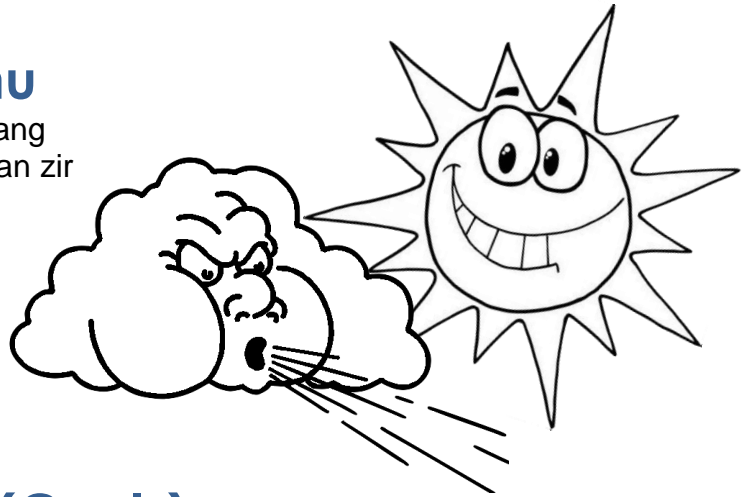




ZIRLAI 9-NA THANG TURA THUNUN

Thli leh Ni Thawnthu

He thawnthu aṭang hian naupang
thunun chungchang engnge kan zir
theih?



Thununin Atum te (Goals)

Chhiar tur: 2 Timothea 3:16-17.

ZIRTIR: Pathian dan anga hlawhtling turin _____
min pui

ZILH: Kan nungchang ṭhalo lakah (*Pathian dan kalh*)
_____ min pui

THIAMLOH CHANTIR: Kan mizia danglam turin _____
Pathian dan hmangin min pui

FELNA ZIRTIR: Kan dinhmun a hlawhtling turin _____ min
pui

Thununna chu engnge ni?

A bulberah chuan thununna chu _____ emaw
_____, NI LO _____.

Thu dahna:

Zilhna
Hmalam hun
kaihhruaina
zirna
hremna
remṭha
hrethiam



“Engvang Nge” Tih Zawt Fo Ang Che

Engvang nge tih naupangte zawh fo na hian nungchang tha an neih theih nan tuna an mize thalo putna lakah a pui.

Naupangin mize thalo a nei hi a chhan leh vang engnge ni ang?

Heng avangte hian inang vekin I thunun ang em? Engvangin nge I tih ang emaw, engvangin nge I tih lohvang?

Leilung dan anga a hnuaia nungchangte zuitu/hnuleh tur engnge ni ang?

- I fain a tukthuan inah a theihngilh.
- I fain a farnu pawisa a ru.
- I fain zana zun a cheh avangin a thawmhnaw a thukru.
- I fain in mikhual chu I rimchhia a ti.

Naupang zinga nungchang thalo common deuhte engnge ni?

Thlan Tur

Naupangin thil a tih apiangin thil tha leh tha lo ti turin duh a thlang thin. A mizia atan thutlukna a siam a ni tih hre tur leh eng mizia pawh hian hnuleh a nei tih hrethiam turin nu leh paten an pui tur a ni.

A Hnuleh

Hnuleh thil hi thil chiang, mizia nena inkungkaih, awm leh zah phu a ni tih chiang taka hriattir hi nu leh pa mawhphurhna a ni.

Chhunzawm zel

Chhunzawm zel awmzia chu, naupangin chungchang tha lo a neih apiangin, chauh lai emaw, remchan loh lai pawh ni se a thunun zel tur a ni.

Rehna (Calmness)

Nu & paten fate an thunun dawn apiangin, boruak daih leh thinrim reh hnu, awmdan pangngaia awm hnua thununna hun a zawng tur a ni.





Thunun Hnua Siamthat Lehna

Chhiar tur: **2 Korinth 2:6-9**. He bible changah hian naupangte nena bible tih dan kan zui theih tur kan hmu.

1. Hremna chu a tawh tawh!
2. Ngaidam rawh.
3. Thlamuan rawh.
4. Amah inhmangaihna tinghet rawh.

2 Korinth 2:6-9

Chutiang mi tanchuan mi tam takin an hrem chu a tawh tawh a ni. Chutichuan, hrem leh tawh ahnekin in ngaidamin in thlamuan zawk tur a ni; chuti lo chuan, eng emaw tiin mi chutiang chu a lungngaih lutuknain a lem zo dah ang e. Chumi avang chuan ama lama in hmangaihna chu tinghet turin ka ngen a che u.

Chi: Sodium Chloride Inbuk tawh

Chhiar tur: **Efesi 6:4**.



Efesi 6:4

Tin, nangni pate u, infate tithinur suh ula, Lalpa thununnaah leh zilhnaah chuan enkawl zawk rawh u.

Kan fate kan thunun hian hmangaihna inbuk tawh practice tur leh siam tha tura koh kan ni.

Thunun Nasa Lutuk



Naupangin zahna, mualphona leh taksaa hremna a a takin a tawng thei

Thununna Inbuk tawh Focus



Naupangin fuihna, mahni inthunun theihna leh zirtu ni a thinlunga danglamna a tawng thei

Phal leh lutuk



Naupangin a ngaihna hriat lohna, him tawh lohna leh chehvel thunun theih lohna a tawng thei