

**TUNLAI KHAWVEL-A  
KRISTIANTE HMACHHAWN**



**Beirual Thuzir - 2017**

**TUNLAIKHAWVEL-A  
KRISTIANTE HMACHHAWN  
Beirual Thuzir 2017**

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## CHHHUAHTU THUHMA

Nikum 2016-ah “Pathian thu leh tun lai thil awmzia” tih thu tha tak mai kan zir a. Kumin 2017 atan Publication Board chuan, “Tun lai khawvel-a Kristiante hmachhawn” tih zir tur atan a thlang leh ta a. Nikum lama kan zir tawh nen a inzawm tha hlein a lang. Zirlai thupui ziaktu mi 10-te chungah Publication Board-in lawmthu a sawi a, an thawhrimna hian rah hlu tak kohhran miteah a chhuah ngei kan beisei. Thingtlang leh khawpui lama awmte zirtlan tur a nih avangin ziah thiam pawh har tak a ni. Chuti chung chuan tha takin an rawn buatsaih a, kohhrante pawhin kan hrethiam zel dawn nia.

Beirual thuzir hun atan Administrative Committee-in September 21-30 chhung a ruat a. Zirlai 10 zir tur a ni. Hemi hun chhung hian tualchhung leh bialah programme dang siam loh tur a ni. Kum danga kan kal dan angin Sunday zing chauh Sermon hun atan hman tur a ni. Sunday zing thupui pawh ‘Beirual Thupui Zir Dan Tur’ tihah hian tarlan nghal a ni e.

Inkhawm apiangin ‘Tawngtai Rual’ neih tur a ni. Rorelna lam atanga tihdanglam a nih hma chuan zirlai 10 zel a ni rih dawn a ni. Zirtu zawng zawngte’n tun lai khawvel-a kristiante’n kan hmachhawn mekte hi kan hriat thiam a, hma kan lak thiam theih nan Lalpa’n kan zirlai malsawm rawh se.

**Rev. F. Ramdinmawia**  
**Gen. Secretary,**

**Rev. P.C. Liandula**  
**Gen. Manager, BLP**

## **HRIAT TUR PAWIMAWHTE**

1. Inkhawm apiangin tawngtai rual neih thin tur a ni. Thupui thawh tur nei chuan hruaitu hnenah tawngkain emaw ziakin emaw hriattir ni se la. Tun lai khawvel-a kristiante hmachhawn mek hi Pathian thu anga kan hmachhawn theih nan tawngtai thin ila.
2. Zirlai tina Bible chang tar chhuahte hi chhiar vek kher tura tih a ni lo va, hruaitu inbuatsaihna puitu atan a tangkai ang a, tar chhuah loh pawh hruaituin zirlai nena inhmeh a hriat chuan chhiar mai tur a ni.
3. Pathianni zing zir tur siam a ni lo va, thuchah sawituin thupui siam sa hmang hian thuchah sawi ni se. Thupui chu Beirual thupui zir dan tur tihah hian tarlan a ni.
4. Beirual thuzir hi kohhran tinin ngaihpawimawh hram tur a ni a, Bial leh Tualchhungah programme dang siam loh tur a ni
5. Kumina kan thu zir hi kohhran tinin hlawk taka kan zir theuh va, malsawmna kan chan ngei theih nan tawngtaina nen zir turin kohhrante kan inchah a ni.

**2017 BEIRUAL THUPUI ZIR DAN TUR**  
**September 21 - 30, 2017**

**Tun lai khawvel-a kristiante hmachhawn**

<b>Date &amp; Days</b>	<b>Zirlai</b>	<b>Thupui</b>
21. Ninga zan	1-na	Kristianna leh Inkhawm ngaih-pawimawh
22. Zirtawp zan	2-na	Kristianna leh Inthenawm khawvenna
23. Inrinni zan	3-na	Kristianna leh hriselna
24. Pathianni zing	Sermon	Pathian thu hmanga khawvel hmachhawn
24. Pathianni zan	4-na	Kristianna leh relbawl na tha
25. Thawhtan zan	5-na	Kristianna leh sawrkar dan zawm
26. Thawhleleh zan	6-na	Kristianna leh ruihhlo
27. Nilai zan	7-na	Kristianna leh sakawlh
28. Ninga zan	8-na	Kristianna leh Electronic Media
29. Zirtawp zan	9-na	Kristianna leh nihna inang inneih
30. Inrinni zan	10-na	Kristianna leh Yoga

## Zirlai 1

### **KRISTIANNA LEH INKHAWM NGAIHPAWIMAWH**

*(Sam 100:4; 84:1,2,10; Lk 4:16; Heb 10:25; Thup 7:15)*

#### **Thuhmahruai:**

Pathian hruainain kum tin Beirual Thuzir kan la nei thei zel a. Kohhran leh kan kristian nun atana thil pawimawh tak tak kan zir thin a. Kohhran leh kan kristian nun puitlinna kawngah min hruai tha êm êm a ni. Kum 2015 khan **Mizoram Kristiante Leh Tun Lai Thil Awmzia** tih kan zir a, nikum khan **Pathian Thu Leh Tun Lai Khawvel** tih kan zir leh a. Kuminah hian **Tun Lai Khawvela Kristiante Hmachhawn** tih thlan a ni ve thung a. Thupui inhnaih te te, pawimawh êm êm vek an ni. Hawina lam apiangah thil thar, thil inlumlet leh danglam hmuh leh hmachhawn loh theih loh khawvelah kan chêng miao va. A tangkai zawnga hman thiam emaw, a laka inven dan emaw, inthiar fihlim dan kawng tha emaw kan dap reng a ngai a ni. Chutiang atana hmanraw tangkai a nih beiseiin kuminah hian thupui then hrang hrang hmanjin **Kristiante hmachhawn mekte** hi kan zir dawn a. A hlâwk thei ang bera zir theuh turin kohhran mite kan insawm a ni.

#### **Kristianna leh inkhawm ngaihpawimawh:**

Biak ina inkhawm ngai pawimawh lo kan tam tial tial a, kan thatchhe tial tial a, inkhawm kan tlem tial tial ta nia hriatna avangin he zirlai thupui hi thlan niin a lang.

Inkhawm hi kristiante nunphung nghet tlat a ni a. Thuthlung Hlui hunah Puan in, Temple, Sunagoge-te an nei a. Thuthung Thar hunah Biak in kan nei a. Kohhran òiah tìrh phat a t̄angin in pawlho (inkhawm) hi ringtuten nunphungah an nei tlat a ni (Tìrh 2:42). Pathian chibai b̄ukna leh A thu, a taka zir hova an chan hona hmun ber a ni.

### **Bible-in engtingge inkhawm chungchang a sawi? Inkhawm tur a ni a ti em?**

*“I biak in tuala ni khat awm chu, hmun danga ni s̄angkhat awm aiin a òha zawk.” (Sam 84:10; Lehlin thar)*

*“Fak chungin a biak in hung chh̄ung kawtlaiah chuan l̄ut rawh u.” (Sam 100:4)*

*“Tin, Chawlhnia a tih dan pangngaiin inkhawmna inah a l̄ut a, chhiar turin a ding a.” (Lk 4:16)*

*“T̄henkhat tih dan anga kan inkhawmte bansan lovin, i infuih tawn zawk ang u.” (Hebrai 10:25)*

*“Tin, a chh̄un a zanin a biak inah chuan a rawng an bawl òhin.” (Thupuan 7:15)*

### **Inkhawm Pawimawhna:**

1. Ringtute a huhova Pathian biak hona, inkungkaihna leh inzirtirna hmun òha ber a ni.

2. Krista taksa p̄ng kan nih phawt chuan, a taksa p̄ng dang (ringtute)-te nen remkhawm kan nih kan hriat fo theih nan inkhawm a pawimawh. Keimahni òhatna atan ngei Pathianin ringtute chu in pawl ho turin min duh a, Rinnaa òhang lian turin, rawngbawl dan zir ho turin, thlarau thilpek kan dawnte hmang chhuak turin leh inngaihdamna



lantir turin min duh. Mimal theuh chu ni mah ila, in ta tawn theuh kan ni (Rom 12:5).

3. Biak in hi Krista taksa pêngte kohhran mite kal khawmna leh infuih tawmna hmun a ni.

4. Kan Lalpa Isua kha inkhawm thin mi a ni a. A hniaka kan zui ve theihna turin entawn tur min hnutchhiah thu kan hmu(1 Petera 2:21).

5. Inkhawm bansan lova, infuih deuh deuh turin Bible-in min chah (Hebrai 10:25).

6. Vanah pawh inkhawm chu a thupui ber a la ni zel. (Thupuan 7:15)

7. Biak ina inkhawm hi Pathian chibai kan bûk hona, kan tawngtai hona leh kan fak hona hmun a ni a, khawvel thil ata kan inserhhranna te, kan zahawmna leh thianglimna hmun a ni.

8. Fapa tlan bovin a tawp a tawpah a pa in bawk a ngai ang tho hian mi, mahni inhmu chhuak thar apiangte hian inkhawm an chak thar leh thin a, hei hian inkhawm hlutna a tichiang a ni.

9. Inkhawm khapna ramah chengten inkhawm hlutna leh thlakhlelhwamna an sawi kan hre fo.

10. Inkhawm taima ringtu chu kohhranah a nghet a, kohhran kalphung a hria a, a hman tlak bik.

### **Inkhawm bansan hi a pawl em ni?**

Krista taksa atanga kan inlak hran vaih chuan kan thlarau nun thanlenna te, venhimna te, malsawmnate a derthawngin a ngaihtuahawm lutuk tlat. Kristian mal tlat (*lone ranger christian*) a awm lo an lo ti thin. Krista taksa chu pêng tam tak ni mah sela pumkhat (*unified entity*) a nih avangin tlat hran a rem ve lo. Mit emaw, beng emaw,

lei emaw, a enga mah hi taksa aṭanga a inlak hran a rem lo (1Kor 12:14-20). Amah mai chuan a hlu zo lo va, ṭangkaina tur a nei baw k hek lo. Taksaa a tel erawh chuan a hlu em em si a ni. Mi dangte nena nun honaah lo chuan ṭhanlen ngaihna a awm lo. Heng zawng zawng aia paw i ber zaw k chu inkhawm bansan kohhran chu *kohhran thi*, *kohhran tiavai*, *kohhran mang (extinct)* a ni.

Europe leh khawthlang kohhranah a thleng mêk a. Rapthlak tak a ni! Hei hi kan hmachhawn tur a la ni ve mai em?

### **Inkhawm ngaihpawimawh loh chhan:**

Kan nu leh pa, kan pi leh pute hunah kha chuan inkhawm chu a turah an ngai nghet tlat a. An zinnaah paw h inkhawm a lo awm chuan an inkhawm zel a. Inkhawm chu thlarau nun tehna pui ber pakhat a ni. Inkhawm chu kohhran zepui leh chhin-chhiahna langsar ber pakhat a ni a. Tun hnuah hian inkhawm kan ngaihpawimawh dan a tlahniam zelin a lang baw k si a. A chhan nia lang kawng hrang hrang lo en ta ila.

1. *Inphûtna a tla hniam*: Inkhawm tluka ngaihpawimawh thil dang kan ngah ta. *Entirnan*: Khawhar lênpui, mitthi vui, mitthi râl, damlo kan, vantlang thil pawimawh kan ngah tawh, NGO & Para church thila inhmanna thil dang a tam ta.

2. *Puipunna dang a tam*: Tun hma chuan Biak in chauh hi puipunna hmun a ni a. Tunah chuan a ni tawh lo, *concert*, *inkhel*, *public meeting* leh a dangte a tam ta. A bik takin TV lama programme lian, *internet*, *face book*, *sports* chi hrang hrang, kohhran pâwna *crusade* leh *camping* leh thil dang a tam ta.

3. *Inkhawm Sawiseltu an pung*: Khawtlang سوالنا leh chhungkaw kehchhia lo pung zêl kan vei tâng hle a. A chhan leh vang kan dap kualna lamah inkhawm tam thlengin kan puh ta zel a. Inkhawm tamte nun a tha bik chuang lo, inkhawm tihtlêm a ngai, Inkhawm hi vanram kaina a ni lo etc. tih thute hi jawngka leh ziak hialte pawha hriat tur a tam ta. A sawitu zingah mi thiam pui pui an tam. Hengte hian inkhawm ngaihpawimawhna a tihnam.

4. *Hahchawlh mamawh nia inhriatna*: Kar tluana hah taka thawkten inkhawm lova hahchawlh an thlahlel.

5. *Mahnia chettlat duhna hluar*: Mi dang mamawh lova mahnia nung thei, inhaikaw theia inngai (individualism), inkhawm pawh hlawk chuang lova ngai an pung zel.

6. *Duh thlan tur tam ta lutuk*: Thuhritlu tha, thusawi thiam chi hrang hrang, programme chi hrang hrang, nuam leh tuipui zawng chi hrang hrang duh thlan tur a tam ta.

7. *Kristian nun nghet lo* : Kristian nun nghet lo hi thil tam takah chak lohna bul a ni. Thusawi thiam leh zaithiam lar deuh te avang chauhva inkhawm, camp leh crusade avang chauhva inkhawm, Pathian chibai bukna tak tak thinclung nei phak loten inkhawm an peih rei tak tak lo.

8. *Zin veivah a hluar ta*: Mi kan zin veivak nasa ta lutuk a, kan inkhawm mumal hman tawh lo.

9. *Inkhawm nuam lo*: Thusawi nung lo, inkhaihruai dan tha lo, ninawm leh thil dangte avangin.

10. Kristian nun chak lo, thatchhia, mahni in *control* peih lo leh inthlahdah avangin.

## **Inkhawm ngai pawimawh turin engtin nge hma kan lak ang?**

1. Inkhawm chungchanga Bible zirtirna hi nasa zawka zirin kohhran mite hnena puan zar ni se.

2 Mahni ngei inkhawm ngaipawimawhtu nih leh inkhawm tura mahni inthunun tum theuh ila.

3.Chhungkuaah inkhawm pawimawhna inzirtir tam leh inhruai tum tlat ni se.

4.Pathian chibai buk awmzia leh Biak in pawimawhna inzirtir. Worship and Music committee buatsaih Seminar-ah hian music, solfa leh zaipawl leh fakna lam kan uar viau laiin chibai buk urhsun (*solemn worship*) chungchang kan hlamchhiah deuhin a lang a. Hei hi uar thar ila. Inkhawm leh Pathian chibai buk hi a bulpui ber a ni mah zawk a ni.

5. Thuchah nung leh inkhawm boruak nuam siam tura inbuatsaihna tha neih.

6. Biak in khera inkhawm hi kohhran phuar khawmtu leh Kohhran chhinchhiahna pawimawh leh langsar ber a nih avangin sawi rik tam tur a ni.

7. Inkhawm hrâm hrâm tura mite sawm taimak a, tlangnela siam tum hram hram tur a ni.

8. Phûr châng chauhva inkhawm ni lo va, inkhawm ngaipawimawh Kristian nih inzirtir uar ni se.

### **Tlangkawmna:**

Khawvel ram dangte aiin Mizote hi kan inkhawm tam bik hle a. Chawlhkar nia kan inkhawm hian mi kan tam lo hle a. Hei hi chu kan naupan lai atang tawhin ka hriat ve chinah nilai zan leh inrinni zan inkhawmah hian mi an tam ngai vakin ka hre lo. Thingtlangah pheih chuan hna an thawk hah a, ram

an riak nasa baw k a. Mahse chuti chung chung chuan vawiin hi kan thleng a ni a. Inkhawm tâwk (a tlêm emaw, a tam emaw) awm tlat reng hi kohhran chelh dingtu a ni a. Inkhawm percent kan chhûta kan chhe viau kan ti naa, kan inkhawm reng thei hi khawvel ram dang kristianten min tluk ngai lohna a ni ve tlatin ka hria. Inkhawm tih khât a, inkhawm tlêm tho si hi a hauhawm tho a ni. Pathianni zingah ngat phei chuan biak ina leng lo kan inkhawm tlangpui zawk awm e.

Eng pawh ni se, khawvel ram dangte kan thlir a, an tlukchhiatna lai kan hriat reng avangin invêng thei tur chu kan ni. An inkhawm theih tawh loh avangin kohhran an rêm ti tih a. Bible zirtirna an zawm peih loh avangin anmahni duh zawnga kal an tum a, an daih rei tak tak thei lo. Kohran anga inthlungkhawm (*Organised Church*) ni chiah lo, inkhawm nuam leh nung tak tak awma kan hriat (*contemporary worship*)-te pawh mi pakhat hruaina (*Gifted leader*) vang mai a ni fo va. Chutiang hruaitu (leader) an awm loh hnuin ngai an awh reng thei lo. Kohhran erawh chua tlo nge nge zel a ni. Inkhawm ngaih pawimawh thu kan zirte atang hian Bible leh kohhran chanchin zir uar deuh deuh ila, Kristianna leh inkhawm ngaih pawimawh thu hi kohhran miten i chawi lian zel ang u.

***Sawi ho tur:***

*Mizorama kohhrante hi kan inkhawm tam (zing) hle mai a. Kan thatpuina sawi ho ni se; tin, kan ngaih pawimawh deuh deuh theih nan engtia hma lak zêl tur nge nia i hriat le?*

## Zirlai 2

### KRISTIANNAN LEH INṬHENAWM KHAWVENNA

(*Genesis 12: 1- 3; Mathaia 7: 12; Ephesi 4:25.*)

#### **Thuhmahruai:**

Zanin-a kan thuzir ho tur chu Inṭhenawm khawven chungchang thu a ni dawn a. Hei hi kan tunlai dinhmun enin kan mamawh tak pawh a ni awm e. Kan tunlai hunah hian mi tam tak chu mi dangte nena nun ho thiam lo kan tam sawt hle. Khawtlang tana mi hnawksak, tih loh turte ti a, zawrh loh turte zuar a, khawtlang tana harsatna siana tihmingchhetu, thenawm atana itawm lo tak kan tam sâwt hle.

Mizo thufing chuan, “Ṭhenawm do aain, khaw sarih do a thlanawm zâwk,” a lo ti a. Inṭhenawm khawven thilah kan pi leh pute kha an fimkhur hle a, mahni infak leh mi dangte rêl an hreh êm êm a, thenawm khawvêng tan hnawksaka awm an tum ngai lo a. Khawtlang tana khua leh tui ṭha ni a, inṭhenawm khawven thilah pawh mite entawn tlak kan nih hi thil pawimawh tak a nih avangin, inṭhenawm khawven chungchanga thil pawimawh kan hriat atana ṭha hetiang hian lo zir ho dawn ila.

**1. Mihringte hi a huhova chêng tura Pathian siam kan ni:** Pathianin mi mal pakhat chauh emaw, mi mal tam tak siam teuh ringawt emaw hi a tum lo va. Mi mal a siam chu amah chauhva awm ṭha ti lovin, amah ṭanpuitu tur a kawppui awm mi a siamsak a; chhungkua din sakin Eden huanah a

dah a, a huhova chêng turin leh chi tam tak thlaha leilung luah khat turin anni chu mal a sawm thu Bible-ah chiang takin kan hmu a ni. (*Gen 1:26-28; 2:8,20*)

Pathianin mihringte hi a huhova chêng tura min siam avangin mi mal tinte chu chungkaw thununna hnuaiiah awmin, chhungkaw tinte pawh kan chênna khawtlang thununna hnuaiiah kan awm bawk a; chutiang bawkin khawtlang tinte pawh kan awmna ram sawrkar thununna hnuaiiah kan awm leh bawk a ni. Pathian hian tute pawh inmamawh tawn tura min siam vek avangin tu mah a falin ramhnuaiiah kan cheng duh lo va, awmna khua nei vekin chhungkua chu kan awm a ni. Kan awmna khuaah chuan chhungkaw dangte nen inthenawm tlangin kan nun a inzarzawm a, keimahni duh dan leh tha tih zawng ang ang nuna tal leh khawsak a remchang lo. Mi dangte nen rualrem taka kan nun hova kan khawsak tlan a ngai a ni.

Pathianin chhungkaw tinte hi inmamawh tawn tura min siam avangin; mahni chhungkuaa kan khawsakna piah lamah hian, chhungkaw dangte kan mamawhna tam tak a awm thin. Chuvangin inhua leh inelrela awm lovin; inhmangaih tawn a, lungrual taka cheng ho tur kan ni. Chhungkaw mamawh kan inphuhruk sak tawanna hian mi dangte nen inkungkaihna tha tak min siam sakin, inthenawm khawvenna tha min neih tir thin.

**2. *Thenawm khawvêng tana mi rinawm nih:*** Hmanlai Mizo khawtlang nun kan thlir let chuan, zawlbuk a tanging tlawmngaihnhate, huaisen dante, aia upate zah dante leh khua leh tui tha nih dan kawng hrang hrang an zir chhuak a, an khawtlang nun a mawiin a nuam hle. Thil mawi leh

mawi lo a langсарin, sual leh tha inrina a lang Chiang hle a ni. An intanpuitawn vek a, hmeithaite phei chu khawtlang zarah an intungnung ve thei chauh a ni. Kutkem nei chhungkua te, khawtlanga thatchhe bik chhungkaw nih te, nulat tlangvalna kawnga buan chak lo chhungkaw nih te an hlau va. Chhungkaw tinte chu khua leh tui tha an ni a, khawtlang tan an rinawmin khawtlang ta an ni a, khawtlang pawh an ta a ni. Rinawmna hi ze nghet takah an nei a, in an chhuahsan dawnin thingfakin an do va an duh tawk mai a. An rite buhvui khat chauh pawh lo hleh sak palh se an buhvui khat chu an rite lamah an nam tlu thin, rinawmnaah an ding nghet tlat a ni.

Tunah hian kan rama chhungkuate hian hma kan sawn chho zel a. Kan in leh lote pawh a tha tial tial a, thir kawngkhar siamin tala lian pui puiin kan In kan kalh a; mahse, ruk ruk, inrawk, insuam, etc a tam tual tual bawk si. Rinawmna nun kan tlachham tial tial a, hei vang hian kan ram leh khawtlang nun a ralti ta tial tial a nih hi. Sodom khawpui chu ropui hle mahse, a chhungah mi rinawm sawm pawh an awm loh avangin mei leh kâta kan ral tirin a lo awm ta a ni (Gen. 18: 32; 19: 23-25). Kan ram leh khawtlang hi hmasawn lam panin lo ropui chho zel pawh ni se, a chhunga chengte kan rinawm si loh chuan hmelma tan hneh kan awlsam hle dawn a ni. Hmasawmna leh changkanna hi ram leh hnam, khawtlang leh chhungkua humhimtu a ni lo va, a chhunga chengte Pathian laka kan rinawmna leh khawtlang tana kan rinawmna hi himna kulhpui chu a ni zawk.

Rinawmna hi Pathian ze ropui a ni a, rinawmna hi Pathian pawhin amah ringtute awm dan tura a phut tlat chu



a ni. Pathian rinawm ringtu leh neitu kan nih chuan, chu kan Pathian zia chu amah ringtute zia, amah ringtuten kan neih ve ngei tur a ni tih hriain, kan thenawm khawvengte hnenah dik taka thilti ðhintu kan ni tur a ni. Kan Bible chuan, “*Dâwt sawi banin mahni ðhenawmte hnenah thu dik tak sawi ðheuh rawh u, inpêngtawn ðheuh kan ni si a,*” tiin min hrilh a ni (Ephesi 4:25).

**3. Vantlang nun hona zah thiam:** Abraham Lincoln a’n Democracy sawrkar a hrilhfiyah dan chu “Mipui ta, mipuite tâna mipuite siam,” a ti a. Democracy ramah chuan mipuite hi kan lal ber a, kan roreltute pawh hi kan aiawha roreltute an ni. Chuvangin mipui ðhat tlanna tura ram rorelnate leh khawttlang rorelnate hi kan zawm thiam a pawimawh hle. Mi mal huaisenna leh luhlul avangte, chhungkaw awm thei leh hausah nih vangin mipui ðhat tlanna tura rorelna hi palzût mai kan ching tur a ni lo. Khua leh tui ðha ni tur chuan vantlang nun hona hi kan zah thiamin kan pawisa thiam tur a ni.

Kan Mizo upaten, “A hniak tam lam lam zui a ðha,” an lo tih ðhin hi thil finthlak tak a lo ni. Khawtlang huapa thiltihonah a phunchiar bik nih te, inthlahdah leh zelthel bik nih te hi thil zahthlak tak a ni a. Vantlang tana hnawk zawnga in sak leh thiltihte hi kan ching tur a ni lo. Vantlang tana bawlhhlawh thei leh rimchhe thei tura ran in leh êk in sak te, tui bawlhhlawh pah te, kawngpuia mi mal thil dah hnawk nuai te, vantlang thil tihchhiat te leh tih bawlhhlawh te hi kan chin loh a ðha, vantlang nun hona zah thiamna hian khawtlang inpumkhatna a siam a, lungrual taka nun hona mi a neih tir ðhin.

Mizote, vantlang nun ho dan min thiamtirtu nun ze mawi tak Chanchin Ṭha nena inmawi kan neih chu tlawmngaihna hi a ni. Tlawmngaihna hi pawl aṭanga lo chhuak leh pawlin a siam ni lovin, mi mal nun aṭanga lo chhuak leh mi mal thinlung put zia aṭanga lo awm, hnam ziaa kan neih a ni. Tin, a hman chhuahna pawh pâwn lama chhungkua kan khawsak hona, vantlang zingah leh mi dangte chhana thil ṭha tihna atan a ni tlangpui. Hnam dangin an neih ve loh, kan hnam nun ze mawi tlawmngaihna hi kan khawtlang nun tinuamtu, timawitu leh soal laka min vêngtu a ni a. Hei hi Chanchin Ṭha dan aṭanga kan din thar leh a pawimawh hle.

**4. *Mi dangte tana malsawmna:*** Pathianin mihringte hi inmamawh tawn turin min siam avangin chhungkaw tinte hi mahni chhungkua chauha khawsa thei kan ni lo. Lungpui pawh lungtein a kamki loh chuan a awm thei lo ang hian, chhungkaw tinte hi kan inmamawh tawn vek a ni. Mi rethei chhungkuain mi hausa chhungkua an mamawh ang bawkin, mi hausa chhungkua pawhin mi retheite an mamawh a. Thufingte 22: 2-ah, “*Mi hausa leh rethei an awm za a, an vaia siamtu chu Lalpa a ni,*” tih kan hmu a. He kan inmamawh tawna hian mi dangte tana nung tur kan nihzia min hriattir a, inmamawh tawna nun ho chu a nuamin a hlimawm thin.

Abrahamate chhungkua chu Pathianin mal a sawm a, mi dangte tan malsawmna ni turin “Nang malsawmna ni ang che” (Gen12:2) a ti a. Amaherawhchu, mi dangte tana malsawmna nihna tur kalkawng hi kawng awlsam a ni lo. Mi dangte tana nun a ngai a, chu chuan tuarna leh chân ngamna nun pawh a keng tel. Vawiin thleng hian Pathianin

mi dangte tan malsawmna ni turin min la ko vek a. Mi neining chhungkua kan nih phei chuan mi rethei chhungkuate ai chuan mi dangte tan malsawmna kan thlen tam thei ang. Mi dangte tana malsawmna thlen tam a piang hian mi dangte lakah pawh malsawmna an dawng tamin an nun a hlim ðhin. Alfred Adler-a chuan, “*Mi dangte ngaihsakna nei hauh lote hi khawvela harsatna nei lian ber an ni,*” tiin a sawi a ni.

Mizo chhungkuate hi mi rethei leh hausia inthliar hrang lova inngaihsak ðhinte kan ni. Kan thufingah pawh “*Sem sem dam dam, ei bil thi thi,*” tih a ni a. Buh kan inhâk a, chawhmeh kan inpe a, lo lamah kan inpui a, bungrua kan inhawh tawn a, pawisate pawh kan inpûksak a. Tin, chhiat ni ðhat ni thuah ni se kan inngaihsakin, Pathian thu takin lâwmte kan inlawmpui a, ðapte kan inthapui a, a thlamuan thlak hle, hei hi Mizo nih hlutna leh nawmna tak pawh a ni.

Amaherawhchu, tunah chuan inngaihsak tawna leh inñanpui tawna hi kan tlachham sâwt hle. Mi hausia leh rethei kar pawh a zau ta tial tial niin a lang. Khawpuih phei chuan kan in sak a in hnaih tial tial a, kan inlaichinna erawh a dal tual tual a. Thil inpek tawn leh inñanpui tawn lam aiin inzawrhin hmun a chang lian a, thilphalna leh tlawmngaihna rilru kan hloh tial tial a ni. Mizote kan inlaichinna leh kan inngaihsakna hi tunlai changkanna hian a ûm bo zêl dawn a nih chuan a uiawm hle dawn a ni.

Lal Isua rawngbawlina kan thliar chuan, Lal Isuan a ngaih pawimawh em em chu mihring leh mihring inngaihsak tawna hi a ni a. Mihringte kan inngaihsak tawn a, kan inlaintat tawn a, kan inñanpui tawna hi mi dangte

tana malsawmna kan nihna ɰa ber a ni a, hei hian inɰhenawm khawvena ɰa mi a siam sak ɰhin.

Tuna kan khawtlang leh ram dinhmun thlirin inɰhenawm khawvenna ɰa nei turin theihtawp kan chhuah thar leh a ngai hle. Pathianin a huhova cheng tura min siam angin kan mamawhte inphuhruk sak tawn ila. Kan Pathian ze ropui rinawmna, kan pi leh puten ze ngheta an lo neih tlat ɰhin kha chhawm nung zel ila. Vantlang nun hona zah thiamin khawtlang tan mi hnawksak ni lo turin invêng ɰa ila. Mi dangte tana malsawmna kan nih theih nan inngaihsak leh inlaintawmna thinlung puin, ɰanpui ngaite inɰtanpui zêl baw k ila, tichuan inɰhenawm khawvenna ɰa kan ram leh khawtlangah din tharin a lo awm leh dawn nia.

***Sawi ho tur:***

*Inɰhenawm khawvêna ɰa nei turin engtin nge ɰan kan lâk ang?*

## Zirlai 3

### KRISTIANNA LEH HRISELNA

(*Sam 139:13-18; Daniala 1:8-16; I Kor 3:16-17; Marka 2: 23-27; 3: 7-12.*)

#### Thuhmahruai:

Pathianin mihringte Ama anpuuin min siam a (*Gen 1: 26-27*). Thil pathum taksa, rilru leh thlarau neia siam kan ni. A eng ber emaw a awm loh chuan mihring nih tur a ni zo lo. Kan taksa hi mak tak leh mawi taka siam a ni a, kan taksa pêng tinte hi a lehkhabuah chhinchhiah thlap a ni (*Sam 139:13-16*). Chuvangin, kan taksa hi uluk taka enkawl turin min duh. Thuthlung Hlui hunah chuan Israel fate chu hriselna atana taksa enkawl thuah Pathianin thil tam tak a zirtir a. Ei leh in chungchangah te (*Deu 14:3-19, Lev 3: 17*), mipat hmeichhiatna chungchangah te (*Deu 22:13-30,27: 20-23, Lev 15: 19*), taksa vawn thianghlimna (*personal hygiene*) chungchangah te (*Lev 14:33-57, 15:2-13,16-18*), zun leh êk thlahdah loh chungchangah te (*Deu 23:12 -14*), *tattoo* chenin (*Lev 19: 28*) chipchiar takin thu a pe a ni.

Lal Isua Krista pawh khan taksa a ngai pawimawh em em a. Sakhaw puithuna atthlak avanga taksain a tuar leh hrisel loh phah a remti lo (*Marka 2:23-27*). Mipuiin an zui huai huai nachhan pawh kha tihdam rawngbawlna vang a ni a (*Marka 3:10*). Chuvangin, Lal Isua Krista ringtute chuan kan taksa hriselna leh damna hi kan ngai pawimawh ngei ngei tur a ni.

Mizote hi Kristian kan nih hnuin hriselna kawngah nasa takin hma kan sawn a, a lawmawm hle. Mahse, mi tam takin taksa hriselna kan la ngaipawimawh tawk lo. Pathian rawngbawlnaah leh kan ni tin hna thawhnaah kan nih tur ang kan ni lo fo. Tam takin taksa an enkawl uluk loh avangin hun lo takah an thih phah a. Zaninah hian hriselna chungchanga pawimawh zualpui pawh kan zir hman lo vang a, kan taksa hriselna atana pawimawh leh hriat tur, mi tinin kan zawm nghal mai theih tlêm kan zir ho dawn a ni.

### **Ei leh in, zûk leh hmuam chungchanga hriat tur pawimawhte:**

1. *Tui in tam:* Mizote hian tui kan in tlêm tlangpui a, hei vang hian kal leh zun kawng harsatna nei kan tam. Kan taksa hian tui a mamawh tam a, taksa hmun 10- a thena hmun 6 lai hi tui a ni. Tin, ni tin kan zun, thlan leh êk atang hian tui litre 1 atanga litre 2 vel a chhuak reng a, he mi luah khat tur leh kan taksain a hnathawh tur ang thawk thei turin tui ni tin litre 2 atanga litre 3 in ngei ngei a tul thin. Kan lo hrisel a, vun a lo nalh a, pumpui leh zun kawng harsatna kan lo neih tlêm zawk nan tui in tam hrâm hrâm tur a ni, tui a hal lo a nih pawhin in tho tur.

2. *Chi ei tlêm:* Chi hi chawhmeh tituitu niin, hriselna atan a pawimawh a. Mahse, taksa mamawh aia tam kan ei chuan hriselna tichhe theitu a ni. Kan taksa hian ni tin chi grams nga vel lek a mamawh a, hei hi chawhmeh alah hian a awm tling a. Chuvangin, chi chaw a kan chawm emaw, kan liah belh emaw hi taksa tana tul lo a ni. Hetia kan taksa mamawh aia tam kan ei hian taksaah a lo inkhawl khawm a, kal (kidney), lung (heart), thisen zâm tânte a tha lo va, taksa vûng, BP sâng, *Stroke*, kal tha lote a lo awmtir thei a ni. Chi heh

tak thin BP sâng leh *stroke* nei ta eng emaw zat an awm. Hriselna atan chi, chawhmeha al bak ei belh loh tur a ni a, chaw ei dawhkanah chi chhawp lo ila a him ber ang.

3. *Thil rêp, thlai hring leh thei*: Thil rêp hi a tui a, Mizo tan chawhmeh dah thatna (*preservation*) tha tak a ni. Amaherawhchu, thil rêp, a bik takin meikhua ur rêpah hian *cancer* thlen theitu (*carcinogens*) a awm avangin ei tam loh a tha. Mizo zinga pumpui *cancer* kan tamna chhan pakhat chu thil rêp kan ei tam vang a ni. Pumpui hian thil rêp hi a pai tawih tha thei lo va, pumpui nâ a awmtir thei a ni. Thlai hring leh thei lamah hian kan taksa mamawh *vitamins* leh *minerals* a tam a, ei tam hi kan taksa hriselna atan a pawimawh. Hel ei tur chi rêng rêng erawh fai taka sil thin tur a ni. Tin, thlai hring keimahni thar ngei, DDT leh rannung thahnaa enkawl loh, lei tha keimahni buatsaih ngei atanga thar chhuah ei hi a hrisel bik a. DDT leh rannung thahna te hi tha zungzam tichhe thei (*Neuro toxic*) an ni a, tlêm tlêma kan taksa a lo luh chuan kan hriselna pawhin a tuar thei a ni.

4. *Sa, Thau leh Thlum*: Kan changkang ve zel a, ei leh in a lo tha ta a. Ram changkanga an buaipui natnate kan buaipui tam ve ta hle. BP sâng, zun thlum, kal natna, lung nâ, lungphu chawl, *stroke* etc. vei kan tamin mi tam takin an thih phah tawh a ni. Heng natnate hi inthlahchhawn a nihna lai awm mah se kan ei leh in tha ta leh awm awl ken tel an ni a. Hriselna atan ei tur tha a pawimawh a; mah se, ei leh inah hian insûm theihna (*moderation*) a pawimawh hle. Kan taksa mamawh aia tam kan ei chuan kan mamawh bak kha thauah insiamin kan taksaah a lo inkawl khawm a, chu thau chuangtlai chuan natna tarlan takte kha a siam ta thin

a ni. Chuvangin, thil thlum ei leh in te, sa leh thaute leh chaw hrim hrim pawh hi kain tui a tih vanga ei ÷euh lo va, a tâwk chin kan in tuk thiam a pawimawh êm êm a ni.

Tunlaiin ei a lo ÷ha ta a, kan lo awm awl ta bawk a. Ei leh in aṅanga chakna (*energy*) kan lâk luh kha a hman chhuahna a tlêm leh si chuan, thauah bawk a in siam leh ta ÷hin a. Chuvangin, kut hnathawk mi kan nih loh chuan hriselna atan pawî khawpa thau lo turin insawizawi a ÷ul ÷hin. A tlangpuiin ni tin minute 30 tal hnathawh emaw, insawizawi emaw a ÷ha. Thau tawh sa rihna tihniam tur erawh chuan minute 30 aia tam thlan tla khawpa ni tin taksa insawizawi a ÷ul ang.

5. *Zûk leh hmuam*: Vaihlo zûk leh hmuam hi taksa tana ÷hatna nei lo, hriselna tichhetu an ni a, bansan theih a ÷ul hle. Pawî lo anga kan ngaih laia hriselna tichhetu, sum leh pai leh nunna hial min lak saktu an ni. Ka chhûng, hrawk leh chuap *cancer* awmna chhan tam ber hi zûk leh hmuam vang a ni. Mi tlêm tê zûk leh hmuam ti lo heng *cancer* vei a awm theih a, chungte chu inthlah chhawn vang emaw, mi mei zuk lo hip luh ve (*second hand smoke*) vang emaw a ni thei. Amaherawhchu, heng *cancer* vei tam berte hi zûk leh hmuam ti ÷hinte an ni. Zûk leh hmuam hian pumpui leh chaw kawng *ulcer* leh *cancer* te, lung leh thisen zâm natna hrang hrangte a thlen thei bawk a ni. Tin, zûk leh hmuam atana sum kan sên bakah zûk leh hmuamin natna a thlen inenkawl naa sum sên hi a tam êm êm a ni.

### **HIV/AIDS chungchanga hriat tur ÷henkhat:**

HIV/AIDS hian Mizote min luh chilh nasa ta hle a.



Kan hmelma, mi tam takin an thihpui tawh leh thihpui mek anih avangin HIV/AIDS chungchang tlem lo tarlang ila:

1. HIV hi natna hrik hming a ni a, Human Immunodeficiency Virus tihna a ni a. He natna hrik miin a kai hian AIDS a vei nghal mai lova, a taksaa HIV hrikin natna chi hrang hrang a rawn awm tir hnuah AIDS (Acquired Immuno Deficiency Syndrome) a lo vei ta thin a ni.

2. HIV/AIDS hi kawng thumin a inkaichhawn theih a:

- (1) Thisen thianghlim lo aṭangin (hriau thianghlim lo inhman ṭawm, hmanraw thianghlim lova invih palh atang leh thisen thianghlim lo inpêk).
- (2) Mipat hmeichhiatna (Sex) aṭangin.
- (3) Nuin naute hnena kaichhawwna chance a awm bawk.

Heng zingah hian inkaichhawwna tam ber chu mipat hmeichhiatna (sex) aṭangin a ni. Tunah hian khawvelah HIV/AIDS vei mihring maktaduai 36.7 vel awmin, kum tin mi maktaduai khat velin an thihpui a. India ramah maktaduai hnih vel an awm a, kum tin mi sing ruk chuangin an thihpui bawk. Mizoramah mi 14,446 HIV/AIDS hrik pai hmuh chhuah tawh an ni a (as on Februaty, 2017). Mi thiamte chuan HIV/AIDS vei mi 1 zelah hmuh chhuah loh mi 10 vel zel awm angin an chhut a, chutiang anih chuan Mizoramah hian tuna hmuh chhuah bak mi tam tak HIV/AIDS hrik pai hi a awm theih dawn a ni. Mizoramah hian mi 1410 velin an thihpui tawha chhinchhiah a ni a, official record-a HIV/AIDS vanga thi anga chhinchhiah loh HIV/AIDS vanga thi ni si eng emaw zat a awm theih bawk ang.

3. He natna hlauhawmna chhan chu invenna damdawi la awm lo hi a ni. Tin, he natna hrik taksa a luh tawh chuan damna tak tak a awm lova, engtikah emaw chuan a veitu khan a thihpui nge nge thin. He natna hian kan hriat loh chhungin thuk takin kan ram a chiah hman a. Keimah niin kan kai lo anih pawhin kan chhungten an kai chuan chhungkua min tibuai a, Kohhran memberte kai an lo awm chuan Kohhranin a buaipui lo thei lo a, kan ramah vei an lo tam chuan ram a tibuai bawk a ni.

4. Mipat hmeichhiatna kawnga invawn thianghlim hi invenna tha ber a ni. Nupui/pasal neih hmaa mipat hmeichhiatnaa in vawn thianghlim a, drugs-a inchiu kan ching lo anih chuan kaina chance a tlem em em a. Tin, inneih hnuah kawppuite HIV/AIDS hrik pai an nih lova, inneihna pawn lama sex kan hmang lo anih chuan kaina chance a tlem hle bawk. Kristian nun dan tur dik takin nung ila, HIV/AIDS kaina chance hi a tlem hle a ni.

5. HIV/AIDS hrik kan pai leh pai loh check hi hreh lo ila, hriat chhuah hmaa kan taksa that laia inenkawl hi a tha em em a ni. Tin, nupui pasal innei turte pawh thisen check hmasak a finthlak a, *result* a lo tha lo a nih pawhin inenkawl dan leh hma lak dante a awm zel a ni. HIV/AIDS veite hi thin hrik tur an ni lo. Natna inkaichhawn awlsam lo tak a nihna lai a awm a. Inkawm, inkuah satliah, bungbel inhmanṭawm aṭangte hian a inkai theih loh a ni. A veite pawh hian uluk taka an nun a, damdawite tha taka an ei chuan rei tak, mi pangngai dam ang chen pawh an dam thei a, mi dangte zirtirtu leh mi dangte tana malsawmna kawng tam takin an ni thei.

### Rilru hrisel lohna chi khat - Depression thu:

World Health Organization (WHO) chuan, “Hriselna chu taksa natna laka fihlim mai bakah, rilru hrisel leh mi dang nena khawsak hona kawnga rilru put dan dik hi a ni,” a ti a. Rilru lam hrisel lohna tunlaia kan hriat lar leh buaipui ber chu **“Depression”** hi a ni. Tu emaw rilru hlim thei lova, ngaihtuahna pangngai pu thei lo leh a hnathawh tur ang pawh thawk hlei thei lova hun rei tak (kar 2 chuang) a lo awm hian *Depression* a nei tih a ni a. *Depression* veite chu mahni inhmu hniamin, hlu lo riaua inhriatna an nei a. An chaw ei a tui lo va, an thin a chhe duh viau, an tuina thinah an tui thei lo va, an hlim thei lo va, mahni intihhlum duhna hial an nei thei a ni. India ramah hian mi maktadaui 120 vel zetin *depression* veia ngaih a ni a. Mizoramah pawh kan thalai tam takin an buaipui a, mahni nunna la eng emaw zat an awm tawh a ni.

Depression hi lehkha zirna, ngaih Zawng, hna, sum leh pai leh thil dang chungchanga rilru hahna avangin a awm thei a. Tihdam theih a ni a, hemi kawnga harsatna nei kan nih chuan inzêp lovin helama mi thiam rilru lam doctor-te leh counselor-te pan hma a tha ang. Tin, harsatna hrang hrang *depression* min neihtirtu sutkianna hi zu leh drugs an ni lo. Zu leh drugs-te chuan rei lote min theihngihltir a ni mai thei; mahse, a hma aia nasa zawkin heng harsatnate hian min thing leh thin. Kan pan tur chu Lal Isua Krista a ni. “Nangni thawkrim leh phurrit phur zawng zawngte u, ka hnenah lo kal ula, keiman ka chawltir ang che u, ... ka nghawngkawh chu a nuam a, ka phur pawh a zang a ni,” (**Mathaia 11: 28 -30**) titu hi pan ila, rilru, taksa leh thlarau damna kan hmu ang.

**Tlangkawmna:**

Pathian thilsiam ropui tak, kan taksa enkawl uluk hi ringtute mawhphurhna a ni a. Pathian rawngbawlna chak leh hlawhtling nei turin taksa hrisel taka kan vawn a pawimawh. Lal Isua Krista rawngbawlna chhunzawmin India rama hriselna leh tihdam rawngbawlna hmahruaitute chu Christian Missionary te an ni a. BCM pawh hian he rawngbawlna hi kan chhunzawm zel ang. Tun tum beirual thuzir, “Kristianna leh hriselna” tih zirtu zawng zawngte pawhin ringtu kan nih angin kan taksa, “Pathian in, Thlarau Thianghlim chênna” hi hrisel leh thianghlim zawka enkawl zêl kan tum dawn nia.

***Sawi ho tur:***

*Hriselna kawnga hmasawwna tura kan ngaih pawimawh hrang hrangte sawiho nise.*

## Zirlai 4

### **KRISTIANNNA LEH RELBAWLNA (MANAGEMENT) ṬHA (Exodus 18:17-24; Luka 14:28-32)**

#### **Thuhmahruai:**

Beirual Thuzir zirlai pakhat atan Kristianna leh relbawlna (*Management*) ṭha tih thlan a ni hi thil lawmawm tak a ni a. Kan thupui thlangtute hian tun laiah Kristianten *management* ṭha kan neih a ṭulzia hriain he zirlai hi an thlang a ni a. *Management* tih awmzia phawk zo thumal Mizo ṭawnga kan neih loh avangin Relbawlna tih hi kan hmang mai dawn a ni. He zirlaiah hian relbawlna (*management*) ṭha pawimawhna, a awmzia, a nihphung leh chumi nei tura hmalakna tur kawng tlêmtê Pathian Thu aṭanga kan hmuh dan nena enin kan zir dawn a ni.

#### **Relbawlna ṭha kan mamawh:**

Mi tinreng hian relbawlna ṭha hi kan mamawh vek a. Pawl kan nih anga kan invawn danah te, Chhungkua kan nihna anga kan inenkawl danah te, mimal nunphungah te zawng zawng pawh relbawlna ṭha kan neih a ṭul êm êm a. Miin chu chu a hriata a ṭha thei ang bera a khawsak chuan a rah malsawmna chu amah bawkin a seng ṭhin a. A lehlamah relbawlna ṭha leh fel awm lohnaah chuan buaina, harsatna leh nih tur ang nih phak lohna a awm thin a ni. Chuvangin relbawlna ṭha hi mi tinreng tan thil pawimawh êm êm a ni.

Israel fate hruai chhuaktu Mosia chu hruaitu ropui tak ni mah sela, mipuite thubuai rel chungchangah relbawlina fel a lo nei bik hauh lo mai a, nimahsela a puzawn Jethroan thurawn pêk a ngaihthlaksak a, fel takin mipuite ro a relsak ta tih kan hmu (Exodus 18:17-24). Relbawlina fel nei tur hian mi pakhat finna leh hriatna mai hi a tawk lo fo ðhin a, mite thurawn ngaichang a, an thurawn ðhate pawm thiam hi a ðul fo ðhin a ni.

### **Relbawlina awmzia:**

Relbawlina (Management) chu kawng hrang hrangin sawi fiah theih a ni a. ðhenkhat chuan *management chu mi dangte hmanga tih tur tihhlawhtlin hi a ni* tiin an sawi ðhin a. *Management chu thil tih tur dik tak a hun taka tlâwm leh ðha thei ang bera tihhlawhtlin* ti pawhin sawi fiah a ni bawk ðhin. Tun ðumah chuan *Relbawlina (Management) chu thil tih tur ruahmanna (planning), inbuatsaihna (organizing), inkawhmuhna (directing) leh vawn felna (controlling) te uluk taka neih hi a ni* tia sawi fiahna hi kan hmang ang.

### **Ruahmanna (Planning):**

Ruahmanna chu thil tih tur a tak taka tih a nih hmaa lo ngaihtuah lâwkna leh lo inbuatsaih lâwkna a ni a. Ruahmanna fel taka siam a nih chuan thil tum tihhlawhtlin a awlsam ðhin a. Chutih laiin ruahmanna fel awm lohnaah chuan thiltih tum a tlawlh fo ðhin a ni. Chuvangin ruahmanna fel hi inrelbawlina ðha neih theihna atana hmalakna hmasa ber a ni a. Ruahmanna fel neih a ðulzia Lal Isuan hetiangin a sawi a “*Nangni zingah tupawhin in sâng sak tum ula, atirin thuin sak zawhna khawp*

*sum in neih leh neih loh hre turin, a man tur chin tu nge chhût lo vang che u? Chuti lo chuan lung phum tawh zeta, a sak zawh theih loh chuan a en apiangin, 'He mi hian in a rel ting a, a sa zo thei si lo,' tiin an nuihsan dah ang e. "Tin, lal tuin nge lal dang do tura a kal dawnin, a tirin thuin, mi singhnih nena amah do tura lo kal chu, mi singkhat nen a tawh ngam dâwn leh dâwn loh mi râwn lo vang? Chuti a nih loh vek leh, lal dang chu hla taka a la awm laiin inremna lam thutiam dil turin palai a tir ang" (Lk 14:28-32) tiin.*

Ruahmanna kan siamah chuan a tihlawhtlinna tura kalpui dan tur remruatna fel tak siam tel ngei ngei tur a ni a, chumi remruatna fel tel lo chuan ruahmanna a hlawhtling zo thin lo a ni. Thufingte 15:22-ah pawh, “*Remruat lâwk lova thil tih a hlawhtling duh lo. Remhria an tam chuan a hlawhtling thin,*” tih kan hmu a ni.

Pathian hian a thiltih reng rengah ruahmanna fel tak neiin thil a ti thin a ni tih hriain keini amah ringtute hian ruahmanna fel tak siama, a tihhlawhtlinna tur remruatna fel tak siam kan zirin kan chîng tur a ni. Ruahmanna kan siam laiin kan thiltih tum chu a thatna, mamawhna leh ÷ulna chauh ka ngaihtuah tur a ni lo va, a harsatna, that lohna leh buaithlakna ngaihtuah telin kan tihhlawhtlin theih a ni em tih te kan ngaihtuah hmasa vek tur a ni a. Chutiang ngaihtuah hmasak vek hnua tihhlawhtlin theih tur a nih chauhvin hmalak thin tur a ni a. Chutianga kan tih loh chuan hlawhchhamna leh mualphona kan hmachhawn a ngai fo thin a ni.

***Inbuatsaihna (Organizing):***

Inbuatsaihna chu thil tum tling leh ʔangkai taka hlenchhuah anih theih nana mamawh hrang hrangte hman theih tura neih/lakkhawm hi a ni a. Thiltih tur kan tih hmain a hmanrua kan mamawh turte kan neih hmasak a ngai ʔhin a. A tihhlawhtlinna hmanrua chu mihring emaw, bungrua emaw, sum emaw a ni ʔhin a. Chung thilte te chu hmalak tak tak dawn chuan a hun taka hman theih tura neih a ʔul ʔhin a ni. Entirman, Concrete building sa tur chuan a hmanrua rod, rora, balu leh cement hman tur a nei tur a ni a, a satu tur mistiri leh a thawhna atan senso leina a awm bawk tur a ni. Hengte hi hna thawh ʔan tak tak hmaa lakkhawm a nih chuan hna a ti awlsam em em a, chuti a nih lohva lakkhawm chawp emaw, zawn chawp a ngaih chuan hna a sawt thei lo va, inrelbawlna fel a ni thei ʔhin lo.

***Inkawhhmuhna (Directing):***

Inkawhhmuhna chu hotuin a thil tum tihhlawhtlin a nih theih nana thil tih dan tura ruahmanna a neihte a titu tur hnena Chiang taka a hrilfiah hi a ni a. Ruahmanna ʔha leh fel awmin, hlawhtlin nana hmanraw mamawh pawh awm vek mah se, tih dan tur sawifel a nih loh va, a thawktute kaihhruai an nih si loh chuan thil tum tihhlawhtlin a harsa ʔhin a. Chuvangin thil tum a nihna ang taka tihhlawhtlin a nih theihna tur chuan inkawhhmuhna hi a ʔul êm êm a ni.

***Vawnfelna (Controlling):***

Vawnfelna chuan thiltih tum tihhlawhtlinna kawngah hmalak zel a nih leh nih loh hriat theih nan tehna siamin chu tehnaah chuan a tling zel em tih leh a tlin lohna lai a awm anih chuan siam ʔhat hnathawhte a huam a ni. Vawnfelna chu hetiangin hlen chhuah tur a ni: a hmasa berin hmalak dan tur ʔha tehkhawng siam tur a ni a, chumi zawhah



chu tehkhawng hmanng chuan hmalak dan chu teh tur a ni. Chumi hnuah a tlin tawh lohna lai awmte siam that tur a ni. Vawnfelna hi uluk taka kalpui a nih chuan relbawlina fel neihna hmanraw pawimawh tak a ni.

### **Relbawlina tha nihphung-**

1. *A hlâwkthlâk*: Relbawlina thaah chuan hmalakna reng reng a hlawkthlak thin a. A tawpa thil thleng chu a chhawrna-awmin a manhla thin a ni.
2. *A thawk chhuak tha*: Relbawlina tha chu ruahmanna fel takah a intan a, inbuatsaih-na fel tak leh kawng kawhhmuhna tha takin a zui leh a, chumi chu hlen chhuah a nih danah uluk taka tehkhawng siama teh a, siam that ngai laite siam that a nih thin avangin a thawh chhuah chu a thain a hlâwk thin a ni.
3. *A hun dik takah a thleng thin*: Relbawlina tha chuan thil a hun leh hmun dik taka thleng turin a pui thin. Thil rêng rêng a hun dik taka neih emaw, tih emaw a nih hian a tangkaina dik takah a hman theih thin.
4. *Intodelhna a thlen thei*: Relbawlina tha chuan mamawh tawh nei thei turin mite a pui thin a, thil tul lo leh tangkai lote hnawlin a tul leh mamawh chauh hmanng leh nei tura a puih thin avangin intodelhna a thlen thei a ni. Mi tam tak chuan duh leh mamawh kan thliar hrang thiam lo va, thil tam tak kan mamawh ni lo neih tumin hun leh tha tam tak kan sêng thin a, chu chuan intodelh lohna a thlen fo thin a ni.
5. *Lâwmna a thlen thin*: Relbawlina tha awmnaah chuan hmalatute thinlungah lawmna leh mahni chan tawka lungawina a thlen thei a, Chu chuan hmalak

zêlna turah phûrna a siam thei ðhin a. Hnathawktu a hnaa lungawi êm êm chu a awhawm a, a hnaah a hlimin a tui a, chu chuan hlawhtlinna kawngah hruaiin a tawpah lawmna tam tak a thlen ðhin a ni.

6. *Mi dangte hman ðangkai an ni ðhin*: Relbawlna hi mahni maia thawh vek theih a nih loh avangin mi dangte hman ðangkai thiam a ðul. Mi tam tak chuan mi dangte rin dan an thiam loh avangin anmahniin thil tih vek an tum a, chu chuan relbawlnaah harsatna a thlen ðhin a ni. Relbawlna ða awmnaah chuan thawhhona ða a awm ðhin a ni.

Tunlai khawvel thil tam tak kan hmachhawmna karah hian relbawlna ða kan neih theih nan a pawimawh zual, Kristianten kan mamawh nghalte zinga mi kawng thum chauh lo tarlang ila:-

### **Hun Vawn ðat (Time Management):**

Kristianna leh hun vawn ðat hi thil inhmeh êm êm a ni a. Pathian Thu chuan, “*Engkim tan hian hun ruat a awm a, van hnuaia thiltih zawng zawng tan hun remchâng a awm,*” (*Thuhriltu* 3:1) a ti a. Hun ruat hi ruat a nih anga hman ðangkai a nih theih nan a hun dik taka thil tih leh hun hman daihzai kan thiam a ðul hle. Hun vawn ðat hian relbawlna ða neihnaah a pui nasa êm êm a ni. Chutiangin thil tihna tura hun ða leh hun ða lote pawh a awm zêl avangin remchanna kan lei zêl tur a ni (Eph 5:16).

### **Chhungkaw relbawlna (Family Management) ða:**

Lal Hezekia chu a damloh lai khan Lalpan, “*I chungkaw awm dan tur sawi rawh khai,*” a ti a (2 *Lalte* 20:1); chungkaw awm dan tur rel fel hi a ðul êm êm a ni.

Lal Davida chuan a chhungkaw awm dan tur a rel fel lâwk lo va, a fapa Adonija'n a aiawha Israel lal ni turah a inngai a, lal nih tumin ama thuin hma a lak phah a, chu chuan chhungkua leh ramah buaina a siam ta a ni (1 Lalte 1:5ff).

### **Sum Hmuh/Hmanna (Financial Management) ða:**

Kristiante chu an sum hmuhna a thianghlim tur a ni. Pathian thu chuan, *“Mi, kut tling lova lo hausa chu varung, mahni tui ni lote awp keu ang a ni a, a la dam laiin amah an hransan ang a, a tawpah chuan mi â a lo ni mai ang,”* (Jeremia 17:11) a ti a. Chuvangin eirukna leh sum thianghlim lo lak luh hi Kristiante chuan kan duh tur a ni lo va, kan haw hial tur zawk a ni. Chutiang bawkin sum hmanna pawh kan fimkhur tur a ni; sum hman dan tur ruahmanna fel tak siamin, hmuh ang tawka nun dan thiamin, mahni tawka intodelh nih kan tum tur a ni.

### **Tlangkawmna:**

Kristianna leh relbawlna ða hi thil inhmeh em em, kal kawp tlat tur a ni a. Relbawlna ða awmnaah chuan sum leh pai leh thil dang tam taka harsatna awm ðhinte pawh tih tlêm theih a ni a. Pathian malsawm tlak relbawlna ða nei turin ruahmanna fel takin siam ila, a tihhlawhtlin nana inbuatsaihin a hlen chhuah dan Chiang taka inkawhmmuh leh kan hmalak dan ðat leh ðat loh teh zelin hma la ila. Relbawlna ða nei, mahni tawka intodelh nih ðeuh tum ila a va lawmawm dawn em!

### **Sawi ho tur:**

*Kan Kohhranin hmalakna tur kan relnaah tihhlawhtlin dan tura ruahmanna fel tak siam hmasa lo va, a ðulna leh ðatna chauh thlira rel kan neiin kan hria em? Mahni tualchung leh BCM pum huap pawhin sawi ho ni se.*

## Zirlai 5

### KRISTIANNA LEH SAWRKAR DAN (LEGAL) ZAWM (*Isaia 33:22; Rom 12:17-18*)

#### **Thuhmahruai:**

Kan chên hona khawvelah hian min phuar khawmtu dan fel tak a awm loh chuan kan buai thin. Ram rorelna dan tha neih lohna apiangah hmasawna a chak thei lo va, buaina tam tak an tawk thin. Chutiang bawkin kohhran leh pâwl hote pawh inrêlbawlna dan (*Constitution leh Rule*) mumal tak a awm loh chuan buaina leh harsatna tam tak a awm fo thin a ni.

Pathiani'n a mite thlamuang tak leh fel taka an khawsakho theih nan inrêlbawlna dan leh thupek a lo pe daih tawh a. Genesis, Exodus, Leviticus, Numbers leh Deuteronomy-te hi Dân bu tih an ni. Mosaic Law - Mosia Dante pawh kan hmu a ni. Tin, 'Thu sawm Pêk' (*Ten Comanment*) pawh kan hmu a. He thu sawm pêk hi (*Sovereign Lord*) chunglam engkimtithei Pathian thupek, a mite'n a taka nunpui tlat tura a pêk a ni a, thil pawimawh tak inzep te chu:

- 1) Tih tura thupek (*to do, to obey*)
- 2) Tih loh tura thupek (*not to do, to avoid*)

Tih loh tura a thupekte chu, "Ka hming in lam mai mai tur a ni lo, awt suh, ru suh, uire suh, milem be suh, tual that suh, i vêngte hêk suh," tihte an ni a (Deut. 5:1-12).

Tih ngei tura a thupek te chu, “Chawlhni serh, nu leh pa chawimawi leh nangmah i inhmangaih angin i vêngte i hmangaih tur a ni,” tihte hi a taka nunpui tur a ni.

### **1. Dan lo pian chhuahna (Sources of Law):**

Author Henry Maine-a ngaih dan chuan, (*Ancient Law*) dan leh thupek reng reng hi chunglam aṅanga thupek (*Devinely inspire*) a ni. Tin, dan lo inṅan/lo pian chhuahna te chu- I) Sakhua (Religion)

II) Hnam chin ṅhan (Custom/Tradition)

III) Hlate (Hymn/Songs)

IV) Rule of Justice, Equity and good consenses

V) Legislation

VI) Commentaries & Diagist.

Ringtute tana kan dan a lo pian chhuahna (*Sources of Law*) ber chu Pathian a ni. “*Lalpa chu kan roreltu a ni a, Lalpa chu dan min petu a ni,*” (Isaiah 33:22). Dan thupek zawm hi ringtu dik tak nihna a ni. “*Thu ka pêk apiang che u in tih chuan ka ṅhiante in ni ang. Bawih ka ti tawh lo vang che u,*” (Joh15:14-15b).

### **2. Sawrkar inkaihhruaina atan Dan (Constitution) ṅha a pawimawh:**

Dan leh hrai nei ṅha ram apiangah mipui an zalênin an ralmuang ṅhin. Tunlaih Middle East ramte nasa takin an buai a, an ramin ei leh bar, tui in tur ṅha leh damdawi ṅha an tlachham a, an ram a ralmuan loh avangin ṅhenawm ramah te tlânchhiain an khawsa mek. Hetianga a buaina chhan tam tak zingah an ramah *law & order* a fail vang a ni.

Deuteronomy 23:15-24-ah hian Dan zawm tur chi hrang hrang kan hmu a, chung zingah chuan, “*Israel fanute*

*zingah nawhchizuar an awm tur a ni lo, Israel fapate zingah mipa inzuar an awm tur a ni lo,*” tih leh “*A pung ûmin in unaute in pûktir tur a ni lo*” (17&19) tih kan hmu a. Kan ramah inzuar (K.S) an pung zel. Tin, a pung ûmin mi kutah sum vaibelchhe têt kan dah avanga chiahpوام pawisa a bo ta vek mai te hian kan ram dinhmun a tichhe hle.

Bible-in tih loh tur a tihte kan tih avangin kan ramin nasa takin a tuar a, HIV nasa takin a darh tih hai rual a ni lo. Zu leh drug, mipat hmeichhiatna avanga natna chi hrang hrang avangin mitthi percentage hi kum tin sên lam a pan zel a. Aizawl veng ðhenkhatah kum 2016 chung khan zu/ ruihhlo leh natna HIV avangin mitthi za (100) aia tam an neih phah hial. Lalpa dan kan zawm loh chuan kan dam chung nite hi tihtawi a ni zel dawnin a lang.

### **3. Dana kan intluk tlânna (Equality before Law)**

India danpui (Indian Constitution Article-14)-ah chuan India mi leh sate (citizens) hi dan hnuaiah kan intluk tlang vek a, a têt ber aţanga a lian ber leh mi rethei ber aţanga mi hausa ber pawh dan an bawhchhiat chuan an phu tawh hremna pêk tur a ni a. Mi hausa emaw mi thiam nihna dinhmun sangah an din avangin dan hi a nêp chuang lo. Dan anga thiam loh chantir tawh phawt chu mi hausa emaw, mi rethei emaw an thil tih sual anga an phu tawh hremna pêk tur a ni. Mihringin tum lâwkna ((‘Men’s rea’ )Pre-Meditated idea) nei sa a, thilsual a tih chuan emaw, tual a thah chuan ngaihdam theih a ni lo. Mahse tum lâwkna nei hauh lovin, tihsual palh thil thua a nun hial a chên phah pawhin ngaihdam theih a ni ang (*Culpable homicide amounting to murder and culpable homicide not amounting to murder*).

#### 4. Dik lo taka rorelnaah mipui an hel a, ramin a tuar phah thin:

“*Tin, thamna reng reng i la tur a ni lo, thamna chuan khaw hmu lai mitte a tihdelsak thin a, mi fel thu chu a tikhawlohsak thin*”. (Exodus 28:8).

Rorelna dik lovin mipuite tan harsatna tam tak a thlen thei. Pathianin thamna lak hi a hua a, duhsak bik leh hleih neia rorelna hi Pathian huat zawng tak a ni. Crime reporter 2015 tarlan danin, India rama court sang ber *Supreme court*-in thi tura thu a pek te 100 zela sawmkua (90%) chu mi rethei têt têt, hna hnuaihning thawkte vek an ni. Mi hausa leh thiltithei, mi lian fate an tel lo, a chhan hi ngaihtuah tham tak a ni. Mi retheite hian an aia ding tur ukil thiam a neih vek loh vanga *case investigation* lain police-te an thuhnuai (*influence*) thei loh vang nge ni ang? Kan ram ngeiah pawh hian *Total Prohibition Act* (Zu khap na dan) kan hman lai khan court-in zu avanga dan bawhchhia a mante chu mi rethei vek an ni. Mi hausa fa leh thiltithei, Minister leh sawrkar officer lian fate jail-ah an tâng ve ngai meuh lo. Chutiang bawkin *Corruption case* ah pawh sawipuitu nei tha apiang thiam loh chantir an har, chuvangin India leh kan Zoram ngeia kan rorelnaah pawh hian zaa za rorelna dik tak erawh hi chu a awm thei bik lo a ni tih a hriat theih. Lalpa rorelna erawh hi chu a dik a, thlei bikna a awm lo a ni. Dik taka roreltu a nih avangin.

#### 5. Mob Rule (Tlâng chil)

“*Thil sual tih tumin mipui chu i zui tur a ni lo va, thubuaiah pawh a tam lam, a dik lo zâwk lamah chuan i tang ve mai tur a ni hek lo.*” (Exodus 23:2)

**Mob** tih hi Latin ṭawng, ‘*Mobile vulgus*’ tih aṭanga lak a ni a, sap ṭawngah chuan *disorderly crowd* (mipui thinur pungkawm) tihna a ni. Thil eng emaw avangin mipui thinrim pungkawmin an duh lohna lantir a, thil tih an tumna a ni. Hetiang *Mob rule* hi hlauhawm tak, thil ṭha lam aiin chhiatna lam thleng thei leh mihring nunna atan hial pawha hlauhawm thei thil a ni. Chuvangin hetiang *Mob Rule* awm palh thei thila sawrkar pawh a inven thiam a ṭul hle. Mi tana hlauhawm leh chhiatna a thlen loh nan a danna (*preventive measure*) lak vat a ngai. Hetiang *Mob rule* awm thei ven nan Cr.PC 144 emaw, curfew emaw te hi sawrkar in a ṭul a tih angin a puang zar tur a ni. Mob hi control theih a ni a, amaherawhchu thuneituten a danna (*preventive measure*) an lak loh vangte pawha thleng a ni thei. *Administration fail* vangte pawh a ni thei a. Mipuiin dan kan zawm loh vangte pawh a ni thei. Kan ramah hian *Mob rule* hi a thleng ta fo mai hi thil pawh tak a ni a. Tun aiin sawrkar thuneitute hian chak zawkin hma la se, *mob rule* hi control theih a ni ang.

Kan chên hona society leh khawvelah hian mihring leh mihring inkara inhuatna tam tak a awm thei a, chungte chu dan hian min control loh chuan buaina leh harsatna a awm thuai thin. Dan (*rule of law*) hi kan dah pawimawh fo tur a ni. *Mob Rule* tih te, *Anti-Social activities*-te hi thil thleng thei a ni. Bible-in min zirtir angin mi dangte sual kan hmuh pawhin sualin kan thungrul tur a ni lo. Sual chu ṭhatna in kan ngam zawk tur a nih avangin ringtute tan chuan *mob rule*-a tel ve hi Lalpan a phal lo tih hi kan hriat fo a ṭha. “*Tu sual pawh sualin thungrul suh u. Mi zawng zawng ngaiha thil mawi ngaihtuah lawk rawh u. A theih phawt chuan nangmahni lam tal, mi zawng zawng nen inremin awm rawh u, phuba*



*reng reng keima lak tur a ni, keiman ka thungrul ang, Lalpan a ti,*” tih ziak a ni si, (Rom 12:17-18).

**6. Mizoram kristiante’n dan kan zawm loh langsar zualte:** “*Tlêmtê chungá rinawm lo chu tam tak chungah pawh an rinawm lo*” (cf. **Luka 16:10**)

a) *Ration Card:*

Hlêprûkna (*corruption*) hi Lalpa huat zâwng a ni tih kan hre ðeuh awm e. Hlêprûk hi sawrkar hnathawk lian, MLA, Minister- ten an ti nasa zual bikah mipuiin kan ngai a. Mahse mipuite hi corruption-ah hian kan lo fihlim bik hauh lo. Kristian chhungkua inti si *ration card*-ah kan chhungkaw member dik tak aia tam kan inziak duh niin a lang. Statistic report-ah chuan Mizoram mipui aiin *family ration card*-a hming ziak a tam tih hmuh chhuah a ni. Chuvangin *ration card* chungchangah mipui kan rinawm lovin, sawrkar dan kan lo bawhchhe reng a lo ni.

b) *Scholarship:*

Zirlaite puala sawkarin hamðhatna (*Scholarship*) hrang hrang a siam hi nu leh pate *income* bituk chin fel tak neia a ruahman a ni a. Kum khatah chêng chuti zat lalut chin chuan dil theih a ni, tiin ramri kham fel tak a awm. Mahse, sawrkarin a ruahman ang ni lovin zirlai zawng zawng deuh thawin an dil vek a, pêk an ni bawk. Hemi thilah hian zirlai nu leh paten hre reng chung a dil thei lo te pawhin an dil vek hi a zahthlak mai ni lovin, hre reng chungin sawrkar dan kan bawhchhe fô mai hi chu i sim ang u.

c) *BPL:*

India sawrkar in BPL (*Below Poverty Line*) -a a ruatte chu in leh lo nei lo, Railway Station leh mi vanranda

leh bus terminal-a riak mai mai, an thla tin income cheng zahnih sawmli (Rs 240/-) hnuai lam a ni tur a ni. He scheme-a chanvo nei theite chu mi rethei tak takte an ni; mahse kan ramah chuan in leh lo nei bakah TV leh *Washing Machine* neite pawh he *scheme*-a tel ve tam tak kan awm. BPL ration card buhfai man tlâwm zâwka lei ve theih duh avangin chhungkhaw tam tak BPL-a inziak lut kan awm tih hriat a ni. Hei hi dan kan bawhchhiatna a ni tih a chiang reng mai.

d) *Sawrkar hnathawk aikal:*

Sawrkar hnathawk aikal lak hi sawrkar dan phal loh thil a ni. Eirukna chi khat a tih theih bawk. CCA, CCS conduct rule-ah hian engti kawng mahin aikal lak hi phal a ni lo a. Sawrkar hnathawk chuan mahni chanvo leh tih tur tha takin a hlen chhuak tur a nih lain thenkhat aikal lain sawrkar hnathawk chung a sumdawwna thil, eizawwna dang ngaihtuahte an awm thin, hei hi sawrkar dan kalh harsatna tam tak thlentu a ni. Damlohna leh harsatna hriatthiam awm takte chu thuhra ni se.

e) *Bûkna dik lo hman (Thingzai, cubic lung, Tehlung):*

Kan ramah bûkna dik lo hi a hluar hle a. Tin, sumdawwna thila kan hman tlangpui bûk lung, thingzai, cubic lung etc. ah te hian dânin a phal loh thil, dik lo taka hmanga a hlâwkna têt kan tum thin hi Lalpa duh loh leh huat zâwng tak a ni. Sawrkar leh private petrol pump leh eirawng bawlna gas thlengin bûk tling lo hi kan ramin a buaipui mek a. Heng bukna dik lote hian kan rinawm lohna a tihlan mai bakah dan kan zawm duh lohzia tilangtu a ni awm e.

f) *Leiba/loan rul tha lo:*

Ba rulh duh loh hi dan bawhchhiatna chi khat a ni.

Bank loan emaw, mimal sum emaw kan pûk chuan rinawm takin kan rûl leh tur a ni. Mi tam takin loan kan la a, kan rûlh that loh avangin bank loan la ve duh mi dang loan pèk zêlna turin harsatna tam tak an siam a, hei hi kan rinawm lohna tilangtu lian tak a ni. Mi tam takin ZIDCO loan an la a, an rulh that loh avangin mi dang hnenah loan an pe thei tawh lo. Loan kan rulh that loh chuan dan (*loan recovery act*) kan bawhchhia a ni.

A tawp berah chuan Lalpa chu roreltu leh engkim chungga thuneitu, he khawvela a duh dan ang taka kan khawsak ho theih nan dan min petu ber a nih angin, a thu anga kan awm a pawimawh ber a ni. Lalpa dan leh a thupèk te zawm hi kan himna ber a ni. Lalpa thupèk te kan zawm chuan a thiante kan ni ang.

***Sawi ho tur:***

*Tun laiin kan ram ngeiah pawh **Mob Rule** (Tlàng Chil) kan tihte hi a thleng ta fo mai. Eng nge a chhan ni ang. A chhan hrang hrang kan hriat te sawi ho ni se.*

## Zirlai 6

### **KRISTIANNNA LEH RUIHHLO** (*Thufingte 23:29-35; II Korinth. 7:10 -11*)

#### **Thuhmahruai:**

Khawvêl ram dang ang bawkin Mizoram Kristiante pawhin zû leh ruihhlo chi hrang hrang kan hmêlhriat ve nasa ta hle mai. Kan ram leh khawtlâng, chhûngkua leh mimal min tihbuai dân aţang hian zu leh ruihhlo hi sawifiah hran a ngai awm lo ve. Medical Science lamin ruihhlo tia an chhiar sa bâk hi kan ramah damdawi chi hrang hman khawloh a tam ta hle bawk. Kristiante tiha mawi lo, sum tam tak khawhralna, hrisêlna leh nunphung tichhetu, Pathian pawisawina râpthlâk tak lak ata himna leh invênna kan zawn a ţul tak zet ta. Mizo hnam tlêm tê min rûn a, min suat mêktu hi thapui chhuaha Pathian chakna ringa kan do a hun ta hle mai.

#### **1. Zu leh Ruihhlo:**

Kum 2015 leh 2016 chhûnga Mizoram Sawrkârin zû aţanga sum a hmuh zât chu Rs 95,34,25,789/- (cheng nuai sângkua zanga sawmthum pali, singhnih sangnga zasarih sawmriat leh pakua) lai a ni. India rama state rethei ber pâwl tân chuan zû aţanga sum lâkluh hi sum hmuhna ţha ber pâwl a ni ngei ang. Sum lâk luhna ţha tak anga a lan lai hian mihring hrisêlnain a tuar dân te, chhûngkua leh khawtlâng a tihbuaizia te leh, nunna eng zât nge a suat tih kan ngaihtuah ve thung a ngai ang.

Central YMA hnuaiia ruihhlo do pâwl *Supply Reduction Service (SRS)* leh *Central Anti Drugs Squad*

(CADS) ten kum kaw chhông 2006 – 2016 (2010 & 2014 ah an châwl)-a Aizawl khawpuia ruihhlo chi hrang hrang an man hlut zâwng chu Rs 17,34,78,494.00 (Nuai sangkhat zasarih sawmthum pali, sing sarih sangriat zali sawmkua pali) lai a ni. SRS-te chhinchhiah dân chuan Heroin (No 4) hi ruihhlo tam ber niin an hria. Mizorama Heroin (No 4) lo lût zawng zawng zâa sawmkua pakua (99%) hi Tiau lui chhak lam, Myanmar atanga lo lût niin an sawi. Tun hnaia ruihhlo chi khat, China lam chhuak *Flakka* (Zombie drug) an tih pheih chuan ngaihtuahna nasa taka hruaisualin, khawlaia saruaka awm mai mai pawt tih lohna hial te a thlen a ni.

Kum 30 lai ruihhlo ngaite buaipuitu Police officer pakhat chuan, “Zû a zalên avâng hian ruihhlo a tlêm phah lo va, a huangtau zâwk mah a ni. Ruihhlo duh chuan an duh ngar ngar a, drug an hmuh ngang loh chuan zû an in ve mai zâwk a ni. Tualchhông zû zuar thin tam tak hian an hralh hleih theih tâk loh avângin ruihhlo an zawrh phah zâwk a ni,” tiin a sawi.

## **2. Ruihhlo chungchanga Mizoram Baptist Kohhran ngaih dân:**

2.1. Sual râphtlâk tak, kan mihring chhia leh tha hriatna pawh hmang thei lo va, bawiha min siamtu a ni a, chuvângin ‘ruihhlo’ lakah ringtute chu kan inthiarfihlîm tûr a ni.

2.2. Mihring taksa tichhetu, chhôngkua, khawtlâng leh Kohhran tibuaite a nih avângin ruihhlo lak atang hian kan inthiarfihlîm tûr a ni.

2.3. Sum leh pai tam tak a tul lo va hmanna a nih avângin ruihhlo lak atang hian kan inthiarfihlîm tûr a ni.

2.4. Ruihhlo laktanga inthiarfihlîmna ʈa ber chu ‘do’ tlat hi a ni.

2.5. Ruihhlo do tûr hian kan khawtlâng (society) kan buatsaih a, ruihhlo do nun(anti-drug culture) kan din a tûl a ni.

### **3. Zu leh ruihhlo ʈat lohna ʈenkhatte:**

#### **3.1. Mihring taksaah:**

*Pumpui lâwng*- Zu hian chaw kawng, pumpui leh ril lâwng te a siam thei a, chaw pai ʈawihna siamtu a tih chhiat phei chuan zunthlum (*diabetes*) a awm phah thei a ni.

*Thin ʈa lo*—Zu hian taksa pêng dang zawng aiin thin a khawih chhe hma bik a. Thinlian (*hepatitis*), thin vîng, mit leh taksa eng, zun sen rêm rûm, chaw ei tui lo te a siam bawk. Pum puar, puma tui tling leh thin sâwng a siam thei. Hmeichhiaah phei chuan thin sâwng hi a insiam hma bîk a, thin cancer tam zâwk hi thin sâwng vîng a ni tlângpui.

*Lungphu dik lo* –Lungphu rang, BP hniam leh sâng thut te, luhai te, pangkhing zeng (*stroke*) leh thih thutna (*heart attack*) te a thlen thei.

*Nerve ʈa lo* –Hriatna zung zâm (*nerve*) ʈa lo a thlentir thei a, hei hian kut leh kê hmâwr sâ leh mu chuah chuah a siam ʈin.

*Thluak* - Thluaka timûr(*cell*) a tichhia a, thil hriat rengna a ti tlêm a, ngaihtuahna a tibuaiin thil hlauhna a thlen a, ramhuai hmu ang hial tein an awm phah bawk. Dâwt sawi leh ʈawngkam mawi lo tak taka thil sawi chînna te a thlen ʈin. Rilru ber a buai tawh chuan mi ang lo, mi â an lo ni mai ʈin.

### **3.2. Mihring nunphungah:**

*Thatchhiatna*—Ruih theih thil tih chîngte hi an taima lo tlângpui. An thisen leh thluak a fan avângin an taksa a zawi a, hna an thawk peih lo va, rûk tûr zawngin an vâk an vâk ðhin.

*Rinawm lohna* – Hetiang bâwiha lût tawhte chu an hnaah an rinawm hlei thei lo va, ruihna an hmuhna tur a nih dâwn chuan dâwt sawi, thil rûk leh mi bum an hreh lo. An zahawmna an hloh va, mite hmuhsit leh rin loh an hlawh ðhin.

*Chhûngkaw harsatna* - Chhûngkaw hlimna a tichhia a, inrem lohna a hring a, nupa inthenna leh naupang fahrah tam tak a siam a, mi neih ang nei ve pha lovin an awm phah thin. Ngawlveite enkawlna *Addiction Center* leh Jail-a awm zingah zu leh ruihhlo ti ðhin an tam ber. Kut leh ke tan ngai hial khawp te, tiang hawl lova kal thei lo te, taksa leh rilru piansualna te a va thlen nasa êm! Sum leh pai tam tak sên a ngai a, ðul lova ðahna leh rûmna thlentu mai a ni.

*Khawtlang buaina* - Zu leh ruihhlo ti ðhinte hian mipui râlmuan na an tichhe hle mai. Nunau a ti râltîa, rûkrûk leh insual buaina a thlen a, tualthahna hial a thlen bawk.

*HIV Positive & AIDS* - Damdawia inchiu ðhinte zîngah vei an tam hle ðhin. Zu hian mihring tisa châkna a tiphûr a, chu chuan mipat hmeichhiat hman khawlohna te, pâwngsual leh nupa kêra rinawm lohna a thlen ðhin. MSACS (Mizoram State AIDS Control Society) report dân chuan October, 1990 atanga February, 2017 thlenga thisen test tawh mi 5,98,812 atangin HIV positive vei mi 14,446 hmuh chhuah tawh a ni. Zu in ðhin te, damdawi leh mipat hmeichhiatna hmang khawlo zîngah vei an tam ber.

*Thihna* - Zu leh ruihhlo vânga nunna chân hi an tam tial tial niin a lang. HIV positive vei mi 14,446 hmuh chhuah tawh aţangin mi 1,418 in nunna an chân tawh a. Kum 2016 chhûngin Mizoram Police Department-ah ni thum dan zêlah zu vângin mi pakhat thi anga sawi a ni. Mizoram pumpuiah eng zat tak zu vângin thi ang maw? Lirthei chesual tam ber hi zu leh ruih theih thil tih vâng niin sawi a ni bawk. Rilru hrehawmna leh beidawmna thûk tak (*depression*) a siam thei a, a tâwpah mahni intihlumna hial a thlen ţhin.

#### **4. Bible hmun hrang hranga zu that lohnate:**

4.1 Nova chuan *wine* a ruih avângin a mualpho phah a, a fapa Hama thlahten ânchhia an dawn phah bawk. Israel lal Davida fapa Amnona chu a ruih laiin tihhlum a ni a, Israel chungal Ela chu zu a ruih laiin a puipa Zimria'n a that. Bible chuan mita en pawh a phal lo va, zu in mite zînga tel pawh phal a ni lo (Gen. 9:21f; 2 Sam. 13:28,29; I Lalte 16:8-10; Thuf. 4:17; 23:20,21,29,30).

4.2 Lal leh rorêltuten wine leh rakzu an in chuan ro an rêl dik thei lo vang. Nuihzabûra mi siamtu leh insual bûng bûngna thlentu a ni. Zua intihhlum tum hi eng mah lo mai a ni. Zu ruih hmangte chu mi ngaihsam leh chapo, mi tenawm leh rah beha awm tûr an ni tih min hrilh. (Thuf. 31:4,5; 20:1; Thuh. 2:3f; Isa. 5:11; 28:3; 56:9-12).

4.3 Zawlnei Hosea chuan ngaihtuahna la bo thei, retheihna thlentu niin a sawi. Belsazzara leh a nupui te, a mi ropui leh hmeiten uain an rui a, an chungah Pathian hremna a thleng. Ruih hmangten Pathian rorêlna an la hmachhawn dâwn. Zu duh vânga mahni mihringpuite hralhna thlentu (*human trafficking*) a ni. (Hos. 4:11; Dan. 5:2,3; Joela 1:5; 3:3; Amosa 2: 8)



4.4 Rorêltute rui ngai lo awmna ram chu malsâwm a ni a.Rekaba thlahte chuan zu in loh an intiam vângin malsâwm an ni bawk. Daniela chuan lal uain a in duh lova Pathian malsâwmna a dawng. Kohhrana rawngbâwltute tân uain in phal a ni lo. Pathian mi Nazirit mite nun tihchhiat nân uain hman a nih avângin zilh an ni. (Thuh. 10:17; Jer. 35:2-14; Ezk.44:21; Dan. 1:8; Amosa 2:12; I Tim.3:8)

4.5 Lalpan ruih hmangte a dem a, mi dang hnêna zu in tûr pe a, tiruitu chu thiam loh chantîr a ni. Mipat hmeichhiat châkna sual thlentu, zahna leh mualphona thlentu, mi dang rinna tichhe thei a nih avângin zu in leh zu ruih a phal lo (Lk. 12:45; Hab. 2:15,16; Rom. 13:13;14:21).

4.6 Zu rui thîn te hi thim fâte an nih avângin zu in thinte hian in lote an sawisêl duh viau. Pathian thu chuan zu ruih hmang kawm leh an zînga chaw ei a phal lo mai pawh ni lovin Pathian ram an luah dâwn loh thu a sawi bawk (I Thes. 5: 7;I Pet. 4:3,4; I Kor. 5:11; 6:10).

## **5. Zu chungchanga Mizoram Baptist Kohhran Ngaih dan (Constitution & Rules p-289):**

Miin zu an ruih tawh chuan nun dân mawi lo takin an khawsa a, chhûngkua leh khawtlângah buaina an thlen thîn a ni. Zu in hian mihring hrisêlna pawh a tichhe thîn a ni. Chuvângin kan rama missionary te leh kohhran hmasâte chuan zu in hi an khap tlat a ni. Mi tu pawhin Kristian nih a duh chuan zu in leh zu sak a bânsan tûr a ni.

Chuvângin kohhran mite chuan zû kan in tûr a ni lova, kan rui tûr a ni hek lo. Zu lakah kan inthiarfihlîm zâwk tûr a ni. Zû chu ruih theih thil dangte ang bawkin a ngawl

vei a awl êm êm avângin tem chhin loh tawp hi a him ber a ni.

Kum 1979-a Doctorate degree hmuh nâna ‘*Thuthlung Hluia wine hmannate*’ (***The Use of wine in the Old Testament***) tih ziaktu *Dr. Robert Teachout*-a chuan, “Tlêm tê pawh nise, Pathianin ringtute chu zu in a phal lo a ni,” a ti.

### **Tlângkawmna:**

Zu leh ruihhlo that lohzia hre Chiangtu ber chu a ngawlvei tawh te an ni. An chênpuì chhângkua leh thenawm khawvêngte, an hnathawhpuite hian an hre Chiang viau bawk ang. Hlimna leh nawmna thlentu ni tûra an ngaih khân damchhâng lungngaihna leh hrehawmna a thlen tih hriain, a bâwiha tâng mêkte hruai chhuah leh chhawmdâwl te, la ti ve lo te vên tlat te, a zuar ðhin te sim tûra ðanpuite hi kohhran mite rawngbâwlna pawimawh tak a ni. Zu in lo tûra inzirtîr si lo va, zu in thiam inzirtîr ngawt te hi zawi zawia mahni intihlum zirtîr ang mai a ni. Vawilekhatah rêm duak lo mah se, Pathian chakna ring chungin ‘do’ zêl ila, kan ram leh hnam kan la chhan thei êm êm ang.

### **Sawi ho tur:**

*Mizoram Kristiante hmachhawn mêk, ‘Zu leh ruihhlo’ that lohna kan hriatte sawi belh ila, a dona kawngah engtin nge kohhranin tûn aia nasain hma kan lâk ang?*

## Zirlai 7

### KRISTIANNA LEH SAKAWLH

#### **Thuhmahruai:**

Zirtirna chi hrang hrang a lèn vèlna Zoram khawvêlah hian, Mizo kristian-te hian a eng hi ngê pawma pawm loh tûr pawh hi thliar thiam a har hle thin a ni. Kan thurin inngahna Bible min zirtir, “Zirtirna tinreng leh zirtirna mak tak len bovin awm suh u,” (Heb.13:9) tih pawh inngah nân leh fîmkhur nâna hmang lovin, a sawi mak leh a sawi hlauhawm thiam apiangte sawi dânin min kaihruai ta mai em ni tih theih a ni. Zoram kristiante hi Pathian Thu leh rinna kawnga kan hriat tâwk lohnate remchangah la a, mihringa “hlauhna” awm ve reng chu hmang tangkaiin, thuhriktu vâk vêl, ‘thlarau lam hriatna bîk’ neia inçhâl kan nei fo thin. Hêng zâwlnei ang lek leka inçhâl, thuhriktute hian mi tam tak an hneh thin a ni. Hengho zirtirnain an lek lâ em em thin chu Sakawlh hi a ni. Sakawlh chungchang leh a kaihnawih hi zan khat zir tura tawi tea han ziaf fiah mai a har hle a, a tangpui lo chhui ta ila. Committee-in UID hmer tela ziaf tura min tih si avângin, tawng dang a tam lo thei lo va, kan hriat thiam a ngai dawn tlat mai.

#### **Sakawlh chu tu nge/eng nge ni?**

Kan Bible-ah hian Sakawlh kan hmuhna langsâr zualah chuan Daniela 7: 3-7 leh Thupuan 13:1-18-te hi an ni.

**Daniela** buah hian sakawlh (sa ropui tak tak) pali tuiptui atanga lo chhuak kan hmu a. Chungte chu:

1. Sakeibaknei ang
2. Savawm ang
3. Keite ang
4. Sa ñhbiaiawm leh hlauhawm tak, tiin a sawi a ni.

**Thupuan** buah hian Sakawlh pahnih kan hmu bawk, chungte chu:

1. Sakawlh ki sâwm leh lu sarh nei
2. Sakawlh dang lei ațanga lo chhuak. A number chu mihring number a ni a 666 a ni.

Bible hian Sakawlh chungchangah hian, ‘chu chu, kha kha a ni’ tiin min hrilh Chiang si lo va. A nihna leh a mizia leh chêt dân ațangin lo en ila:

1. Pathian ang hiala ropui leh chak leh thiltithe, chibai bûk tur hiala inchnâl a ni.
2. Pathian hmêlma lian tling a ni a, Pathian do leh sawi chhiat chu a hna pui ber a ni.
3. Pathian mite tihduhdah, nghaisak, tihlum leh Pathian hnên ata hruai bo.
4. Thilmak tihtheihna leh finrâwl hmanga Pathian mite buma hruai bo.
5. Pathian anga chawimawia, a hmaa kûna chibai bûk tura mi zawng zawng siam.
6. Number a nei a, mihring number (*a number of a man*) a ni a, 666 a ni.

Hmanlai ațang tawhin Mizo kristiante min tibuaitu lian ber te zinga mi chu “Sakawlh” chungchang hi a ni. Sakawlh ni tura kan ngaih leh kan inrinsiakna hi a tak lo lang mai tûr angin miin thiam taka an sawi chuan a awi tâwk leh a pawm tâwk an lo awm ve zêl thin a ni. Sakawlh ni tura suanguahna leh inzirtîrna avangin, Mizo kristian tam tak chu himna zawngin tlangkhatah te an in hâwrkhâwma, a châng leh a hlauhawm lohna tura an ngaih, ram dang-ah te an pêm khawm a, a thenin Kohhran chhûnga awm chu him lovah an ngai a, Kohhran an chhuahsan a, a thenin hming ziak (register) rêng rêng hlau pâwl an awm bawk a ni. Chûng bâkah chuan pâwlho chak tak, WCC, EU, Pope te leh suanguahna- Khawchhak Lungpui lum turte chu Sakawlh lang

turah an ngai bawk. Mahse hei pawh hi tu chiah nge leh eng chiah nge khawchhak lungpui chu sawi fiah thei an vang hle a, a hlau ho pawhin an puh chu a hrang nuai mai a ni.

### **Sakawlh leh UID-in inzawmna a nei em?**

Tûnhnai maiah hian, Sakawlh a an puh hnaih ber chu UID hi a ni. India sawrkar chuan rampum chhiarpui atân leh a ram mipuite himna tha zâwka kalpui a nih theihna turin, India rama mi kum 5 chin chung lamte chu an chanchin bâkah an thlalak te, an kut zungtang 10 thla leh an mitnaute thla lâk tel a ni a. He thlalâk hi UID an tih chu a ni.

### **UID chu eng chiah nge ni?**

UID hi sap tawng a ni a, a hming pum chu ‘*Unique Identification*’ tih a ni. ‘*Unique*’ tih hi dictionary-ah chuan ‘bîk, anpui awm lo’ tihna a ni. ‘*Identification*’ tih chu ‘hriat hran theihna’ tihna a ni leh mai. Tichuan UID (*Unique Identification*) tih awmzia chu ‘Chhinchiahna bîk, anpui dang rêng rêng nei lo’ kan ti tawh mai ang chu. Mi tinin chhinchhiahna bîk (ID) hrang theuh kan nei dâwn tihna mai a ni.

Khawvêl danglam zêlah sorkar chuan a ram mite hriat chian a duh telh telh a. Chhiarpui pawh tunhma aia changtlung leh chipchiara neih a ni ta. UID tih a lo chhuah chhan pawh hei hi a ni. Infosys Company Co-chairman Nandan Nilekani chuan lehkhahu pawimawh tak *The Idea of India* tih a ziaak atângin sawrkar-in he ngaih dan (UID) hi a siam chhuak ta a ni.

### **UID buatsaih chhan:**

- 1) ID Card lem (*duplicate*) lo hluar ta hle mai tih tawpna tur a ni. A lem siam theih a ni tawh lo vang.
- 2) India ram in thlanpui apianga sum tam lutuk a sen ngai ziah hi UID buatsaih fel a nih chuan a ziaawm ang.
- 3) India khua leh tui ni lo, dân lova India rama lo lutte hriat chhuah zung zung theih nâna buatsaih a ni.

- 4) Rawlrala che pawl (*terrorist*)-te zalen taka chettlatna tiṭhuanawp tur atana thil ṭangkai tak tur a ni ang.
- 5) Miretheite tana sum dah hran, dik lo taka mi dangin an dawnsak loh nân (e.g. NREGS).
- 6) Inbumna (hminglem hawh) tihtlem nân leh mi sual zawn chhuah kawnga puitu ṭha tak a ni ngei dawn a ni.

Sakawlh leh UID chungchângah hian Thupuan a mi ‘sakawlh leh a lem chibai bûkin, an chalah emaw, an kutah emaw chhinchhiahna an neih chuan’ (Thup. 13:16) tiha *chhinchhiahna* tih hi UID hlau hote chuan an pawhzawm a, he mi avang hian UID hi chhinchhiahna hlauawmah an dah ta a ni. Thupuan bung 13-ina a sawi chhinchhiahna hi Grik ṭawnga *Charakma* an tih hi a ni a. Charakma tih awmzia chu thingphêk/lungphêk/taksa-a ker, nem kai tihna a ni a, tun laia tattoo angte hi a ni thei ang. Pawn lam lang theia chhinchhiahna a ni.

### **Sakawlh hi Kristiante tân a hlauhawm em?**

Tunlaia sakawlh hlauten an ṭan chhan ber chu, Thupuan bung 13 leh 14-a mi hi a ni deuh ber a. Thupuan bu hi Bible-ah chuan hrilhfiah leh hriatthiam har ber a ni hial âwm e. Thupuan hrilfiahtute hi hlawm thumin an sawi theih âwm e. Chûngte chu tawi te tein lo târlang ta ila.

#### **1. Historicist:**

He ngaih dân zuitute hian Thupuan hrilhâwnkate hi a tam zawk a thleng tawh a, a vâwr tawp erawh a la ni lo, tiin an zirtir a ni (*Kristian Thurin Tlangpui* by Rev. Dr. Raltawnga, *phek 438*).

Hêngho hian, Thupuan bung tam ber, bung tawp lam tih loh chu, kum zabi 1-naa thleng vek tawhah an ngai. Bung 13 leh 14 vela sakawlh hi chu Nero Kaisar-a ah khân an bel hmiah mai. Thupuan hi Historicist-ho ngaih dan kan pawm chuan sakawlh chu a hlauhawm miah lo a ni.

## 2. Futurist:

Hengho hian Thupuan bung 3 piah lama hrilhlâwkna rêng rêngte hi an vai a nih loh pawhin lo thleng tur tam zawk awmin an ring a ni (*Kristian Thurin Tlangpui phek 438*).

Anni hian sakawlh hi an buaipuiin an sawi rapthlak thei hle a. Anni hian ringtute tihduhdahna (Tribulation) hi lo thlen hmian mithianghlim lawr awm turin an ngaia. Chuvangin Ringtu mithianghlimte chu, sakawlh hmanga tihduhdahna hi an tuar dawn lo a ni tih pawmtute an ni. Heti a nih chuan kristiante tân Sakawlh chu a hlauhawm lo tihna a ni.

## 3. Idealist:

Anniho hi chuan Thupuan bua thil thleng hi, thil indawta hun bi neia lo thleng tur zâwngin an ngai lo va, thlarau lam thuchah an uar a. Thupuan pawh hi thil lo thleng tur buaipuina lam aiin, a thuchah an ngaihpawimawh zawk avangin an pawm dan ațanga thlir chuan sakawlh hi hmuh tur a tam mai a ni. Pathian dodalna chi rêng rêng hi an hmu sakawlh tihna a ni.

Thupuan bu hi heng thlirna hrang hrang kan pawm dan azir hian kan hrilhfiah dân pawh a dang thei ngei dawn a ni. Chuvangin, Sakawlh chungchâng buaipuitute pawh hian, hêng pawm dân chi hrang hrang ațanga an pawm dân theuh kha an rawn vawrh lar mai niin a lang.

## Kristian-ten Sakawlh kan ngaih dân tûr

Thupuan bu hian sakawlh chungchâng a sawi ngei a. Setana hmanraw pawimawh leh thiltithei tak a ni tih pawh kan hria. Sakawlh leh Setana leh Sual hi an inzawm reng avangin an hlauhawm vek a ni. Sakawlh hlau viau siin sual kan nêl viau ang tih a hlauhawm hle a, chu chu sakawlh bumna dik tak chu a ni zawk. Sakawlh a lo lan chuan a nih dân tur Bible-in Chiang takin min hrilh a, hetiang laka kan inven fimkhur pawh a tul ngei ang.

1) *Sakawlh chuan thilmak tihtheihnain mi a bum ðhin.*

Thupuan 13:13, 14-ah kan hmuh angin Sakawlh chuan, “*Mihring mit hmuhah vân atanga leia mei tlaktir thei khawp hialin thilmak ropui tak a ti ðhin. Leia awmte hnenah Sakawlh, khandaiha hliam hnu la dama chawimawi nân amah lem an siam tur a ni tih sawiin, Sakawlh mit hmuha thilmak ti tura thu a hmuh, chung thil mak avang chuan leia awmte chu a bum bawka,*” tih kan hmu. Chuvangin sakawlh chuan leia mihring te, ringtu leh ringlotute pawh bum tumin a phi buai hle a ni tih kan hriat a pawimawh.

2) *Duhâмна bawiha tâng tân Sakawlh a hlauhawm.*

Sakawlh chhinchhiahna putute lo chuan tu man eng mah an leiin an hralh thei lo tih Thupuan 13:17-ah kan hmu. Sakawlh hmanraw pawimawh ber chu ‘lei leh hralh’ control hi a ni flat mai. Chu chu mite a bumna ki tûr, kan chak lohna ðheuh a ni. ‘Lei leh hralh’ kan tih hian sum leh pai lam duhâмна (*materialism*) leh thil neih belh chak huam huamna (*consumerism*) hi a kâwkin a lang. Chu rilru chuan Pathian aiin a thil siam an hlut zâwk a ni. Chu chu ‘Paula’n duhâмна hi milem biakna’ (Kol.3:5) tia a sawi nêna inzawm thei bawka a ni.

3) *Nawmsip bâwl ngainatute chu Sakawlh mite an ni ðhin.*

Thupuan 14:4,5-ah sakawlh laka him tûrte chungchâng kan hmu, “*Chûng chu hmeichhe laka intibawlhhlawh lo, invawng thianghlim, Beramno kalna apianga zuitute an ni, mihring zîng ata thlan chhuah, Pathian leh Beramno tân rah hmasate an ni. Dâwt an sawi ngai lo va, hmelhemna an nei hek lo.*” Heng laka fihlim lote chu sakawlh nena inzawm Pathian thinurna tawngbaw tur an ni.

### **Tlangkawmna**

Mizoramah mai pawh ni lovin, khawvelah hian sakawlh inpuhna hi thil thleng ve reng a ni a. Sakawlh hi kan Bible-in a



sawi avângin kristiante tân pawh namnûl ngawt chi a ni bîk miah lova, hlah tur erawh a ni lo. Hlah ai chuan huat tur zâwk a ni. A chhan chu vawiin thlenga ringtute hlahna hmanga bum tuma châng rengtu a nih tlat avangin. Kan Pathian thu hian, hlah tûr hi min hrilh tam vak lo. Lal Isuan, “*Tu nge in hlah tur ka hrilh lâwk ang che u, a tihlum hnu pawha Gehenaa paihna thuneia chu hlah rawh u; a ni, ka hrilh a che u, amah mawlh chu hlah rawh u,*” (Lk.12:4-5) a ti a ni. Lal Isua’n hlah tur dik tak hlah turin min fuih uar hle thung a ni.

Sakawlh chhinchhiahna aia chhinchhiahna nghet leh ropui ringtute chuan kan neih avanga kan hlah lohna chhan tur chu Paula’n ti hian a sawi thung a ni, “*Krista nangmahni nêna min tinghetu leh keini hriak min thihtu chu Pathian a ni; ani chu min chhinchhiahtu leh kan thinlunga zakhamna Thlarau min petu a ni bawka,*” (1Kor.1:21-22) tiin, Pathian chhinchhiahna kan neih thu min hrilh a. Thlarauvin a nemnghet tlat a, a chenchilh zui a ni tih min hrilh bawka. “*Tun achinah chuan tumahin min tibuai tawh suh se; ka taksaah hian Isua chhinchhiahnate ka pu si a,*” (Gal.6:17). Ringtute-ah chuan Sakawlh chhinchhiahna pawhin a tihbuai phak loh, Isua Krista Kraws hmanga chhinchhiahna chu kan thlarauah mai ni lovin kan taksaah Isua neitu chhinchhiahna kan nei a ni. Chuvangin, kan Pathian min chhinchhiahtu leh zakhamna Thlarau min petu hi zah ila, ðih bawka ila, amah chauh hi i chawimawiin i fak zêl ang u.

### **Sawi ho tur:**

*Sakawlh hlawva buai buaite hi mi piangthar an nih i ring em? Eng nge i rin/rin loh chhan. Tin, WCC, Khawchhak lungpui, Chhiarpui (census) leh UID- te sakawlh-a an puha an hlah ðhinna chhan hi eng nge nia i hriat. Engtin nge Kohhran hian kan ðanpui ang?*

## Zirlai 8

### KRISTIANNA LEH ELECTRONIC MEDIA (Elektrawnik Midia) (Genesis 1:28)

#### **Thuhmahruai:**

Pathianin mihring a siama, mipaah leh hmeichhia-a a siam khan; inkawp rem a, inpawh a, thu chhia, thu tha sawi dun a, lêng dun turin a siam a. Khawvel mihringte hi a tirah tawngka maia inbia a, hmaichhana thil inhrilh tawn thin kan ni a. Hmasawna leh changkanna avangin tawngka maia inbe thin kha, hmaichhan mai piah lamah ziak leh chhinchhiahna (*signal*) hmang te, lam hla daiha mi pawh khawl kaltlangin ziak leh tawngin kan inbe chho thei ta zel a. Tunah phei chuan khawl leh hmanraw chi hrang hrang hmangin awlsam takin kan inbe pawp ta zung zung a. Khawvel lehlam atangin khawvel lehlam chanchin te kar lovah kan inhre pawh ta zung zung a nih hi.

Hetia mihringte inbe pawp leh chanchin inhlan chhawng zung zunga kan inzawm hi Pathianin mihringte min siam dan pawh a ni rêng a ni. Heng kan inbiak pawhna leh chanchin kan inhlan chhawna hmanruate hian kan inkar danna tizima min phuarkhawma unaua min siama, hmasawna leh mihring tangkai leh tha lehzuala min siam tur a nih lai hian tun laiah kan inbiak pawhna leh chanchin leh khawvel thil thleng kan inhriat pawh zung zungna leh eng emaw changa kan khawhar hnêmtu leh thâwk kan lâkna leh intihlimna te hian, a ni lo zawnga nasa taka min hruaiin,

mimal, chhungkua, kohhran leh khawtlangin kan chhiatpui dawn dawnna te a lo awm chho ve mek ta.

Chuvangin, keini kristiante hian heng khawl leh hmanraw chi hrang hrang, inbiak pawhna, thil thar kan zirna leh intihhlim nana kan hman (*electronic media*) te hi a hman dan tur dik leh tha kan inzirtir a ngai takzet a ni.

### ***Electronic Media chu eng nge?***

A chungka kan tarlan ang khian ‘electronic media’ chu mihringin chanchin kan inhlan chhawnna, mi dang leh ram dang chanchin kan lo hriat a, kan lo zirna, thu ziak mai piahlama, a lem leh ri hmu tel leh hre tela thawnthu leh lem chan kan lo en a, intihhlimna hmanrua leh khawl thilte sawina a ni. Kan ramah chuan heng radio, television, cinema, computer/internet, telephone/cellphone te hi kan hriat leh hman lar te an ni.

### ***Mihringte tan eng nge a tangkaina?***

Heng ‘electronic media’ kan tih te hian nasa takin mihring te khawsak leh chet vel a ti awlsam a, kan tangkaipui em em a. Chanchin, thu chhia, thu tha inhlan chhawn zung zung nan a awlsamin, a rang zawk a. Chanchinbu mai piah lamah, rang zawk leh chak zawkin Radio, TV leh Internet-te kal tlangin chanchinthar kan hre zung zung a. Harsa taka ‘zualko’ kan tlantirna thinah tunah chuan telephone emaw mobilephone/cellphone hmangin kar lovah thuchhia/thutha kan inhlan chhawng zung zung thei ta. Zirlaite leh thalai zawk tan pheichuan an zirna puitu leh thil thar chi hrang hrang electronic media (elektrawnik midia) hmang hian awlsam takin hmuh leh hriat mai theih a ni ta. Chu bakah kan khawhar min hnemtu leh intihhlimna

atan lem chan leh hmuhnawm chi tinreng mahni in chhung lum atangin kan hmet chhuak zung zung ta a nih hi. Heng te avang hian ‘electronic media’ te hi mihringte khawsakna atana ‘a serh zinga a mei ang’ a lo ni ta hial a, a tha zawng leh a chhe zawng pawhin nasa takin kan nunah nghawng a neiin, a nei chho zel dawn a nih hi. Hetia mihring a nghawng chhoh zel dan hi ngun taka kan zira, kan ngaihtuah a ngai ta viau mai. Electronic Media kan hriat lar leh kan hman tlang lawn deuh deuh te i han zir chiang dawn teh ang.

### ***Radio leh Mizo Kristiante:***

Radio hi kan rama ‘electronic media’ kan hriat hmasak berte zinga mi a ni awm e. Tun thlengin (a bikin hmun kilkhawr leh thingtlang) radio hi kan la hmangin, kan hun hmanna tam tak a la ni awm e. A man a tlawm a, kawlpheha awm lohnaah pawh battery hmangin awlsam takin a hman theih a. Chanchin thar, rimawi, zirna kaihhnawih, mi tinte hriat tur leh khawtlang inzirtirna te bakah Pathian thu leh hla, radio kal tlangin kan dawng reng a ni.

Tunlai khawvelah radio hi mi tam tak chuan kan hnualsuatin, kan ûksâk vak lo mai thei a; mahse radio hmang hian ringtu ten nasa takin rawng kan bawl thei a ni. Hmun khawhar zawk leh kilkhawr zawkah mi tam takin tângkai takin an la hmang a, Pathian thu leh hla thehdarhna hmanraw tângkai tak a ni. Radio-a Pathian thu sawi te, Kohhran thuchah leh chanchin puanzar te, mimal leh zaipawl anga fakna hla puan te, kristian te zirtirna lemchan hmanga puan zar te, radio hmang hian a tih theih vek a, hetiang a kan tih hi rawngbawlna a nih mai bakah, lawmmante a la awm lehnghal a, radio hmanga rawngbawlna hi kohhran leh pawl (FOD) ang pawha hmalakna tângkai leh pawimawh tak a ni tih hi hre thar leh ang u.

***TV leh Mizo Kristiante:***

Kan rama TV heti taka kan hmanna hi hun rei a la ni awm love. Kum 1994-a Mizoram Gospel Centenary kan lawm khan, Zosap Missionary la damte leh mi dang sap ram aṅanga lo kal an awm nual a. Khata kan rama sap lo kalte kawmna (1994 Kohhran Beng Issue thenkhat ah khan hmuh theih a la ni ang) pakhat ka la hriat reng chu TV chungchang an sawina kha a ni. Khatih lai kha kan ramah ‘Star TV’ a rawn lar chhoh ṅantirh leh nasa taka kan hman tan chhoh lai kha a ni a. Kan mikhualte khan chu chu hmuh hmaih miah lovin, *‘Kan ramah TV hi nasa takin kan chhiatpui a, thil ṅha aiin thil ṅha lo zir nan kan ṅhalaiten an hmang a, chuvangin he thil hi lo hmang fimkhur hle rawh u, kan ram angin, in chhiatpui ve ang e,’* tiin min chah lawm lawm a nih kha.

Khawvela tharum thawhna leh inthahna hluarna em em ram ‘America’ a ni tih kan hre ṅheuh awm e. A chhan tam tak zinga pakhat chu TV hi a ni. An rama chhungkaw za zela 99 ten TV an nei a, chenna mumal nei lova awm mai mai tih loh chuan in tinah TV an nei tihna a ni awm e. Chu bakah naupang leh thalai zaa 55 ten anmahni pindan (room)-ah TV a hranpa in an nei bawk. Tin, naupang leh tleirawlten TV-a an en za zela 57 chu tharum thawhna leh inthahna lam hawi a ni, ni khatah darkar 3 aṅanga darkar 5 dawn te TV en nan an hmang bawk a. Hetiang hi a nih avangin naupang leh tleirawlte rilru ah tharum thawh chakna leh pawt tih lohna, tharum thawhna chu thil pangngaia ngaihna nasa takin a intuh niin zir chianna thenkhat chuan a tarlang a, hei hi a pawmawm viau bawk.

Kan ramah pawh kan hman tantirh atanga tun thlengin TV hian kan in chungah hmun pawimawh lai ber (living/sitting room) a luah tlangpui a. Kan hunna hian a zir vang nge, en duh bik nei lem lo pawhin kan en ringawt mai a, kan en nasa hlawm viau mai. A tlangpuiin heng chanchin thar, movie/serial leh programme dang en nana hun kan hman hi darkar 2/3 chu a ni awm e. A hrat zual leh bei ngawrh deuh chuan darkar 5/6 te pawh an hmangin a rinawm (mahni theuh inchhut ila). TV en nana kan hun khawhral hi a uiawm zawnga ngaihtuah chuan uiawm tak a ni. Kan duh zawng a nih chuan hun bi reng kan nei lo va, zanlai kan pel a, kan nunphung nasa takin a tikhaih lak fo mai.

Heti taka khawvelin a buaipui hi, kristiante pawhin ‘Pathian ropui nan leh a rawng bawl nan nasa takin kan hmang tangkai thei dawn’ tih hi hre reng chungin, engtin nge kan hman mek a, kan hman zel ang tih hi ngun taka kan ngaihtuah a tul. Khawvel hmun danga rawngbawl na leh kohhran leh ringtu ten an hman tangkai dan kan hre theuh awm e. Mizoram-ah pawh kristianten kan hmang tangkai chho viau ta e. BCM bikah chuan Communication Department hnuai a peng pakhat Audio/Visual lamin buaipuiin theihtawp chhuahin TV kal tlanga Kohhran chanchin pawimawh puanzar leh rawngbawl na chi hrang hrang a kalpui chho mek a. Tin, hemi bakah hian kohhran leh mimal pawhin Mizoram pum huap ni lem lova, khaw mal (Aizawl, Lunglei, Lawngtlai, Hnahthial etc) huapa local TV kal tlanga rawngbawl na kalpui pawh kan awm awm e. He rawngbawl na hi nasa leh zuala kan uar a, kan programme leh hun hman dante pawh; fiah zawk, hmuhnawm leh en nuam zawka kan buatsaih zel a, TV programme tha leh changkang,

rawngbawlna leh Pathian thu thehdarhna hmanraw tangkai tak ni bawk si te hi kan buatsaih deuh deuh a ngai a nih hi. En tur a tam si a, en chakawm taka kan buatsaih chhoh zel a ṭul takzet a ni.

***Internet/Computer/Smart Phone leh Mizo Kristiante:***

Kan ramah khawhlthluaknei (*computer*) kan hmel hriatna kha hmanni lawk a ni a. Neih chu sawi loh, kan hman ang tih pawh kha kan suangtuah pha meuh lo a nih kha. Mahse tunah chuan kan lo hmel hriatin, office, school leh mahni in lam thlengin kan hnathawhna hmanrua ber a lo ni ve ta reng mai. Computer khawvelah lutin, khawvel pumpui chu khaw/hmanraw chak tak (*internet*) hmanga thlunzawm vek a lo ni ta a, ṭawng ri mai pawh ni tawh lovin, khawvel lehlam atangin khawvel lehlama mite hmel inhmuh reng chungin kan inbe thei ta a. Thiamna a sâng zêl a, phone changkang tak tak a lo chhuak zel a, computer ang thova hman theih phone (*Smart Phone*) te a lo chhuak ta zel a, chu phone-ah chuan inbiakna leh thu inthawna chi hrang hrang bakah, thlalakna leh video thlalakna thlenga awmin, chungte chu kan inthawn kual zung zung theiin, computer-in a tih theih ang tho thil tam tak a ti thei a, kan ramah pawh mi tam takin kan lo nei ta a, kan hmet ta neuh neuh a nih hi.

He hmasawnnain a ken tel pakhat, inbiak pawhna leh thu chhia/ṭha kan theh darhna pawh nasa takin a tipung a, tu pawhin kan hman ang ta sup sup a nih hi. Tin, hmuhdawm en nan leh inkhelh nan te hmangin, a bikin ṭhalaithe chuan computer leh phone hmangin infiamna (*game*) chi hrang hrang kan khel nasa ta viau mai. Chutih laiin a hmang ṭangkaite chuan an computer leh phone te hi thil zir nan leh hna ṭangkai thawh nan an hmang nasain, zirlai tam takin an zirlai thil

pawimawh leh hmanrua atan an hmang bawk. Kan rama kan hmanlar em em; *Facebook*, *WhatsApp*, *Instagram* te chu eng tik lai pawhin kan hmang emaw tih tur a ni a (Upa lam te tan: heng kan han sawite hi kan fate, thalai leh nu leh pa tunlai hmanrua la hmang thiamte'n an chanchin thar, thu leh hla, lekhathawn, thlalak, video te, inthawn kual zung zung nan leh inbiak pawha, inkawm nana an phone leh computer kaltlanga an hman te sawina mai a ni e).

Kristiante tan Pathianin zau zawk leh awlsam zawka rawng kan bawl a, Pathian thu kan thehdarh zung zung theih nan, heng *computer/internet/smart phone* te hi min pe a nih hi. Mi tam takin chutiang chuan t̄angkai takin heng hmanruate hi an hmang a, Pathian thu puanzar nan te, mi lungngai leh mi mangangte tana t̄angkai leh puitu thu leh hla puanzara thawn darh nan te, kohhran leh pawl thu pawimawh puan zar a, inhriattir nan te, kohhran leh a kaihhnawih sawi hova, a t̄angkai zawnga inkawm khawm nan te kan hmang a, a t̄angkai hle mai. T̄angkai lehzualin i hmang z̄êl ang u.

Hetih lai hian heng kan sawi mekte hi a ni lo zawng leh t̄angkai miah lo, mi pawl sawi nan leh keimahni ngei tan pawha tha lo leh hun khawhral mai mai nana hmang kan awm ve tho bawk. Kan ramah mi chanchin tha lo zawnga thehdarh te, mi thlalak an phalna lova lo thehdarh chiam te, thu leh milem zahmawh rawngkai leh bawlhhlawh inthawn nan te hial hmang kan awm avanga, thubuai hial nei eng emaw zat kan awm ta tlat mai. Nupa inthen phah dawn dawna nupa inkar boruak tha lo hial thlen phah te, zanah rei tak tak meng a, zinga tho hlei thei lo te, hurna leh mipat hmeichhiatna tha lo taka min hmantir leh ngaihtuahna



bawllhhlawh min neihtirnate hi kristiante hi chuan i thlentir ve lo ang u. Pathian ropui nan, a thu puandarh nan, thu leh hlaa infuih tawn nan, kohhran leh pawl anga Pathian rawng awlsam zawka kan bawl theih nana thu chhia/ṭha inhriattir nan leh thu ṭangkai sawi ho nan i hmang zêl zawk ang u!

Bible chang kan tarlanin a sawi ang khian, mihringte hi thil siam zawng zawnga chungnung ber leh ropui bera siam kan ni a. Kan kutah thil siam dang enkawl leh kan mamawh ang zela kan hman a, rem hriatna leh finna pek kan nih anga thil siam hlutna leh hman ṭangkaina hmuh chhuah theihna leh thil siam thiamna pek kan ni a. Chung kan thil siam chhuah, hmanrua leh khawl (Radio, TV, Computer, Smartphone, internet etc.)-te chuan min thununin min kaihhruai tur a ni lo. Mihring kan nih anga kan ni tin nun leh khawsak kawnga awlsam zawk leh ṭha zawka kan awm theihna tur leh kristian kan nih anga kan thlarau nun leh inpawl hona atana ṭangkai/changkang, awlsam leh sâwt zawka kan awm ho theina tur atana kan hman tur a ni zawk a ni.

***Sawi ho tur:***

*Mizo Kristiante zingah Electronic Media hi a ṭha zawnga kan hmanna nge, a ṭha lo zawnga kan hmanna tam ang? Ṭangkai zawk leh ṭha zawkin engtin nge kan hman theih ang? Smart Phone/Social Media-te hian ringtu mimal nun leh kohhran leh pawl ho (FOD)-ah te eng angin nge nghawng a neih?*

## Zirlai 9

### KRISTIANNA LEH NIHNA INANG INNEIH

#### **Thuhmahruai:**

Anpui kawp emaw, anpuite nena mipat hmeichhiatna hman hi hmasâng aṭanga lo awm tawh ṭhîn a ni nain, anpui nena inneihna tak tak hi chu thil thar deuh a ni. Khawvêl danglam zêlah ram ṭhenkhatah chuan anpui nêna inneihna hi sawrkâr leh kohhran pawhin a lo pawmpui ṭan ta a. Mizote zîngah pawh he thil hi kan buaipui hun a la awm ve mai dâwna rinna a lo awm tâk avângin kohhranten engtin nge kan hmachhawn ang tih hi zawhna pawimawh tak a lo ni ta. Tawi têa ziah erawh a har hle.

#### **1. A lo chhuah dan:**

Anpui nena inneihna (*same sex marriage*) chungchâng kan sawi dâwn chuan, a aia bul deuh, anpui nena inkawpna ‘homosexuality’ hi sawi hmasak a ngai âwm e. A tawi zâwna sawi chuan, *homosexuality* (homoseksualiti) chu mipa nihna leh hmeichhe nihna kawnga mahni anpui nêna inngaihzâwnna emaw, chutiang mi nêna mipat hmeichhiatna hman châkna emaw, hman emaw hi a ni. Anpui kawpte zînga rawngbâwltu NGO hrang hranga thawkte kawmna aṭanga a lan dânin, anpui kawp hi Mizo mipa zîngah leh hmeichhe zîngah pawh an tam hlê tih hriat a ni.

*Homosexuality* chungchângah hian hriatthiam ngai leh thliar hran ngai tak tak a awm a, chûng zînga pahnih chauh chu lo sawi ta ila:

Pakhatnaah chuan, ‘mipat hmeichhiatna’ (*sexuality/sexual orientation*) leh ‘mipa nihna leh hmeichhe

nihna' (*gender identity/social gender role*) hi thliar hran a ngai hlê. Mipa thenkhat chu, pianphung, chezia, leh rilru chhông rilah mipa nihnaa buai hauh lo, mipat hmeichhiatna kawngah erawh chuan mahni mipatpui ít tlat an awm thei a. Chutih rualin, rilru putzia, aw chhuak leh chezia-ah hmeichhia ang tak, mipat hmeichhiatna kawnga buai lêm lo an awm thei bawk a. Miten 'tuai' ang deuhva an hmuh, nupui fanau hlawhtling taka nei pawh an awm thîn. Chutih laiin tuai thenkhat chu an mipat hmeichhiatna nun (*sexual orientation*) ah pawh pângngai lo tak an awm tho bawk.

Hmeichhiaah pawh chutiang tho chu a ni a. An hmeichhe nihna (*gender identity/social gender role*) lamah chuan hmeichhe dang ang lo deuh, mipat hmeichhiatna kawngah erawh chuan danglam chuang lêm si lo an awm thei. Thenkhat hmeichhe pângngai tak, mipat hmeichhiatna kawnga danglam tlat an awm thei bawk.

Pianphunga mahni mipatpui ang lo deuhthe leh mahni hmeichhiatpui ang lo deuhthe hi a pângng a taka hmuhsit ngawt tûr an ni lo va. Pathian duh loh zâwng sual an ti a nih loh chuan, keinin kan lo dem ngawtna tûr a awm rêng rêng lo. Chhawn chhah emaw, fuihpawrh emaw pawh a ngai hek lo va, pângngai taka en hmiah tûr an ni.

Pahnihnaah chuan, anpui nêna mipat hmeichhiatna 'hman châkna' (*sexual attraction*) tih leh 'hman' (*sexual act*) te hi thliar hran leh deuh a ngai ang. Sual a nih leh nih loh chungchângah pawh bâwm khata khung mai chi an ni âwm lo ve. Bible-in a sawi lan fo chu, 'hman châkna' emaw 'îtna' emaw ni lovin, 'hman' (*sexual act*) hi a ni.

## **2. Ngaih dan siam theitu thil thenkhat:**

Anpui kawp chungchâng leh anpui nêna inneihna chungchâng kan zir dâwn chuan, hênghote hi hetiang an lo nih 'chhan' hian pawimawhna lian tak a neiin a rinawm.

Awm herh vâng hrim hrim ni ta se, anmahni kan ngaih dân tûr chu kawng khat a ni ang a, rilru emaw taksa lam emaw natna (*pathology/disorder*) vâng ni ta se, anmahni kan ngaihdân a dang leh thei ang a, Pathianin a siam dân rêng ni ta se, ngaihdân a dang leh ngei baw k ang. Chutiang chu a nih rualin a chhan chiang taka mal man fak erawh chu a har hle. Engpawhnisê, kan ngaih dân siam thei awm deuh deuh thil (*factors*) tlem a zâwng chu lo thlîr ho rêng rêng teh ang:

2.1. *Genetic Factor*: Kum 1993 khân U.S. scientist-te research thil hmuh chhuah tlawh chhanin, homosexual-te homosexual nihtirtu genetic factor chiangkuang ang reng tak awm anga puanzâr a lo ni tawh a. Hemi hnu hian, London-a Charing Cross Hospital-a professor pakhat Richard Green chuan, homosexual-te kutzia (*finger print*) a danglam bîk thu a puang ve leh a. Nimahsela, 1999-a University of Western Ontario-a scientist-ten research lian tham zâwk an neih hnua an thil hmuh chhuah an puan chhuah dân chuan, ‘gay gene hran a awm lo ve’ tih a ni leh ta daih a.

Hetiang a nih mêk lai hian, 2004 khân University of Podova, Italy-a scientist-te chuan, homosexuality hi inthlah chhâwn theih niin Royal Society’s Biological Sciences journal-ah an rawn chhuah ve leh thung a. Hei hi ‘gene vang a ni e’ tihna lam hawi a ni leh thung a ni. Amaherawhchu, hei pawh hi mi zawng zawngin an pawm chuang lo.

*Scientist-te pawh an thu a rual tak tak thei lo.* Chutih laiin, American Psychological Association chuan, “Kan thil tih tûrah chuan duhthlanna hmang thei mah ila, kan nihna (*sexual orientation*) ah chuan duhthlanna kan nei lo,” an lo ti ve mêk baw k.

## 2.2. *Psychological Factor:*

Tûnlai mi thiam, rilru lam *scientist*-te chuan mipat hmeichhiatna kawnga kan nih phung (*sexual orientation*) siamtu hi thil pakhat mai ni lovin, thil hrang hrang inkûngkaih tawn thei niin an ring a. A pawimawh zualah chuan, kan nun chhehvêl (*environment*) te, *cognitive factors* (hriatna/rilru lam) te leh *biology* (entirnân *genetic factor*) te a ni a. Chuti a nih chuan rilru lam hian kawngro a su tel ve ngei niin a lang a, naupan lai aţanga mihring ţhan len dânah, rilru chhûngrila thil lo intuh khâwl hian pawimawhna tak chu a nei ve niin an ngai.

## 2.3. *Social Factor:*

Mizote zîngah anpui kawp tih te, tuai/pherh leh patil tih te hi tûn hnaiah hian a hluar thar hlê niin a lang a. Chu chu eng vâng nge ni ang? Pakhatnaah chuan hmanlai angin danglam bîk hlauhna hi a lian tawh lo va, mahni nih ang ang zahpui lohna khawvêlah kan chêng ta a. Chu chuan a tihuangtau theiin a rinawm a. Pahnihnaah chuan ngaihsâna hian nasa takin kan nun a hruai thei bawk a. Mi ţhenkhat rin dân chuan, Korean *film* kan en nasa a, an mipaho nu zîm zêm, kan ţhalaiten an ngaihsan aţang hian pherh hi a lâw ta hle a ni. Pathumnaah chuan infuihpawrh leh intihhmuh thil a ni ve thei bawk ang. Nula pakhat chuan, “Nulaho hi pherh tihluartu lian tak kan ni. Pherh hi kan lâwm a, kan kâwm peih êm êm a. Kan bâwl a, kan chhawncchhaih a, kan fuihpawrh alâwm,” a ti.

## 2.4. **Bible-in a Sawi Dân:**

Ringtute tân chuan Bible-in a sawi dân hi kan thu lâkna ber tûr a ni. Bible-ah hian *homosexuality* lam hawi a sawina anga ngaih theih zînga a Chiang leh hriam zual

deuh deuhthe chu Gen. 19:1-11, Ro. 20:22, Lev. 18:22; 20:13, Rom 1:26-27, I Kor. 6:9-10 leh I Timothea 1:9-10-te an ni a. Hêngte hi chipchiar deuh hleka zirho a châkawm hle nain, tûn ÷umah hi chuan kan zir ho vek hman dâwn lo va.

Heng thute mi thiam tam takin an khai khâwm dan chuan: Bible hian an pianpui zia (*homosexual orientation*) tak kha chu engti zâwng mahin a sawi lang lo va. A taka hman chhuah dân (*homosexual behaviour*) erawh chu a sawi ngei a. Bible-in chiang taka a paihtlâk leh a dem chu milem biakna nêna inkungkaihna neia mipa leh mipa inpâwna leh inzawrhna (*homosexual cultic prostitution*) a ni ber a. Chu'ng bâkah chuan intihluhna (*homosexual rape*) leh hleihluaka tenawm taka chêtate a dem leh a. Chu'ng bâk chu *homosexuality* hrim hrim a hranpa takin a sawi lo.

Chuti a nih chuan mipa leh mipa, hmeichhia leh hmeichhia, inhmangaih tak leh tuang ÷ha taka inkawp hi Bible-in a remti tihna em ni ang? A chung Pathian thu hmun hrang hranga mi kan han târlan tâkte khi hriattthiam dân leh sawi fiah dân hrang hrangte chu awmin, 'Bible hian *homosexual relation* tuang pângngai tak hi chu a lo sawi chhe lêm lo a nih hi' pawh ti ila, Bible hian *homosexuality* a sawi mawi tihna chu a ni chuang rêng rêng lo.

A ÷ha zâwnga a sawina khawiah mah kan hmuh loh laiin, a chhe zâwnga a sawina nia lang erawh chu kan hmu nual a, hrilhfiyah dân a zirin mi ÷henkhatin an sawi pial deuh tihna chauh a ni. Chutih laiin, mipa leh hmeichhe kâra inlaichînna leh mipat hmeichhiatna lam hawi erawh chu

hmun tam takah a tha zawngin a sawi si a (entirnan, Gen. 1:28; Mal. 2:15; Matt. 19:5; I Kor. 7:3-5).

Tin, anpui kawp chungchânga ngaih dan siam tûr hian Bible-in anpui kawp chungchâng a sawina lâwng lâwng ringawt zir hi a tâwk lo deuhvin a rinawm a. Mipât hmeichhiatna lam thua mihringte awm dân tûra Pathian duh dân leh ruahman dân pumpui en chung a ngaih dan siam hi a him zâwk âwm e.

Pathianin mihring amah chauhva awm chu tha ti lova a kawppui âwm mi a siamsak khân, mipa dang siam belh lovin hmeichhia a siam a. Chu chu mipa tân ‘a kawppui âwm mi’ a ni. Tin, mipât hmeichhiatna hman pawimawhna lian ber pakhat chu chi inthlahna a ni a; mihringte hi inthlah pung zêl tûra Pathianin a duante kan ni a. Chu chi inthlahna chu mipa leh hmeichhe kârah chauh a hlawhtling thei bawk a ni. Tin, inneihna Bible-in a sawi lan rêng rêng chu mipa leh hmeichhe inneihna vek a ni a.

Inneihna hi Bible-in thuin a sawi mawi mai ni lovin, Isua ngei pawhin a telpui a, a thil mak tih hmasakna ber pawh a ni nghe nghe a. Hetih lai hian anpui nêna inneihna a pawmpui anga ngaihzâwn theih tûra sawi lan rêng rêng a awm lo. Thil dang tam tak sawi tûr a awm ang a, sawi vek loh pawhin kan fiah thawkhat vek âwm e.

### **Eng tin nge ni ta ang le?**

Khawvêlin a kalpui dân leh ram thenkhata sorkar leh kohhranin a pawmpui dânte chu hriat zau nân leh, eng emaw chena kan mihringpuite hriatthiamna kan neih nân han zir zau ve thin bawk mah ila, ringtute chuan Bible zirtîrna hi kan innghahna ber tûr a ni a. Pathianin atîra

inneihna a lo ruahman leh a hnu zêla kan Pathian thuin inneihna a tih chu mipa leh hmeichhe inneihna vek a nih avângin, hei hi kohhranin inneihna a hriatpui theih leh a pawmpui theih chin chu a ni.

**Tlangkawmna:**

Sawi dân, hmuh dân leh ngaih dân hrang hrang a awm zêl thei ang. Hêng zawng zawngah hian a pawimawh ber chu Krista rilru pu chung a thianghlimna duh a, khawngaihna ngah bawk siin he harsatna hi kan hmachhawn a tûl a ni. Kan thil ngaihtuah hi natna emaw, *technology* emaw, sum emaw, zu emaw pawh ni lovin, mihring an ni tih theihngihl lo ila. *'Mi tin engtia chhân theuh tûr nge ni tih in hriat theih nân in tawngka chhuak chu, chia al, khawngaihna tel ni fo rawh se'* tih a nih kha.

**Sawi ho tur:**

*Anpui inneihna hi kan sawrkar hian pawm ve ta se la, kohhrante hian engtia dawnsawn tur nge ni ang a, Mipat hmeichhiatna kawnga danglam (homosexuals) te hi kohhrante hian engtia puih leh kaihhruai tur nge ni ang le?*



## Zirlai 10

### KRISTIANNA LEH YOGA

#### **Tunhmahruai:**

Kan hmel hriat em em loh, kan ngaihven ngai pawh ni lo 'yoga' an tih hi a lo lar ta viau mai a, a hming ngau ngau pheih hi chu Mizo zingah hre lo kan awm awm lo ve. A nihna chiah erawh chu kan hre chiang vek lem lo mai thei. Kristiante zingah mi thenkhat chuan yoga hi an hmu khawbaw hle a, Setana hmanrua, Setana lam thil Kristiante hmelma, Kristianten kan tih ve hauh loh tur, thil hlauhawm tak niin an ngai a. Thenkhat erawh chuan yoga hi taksa insawizawi nan te, rilru lam sawizawi nan te thil tha tak niin hriselna leh dam reina min pe theitu niah an ngai a; hman dan a zira Kristian sakhuana nen pawha inkalhna nei em em lo, Kristiante pawhin kan chîn ve atana thil tha tak niin an ngai ve thung. Hetianga yoga chungchanga ngaih dan inkalh tlat mai a awm lai hian Mizo Kristiante hian yoga hi engti angin nge kan en ang? Kan chîng/ti (practice) ve mai dawn nge, Setana hmanrua nia ngaiin kan do bur mai dawn, tih te chu thil sawi ngai tak a lo ni ta a. Beirual Thuzirah hial seng luh a lo ni ta a nih hi.

#### **Yoga a lo inñan dan:**

Yoga hi chi hrang hrang a tam hle a, a tum leh kawh te, a huam chin leh a nihna te pawh a danglam nasa hle a, chuvang chuan, yoga hi eng nge a nih chiah tih hi tawitea sawi theih a ni meuh lo. Lal Isua pian hma

kum sang hnih hma lam daih tawhah khan yoga hi India rama chêngte khan an lo ti (*practice*) thín niin a hriat theih a. A hun a rei tawh em avangin eng ang chiahin nge an tih Chiang taka sawi a har hle. Lal Isua pian hma kum sangkhat velah India ramah Aryan-hote an lo lut a, anni hi Hindu kan tih ho hi an ni. Heng Aryan-hote hian India rama an rawn luh tirh kha chuan yoga hi an la ti ngai lo niin a lang a, an sakhuaaah pawh a la tel lo tih a hriat theih. Mahse, zawi zawiin India rama lo chêngte sakhaw tih dan leh rin dan kha an la chho ve zel a, hun rei fe hnuah chuan yoga pawh chu Hindu sakhuaah seng luh a ni ve ta a. Hindu sakhaw hruaitute chuan yoga chu an chawi lar ta hle mai a, nasa taka develop-in mumal takin an kalpui ta a, '*yoga philosophy*' hial din chhuakin an sakhuaah yoga chuan thûk takin hmun a khwar ta a ni. Tichuan, yoga chu Hindu sakhua leh thlarau lamah thil pawimawh tak a lo ni ta a ni. Hetih lai hian Buddhist leh Jain-te pawhin anmahniin yoga hi an nei ve tho a, Hindu ta bil bik chu a ni chiah lo, tia sawi theih a ni awm e.

### **Yoga chi hrang hrang:**

Hindu-ten yoga an tihah hian taksa hrilsel neihna te, rilru engthawl leh hahdam neihnate leh thlarau lama hmasawna leh pathian hnen thlen na – chhandamna neihna te a tel a. Hengte hi miin a neih theih nana taksa sawizawi te, rilru sawizawi te, ngaihtuahbingna (*meditation*) neih te, nun dan tha dik neihte chu yoga chuan a zirtir ta a ni. Chuvangin Hindu yoga hian keinin thlarau lam kan tih chauh ni lovin kawng hramg hrang a huam a ni. Yoga hian Hindu thlarauna lamah hmun pawimawh tak a luah a, Hinduten chhandamna an chan theih nana kawng

zawh tur pawimawh tak niin thlarau lama hmasawn nana puitu t̄angkai tak nia ngaih a ni. Yoga hi chi hrang hrang tam hle a, mahse, lian puipuiin chi hnihin a t̄hen phawk theih a – *Meditational yoga* leh *Postural yoga* tiin. *Meditational yoga* kan tihah hian taksa insawizawina lam ni lo, thlarau lam kawng zawh tur chi hrang hrang te, thlarau lam hmasawn nana ngaihtuahbingna (*meditation*) te a huam vek a. He yoga hian taksa sawizawina lam a uar lo. *Meditational yoga* hi a thlarau hle a, Hindu thlarauna lairil a ni e, ti ila a dik thawkhat ang. *Meditational yoga* hi taksa hrisel nan emaw, nalh nan emaw a tih t̄hin a ni lêm lo, thlarau lama hmasawna tur leh Hinduism-in chhandamna a zirtir thleng turin he yoga hi miin a practice thin a ni. *Meditational yoga* hi tunlaia khawthlang ram hrang hranga yoga an chin t̄hin lar ber a ni lo.

Tunlai khawvela miin yoga an hriat lar ber chu *Postural yoga* an tih hi a ni. *Postural yoga* hi a hming ang deuh hian taksa bung hrang hrang siksawi kual vela tih chi a ni. Taksa dah dan tur chi hrang hrang, a t̄hen phei chu harsa ang reng tak takte an duang chhuak a, chutiang hmang chuan taksa leh rilru sawizawi an tum a ni ber. *Postural yoga*-a thil pawimawh tak pakhat chu thâwk luh leh thâwk chhuah thunun (*control of breath*) a ni. Awmze nei taka thâwk lâk dan thunun hian rilru, taksa leh thlarau lamah nghawng t̄ha tak a nei niin an sawi. *Postural yoga* lar ber chu *Hatha yoga* a ni. *Hatha yoga* a t̄anga siam chhuah yoga chi hrang hrang tam tak a awm a, chungte chu tunlaia khawthlang lamin yoga an hriat lar ber berte an ni. Taksa leh rilru sawizawi nan te, natna chi hrang hrang enkawl nan te, rilru hahna leh thawpikna chi hrang

hrang laka zalên nan te, taksa tichaktu atan leh tinalhtu atan te *Postural yoga* hi an hmang nasa hle. A thlarau lam zawng pawhin nasa taka hman a ni a, chutih lai chuan mi tam takin thlarau lam tel lovin ‘insawizawina chi khat’ ang deuhin *Poatural yoga* hi an hmang ve bawk.

### **Yoga chungchanga ngaih dan chi hnih:**

Kristiante zingah yoga chungchangah hian ngaih dan chi hnih inkalh tlat a awm a. India rama Kristiante zingah chang ni lo khawvel hmun hrang hranga Kristiante zingah yoga chungchangah ngaih dan inkalh tlat a awm a. Kristian tam takin yoga hi taksa leh rilru hrilsel nana thil tângkai leh thlarau lam thleng pawha pui theitu nia ngaiin an ti (practice) thin a. Yoga chu Bible mil tura her remin ‘Kristian yoga’ an duang chhuak a, chu chu taksa, rilru leh thlarau lama chakna leh hriselna petu atan tângkai niin an hria a ni. An tih dan tlangpuiah chuan yoga-in a ken tel tñenkhat – taksa sawizawina (*body posture*) lam leh thâwk awmze neia lâk (*breathing exercise*) leh ngaihtuahbingna (*meditation*) neihte chu a Hindu sakhuaana leh thlarauna tel lovin Kristian zirtirna leh Bible nena inrem turin an kalpui a, chu chu ‘Kristian yoga’ tia vuahin khawthlang ram Europe leh America ramahte Kristian tam takin an ti (*practice*) thin a ni.

Hei bakah hian yoga hi exercise chi khat ang deuhin an hmang a, sakhuaana lam va ngaihtuah chuang lovin yoga-in taksa sawizawi dan tur chi hrang hrang a duan chhuahte chu taksa leh rilru sawizawi nan an lo hmang ve a. Doctor-te pawhin an damlo enkawl laite yoga hmanga exercise la turin a rawn ve bawk tñin. Hetiang hian yoga hi Police trining-naah te, Medical

training-naah te, Officers training-na chi hrang hrangah te an ti (*practice*) nasa hle.

Hetih lai hian Kristian tam takte chuan yoga chu Hindu sakhuaana nena inzawm tlat, thliar hran tak tak theih loh, Hindu thlaraunaa bet tlat niin an ngai ve thung a. Chu mai pawh ni lovin Setana hmanrua, Kristiante min beihna hmanraw hlauhawm tak a ni a, Kristiante tan tih chi hauh loh, a doa do zawk tur niin an ngai ve thung. Yoga ni lo taksa leh rilru sawizawina tur tha tak tak a tam hle a, Hindu yoga hmang khera Kristianten taksa lo sawizawi kha tulin an hre lo a ni. Tin, Yoga lo tih-Kristian tum pawh chu thil tih theih tak takah an ngai lo. Yoga hi Hindu pathiante nena inzawm tlat a nih avangin yoga ti (*practice*) thin chuan Hindu pathian an bia a ni, tih ngaih dan nghet tak an nei.

### **Mizo Kristiante leh Yoga:**

Keini Mizo Kristiante hian yoga chu eng angin nge kan lo ngaih ve ang? tih hi lo sawi dawn ta ila.

1. Yoga hi Kristian sakhaw lam thil a ni lo a, kan Pathian thua awm ve reng a ni lo. Mosia Danah pawh a tel lo va, Thuthlung Hlui zawlneite thuchah zingah pawh a tel lo. Lal Isua zirtirnaah Yoga chungchang hi a awm awm reng kan hmu lo a, Paula leh zirtir dangte lekhathawnah pawh Yoga lam zirtirna hi a lang bawh hek lo. Sakhaw dang thil a ni a, an thlaraunaa bet tlat Pathian chhandamna an thlen theih nana an kawng zawh tur pawimawh tak nia an inzirtir a ni. Chuvang chuan, Kristianten kan lo hman ve leh lo tih ve a tulna a awm lêm lo.

2. Hmun tam takah yoga hi sakhuana tel loin taksa leh rilru sawizawi nan te, natna chi hrang hrang enkawl nante leh training-na chi hrang hrangah an hmang nasa hle tih kan hria a. Hetianga hmang tur pawh hian Kristiante kan fimkhur a t̄ul hle ang. Taksa insawizawina chin leh a thlarau lam chin thliar hran thiam hle a t̄ul a, Hindu yoga instructor hnuaiyah chuan yoga hi tih loh a him ber ang e. Mi tam berin a Hindu sakhuana chin leh a exercise chin hi kan thliar hrang thei dawnin a lang lo va, yoga hi tih loh tawp hrim hrim hi a him ber ang. Yoga lo hi taksa leh rilru sawizawina t̄ha tak tak a tam mai a, kan taksa leh rilru sawizawi a, hriselna neih kan duh a nih pawhin yoga ni lo thil dang tih tur a tam mai.

3. Hindu sakhuana thehdarh tumtu pawlten yoga hi hmathehah hmangin Kristian sakhua min eichhiat an tum niin a lang a, chuvang chuan Mizo Kristiante kan fimkhur a t̄ul hle. Europe leh America ramahte Hindu pawl hrang hrangten yoga hi an sakhaw vawrh darh nan an hmang nasa hle a, Mizoramah pawh hian he yoga vek hi Hindu sakhaw tih lar nan leh vawrh darh nan hman an tum ngei ang tih hria ila; yoga chung changah hian i fimkhur ang u.

4. Mizoram Baptist Kohhran chuan Lal Isua Chanchin tha hril darhin, ringlo mite ringtua siam zelin, sakhaw dang betute pawh Krista hnenah hruai zelin, khawvelah hian Pathian ram tizau zel turin hma nasa takin a la m̄ek a. Mission rawngbawl hna hi hna ropui ber leh pawimawh berah BCM chuan a nei a. Yoga neitu Hindu-te pawh Krista zuitua siam zel turin nasa takin a bei

mêk a ni. Hetih lai hian Hindu sakhua leh thlaraunaa hmun lairil luahtu pakhat, yoga hi kan lo tihpui ve mai chuan, kan mission pawh hian a ÷ huanawp phah thei ngei dawna a lan avangin BCM chuan a member-te chu yoga laka inthiarfihlim tur hian a duh a ni.

***Sawi ho tur:***

*Hindu pawl hrang hrangte hian yoga hmang hian an sakhua leh culture vawrh darh an tum nasa hle niin a lang a, Mizo Kristiante hi hetiang kawngah hian engti anga lo inven tur nge ni ang? Sakhaw dangah hian Kristianten kan entawn tur leh kan zir ve tur thil ÷ha awmin kan hria em? Chutiang chu lo awm ta se, tih ve a sualin kan hria em?*