat thilpiak a dawndung jui chiat ua asephat ua le taksa (kochuam) chu khangto/masawn in a, atina ahi.

**iii). 'hepina chun ama leh ama a kilem to sek ngal a.'**

Paul in a gen ut tak hi hepina hi ahi. Kochuam khantona dinga chun hepina hi a pawimaw

a, zia hepina ah chun kochuamte'n a sepding chiat uh a sepphat tak ua le kochuam khangtona ahisek hi. Kochuam ahin hepina a um tak le, siamdikna, khawtuana, ngainatna leh diktatna a um sekin, zia chun kochuam sunga kituakna hung tut in ahung khanglian sek ahi, ti hi Paul in a gen nawp ahi.

**Genkhawm ding:**

1. Paul in kochuamte chu mithiangthote ti in a ko a, tuni ei kochuamte hi I dinmun uh tawh tetuak in mithiangthote ti hi I changzo na diam uh?
2. Thilpiak I chante'u haw hi banggual in I mangchiat nau em?



iii). **'langkhat langkhat ah a mut lumlet thei ding ah naupang l hitak lona ding un.'**

Zia taka "*langkhat langkhat ah mut lumlet thei*" ti hi tuisuagiat chung ah tuifawn in lawng ataw lumlet genna paukam ahi. Gingtu naupang chu tuifawn in ataw lumlet tawh tekhn ahikit ahi (Lk.8:24). Ephesa kochuamte chu gindan chuam chuamte, zilt-ilna diklote'n langkhat langkhat in thigua gual in mut lumlet hijiang maleu naupang ahitaklo jik un mi thuzaw in um nawt ta kiu in atina dan ahi.

**4:15. Himaleh hepina thutak kigen in, l luchang uh Khrista ah chun bangkim in khanglian thei hitu in;**

i). **'Himaleh hepina thutak kigen in,'**

Zia thu ah Paul in agenawp tak chu thutak gen ding ahi. Zia thutak chu hepina tawh gen ding ahi. Khrista chu l luchang uh ahia, Ama ah chun bangkima l khanlet theina ding un thutak chu hepina tawh gen hi tiu, ati ahi. Zia taka "*thutak*" ati hi Khrista

ginna lam ah ki ziltilna(doctrine) atina ahi.

**4;16. ama ah chun taksa bak zosia chu kilemtua ah, kisutua leh kizop khawm in, baktin in a sepding chiat uh a sep phat leh, taksa chu khangto in, hepina chun ama leh ama a kilem to sek ngal a.**

i).**'ama ah chun'**

Zia taka "*ama ah chun*" ti hi Khrista a genna ahi.

ii). **'taksa bak zosia chu kilemtua ah, kisutua leh kizop khawm in,'**

Zia tak ahin Paul in mihing taksa bak chuam chuamte a hun kilemtua dan leh a pankhawm dante'u ahun gen suk hi. Paul in a gennawp tak hi mihingte taksa bak thu ahi pua, kochuamte tawh a tekhnna thu ahi. Kochuam sung ahin michuam chuam umkhawm l hithu uh gennawp zawk ahi.

iii). **'baktin in a sepding chiat uh a sep phat leh taksa chu khangto in,'**

"*baktin*" ati hi kochuam mimaltin agenna ahia, "*sepding chiat asephat le taksa chu khangto in*"

zia chang ahin "*tuhin malzin leh gamdangmi la hi ta puau a,*" ti'n asun zawm ahi. Malzin hi English a chun "*stranger*" in a lethei a, melhiatlo, khualzinmi tina ahi. Chuleh, "*gamdangmi*" ti hi English a chun "*foreigner*" tina ahi. A um zia chu gamchuammi tina ahi. Malzin leh gamdangmite chu lungthim thawmhau leh lau in a umzing sek uh ahi

Paul in Ephesa kochuamte kiang ah chun, Judate mitmu in malzin leh gamdangmi la hui in; ahin, tuhin malzin leh gamdangmi la hi ta puau a, mithiangthote tawh tual khat ah lengkhawm, Pathian inkuante la hitau hi. ati ahi.

ii). **'mithiangthote tawh tual khat ah lengkhawm, Pathian inkuante la hitau hi.'**

"*Mithiangthote*" ti um zia hi Pathian ading ah sechuamte, kisuthiangthote, umdan thiangthote leh diktatte tina ahi. Zia gual chu la hi tak ziakun "*Pathian inkuante la hi tau ahi*" ti Paul in a gen ahi. Pathian inkuante ti hi Pathian chenkawmpite, Jentelte leh Israelte kikhenna umlona

inkuan chu ahi.

**2;20. 'Khrista Jesu ngei chu a kil ah suang pawimaw pen ahi'n sawlchakte leh jawlneite suangphum chungah sak la hui hi.'**

i). **'Khrista Jesu ngei chu a kil ah suang pawimaw pen ahi'n'**

Zia thu hi Paul in Isai. 28:16 leh Sam 188:22 apat ah alaksawn hi ding ahi. Nidanglai ah Judate'n Insakna ah a matchakpen uh chu suang hi ahi. In asak pat ding phat uh ua le akil ah chun suang a phumsek ua, A kil ah kiphum suang chung ah chun suangdangte chu atiangto sek u'i. Suangdang zosia lepto ahitheina chu zia akil ah suang ziak chu ahi.

Zia gual ah chun Paul in kochuam hung dinna hi, insakna ah akil ah suang pawimaw tak gual ah chun Khrista chu le kochuam dingna ah chun apawimaw pen ahi, ati ahi.

ii). *'sawlwchakte leh jawlneite suangphum chungah sak la hui hi.'*

Zia taka "sawlwchakte" hi Apostle te tina ahi. Jesu nungjuite bep kha Apostolte tia hiat himaleh, Thuthungthak hunlai in kochuam puitu masate khenkhat Paul, Barnaba leh Jesu suapi Jakopte kha Apostolte ti in ko ala hui ahi.

Chuleh, "jawlneite" ti hi Pathian thu gen a, mi vahilte/va gaitte leh masang thil mulawk dinga Pathian guat chuamte ahiu. Zia ban achun, "suangphum" l mukit ahi. Zia suangphum hi English a chun "foundation" a kiti ahi. Insa dingtute chun lei cho kuak in zia lei chawkuakna sung ah chun suang hungtiang khawmin in chu ahung sa pan sek uh ahi.

Paul in a gen nawp tak chu sawlwchakte leh jawlneite thugenna a pat in kochuam hi hung dingdawk ahi, ati ahi. Zia suangphum thu ahin Paul in 1Kor 3:10,11 ah agen kha taw hetkhial lo ding ahi. Paul in Jesu Khris-

#### GENKHAWM DING:

1. Kochuam sung ah mimaltinte hin pawimawna l nei chiatdan uh gen khawm hile.

ta chu suangphum ahin, aphumtute chu sawlwchakte leh jawlneite ahiu, ati ahi.

**2:21. 'Ama ah chun suanglep chuam chuamte, kituak taka sutua in, Lalpa ah biak In thi-angtho ahung suak tai.'**

Zia thu hi chang 20na sutzawpna thu ahia, suang in sak thu tawh kochuam dindan a tekakna thu ahi. "Ama" ti hi Jesu Khrista a kil ah suang pawimaw kha a genna ahin, "suanglep chuamchuamte" hi kochuam sung ah mimaltinte agenna ahi. Paul in zia thu ah agen nawp tak chu Khrista ah chun mi chuam chuamte kituak taka ki lemkhawm chu "Lalpa ah biak In thi-angtho ahung suak tai" ati ahi.

**2:22. 'Nanghaw le ama ah chun, Thagau ah Pathian chenna munding ah lepkhawm la hi tau hi.'**

Khrista tawh kizawpna chun Juda leh Jentelte chu Pathian chenna lepkhawm ahi thu agenna ahi.

kipumkhatna taktak vang a um theilo ahi.

ii). *'Pathian chapa hetna lam ah l hung pitin ua,'*

Paul in Ephesa kochuamte chu ginna pumkhat ah um dinga adawi baka Pathian chapa hetna lam ah le piting ding in adawi hi. Pathian chapa hetna chu, Khrista Pathian chu mihing ah a hung piang dante, a nasep dante, atupte haw ahi

ii). *'Khrista bukimna tawh kibang ah i hung pumkhat theina ding un.'*

Kochuam ah mawpuakna neite'n kochuamte chu hawitaka a ziltitil ua gingtu piting a hung hui a Khrista dawigual ah a pumkhat theina ding ua mawpuakna neite'n a sep ding a gen ahi.

**4:14. Diklo tak ah juauthepna gual ah, pil gukkhel gual ah mihing them kawm ah, ziltitilna thigua'n langkhat langkhat ah a mut lumlet thei ding ah nupang l hitak lona ding un.**

i). *'Diklo tak ah juauthepna gual ah,'*

Zia thu hi Bible suite chun abul kipatna tak hi game ah kihelte ah kipat ahi, atiu

ahi. Game chikhat, zia game ah kihelte chun a kihelnau ah achang(dice) lum chu, Carom chang aning ah kaplut ahisek guala aning ah kaplut jel dinga kihelna ahi. Ziagual game a chun mikhenkhatte chun a kihelpiteu zawteina dingin a chang (dice) diklo kawlut in a kihelpite'u chu azo sek uh ahi. Zia gual ah chun, Paul in Ephesa kochuamte kiang ah chun diklo tak ah juau thepna gual ah gindan diklote'n a hun puimang gawzing ui, ati ahi. Zia hunlai ahin Ephesa kochuamte lak ahin Gnostic ziltinate leh Khristian himaleu Judate dan jui ding ah ngai pawimaw a um zing uh ahi.

ii). *'pil gukkhel gual ah mihing them kawm ah,'*

Zia taka "Ziltitilna thigua'n" ati hi ziltitilna diklote genna ahi. Greekte chun a mau pilna in kochuamte a them ua, Judate chun kochuamte chu Juda dan zui pawimaw ahi, ti'n a them kit ui. Zia taka ziltitilna diklote hin kochuamte chu pil leh thiam takin athem uh ahi. Ziakachun, ziltitilna diklo ziltitute chu Paul in "pil gukkhel" ati ahi.



kochuamte kiang ah mawpuakna chuam chuamte piak ahi thu l gen ta, zia mawpuakna changtute chun kochuamte (mithiangthote) chu a thuam bukim ding uh/azilti thiam ding uh atina ahi. Kochuamte kitup taka zilti ahiu chun midangte panpitu leh Pathian nasepna lam a chun pangthei ding ahiu.

**ii). 'Khrista taksa chu siam piting ah'**

"Khrista taksa" ati hi kochuamte, mithiangthote a genna ahia, zia chu siam piting ding atina ahi. Khrista'n kochuamte kiang ah thilpiak a piakte chu mang phachuam chiatleu hin taksa leh thagau lama hatlote chu hatsaktu hitiu in, Kochuam siam piting toujel hiding l hui, ati ahi. Kochuam sunga hin mawpuakna nei chuam um maleu hin uh mithiangtho zosiate hin zia mawpuakna hi l nei chiat u'i.

**4:13. ginna leh Pathian chapa hetna lam ah l hung pitin ua, Khrista bukimna tawh kibang ah i hung pumkhat theina ding**

un.

Paul in Ephesa lekthawt ahin Khrista zala kochuamte laka kipumkhatna a um theina ding thu a gen nasa ma ma hi. Chang l 3na hin kipumkhatna thu a hungvel gen kit a, kochuamte'n kipumkhatna a nei theina ding un thil pawimaw taktak a gen hi. Zia kipumkhatna hi kochuam ah mawpuakna neitute'n kochuamte a zilti ahi chun kipumkhatna um thei ding ahi, ati ahi.

**i). 'ginna'**

Paul in kochuamte ginna ah pumkhat ah um dinga adawina thu ahi. Judate'n teptena a aphut un, Greekte'n pilna ahawui. Ahijiakin, Khrista tatna chu ginna pakhat ah hukdamna mu ahi. Kochuam sung ahin gindan chuam chuam a um phatle kochuam kituakna taktak a umthei puai. Ziaziakachun, Paul in Ephesa kochuamte chu ginna ah pumkhat ah um a, zia ginna chu supiting dingin adawi hi. Ginna ah kipumkhat chu kochuam masate tuppen ahi gual a, tulai kochuamte'n le ginna ah kipumkhatna hi l tup ding uh ahi. Ginna ah kipumkhatna ahilo ngal leh pawl thu ah

ZILLAI - 6.

**JENTELTE KIANG AH PAUL NASEP**

**Simding: Ephesa. 3:1-13.**

**Changvawp; Eph. 3:6.**

**THUMAPUI :**

Paul in bung l na khan sawlchak a hina gendawk maleh, kochuam sung ah sawlchakna hina pawmtheilo mikhenkhat um zing hi ding ahiu a, bung 3:1-13 sung a hin sawlchak ahina a hung genlang kit hi. Chun, Paul in Jentelte kiang in Pathian hepina thuguk chu ama kiang ah kawlsak masak ahidan leh zia thuguk chu Jentelte kiang ah a puangzak tak ziaka suangkul ngak ahidan le a gen hi. Khrista chanchinpha ziaka chun Jentelte ngei le Pathian goluatu ding ahidan uh a gen hi.

**3:1. Ziaziakchun, keima Paul, nanghaw Jentelte zia ah Jesu Khrista ah suangkul lut hin, i). 'keima Paul, nanghaw Jentelte zia ah'**

Paul in amin lamzet ah a thugen hi sawlchak a hina ginchian ut ma ma hiding in ginchak a um hi. Sawlchak a hina hi Jentel a dinga Pathian in a guatchuam ahidan le a kihechian ahi.

**ii). 'Jesu Khrista ah suangkul lut hin,'**

Paul in zia tak ahin suangkul a lutna zia a hun genlang hi. Suangkul a lutna zia chu

a gukchak zia, ahilo leh nungak khat a va sual(rape) zia ahi pua, Jesu Khrista zia ahidan a ginchian hi. Jesu Khrista migilote a dinga thi ahidan leh gitlona chu zo ah than apat ah a thawkitna chanchinpha a tangkopi ziaka lut ahi, ti a ki chian ahi.

**3:2. nang haw kiang ah Pathian hepina thu gen ding ah, sawl ah ka um dante kha ala he ngei ding la hi ngal un:**

**i). 'nang haw kiang ah Pathian hepina thu gen ding ah,'**

Zia taka "hepina" hi English a chun "grace" ahia,

Paul in zia grace hi Ephesa kochuamte kiang atung masanga ama (Paul) kiang tung masa dan in a gen hi. Zia hepina hi Khrista'n a kochuamte a ding ah a hinna a piak thu chu ahi.

**ii). 'sawl ah ka um dante kha ala he ngei ding la hi ngal un:'**

Paul in zia Pathian hepina chu piak a um thu chu Ephesa kochuamte'n ala heta ngei ding ahi thu'u a gen ahi.

**3:3. Chuleh thuguk chu ka kiang ah hiatsak ah a um dan, tuma chawmcha ka hung zik gual khan;**

**i). 'Chuleh thuguk chu ka kiang ah hiatsak ah a um dan,'**

Zia taka thuguk ati hi Chanchinpha atina ahi. Chanchinpha hi hunsawt tak selguk leh thuguk ah um chu Paul in ka kiang ah hiatsak in a um tai, ati ahi. Zia thuguk hi ginna thuguk, Pathian mithiangtho hina thuguk, Khrista thawkitna thuguk, thiamchanna thuguk leh Khrista thisan ah ngaidamna thugukte chu midangte haw hiat masang ah ama kiang ah hiatsak ah um ahi thu Paul in agen ahi.

**ii). 'tuma chawmcha ka hung zik**

**gual kha'**

Zia thuguk chu Ephesa kochuamte kiang ah a la gen tak thu chu Paul in a hun genlang ahi. Zia thu hi thubuai umtak khat chu ahi. Paul in "tuma chawmcha ka hung zik gual kha" ati thu hi khenkhatte'n Paul in lekhathawt dang kochuamte kiang ah ala thawt hiding in gingchakna a nei u'i. Ephasate kiang ah hin lekhathawt dang khat ala thawt hidinga gingchak theina tiang le a um hi. John Calvin ngei inle lekhathawt dang Paul in Ephesate kiang ahin ala thawt kha hi dingin apawm hi. A thu um dan tak apat hin bailam taka Paul hin lekhathawt dang ala thawt hidinga gingchak theina tiang a um hi. Aziakchu, Paul in Ephesa kochuamte hi ala ngaihawk ma ma kochuam ahi (Nas. 20;17-18). Ahiziakin, tulai hilchiantu tamtakte'n vang lekhathawt dang thawt hidingin a gingchapuau a, bung masa lama a ziktezaw hi agenna in apawm u'i. (cf. 1;9,10; 2: 1-11).

**3:4. Zia kha la sim tak ua leh, Khrista thuguk ka het dan hi hethei in lau.**

**4:11. Tichun, khenkhatte chu sawlchak hiding in, khenkhatte chu jawlnei hiding in, khenkhatte chu Pathian thu gen ding in, khenkhatte chu kochuam vak ding leh khenkhatte chu zilsak ah pang ding in thilpiak a pechiat a;**

Zia chang hi chang 10na sutzawpna ahi. Chang 10na khan Khrista'n Thagau zal ah hepina thilthawn piak kochuamte a piak ding thu l gen ta, chang 11na ahin kochuamte kiang ah mawpuakna chuam chuam a piakte Paul in a suklatna ahi. Ziate chu;

**i). Sawlchak (Apostol)-**

"Sawlchak(apostle)" hi Jesu Khrista nungjuite, Jesu Khrista taksa ngei ah mit ah mutute leh a thawkitna hetpitude kona mat ahi-deu hi. Zia nunga chun Jesu suapi Jakop, Barnaba leh Paul te kha le sawlchakte tia ko ahiu.

**ii). Jawlnei(prophet)-**

"Jawlnei" ti hi thil hungtung ding genlawktu leh Pathian ah kipat thu adawng dungjui ah hangsan taka gen mite genna ahi.

**iii). Pathian thu gen(evangelist)-**

"Pathian thu gen" ti hi

chanchinpha gen a vak velvelte ( evangelist) genna ahi. Amau hi imun leh lo mundet khuallo ah chanchinpha vakpите ahiu hi.

**iv). kochuam vak ding (pastor)-zilsak ah pang(teacher)-**

Zia hin "pastor" leh "teacher" a genkhawm a, mawpuakna kibang ahijiakin Thagau Thiangtho in pastor na apiakte chu ziltituna le apekhawm ngal ahi. "Pastor" ti hi belampu/chawmtu tina ahia, kochuam chawpna a chun ziltituna tawh a ki jui ahi. Mi pakhat kiang mawpuakna pani pekhwam atina ahi. Pastorte chu ziltituna ahiu a, amau thu jui ding ahi, ti hi Paul gennawp hiding ahi. Tulai kochuam gam ah vang kochuamte'n pastorte ziltituna nuam zaw l bang tau ahi.

**4;12. mithiangthote chu nasepna matchak ah thuam bukim ding leh Khrista taksa chu siam piting ah,**

**i). 'mithiangthote chu nasepna matchak ah thuam bukim ding'**

Paul in zia taka "mithiangthote" ati hi kochuamte a genna ahi. Chang 11na khan

**4:9. (Aleh, mi leimun nuainung pen ah a kum suk masak jet lo chun, bangti'n "A chiato," kiti thei ding a hem?)**

Zia chang hile chang 8na sutzawpna ahin Jesu Khrista thu ki genna ma ahi.

**i). 'kum suk'**

Johan 3:13na chun ti hin a gen ahi. "Kuama van ah kalto kha a um puau, van ah kipat hung sukpa, Mihing chapa van ah umpa tilo ngal hi" atia, zia taka "van ah kipat hung hung sukpa" ti hi Jesu Khrista a genna ahia, Bethlehem bawngin ah a hung piang in, migilote a dingin Kros chung ah thina tiang hung thuakin, than ah vui in a um hi, ti agen nawpna thu ahi.

**ii). 'leimun nuainung pen ah'**

Zia "leimun nuaia nung pen.." kiti hi mikhenkhatte'n Jesu Khrista than ah a um lai in mithite khua ah va kumsuk in chanchinpha a vagen hi, atiu ahi (1Pet. 3:19;4:6).

**iii). 'A chiato,'**

"Chiato" ati hi Jesu Khrista ngei a genna ahi. Jesu

Khrist chu than ah pat in nithumni in a thokit tai. A thawkit zaw ni sawtlo nungin in van ah kalto/chiato ahi.

**4:10 A kumsukpa ngei chu mi zosia chung lam pek, van ah kal to chu ahi'n, ama chun bangkim a sukdim theina dingin.**

**i). 'A kumsukpa ngei chu mi zosia chung lam pek, van ah kal to chu ahi'n,'**

"A kumsukpa leh van ah kalto chu" ati hi Jesu Khrista a genna ma ahi.

**ii). 'ama chun bangkim a sukdim theina dingin.'**

Zia thu "ama chun" ti hi Jesu Khrista agenna ma ahia, a thu tawn tunga chun; "Jesu Khrista chun bangkim a sukdim theina ding in" atina ahi. Zia thu hi Kochuamte (Jentelte leh Judate) chung ah Pathian Thagau zala hepina thilthawnpiak chuam chuam a piak ding a genna ahi.

**i). 'Ziakha la sim tak ua leh,'**

Paul in "Zia kha la sim tak ua leh," ti'n ahung pan a; a chung ah "zia kha" ati hin chang 3na ah "tuma chawmcha ka hung zik gual khan" ati hi a genna hiding ahi. Tuma chawmcha ahung zik thu chu Paul kiang ah Pathian kilakna thu ahi. Zia kilakna ah chun Khrista thuguk amu; zia chu Judate leh Jentelte Khrista thisan zal ah kenchuamna umlo ah a kigawpkhawm kitna'u thute haw chu ahi. Pawl khenkhat in vang "zia thu hi Thuthunglui la sim tak ua le Jentelte a dinga Pathian thilguat hethei in lau" ati hiding in a gingcha'u hi.

Ahiziakin, chang 3na ah Paul in "ka kiang ah hiatsak a um dan, tuma chawmcha ka zik gual khan:" atia, a kawkpem hi Paul in bung 1&2na ah a gente zawk hiding ahi. Ephesa kochuamte'n jia a gen masakte chu a simtak ua le Paul in thuguk a kiang ah kipuangte ahedan chu hethei in'au atina hiding ah gingchakna a um hi.

**ii). 'Khrista thuguk'**

Thuguk kiti himhim hi kuama'n a hetlo uh leh kiselgu ahi pua, mizosia kiang ah puangdaw

hilo a mikhenkhatte kiang chau ah hiatsak ah um thu chu ahi. Khrista thuguk ngei hile Paul kiang chau ah hiatsak ah um, kochuamte kiang ah a hiatsak chu ahi.

**3:5. Ziachu tulai ah sawlchak thiangthote leh jawlnei thi-angthote kiang ah, Thagau hiatsak ah a um gual ah hin, tuma lam akhan mihing chate kiangah hiatsak ahi ngai puan; zia thu chu zia hi ahi.**

**i). 'Ziachu tulai ah sawlchak thi-angthote leh jawlnei thi-angthote kiang ah,'**

Kum tamtak hi Khrista thuguk hi bukim takin puandaw in ala um puai. Thagau thi-angtho in sawlchak thi-angthote leh jawlnei thi-angthote kiangin bukim takin ala puandaw ahi. ( Jn. 14:26; 1Kor. 12:8). Sawlchak Paul kiang ngei inle puandaw ala hi.

Zia taka "Sawlchak leh jawlnei" kitite hi kochuamte hun ahin nasemtu lianpente ahia. "Sawlchak" ti hi "Apostle" tina ahin, Jesu nungjui 12te kha ahia ahi.

Hun hung chiajel in Apostle hi Jesu nungjuite bep genna ah kimang talo in Kochuam pui-tu liante genna in le a kimang tai. A nunungjawk “*jawlneite*” kiti hi Thuthunglui hilchianthei leh masang ding thilte genlawk thei leh anasepte tawh kituaka thilpiak Thagau Thiangtho apat dawngte ahiu.

Apostle te leh Jawlneite hi Khrista thuguk kiphum puangdawktute ahibak ua mipite lampi dika puitute ahiu hi. Kornelius leh a inkuante kiang ah chanchinpha vatuttute gual ah Chiangtak a sulangtute ahiu ahi.

ii). ***‘tuma lam akhan mihing chate kiangah hiatsak ahi ngai puan; zia***

***thu chu zia hi ahi.’***

Thuthunglui hunlai akhan Abraham, Mosi, David, Jawlnei Isai leh jawlnei chuamchuamte kiangin Jentelte’n Pathian malzawlina adawn ding uh hi ala hiatsak sek maleu bukimlo leh a limtha gual mai ala hi. (Gen.1 2:3;22:18; 26:4;28:14; Sam.72;87; Isai. 11:10;49:6;54:1-4; 60:1-3; Hos.1:10; Amos.9:11ff; Mal.1:11;). Bukimlo maleh, Khrista’n a kochuamte a hung dindaw a Jentelte leh Judate Pathian kengbul ah kibang taka a um ding uh hi ala mulaw lo uh ahi.

te’na dungjui a l changchiat uh ahi, ti Paul in agen ahi.

Zia taka “*Khrista thilpiak te’na dungjui ah*” ti hi Khrista thilthawn piak mihingte’n l chan uh genna ahi. Pathian hepina l chang uh kibang chiat maleh, Khrista thil thawn piak vang achuam chuam a um a, mihingte’n kibang in a chang puau, ti agen nawp ahi. Kochuam khat sung ah bawlthei leh septhei chuam chuam mimaltin in l nei chiat u’i. Khenkhathe thugen thiamna, khenkhathe vaihawm thiamna, leh khenkhathe gentheilo maleu, asep ah sephaw ding ah thilthawnpiak dawng pawl a ki um ahi. Zia chu ahijakin, Khrista thilpiak te’na dungjui in hepina chu l changchiat uh ahi.

**4:8. Ziaziakchun, “Chunglam ah a chiato lai khan, matte chu sal in a lpuh ah, mite kiang ah chun thilpiakte a piat”, ati ahi.**

Zia chang hi Paul in Sam 68:18 apat alaksawn ahi. Sam 68:18na thu hi Lal David galzawna thu hile a kolawm ahi. Israel

lalte hunlai ah chun a galte’u zo ah Jerusalem lam zuan ah a chiakit phat uh le sal a amatte’u leh a gallakte’u chu mipite’n mu nuam in ala lamtua sek u’i. Zia hun phat chule lal in mipite kiang ah chun a gallakte chu hawm in a pesek hi. Zia thu hi Bible suitute chun Khrista’n kochuamte Satan khutnuai apat a tatna tawh a tekhinna thu ahi, atiu ahi.

“*Chunglam ah a chiato lai khan*” ti hi Khrista a thawkit nung ah vanlam ah a kalto thu agenna ahin, “*matte chu sal in a lpuh ah*” ti hi mihingte Satan in galhing ah amat, athunuai ah akawite, Khrista thawkitna chun alakdaw/tatdaw kitna agen ahi. Zia sal ah matte chu Khrista’n a thisan ah atatdaw nung in thilpiak apiat, atina ahi.

**4:6. Pathian pakhat, mizosia Pa, ama chu bangkim chung ah um ahi'n, bangkim jal in a um ah, bangkim ale a um hi.**

**i). 'Pathian pakhat, mizosia Pa,'**

"Pathian pakhat, mizosia Pa," ti hi Paul in Pathian dinmun agenna ahi. A ban in Pathian pakhat chu "mizosia pa" ati kit nalai hi. Pathian in mihingte hi Ama melpu a siam vek ahiu a, Khristian hi'n Khristian lo hileu, Ama siamlo khatcha le umlo ahi. Ziaki ahin Paul in mizosia Pa a ti hi adik ahi. Zia Pathian hin Jentelte leh Judate hi Khrista zal in pumkhat in a hung siam ahi.

**ii). 'ama chu bangkim chung ah um ahi'n, bangkim jal in a um ah, bangkim ale a um hi.'**

Zia thu hi le Pathian dinmun ma a genna ahikit hi. Pathian in thilzosia hi a siam ahin, bangkim hi a khutsuak vek ahiu. Ziakachun, bangkim siampa ahia, bangkim chung le thu anei ahi. Ama'n a nawp dandan abawl thei ahi, atina ahi.

Zia ban ah chun, "bangkim jal in a um ah, bangkim ale a um hi." ti le I mukit hi. Paul in zia thu ahin agen ut chu, thilsiam

zosia ah chun Pathian a um a, zia thilsiam zosia kipat chun Pathian in ahina ataklang hi, ti agen nawp ahi.

**4:7. Himaleh, Khrista thilpiak te'na dungzui in hepina chu piak I hi chiat ui.**

**i). 'Himaleh,'**

Paul in zia chang ahin "Himaleh" ti in ahung pan a, zia guala ahung pat theina zia hi chang óna khan "Pathian chu bangkim siampa ahia, bangkim chung le thu anei ahi. Ama'n a nawp dan dan abawl thei ahi," ti agen a, ahinla bangkim chung ah a bawldan/sepdan akibanglo ahijjakin, "Himaleh" tia ahung pat ahi.

**ii). 'Khrista thilpiak te'na dungzui in hepina chu piak I hi chiat ui.'**

Zia chang ahin Paul in "hepina chu piak I hi chiat ui." atia, Khristiante chu Pathian hepina piak chiat I hi thu uh a gen a, Kochuamte chu Pathian hepina changlo kuama umlo atina ahi. Ale Pathian hepina chu bangjat in I changchiat uh em? tia dawtna a um thei hi. Pathian hepina chu Khrista thilpiak

**3:6. Chanchinpha jiajin Khrista Jesu ah chun, Jentelte hi golua-pi dingte, taksa bak chanpite leh thutep chanpite ahung hitau.**

Judate hin ngaidan diklo tak mai a nei uh chu Jentelte chu mihing ale a ngailo uh hi ahi. A musit mama mai ua chuleh, bangma chan chang dinga le a gello namte chu ahiu. Judate ngaidan leh lunggel chu dawisakna josia hi amau chandinga a ngaitua uh ahi. Pathian apat a malzawlina josia; Khrista thisan ah thiam chansaknate, gitlo ngaidamnate leh Khrista tawh golua khawmna ding josia hi amau a ding bep in a ngaitua uh ahi. Zia chu Paul ngei inle hezing in chanchinpha jiajin ahin Juda leh Jentelte chu dinmun kibang a hitak dan uh genchianna ding leh angaidan uh siamphatna ding golua thu ah hin hilchianna a bawl ahi. A jiajia chu goluatu hina hi Judate'n angaikhawk mama'u khat ahi. (Ruth. 4:1ff). Chanchinpha jiajin Jentelte hi goluatu/golua khawm ding ahidan uh agennawp pen ahi.

Paul in Jentelte chu Pathian inkuante (2:9), Khrista ah golua dingte ahidan uh aha gen ma ma hi (Gal.3:28,29). Ziakachun, pawl nite chu Kros jal in kichamin ahung um tau a, kuama michuam um talo in taksa pumkhat ah bak chanpite ahung hi jawtau ati ahi.

Chang óna ah thu pawimaw mama khat chu thutep chanpite hi ahi. Zia "thutep" hi Pathian in Abraham kiang ah thutiam abawl kha a genna ahi. Jentelte chu taksa in Abraham chisuan hilo maleu Khrista zal ah chun zia thutep kha amau le huap ahizakiin Judate ading ah chun thutep chan khawmpite ahiu hi.

**3:7. A thil hitheina nasep ah, a thawn ah piak Pathian hepina dungzui ah chun, zia chanchinpha nasem ding ah chun suak ka hung hi tai.**

Paul hin Khrista chanchinpha nasepna a nei chu ama kipe kawm ahilo dan leh Pathian apat ahang leh amu ahidan hi vel tamtak ala gen tai (1Tim.12-16; Gal. 1;13; Kol:23-29).

Sawlchak Paul hi gingtu khat mai hilo in Pathian thilhi theina'n chanchinpha nasemtu/suak hiding a guat ahi.

Zia taka Paul in thumal amat "suak" hi Greek pau in "Diakonos" ahia, Thuthungthak ahin matdan chuamchuam in le mat ahi. Upate genna in Phillipi 1:1; leh 1Tim. 3: 8-12 in a mang hi. Paul hi chanchinpha suak ahina ziakin Pathian hepina a kiang ah hiatsak ah umte chu genlo theilo a hidan a genna ahi. Paul in Khrista nasepna chu ama thahatna ngawn ah asephahilo dan Kolosa 1:29 in a genchian hi.

**3;8. Keima, mithiangthote lak ah neupen sang ah le neuzaw kiang ah hin, zia hepina chu piak ahi'n; Khrista hausakna suidaw gualote chanchin chu Jentelte kiang ah gen ding leh;**  
**i). 'Keima, mithiangthote lak ah neupen sang ah le neuzaw kiang ah hin, zia hepina chu piak ahi'n;'**

Paul in ama lampang a kigena a hin mithiangthote laka

neupen in akigen pua, a neupen sanga le neujaw'n akigen ahi. Zia thu hi Paul in a kigelsiat jiaka a gen ahipuai. Pathian dawisakna a chang hi mihinglam thil takin chu kiletsakpi maleh, Pathian lam thu ah a ngaitua phat le tawm akisak jiaka zia gual thu hi a genzawhiding ahi.

Mithiangthote hi kuama aneu a umlo dan leh van ah vansawlchakte chung tiangah vaihawm ding I hui ti Paul ngei in ala gen tai (1Kor.6:3). Himaleh, Pharisai kulmut tak ahilai ah phatchuam ngaina ziaka gingtute adung avai ah del velvel ah asawisak dante ahejinga (Nas. 9:1-5), migilo tawpkhawk himaleh Pathian in a hepi dante a ngaitua phat le kisit jiaka jiajual thu hi agen hiding ahi.

**ii). 'Khrista hausakna suidaw gualote chanchin chu Jentelte kiang ah gen ding leh;'**

Ziatak "suidaw gualote" hi translation danga chun "te-phaklo," ahiloleh "te-zawlo" ti'n le a kilet hi. Suidaw guallo ( Unsearchable), Te-phaklo (unfathomable) hi a thupi dan,

a mang a, gingtute kipumkhatna chi 7 a genlang hi.

**i). 'kinepna pakhat ah ko'**

Kinepna pakhat hi kumtuang hinna a genna ahi. Khrista gingtute'n a chanding uh ahi. Zia kinepna changding a chun ko la hui, tia Ephesa kochuamte ahilna ahi.

**ii). 'taksa pakhat'**

Paul in "taksa pakhat" a ti hi kochuam khat genna ahi. Kochuam khat-taksa pakhat, zia chu Khrista taksa a genna ahi. Ephesa kochuamte chu nam chuamchuam kigawm khawm himaleu, Paul in pumkhat ahidan uh agen latna ahi.

**iii). 'Thagau pakhat,'**

Zia taka Thagau hi Greek ah chun "Pneuma" akiti'n, a umzia chu "Thagau" tina ahi. II Thes. 2:8 a chun, zia Pneuma hi "hatna hu" ti'n Paul in amang kit hi. Abangchu hitaleh, mihing taksa hi "hatna hu" panglo in a kihing thei pua, zia gual a chun kochuam le Pathian Thagau panglo in ahing theilo ahi.

**4:5. Lalpa pakhat, ginna pakhat, leh baptisma pakhat ah um in;**

**i). 'Lalpa pakhat,'**

Zia taka "Lalpa pakhat" a ti hi Khrista a genna ahi. Khrista tilo Lalpa dang umlo ahi. Kochuamte'n le Khrista bep chu Lalpa in nei leu kituakna um ding ahi, ti Paul in agennawp ahi.

**ii). 'ginna pakhat,'**

Khrista bep hukdampa leh Lalpa ahi, ti a Khrista ah ginna ngakkhawmna chu kochuam kipumkhatna ahi.

**iii). 'baptisma pakhat'**

Baptisma dang umlo, Pa leh chapa leh Thagau thiangtho min ah baptisma chau ahi. Zia Baptisma hi Pathian in Khrista gingtute a teptena (sealed) ahi

amang hi. English a chun “lawliness” ahilo leh “humility” inle a lethei hi. A umzia hi kingaisanglo leh kiletsaklo tina ahi.

ii). ‘*nunnemna tawh*’

“*nunnemna*” hi English a chun “*meekness*’ *gentleness*” ti’n le a lethei hi. Nunnemna hi lungnatna lam tawh kikal ahi.

iii). ‘*thokzawna tawh*,’

“*thokzawna tawh*,” hi English a chun “*long suffering*” a kiti ahi. Zia thokzawna umzia hi “*lungniang*” tina le ahithehi hi. Migensiatna leh haksatnate phunnawilo a thukzo tina lam ahithehi hi.

iv). ‘*hepina ah kidawtua zo tak ah um ding in*,’

Kochuam hi michuam chuam, hindan chuam chuam leh dawidan chuam chuam umkhawmna mun ahia, hepina ah kidawtua zo tak ah um ding hi a pawimaw ahi.

**4:3. kichamna kikan khawm ah, Thagau ah kipumkhatna chu tudet ding ah kipe zo dingin ka ni la hiu.**

i). ‘*kichamna kikan khawm ah*,’

Paul in “*kichamna kikan khawm ah*” a ti hin kikan khawm theina ding in kichamna angai hi, atina ahi. Ephesa kochuamte chu Jentelte leh Judate kigawm khawm ahiu a, piandan, chawndan leh biakna dan ale kibanglote ahiu hi. Zia gual dinmun ah kochuamte a um zing lai un, kochuam sung ah kituakna a umna theina dinga a fuina ahi.

ii). ‘*Thagau ah kipumkhatna chu tudet ding ah kipe zo dingin ka ni la hiu*.’

Kochuam sung ah kichamna leh kituakna a um theina ding a chun “*Thagau ah kipumkhatna tukdet ding*” ahidan a gen zawm ahi. Zia taka Thagau a tihi Thagau Thiangtho agenna ahi. Paul in kochuamte chu Thagau ah kipumkhatna neiding bep in adawn pua, tudet ding leh kipezo ding in le a dawtbe nalai hi.

**4:4. ko la hi nau, kinepna pakhat ah ko lahi gual un, taksa pakhat leh Thagau pakhat,**

Paul in chang 4-6 sung ahin “*PAKHAT*” ti thumal hi 7vei

alopi dan mihing kam ah genzaw guallo leh hetna’n a batphaklo tina ahi. Pathian hepina, Khrista jal ah a kiang ah piak a um chu a gen ahi. Paul, gingtute sawisatu kiang ah zia hepina chu piaka a um bep hilo a; a puangjak dinga guat ah umna thu leh Jentelte kiang tiang ah piak ahidan thu hi sidaw guallo ahi ati ahi.

**3:9. Pathian, thil zosia siampa kiang ah kumtuang ah sel ah a la um thuguk chu, mi zosia musak dingin.**

Paul in Pathian chu thil zosia siampa, thil zosia kipatna pa ahidan hi a hechian ma ma hi. Pathian thil zosia siampa chun thuguk anei a, zia thuguk chu Khrista ziaka Juda leh Jentelte kal ah kikhenna umlo a mizosia a ding ah hukdamna a guat chu kumtuang ah ala guanggal lawk ahi. Himaleh, kum sawttak puangdawlo ah um ala hi. Ziaka-chun, Paul in “*kumtuang ah sel ah a la um*” ati ahi. Zia thuguk sel ah um chu “*mi zosia musak*” ding in Pathian in Paul a guat ahi. “*Mi*

*zosia musak*” ti thu hi mi zosia kiang ah chanchinpha chu puangzak tina ahi.

**3:10. Chutia, Pathian pilna zosia chun van mun ah lalna leh thuneinate kiang ah, kochuamte mang ah tu’hun ah hiatsak ahi’na dingin.**

i). ‘*Pathian pilna zosia*’

Pathian pilna josia ti hi genchianna ding in Pathian pilna chi chuam chuamte tileu hin hetchian baideu dingin gingchak a um hi. Pathian pilna hi thupi leh lopi bep ahi pua, jechuam chuam ahi. (diversified and varied). Pathian pilna leh a lungthim thukdante hi mihingte hetzaw leh batphak ding gual ahi puai.

Ahinla, Pathian pilna mihingte kiang ah suklat leh hetthei ah a hung umnate chu; thilsiam josiate hukdam ah ahung umna ding ua a guatlawk dante, Jesu Khrista hukdamtu dinga a tel-dante (midangte tel leh zolo mai-thei), Pathian mihing a hungchang dante, migilote a dinga tatna na asep dante, mihingte lungthim a sukthiangtho dante, kochuamte

a mapui dante leh adang tampi gending tamtak a um ahi.

ii). ***‘Van mun ah Lalna leh thuneinate kiang ah kochuamte mang ah tu’hun ah hiatsak ahi’na dingin.’***

“Van mun” ti hi Pathian um na van mun ahi puau, van boruak ah thagau gilote umna ahi zawi. Judate chun van boruak hi thagau gilote umna in agel un, zia chu Paul in hezing hiding ahi. “Lalna leh thuneinate” hi Bible khenkhat ah “Lalte leh thuneitute” a kitii. Aum zia tak hi thagau gilote leh buakte tina ahi. Pathian pilna, Khrista ah hukdamna nasep hi khawvel pumpi huap ahi. Zia chanchinpha chu van mun ah thagau gilote leh buakte kiang tiang ah gen ding ti ahi. Zia mawpuakna chu kochuamte chung ah kawi ahidan a gen ahi.

**3:11. Khrista Jesu, I Lalpau ah sep a guat, a kumtuang lemguat dungzui ah chun;**

Zia chang ahin Paul in a gen nawp tak hi mihingte hukdamna dinga Pathian in thuguk ah anei chu Khrista ah asepu bukim tak thu agenna hiding ahi. Zia

Pathian lemguat chu kochuamte’n kochuamte’n a puangjak ding uh ahidan agen ahi.

**3:12. Zia Khrista Jesu chu I gin jiakin, ama ah chun nel leh ngam tak ah luttheina chu I nei tau hi.**

Paul in zia chang ahin Jesu Khrista ginna zia chaw ah Pathian kiang ah chu hangsan tak leh mai-ngal taka luttheina nei I hi dan uh Ephesa kochuamte kiang ah a gen ahi.

**3:13. Chutichun, nanghaw zia ah ka thokgimnate zia ah hin lungkham lo dingin ka ni la hiu; ziate hi la lopinau ahi.**

Sawichak Paul hin chanchinpha ziaka suangkul ngak leh sukgentheina a tuak ziaka chun Ephesa kochuamte chu lungkham leh beidawng mai ah a umding uh chu a dawilona thu a gen ahi. Lekhathawt dangte a chun haksatna leh thawkna a tuakte zia ah lungngaite kiang ah chanchinpha machalna ding ahi ti ala gen hi (Phil.1:12).

## ZILLAI - 8

### KHRISTA TAKSA AH KIPUMKHATNA.

Simding: Ephesa. 4:1-16

Changvawp:4:16

#### THUMAPUI :

Paul in Ephesa kochuamte chu Pathian in a telchuam ahitak zia kua a kona tawh kituaka um dinga adawina thu leh Pathian kona tawh kituaka umding dan lampite a kawku mu ahi. Chun, Pathian in Khrista ah chun mimaltin kiang in thilpiak a piak chiat dante a gen a, zia thilpiakte chu kochuamte siamphatna ding ah mat ding ahidan a gen hi. Ephesa kochuam chu nam chuam chuam kigawm himaleu, Paul in kochuam kipumkhatna kemit dinga a dawtna thute muthei in a um hi.

**4:1. Chutichun, keima, Lalpa ah suangkul ngak hin, a kona tawh kiphutawh ah um ding leh,**  
i). ***‘Chutichun, keima, Lalpa ah suangkul ngak hin,’***

Paul in zia chang ah a thugen hi bung 3:1 na inle a gen tai. Ahinla, 3:1 a khan Jentelte a ding ah a gen chuam diak ahi. Ziataka “Lalpa ah suangkul ngak” a ti hin alekhathawt zikna mun agenna ahia, Khrista chanchinpha ziaka suangkul tang ahidan a genlatna ahi. Kochuamte a dinga suangkul ngak ahidan leh a thawknate chu avel hiatsak kit ut zia kua hilo in, Lalpa a dingah a ginumna a genlat utna jawk ahi.

ii). ***‘a kona tawh kiphutawh ah um ding leh,’***

Gingtu dangte gual ah Ephesa kochuamte chu Paul in Khrista chanchinpha ah ginum taka um ding ah adawtna ahi (II Thes. 2:14). “kona tawh..” ti hi Pathian kona tawh tina ahi. Pathian in Judate leh Jentelte chu a chapa Jesu Khrista ah a ko ahin, zia chu tawh kituak ah hing dinga kochuamte adawtna ahi.

**4:2. kingaitawmna tawh, nun-nemna tawh, thokzawna tawh, hepina ah kidawtua zo tak ah um ding in,**  
i). ***‘kingaitawmna tawh,’***

Zia “kingaitawmna” thumal hi Paul in Kolossa 2:18 ah le



**3:20. Tuhin eimau ah sem sek thilhitheina gualin, I dot leh I ngaituana zosiau khel ah lopi zaw ah hitheipa kiang ah chun,**

Zia chang ahin Paul in a pauchapna chu Pathian pakna leh chawihawina (doxology) in khakna a hung nei hi. Judate pauchapna chu Pathian chawihawina leh a lopina pez-ing kawm in a khaksek uh ahi (cf. I Khr 16:36; Sam. 106:48).

Zia taka Paul in pauchapna thu hi Pathian thilhitheina mihingte sunga um bep hilo in mihingte sunga a nasem sek ahidan a gen hi. Chun, Pathian thilhitheina chu mihingte dot leh ngaitua sang a le malzawl thei le a hidan a gen hi. I pawimaw leh kulte Pathian kiang ah I dotte bep hilo in ei a dinga thil hawi leh pha, I ngaitua khel lama Pathian in ei

#### Genkhawm ding:

1. A changchang le I pauchapna chu dawnhulo gualin a um sek; Paul in *'I dot leh I ngaituana zosiau khel ah lopi zaw ah hitheipa'* a tikit ah, zia thu hi genkhawm hile.

pethei ahidan a genna ahi, ziaka chun *"dot leh ngaitua khel ah lopi zaw ah hitheipa"* ati ahi.

**3:21. suan zosia tiang in, kochuamte leh Khrista Jesu ah chun kumtuangin lopina um ta hen. Amen!**

Zia thu hi chang 20na tawh kigawm ahi. Kochuamte leh Khrista ziaka chun Pathian hepina hau, Pathian lopi leh thil bangkim bawltheitu kiang ah chun lopina chu um ta hen! ati ahi. Zia lopina chu sua zosia tiang leh kumtuang in a tikit hi. Pathian in a kochuamte leh Khrista ziaka lopina a chang ding chu kuamtuangin atina ahi.

**"Amen"** ti hi *"hihen"* tina ahin, Paul in a gente hi hihen atina ahi.

Kochuamte Khrista ah ginna chun dettak leh hangsan taka um hawitak a nei nung ua thagau ding in a dawn ahi. lam malzawl na adawnte'u ziaka

#### GENKHAWM DING:

1. Khrista ah chun Juda le Jentelte chu golua khawm dingte, taksa bak khat leh thutep changkhawmte ahiu tin Paul in a gen a; ale tulai kochuamte'n I kochuam chankhawmpite'u taksa bak khat gual in I gel theinau em?

#### ZILLAI - 7.

### PAUL IN KOCHUAMTE A PAUCHAP PIAK NA

Simding - Ephesa 3:14-21.

Changvawp - 3:19

#### THUMAPUI :

Paul in Ephesa kochuamte a dingin pauchapna nivei anei piaka, bung 3:14-21 sung hi a nivei pauchap piakna thu ahi. Paul pauchapna ahin Pathian, lopina ah dim leh thil bangkim bawltheitu kiang ah chun khupdin hial in a pauchap hi. A pauchapna a hin Ephesate lungthim sung ah Khrista a chentheina ding leh kochuamte'n Pathian hepina letdante a hiatchian theina ding un a pauchapna a, apauchapna hi chawihawina'n a khak hi.

**3:14 Ziakiakchun, Pa ma-ang ah chun ka khupdin sek ahi.**  
i). **'Ziakiakchun'**

*"Ziakiakchun,"* ti'n Paul in a hung pan a, bung 2:11 - 3:13 sunga Pathian thuguk kisel Jen-

telte a ding ah malzawl na haw zosia ah gen zaw nungin Paul in a pauchap piakna zia a genlat nawp ziaka *"ziakiakchun"* tia a hung pat ahi.

ii). **'Pa ma-ang a chun ka khupdin sek ahi.'**

Zia thu Paul pauchap dan ahi. Jentelte a ding ah a pauchap lai ah chun Paul chu a khupdin ahi. Pauchap dan hi Nam chuam chuam in bawl dan chuam chuam anei u'i. Greekte chu a pauchap phat ua leh din pumin a khut uh van lam ah jak tou in a pauchap sek ui. Judate pauchap dan vang Bible ahin chi ni(2) muthei in a um hi. Pakhat na'n dinsa pauchapna ahi. Ding pum a pauchapna hi Pharisai leh Sedawltu pauchapna a khan muthei in a um hi(Luka 18:11-13). Ahiziakin, thuthunglui leh thuthungthak ahin Judate chu khupdin pum ah a pauchapna a kimutam mama zaw'i. Solomon in Temple a latna a khan khupdin um in a pauchap hi (Lengte 1:22-54). Mipite'n Stephen a selup ding kuan un khupdin in a pauchap hi (Nasepte 7:6). Pater in Dorka ah pauchap piak lai in a khupdin hi (14:40) Paul leh Ephesa Uplate a pauchap lai un a khupdin u'i (20:36 & 21:8). Jesu a pauchap lai in a khupdin hi (Luka 20:14).

Judate'n atangpi in khupdin ah pauchap hi aching ma ma

ui ti hi a muthei hi. Pauchap dan hi zia mawng hi adik hi iti thei pua, pauchap dan le zatchuam chuam um in a. Ahinla, pauchapna hi Pathian tawh kipawl na leh ama I biak nau ahiziakin kingainiam pum a pauchap leh za-na piak ding ahi.

### **3:15 lei leh van ah inkuan zosia min sakna pa**

Paul in kochuamte a dinga a pauchapna pa hi "*Pathian*" lei leh van ah hinna nei leh neilo te'nle Pa ati uh, amau siamtu ahi ti agenna ahi.

### **3:16. A lopina hau dungzui in a Thagau jal in, la sunggil lam ua chun thilhitheina suk-hat ah la umtheina ding un, ka pauchap in;**

Paul in Ephesa Kochuamte a dinga a pauchapna a "*A Lopina hau dungzuiin*" ti hi Pathian lopina nasat dan a genna ahi. Pathian chu lopina ah dim, lopina ah hausu tina ahi. Pathian in a lopina nasat dungzuiin a Thagau thiangtho zalin kochuamte sunggil mihinna, thilhitheina tawh sukhatna dinga a pauchapna ahi.

### **3:17. chuleh, hepina ah zungkai leh kinga in, Khrista chu ginna ziak ah la lunggil sung ua a chentheina ding in,**

Zia hi Paul in a pauchapna thu a sutzawp zelna ahi. Ephesa kochuamte thagau lama a khanlet zel ding uh chu a dawisak ma ma hi. Kochuamte a dawisakna thu chu ginna ziaka Khrista a lunggil sung ua a chending chu ahi. Paul in Korinth kochuamte ngei le Pathian chenna in ti'in ala hil kha tai (IKor. 16;6:19). Khrista chu mite lunggil sung ah a chen theina ding ah chun ginna ah a kingak angai ahi.

### **3:18. Mithiangthote zosia tawh, a letdan, a sau dan, a sandan leh thukdan hetchian theina ding leh**

Pathian ma ang ah khupdin ah a pauchap ziak chu zia chang ahin a taklang hi. Ephesa khua Khristiante leh muntin ah mithiangthote chun Khrista hepina a hetchian theina ding uh ahi. Paul in kochuamte'n Khrista hepina letdante hi mihing pilna leh hetna te'guallo himaleh, banggual bep ahi em ti a hiatchianna ding ua

agen ahi.

### **3:19. Khrista hepina het zaw guallo, Pathian bukimna zosia ah hi'dim ah la umtheina ding un ka pauchap ahi.**

#### **i). 'Khrista hepina hetzaw guallo'**

Chang 18na ah Khrista hepina mihingte te'na ah te'guallo ahi dan sutzawpna ahi. Khrista hepina hi mihingte hetseng ding gual ei pua, Khrista hepina chau ah Pathian chate saka um thei bep I hiu ahi. Pathian in ei hepi ah a chapa ei hung pia, Khrista'n ei hepina ziak in i thasang un a thi ahi. Zia chu kohuamte'n a hettheina ding ua a pauchap ahi.

#### **ii). 'Pathian bukimna zosia tawh sukdin ah la um theina ding un ka pauchap ahi'.**

Ephesa mite a dinga Paul in adawtna sutzawpna ahi. Paul hin Ephesa mite a dinga a dawisak ma ma chu Pathian bukimna ah dim dinga a daw i ahi. "*Pathian bukimna*" ti hi Pathian ah dim tina ahi. Ahinla, tulai ah ei uh gingtute'n i daw i mama'u chu Pathian bukimna ah hidim ah um sang in a thilhitheina leh a malzawl na ah hi dim ah um zawk hi i nuamzaw sek ui.