

tading hi a maw, chi pawl bang a um uhi. Mihil asiem mama ua, mite lungtang zong a thei chien uhi achi uhi.

**6. Financial:** Tutung Sunday School Training na ding toh kisai sum leh pai Mizoram Synod tuoh ding dan in Upate leh Lamkai khenkhatten angaituo ua, sem khawm hina pen suhlatna dingin Mizo Synod ten Resource Personte Lena leh DA ang piesah a, tuachin apie ban ah Training ding toh kisai sum senna zousie eima tuo ahi hi.

**Differences:**

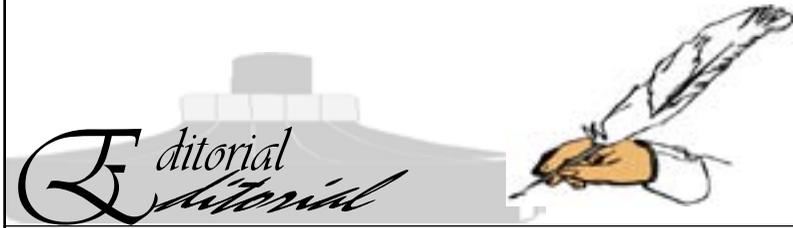
- 1) Mizo Synod in Sunday School inn atuom in anei chiet uhi.
- 2) Sunday School enkol dingin Sunday School Committee Local level ah anei uhi.
- 3) A lawchingsahtu ding leh a enkol dingin Suprintendent Local chin in anei uhi.
- 4) Sunday School Teacher Training kum ni dan in

aneu ua, Training zou loute Sangsye in a zang ngaisih uhi.

- 5) Piching Sunday School zong group neu nounou a khen in Sangsye atuom chiet in anei thou uhi.

**Conclusion:**

Tam Training lawchingtah a nei ahi na dingin Partnership Consultant Rev. J. Lalremsiama in Training Programme Honna anei a, tuachin Programme pat ahia sun nitum in Training Programme zah ahia, Training sung in Projector zang in Mizo Sunday School Union te panlah dan leh a Sunday School kaidante uh et ahiban ah, Sunday School naupangte Interview abawl nate uh zong munop huoi in a khantou huoi mama hi. Tuachin Zou Synod Moderator Rev. Lamsuanthang in kipahpina in Puonlaisan khat tuoh pie in, maban a apeizelna ding te uah thumsah kawm in Sunday School Training akhah ta hi.



Khristian Tangkou Simtu zousie Mangpa Jesu min in chibai hoitah ka hing buh hi.

Kum top kuon ang nai ta a, Mangpa hoi hi chi lungsim a gel chiet va ui.

Mangpa na tung a ahoi nate na ngaituo ei ma, i gam Manipur gam leh Churachandpur District sungte i etleh beidonna Sashi leh Economic Blockade chi te a tam mama hi. Ahin tuate tengteng pel in Mangpa i tung ua ahoi nalai mama hi. Innsung buoi leh hasa Shina leh Lusun na ten ahing buoh khum hi. Ahin gingtute vang tam ka tenna leitung pen ka khuolzinna ahi chi in koidan siem va ui.

Mangpa hoi hi na tung a ahoi hi chi pom ngam in tua hileh na gintat phahlou guolzawlina zong ahing pe nalai ding hi.

Mangpa na tung a ahoi hi chi na theichet deudeu leh lungletna na nei ding hi. Lunglien ten mi hoina ding a bawl hi. A zieh ahileh nangma na ki it bang in na inn veng te zong it in chi thupieh ihi uh. Tam thupie hinna tha neite a ding a apoimaw pen ahi. Tua ahi ziehin Mangpa hoina sulang thei zing dingin Pasian kung a thu chiem in Pa Pasian guoljawlina ngen in Aman eite ahing taimangsan sih a, zong ahing mang hil ngai sih hi. Eiten Pasian i kimanghil bawlzel uh a tua chieng in i lung uh a neu zel ahi bou hi. Mangpa hoina na tung a, Mang hoina na miteng hinkhuo a, Mangpa hoina na innsung ah, Mangpa hoina na nasep a, Mangpa hoina na biehnah leh ginna ah sulang in eiten Mangpa hoina i suhlat zawlou chieng un i lung uh a neu hi. Mi poikhoi lou a nang man ahoi ding a na nasep khu Mangpa hoina suhlatna ahi.

## THU TUOMTUOM LEH THUMNA A THEIDING TE

- \* **Kum42 vngveng Vawihawm** zom a agam mipin aning gawp Col. Muammar Gadafi kikaplum khongta hi. Lybia gam, North Africa a um leh Egypt toh kigam gi a um ahia, ama deilouna in ha 7 Sagi val vngveng amipite a kiphin ban ah, Nato leh uno in zong awilou a agam mipi helte apanpina zieh ua amipi helte lawching khong ahi uhi. Tuabang a agam vaihawmna deilou a kiphin Egypt gam zong tukum February ha vel in alawchingta uhi. Tua bang agam a vaihawmna Dictatorship vaihawmna gam Tunisia, Egypt, Lybiate aban ban a amipite kiphinna lawching in tukum sung in a um chiet ta uhi. Tulai a agam uh mimal vaihawmna deilou a kiphin gamte Yemen, Syrya chite ahia, mipite kiphinnate alawchin thei na ding in ithumna uah thei zing vai. Tua igen gamte Muslim gam ngen, Israel gam kimvel a gamte ahi uhi. (BBC, Alzazeera English News te in apuong hi).
- \* **Israel gam leh Palestine gam helte Suongkul tangte kipe tuo uh:** Palestine helte Israel Sepai khat Paletine helte khut a kum 5 vel atan nua in October ha sungin aki hasah tua ta uhi(exchanged). Tam pen ahing pien theina Egypt gamte palaina a hing piengkhe ahi. Tam bang teng atun nua un zong Palestine gam helte Hamas kichiten Israel gam a Rocket kaplut in Israel mi khat in a shi law zieh in Israel Fighter ten Palestine gam a bomb khia in date 31 October, 2011 tan in mi 22 a shi ta uhi.
- \* **2008 Kum a India gam,** Orissa State Kandhamal district sung a Khristian tam tah Hindu kulmut ten athana mun ma uah September hasung vel in Baptist Pastor khat Hindu kulmut ten atha kia ta uhi. Maban athabe lou na ding un i thumna uah thei zing va ui (forrunner English news).
- Mangpa'n thupina tang taken.

person dingin tamte ang sawl uhi.

i) Pu Lalthahluna Ralte, Asst. Co-Ordinator, M.S.S.U

ii) Upa Lalchhuanawm a Trainer, MSSU

Paper- I = "Sunday School tanchin leh Sangsyete maw puona"

Paper - II = Psychology zil ding dan.

Paper - III = Sunday School poimawdan leh Sunday School 'hoi' bawl ding dan

Paper - IV = Dohna leh Dawnna leh Discussion.

**3. Participant:** Tutung Sunday School Training Programme alawchinna thupipen khu hattuum tamtah in ngaipoimaw a Training guntuhtah a ang pan ziehin a lawching hi. Piching Sunday School Teacher : 44 Naupang Sunday School Teacher 46 leh Office Staff teng toh agawm in mi 95 pha hi.

**4. Paper & Pracstical:** Atung a itahlat Seminar Paper 4 (lite) ban ah Practical a Sunday School kai ahia, Senior Department leh Primary Department a khen ahi.

Sunday School Suprintendent hina Upa Goumang in la in, L/Upa Chinsuanthang in Secretary hina ala a, Teachers te Primary Dept. ah Sye Kamching tuaban ah Upa Ginzadong in Senior department ala hi. Practical Sunday School kai pen nop mama in atah a kitang ahi ziehin anopdan a tuom hi. Upa khenkhat ten Drama bawl bang hai e maw! achi hiel hi.

Tualeh Training Paper zousie eima Zou ham a sutdoh ahia, Mizo ham in Mizoten agen ua, Zouten Zou ham in asim chiet uhi. A paper te ahoi thei mama a, Sunday School awizapu/Sangsye koi pou tami Seminar a hing pang manloute a ding a zong kepbit ahia, adei hunhun un ala thei ding uhi.

**5. Feed Back:** Tutung Training pen Pasian hagau in ang umpi chi chientah in Trainer ten a thei chien uhi. Sunday School Sangsye ten tutung a Taining zaw ahinatoh pan latha din thupuhna bawl chiet uhi. Khenkhat ten tom asah ziehun akia chienga ninga beh nei hitaleh achi uhi. Hun sawt apat ana kinei leh ki Khangtou

Tuaziehin, Unau Sanggam thugen zakha taphot in nempia aw kingaisut in, Grep sing “ga” asuon theina ding in pan la tahlou bang a i hinkhuo i ginna tha va ui, chi’n ikichiel uhi. uh a hud pia i umkhah ding uh Mangpa’n athu guoljawlta ngaisiet in kivelchien va-ui i hen, Amen.

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## Sunday School Training Report

*Reported by:*  
*Rev. P.C. Manga*  
*Executive Secretary*  
*i/c Sunday School*

**1. Thumapui:** Zou Presbyterian Church Synod leh Mizoram Presbyterian Synod ten 2009 kum a Pasian nasepkhawm ding lunggulna zala ‘Partnership’ Suoi anakai dungzui un 2010 in Leadership Training nei ahitah ban ah tukum 2011 a ding in Sunday School Training nei kia ahi hi. Tammi Training na ding toh kisai in Sunday School Board ZPCS in ma la in Committee masapen in a ki lel a athupen Mizo Synod Partnership

Committee a tut ahi toh kiton in hing phal pia in ahun ding leh sepkhieh ding dante Internet tungton a houlim in a tawp ah dt. 25-26 Oct. 2011 hunsung a lawchingtah a nei ahi hi.

**2. Resources:** Mizoram Synod Sunday School Board hi leitung pumpi thei pha leh anasep dan uh leh Sunday School apeipi dan uh mi zousien apahtat uh ahiziehin India gam sung mun tuomtuom ah Sunday School Training bawl in denomination tuomtuom ah zong ava neipizel uhi. Tutung Zou Synod in Sunday School training nei ding a Programme siem ahitoh kiton in Resourses

## MANGBIEHNA GENDAN

- *Upa Khupsuankham*

I gam sung ah Mangbiehna i gen chiengin i kituoh theilouna uh khat a um gige a, a thu igen pen kibang nanleh igen dan ikhawlna akibah lou ziehin anukhia-amasa um in i kidel tuo zing uhi. I kituoh theina ding un unau Mizote gen dan deu in i khawlna mun ipatna mun kibangsah thei lei kituoh thei ding in

ka gingta hi. **Tambangin:**

Ka pa uh - Van a um -  
 Na min - kizatat hen -  
 Na gam - hing tung hen -  
 Na deilam - Van a min -  
 a bawl bang un -  
 Lei a mi’n zong - bawl hen  
 Nichin - ka nehkhop uh -  
 ann hing pien -  
 Ka tung ua khielte -  
 kangaidam bang un -  
 Nang zong - ka khelna uh  
 - hing ngaidam in -  
 Solnah - hing puilut sinlen  
 Gilou lah ah - hing  
 hundam zaw in -  
 Gamte - Silbawltheinate -  
 Loupinate -  
 Kumtawn a - Nang a -

ahizieh in -  
 Amen.

Tam Mangbiehna i gelna uah gitphel (-) umnate (khawling/nah thei ding) china ahia, i zounaw bang a gen mawh lou in awl nounou in a zaw ding ngahla lou kei in genlei akituoh ding in ka gingta hi.

Eiten athu igen zong kithei man lou a i law phialpual pen hoilou hi. Awlawl in gen lei zong kizou veve ding ahia, ahun chiem umlou ahi. Ateng zong kichientah in lou va ui in; bang gen ihiei chi zong agal aten ateng a thei thei ding un gen va ui.



## MISSIONARY PU AKIPAN LAIHAH

*Rev. B. Chinlamthang  
Missionary IEM, Guwahati*

*September 22, 2011*

*Khrist gam a Seppi muon,*

Mangpa Jesu min tawh chibai aw! Zou Presbyterian Church Synod leh IEM in Mission nna isepna uh lawhching in masawn zel hi.

*Guwahati a nnasepna:*

Mimal, Innkuon, Hattuum leh Students te lah ah Discipleship leh Missions tawh kisai sinsahna ka pe zel hi. Pasion in guolzawl na hing pia ahiman in mi 100 vel in Mission nnasepna ah hing panpi ta uhi.

*Sikkim a nnasepna:*

Khristian umsa te tawh Mission nna semkhawm ding a mawpuohna pieh ka hi. Sikkim Khristiante in Mission Awareness tasam lai mama uhi.

*Tudinmun a ka mawpuohna:*

Associate Secretary for Assam and Sikkim chi ahi. Damloute veh, apoimawhna ah Counselling nei, Thumsahna nei, Thugenna leh Sinsahna te kapetou zel hi.

*Innkuon thu:*

Tukum apat in ka tate nih utawh ka umkhawm theita uhi. Suonthang-Katapa un- Cl-XI(Arts) sim a, Hoikim - Katanu un Cl-VIII sim le uhi. Innkuon Photo khat ka hing hah uhi.

*Kipathu:*

Hattuum te tawh Mission nna sephawm nuom leh manpha kasa semsem uhi. Sepding tam lai ahihman in pangkhawm in semkhawm lai ni. Noute tung ah ka lungdamna uh lien mama hi. Mangpa'n na veh un hing guolzawl taken! Amen.

uh cin a sawl uleh alugu ana satsah ua, bawlhohi akisa mama uhi. Tuazou in asuoh dang tampi khat asawl ua, Hosia, Joel, Amos, Obadia, Jona, Mika, Nahum, Habakuk, Zephania, Haggai, Zakaria chite tampi asawlkia ua, khumte kisan zong ana bawlsie uhi.

Huon neipa khu Grepga hum tah lawkal ngahla in kinemtah a a umlai in, Grep tahlou in ahing ga tamaw a, aga aneh leh athuo a, alungkham ta mama hi. Tuamabang in, "Ei mikhielten zong i it mama uh, i zite'n eita (nau) hing neisah ding ua, i kilamet lai un, ei hing sunlou in, midang mel, etsahnan, Kol, Meite, Pangal leh mel dang toh kisunn hing neitaleh, koipa mawngmawng e akipah ding ! "Tuamabang in, hagau siengthou, guolnei Ezekiel in ang hilchien hi. Tuaziehin, Israelte ah bulsin len nangma ma ah kibil in kienchien in. Amin maimai a gasuong kha mi kitam dinghi. Huon neipan dihtah a ga ding leh ahum ding a abawl asuon ahi. Hinanleh, aga pen athua

a ahud tamawh hi. Roman Catholic, Salvation Army, Seventhday Adventist, UPC, BCCI, Thiangzau pawl, vanmi pawl chite leh hattuum dih a kigen leitung ah tampi mama piengkhe a, hing piengkhezel ding hi.

Akoipente Grepgui dih hia, akoite khu ahud, alem e chi khu etchet ngai hi. Pienthana dihpén Grepgui dihtoh kizop ahia, Grepgui khu azam zam ding a, ga neilou in um khava chi khu silzauhuoi ahi. Singdang sangin grepsing khu bang sing e? chi ithei uh poimaw hi.

Hhuon neipa lungkham ding dan khu na ngaisut ngei ei? Juda leh Israelte nam mai ah bel sinlen, tulai dinmun leh nangma dinmun ah kibel in ki enchien in, Pasion ngaidan ding zong ngaisut in, gasuo thei louna khu bang zieh ata diei? Laphuohtu in,

"Aw, ka hagau khum muol minthang ah sun leh zan in valeng in, na Mangpa singlam te (Kros) a kibilbeh hing in na vamu ding hi. Mawnei nang a dia, a hing shina mun khu!" chin, laa ana phuoh hi.

Tuamabangin, Tapa (Jesu) guonei (Isai. 5:1-7) sung ah Grep tungtang dihtah in Israelte thu leh Mangpa toh kizopna thu kimtah in imu uhi (Is. 5:1-2).

- i) Jehovah in Muoltung ah Grephuon leihoi mun ah ahoi hi.
- ii) Akimvel in pal in a immkimkot hi (Mt. 21:33f)
- iii) Suonghumte atawmsieng sipsep hi (t2)
- iv) Grep chihoi pen asuon ta hi (t2)
- v) Alai ah tauta sang tah abwl hi (t2)
- vi) Ala ah suhna khuh a tou hi (t2)
- vii) Grepga, aga ding kaal a ngahla hi (t2)
- viii) Ahivangin Grep tahlou/hud ang ga tamoh hi (t2)

**Ahilchetna:**

- 1) Muoltung leihoi = Palestina gam
- 2) Pala immkimkot = Palestina thuhun (Deut. 28)
- 3) Suonghumte atawm sieng hi = Milim biehna te suh

siengthou ahi.

- 4) Grep chihoi pen asuon = Israel namte akoi hi
- 5) Alai ah suhna khuh tou = Gethmani/Kros (Kalvari)
- 6) Alai ah tauta sangtah (Tower) = Avenna, galviltu umna, santri te umna inn-sang

Grepstah leihoi a asuon melmate'n aguh a, asuhsiet thei louna dingin, ahuon ngai ding in, Levi chite, Siempute, laigelmite leh Nam lamkaite leh Sanhedrinte ahi ua, tulai hileh Pastorte, Upate, Sawltah/Missionary te, Sangsye te leh nam lamkaite ahi ding a, amauten Pawlpi khenkhat peidan dihloute apat a pawlpi vengbittu a apan dinguh ahi.

Huon ah (Master roll) a nasemte thaman la dingin asuohte abanban in asawl a,

- 1) Jeremia asawl ua suong in ana denglum uhi.
- 2) Isai asawl ua singatna toh ana atlum uhi.
- 3) Ezekielasawluamulkinhuoi tah in ana bawl ua, atawp ah atapa ana jatata deu ding

# Bieh Piehna

(Worship Service)

*T. Ginzahau  
Muallum*

**1. Thumasa:** Pasion bieh Biehna ichi chiengin ei gingtu Khristian te a dinga apoimaw mai hilou in zah siem hileh a dei huoi mama hi. Tami Biehna ing zah dih chiengin i Bieh Pasion a lungdam dinga, Ama kipahna naa isem kha pan ding uhi.

**2. Hun suhdih:** Pasion i biehna ding in hun suh dih apoimaw mama hi. Eimi lah ah Programme khat iman chiengun a hun gel pen kisiem thei mama in, ahun suh dih lou pen khoh kisa mawngmawng lou hi. Mi nam dangten minute 5 vaima kha, ahi lou leh Minute 5 vaigei khah zong athugen pat chiengin ngaidam ngen masa zel uhi. Tam banga i ngainepna te zieh in mite pilna, siemna leh Pasion zauna ah mite kipha zou lou hi. Azieh pen eiten dahkal khat vaigei zong khoh kisa lou hi. Tam bang chindante poi kasah mai hilou ka puohnat pente ahi.

**3. Puitu:** Puitu ten i thei ding ua poimaw mama kasah khat ahileh Pasion biehna pen khu Biehinn kawt ilut apat a kipan ahita chi thei masa lei a dei huoi mama hi. Biehinn kai ding khat in ahileh phatna lasakhawm, thumkhawmnalehthugena atel man ngeingei ding ahi. Ei chindan adeihuoi lou topsan ding a hoi mama khat ahileh puitu ten phatna lasah khawm zou chiengin ang ding ua, tuin i Pasion biehna ana pan tavaw ichizel pen sangin tuin i Pasion biehna ana sunzomvauichileiahoizaw ding hi. Kampau zahdan kilawm apoimaw mama hi. Azieh pen atung igensa bang in Pasion biehna pen sawt a kipan ahita hi. Tualeh puitu phatna laa biehna hun toh kituoh a telsa anei ding ahi. Migam dang ah biehinn sung a lut ding chieng Music kilawm tahtah toh Biehinn sung lutkhawm ahita uhi. Puitu ten a thei ding kia khat in thugentu hatna ding in

laa hing tel un chite topsan lei a deihuoi mama hi. Khum sang in thugentu ihat masang un Pasion phatna leh pahtawi na'n tami laa sa vai chizaw ding ahi. Puitu in thugentu (Speaker) ahat ding chienga, tuin i hun poimaw pen, ikikhop san pen uh han ta va-ui chite top san lei ahoi ding hi. Khatvei Manipur Synod a i um lai in Assembly Khawmpi ah kava tel hi. Khum nah ei Presbytery in puitu hina satan a tang kha hi. Assembly lieng ahi chiengin Sapham ngen a thu kigen ahimai hi. Aman hunte ahing hawm hawm a thugentu ang hat ding in "Now we come to an important part of our Programme" ang chi chiengin palai (delegates) mun tuomtuom a hing pei te ki entuo in a dapnui vahieu uhi. Tam nah a diehin ei Zou Kampau zangte a ding a zum huoi mama hi. Tambang ahi man in pilvang huoi mama hi. Ama un agen utpen un thugentu apoimaw tuomse hidieh lou aki chi angaidan uh ahi mai hi.

**4. Deituom a lasa:** Deituom a lasate a ding a athei tuoh huoi mama khat, deituom a phatna

lasa dinga hat a um khah chienginnangmakimuongngam inlen, kisuongla hetlou in sa in: Mi khenkhat ten ka siemlou toh a aw in ana ngaisih unlen athu in ana ngai un. Tambang kamteng izahte topsan va-ui. I chidan ding siemtah in Pasion phatnan kang sa ding hi ana ngai un... Siem zieha lasa ding hilei koima laasa ding umlou hi. Pasion phat ding ihi bou hi.

**5. Thugentu:** Thugentu in Pasion hagau pawlna tangkawm a hangsan taha thugen ding ahi. Thugentu ama leh ama ang kikan chiengin angaikhete lung a suneu zou hi. Tam teng ahiman a ngaikhie mipite kinep khel a thum kawmkawm eima ki prepare lei ahoi ding hi. Mite tungah kiliensah vai china hilou in angaikhie mipite sang a alienzaw a kikoi ding ahi. Mipi a sangtel milien, milal umleh zong Pasion muongkawm in genkhie in.

**6. Thuzawna:** Tami article simtu zousie tung ah genkhiel, genval aum leh ngaidam ka hing ngen hi. Tami thuteng te in simtu zousie i hinna uah thu hing gen in hing heng lamdang chiet taken! Amen.

## Grape gui dihtah

(Eze. 15:2; John 15:1-2)

- *Upa S.K. Khama*

**M**angpa Jesu'n kei GrepGUI dihtah ka hi akichi sesena zieh pen khu Israelte hinkhuo ngaisut kawm a agen ahi (Isai. 5:1-7). Israelte khu tam GrepGUI toh gente ahi zing hi (Late 80) Khrist khu GrepGUI dihtah bang ahia, gingtute khu GrepGUI dihtah ka hientge ihi uhi. GrepGUI dihtah gentena in ang theisah udpen leh ang hil utpen khu "Gasuong a umna" ahia, hundamna leh kumtawn hinna thu a kohna ahi sih a, gasuong a umna leh Khrist toh kizopmat tintenna genna ahi.

- 1) Itna, kipahna, lemna, thuohtheina, migitna, hoina, muonhuoina, nunnemna, kidehtheinate ahi (Gal. 5:22).
- 2) Nasepna lama "ga" neina.
- 3) Pasion thu igensa mite'n nasepna tuomtuomte leh thugen

kizilsahna lam a aga umte ahi.

### Etsahna lam i etleh:

- a) Israelte sahkhuo lam thu ah Palestina gam a adinmun uh dihtah a ensah hi.
- b) Theipi kungin, Israel nam dinmun ang hil hi.
- c) Olive singin hagaulam a Israelte dinmun ang hil kia hi.
- d) Zogam a singkung in "Zentel nam" ahing hil kia hi.

Mangpa Jesu'n "kei GrepGUI dihtah ka hi" achia, John 15:12+5 ah kichien josem in akigen hi. Guolneite ma zong Bible siemten tambang in a suut uhi.

- 1) Jeremia = Pa (Johavah) guolnei ahi.
- 2) Isai = Tapa (Jesu) guolnei ahikia hi.
- 3) Ezekiel = Hagau siengthou guolnei chin nana vaw hi.

2. Laa letkhe diing tu in a la lekhiet diing pen khu ngentel tah a, a theisiemna diing a, a sim hoi mama diing ahi.
3. Alaa thupi bang ahiei? A Chorus ah bang a gen uongpeen ei? chite et ditdet diing ahi.
4. Laphuotukhutaangkhatna, nina, thumna leh adangdang ah koi toh kihou a, koi kung a thu agen ahiei? A Chorus ah koi toh kihou a, koi kung a thu a gen ahiei?
5. Bang thu a hiei a gen peen? Tam khu a la pumpi hilou a, Sentence zousie ah kibanglou ahi banga, et chiitchiet diing ahi. Ama genloupi khat gensahlou diing. Tualeh, taangkhatna a thu um khat taang dang a vakoisah a, Sentence khatna a thu um khat mun dang a vakoisah chite bawllou keei diing ahi.
6. Bang ahiei a tup thupipeen? Ama tup thupipeen leh ei tupna a kituoh diing ahi.
7. Thumal zahdaan ah zong ahitheie lieileh ama Original toh kituoh thei teng kituohsah

- in, a umna kibang thei henlen Vowel leh Consonant laiteng a zahte zong a kituoh thei liei teng kituoh thei leh asah anuom peen a ahing deu zong a bang hi.
8. Laa Tawpna khu Vowel laiteng ( a aw e i o u ) ah tawp theileh a tawpdaan (oidaan) a nuom deu a bang hi.
9. Hamkam, eiham a um thei vawtloute khu ama Original lah mai zong a khawhna a umsih hi. I ham kibelpna zong ahia, eiham a um theiloupi vabawl teitei mawh a, agenloupi khat vagensah sang in ahoizaw diing hi.
10. Akaidaan theisiem a, sah toh thuo a, asahnop daan lampi sui a, akawhpeen taisanlou a bawl zong ahoi mama diing hi.
11. Laa lekhiet zou chieng a, et tha kia a, ama original toh akituoh leh kituohlou et tha kiana zong hoitah a nei kia diing hi.
12. Laa lekhiet zou chieng a Pasian kung a kipahthu genna leh Ama zah diing a latkhietna/ piekhietna zong nei ngeingei diing ahi.

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## Phatna & Biehna

- *Thongkhanlal*

Leitung tung Vantung a kingaai Lthupipen khu Biehna leh Phatna ahi hi. Vantung a Pasian khat a um bang in leitung ah z ong Pasian tamtah a um a, khum Pasian-te Bieh khu mihingte'n i buoipi mama uh khat ahia, tua Pasian a, i neipeen un a deipeen ahileh Ama Bieh a pahtawi/phat diing chi ahipeen hi. Mihing zousie in biehna khat chiet nei in sakhuo tuom chiet ah eima'n din, a i theipen uh Pasian khat i bie ua, i phat uh ahi. Koima biehna/sakhuo bei chi a um sih a, a zawn, ahau in khat chiet inei uhi. I Pasian chiet uh i bie in i phat ua, tua i biehna leh phatna un i Pasian-te mai hilou in abemite tung ah zong lungkimna, luongmuonna, kipahna leh nopsahna thupitah ahing tun hi. Ipu-ipate'n dawi leh kau na bie in, singbul-suongbul ah kithoina ana bawl in, abie in aphant ua, tua abiehna

leh aphantna un Pasian a, a ngaituo uh dawi leh kaute lungdamsah in a guolzawl a, amaute'n zong gingta ua, a kipah un ana lungkim mama mai uhi.

I kimvel a um nam tuomtuomte'n zong Pasian a nei chiet ua, milimte bawl in alungdamna diing in abie ua, aphant uhi. Leitung ah sakhuo atam mama mai a, sakhuo um zousie in abuoipipen khu bieh diing leh phat diing, lungdamsah diing chi ahia, tua biehna leh phatna in i biepen leh i phatpen lungdamsah tum in silbawltheina apat a nopsahna ahing pieh diing i kinem chiet uhi. Amaute zong bieh diing a ut chiet ahi uhi. Luke 4:7 ah zong Setan in Jesu kung ah, "Tuazieh in, keima nei bieh ahileh, tam zousie nang a hi taken." chi in leitung zousie zong ana pe ngam hi.

Vantung a zong Pasian khat a um a, Pasian hing leh siengthou, bangkim siemtu, pasien te Pasian,

leengte Leeng, kumpite Kumpipa, sil zousie siem a, atung a thuneitu ahi hi. Tam Pasion khu Pasion hing leh Pasion tahtah a gingta in ibie ua, i phat ua, Pasion in inei uhi. Tuachin leitung a sakhuo umte lah a khat ahing hi a, adihpen ahi chi in i gingta uhi. Tambang a i bieha leh phatna khu i bieha i Pasion in zong a deipen ana hi hi. Pasion i bieha chiengin Ama lam a pang leh kipumpieh ihizieh un Pasion a lungdam hi. (Deut. 5:7) ah Pasion in “Keima chilou Pasion dang besih un” ana chi a, Jesu’n zong (Luk 4:8) ah “Mangpa na Pasion bou khu bie inlen, Ama nna bou sem in! chiin Laisiengthou in agen hi”. chiin Setan solna ana dawng hi. Tam Pasion hing lungdamna nna sem a, Ama’n ahing guolzawl diing leh tam leitung i pawtsan nua chieng ua, A van inn nuom a, ahing pui diing i kinepna uh ahi hi. Pasion be diing in ikikhawm ua, tua mai hilou in i sep, ibawl zousie Ama min thupina diing leh Ama min paulap in i bawl uhi. (Deut. 6:13) ah “Mangpa na Pasion bou khu ging unlen, Ama bou bie unlen, na thuchiemte uh Ama min bou in thu chiem

un” ana chi kia a, tuachiin i bieha Pasion mai hilou in ei abe mite zong i lungdam in nuom isa uhi.

Pasiente mai hilou in, ei leitung mihingte zousie in zong mite’n hing bieha bawl henlen, hing phat in hing pahtah uleh chi i deipen ua, mite mai a kipilsah leh i kitheisahnate leh nasahatna a nna i sepnate zousie uh khu mite tung a leen, mite pahtat, jatat diing i utna zieh ana hi leltah hi. Naupan lai in, mite’n “Nungah chia, tangval chie, hoi chie, siem chie, pil chie ang chi chieng un i lungdam vevaw in i bawl utlousa khat zong i bawl ut in, ibawl ngamlou silkhat zong i bawl ngam thei mawh uhi. Mi zousie in pahtat i ut chiet ua, tuachiin, Lawmta kaal, Nungah-Tangval kaal, Vengsung-Tuisung, Khosung, Hattuom leh Pawlpi tanpha ah i kipahtat tuo chieng un ikituoh un i hat ua, kipahtatna umlouna mun khu nuomlounen asuoh jel hi.

Tambang ahizieh in Bieha leh Phatna khu sil poimaw penpen ahia, apoimaw dan toh kituoh a, bieha dan, phatdan kihil tahlout diing hinapi in

Tam khu lasiemna chikhat ahi.

8. I lungsim in ahing phuut leh kidawmlou keei a, alathu zong apoimaw leh genzel mai diing ahi. Ei mite lataang gen ngaaisaang mi ihi ua, i lasah hing nuomsah in kingamna zong hing pie in, ahing phursah hi.

9. I sahkhielna a umleh zong zumlou keei a, asa khielou bang a um a hoitah a, ilasah ma zop diing ahi.

10. Lasah zou Music/Guitar intawp masang a kun a, Pasion panpina jaal a kipah thu gen a, thum diing khu manghillou diing ahi.

11. Lasah chieng a maingal seng ahiei, zum seng ahiei a, touna zotlou a, Pasion jatatna toh tou a kipahthu gen ngeingei diing ahi.

#### LAA LEKHJET (Translation)

Laa khat phot khu isah chieng uleh i lekhiet chieng un pilvan a ngaai mama mai hi. A phuotute’n bang lunggul nei a, bang tup leh ngim nei a, bang gen ut ahiei chite ngaituo masah a, theisiem mama sawm diing ahi hi. Tua ahilouleh, aphuotute phuo danloutah a

sah leh lekhietkhah thei, zah khah thei ahia, khawhlou leh kawh khahlou khat gensahkhah leh kawhsah khah a, a gen khat leh kawh khat gensah khalou, kawhsahkhalou chibang zong a um thei hi. Tuabang hun chiengin a manphatna bei in, ahin diing bang a hing theilou leh hoi theilou in a um thei a isah chiengin zong a nuom theilou a bang hi.

Mikhat pou in Laa khu aham ka thei hi chi thu a mawh lekhiet diing hilou in, ngaituo siem leh kipieh zou mama angaai hi. Tulai i late uh zong aphuotute phuodan toh kituohlou a, eima ngaidan a, ina lekhiet uleh akawh utpeen kawh khalou a tam mama mai hi. Anuo i a bang in Laa lekhetu in a thei ngeingei diing tamlou gen va ui:

1. Amasa pen in Laa khat lekhetu diing in Laphuotu lungsim/lungtang sungnungpen a valut diing ahi chi akithe i a, a lampi zui pen zuipi a, atopna mun tung ngeingei diing a, puitu hatpeen Mangpa Pasion panpina leh puina ngen a, akilat siengthou diing ahi.

diing ahia, tuaban ah Key kituoh deu teel sawm ham ding ahi. Laa Key ahing kituohlou a, khatvei leh saang, khatvei leh niemseng chite khu anuomsih a, ahing thasesah hi.

4. Thugentu in athugen toh kituoh chibang leh ahun toh kituoh i teel chiengin mite lungtang khoikha in lasah zong anuomsah in a limhuoi mama hi. Tuaziehin bang laa sah diing chi khu teelsiem angai mama mai hi.

#### Lapawl sah

Laa khu mipi mai a vasah khiet mai khu a thupipen ahisih a, Pasion in i lasahpen zang a, nna aseph khu a thupipen hai. Mi zousie in mipi mai a diing in thu ivagen theisih ua, hinanleh LAA toh thu tampi i gen thei uhi. (chipen Laa vanzah a zang china ahi).

1. Lasah khu mipi mai a kiphatna leh kithupisahna diing hilou in Pasion nasepna leh phatna thupitah ahi.

2. Lasah diing chieng a siem leh siemlou thu vagen gen diing ahisih a, sahmai diing ahi. Tua ahilou vetleh athu a simkhiet

thaw mai diing ahi.

3. Lasah diing chieng a Pasion mai a kilat siengthou a, Ama vanzah diing a kipiekhiet diing ahi. Mipi mai a i din chieng a, ilawmte et ahiei, daah kawikawi ahiei, kitawn kawikawi chite bawllou diing ahi. I din apat Music hing kipat masang ahiei Gitar tumtu aman masang a, kun dide a, i lungsim thuhpeen apat Pasion hat a, Ama zah diing a kilat diing ahi.

4. Lasah chieng a, apan bai deu, apan nukhia deu umlou a, thakhat a pat kituohata a pat diing ahi. Guol nua ahiei, mai ahiei a kituohloutah a sahlou diing ahi.

5. Ei Aw dawhsah tuom, niemsah tuom, sa ngamlou chite bawllou diing, guolte toh kituohata a sah diing ahi.

6. I laasahpen athu ngaituo kawm a, apuotu dinmun a kidinsah a, athu toh kituoh a um sawm diing ahi.

7. Khut leh keeng, tahsa pumpi zong siitlou keei a lasahna a pansah diing ahia, nephu leh kam mai sasahlou a, tahsa pumpi toh sahdiing ahi.

ngaisah zoulou uh a bang hi. Ahin, i kiim, ipaam a umte apat hun peisa sawt nailou in a poimaw dan i thei simsim pan ua, mi nuadel khop ihi nalai uhi. Tuazieh in koi e bieh diing? Koite'n e abieh diing? Bangchi bieh diing? Bang toh bieh diing? Bangzieh a bieh diing e? Bang poimaw e? Nei-le-lam mai in lungmuonna leh kipahna ahing pe theisih a, a zawng, ahau, alien, aneu in biehnai nei teitei uhi. Lungkhamni in ahing henem a, lam-etna ahing pie a, kipah ni in zong kipahna lien sem ahing pie hi. Biehnai a diing in inei, ilam seeng ngam, in shit anpha in i pang ngam ua, i hinna tanpha i pe ngam uhi. Eite'n phat ichi chieng un laa lamma akoi ihi zieh un, laa toh phatna neukhat enlei ka chi hi.

Nidanglai in, tulai bang a Biehnai sung amipi lasahkhawmna chite ana um ngaisih a, Siempute leh lasa diing a tuomse mite maimai in laa asa uhi. Hun hing kihei zel in kum zabi 16na ah Martin Luther, Hattuum siemhoitu leh laa lam a ana bulpantu, German mi in Prostestant Labu kichi

laa 8 umna kum 1524 in ang bawlkhie a, tua khu ama, Martin Luther phuolte ngen umna labu ahi hi.

Tualeh, Biehnai ahataangpi in Sam Labu sunga umte sa deu ua, lim huoiloutah ahi hi. Issac Watts (1674-1748), Englan gam a Pastor khat tapa in laa ang phuokhe kia a, khumte Lapawl a zil in, hoi asa mama uhi.

Kum 1707 in Hymns and Spiritual Songs chi Labu ang piengkhe kia a, hattuumte diing in phatuom leh poimaw mama khat ahing suoh hi. Issac Watts in Laa 600 vel ana phuo a, "Jesu Kross danglam" (1709) "I Pasion ei puipa" (1719), "Heisung ah zong Nisuohna pou ah" (1719) te leh adangdang ahi ua, tuni tan in alaphuo khenkhat ei Labute ah zong aum zing nalai hi.

Eimite i hamphatna mama khat uh ahileh, Tangthupha hing poluttu Welsh Presbyterian Hattuumte'n Laa leh ginglawm lam ah ang na patta pai uh khu ahi. Tam khu ipu, ipa tawndan toh zong ana kituoh a, ana tuipi mama khat uh ahi. Zu leh Sa ne in, Sanneem laa sa a laam in sun leh zan khuollou in ipu, ipate'n

hun ana zang thei uhi. Tam toh kituoh in Missionary hing lut masate'n lasah ah angna patta pai ua, tuachiin Pasian na thei masate bang in zong Mizo (Lushai) ham bang in laa ana sa ua, akhietna leh ateng mumal zong theichien sese lou in tuitah in laa nuomsatah in ana sathei uhi.

Tuazieh in tuni tan in laa i ngaisang ua, Bieh kikhopna mai hilou in lungleenni leh kipahnite in lasa a lenkhawm nuom isa uhi. Shina, Lusunna kipahna mun leh Hattuum Programme te ah aloutheilou a ngaituo in mite'n a lungtang gil sung ua pat ana puonkhietna ua, laa ana phuohte uh sakhawm in i leengkawm uhi.

Upate'n "Laa ichipen thu ahia, thu ichi zong khu Laa ahi" chia ana gen jel uh khat a um hi. Tam athugen uh khu adih vawt khat ana hi hi. Laa kichi khu mawh bawl gawpgawp thei ahisih a, a ut poupou in sil dang dang bang a bawl zungzung thei zong ahi sih hi. Mi koi ahiei khat in alungsim tawng/sungnungpen a thu um khat puonkhietna a, ahing

zah, lungsim a dimlet pulang a hing letkhie ahi hi. Mikhat in alungsim a, a puohnat mama khat ahing puonkhiet ahiei leh mi khat in Pasian loupina mu leh Pasian loupina azah apat a, ahing suokhiet ahi.

Pasian phat Laa, Gamngai Laa hi in jawl laa hitaleh aphuohtu lungsim sungnungpen, koima dang lut thei vawtlouna leh koiman ava mu a, ava thei zoulouna mun apat ahing kipankhie ahia, nidanglai a biehinpi pindan sungnung pen a Pasian in a mipite a diing a, Siempute ahoupai a, akimupi bang phiel a thupi ahi hi.

Tam bang a thupi ahiziehin Pasian in ahing piehlouleh mi khatpou pou in abawl theilou sil ahi hi. Tuaban ah Pasian in ahing pieh hun a zong i ngaisah pai louleh mansah thei ahi nalai hi. Tambang a lungsim tawng a hing kipan thute Laa a isah chieng in lungsim ahing phawng a, ngaituo nasatah ahei lamdang thei in silbawltheina thupitah anei hi. Tambang Laa neina diing in lungsim, tha leh zung ban ah hun tamtah lut

aloutheilou khat a, i koi uh ahiziehin apoimaw mama khat ahi. Labu tawi chietnaanlei khat tei in Lataang ahing genlou leh lasah lim theilou bangin akilang hi. Tuazieh in Laatang septu thei diing tamlou envai:

1. Lataang septu khu a aw siingleh kichien, mipite'n theseim ding ahi angai hi.

2. Lataang septu in ahuntah a gen man ding, akisahkhol a, latang dang alutkia masang a khuongpote leh mipi lasate subuoilou ding a, agen diing ahi.

3. Mite zahphah diing a ngaideu a, agen diing ahi. Ahin, mi tamlouna mun a zong angaipen a gen diing ahisih a, mi tam leh tawm dungzui a ngaisah a, ngaisahlou diing ahi.

4. Lasah toh kituoh a, agen diing ahi, chi pen lasah toh a KEY a kituoh diing ahi. d(Doh llai) ahiei m (Me Laai) ahieis(Soh Laai ahiei) in a gen diing hi.

5. Tualeh, a taangseptu in laateng dihtah, siengtah leh chientah a, agen diing ahi. Mite'n bang gen ahiei chi a thei

ua, laa lungnawngkailou kei a, asah theina diing un.

6. Lataang septu khu ahitheileh, mipi mai ah ding leh ahoise diing hi. Mipite muthei a lataang gen in mi kilawpsah in, kitheisiem deu abang hi.

### Lateel

Lateelsiemkhuana poimaw mama kia a, Laa iteel khielleh limtah a sawtpi leengkawm zou diing lai zong limtheilou kei a kikhen mai angai hun a um thei hi. Tuazieh in laa teelte pilvang angai mama mai hi. Laatangseptu a poimaw bang guol in laateeltu zong a poimaw mama mai hi.

1. Lasah diing khu Biehin kikhopna ah, bang lasah diing, hunpat a thawlawm don chieng a bang la sah diing, hunpi zou chieng a bang late sah diing chia teelsiem mama angai hi.

2. Laa a ut leh alunglut zousie in mawh teel ding ahisih hi. Eilah ah lateel siem kitam nailou ahizieh in lapui lamte'n hing teel deu uleh ahoi diing hi. Ahilouleh lateel ding khat tuomse ahoi ding hi.

3. Ahun toh kituoh teel deu

tamte khu laa awldeu chi ahi deu ziehun kinaw hehu lou a sah diing ahideu tangpi a, khong zong kizang teitei lou a, khuongpi maimai sat diing ahi.

4. Khuong khu Laa beat petu ahiziehin, khuongpu in heisung a limsah diing, heisung a, awlsah diing chite a theisiem mama a poimaw kia diing hi.

5. Khuong ni kisasna munte ah Laa khu khat penpen in pan tananlehzong ataangpi in khuong lien saattu khu makaitu deu a apan diing ahi. Khuong neupen khuong lien thuoitu a zah diing ahi hi.

6. Khuonglien sattu in khuong limsah hun bang hun diing e chi a theisiem angai kia hi. Khenkhaten' khuonglimsah tam sengseng in a bangchi sat ahiei chi zong theizoulou diing khop in a um thei hi. Hun sahna munmun a mawhsat zong ahitheu tuomsih a, ahun ding deuleh kilawm diing deu um a bang hi. Tam Khuonglimsah khun mipi lasate tha hingpie in hing limsah tuom deu ahiman in a hing choudaan thei a, bang hun a chou diing ahiei chi thei diing ahi. Atangpi in Dohlaai

(d) apat atunglam bawtou diing kuon chieng bang, Laa thunon sah kuon chieng bang leh tang dang a lukuon chieng bangin a isat leh ahing chou deu a bang hi. Tualeh lasah hing panpi tu diing in lasaan laitah chssieng bang a zong limsah thei ahi diing hi. Bangteng hileh khuonglien kisasatlimpen in mi a kilawpsah a, tha apieh theina dingin khuonglien sattu in pitahmai a, pan alah zing diing ahi.

7. Laasah lim ut seng zieh a, abul apat akhuong mawh kin sat pei diing ahisih a, awl a sat phawt a, mipi lasah lim dungzui a, khuong kinsat deudeu diing ahi hi. Laa sawt akisah sim chiengin lasa mipite zong gimtadiing uh ahiziehin khuongpeen awl a hing ganglou a, aginkhiet ngiem deudeu a, mipite toh kituoh diing a, ahing gin diing ahi.

8. Khuongsattute'n mipi tam leh tawm dungzui et a zong khuong a tum diing uh ahi. Mi atamleh ngaisah a, mi atawm leh ngaisahlou deu diing ahi.

#### Lataang septu

Lataang Septu kichi zong eite'n izah chiet uleh,

ahiziehin amanphat dan leh a thupi dan thei a ngai hi.

Pasian phatna laate khu: Kingakhawmna diing, hunpatna diing, thugentu hatna diing leh koi ahiei khat hatna diing leh tawpna diing pou a sah diing ahisih hi. Lawptah leh thanuomtah a Pasian i biehpen uh phatna diing a sah diing ahie bou hi. Mite'n Pasian hoidan amu zieh ua, ana phuosa a laate khu chiemnuina leh sil dang a diing a zahpieh diing hilou in eite'n zong Pasian toh eima kikaal ngaituo kawm leh suhlemna, a i zah diing uh ahi. Apammai thei mama mai hi. Pasian bie leh phattu in kilawptah leh thanuomtah leh siemtah a, abieh a, aphot diing ahi hi.

Tulai in khenkhatte'n Mishu Laa, Naupang Laa chi bang i umсах tuom mawhmawh ua, Biehinn a sah diing bang zong hitheilou bang in i ngaituo uhi. Aphuohtute'n hing thei a, ahing houpi thei hileh, alungkim hetsih diing un ka gingta hi. Mite'n Pasian Hagau Siengthou a ngai seng zieh ua, Vanlam lunggultah a, ana phuhsate

uh eite'n Mishu Laa i na chipieh mawh uh khu sil dih ahisih a, Hagau miitlou vai in ka koi hi. Mishu in Laa asa thei sih a, mihingte sah diing ahie bou hi. Mishite'n vang ahieh vantung a, Pasian Mangtouna kimvel in Hagau Laa asa tadiing ua, amaute' lasah diing ahieh "Siengthou, Siengthou" chia tawplou a Pasian pahtawi diing ahie bou uhi. Gentenaan: Sunni tumlou Zion Khopi, Ngaai in ka mau ka kap sun nisim in; chi bang aphuohtute'n Nitum ngai nawnlouna; Pasian sieng a tun a ut thu leh Vangam a ngai zieh a, aphuo ahi hi. Tualeh, Naupang Laa chimawh zong ahitheu sih diing hi. Khenkhat vang hitheinanleh, Gentenaan: Mangpa Hagau ka lungsim sung a hing ten chieng, Lasa vang David bang in; chite bang naupang Laa hituom hetlou ahi.

#### Lapuitu

Bieh kikhopna ah ataangpi in Hun thupi a ingaituo uh thu a um a Puitu, Pantu leh Thugentu ahi uhi. Tamte ban ah koipou in akibang a hun i tankhawmna uh khat khu Pasian phatna lasa

khawm khu ahi hi. Puitu, pantu, Hunpi chite leh adangdang ah ataangpi in mipi nautang leh anaupang deute'n hun i tangkha zou ngaisih ua, hinanleh tamte'n zong hun i tankhahna umsun uh khu Pasion phatna lasah ahi hi.

Lapuitu chi khu ei Khristiante a diing a poimaw mama khat ahi. Bieh kikhopna, Lusun henepna mun, Kipahna mun, dana mun leh hattuum Programme zousie a, lasalou a um ngailoute ihi uhi. Tam mun a i gen nuompen ahileh, Lapawl Puitu hilou in Bieh kikhop leh Leenkawm lam a Lapuitu gen nuom ihi uhi.

Lapuite khu Bieh kikhopna leh leenkawmna ah, poimaw mama ahi uh chi i manghillou diing uh ahi. Lapute umlou in la kisa theilou ahizieh in mipite'n ngah mai a ngai hun bang zong a um a, mun khenkhat bang ah khuongtum diing, Lapan diing umlou a lasatheilou kee a umna hun zong a um thei hi. Tualeh, Lapawl puitu khun mi sawmthum, sawmli vel a pui laai in Bieh kikhopna leh Leenkawm/lasakhawmna a lapuitu khun mi a hing kikhawm

zousie/lengkhawm zousie apui ahia, a thupi mama mai hi. Tuazieh in lapuitute thei diing a poimaw tamlou in i gen diing uhi:

1. Lapuitute khu Lapawl puitu ahilouleh zong Music lam siem hileh a deihuoi a, hinaanleh ei lah ah tambang chilei local hattuum tampi ah lapui diing um mawngmawnglounazongumdiing ahi ziehin khum bang vang ihi zou naisih diing uhi. Hinaanleh, ahitheitan ah, lasah, leenkawm lam a lunglut mi, lungleengmi, Hagau mi, kikhop taima mama mi leh damthei mi zong ahi a kiphawm hi. Tualeh, kikhop chieng a lusu ngailou mi leh kidehthei mi zong ahi a ngai hi.

2. Lapui diing in, tam lapuina khu Pasion nasep bang a ngai a, ama mawpuohna leh a talent, Pasion in a kikepsah ahi chi atheisiem mama a, phatuom ngaitah a, a sep diing ahi.

3. Lapuitu diing in abu a um laate asahthei sieng ahoi diing hi. Tua ahi zoulou leh zong akisa gige teng leh mi deitheideu teng beeh asah siem a ngai diing hi. Tuachilou a Lapuitu in la pan theilou, midang khat

patsah ngaai, apat zou chieng a zong lapuitu in asah thei sihleh lapantu ahiei leh asatheidawm teng in akhuongtum ngai kawm a puitu hina alah ngai zel ahiziehin akhawh mama mai hi.

4. Laphuotukhenkhat in lasah diing daan a gelte uh a theisiem mama diing ahi. (Moderato, Piano, D.C, D.S etc). Tuachilou in la ahiding bangtah a kisakhalou diing ahizieh in mipi a diing in zong a limhuoi theilou khat a um hi.

5. Laa khenkhat asah diingdan kigiellou, ahivang a, alathu leh akai daan toh kituoh a, akaidiingdan lah um bang ngal zong a um thei a, tuate a theisiem a, azahsiem mama diing a, mipite khumbang a, apuithe diing ahi hi.

Lapuitu khu Khuongpute, Lataangseptu, Musician chite ahia, a poimaw daan uh kibang chiet ahi uhi. Tamteng hoitah a, i pankhawmlou uleh, lasah nuom theilou, leengkhopnuom theilou ahiziehin pankhawm hoi mama a ngai hi. Khat hoi nan leh a dangte ahoi tuomlouleh phatuomlou asuoh diing hi.

## Khuongpu

Khuongpu khu lasakhawmna a puitute lah a zong puitupeen chidiing ahia, apoimawpeen ahi hi. Tualeh, Hattuum liendeute ah ataangpi in khuong khat mai hilou in khuong ni bang a kizang zel hi. Tu in Khongpute thei diing tamlou en va ui:

1. Khuongpu in laa toh kituoh a khuong asat diing ahi, chipen alasa toh beat kituoh mai hilou a, laa ngui deute leh laa hal deute akhensiem mama diing china ahi. Langui deu, lunglengtah leh damtah a sah diing te bang khuong gang deumai a sat a limsah sawm teitei diing ahisah a, tuamabang in laa limhuoi deute bang limtah a sah diing ahi hi.

2. Solfa lasah leh leengkhawm lasah deute zong a khensiem a, ahun leh mun zil a khuongsat daan zong a siem apoimaw hi.

3. Atangpi in laa Beat-2 leh 4-te khu a beat chin a khuongsat diing ahi deu a, zong a kin deu diing hi. Beat-3,6,9 leh 12-te ahileh beat chin a satlou a, Beat a sat deu ding ahia, tualeh,

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