* + - **Ko hono fakahoko ʻo e Lao:**
		- **Ko kinautolu ʻoku nau maʻu ʻa e Lao (ʻEkesotosi 19:1-8)**
	+ — Ko e hā naʻe ʻ omai ai ʻ e he ʻ Otuá ʻ a ʻ Isileli mei ʻ Isipité? Ke tauhi kiate ia (ʻEkesotosi 5:1; 7:16; 8:1, 20; 9:1, 13; 10:3). ʻI heʻenau fai ia, te nau maʻu ai ha ngaahi lelei lahi (kau ai ʻa e fonua ko Kenani).
	+ — ʻI he mahina hono tolu hili ʻenau mavahe mei ʻIsipite, naʻa nau ʻapitanga ofi ki he Moʻunga ko Sainai. Naʻe faka
	+ toka ai ʻ a e ngaahi fakavaʻe ki hono fokotuʻu ʻ o e puleʻanga ʻ Isilelí. Naʻe fokotuʻu ʻe he ʻOtua ha fuakava mo kinautolu, pea naʻa nau tali (ʻEkesotosi 19:1-8).
	+ — ʻI heʻetau tali ʻa e fuakava, ko e ha ʻe hoko ki ai ʻa ʻIsileli (ʻEkesotosi 19:5-6)?
	+ (1) KAKAI MAʻONIʻONI: Te nau fakatapui kinautolu ki he ʻOtua, pea fakaha Hono ʻulungaanga
	+ (2) PULEʻANGA ʻO E KAU TAULAʻEIKI: Te nau fakafehokotaki ʻa e kakai kehe mo e ʻOtua, pea akoʻi kiate kinautolu ʻene ngaahi fono
	+ (3) KO HA KOLOA MAKEHE MEI HE ʻOTUA: ʻE ngaohi ʻe he ʻOtua ʻa ʻIsileli ko ha halanga ke fakamamaʻi ai ʻa e mamani ʻaki ʻa e ʻilo fekauʻaki mo Ia
		- **Ko e Tokotaha Foaki Fono (ʻEkesotosi 19:9-25)**
	+ — Ko hono fakahoko ʻo e Fono ʻa e ʻOtua ʻi Sainai ko ha meʻa fakaʻofoʻofa mo fakailifia (Hepelu 12:18-21). ʻOku ʻikai mateuteu ha taha ki ha meʻa pehe. Ko ia ai, naʻe fie maʻu ke tomuʻa fakamaʻa ʻa e kakai pea tauhi ʻa e vamamaʻo totonu koeʻuhi ke ʻoua naʻa fakaʻauha kinautolu ʻe he naunau fakalangi (ʻEkesotosi 19:10-12). Ko e ha naʻe fie maʻu ai ke fai ha faʻahinga fokotuʻutuʻu pehee?
	+ — Ko e ngaahi folofola naʻe ʻamanaki ke fai ʻe he ʻOtua kiate kinautolu ko hano fakahaaʻi ia ʻo Hono ʻulungaanga. Ko e talangofua kiate kinautolu ko e moʻui; ko e talangataʻa kiate kinautolu ko e mate ia. Naʻe pau ke ʻiloʻi kakato ʻe ʻIsileli ʻa e mamafa mo e mahuʻinga ʻo e "ngaahi lea ʻo e fuakava, ko e Fekau ʻe Hongofulu" (ʻEkesotosi 34:28).
	+ — Neongo ʻe ngali fakailifia ʻi heʻene fakamatalaʻi, ka ʻoku ha mei he Lao ʻa e lelei taha ʻo e ʻulungaanga ʻo e ʻOtua: ʻa e ʻofa (Loma 13:10).
		- **Ko e Fekau ʻe Hongofulu (ʻEkesotosi 20:1-17)**

— ʻOku fakafeʻiloaki ʻe he ʻOtua ʻa e Lao ʻaki hono fakamahinoʻi ʻa hono tefitoʻi ngaue: "Kuo u huhuʻi ʻa kimoutolu mei he angahala, ko ia, ko e meʻa ʻeni kuo pau ke mou fai ʻo fai atu mei he taimi ni" (ʻEkesotosi 20:2). Ko e tauhi ʻo e Lao, kiate kitautolu, ko e tali ia ki he Huhuʻi. Ko ha tali ia ʻo e ʻofa ki he ʻofa ʻoku maʻu.

— "ko e ʻofa ko e fakahoko ia ʻo e fono" (Loma 13:10)

(1) ʻOfa ki he ʻOtua (Teu. 6:5; ʻEkesotosi 20:3-11): Fakaʻapaʻapaʻi mo fakaʻapaʻapaʻi ʻa e ʻOtua ʻaki hono fakamuʻomuʻa Ia ʻi heʻetau moʻui; fakaʻapaʻapaʻi ʻa e ʻOtua kae ʻikai fetongi Ia ʻaki ha tamapua; fakaʻapaʻapaʻi ʻa e huafa, ongoongo, mo e ʻulungaanga ʻo e ʻOtua; fakaʻapaʻapaʻi Hono ʻaho malolo mo e lotu, ʻa e Sapate

(2) ʻOfa ki ho kaungaʻapi (Lev. 19:18; ʻEkesotosi 20:12-17): Fakaʻapaʻapaʻi hoʻo matuʻa; fakaʻapaʻapaʻi ʻa e moʻui; fakaʻapaʻapaʻi ʻa e nofomali; fakaʻapaʻapaʻi ʻa e koloa ʻa e kakai; fakaʻapaʻapaʻi ʻa e ongoongo ʻo e niʻihi kehe; Fakaʻapaʻapaʻi koe koeʻuhi ke ʻoua naʻa ʻuliʻi ho ʻulungaanga ʻe ha ngaahi holi siokita.

* + - **Ko e ʻuhinga ʻo e Lao:**
		- **Ko e fatongia ʻo e Lao.**
	+ — Ko e hā ʻ a e niʻihi ʻ o e ngaahi ngāue ʻ a e Laó? ʻOku ne maluʻi kitautolu mei he kovi (Saame 119:104); ʻoku ne ʻomi kiate kitautolu ʻa e poto (Teu. 4:6); ʻoku ne ʻomi kiate kitautolu ʻa e tauʻataina (Semisi 2:12); ʻoku ne ʻomi kiate kitautolu ʻa e melino (Saame 119:165); ʻoku ne ʻomi kiate kitautolu ʻa e tuʻumalie (Sosua 1:8); ʻoku ne fakahaaʻi ʻa e angahala (Loma 7:7); ʻoku ne tataki kitautolu kia Kalaisi (Kal. 3:24)
	+ — ʻOku ʻikai kau ʻa e fakamoʻui ʻi hono ngaahi fatongia (Kaletia 2:16). ʻOku hange ʻa e Lao ko ha sioʻata ʻoku ha mai ai ʻetau ngaahi angahala (Semisi 1:23-25).
	+ — ʻOku ʻikai toʻo ʻa e ngaahi meʻa ʻi hono maumauʻi ʻo e sioʻata; ʻoku ʻikai foki ke pehe ʻa e tukunoaʻi ia. Ka ka ne taʻeʻoua ʻa e "sioʻata" [ʻa e fono] he ʻikai ke tau ʻiloʻi kuo ʻuliʻi kitautolu [ʻe he angahala], pea ʻoku tau fie maʻu ʻa e "holoholo" [Kalaisi] ke fakamaʻa kitautolu.
	+ — ʻOku mahino ʻa e Tohi Tapu: ʻOku lelei ʻa e Fono (Loma 7:12); ko e meʻa fakafiefia ʻa e fakalaulauloto ki ai (Saame 1:2). "ʻOiaue, ʻoku ou ʻofa lahi ʻi hoʻo fono! ʻOku ou fakalaulauloto ki ai ʻi he ʻaho kotoa" (Saame 119:97).
		- **Ko e Lao ko ha talaʻofa.**
	+ — "Pea naʻa ne fakaha kiate kimoutolu ʻa ʻene fuakava ʻa ia naʻa ne fekau ke mou fai, ko e NGAAHI LEA ʻE HONGOFULU, ʻo ne tohi ia ki he maka lafalafa ʻe ua" (Teutalonome 4:13, ʻuluaki lea faka-Hepelu)
	+ — ʻI he lea faka-Hepeluu, ko e tuʻo tolu ʻoku lave ki ai ʻa e Fekau ʻe Hongofulu, ʻoku ui kinautolu ko e "ngaahi lea ʻe hongofulu" (ʻEkesotosi 34:28; Teu. 4:13; Teu. 10:4).
	+ — Tau fakakaukau ki he meʻa ni. Ko e ha ʻetau ʻuhinga ʻi heʻetau pehe ki ha taha, "ʻOku ou fai kiate koe ʻeku lea"?
	+ — Ko hono moʻoni, ʻoku ʻikai ke mau ʻoatu ha meʻa; ʻOku mau fai atu ha palomesi kiate koe. ʻOku mau fakapapauʻi atu te mau fai ha meʻa pau.
	+ — Ko ia ai, ʻe lava ke liliu ʻa e tefitoʻi lea faka-Hepelu ko e "dabar" ko e "lea" pe "talaʻofa." Sipinga: "Kuo teʻeki ai ke tonounou ha foʻi lea [tapale] ʻe taha ʻi heʻene talaʻofa lelei kotoa pe [tapale], ʻa ia naʻa Ne talaʻofa ʻo fakafou ʻi Heʻene tamaioʻeiki ko Mosese" (1 Ngaahi Tuʻi 8:56).
	+ — Ko e Fekau ʻe Hongofulu ko ha ngaahi talaʻofa ia ʻe hongofulu ʻoku fai mai ʻe he ʻOtua kiate kitautolu, ʻoku fakataumuʻa ke tataki kitautolu ʻi he hala totonu.
		- **Ko e Lao ko e ngataʻanga.**
		- — Ko e fo’i lea “faka’osi” ‘oku ngaue’aki ki he lao ‘e Paula ‘ia Loma 10:4 ko e “telos.” Ko e hā ʻa e ʻuhinga ʻo e foʻi leá ni?
		- — Koe uhiga tefito koe: koe poini oku fakaha koe fakangatangata be koe taumua. ‘I he faka‘uhinga (ngaahi ‘uhinga fika ua): ko e faka‘osinga, ko e fakangata, ko e ola, ko e taumu‘a. Ko hono ‘uhinga paú kuo pau ke fakapapau‘i ia ‘e he sētesi ‘oku ngāue‘aki aí.
		- — Kapau te tau liliu eni ko “Ko Kalaisi ko e ngata’anga ia ‘o e lao,” ‘oku ‘ikai ke toe ‘i ai ha lao talu ‘a e pekia ‘a Sisu. Ko ia ai, ‘oku ‘ikai ha angahala. ‘E fakafepaki’i ‘e Paula ia ‘a ia tonu (Lom. 7:7).
		- — Kapau te tau liliu “Ko Kalaisi ‘a e poini ‘oku tuhu ki ai ‘a e Lao,” ‘oku tu’uma’u ‘a Paula, he ‘oku kei ngāue ‘a e lao, pea ‘oku ne taki kitautolu kia Kalaisi (Lom. 3:31; Kal. 3:24).