

A Sunga Om Thute

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Paikhiatna

:Kamciam

Zuan

P Khualzinna

Paikhiatna laibu sunga Pasian pen itna tawh Ama' hun ciamna om angin nasiatak in nasem in Amite tungah gupna hotkhiatna a piapa ahi hi (*Pian. 15; 12-16*). Egypt gam pan paikhia in San Tuipi kantanna in a lamdang mahmah Pasian nasep na ciamtehna ahi hi. Singlamteh masiah in Israel mite lakah thu piang lianzaw le minthangzaw a dang omlo hi. Tua in Moses tungtawn lungdamnathu ahi hi.

Pasian in Hebrewte tungah amau' nungtolhnate pampaih sakzah in a lamdang takin Ama' deihsakna le kepcinna teng lak tawntung hi. Pasian' hehpihna in amaute theihna le thuakna teng khengval lai hi. Ama' khutte zan in Topa in Amite suahtakna lamah makaih hi. Hih angin lam-et lohpi in Pasian' hong lailutna tengpen Egypt panin Canaan lam zuan in amaute le Pasian khualzinna thak kipatkikna ahi hi.

Moses in zong Paikhiatna laibu sungah a thupi panmun khat lenhitaleh, hih laibu pen Moses' tangthubu hizawlo in Pasian' tangthu – itnaPasian, thumaan, thutang, suahtakna le maisakna Pasian hi-a, Singlamteh tung dong eite a dingin a pai'ngam Pasian ahi hi. Paikhiatna laibu kisinna tawh eite Pasian in koici bang Pasian taktak hiam cih encian ding hihang

Amah koibang taktak hiam? Amite thumaan hetlo mahleh zong amau' tungah a thumaan tawntung Pasian ahi hi. Amaute tek'in lehdodo mah taleh amaute a dingin Amah kisa den in om hi. Ama' hehpihna lak den den in thapia den, thuhilh den in vantungan makaih den hi. A hoihipen lampi tawtpih in, amaute in Amah le Ama' omzia itna hangin amau' hoihna dingin Amah bia ding deihi.

Moses' Pasian in kikawlhkhawpna Pasian ahi hi. Pasian' ngiimna



thupipen in geelna khatpeuh picingsak pakding ciangbek hilo-a; a lianpen

Ama' ngimna in Israelte tawh khatna nei kikhawlhna neinuam hi. Ama' teelsa mite tawh tua kikhawlhna kipsak dingin Sinai ah paipih hi.

Sawltak Paul in a beisa hun sunga Pasion' mite tungah a tung thute pen tulai eite a dingin amaute' khialhna tungpan pilna ngahthei in thumaan takin Topa' nung zuih theih nading ahi hi: "Leitung beikuan a om eite adingin hih thupiangte i ettel ding thu hi-a, eite hihkhohlna dingin lai sungah a kiciamteh thu ahi hi" (1 Cor. 10 11). Hih a beisa thupiang tengpen hihkhohlna le tulai eite adingin mangngilh theihloh ding pattahna zong hipah hi. Tuate eite'n simin, kisin in, pilna la ding hihang. A pianzia kilamandang phial taseleh a nunglam a khathu tawh kisai thukhun in kibang hi.

Hih kaal 13 sungtengin Paikhiatna laibu kisin ding geelkhohlna pen kimusiang hi. A laibu pen kaalsim simdingin kikhen kham a (1) Egypt ah saltanna, Moses a suahna le a kum masa 40 teng (Pai. 1-2). (2) Moses thu a kipiakna (Pai. 3-4). (3) Buaina: nuntak haksatna (Pai. 5-6). (4) Gimna kua teng (Pai. 7-10) (5) Gimna sawmna le Paisanpawi khaamna (Pai. 11-12). (6) Egypt pan suahtakna, SanTuipi ah phutkhak teng (Pai. 13-15). (7) Sinai dong khualzinna (Pai. 16-18). (8) Pasion in thukimtuahna le Thupiak Sawm a piakna (Pai. 19-20). (9) Pasion thukham piakkhatna (Pai. 21-23) (10) Thukimtuahna kipsakna le Biakbuk lamdang geelna (Pai. 24-31). (11) Kham bawngno tawh lampialna le (Pai. 32). (12) Pasion' kilaakna le Moses' maitang vun taanna (Pai. 33-34). (13) Biakbuk kilam in ki-aap (Pai. 35-40).

*Egypt gam pan
paikhia in San
Tuipi kantanna in a
lamdang mahmah
Pasion nasep na
ciamtehna ahi hi.*

Nipikaal simin a thulute le hong kipia Lai Siangtho mun tengpan in sin ding hihang. Hih laibu i sinkawm un Topa in thpha hongpia henla Amite saltanna panin suahtakna, sihna panin nuntakna le gamlak panin Jerusalem thakah hong makaih nuam hi (Heb. 12: 22).

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Hih Siate' Let (*Teacher Edition*) Bangci ZatDing

“Sia kician khatin bang mahlo thute, lungsim kicianlo, acih taaklo thute tawh a lungkimlo hi. Asiam zawk nading, ahoihzaw thute na zong den hi.

A nunzia pen a khang toto nunzia hi. Tua dan sia khat ii nasep ah no suaha, lawpna om-a, a thugen a ngaite khanglo' sak zo huzap zo hi.”

—Ellen G. White, *Counsels on Sabbath School Work*, p. 103.

Sabbath sang sia kihih khakna pen hamphatna lah hi, vaipuak a pua zong kihi hi. Hampaha hi i cih le a milip-in Pasian thu a lunglut nading leh thu kuppichte tawh kha an kihawm theih nadingin Sabbath lesson kikupna ah makaih khakna hamphatna pi a ngah man ahi hi. Sabbath sang aman teh Pasian' hoihna ciamkha, kha tha adim phitphet sa-in mikim ciah huai hi. Lesson hilh ding vaipuak ah a hilh ding pen in Lai Siangtho limtak a kan ding lam, kaal khat sung-a bang thu luang-a, a kuater bup a lessonte' thu bulphuh, nuntakna ah zatpah ding cihte a theih kholh ding ahi hi.

Hih hilhciaanna in siate' a vaipuak uh picing takin a hilh theih nading huhna hi. Tua takah khen thum om hi:

1. Huam-etna in lesson' thulu, Kamngah, a man' khinsa lesson tawh kizopna, lesson bulphuh cihte hong thei sak hi. Hih khen sung-ah lesson pen bang hangin thupi hiam? Hih kikupna thu Lai Siangtho in bang gen hiam? Lesson sungah bang thupite om hiam? Lesson sunga kikup thu-in i nunzia bangci lawn' hiam? cihte kup pih hi.

2. Hilhciaanna pen Siate' letbu ah a thupi diak khenpi khat hi. Hih sung ah khen nih khen thum zong pha thei a, khat ciat in Huam etna sunga gensa thute kuppich hi. Hilhciaanna in Huam-etna sunga a kigen sate a zaizaw-in hong kuppich ding hi. Hilhciaanna a khen sung ah thubulte a kician zaw-in hong luutpih-in a kitel zawk nading-in Lai Siangtho telkhehna, gentehna cihte hong zangh hi. Hilhciaanna sungah lesson tawh a kituak Lai Siangtho zat kammal telkhehna zong om hi. Mite a kihel kim theih nadingin kikup theih nading lam hon na, kikup na thu tawh a zawitawn tehkaak na, ngaihsut ding dotnate hong guang ding hi.

3. Nuntakna-ah Zatpah Ding cih a khen pen lesson sim ah hilhciaan bu i a khen tawpna ahi hi. Hih khen sungah hilhciaanna sung-a thu kikupte Khristian nunzia ah bang hong lawng hiam cih lam ah hong makaih hi. Hih a khen sung ah kikupna, lesson in bang gen nuam hiam cih et behna, ahih keileh lesson in mi khat bangci lawn' cih mimal teci pan na cihte kihel ding hi.

Ngaihsut Tawpna: Atung-a kigente pen lesson hilhna ah a kilathei teng kaikhawm-a thuumna hibek-a thukhun hilo hi. Lesson kihilh teh khat bek i gen, gen' sasa genkik kik, upmawh gen' cihte gen huailo hi. Ahoih a Sabbath lesson hilhna icih in Lai Siangtho kibulphuh dending, Khazih laigil den ding, upna a khauhsak ding, hong kilawmta sakzaw ding ahi hi.

LESSON 1

*June 28–July 4

Nenniamna: **Moses** hong Suahna *le* Anungthu



SABBATH NITAAK

Tu Kaalsung Simding: *Pai. 1:1–22; Pian. 37:26–28; Pian. 39:2, 21; Sawl. 7:6; Gal. 3:16, 17; Pai. 2:1–25.*

Kamngah: “Ni tampi khitciangin Egypt kumpipa a si hi. Israel tate a saltan’na hangun thumin kiko uh a, amaute saltan’na hangin a kikona uh Pasian in a za hi. Tua hi-a, Pasian in amaute thumnate za in, Abraham, Isaac le Jacob tawh a thuciamna Pasian in a phawk hi. Pasian in Israel mite a et ciangin Pasian in amaute om zia a thei hi. (*Paikhiatna 2:23–25, ZSV*)

Paikhiatna laibu in nenniamna, simmawhna, bawlsiatna, suplawh na le nuaisiahna cihte ciaptahna vive ahi hi. Tuni in zong pam paih, mangngilh le saltangte in zong lam-etna a neihtheih na ding thu in, Hebrewte a honkhia tua Pasian hang mah ahi hi.

Paikhiatna laibu in eima nuntak sungteng nuntakna galdona, thu tanglo tawh bawl siatna cihte hong gen hi. A thuaksia Pasian’ mite a ding in Pasian mahmah a laithuakna hangin tha ngahciat ding hihang. Pasian in nenniam thuakte kikona za, amau’ gen’theihna muhsak, amau’ khituite ciamteh in a thuaksiatna vuah huh dingin hongpai hi.

Pasian in Amah a muangte a ding in hong kalsuan masa den hi. Ei’lampan in Ama’ hong piak bangbang upna tawh sang ding hihang. Tua ahih manin Paikhiatna laibu a sin ihi-a, Zeisu hong sepsak teng honglakkhia ding hi. Tatkhiatna, suahtakna le a nu’nung pen hotkhiatna laibu hi-a, Zeisu Khazih in eite a dingin hong koihkhoh sak upna tawh saan ding eima aa ahi hi.

Buaina le khuamial sungah Pasian mitsuan gige peuhleng, Ama’ hong ompihna, hong donna, hong kepna le “Kamciam Gam” dong hong makaihna kiphawkkha thei hi.

*July 5, Sabbath ading kiginkholhna in tu kaal lesson sim in.

Egypt ah Pasian' Mite

Paikhiatna laibu pen taanglai pek in a kigelh cil lai kamhonna zui-in Hebrew pau in *shemot* kici a, ei Zomite' pau in “**mint**e” cih ahi hi. “Hih minte” cih tawh kipan hi. Tuanpupate ahi Jacob khanggui min teng mah, kigualsuk pah deudau hi.

Simin, Paikhiatna 1:1–7. A thupi bang thumaan kimu thei hiam?

Paikhiatna laibu pen Pasian' thupha phawksakna tawh kipan ngiat hi. Tuanpupa Jacob le a innkuan un Egypt a lallai un mimal 70 pha uh a (*Pian. 46: 27; Pai. 1: 5*), “amaute pungin tampitak pha uh a, nakpi takin khang uh ahih manun Egypt gam ah dim uhhi” (*Pai. 1:7*). Amaute a paikhiat lai un “numei leh naupang simloh pasal tul zaguk pha uhhi” (*Pai. 12:37*).

Simin, Paikhiatna 1:8–11. Israelte a paikhiat lai un koici bang hun laitak ahi hiam?

Lai Siangtho mun in Israel mite Egypt ah a omna tangthu pen khuamial tawh lak hi. Paikhiatna laibu zong Egypt nasem makaite khutnuai ah saltang in Hebrew mite nasep tawh nengniam dikdek cih tawh kipan hi. Paikhiatna laibu tawpna leuleu ah, Pasian in amaute giahphual laizang ah buuk tawh ompih in lungmuanna tawh hehnem hi (*Pai. 40*). Hih thu kilehbulh nih lakah Pasian galzawhna kipulaak zaw hi. Topa in Amite salpan in a hotkhiatna in San Tuipi khenkham in; tualai hunin gal thahatpente susia in, gitlohna tungah a gualzawhna hong pulaak hi.

Tua tangthu in saikaak theihding thu langnih honglak a, “kineng niam semsem [Israel mite], pung in khang semsem” (*Pai. 1:12*) cih. Mihingte in koici bang in gelgel taleh, mihing' muhna ah lam-et bei dikdek phial mahleh, Pasian mah ukpipa ahih manin Amah'n hong honkhia ding hi.

Joseph a theilo kumpi thak khat hong khang hi. Hih tangthu panin hun hoih khat pen hoih lel hang e, i cihloh nading in koici bangin hong hilkhoh hiam?

Tangthu i Anung Thu

Jacob' innkuan Canaan kialpi pan Egypt hong tun'tuung un (*Pian. 46*) Egypt kumpipa in Hebrew mite tungah na thunuam mahmah hi. Joseph in Egypt a dingin a sepsak sa teng hang ahi hi.

"Pharaoh in Joseph kiang ah, 'Egypt gam khempeuh a uk dingin nang kong teel hi' cihi. Tuaciang in Pharaoh in a min gelhna zungbuh ama' khut tungpanin suahkhia in, Joseph khutah bulh a, puan hoih mahmah tawh amah zeem in, a ngawngah kham khainiang khat oksak hi. Ama' leeng nihna tungah Joseph tuangsak a, ama' mai-ah uliante kiko a, "khukdin un" cihi. Tua ahiah ciangin Egypt gam khempeuh a uk in amah akoih hi" (*Pian. 41:41-43*).

Egypt ah haksatna tawh kipan himahtaleh a lamdang Joseph' gual zawhna tawhtang bang hiam? (*Pian. 37:26–28 le Pian. 39:2, 21*)

Joseph' tangthu i a nungthu ahi dingin kilawm pen in anuai-a bang hi: Kumpi thak (*Pai. 1:8*), Joseph a theilo tua kumpi in *Ahmoese* (1570–1546 BC) ahi hi. Tua zom ah Israel mite khang salua in a nengniam masapa *Amenhotep I* (1546–1526 BC) hi. Hebrew pasarno suaktuung' peuhmah sihdaan a piapa in *Thutmose I* (1525–1512 BC) hi. A tanu *Hatshepsut* (1503–1482 BC) in ama' tapa dingin Moses la hi. Pharaoh *Thutmose III* (1504–1450 BC) pen *Hatshepsut* tawh tawmvei sung kithuah kha uh a, Paikhiait laitaik in pharaoh ahi hi

Paikhiait hun a sehna a hoih pen hun in 1450 BC March kha ci hi (William H. Shea, "Paikhiaitna Nimit" *The International Standard Bible Encyclopedia*, edited by Geoffrey W. Bromiley et al., vol. 2 [Grand Rapids, Mich.: William B. Eerdmans, 1982], pp. 230–238). Paikhiaitna thu a tel'cian nuamte in anuai-a munteng simhen: *Pian. 15:13–16; Pai. 12:40, 41; Thuk. 11:26; 1 Kum. 6:1 Sawl. 7:6; Gal. 3:16, 17*).

Paikhiaitna alian khatna in hun saupi la hi. Joseph' hun; a Pa Jacob le innkuan bup un Egypt honglut uh pan kipan, Pharaoh in naungeek sihdaan a piak dong ahi hi. A om uh kum zah taktak kinial keei kawm kal ah kum tampi bel hi-a, tua sangin Topa in Amite gamdang ah saltang cih thei in mangngilh ngeilo ahihnna thupi zaw hi.

Hebrew mite in Egypt ah a om sung thupiang tampi theih zawhloh hitaleh, tu'in (*1 Cor. 13: 12*) ah hih laimai tetung ah Pasian sepna teng in Lai Siangtho bup taan' zeizai hi. Thusia tampitak om taseleh, tua mun ah Pasian na omden a, hun hoihlo sung mahah Amah muang thei veve ding hihang

Hebrew Naudomte

Piancil laibu telcian masalo peuhmah in Paikhiatna laibu zong kitelzo ngiatlo hi. Jew mite Egypt ah a lal'khit tawlkhat sung daihna hauhna tawh nuam a sak khit ciangun saltang uhhi.

Amite' pen haksatna sungah kinu'siacip bang ahihte hang, Pasian in bel nu'siacip samlo hi. Hebrew mi tampitak mah haksatna sungah lungkia cih kician hi. Tua bangin haksatna sungmah ah Topa hong pai in Ama' hatna khut tawh huh hi. Topa in Ama' nungzuite thapia a "Haksat hun ciangin Keimah hong ko un. Note kong honkhia ding a, Note in Keima' min nong thangsak ding uhhi" (*Late 50:15*).

Simin, Paikhiatna 1:9–21. Naudomte in cihtakna tawh bang hih uh a, bang hangin tangthu sungah kiciamteh liang hiam?

Paikhiatna laibu sungah Pharoahte min omlo hi. "Pharoah" kici ziau a "kumpi" a cihna hipah hi. Pharoah peuhmah pen Ra pasian tapa (Osiris or Horus) hi-a, leitung ah pasian khat hipah ci-in Egypt mite'n um uhhi. Egypt' pasian lianpen in Ra hi-a, Ni hipah ci uhhi.

Hih "pasian" tuazah in vanglianpa in, nausuaksak nupite upna a lehlam in paipih zolo hi. Pharoahte' min a omloh hang naudom nupite gel min om a, *Shiphrah le Puah (Pai. 1:15)* hi-in, Pasian kihta mi ahih manun kipi' muh mahmah hi. Leitung bek a uktheite sangin Pasian a zahtak zaw mite tungah, gitlohna tawh Pharoah' thupiakte in bang mah hih zolo hi (*Sawl. 5: 29*). Tua bangin Pasian in thupha pia a innkuan lianpipi suak uhhi. Cihtakna ading teci lianpi khat hi. Hih nupi gel'in Pasian' thu bangmahzah thei khollo hitaseleh uh, thumaan thei bek thamlo thumaan teelding thei uhhi.

Pharoah in ama' gelna guallel cih atheih ciangin, Hebrew pasalno suaktuung peuhmah thah ding thupia hi. Nile gunsung ah lawnsuk ding uh a, ankung hoihsak *Hapi* pasian pen Nile gun ahih manin amah biakpiakna hipah ding hi. Jew mi peuhmah kithat ding cih thupiakna a kiciamteh masa pen hipah hi. Sihdaan thupiakna pen Jew mi a beina ding, pasal peuhmah om saklo ding, numei kici peuhmah Egypt mi suah ding, tua hileh, Hebrew mite in Egypt gam a lauhthawanna teng veng ding cih a ngaihsutna ahi hi.

Naudomte in thumaan bek hilo, thumaan a teelsiam uhhi. Ei' ading a kician bang thupiak om hiam?

Moses Suak

Simin, Paikhiatna 2:1–10. Moses suahna tangthu sungah Pasion’ vaihawmna le kepcinna koibang hiam?

Moses hong suah hun pen a minthang vangvang Egypt kumpi khang 18 na laitak ahih zong lunglut huai veve hi. Tua kumpi khang hun-a kumpi khat Thutmose III pen zong “*Egypt’ Napoleon*” bang kici liang a, tanglai Egypt Pharoah teng lakah a minthang pen khat ahihi.

Suahcil a sihdan (*Pai. 1:22*) hipah citateu zongin; Moses ahiehleh hong tuampian mahmah hi (Hebrew pau in *tob*; Zomite’ pau in “*hoih*” *Pai. 2:2*). Hebrew pau inbel puatham hoihna khengval lai hi. Hih kammal mahpen, Piansak nipikaal sung a Pasion in na khempeuh “hoih mahmah” (*Pian. 1:4, 10, 31*) acihna kammal ahi hi.

Pasion’ deihna bangin hong piangthak hih nau “hoih” hong gol ciangin Hebrew mite saltanna pan a paikhiat pih dingpa ahi hi. Lauhuai hunsung a hong suak kha ahih manin ama’ mailam thu kua’n theihpih mawk ding hiam? Bangbang hitaleh Abraham, Isaac le Jacobtungah Pasion in Ama’ kamciam picin’ teitei ding hi. Amaute suanle khakte tungah tua Kamciam Gam pia ding cih thuciamna Pasion in bawl hi (*Pai. 2: 24, 25*). Pasion in hih nau “*tob*” zangin kumsawm simsungmah zangthei veve hi.

Tuani ciang dong mah kumpinu *Hatshepsut* in Moses pen a ta mah in nanei hi. Moses kici min limlim in Egypt’ min hi-a, *Ah-mose* (*Akh-tapa*) or *Thut-mose* (“*Thoth’ tapa*”) panin hong piang cih. Ama’ min pen Hebrew pau in *Mosheh* “laakkhiat” cihna hi. Gunsung panin a ki “*laakkhiat*” na tawh lamdang takin kihonkhia hi.

Ama’ nuntaksung thu amasa lam tengbek i theikha hi. Lamdang takin hotkhiat khit ciangin Hatshepsut in a ta in la-a, ama’ innkuan taktakte tawh kum 12 sung om khawm kha hi (*Pai. 2: 7-9*; Ellen G. White, *Tuan Pupa le Kamsangte, laimai. 244*). Egyptte sangpan pilna sangpen sin a, nungciang in Egypt’ Pharoah suak thei dingin kiging sak hi (*Tuan Pupate le Kamsangte 245*). Hizah in a sang mahmah pilnate pen; Pasion le Ama’ thumaan theihna le muanna sungah hong om nawnlo zel hi.

A thupi mahmah ci in nasin te in bangmah in a ki mang theilo cih natheih bangzah om hiam?

Ngiimna Kikheel

Simin, Paikhiatna 2:11–25. Moses nuntakna bang teng in kheelsak thei hiam? Hih tangthu pan bang pilna kingah thei ding hiam?

Moses in bang a hih tam? Egypt’ nopsakna le kumpi tokhom in khimsak ding maw; gal in do ding a kiginsa mite tawh haksatna thuak khawm ding maw? Thupiangte in khentatna nawhbawl sak mahmah ta hi.

“Pharaoh in tuathu a zakciang in Moses thah dingin a zong hi. Ahih hangin Moses in Pharaoh kiangpan in tai in Midian gam tungin; tuikhuk khat gei ah a tu hi” (*Pai. 2: 15*).

Moses in a mithah khit ciangin, teel ding neilo ta, Egypt ah zong omthei nawnlo hi. Egypt kumpi tokhom tung kahto in “*pasian*” khat a suah ding ngiimna in manlang takin beivat hi. Thumaanlo pasian khatpeuh suah sangin Moses in a maan Pasian teelzaw hi. A tai laitak lian in Moses in ama’ mailam thu ding bangmah ngaihsun zo vetlo ding hi.

“Moses in, Egypt mi khat that cihthu pen Egypt mi khempeuh in uang genlua liang in, a sawtlo in Pharaoh in zong zata hi. Hih gamtat na-in thuthuukpi ngiimna nei-a, Egyptte langdo in, ukna buluh in Amah kumpi tokhom tungah tuto ding; cihbang ngiimna ahih manin, Moses nuntak laiteng kumpipa ading lungmuanna om theilo ci uhhi. Kumpipa in zong Moses sihna ding thakhat in thukhen pah hi. Moses zong ama’ nuntakna kikep theih nadingin Arabia gam ah hong taikhia ta hi”—Ellen G. White, *Patriarchs and Prophets*, p. 247.

Moses in kum 120 nungta (*Thuhk. 34:7*) a, a nuntak hun teng pen kum 40 khen thum in kikhen thei hi. Amasa kum 40 teng Egypt kumpi innsung ah om hi. Anihna kum 40 pen Midian gam Jethro inn ah om hi.

A nunung Kum 40 sungteng pen Moses laibu bu-nga teng a gelh hun hi-a, tua laibute sungah Israel mite in milim biakna lam le leitung lamah hoi uh ahih manun, Pasian maan taktak omzia a kilahkiatna mun ahi hi (*Thuhilhikik. 4: 6-8*).

Moses in Egypt mipa a thahna pen Pasian’ geelna maw? A hih keileh zong, hih tangthu panin, eima dinmun khat peuhpeuh pen Ama’ deihsa lamah hong heisak thei cihthu koibang in honglak hiam? Rom. 8:28 in hih thumaan koibang in hong telcian sak thei hiam?

Ngaihsutbeh Ding: Ellen G. White, *Tuan Pupa le Kamsangte*. “Moses” lai. 241–251, sim lecin, tukaalsung laisiangtho sinna hong telsak tuam hi.

Lai Siangtho in “tua naudomte in Pasian kihta ahih manun kumpipa cihbangan hih pahpahlo in pasalnôte zong suakta sak uhhi” (*Pai. 1:17*). Ellen G. White in zong naudomte’ cihtakna le Messiah’ lam-etna kinga sak hi: Hebrew pasalnôte thahtheih nadingin tua nupi nihte’n semthei dingin thu kipia hi. A nunglam ah bel Satan om khin khian hi. Israel mite lakpan a suahtak ding mikhat piang ding cih thei gige ahih manin, amaute lam-etna naupangte suksiatna tawh Pasian’ deihna susia dingin kumpipa tawsawn hi. Hi taseleh tua nupite in Pasian kihta zaw uh a, sawlna gilo mang nuamlo uhhi. Pasian in tua tegel lampi hoihsa a, panpih hi”—Ellen G. White, *Patriarchs and Prophets*, p. 242.

Satan’ ngiimna tenglak ah lungdamnathu in, Pasian in hong uk zaw a, galte susia dingin mi citakte zang hi. Eite in galte lakah nungta ihi-a, Zeisu in “*hih leitung a ukpa*” hong cihsak liang hi (*Eph. 2:2; John 14:30*). Satan in Adam’ dinmun buluh ahih hang, Zeisu in Ama’nuntakna le singlamteh tawh Satan zogawp khin hi (*Matt. 4:1-11; John 19:30; Heb. 2:14*). Tu’in Satan nungta gige in tualai a naupangtea thahnop mah bangan, ama’ sih ding ni zong kitelcian ta hi (*John 12:31; John 16:11; Mang, 20:9, 10, 14*). Lungdamnathu in bel nuntakna haksatna khempeuh Pasian in hong hehpih a (*Phil. 4:13*) tua hehpihnain eima’aa hi.

Kikupding Dotnate:

❶ Banghangin Pasian in Israel mite Egypt ah nenniam thuak dingin phal hiam? Pasian in a lailut ding kum tuatanta banghang in kai hiam? Mimal khatsim in eima nuntak sungteng bekma hithuak cih thei hihang. Tua minamte thuak hun in sau phadeuh hi taleh, a mimal simin amau nuntak sungbek mah thuakkha veveuh hi. Mihing tangpi thuakna telsiam nadingin hih kilamdan’na banghang in thupi thei hiam?

❷ Egypt mi thah khakna tawh Moses’ lutang natna teng Pasian in koici zatsak thei cih lungngai in. Tuabang in na gamta kha keileh ee? Israel in Egypt pan suakta nawnlo tading hiam? Nang ngaihsutna hong hilhcian in.

“Sunsiah Ding Zusate Omnawnlo”

Thupuak:- ANDREW MCCHESENEY

Peter Siamikoko pen Zambia gam-a kham'khuate ah zusa kua zon khawng nopsa hi. A inn ah vaimiim ciim le sa meh uh hi. Voksa le bubble ngasate lim sa mahmah uh hi. Voksa pen Christmas pawl ah ne' hamtang uh hi. Bubble ngasa bel aguh tawm ahih manin kine' mahmah hi.

Lai Siangtho in ama' duhte a khaam lam Peter in a theih ciangin lamdang hong sa mahmah hi.

Amah a khua pan tai 20 gamlaatna ah, US pan SDAte' makaihna tawh a kikho lo' ah na a sem' a sanggampa kiang a hawh ciangin sa siang lo thu a zak' masakna ahi hi. Amah zong Sabbath na zangin hun zangh pa in *Siampilaibu 11* a sa siang le sa sianglo thu gen hi. Peter zong amau pen Lai Siangtho gen bangin a neekloh lam hong thei hi.

Tua khit deuh cangin Missionaryte in Peter ii elementary sang kahna ah Sabbath kikhop hong nei uh hi. Sang pen tai nih a gamla zongin Peter va pai hi. Anu a pa te'n amah khaam'in aneulai pek in tui kiphumsa ahihlam gen pih uh hi. Apa in Saturday ni in lo kuan sak hi. Peter in Sabbath tan' nading thu thei kha ngeilo hi. Kikhop a lap theih nadingin amah zong na sem samsam hi.

High School a kah ciangin Adventist sungsuakte tawh hong kithei hi. Amah zong amau tawh Lai Siangtho kan khawm' in tui kiphum hi. Amah zong zusa, voksa, bubble ngasate hong ne nawnlo hi.

Hun hongpai pai in a nu a pa te'n Sabbath thu hong sang thei uh hi. Amah'n sa sianglote bang hangin ne nawnlo hiam cih hongtel uh hi. Sabbath ni teh a nute'n Sabbath Sang lap kei niteh ci-in nawh uh hi.

Tu'n Peter omna khua ah Adventist biakinn omta hi. Adventist hangin khua mi tampi takin sa sianglo ne nawnlo uh hi.

Peter pen anau pan' hunlai mahin cidamna thu a thupit' lam le, neek le dawn tawh Pasian min a than'sak thei manin nuam mahmah hi. 1 Kor. 10:31 ah, “Tua ahih manin keimah in ka hong gennop thu in: Na hihna khempeuh uh, nekna dawnna-ah ahi zongin Pasian' minthan'na dingin na hih un” cih.

Zambia gam-a SDA sang ahi Rusangu Secondary sangah Social Sciences Department a saipi, pawlpi upa Peter in, “sa sianglo neekna pan a nelo sak Zeisu tung ah lungdam ing” ci hi.

Tutung Sabbath 13na Sabbath School sumpi angah ding Mozambique gam le Southern Africa-Indian Ocean Division huam sung-a om gam tuamtuumte ading thu'nget sak in.

Khen I: A Huamin Etna**Thubulphuh:** *Paikhiatna 2:23-25***Lungngaih Ding:** *Paikhaitna 1:1-2:25*

Thupatna: Hih lesson a masa pen in Jopseh hun pan, Israel' khantohna, phorah in a nengniam in nausuak pasal khempeuh thatding thupiakna cihte ahi Egypt gam ah Pasian' mite tangthu tom kaih hi. Pasian pen Amite a kibawlsiat ciangin na om khonglo hi. Amah pen amau' Honpa hi. Tua ahihmanin a honkhia ding, a suah lai-in a lamdang a suakta-in Pharoah inn sung ah tapa za a ngah Moses sawl hi. Moses ii amasa lam kum 40 pen pil sinna hun hi, a nu in hilh masa, tua khitteh Egypt sangpiah sin hi. Egypt tokhom a luah dingin pilna a sin hangin Moses in khut a khialhna le Pasian' vaihawmna tawh Jethro inn sungah khang hi. Zi hong nei-in tuu cingpa hongsuak hi.

Lesson Mungtupe:

1. Pasian' kamciamte le hauhna kingahte lungdam koh kisam hi. Pasian tungah a lungdam theite pen a daupaina uh pen Pasian hang hi cih theihneihna ahi hi. I kidop keileh pen i hauhna pen Pasian hang ahih lam kiphawklo ziau ding hi. I neih khempeuh Pasian' aa ahihlan mangngilhna in hazaatna honglut-in thu nei nuam in Pasian in amau tung tawn in midangte hotkhiat nasep susia hi.
2. Thungetna ah thu tampi om hi. Topa pen ahoih, adik manin lungdam a ko' bek hilo-in thusia tuakte' kikona zong ahi hi. Migilote in mi dangte' suahtaakna nawngkaai sak ding ahih hangin nopneh a tuakte tungah Pasian in huh ding ci-in kamciam hi.
3. Thuhoih khat ah Pasian in mawhna maisak nading, ompih nading na hongsep nading i kikonate hong za hi. Amah'n i kipei na, khitui, i tau' nate hong mu hi.
4. Nengniamna tuamtumte in Paikhiatna bu pan thala thei hi. Tua thu a sim uh ciangin amau bek a tuam thuak ahihloh lam thei thei uh hi. Pasian pen gamdai i sak hangin amau ompih hi. Muh theihloh ompih na le Lai Siangtho kamciamte in gupna thu ah kha'muang sak hi.
5. Pasian in Abraham, Isaac, Jacobte tawh a bawl kamciam phawk hi. A kamciam bangin gamta hi. Pasian in a geel bangbang in gamta hi. Pasian' hun pen mihing lunggulh lamet dante tawh kitukalh pahpah thei hi.

Khen II: Hilhciaanna

Paikhiatna bu pen Moses' thu kigenna hilo-in, Pasian in Moses le Israelte a makaihna thu hizaw hi. Paikhiatna bu in Pasian in Jacob innkuan thupha a piakna tangthu tawh kipan hi. Joseph in Egypt ah a sap laitak un mimal 70 bek pha uhhi, ahi zongin Pasian in Abraham tung ah a kamciam bangin (*Pian. 15:5*) hong pung mahmah uh hi (*Pai. 1:7*).

Ahih hangin Israel' hauhna in thusiam lam ah tun hi. Pharoah kumpi thak in lah Israelte haza-in sila bawl in nasep hamte semsak hi. Hih hun pen leitung tangthubu ah Egyptte' dynasty 18 hun hi, kici hi. Hyksos mite tua hun in a uk hun hong pan uh hi. A kumpi masa pa pen Ahmose (1580-1546 B.C) hi-in, Joseph matut nate a awlmawhlo pa hi kici thei hi (*Pai. 1:8*), amah'n Israelte sila-in bawl hi. Pasian' mite dinmun pen hong kiam suk tak hi, neih le lam, suahtaaknate bei-in sila hong suak uh hi (*Pai. 1:11, 13, 14*). Tua thu apia pen Amenhotep I (1553-1532) hi. Israelte lah kineng'niam semsem le pung zaw sem uh hi (*Pai. 1:12*). Pharoah zong patau-in na ham sem sak zaw hi.

Pharoah te' git'lohna Thutmose I (1532-1514) hun ah hong suk' pen hi, amah'n Hebrew nausuak thak pasal khempeuh thah dingin thupia hi (*Pai. 1:22*). Egypt pan paikhat ni pen March kha, 1450 BC hi zenzen leh Moses pen tua ma kum 80 in nasuak ding-a 1530 BC hiding hi, tua pen Thutmose I kumpi sep hun hi. Thutmose I in Hatshepsut (1504-1482) a kici tanu nei-in kumpi hong suak hi. Hatshepsut in Moses hong kem tua min na phuak hi. Hatshepsut pen Moses Midian gam ah a va tai laitak in na si hi. Hatshepsut' pasal Thutmose II (1508-1504) in a zineu tawh ta khat na nei-in amin Thutmose III (1504-1450) hi-in, Israelte a paikhat lai hun-a kumpipa hi. Pharoah Amenhotep II (1453-1425) pen Thutmose IIIii ta upa nahilo-in a pa tawh kum nih val gam uk khawm in a ta upa pen gimna a sawmna ah si hi. Amenhotep II tokhom Thutmose IV (1415- 1412) in luahto hi. Tua pa pen Sphinx Stela mualsuang lai gelh dan a batleh ta upa hilo hi. Hih dan thute hangin Lai Siangtho tangthu pen Lai Siangtho ahilo tangthu tawh kituahna om hi.

Moses ii Egypt min pen tua hun ding tawh lem amahmah hi (*Thutmose mi tawh kibang phial hi*), a khiatna pen “suak khia,” “lato” hi. Aminpi pen Hapi-mose hi thei ding hi (*Hapi pen Nile gun ii Pasian hi*). Ahih hangin Moses in Pasian' humopna tawh lai a gelh ciangin Hapi pen na zanglo hi. Nile pasian tawh kizomlo cih lahna hi.

Moses hong suahna in (*Pai. 2:1-10*) Israel' tangthu hei hi. Pasian' mi te in sila suahna pan suahtak nading, ahuh dingin thungen uh hi. Pasian in zong Moses piangsak in a thu ngetna uh dawng hi. Pasian in Moses pen

anu, a u nu Miriamte tawh na cing khawm hi. Hih thu pan in Pasian in mihingte tawh nasem khawm hi cih kimu thei hi.

I dongtuah mahmah laitak in Pasian in hong makaih ding hi ci-in muang in i mitte Pasian lam ah i suan' ding kisam mahmah hi, ahang pen Amah'n i khituite, i natnate hong mu hi. Amah'n amaute tawh thuak khawm h i. Bawlsiatna a thuak laitak un amau tawh omkhawm hi. Kamsang Isaiah in Pasian in ei'thuak khempeuh thuak hi ci hi (*Isa. 63:9*). Ei tawh pumkhat a suah dan pen khauhpa-in kikheel theilo hi. I thuak teh Amah zong thuak-a, lung i khiatteh Amah zong kia-a, na i sakteh Amah zong na nasa hi. Amah pen thumaanna hangin a thuakte lamah ompih hi (*Matt. 5:10*). Amah pen a hehpih thei Topa, lungduai Pa hi-in, singlamtehtungah hotkhiatna i ngah theih nadingin sihna thuak hi. Tua lang ah mi nengniamte, a gamtatte Pasian' thukhenna ngah in maimang ding uh hi. Hih tak ah Ellen G. White laigelh tawh thu kiphawk sak ni: "Nuntakna thak i ngah hun ciangin i takah tel'hak sak, i heh, i lungkiatna a hangte kitel siangta ding hi. Hong kidawnglo thungette le lamet bangin na piang lo thute ei' adingin thupha lianpipi ahihlam muding hi hang."—*The Ministry of Healing*, p. 474.

Shiphrah le Puah te pen cihtakna ah a etteh huai nausuak Siamate hi. Amau pen Pasian zahtak ahah manun Pharaoh' hehna khawng awlmawh kullo hi. Nuntakna Pasian a zahtaakna uh in mihing' nuntaakna a zahtaak dingin na makaih hi. Amau pen Hebrew tasuak thakte thah ding na nial uh hi. Nuntakna pen Pasian' letsong ahihlam thei uh ahihmanin Pharaoh thupiak na nial uh hi.

Lai Siangtho in (1) Moses Pharaoh' tanu ii tapa hong suak; (2) Khan a cin' ciangin Hebrew mi a saat Egypt mipa that; (3) Amah Hebrew le Hebrew kitawngte tawh kam kiseel; (4) Tua hangin amah Midian gam ah tai-in Siampi Jethro kiangah om in a tanu Zipporah tawh kiteeng; (5) Gershon a kici tapa nei hi, cih thute simloh Moses ii amasa kum 40 thu na tam genlo hi (*Sawl. 7:23*).

Tukaal lesson ii thugil pen i kamngah sung-a kammal "a thuciamna Pasian in a phawk hi" cih kammal hi: "Pasian in amau' thumna za hi. Pasian in Abraham, Isaac, leh Jakob tawh a thuciamna a phawk hi" (*Pai. 2:24*). Pasian in a kamciam tungah a cihtakna in Amah le Amite kikaal kizopna khosak hi. I cihtak loh hangin Amah na citak hi. Pasian' thuciam na-in Amah le Ama' nung a zuite kikaal kizopna kipsak hi.

Bangbang hitaleh Amite lawhcinglo-in dongtuak uh ahihmanin a thu ciam pen a tangtunglo dan hong suak hi. Pasian in "a thuciamna a phawk hi" cih pen Pasian in khuak hatlo, a mite phawklo cihna hilo hi. Pasian in

kilawm a sak hun in a mite ading nasem hi.

Abraham kiang ah minam liang a suak sak dingin a gen sa mah bang in Pasian gamta hi. Hih kamciam tangtun' nadingin Pasian in nen' niam a thuak hong suakta sak hi. Amah' n Abraham suante thupha piading ci-a kamciam ahih manin Pasian in Israelte honkhia hi.

Tua Lai Siangtho mun a neu nih sung ah *Elohim* cih kammal li vei bang kidawk hi. *Elohim* cih pen a thupi, thahaat Pasian hi-a a gamtat nam li te hong gen hi: Pasian in “za” “phawk” “len” “thei” cihna hi. Tua Lai Siangtho munte in Pasian a mite thu a theih lam hong gen hi. A tat ding hun a tun' manin leitung thu luan' zia hei ding hi. Pasian pen hehpihna nei ahihmanin nen' niamna beisak ding-a, a mite' adingin suaktaakna hi, tua hileh amau pen lungdamna tawh a Pasian ading na nasem ding uh hi. Tua hangin ah Pasian' hehpihna in gamhtatna, nen' niamna, sila bawl na thute tungah gualzo ding hi.

Khen III: Nuntakna-ah Zatpah Ding

1. Mite' n hong muhmawh bawl, thusia bawl hong peipuang ciangin na koici hiam? Na thuak khak nate in nang bang' a a thuak dang te tungah ahuh thei dingin a hong siam hiam? Bei dongte koici thapia thei ding na hiam? Na nuntaak haksatna aadingin a hoih pen zatui pen bang hiam?
2. Na nasepna ah hiam, ahihkeileh na pawlpi ah thu kinei sakna a omte ah buntak in koici pan' ding na hiam?
3. Moses' nu-le-pa le Miriam te' n Pasian muang kei-in a nau uh na seel keileh uh bang aci tam cih ngaihsun in. Pasian geel thu bang a suak tam? Pasian in bang a cih tam? Moses dang khat a piang sak diam?
4. Biakna dang inn sungah kum tampi noptak-a a omsa Moses in Pasian' mite tawh a thuak khawm dingin koici bangin khensat zo mawk a hiam?
5. Pasian a zahtaakte in kumpite mai-ah liinglawng kullo uh hi. Amau in Pasian pen a khatna ah koih khinsa hi uh hi. Tua ahih manin khuangkhhoh takin Pasian' thukham zui uh hi. Moses in Pharoah laulo-in Pasian lau hi cihpen bang acihna hiam? Moses in “muh theih lohpa mu” manin citak (*Heb. 11:27*) cihthu koicitel na hiam? Upna tawh Pasian koici muh thei ding na hiam?