

FAMILY DISCIPLESHIP

Van Neih Bik

1. INNCHUNGKHAR

A. Innchungkhar cu zaidah a si? (What is family?)

- a. Chungkhar cu: “one man and one woman united in matrimony (*barring death of a spouse*) plus (*normally*) natural or adopted children and, secondarily, any other persons related by blood.” (God, family, marriage).
- b. Innchungkhar hmanthlak hi Genesis 1:28 ah kan hmuh hmasat bikmi a si. “Thluachuahnak a pek hna i, "Tefa tampi in ngei u law nan tefa cu vawlei cung khuazakip ah khat hna seh, cun annih nih vawlei cu uk hna seh. Nannih cu nga cung le va cung le ramlak saram a hme he a ngan he an dihlak cung i nawlgeihnak kan pek hna," a ti.”
- c. Pathian nih Eve le Adam cu a fonh hna; thit-umh thlacamnak Eden dum ah an tuah ti khawh a si. Cu hnu ah thluachuah a pek hna. Bawipa nih chungkhar hi a thokmi a si; a dirhmi a si; thluachuah a pekmi a si. Cucaah kan dihlak nih kan hmaizah ding le kan upat ding a si (Heb. 13:4). Cu hnu ah tefa tampi ngei dingi nawl a kan pekmi a si. Tefe ngeih hi chungkhar/thit-umhnaak nih aa tinhmi pakhat a si.
- d. Genesis 2:24 ah nu le pa cu pum khat ah Pathian nih a fonh hna a ti. “Cucaah cun pei pa nih a nu le a pa a kaltak hna i a nupi he an i fonh i pum khat i an can hi a si cu.”

B. Bible nih innchungkhar biafang hmanmi

- a. People (minung).
- b. Tribe (phun).
- c. Clan (hrinsornak).
- d. House of a father (pa nih dirhmi innchungkhar). Hihi Biakam Hlun nih chungkhar kong a chim tikah tam bik a hmanmi biafang a si.

C. Bible Cawnpiakmi Pa Dirhmun

- a. Patrilineal: Pa hrinsornak in dawi a si.
- b. Patrilocal: Pa innchungkhar i hrawm a si.
- c. Patriarchal: Pa hi innchungkhar ah nawlpek (in charge) a si. Pa nih chungkhar hi a hruai. (Daniel Block).

D. Bible Cawnpiakmi Pa Rian

- a. Modeling: Zohchunh awktlak tein nunpiak.
- b. Leading: Innchungkhar hruaitu an si.
- c. Instructing: Innchungkhar cawnpiaktu an si.
- d. Managing: Innchungkhar zohkhenhtu le tlangtlatu an si.
- e. Providing: Innchungkhar herhmi pechantu a si.
- f. Defending: Innchungkhar kilvengtu a si.
- g. Feeding: Innchungkhar cawmtu a si.
- h. Serving: Innchungkhar rianhtu a si.
- i. Maintaining: Innchungkhar daw/rem tein le rualrem tein umtertu a si.
- j. Implementing: Innchungkhar ah biachahnak tuahtu a si.

E. Bible Cawnpiakmi Pa Rian (Fa le cung).

- a. Fa le min sak.
- b. Fa le Pathian sin pekchanh.
- c. An fa le cuarpartan (ni riat).
- d. Fa le cungah i lawmh; fa le dawt.
- e. Fa le thlarau ti/rawl in cawm.
- f. An fa le rawhral lonak dingin kilven.
- g. Fa le fimnak le nun cawnnak lei ah hruai.
- h. Fa le nih palhnak an buah caan sik le cawnpiak.
- i. Fanu le pa-misual sin in huhphenh; thianghlim tein nunter; an chungkhar min chiatertu si lo ding le an va le cungah an thianhlimnak sunhlawihter.
- j. A fanu he aa tlakmi va timhtuahpiak le an i tthit-umhnak kong tawltrepi.

F. Bible Cawnpiakmi Nu Rian

- a. Nu he pa he fa le min sak tawn a si.
- b. Nu he pa he an fanu thianhlimnak kilven a si.
- c. Rawl chumh; thil suk; inn lo zohkhenh.
- d. Jew miphun innchungkhar cu education hmun ttha bik ah an ser.
- e. An fa le hmailei nupi ttha sinak ding ah nu nih cawnpiak a si.
- f. Nu nih an fanu le hi ttuanvo lak deuh a si.

G. Bible Cawnpiakmi Ngakchia Kong

- a. Ngakchia cu Pathian muisam kengin sermi an si (Gen. 1:28; Ps. 8).
- b. Pathian tinhmi tlintertu an si (Gen. 1:26; 5; 9:18-19).
- c. Pathian thluachuah rosung an si (Ps. 127:3-5).
- d. Sual cia in hrinmi an si (Ps. 51).
- e. Khrih lei hruai herhmi an si (John 3; Matt. 19).

H. Bible Cawnpiakmi Fa le Rian

- a. Nulepa upat hi biapi in Bible nih chiahmi a si (Deut. 5:16; Ex. 20:12).
- b. Nulepa upat le an nawlngaih hi fa le rian a sang bik ah chiah a si i, nunsau nak le thluachuah hmuhnak a si (Eph. 6:1-3).
- c. Nulepa nihsawh le zeirel lo hi thihnak dantat tiang a phu, tiah an rak ruah.

2. THIT-UMHNAK

A. Zeidah i tthitumhnak hi a si? (what is marriage).

- a. Marriage is: “sacred bond between a man and woman instituted by and publicly entered into before God (whether or not this is acknowledged by the married coupl), normally consummated by sexual intercourse.” (God, marriage, family).
- b. Nu nih pa vat ding, pa nih nu tthit ding. Kan zumhnak, kan hmuhning/ruahning le tinhmi aa khat deuhmi he si ahcun a ttha. A si khawh ahcun Laimi le Laimi. Miphun dang vaat hi sual a si lo. Khrihfa a si lomi tthit/vat tu hi sual a si (2 Cor. 6:14). Cucaah, khrihfa a simi nih khrihfa tthit/vat ding. Kanmah miphun an si ahcun a ttha deuh chinchin.
- c. I tthit-umhnak cu zungzal ca in a si (Matt. 19:6).
- d. Nu le va i tthen cu sual a si. Pathian nih a huat (Mal. 2:16). Nuleva i tthen nak hi Bible nih a onhnak aruang pakhat lawng hmuh a si. Cucu, nuleva karlak ah zumh awktlak lo in umnak a si (Matt. 5:32; 19:3-9).
- e. Nu le va aa thenmi hna an fa le cu, aa tthen lomi hna an fa le nakin an sual deuh; an nun aa rawk deuh. Million 8 hrawng hi pa lo in nu lawng nih zohkhenhmi fa le an si. 100,000 thawng hi pa in nu aa cangmi nih zohkhenhmi an si (Peggy Drexler, Boston University).
- f. Pum khat sinak (one flesh) a si (Gen. 2:21-24). Kan pumsa tthen khawh an si lo bantukin nuleva zong tthen khawh kan si lonak a si. Thinlung (emotion), thlarau (spiritual), khuaruahnak (intellectual), chawva (financial) le a lam kip in pum khat kan si.
- g. A hlawhtlingmi, a dammi, le a tthawngmi tthit-umhnak caah kan pahnih (nupi/pasal) kan biapi. Kanmah le kan rian cio tlamtlinh i zuam cio a herh (Eph. 22-25). Khrih kan lu bik ah ser a herh; Bible cawnpiaknak zulh a herh. Thlacam tti a herh.
- h. I tthit-umh hlan nupa-sinak hman cu sual a si (1 Cor. 7:2). Pathian nih tthit-umhnak a sermi si caah kan upat/hmaizah ding a si. A lam tampi lakah pakhat cu

a thiang tthit-umh thlacamnak hi a si (Heb. 13:4). Nupa-sinak i tthit-umh hlan hmangmi hna hi an chungkhar a dam lo; aa thenmi zong an tam deuh. Acts 15:20; 1 Corinthians 5:1; 6:13, 18; 10:8; 2 Corinthians 12:21; Galatians 5:19; Ephesians 5:3; Colossians 3:5; 1 Thessalonians 4:3; Jude 1:7; and Revelation 21:8.

B. Zeidah nupa-sinak (sex) nih aa tinhmi a si?

- a. Nupa-sinak cu Pathian pekmi laksawng a si. Nain, i tthit-umhna chung lawngah hman ding i, kan hman tikah tinhmi (4) a um.
- b. God's glory: Pathian sunparnak caah hman ding.
- c. Procreation: Tefa hrinsornak le karhna (Gen. 1:28; 9:1).
- d. Relational: Nuleva pehtlaihna tthawntertu le fehtertu (Gen. 2:18, 21-24).
- e. Public good: Pawngkam community le mipi tthatnak caah (Matt. 5:8, 28; Job 31:1, Ps. 119:9). (God, marriage, family).

C. Zeidah i tthitumhna nih aa tinhmi a si?

- a. Companionship (Gen. 2:18-20) (i hawikomhna; rianttuanttinak; i bawmhchanhna; nun i hrawmhna).
- b. Procreation (Gen. 1:28; chungkhar dirhna; tefa hrinsornak le cawmkenna; Eph. 6:4).
- c. Redemption (Eph. 1:7; Pathian le pakhat i bawmhna in khamhna hmuh le Khrih muisam cuan). (eaglefamily.org).
- d. Nupa-sinak (sex) kan herhmi/hlammi pakhat le pakhat lungdiriamhna i pek (1 Cor. 7:2). Pathian nih minung cu sexual being in sermi kan si. Nupa-sinak (sex) zong a ser i, i tthit-umhna chungah hman ding in a tinhmi a si. Cucu pakhat le pakhat i diriamhna dingah tthitumhna hi a si.
- e. Khrih le Khrihfabu (zumtu) kan i pehtlaihna hmanthlak a si (Eph. 5:25-26). Khrih nih khrihfabu zungzal ca in a khamh, a tthit bantuk in a si ve. Khrih le khrihfabu kan i pehtlaihna a thuh bantukin nuleva zong a si ve. Khrih nih khrihfabu cung ah nawl a ngeih bantukin va le nih kan nupi le cungah nawl kan ngei. Khrihfabu nih Khrih tangah aa dor bantukin nupi le zong nih kan i dor ve. Khrihfabu nih Khrih nawl a ngaih i, a upat/hmaizah bantukin nupi le zong kan si ve. Khrih nih khrihfabu cu a nunnak tiang pek in a ruang um lo in (unconditionally) a dawt bangin, va le zong nih kan nupi hi kan dawt hna awk a si.

D. Zeidah va le kan rian a si?

- a. Pathian hmaiah nu le pa kan i khat; kan i tluk. Nain, kan rian aa dang. Inn chungkhar ah pa cu hruaitu ah Bawipa nih chiahmi kan si (1 Cor. 11:3; Eph. 5:23). Cucaah, innchungkhar ah pa kan rian cu innchungkhar hruai a si. Kan nupi le kan fa le Khrih leiah hruai a si. Pathian duhnak leiah hruai a si.
 - b. Efesa 5:25-26 ah Khrih nih Khrihfabu a dawt bantu kin kan nupi le dawt a kan fial. Cucaah, a pahnihnak kan rian cu nupi le dawt a si.
 - c. Pathumnak va le kan rian cu kan nupi/chungkhar cawm a si. Chim duhnak cu rian felfai tein ttuan; rian ah i zuam; i biatak a si.
 - d. Palinak va le kan rian cu kan nupi/chungkhar runven/huhphenh/kilven (protect/guard) a si.
 - e. Panganak va le kan rian cu kan nupi/chungkhar zohkhenh (caring) a si.
- E. Zeidah nupi le kan rian a si?
- a. Bawipa nih nupi le zong rian a kan pekmi a um. Cucu, kan va le an nawl ngaih le an tang ah i dor a si (Eph. 5:22-24; Col. 3:18-19).
 - b. Innchungkhar fel tein zohkhenh; fa le zohkhenh; inn le lo thianghlim tein chiah; va le rian an ttuan kar ah kan fa le homework tuahpi; Bible relpi le thlacampi a si.
 - c. Va le suiluchin nan si (Phung. 12:4). Va le ningzahertu si loin, va le cawisangtu le hlorhtu nan si.
 - d. Va le nih bawmh an herhnak an herhning in bawmh a si.
- F. Va le thinlung ngaihchiattertu
- a. Soisel lengmang.
 - b. Mi hmai ah nihsawh.
 - c. Pa dang he tahchunh.
 - d. Mi hmai ah upat/hmaizah lo. (va le cung ah kut zaan tuk).
 - e. Fa le hmai ah nek.
 - f. Thlarau lei ah ze na si lo, tiah ningzahter.
 - g. Mawhchiat zungzal.
 - h. Complains tuah peng; negative in hmuh.
 - i. Va le uk i timh; va le cung kai i va le lamh.
 - j. Nupa sinak va le he hman duh lo (pastor vladimir savchuk).

3. NULEVA PEHTLAIHNAK HRAWKTU LE BUAINAK CHUAHPITU:

Biahalnak: Nu le van kan rian aa dang maw?

Intro: Pathian nih minung cu Amah muisam in a ser (Gen. 1:27). Pathian nih nu (female) le pa (male) cu aa tluk tein Pathian nih amah muisam in a ser hna (Gen. 5:1-2). Pathian muisam in sermi kan sinak hi thil pathum in fianternak kan tuah lai: (1) Pathian he pumpak pehtlaihnak a ngeimi kan sinak; (2) sermi minung vialte (nu he pa he) Pathian mit/thinlung ah aa tlukmi le a biapimi kan sinak; (3) kan rian an i dannak hna an si. Cu hna cu a tanglei bantuak kan zoh lai:

A. Pathian he pumpak pehtlaihnak a ngeimi kan sinak

Pathian nih minung hi kanmah pi lawng umhar in um ding le tlonlen dingah sermi kan si lo, amah he pumpak pehtlaihnak ngei ding ah sermi kan si. Tahchunhnak ah, Pathian cu pehtlaihnak a ngeimi Pathian a si (relational being). Thum-komh Pathian ah pakhat le pakhat zong pehtlaihnak an ngei. Minung zong Amah muisam in sermi kan si caah pehtlaihnak kan ngei ve. Pathian he pehtlaihnak kan ngei; minung le minung pehtlaihnak kan ngei. Nu le pa karlak zongah a si. Nu le pa kan i tthit-umh tikah Pathian fonhmi kan si, tiah kan zumh. Cun, pahnih si ti lo in pakhat (pum khat) kan si, tiah Bible cawnpiakning in kan zumh. (Gen. 2:24). Hi bantuak pakhat sinak hi pumsa in pakhat sinak si loin, thinlung (emotional) le thlarau (spiritual) lei i pakhat sinak a si (Matt. 19:6).

Nu le pa cu pakhat sinak ah Pathian fonhmi kan si caah zumh awktlak tein um a herh. Paul nih Korin cakuat ah kan pum, kan thinlung, kan ruahnak, le kan thlarau hi kan nupi le kan va le caah a si bik ding a sinak a kan cawnpiak (1 Cor. 6:16, 18-20). Cun, nu le va kan sinak ah kan pum aa hrawmmi kan sinak zong a chim (1 Cor. 7:3-5). Kan pum kan i dawt bantuak nupi le zong va le a kan fial (Eph. 5:28).

Nu le va kan i pehtlaihnak cu Khrih le khrihfabu (zumtu) kan i pehtlaihnak he aa khat, tiah a kan cawnpiak (Eph. 5:23-32). Nu le pa aa dang in sermi kan sinak hi Amah muisam kan kennak pakhat zong a si. Phun dang in cun Pathian kan lawhnak pakhat a si. Kan Pathian cu Thumkomh Pathian a si: Pa, le, Fapa, le Thiang. Pathian a sinak ah aa tlukmi an si. Nain, aa dangmi a si. Pa cu Fapa a si lo. Fapa cu Thlarau a si ve lo. Pa cu Fapa nakin a niam deuh lo; Thlarau zong Fapa nakin a niam deuh lo. Patiahn sinak ah an i khat. Nain, an rian aa dang. Cu bantuak cu minung zong kan si. Nu le pa aa dangmi kan si. Kan rian zong aa dang.

B. Sermi minung vialte Pathian mit/thinlung ah aa tlukmi le a biapimi kan sinak

Thumkomh Pathian cu Pathian an sinak ah aa tlukmi (equal) an si nain aa dangmi an si. Cu bantuakin Pathian nih nu le pa hi aa tluk (equally) tein sermi kan si nain aa dangmi kan si (Gen. 1:27; 5:1-2). Nu he pa he Pathian muisam in sermi kan si caah Pathian mit/thinlung ah kan

biapitnak le kan tthahnemnak aa tluk. Pa hi Pathian caah kan biapi deuh hlei lo i, nu zong an biapi deuh ve hlei lo. Kan biapitning aa khat. Nain, kan i dannak an um. Zeicatiah aa dang in sermi kan si.

Pathian nih aa tluk tein dawtnak he sermi kan si ve caah pakhat le pakhat kan i *upat/hmaizah* lai. Phungthlukbia 31:10, 28-30 ah upat/hmaizah awktlakmi nu kong kan hmuh. Peter nih nu le upat/hmaizahnak a chim ve, “Nannah patung hna zong nan nupile he nan um tikah, annih cu a der deuhmi an si kha philh hlah u. Cucaah bia nan chimh hna tikah hmaizah tein nan chimh hna lai i Pathian pekmi laksawng nunnak cu annih zong nih an co khawh ve lai. Hi bantuk hin um u law zeihmanh nih nan thlacamnak kha hna a hnawh kho lai lo” (1 Pet. 3:7). Paul nih nu le pa kan i herhnak le kan i upat/hmaizah a herhnak a chim: “Bawipa chung i kan nunning tu ah hin cun, nu hi pa caah a herh bantukin pa zong nu caah a herh ve. Nu cu pa chungin ser a si bantukin pa zong cu nu chungin a chuakmi a si ve; zeizong vialte hram cu Pathian a si” (1 Cor. 11:11-12).

Biakam Hlun ah Prophet Joel nih Pathian Thlarau cu nu he pa kan dihlak cungah toih a sinak lai kong a chim. “Cun cu hnuah cun, mi vialte kha ka thlarau ka toih hna lai i Nan fapa hna le nan fanu hna nih ka bia kha an chim lai, Nan tar hna nih mang an manh lai i Nan tlangval hna nih langhnak an hmuh lai. Khi ni ah cun, salpa hna le sal nu hna hmanh kha, ka thlarau ka toih hna lai” (Joel 2:28-29). Pathian nih a thlarau cun aa tluk tein nu he pa he pek kan si. Korin cakuat ah Thlarau laksawng cu kan dihlak tthatnak caah aa tluk tein pek kan sinak a chim: “Thlarau kan chung i a um kha phun khatkhat in a lang cio i cucu kan dihlak ca i thatnak ding caah khan a si” (1 Cor. 12:7; 1 Pet. 4:10). Kan dihlak nih aa khatmi Thlarau laksawng kan ngei dih men lai lo. Nain, nu he pa he Pathian nih Thlarau laksawng sunglawi taktak in pek kan si.

Lamkaltu chan ah zumtu piangthar hna cu nu he pa he tipil an ing ti kan hmuh (Acts 2:41). Paul nih Galati khrihfabu sin cakuat a ttial tikah, nu le pa kan i tluknak a chim: “Khrih Jesuh pehtlaihna thawngin Pathian fa nan dihlak in nan si cu zumhnak thawngin a si. Khrih chungah tipil nan ing i Khrih nunnak in nan i thuam. Cucaah Judah mi le Jentail mi, sal le luatmi, nu le pa karah zeihmanh thleidannak a um ti lo, Khrih Jesuh he nan i pehtlaihna thawngin pakhat nan si dih cang. Cucaah Khrih ta nan si ahcun Abraham tefa nan si i Pathian biakamning in rocotu nan si” (Gal. 3:26-29). Khrihfabu chung le innchungkhar ah mi nakin ka sang deuh, ka ngan deuh, ka biapi deuh, timi lungput ngeih lo ding a biapi tuk. Nu, pa, rian ngeitu, rianttuantu, minak, miraang, sifaak, mirum, mitthawng, mider, mifim, mihrut, midam, midamlo, muidawh, muidawhlo - zeibantuk minung kan si zongah kan dihlak in Pathian caah kan biapi (valuable) i pakhat le pakhat caah kan biapi (valuable to God and to one another).

C. Kan Rian Aa Dang

Thumkomh Pathian an i pehtlaihna le innchungkhar ah pa hi a lu (*headship*) kan sinak. Thumkomh Pathian an sinak ah aa tlukmi an si. An tthawnnak aa tluk, an fimnak aa tluk, an thil

ti khawhnaak aa tluk. Nain, an rian aa dang. Tahchunhnaak ah, Pathian nih Khamhnaak hi a timhmi a si. Fapa nih a tlintar (Luke 22:42; Phil. 2:6-8). Van a kai hnu ah Thlarau rak ttum i Thlarau bawmnaak in kan co (John 16:7; Acts 1:8; 2:1-36).

Thumkomh Pathian an sinak hi nu le pa kan i pehtlaihnaak zong a si awk an si. Pathian sermi kan sinak le muisam kan kennak ah kan i tluk. Nain, kan rian (roles) aa dang. Kan ttuanvo aa dang (responsibilities). (**Note:** put a powerpoint slide of Trinity equality). Paul nih, “Sihmanhsehlaw hngalhter kan duhmi hna cu Pathian cu Khrih lu a si bantukin pa cu nu lu a si i Khrih cu mi vialte lu a si” (1 Cor. 11:3) a ti. Pa nih a Fapa cungah nawl a ngeih; Fapa nih a Pa nawl cu thih tiang in a ngaih (Phill. 2), Pathian an sinak ah aa tlukmi an si ko nain. Cu bantukin Pathian hmaiah nu le va kan i tluk ko nain pa nih kan nupa le cungah nawl kan ngei ve. Pa cu innchungkhar ah Pa Pathian aiawhtu kan si i, nu cu innchungkhar ah Fapa Jesuh aiawhtu an si.

Pathian nih nu le va kan rian le ttuanvo aa dang in sermi hi vawlei ah sualnaak arak um hlan in timh cangmi a si. Pathian nih Eve a chimhmi cu, “Cun minu cu a thawh i, "Fa na pawinak i harnak na inmi kha ka karhter lai, fa na hrinnak i fahnak na inmi kha ka karhter lai; asinain na va cu na duh thiamthiam ko lai i amah cu na cung bawi a si lai," a ti” (Gen. 3:16).

- 1) **Adam cu ser hmasat a si, cu hnu ah Eve ser a si.** Pathian nih Adam a ser hnu ah Eve cu ser a si. Adam ser hmasat a simi nih hin Adam cu innchungkhar ah hruaitu ttuanvo (leadership role) a ngeihnaak a langhter. Biakam Hlun chan ah innchungkhar ah hrin hmasat bikmi a simi pa nih hruaitu ttuanvo ngeih a si. Rocotu sinak zongah co a si (Gen. 25:27-34; 35:23; 38:27-30; 49:3-4). Paul nih Timothy cakuat ah hi cawnpiaknaak hi a nolh tthan (1 Tim. 2:13).
- 2) **Eve cu Adam bawmtu ah ser a si.** Bible nih Eve cu Adam caah ser a si, a ti: “Cun Bawipa Pathian nih cun, "Mipa amah lawng i a um hi a tha lo, hawile *bawmtu* ka serpiak lai," a ti” (Gen. 2:18). Paul nih a nolh ve, “Cun pa cu, nu caah ser a si fawn lo, *nu tu kha pa ca i sermi cu a si*” (1 Cor. 11:9). Nu cu pa caah ser a si ruangah nu hi an niam deuh, an fa deuh tinak a si lo i, pa hi an sang deuh, an ngan deuh tinak a si ve fawn lo. Pathian sernak chungah kan rian le ttuanvo aa dannak tu an si.
- 3) **Adam nih Eve min a sak.** Adam nih saram vialte an min sakmi hna nih saram cungah nawlgeitu a sinak langhter (Gen. 2:19-20). Biakam Hlun chan ah min satu cu min sakmi cungah nawlgeitu an si. Pathian nih Abraham le Sarah cu an min sak hna. Adam nih Eve cu “nu” siseh, tiah min a sak. Zeicatiah, nu cu pa in lakmi a si (Gen. 2:23). “Cun Bawipa nih mipa cu thu hluahmah in a hngilhter i aa hngilh karah cun a hnakruh pakhat kha a zuh i cu a zuhnaak cu titsa in a phih. Mipa hnakruh a zuhmi cun minu pakhat a ser i a sinah cun a ratpi. Cun mipa nih cun aa thawh i, "Atu hi pei keimah phun taktak a simi cu a si hi; Ka ruh i lakmi ruh, ka sa in lakmi sa. A min ah "Nu" si seh, zeicahtiah amah cu mipa chungin lakmi a si," a ti. Cucaah cun pei pa nih a nu le a pa a kaltak hna i a nupi he an i fonh i pum khat i an can hi a si cu” (Gen. 2:21-24; 3:20). Hi nih hin Adam cu Eve cungah nawlgeitu a sinak langhter mi a si.

- 4) **Vawleicung mipi hi Adam ah hmuh a si.** Pathian nih vawleicung minung cu “Adam” tiah ti kan si. “Nu le pa in a ser hna i thluachuahnak a pek hna i "Minung phun" tiah min a sak hna” (Gen. 5:2). Miraang Bible ah “Adam, asiloah, mankind”, a tinak an um. Adam ti sullam cu “Minung phun” (the human race” tinak zong a si.
- 5) **Sualnak kong kan i cawnpiak tikah Adam sual kan i hrawm, tiah kan chim.**
 Zeicatiah, Adam cu minung phun (human race) aiawhtu a si caah a si. Eve hi sualnak a tuah hmasattu a si nain, Eve sual kan i hrawm, tiah kan ti bal lo. Zeicahtiah, Adam sual cu kan sualnak ah relhpiak a si. Bible nih Adam ah mi vialte kan sual, kan thi, tiah a kan cawnpiak (1 Cor. 15:22, 49). Romans 5:12 ah mipa pakhat thawngin vawlei ah sual a tlung, a ti. **Romans 5:12-21:** “Sualnak cu mipa pakhat thawngin vawlei cungah hin a tlung i cu a sualnak nih cun thihnak kha a ratpi. Cun mi vialte cu an sual dih caah thihnak nih cun mi vialte cu a ciah dih hna. Nawlbia a um hlanah khan vawlei cungah hin sualnak a rak um ko, sihmanhsehlaw nawlbia a rak um lonak hmun ah khan cun sualnak cu sual ah relpiak an si lo. Asinain Adam caan in Moses caan tiang thihnak nih mi vialte kha a uk dih hna; Adam nih Pathian nawlbia a buarnak thawngin a tuahmi sualnak bantuak a tuah lomi zong kha a uk ko hna. Adam cu a ra lai dingmi hmanthlak a rak si. Sihmanhsehlaw cu hna pahnih cu an i khat lo, zeicahtiah Pathian laksawng cu Adam sualnak bantuak kha a si lo. Kha mipa pakhat sualnak ruangah khan mi tampi an thi taktak ko. Sihmanhsehlaw kha pa that lonak nakkhan Pathian vel cu tam piin a ngan deuh i cu bantuak thiamthiam cun mipa pakhat Jesuh Khrih vel thawngin mi tampi cungah a tlungmi Pathian laksawng cu a ngan deuh. Cun Pathian laksawng le mipa pakhat sualnak kha an i lo lo. Kha sualnak a hun zultu kha cu, "Na sual," ti biakhiahnak a si; sihmanhsehlaw sualnak hi zat riamruam a hun zultu cu, kan phu kan tawk lopi a simi laksawng, "Na sual lo," ti biakhiahnak hi a si. Mipa pakhat sualnak thawngin, cu mipa ruangah cun, thihnak nih khan minung cu uk hram a hun thawk hna. Sihmanhsehlaw mipa pakhat, Jesuh Khrih tuahmi chungin a chuakmi cu zeitluk in dah a ngan deuh! Mipa pakhat thawngin thihnak cu a um a si ahcun, Pathian velngeihnak duhdim le dinnak a laksawng a hmumi vialte hna cu, mipa pakhat Jesuh Khrih thawngin thlarau nunnak a thawng chinchinmi an ngei lai. Cucaah cun sualnak pakhat tuahmi nih mi vialte kha sual a phawt hna bantuakin dinnak pakhat tuahmi nih mi vialte kha a luatter hna i nunnak a pek hna. Mipa pakhat nawl ngaih lo ruangah mi tampi kha misual i ser an si bantuakin mipa pakhat nawl ngaih ruangah mi tampi cu miding ah ser an si lai. Nawlbia cu a rung um i palhnak kha a karh chinchin, sihmanhsehlaw sualnak a karhnak hmun ah khan Pathian vel cu a karh chinchin ve. Cucaah sualnak nih cun thihnak kha hmang in a kan uk bantuakin Pathian vel nih cun dinnak kha hmang in a kan uk i Jesuh Khrih kan Bawipa thawngin zungzal nunnak ah a kan kalpi.” (*Hi Bible caang hna nih hin Adam [pa] cu lu sinak le hruaitu ttuanvo pek a sinak langhter*).
- 6) **Adam le Eve sualnak an tluk hnu ah Pathian nih Adam biaruah hmasa.** Eve cu ser a si hlan ah Pathian le Adam cu bia arak i ruahmi an si bantuakin, sualnak an tluk hnu ah Pathian bia a ruah hmasatmi cu Adam a si (Gen. 2:15-17). Eve nih sualnak a tuah hmasat

nain, Pathian nih a kawl hna tikah “Adam, khoi dah na um?” a ti. “Sihmanhsehlaw Bawipa Pathian nih cun mipa cu a vun auh i, "Khuazei ah dah na um?" tiah a ti” (Gen. 3:9). Pathian nih Adam cu innchungkhar ah hruaitu (leader) ah a chiah. Cucaah, an cung i a tlungmi thil (sualnak) kongah Adam biaruah hmasa. Tahchunhna ah, kan ram boruakpi he pehtlai in cozah he biaruhnak kan ngeih tikah hruaitu le hruaitu biaruhnak an ngei. Cu bantuk cu Adam kong zong ah a si ve. “Cun minu cu a thawh i, "Fa na pawinak i harnak na inmi kha ka karhter lai, fa na hrinnak i fahnak na inmi kha ka karhter lai; asinain na va cu na duh thiamthiam ko lai i amah cu na cung *bawi* (rule) a si lai," a ti” (Gen. 3:16).

- 7) **Nu le Va Pehtlaihnak Lamkaltu Cawnpiaknak.** Paul nih Kolose 3:18-19 ah, “Nupi hna, nan vale nawl kha ngai hna u, cucu Khrihfa nan si bantukin nan tuah awk a si. Vale hna, nan nupi le kha daw hna u law bia hrang in ti hna hlah u” a ti. Hi cawnpiaknak hi Efesa 5:22-33, Titus 2:5, le 1 Peter 3:1-7 zongah kan hmuh. Nupi le nih va le nawl ngaih ding le upat/hmaizah dingmi hi Bible cawnpiaknak a si. Pathian duhnak a si. Va le nih kan nupi le dawt hi kan rian a si ve. Khrih nih khrihfabu a daw bantukin dawt ding le kan pum kan dawt bantukin dawt ding hi kan rian a si ve. Zumtu a simi paohpaoh nih cun Pathian tinhmi (God-ordained) hi lunglawm tein kan zullh ding a si. Pathian tinhmi hi nawlngai tein le lunglawm tein kan zullh cio ahcun innchungkhar a dam lai.
- 8) **Egalitarians Vs. Complementarians.** Egalitarians: Khrihfabu hruainak le rianttuannak ah nu rian le pa rian ti a um lo. A ummi rian hi nu he pa he kan dihlak caah a si (Gal. 3:28, Judges 4-5; Acts 2:17-18; 18:26; 21:9; Romans 16:7; 1 Timothy 3:11). Complementarians: Khrihfabu i hruainak le rianttuannak ah pa rian le nu rian aa dang (1 Timothy 2:11–15; 1 Timothy 2:11–15; Matthew 10:2–4; 1 Corinthians 14:33–35; 1 Timothy 3:2; Titus 1:6; 1 Tim. 3:5).
- 9) **Feminist.** Nu nih an ngeihmi nuhrin-covo (“women right”), nu hremtuarmi hna luatnak ding le nulepa kan i tluknak tehte caah a dirmi an si. Nain, faak tuk in an thlircawi ruangah innchungkhar buainak chuahpitu si kho. Tahchunhna ah, chungkhar ah nu nih pa zeirellonak, pa cung kai duhnak, pa nihsawhnak, le Bible cawnpiakmi nu le pa kan rian kong.

Laimi Chungkhar le Nuleva Buainak

1. Fa le pakhatnak ah chiah (i.e. Australia; Laimi issues). Pathian hmai le mipi hmai ah biakamnak le thlacamnak he thhit-umhnak tuah cangmi nuleva cu pum khat kan si. Va nih a dawt bik dingmi cu a nupi a si i, nupi nih a dawt bik dingmi cu a va a si. Kan fa le an si lo. Kan chuahpi unau zong an si lo. Hringsortu nulepa zong an si lo. Chungkhat/sahlawh rualchan zong an si lo. Innchungkhar ah nu le va kan buai tawnnak aruang pakhat cu hi ruangah hin a si ttheu tawn.
2. Tihnak (Fear) (i.e., uk – nu nih uk timh or pa nih uk timh).
3. Thlarau/zumhnak level i dannak (nu lawng or pa lawng karhlan).

4. Pa nih mah nupi nakin nu dang; nu nih mah va nakin pa dang (va zitmuai, - tongtham – i kuh).
5. Lack of mutual respect (pakhat le pakhat I upat/hmaizah lo).
6. Social Media (Delete lo ding; chawnhmi/kuatmi nu maw pa kong i hal tikah zumh awktlak tein i chimh zungzal ding).
7. Ngaihchiat/Lungretheih Caan (Nu dang or pa dang I hnemhnak ah hman lo ding).
8. Phone Chawnh (Hmunkhat um lio ah or accountability ah fa le or hawikom. Never ride a car together; let each other know; I.e., office riantuanmi nu kong; US mino le nutung/patung).
9. A lack of physical intimacy.
10. Nupi/va pakhatnak ah chiah. Cun, na fa le or chungkhar hi pahnihnak ah chiah.
11. Money – bank account I hrawm. Supsap cawk lai ah I chimh, I theihter (Lai lei tangka kuat).
12. Phone tongh. A hmun a caan zohtiam. Ih lai ah phone chiah i nikhat chung kan tuahmi vialte I ruah/chimh.
13. Honesty. Lungthiang tein ze paoh I chimh. Uammi/thuhmi ngeih lo. Lungtlinnak le tlin lonak. Ngaihchiatnak le lunglawmhna.
14. Family Worship. Hmunkhat ah Bible rel le thlacamnak in chungkhar pumhnak ngeih hrim ding.
15. Ngaihthiam i hal daithlang hlah. I ngaihthiam fawn ding.
16. Date your wife. (Movie, restaurant, hotel, park, i.e., privacy).
17. Thangthat (praise). (I soisel lo, nihsawh lo, thangchiat lo).
18. Laksawng peknak. (flower, coffee, chocolate .i.e., birthday).
19. Bia dawh/tha chim zungzal (I.e., ha-sii).
20. Thinhunnak damter colh (Satan caan tha pe hlah).
21. I bawmh cio ding (No boss, no king).
22. Sualphuannak (to each other and to God; tuahmi sual, sual cu zawtnak hrik pakhat a si).
23. Rawl ei le ih I hngah. (I dawtnak langhter ning phunkhat).
24. Pathian tihmi nu/va (dawt ah lor I va le zeirel lo; dawt lo ah le va le kaltaak timh).
25. Mi hmai ah I sik/cak le bia al hrial ding. Midang sin ah nupi le va santlaih lonak chim lo ding.
26. Decision tuah lai ah i chimh/ruah hmasa zungzal ding.
27. Midang kan i pehtlaihna a tthat khawh nakhnga Pathian he pehtlaihna a tthat hmasat a herh. (Vertical/horizontal relationship).
28. Physical abusive (kut le ke hman lo ding; a herh lo ah thilri lak in tuk le cheh hman lo ding; kut zaan lo ding). Thlarau in khatmi minung nih an tuahmi nun a si lo.
29. Facebook hmanthlak post (mah-lawng tam tuk lo tha; pa/nu hawi he I thlakmi post lo; kan va/nupi le tag). Cun, pa si ahcun nungak hmanthlak like/heart pek lo le comment tuah tuk lo ah ttha. Hrial khawh cun a ttha. Nu zong ni cu ttiamttiam in tuah i zuam ding.
30. Be appreciative – say “Thank you” or “Please.” and always do your best to smile.

31. Mi thatnak hmuh khawh I zuam zungzal.
32. Thazang pek/hnemh. (how?).
33. Media/real life aa dannak (wanting/longing to be someone/something we are not).
(unrealistic expectation; Korean drama kan zohmi bantu le media kan hmuhmi bantu in kan nupi/va le cungah a si kho lo mi ruahchannak ngeih).
34. Nutung/patung si hnu ah nungak/tlangval bantu in nun hi hrial ding. Thinhung ning aa dang; tamh ning aa dang; thilhruk aa dang; biachim aa dang; mit au le luh/chuah aa dang. Nupi pasal kan ngeih cang hnu ahcun kan nungak/tlanval lio kaltaak a si cang ti philh lo ding. Hawikom he lengchuah le va vaih nakin kan chungkhar, kan nupi/pasal le fale hi pakhatnak ah chiah ding.
35. Kan duh herhnak tlamtlinh khawh i zuam ding. Pathian nih nuleva a kan fonh tikah nupa sinak (sex) zong lungdiriam tein i pek veve ding hi Pathian tinhpiakmi le duhpiakmi a si (1 Corinthians 7). Catialtu pakhat nih nu nih an duh bikmi dawt, laksawng pek, le thil hmetete tuaapiak a si, an ti. Pa kan duh bikmi cu nupa sinak, rawlthaw, le upat/hmaizahnak a si (respect) a si. Pa nih mipi hmai le kan hawi le hmai hrimhrim ahcun kan nupi le nih upat pek hi kan uar ngaimi a si.
36. Pa nih kan nupi le cungah, kan nupi le an si tiin an duh lo bu in nupa sinak tuaapi lo ding. Cun, innchungkhar le nuleva karlak ah buainak, i tthennak, le zumhlonak a chuak tawnmi cu pornography ruang ah a si. Sexual abuse/mistreatment (porn; adultery; unfaithfulness; physically or verbally).
37. Innchungkhar ah Thlarau lei thil zei rel lonak nih buainak chuahter tawn. Tahchunhnak, Bible relnak, thlacamnak, pumhnak, hawisin chuahnak, krhihfabu le community cawlcannghnak ah tel duh lo.
38. Nupi/va um lio ah midang nupi/va asiloah tlangval/nungak aa dawh/thatnak kong chim hrial khawh i zuam ding.
39. Mah-siaremnak nakin innchungkhar dannak number one ah chiah zungzal ding. (No self-centeredness).
40. Bawipa Duhnak – thihnak lawng nih tthen; Satan duhnak – naa nuamh lo ahcun adang kawl. Nihin ah cheukhat nih marriage hi a nuamhnak in an cuanh; nain commitment le sacrifice a si, an thei lo.
41. Hmunkhat, caan khat ah ihti ding. Adangdang ih hrial ding. Kan i hngalh lo in kan thinlung aa hlat. (going to bed together).
42. Innchungkhar buainak le nuleva buainak nih fa le nun a hnursuan (nun an huam lo; inn um an huam lo; chuah an duh/ tuan ah nupi/va ngeih an duh). Zei batuk chungkhar le marriage hmanh an perfect lo nain kan fa le um lio ah i siknak le buainak hi hrial ding.
43. Pakhat le pakhat i sunhlawih ding. I zohniam or neknaih lo ding. Kan nupi le kan va le hi kan mipum cheu bang an si ti philh lo ding. (Value each other. The happiest couple value each other. Say positive, comment good).
44. Be a good listener. Pakhat le pakhat kan i biachimmi ttha tein i ngaihpiak ding. Cun, kan feeling zong i ngaihpiak ding.

45. Kan nupi le va le hi midang va/nupi he cuaithlai or zuamcawh lo ding.
46. Kanmah nu pi le va lawng si lo in, kan innchungkhar dihlak aa tthi-la mi kan si, ti philh lo ding.

US CHUNGAH HMUHTONMI NULEVA BUAINAK:

1. Biakamnak bau (commitment; the #1 cause in America; forbes), zumh awktlak lo sinak (infidelity), bia-alnak (argument), le pumsa (takpum) i tongh-thamnak (lack of physical intimacy) a bau (wwe.divorce.com; forbes chimmi he aa khat).
2. When it comes to first marriages, half of which are dissolved. Second and third marriage actually fail at far higher rate (Forbes).
3. I tthit-umh hlan ah umttimi (living together), nupa sualnak a tuahmi, le nungak/tlangval duhning paoh in aa thlengmi hna hi divorce an tam deuh (Forbes).
4. Forbes nih nuleva i tthennak a ruang (11) tihin ttial: Commitment (75%; biakamnak), zumh awktlak lo sinak (60%; infidelity), buainak le bia-alnak (conflict & arguing), lungfim/puitlin hlan ngakchiat tuk in nupi/pasal ngeihnak, tangka ruangah, zurit/siirit ruangah tuk/velhnak (substance abuse), nupi/pasal vuak/dennak (domestic violence), chungkhar/sahlawh rualchan nih dirpinak le thazang peknak chambaunak, ngandamlonak, kan zumhna biaknak aa dannak, le i tthit-umh hlan ah counseling le education (marriage and family) kong cawnpiaknak um lo caah a si.

THE FIVE LOVE LANGUAGES - GARY CHAPMAN

Intro: Minung nih dawtnak kan langhter ning le kan cohlan ning aa dang cio i, cu aa dangmi cu phun (5) an um:

1. Words of affirmation (hmuka ttha/thlum chimnak).
 - a. Thangtthatnak; thazang peknak; conglawmhna; kan dawt tuk; kan ngai tuk; ka dawt, tiah i auh.
2. Acts of service (thil ttha i tuahpiaknak).
 - a. Rian i bawmhna; breakfast i tuahpiak; duhmi rawl i chumhpiak; mawttaw onpiak; inn thianh i bawmh; plant cawkpiak; ti toihpiak; pangpar cinpiak.
3. Receiving gifts (laksawng i peknak).
 - a. Birthday laksawng; valentine day laklawng; anniversary laksawng; pangpar i peknak; Christmas laksawng.
4. Quality time (sullam ngei tein caan hmanttinak).

- a. Picnic kal; camping kal; date ah kal; restaurant ah rawl ei; park ah ka; movie zoh; phone chiah; biathuk i ruah; duhdawtnak bia phai.
5. Physical touch (taksa pum i tongthamnak).
- a. Kut i tlaih; i hnamh; i kuh; i zitmuai tbt.

NUPI LE NIH AN VA LE SIN IN AN I RUAHCHANMI:

Intro: Pathian nih innchungkhar a dirh tikah buainak le harnak chuahtertu dingah si lo. Nuamhnak le lawmhnak he a khatmi si i, a sunparnak langhter le a pennak kauhter hi a duhmi a si.

- 1) **Love.** Kan nupi le nih an duh bikmi le an hlam bikmi cu dawtnak a si.
- 2) **Spiritual Leader:** Nu nih innchungkhar hi thlarau lei hruai khotu va le an duh. Va le nih ralthatnak, sehchihnak, dawtnak, le nun ziaza dawh he hruai khotu an duh.
- 3) **Affirmation and appreciation:** Nu nih va le sin in thangthatnak bia dawh/thlum theih an duh. An retheihnak theihpi; lunglawmhnak chim; rian dinh caan ah phone chawnh; cakuat; thawng hal;
- 4) **Romance:** Pa caah romance cu nupa-sinak (sex) a si. Nu caah thil tampi a si. Date kal; pangpar cawk; bia hlum in cakuat; thil dawh/style tein i hruk i lengchuah.
- 5) **Intimate Conversation.** An biachimmi ttha tein ngaihpiak; an tuarmi tuarpi i, biaruahnak le bialehnak ngeih hi nu nih an duh. An duhmi theihpiak; an duh lomi zong theihpiak. Nu nih *code language* an hman. An chimmi bia le an chim duhmi sullam aa dang ttheu.
- 6) **Trust.** Zumh awktlakmi sinak; umpinak, kilvennak, le dawtnak (Phung.17:17).
- 7) **Openness.** Thinlung chung ummi bia ruahnak; an chimmi bia ttha tein ngaihpiak (Phung. 27:9).
- 8) Lih chim lo; zumh tlak sinak (honesty) (Phung. 27:6).
- 9) **Loyalty:** A thinlung tthawngmi, taksa, thinlung, le thlarau in a dammi (2 John 1:2).
- 10) **Commitment:** Kan nupi lawnglawng kan duh/dawt timi langhter zungzal (Solomon 2:10). (Familylife, Danny Akin).

KAN NUPI LE SIN IN HMUH KAN DUHMI:

- 1) **Respect.** Kan nupi le nih kan nawl nan ngaih; kan biachimmi nan kan ngaihpiakmi le, upat/hmaizahnak nan kan pekmi hi pa nih kan duh bikmi a si. Research nih an chim: pa nih kan cung i dawtnak nan langhterle le dawtnak bia nan chimmi nakin upatnak nan kan pekmi le kan nawl nan kan ngaihpiakmi hi kan duh deuh, an ti.
- 2) **Good Food.** Rawl thaw tein nan kan chumhpiak i khim tein kan eimi hi kan duhmi le kan i lawmh ngaimi a si.

- 3) **Sexual Connection.** A tlangpi in pa nih nu nakin nupa-sinak (sex) hi hman an duh. Nupi le nih kan va le theihthiam a herh. Nain, kan hman tikah pahnih lungdiriamhna caah a si zungzal (1 Cor. 7).
- 4) **Encourager:** Kan nupi le nih kan tuahmi/tinhmi thil ah thazang kan pe hna seh; kan dirpi hna seh; kan ttanpi hna seh ti kan duh.
- 5) **Perspective:** Kan nupi le nan ruahnak le nan thinlung ummi bia theih ve kan duh. Kan chim kan ruah kho ve ulaw.
- 6) **Helper:** Kan tuahmi thil ah kan bawm kho ulaw kan duh.
- 7) **Trust.** Kan nupi le nih nan va le hi kan bochan u; kan zum ulaw kan duh.
- 8) **Emotional Stability:** Nan va le hi kan unh tuk hlah ulaw kan duh. A si khawh chungin hmurka thlum le mit hmai panh hmuh kan duh.
- 9) **Peaceful Home:** Innchungkhar hi dai seh; dam seh; simple tein nun le i nuamh hi pa nih kan duh.
- 10) **Attraction:** Pa cu kan mit nih monghmi kan si; nu nih hna nih monghmi an si, an ti. Kan nupi le nih dawh te'n le thianghlim tein thilk an hruk aihpiak ulaw kan duh (familylife).

4. ZEIDAH NULEPA KAN RIAN A SI?

Intro: J.C Ryle nih “The Duties of Parents” cauk ah Phungthlukbia 22:6 chirhchanh in nulepa kan rian a ttial:

- 1) A zulh awk a simi lam cawnpiak. Zeicahtiah, na fa le hi sual cia in hrinmi an si (Ps. 51).
- 2) A nemnak in, dawtnak in, le lungsaunak in na cawnpiak lai (Gal. 5:22-23). Zeicahtiah ngakchia cu an thinlung a nemmi an si. Thinkung a no mi cinkaa mi bantuan an si. Ti toih tikah a nemnak tein toihmi bantuan an si. Thinhunnak le a harnak (harshness) in na cawnpiak ahcun na cawnpiak kho lai lo. An hrial lai; an hlat lai. An upatnak zong a zor lai. Fa le nih ttih (fear) dingin um lo ding; fa le nih upat/hmaizah ding tu in um ding. Colossians 3:21: “Nu le pa hna, nan fale kha an ingpuanter hna hlah u, an lung a dong sual lai.”
- 3) Na dawtnak hna kha fiang tein hngalhter/langhter hmasat. Ka nulepa nih an ka dawt ti an hngalh/hmuh hlan cu na chimmi/cawnpiaknak an ngai/cohlang kho lai lo.
- 4) Pathian vel ngeihnak le dawtnak an hngalh khawh nakhnga le Pathian he thukpi in pehtlaihna an ngeih khawh nakhnga lungsau thinfual in na cawnpiak zungzal lai.
- 5) Na fa thlarau hi a hmasat bikah biapi ah na chiah lai (the soul of our child is the first thing to be considered). Thlarau zawnruahnak ngeih hi dawtnak lakah a sunglawi bikmi dawtnak a si.
- 6) Pathian Bia Bible relnak le hngalhnak ah tthanter; cawnpiak; forh. Na fa nih Pathian Bia tlaihchannak ding a lam kawl. Bawmtu cu Thiang Thlarau a si. Pathian Bia chungah a nun tthumh ahcun a fek lai (2 Tim. 3:15-16). Bible nifatin rel dingin cawnpiak hna. Schedule le reading plan zong tuahpiak hna. A herh ahcun relpi hna. Sualnak kong chim

hna. Sualnak ttihnunnak chim hna. Jesuh Khrih Khamhnak kong chim hna. An thinlung le an ruahnak hi Pathian Bia in khahter hna (Col. 3:23).

- 7) Thlacamnak nun an ngeih nakhnga cawnpiak hna. Thlacamnak cu kan thlarau nunnak thaw bantuk a si. Kan hrinthannak tehte hmasa bik a si (Acts 9:11). Pathian mi hna hmelchunhnak a si (Gen. 4:26). Zumtu a tak le taklo kan i dannak bik cu thlacamnak a si. Thla kan cam; kan duhmi Pathian kan hal; kan thinlung ummi bia kan ruah; Thlacamnak cu kan thlarau tungmertu a si. Khukbil thlacamnak lo in kan ministry ah hlawhtlinnak a um kho lo; kan rianttuannak pakpalawng a si. Khukbil in thlacammi nulepa tampi kan in herh hna. Thlacamnak cu thlarau lei hlawhtlinnak caah a ttha bikmi asi. Zumhnak ah an tthang; an thlarau nun a tthang; Khrih muisam an cuang; sualnak le tukforhnak an tei. Thawng ngai le ralttha ngai in hmailei an fong kho; an hninghno; tampi in an hal; tampi in an hmuh ve. Pathian sin kan hal lo ruangah kan hmuh lo mi le kan ngeih lomi (kan sungmhi) thil an rak tampi ee. Pathian nih a tthawng bikmi hriamnam a kan pekmi cu thlacamnak a si. Thlacamnak thawngin harnak kan tei khawh; damnak kan hmuh; Pathian biakamhmi onnak tahfung ttha bik a si. Nulepa hna, na fa le na dawt taktak hna si ahcun na tthawnnak le na thil ti khawh dihlak chuah in Thlacamnak cawnpiak hna. Zeitindah Thlacamnak thok a si, hmuhsak hna. Zeidah Thlacamnak ah an chim lai, chim hna. An daithlan, an philh, an huam lo ahcun thazang pe hna, hngalhther tthan hna. Na pawngte ah khukbilter hna law, cawnpiak hna. Na fa le nih thlacam an thiam lo ahcun nulepa hi mawhchiat ding kan si. Zeidang na cawnpiak khawh hna lo hmanh ah Thlacamnak te tel hi faakpi in cawnpiak ko hna.
- 8) Pathian thangtthatnak biakinn kal cawnpiak hna. Khrihfabu zeidah a si, cawnpiak hna. Biakinn phak a herhnak le a biapitnak cawnpiak hna. Pathian minung kan i ton-pumhnak ah Bawipa Jesuh zong a um ve ti cawnpiak hna. Biakinn kan phak lo ruangah Pathian thluachuah kan sungnakh zong cawnpiak hna. Pumh khomh hi Pathian duhnak a si, Pathian lawmhtertu a si, tiah cawnpiak hna (Heb. 10:25). Biakinn chung an phak tikah Pathian ttihazhna le upatnak he umtu tthutdir le khuahoiher zong cawnpiak hna. A si khawh cun nulepa he hmunkhat ah tthutti ah ttha, tiah ka ruah.
- 9) A tthawngmi, a fekmi, le a hmaanmi zumhnak an ngeih nakhnga cawnpiak hna (Rom. 10:17). US ah kan fe la tampi nih college/university an kainak in an zumhnak chuahtaakmi le a pialtaakmi tampi an um. Barna Group nih research an tuahmi ah cun 70% a si, an ti. Christian Standard Magazine nih cun 80% tiah a chim. Khrihfa-sinak an chuahtaak; an zumhnak an hlawt; biakinn phak an ngol. A ruang tampi lakah pakhat cu Bible cawnpiakning in kan zumhnak le sianginn an cawnmi aa dannak a si. An hawikom ruang zongah a si; an umnak university environment ruangah si. Chungkhar le khrihfabu tha tein an zumhnak he pehtlai in training kan rak pek hna lo ruangah a si. Churchleaders nih cun 70% hi high school an dih bak in khrihfabu ah an mui hmuh khawh ti lomi an si, an ti. High school an dih cu kum 18-19 an si. High school an dih hlan khamhnak an i fian a biapi tuk. An zumhnak an i fian biapi tuk. Barna nih research an tuahmi ah US ummi hi 94% kum 18 an tlin hlan ah khamhnak tingcomi an si, an ti.

- 10) Nawlngaih nun cawnpiak hna. Kanmah nulepa hrimhrim Bawipa nawlngaimi si kan i zuam lai. Kan fa le zong nulepa le Bawipa nawlngaih kan cawnpiak hna lai. Kan zumhnaq tehte le theipar cu pakhat cu nawlngaihnak a si. Pathian dawt cu a nawlngaih a si (John 15:14). Nawlngaih nun cu Khrih nun a si (Luke 2:51; Phil. 2). Joseph nih a pa nawlngai tein a nun ruangah thluachuah a hmuh (Gen. 18:19). Nawlngaihnak ah Bawipa thluachuah a um.
- 11) Biatak chim nun cawnpiak hna. Lihchim hi sual a si i Pathian nih a duh lo, tiah cawnpiak hna. Lihchimnak nih nun a hrawh; chungkhar a hrawh i buainak le harnak phunphun a chuahter, tiah cawnpiak hna. Dawtnak in biatak chim cawnpiak hna (Eph. 4:15).
- 12) Caan hman thiam ning cawnpiak hna. Thathutnak cu Satan hawikom ttha bik a si. Thathut cu sual a si. Caan hman an thiam khawh nakhnga time management le an day-to-day schedule suaipi an herh.
- 13) Chimhhrinhnak le dantatnak an ttih nakhnga cawnpiak hna. Kan fa le nih sualnak le thil ttha lo an tuah tikah chimhhrinh lo, cawnpiak lo, le an palhnak remh lo hi dawt a si lo, dawtlo tu a si. Fa le an rawhnak dingah kan bawmh hna a si. Fa le nih thil ttha lo an tuah tikah kan chimhhrinh cawnpiak colh hna a herh. Zei poilo in kan ummi nih an thintlung ah sualnak tuah ral tthatnak le zeipoi lonak a pek hna. Bible nih fa le chimhhrinnak, cawnpiaknak, le dantatnak kong a chimmi zoh usih: **Phungthlukbia 13:24; 19:18; 22:15; 23:13-14; 29:15, 17.** Learn to say “No.” An palh tikah remh hna; an tuahmi thil a diklo, a hmaan lo, tiah cawnpiak hna.
- 14) An caah zohchunh awktlak tein nun khawh i zuam. Bishop Tillotson, “Kan fa le ttha ngai in kan cawnpiak hna nain, an caah bad example (zohchunh tlak lo) si cu, an thluak ah vanram kong chimh hna i kan kut in hell lei kan hruai hna he aa khat.” Minung a simi paoh influence tuah khawhnak kan ngei. Kan fa le zong a tthat lei in maw, chiatnak in maw nulepa nih influence kan tuah zungzal hna. Kan zuhlmi lam an hmuh; kan ziaza an zoh; kan nun an ngiat; kan tuahmi an cawn. Fa le nih an theihmi nakin an hmuhmi in tam deuh an cawn. “Fa le hmai ah sualnak thil ttha lo tuahmi cu, a let hnih in a sual.”
- 15) Sualnak a tthawnnak, ttih a nunnak, le a theipar kan zun te lai dingmi cawnpiak hna.

Nulepa nih kan fa le sianginn kainak ah zeitindah kan bawmh khawh hna lai?

1. Thlacampiaknak.
2. Hmurka, chawva, le tuahsernak in dirkamhnak le thazang peknak.
3. Homework le assignment an ngeihmi bawmh; bawmh khawh lo ahcun a bawm khotu minung (tutoring) kawlpiaq.
4. An saya/sayamah he tonnak le biaruahnak ngeih khawh i zuam.
5. An sianginn mark (grade report) fel tein checkpiaq.
6. Sianginn kai a tthatnak le a biapitnak kong ruah lengmang.
7. Sianginn nih an tuahmi program/event ah zuhl le telpi khawh i zuam.
8. An sianginn ah don le thlah i zuam. An sianginn ah va leng tawn. An cawnmi kong ruah/hal tawn hna.

9. Fel te'n le pehzulh tein a kai khawh peng nakhnga cawnpiak.
10. An ih caan le thawh caan fel tein zohpi.
11. A si khawh cun rian ttuanter rih lo a ttha; rian hnek/khinh tuk lo a ttha.
12. Nuncan ziaza cawnpiak; saya/sayamah te upat/hmaizah le hawikom he tthutdir khuasak thiamnak cawnpiak.
13. An hawikom hngalh/theih khawh i zuam; dawt khawh i zuam fawn.
14. Ca rel forh; cauk tlaihchannak ngeihter.
15. Phone zoh caan le ca zoh caan thleidanpiak khawh i zuam.

Nulepa nih chungkhar ah kan cawnpiak dingmi hna:

1. Mah-nak upa upat/hmaizah le chawnhbiak ningcang.
2. Mi biachim lio ah ttha tein ngeihpiak ding.
3. Bia kan i ruah tikah eye contact tuah ding.
4. Phungphai suaimi felfai tein zulh khawh i zuamnak.
5. Hawi he tthutdir le khuasak thiamnak; a bik in mi inn an len tikah.
6. Midang cungah dawtnak le zawnruahnak ngeihnak
7. Thil hruk aih ning cang le bia chim.
8. Sikan fel tein chimh le cawnpiak ding.

5. ZEIDAH FA LE KAN RIAN A SI?

- 1) **Obey.** Nulepa an nawl ngaih; an biachimmi ngaih; an chimmi tuah; rian fialmi ngaih (Eph. 6:1-3).
- 2) **Honor.** Hmurka le tuahsernak in nulepa upatnak le hmaizahnak pek. Innchunghar ah kan tuah khawmi rian bawmh. Nulepa hlen lo; biatak tu chim (Eph. 6:1-3; Ex. 20:12).
- 3) Nun saunak a si (Eph. 6:1-3).
- 4) Thluachuah hmuhnak a si (Jer. 35:18-19).
- 5) Nulepa nawl ngaih le upat lo hi hrintthan lonak tehte pakhat a si (2 Tim. 3:2; Rom. 1:20).
- 6) Vawleicung mifim bikmi Solomon nih hringpa bia ngaih le hringtu nu tthithruainak upat ding a chim (Phung. 1:8; 13:1; 30:17).
- 7) Jesuh zong nulepa nawl ttha tein a ngai (Luke 2:51). Khrih hi kan i zohchunh ding.

6. GEN Z KAN FA LE THINLUNG CUANHNAK

1. Gen Z pawl hi 1997 in 2012 karlak chuakmi an si. Kum 12-27 an si. Middle school, high school, college, le college dihkaa mi young adult pawl an si.
2. Internet an hmang ngaingai (*Forbes*).
3. In-person nakin phone/media in cakuat le chawnh an uar deuh.

4. Bia sau an ngai kho lo. Attention an pek khawhning a tawi. Cucaah, an sin ah bia tawi deuh in chim le program tawi deuh in suaipiak an hau.
5. Anmah um deuh in um an duh. Anmah tein thil tuah an duh. Anmah tein zalong tein thilk an tuahter hna tikah an i lawm; an hlawhtling deuh fawn.
6. Gen Z kan fa le tthithruainak ah technology thiam a herh. An zaang a der ngai caah tthi hruaitu ttha (mentor) an herh. Dawtnak le lungsaunak he hruai ceomo an hau.
7. North America Mission Board (mission le biaknak mit in zohnak) nih Gen Z an hmuhning:
 - a. Annih cu Revival Generation an si. Nihin khrihfabu cu anmah hi an si. An fimnak, an thiamnak, le an thil ti khawhna kan kawl lai; kan fuh hna lai; kan pehtlaih hna lai; kan komh hna lai; an nun kan sersiam hna lai. Pathian rianttuan dingah kan thlah hna lai.
 - b. US ah a tam bikmi generation an si. Million 72 hrawng an um (Business insider).
 - c. Biaknak he aa hlat bikmi an si. Thlarau lei ah mithi an si. Thlarau mit in an tlau.
 - d. Depression, stress, mental illness, an ngei. Lungbuai ngai (confusion) in an um. An lungdongh a fawi. A bikin pandemic hnu in an zual. Anmah le anmah an i zoh ah an lungdong. Vawlei an zoh ah lungdong. Cu nih cun depression le mah-le-mah i thahnak (suicide) a karhter.
 - e. Ruahchannak an kawl; damnak an kawl; an nun a rit; a phi an kawl; biatak an kawl. Cu lio ah Khrihfabu nih Thawngtha biatak kan chimh hna lai. Jesuh ah ruahchannak a um; damnak a um; lawmhnak a um; nunnak a um; daihnak a um; luatnak a um ti kan chimh hna lai.
 - f. Annih cu nihin khrihfabu an si: (1) Kan fuh (reach) hna lai; (2) training kan pek hna lai; an nun kan sersiam (equip) hna lai; (3) Pathian rianttuantu ah kan timh hna lai (Eph. 4:11-12). (i.e., vision school, mission camp, cross conference, apologetic trainig).
 - g. Gen Z kan fa le tlaihnak ding caah missionary ttha bik cu anmah Gen Z lila hi an si. A changtu ah nulepa kan si; a changtu ah pastor kan si.
 - h. Gen Z kan fa le hi kan mission fiel ngan taktak an si. Thlarau mit in an tlau; khrihfabu he an hlat. Pathian bia an ttaamhal. Pathian biatak an herh hringhran (2 Tim. 3:16; Heb. 4:12).
 - i. 77% hi kum 18 an tlin hlan ah Khrih dawtnak a thei i, khamhnak tingcomi an si (Barna). An kum a no lio ah Khamhnak tinconak ding caan ttha a um deuhdeuh (Pew Research).
 - j. High school siangngakchia 70% hi college an kainak in an zumhnak an hlaut. Khrihfabu an rak kir ti lo; hmuh/hlam khawh an si ti lo (Barna; Lifeway). 63% hi college a kum khatnak an kai in aa thok (cfccampusministry).
 - k. Gen Z hruaitu nih kan tuah dingmi: (1) Jesuh he thukpi in pehtlaihna ngeih kan chimh/cawnpiak hna lai (teach them how to walk deeply with Jesus); (2) Khrihfabu ah i pumpeknak kong an chimh/cawnpiak hna lai (teach them to serve

the body of Christ); (3) Khrih thawngttha aupi dingah an nun sersiam hna (teach them to live on mission).

1. Nulepa nih theihthiam an herhna aruang:

Intro: USA ah a lungrethei bikmi an si (*The American Psychological Association*).

1. Mental Illness: Lungthin/thluak, asiloah, khuaruah ning ah dam lonak hi tampi an ngei ti a si.
2. Depression: Lungretheih he aa pehtlaimi damlonak hi tampi an ngei ti a si.
3. Anxiety/Stress: Lungretheih le lungthin thilrit he aa pehtlaimi a si. Hi bantuk thil hna hi an ngei. An tuar. Nain, an hmurka in an chim/phuan lo mi an si. Anmah tuar in an tuar tawnmi an si. Thukpi in komhmi/pehtlaimi le zumhmi/bochanmi sin lawng ah an chim tawn.
4. Doubt: An zumhna le an hmailei kong ah lunghrinhna an ngei. Nain, caan tampi ahcun biaruahtu le hal awk minung an ngei tawn lo.
5. Addiction: Drug maw, zuu maw, sualna thil ttha lo pakhatkhat nih a suaimi le ttemttawnmi an ngei. Nain, caan tampi ahcun chanhchuahtu an ngei. Bawmtu an ngei lo.
6. Temptation/Struggle: Tukforhna le sual ttemttawnna an ngei. Nain, luatnak ding a lam an thei lo. Luat an duh nain bawmtu an ngei lo.
7. Fear: Minung an ttih. Cucaah, hawi sin in cheukhat cu an i zukphiak. An innkhan ah anmah lawng hna an um. Cu nih a hrin tthan mi cu isolation le individualism a si.
8. Bully: Mi nih namnehnna an tong. Miphun dang an si ruanga si kho. An pumrua (physically appearance) ruanga si kho. A lam tampi in um kho.
9. Verbal/physical abuse or sexual harassment: Hmurka in volhpamhna bia siseh, kut/ke in a taksa pum cungah fahnna an tong.
10. Misunderstanding with Parent or Gap: Nulepa he i theihthiam lonak siseh, i pehtlaih khawh lonak an tong.

2. Kan Sin in an Herhmi:

- 1) Counseling: Khrihfabu nih counseling ttha tein kan tuah hna a herh; kan tuah khawh lo ding si ahcun counselor sin ah kalpi ding an si. Nulepa zong nih sik/mawhchiat si lo in, pastor te bawmh hal ding a si.
- 2) Encouragement: Kan fa le nih khrihfabu hruaitu le nulepa sin in thazang peknna an herh tuk. Cucaah, hmurka in siseh, tuahserna in thazang faakpi in kan pek hna lai.
- 3) Hmurka Thlum: Nulepa nih bia kan ruah hna tikah kan hmurka thlum i zuam ding a si. Mit hmai ttha kan pek hna ding a si. Sianginn ah harnna tampi an tonmi kan hngal lo. An

nun ah harnak tampi an tonmi kan hngal lo. An i ruahchanmi hi Pathian a si. Nulepa kan si. Khrihfabu le community kan si, ti hi an philh lo ding a biapi tuk.

- 4) Bawmh: Bawmh herh lomi minung kan um lo. Atu kan herh lo zongah kan herh caan cu a um hrimhrim te ko lai. Kan fa le nih hin bawmhchanh an herh tuk, ti hi philh usih. Kan bawmhchanh khawhnak ding a lam tu kha khrihfabu le nulepa i bawm in kan kawl a herhmi a si.
- 5) Reach/Connect: Khrihfabu le nulepa nih kan fa le hi kan pehtlaih hmasa peng ding an si. Kan fuh hna ding a si. Kan chawnh hna ding le kan komh hmasat hna ding a si. Anmah lei nih an kan fuhpanh ding hi kan hngah ding a si lo.
- 6) Taking Initiative: Kanmah nih kan chawnh hmasat hna lo ahcun an kan chawn lai lo. Kan komh hna lo ahcun an kan kom lai lo. Rian kan fial hna lo ahcun an tuah lai lo. Kan sawm hna lo ahcun an ra lai lo. Minung kong theimi nih an ttialmi cu ahopaoh nih chawnh hmasat hi kan duh dih, an ti. Chawn hna usih; kom hna usih. Sawm hna usih.
- 7) Appreciate: Rian kan fialmi an kan tuahpiak tikah lawmhnak bia chim. An tuahmi theihpi (acknowledge) khawh i zuam usih. Cucu an uar/duh ngaimi a si.
- 8) Trust/Friendship Building: Hihi a biapi ngaingai. Pathian bia kan ruah hna hlan le Pathian lei i kan hruai hmasat hna hlan ah, pakhat le pakhat i zumhnak le i hawikomhnak hi kan tthawnter hmasat a herh.

3. Khrihfabu le Nulepa Rian

1. Pathian nih fa le a kan pek tikah rian le ttuanvo (duty and responsibility) a kan pekchih cu kan hngalh dihmi a si. Cucu tampi in an um ko lai. Nain, a biapi bikmi cu kan fa le Pathian dawt hngalhter hi a si.
2. An zumhnak le thlarau leiah an tthan khawh nakhnga le an puitlin khawh nakhnga tthithruai a si.
3. Taksa rawl in kan cawm hna bantukin Thlarau ti le rawl a simi Pathian Bia zong in cawm a si.
4. Khrih nun dawh he an tthan nakhnga chimh/cawnpiaknak a si.
5. Pastor le khrihfabu kan rian ngan bik zong cucu a si ko. Cucaah khrihfabu le nulepa hi aa bawm ding kan si. Kan i bawmh lo ahcun kan fa le hi kan hruai khawh hna lai lo. Hruai an har ngaingai ko lai.
6. Pastor le khrihfabu kan rian cu kan fa le caah khukbik in thlacam hi a si.
7. Pastor le khrihfabu kan rian cu chungkhar siseh, kan fa le siseh, Pathian an hngalh khawh nakhnga a lamkip in bawmh a si.

Biatlang Kawmnak

Kan fa le hi Bawipa sin in kan hmuhmi thluachuah an si caah an sunglawi tuk. Khrihfabu le nulepa nih thinlung ruahnak dihlak pek in thlacampiak hna usih. Pathian leiah hruai ko hna

usih. Fanu le fapa ttha ngeih hi i zuam hna usih. Paul nih, “Nun cu Khrih a si” a ti (Filipi 1:21). Khrih ca’h an nun hlan lo tiang kan lungdiriamh awk a si lo. Kan hnangam awk a si lo. Rian ttuan ding tampi kan ngei. Daithlan awk kan ttha lo.

4. Zeitindah Pathian lei kan hruai hna lai?

1. Pathian Sin ah Thlacamnak in Hal (pray).
 - a. Jesus prays.
2. Pathian Sin Thlacam Hnu ah Minung Thim (selection).
 - a. Jesus selected the twelves. Not more than 5; opposite sex.
3. Na Thimmi Minung Pehtlaihna (reaching/connecting).
 - a. How? – texting, DM, comment, reaction, and phone call.
4. A Thukmi Pehtlaihna le Hawikomhna Sernak (building friendships and relationships).
 - a. Coffee dinnak; Lunch/dinner einak; sleeping over.
 - b. Trust building.
 - i. “Relationship is all about living life together rather than just one structured meeting per week.” (Francis Chan).
 - ii. Jesus entered this world to have a relationship with others.
5. Nun Hrawmhnak (doing life together).
 - a. Travel together; watch movie together; hang out; do sport.
 - b. Sharing life, such as sorrow, worry, and struggle/temptation.
 - c. Counseling and encouragement.
 - d. Reading and praying together. praying together; praying for each other. This is also called modeling.
 - e. Leader, pray for them; pray with them, and let them pray. If they don’t know how, teach them how; watch how they did it; and teach them.
6. Tinhpiakmi Ngei in Rian Khinh/Chimh. (Teaching; Mentor; Counseling; Equipping; Trainin; Building; Intentionality).
 - a. A thil ti khawhna kawl. (a thiamna skills, a potential, a strength).
 - b. Rian pek, hmunhma pek/kianh.
 - c. A riantuanak zohpi/ a herh ning in feedback, encouragement pek, correction tuah, thlacampiak.
 - d. Fellow-up tuah (meeting for coffee and lunch).
 - e. Honesty + Love + Trust + Confidentiality.
 - f. Serving together or serving alongside each other.
 - g. Helping one another.
7. Pathian Riantuan Dingin le Zultu Ser Dingin Thlah (Send).
 - a. Thawngtha Chim Dingin Thlah.
 - b. Khrih Zultu Tampi Ser Dingin Thlah.

- c. Pehtlaihnaek Fek Tein Ngeih.

7. INNCHUNGKHAR, SOCIAL MEDIA, LE PHONE

1. Gender Affirming (Gender Transition)

- a. Mi pakhat nih nu maw pa sinak (gender) i thim khawhnaek ngeihmi a si. Nu in hrin si zong ah, pa sinak a duh ahcun, pa a si, tiah fehternaek (affirming) a si. Cucu an social life, siizung, le legal (cozah) nih phungning tein theihpinak a si (Sydney.edu.au).
- b. Hi states hna hi gender affirming khamtu an si: (1) Alabama, (2) Arizona, (3) Arkansas, (4) Florida, (5) Georgia, (6) Idaho, (7) Indiana, (8) Iowa, (9) Kentucky, (10) Louisiana, (11) Mississippi, (12) Missouri, (13) Montana, (14) Nebraska, (15) North Carolina, (16) North Dakota, (17) Oklahoma, (18) South Dakota, (19) Tennessee, (20) Texas, (21) Utah, le (22) West Virginia hna hi an si.

2. TikTok

- a. A ngeitu Tuluk ram hrambunh in dirhmi ByteDance a si. A ngeitu, a sertu le thoktu hi Tuluk pa Zhyang Yiming a si. An CEO ah Shou Chew a si. 2017 ah rak thokmi Social Media platfor app pakhat a si. A networh hi \$50 billion a si. Facebook hi ngeitu Mark Zuckerberg hi \$117 billion a si. Vawleicung social media sertu le ngeitu ah a rum bikmi a si. Kum khat ah \$16.1 billion a hmumi app a si. 2024 ah cun \$17.2 billion a hmuh lai, tiah an zumh. Kan hnu kum nakin 30.7% a karh.
- b. Tangka hmuhnaek, minthannaek, le pawcawmnaek ah mi tampi nih an i hman. Video an tuahmi 1 million views an ngeih ahcun Tiktok nih \$20 in \$40 a pek hna. 10 millions views an hmuh ahcun \$00 hrawng a pek hna. Thongkhat (1,000) view an hmuh ahcun \$0.02 in 0.04 a pek hna.
- c. TikTok hman a onh lomi (banned) ram hna:
 - i. India (India hi TikTok banned hmasa bik mi ram a si; June 2020), European Union, Australia, Belgium, Canada, France, New Zealand, UK, and Afghanistan (Economicimes).
 - ii. USA
 - 1. Kan hnu kum (2023) in ban dingah cozah nih an timh (fight) cang. Court zong ah faakpi bia-alnaek arak chuak. House of Representative tiang cun a passed cang. Congress nih passed than a herh. Cu hnu ah official le legal a si lai. President Joe Biden zong nih TikTok banned dingin min a thut cang (CNN; Washingtonpost).
 - 2. US hi TikTok hmanmi an bik. 170 million nih an hman (Washingtonpost). Instagram hi 158.45 million an si. Facebook hi 188.6 million an si.

3. Cozah rianttuantu tampi an onh hna lo. Sianginn zongah an onh hna lo. Hman khawh lo dingin cozah zung le sianginn nih restriction (khamnak) a tuah.
 - d. Zeiruandah Tiktok an banned?
 - 1) Privacy & cybersecurity (social media thil firnak le identity firnak).
 - 2) Social harmony concern (hawi he pehtlaihnak a hrawh).
 - 3) Moral/behavior concern (nun ziaza a hrawh).
 - 4) Indecent concern (ziaza dawh lo/dawhcah lo khuasaknak).
 - 5) Being misled (a ping ah minung a kan hruai).
 - 6) Misinformation (thil diklo le hmaan lomi a tam tuk).
3. Social Media A Thatnak
 - a. Chungkhar/hawikom he pehtlaihnak sertu (staying connected with family and friends worldwide).
 - b. Creativity (thil tuaktan khawhnak le sersiam khawhnak a pek).
 - c. Informative (thil tampi an kan hngalhter).
4. Social Media Derthawmnak le Ralrin Herhnak
 - a. Cyberbullying (Internet chungin pakhat le pakhat i soiselnak, i ti hramnak, i neknaihnak, nisawhnak, ningcang biachia kha in i tinak; sexually zong a si kho; 13 reasons why movie le Hannah Baker tuanbia; Instagram DM ruang i vuakvelhnak a chuahpitu mino).
 - b. Addiction (social media le phone nih suainak; kuak le zu nakin mi a suai kho deuh (makeuseof.com); ngandamnak lei thiamsang nih tthut sawhsawh in tthut peng hi kuakzuk phunkhat a si, an ti. Kan ngandamnak a hrawktu/thattu bik pakhat cu tthut le ihzau hi a si; cun damnak/lawmhnak nakin ngaihchiatnak le lungretheihnak chuahpimi a tam deuh; kan nun le midang kan tahchunh; midang nahchuahnak, hawi sining hngarhnak le mah sining ah lungsi lonak chuahter; social meida hawi tampi ngeih hi hawi tampi he kan i kom tinak a si lo [Forbes magazine]).
 - c. Social Isolation (hawikom sin in i zuhphiahnak; hawisin chuah duh lonak; hmaitonh le mipum biakchawnh thiamlonak; mihmai tthutdir thiam lonak; nun ziaza a hrawh [Nottingham Trent University]).
 - d. Privacy Issues (Hihi nai hrawng ah faakpi in buapimi a si; ca kan tialmi le hmanthlak/video kan post mi hi vawleicung dihlak hmuh in tuahmi a si).
 - e. Depression & Anxiety (Depression, lungretheihnak, lungthin damlonak le thluak damlonak a chuahter. Mah le mah izumhnak le bochannak zong a zorter).

- f. Fear (Kan zohmi, relmi, le hmuhmi thil hna nih ttihnak phunphung a chuahter; a hlei in a chuahter mi cu FOMO - fear of missing out , thil a cangmi le mi pakhat an thlahmi kan tloh soal la ti phannak le lungretheihnak a si (Cambridge)).
- g. Disrupt Sleep (I hngilh khawh lonak chuahter; mitkuh thawtnak a zorter; ngandamnak lei thiammi nih i hngilh khawh lonak hi mental health issue pakhat a si, an ti; Zeicahtiah phone mei ceumi (emit blue light) nih kan thluak le kan pumsa a hnursuan; cucaah ih lai a tlawm bik nazi pakhat hlan ah kan phone chiah ding; cauk rel; i kholh ttawl tibantuk tu phone zoh loin tuah khawh i zuam ding; ttha te'n le mitkuu thaw tein aa hngilhmi cu an khuaruahning a ttha deuh; an thluak ttha deuh; hawi he rianttuan an thiam deuh [BCC]; phone ruangah zaan tlaipi tiang an it ti lo; zingka an tho kho lo; mitkuu cim loin sianginn an kai tikah ca an tei/thiam ti lo; cu nih lungdonghnak le lungretheihnak a karhter).
- h. Causes Distractions (lungvaihnak, lungcawtnak, le lung-hnahnawhnak chuahter; mawttaw monghnak, pumhnak, ca zohnak, le hawi sin chuahnak ah a zual khun; social media ah a hmang tukmi hi ca an thiam kho lo; thlarau lei zong an puitling kho lo; US cozah nih mawttaw mongh pah in phone tongmi cu ticket pek ding in law an chuah cang).
- i. Misinformation (thawngpang diklo tampi chuahnak a si; thil diklo; lih bia; kan si lomi a si, tiah i phorzarnak a si. Hi nih hin lungbuainak, i zumh harnak, le lungruual lonak a chuahter; Pathian Bia ningcang loin cawnpiaktu zong an um; kan zumhnak aa kalhmi cawnpiaknak zong an khat).
- j. Diminished Understanding and Thoughtfulness (social media ruangah bia thlum alnak, bia dawh bia ttha chimnak le quality ngeimi biafang hmanna a zorchukter; tha tein biaruahnak a tlawm ruangah mi theihthiam khawhnak le thukpi in khuaruahnak a zorter).
- k. Laziness (social media nih thathutnak a chuahter; thathut cu soal a si; thathutnak cu Satan hawikom ttha bik a si (JC Ryles); toden cung le ihkhun cungah zau, phone zoh i a cung le tang thai/thawn. Hi nih hin ngandam lonak zong a chuahter; ningcang loin thaunak (obesity); lungretheihnak, le thi-kainak te hna an si).
- l. Lack of Emotional Connection (lungduhnak (emotion) in pakhat le pakhat i pehtlaihnik zorchukter; chungkhar zong a kan hlatter).
- m. Mental Healthy Issues (thluak le lungthin lei he aa pehtlaimi damlonak a chuahter; tahchunhnak ah mah le mah fahnak i pek - self-harm, midang fahnak pek (violent), le mah le mah i thah duhnak lungthin tiang a chuahter).
- n. Unrealistic Expectations (social media i kan hmuhmi thil, a taktak ah a si kho lomi thil i ruahchannak a chuahter; tahchunhnak ah an zohmi hmanthlak le video minung bantuk; filter in an ttamhmi an sinak;).
- o. Body Image Issues (kan muisam, kan takpum, kan tungtai, kan pumrua, le kan sinak identity ah i lungsilonak (insecurity), hawihngarnak, kan si lomi si duhnak, chungthu lengnal sinak a karhter).

- p. ADHD - Attention Deficit Hyperactivity Disorder (Hihi zawtnak phunkhat a si; ngakchia sin ah a tam khun; attention pek khawh lonak; biasau a ngai kho lo; dai tein an tthu/um kho lo; cawlcang lo in an um kho lo; thil ka tuahmi zeidah a theipar chuahter lai, tiah ruat loin thil an tuah; an i hrocer; an puarhrang; zeithil hmanh biapi ah chiah khawh lonak (carelessness); lunglohnak (forgetfulness); mah tein i khawndennak (risky behavior); hawi he umtu tthutdir thiam lonak (trouble getting along); seihku-yinnak (daydreaming); ngolh hngal lo in holhnak; le ningcang lo in tthutdir khuasaknak (disorganization) te hna hi an si (verywell health).
 - q. Moral/behavior Concern (an nuncan ziaza aa rawk; bia ttha lo chim an tthawng; self-control - mah le mah i uk khawhnak a bau; an lungkhong; an lungthin a hak; chimhhrin cawnpiak an har; mi upat/hmaizah an thiam lo; discipline an bau; an puarhrang, an zohmi le celhmi game ruangah si; thil duhnak an ngei; tangka mitthitnak an ngei).
5. Nikhat ah nazi zeizatdah kan phone ah caan kan hman?
- a. Global Digital Insights nih research an tuahmi ah a tlangpi in US minung nih nazi 2 le minutes 23 hi Social Media ah caan kan pek, an ti.
 - b. South America nih nazi 3 le minutes 24 an pek; Africa nih nazi 3 le minutes 10 an pek; Asia nih nazi 2 le minutes 16 kan pek; Europe nih nazi 1 le minutes 15 an pek.
 - c. Millenials (1981-1996; kum 28-43; Gen Y) pawl hi social media hmang bikmi an si. A changtu ah Gen Z an si (1997-2012; kum 11-26) (sproutsocial.com).
6. Zeitindah innchungkhar ah social media hman kan thiam lai?
- a. Na caah tthatnak nakin tthatlonak chuahpi ahcun hman lo ttha bik.
 - b. University of Pennsylvania nih nikhat ah minutes 30 social media tongh/hman naa sum ahcun depression, stress, loneliness, le i hngilh khawh lonak a zorter, an ti.
 - c. Nikhat ah nazi cu zat kha zat lawng ka hmang lai, tiah limit chiah i zuam. Cu tik kha tik lawng ah social media ka lut lai, tiah ri chiah i zuam.
 - d. Kan phone off caan chiah thiam ding. Tahchunhnak ah mawttaw mongh lio, meeting lio, gym, rawl ei lio, le pumhnak lio.
 - e. Ih khun cungah phone he ih lo i zuam. Room dang ah chiah/charge i zuam.
 - f. A herh lo mi notification phih (off) i zuam.
 - g. Na herhmi lomi phone app pawl hlawt/hloh khawh i zuam.
 - h. Hawikom le chungkhar he caan hmannak caanrem ser i zuam. Tahchunhnak ah sport, outdoor activities, gym tbt.
 - i. Boundaries ngeih khawh i zuam. Zing thawh in phone zoh colh maw, Bible rel le thlacamnak dah? Zaan ih lai phone zoh maw, innchungkhar pumhnak dah? Zeitik

in zeitik caan tiang dah na zoh lai? Rawl ei lio ah phone kan tawng lai maw? Zungput kan kal tikah phone kan i ken lai? Chungkhar nih social media he pehtlai in sikan zultphulh kan suaimi a um maw? Bible sianginn ka professor pa hi Sunday paoh ah a phone off; a tawng lo; computer zong a tawng lo; Sunday cu ka chungkhar le Pathian caah ka pek, a ti. Cu phun cu kan tuah kho ve lai maw?

- j. Nu le pa nih kan fa le hmaiah phone tongh lo i zuam (Norway nulepa). Nulepa nih kan fa le caah zohchunh awktlak in nunpi hmasat a herh.

7. Phone le Kan Fa Le

- a. Kan fa le phone pek a ttha maw?
 - i. Barna research nih fa le chimhrin/cawnpiak a har biknak aruang cu social media le phone ruang ah si, an ti (the tech-wise family).
 - ii. US ah a tlangpi in 42% hi kum 10 an si ah phone an ngei; %71 hi kum 12 an si ah an ngei; 91% hi kum 14 ah an ngei (Common Sense Media). Ngakchia psychology lei thiamsang le ngandamnak lei thiammi nih kum 13 (taang 8) an si tiang hi cu hngah ah ttha, an ti (Max Stossel, child mind institute).
 - iii. Jerry Burick, PhD, clinical psychologist nih cun kum he aa pehtlai lo, a ti. An kum khua nakin kan fa le sining le dirhmun ah tam deuh aa hngat awk a si, a ti.
 - iv. Boundaries chiahiak. Sianginn kai caan Monday - Friday ah phone pek lo ding; cazoh caan, Bible rel caan, pumh caan, le biakinn pumhnak ah phone pek lo ding; ih lai phone chiahter ding; zungput ah phone ken lo ding; tibantuk a ri chiahiak i zuam; sikan suaipiak i zuam.
 - v. An innkhan ah anmah lawng an um i, phone an tongh, game an i celhmi nakin innpi ah an um i, TV an zoh hi a ttha deuh, ti a si. An zohmi le an ngaihmi theihpi ve nak caan ttha a si.
 - vi. An password theihpi; nulepa nan si caah nan fa le cu nanmah kut tang, asiloah, tthithruainak tang ummi an si caah an phone chuhnak nawl na ngei, ti philh lo ding.
 - vii. Phone case le screen protection fel tein tuahpiak i zuam. Family data plan chiahi khawh i zuam. An phone an thlau tikah kawh khawh si dingin.
 - viii. Kan fa le nih an phone/social media ah zeidah an tuah?
 1. Pornography.
 2. Sexual videos/images.
 3. Sexting.
 4. Oral sex.
 5. Violence & suicidal ideation.

8. Pornography (Nupa-Sinak Hmanthlak/Video Tha lo Zohnak)

Intro: Internet ah an ttial/kawl bikmi (most searched) biafang cu pornography he aa pehtlaimi a si. Kan phone chung i kan zohmi, kan hmuhmi, le a cuangmi hna zong hi pornography he aa pehtlaimi an si. A tanglei ah research nih an hmuhmi kan zoh lai:

- 1) The porn industry: Vawleicung dihlak huap in kum khat ah \$97 billion hrawng an hmuh. US lawngah \$12-14 billion an hmuh. Cucu ABC, NBC, le CBS fonh in kum khat an hmuhmi nakin a tam deuh. NFL, NBA, le MLB nak zongin a tam deuh.
- 2) Second pakhat ah \$3,075 lengmang porn ah tangka hman a si (Gitnux & Lifeplan). Minung 28,258 nih second pakhat chungah an zoh. 88% cu kut/ke le hmurka iin fahnak i peknak a si. 79% hi sii ttha lo an hmang.
- 3) Kan phone chung ah kan kawlmhi 5 ah 1 cu pron hi aa tel. 90% hi teen an si (12-18). 96% hi young adult an si (19-26).
- 4) Mino pastor 7 ah pakhat nih an zoh; senior pastor 7 ah pakhat nih an zoh. 43% pastors hi a suaimi an si. Khrihfa a simi 64% pa le 15% nu nih thla khat voikhat an zoh. Pastor 7% lawng nih khrihfabu program ah porn in luatnak program an ser.
- 5) 27% teens kan fa le (kum 12-18) nih sexting an tong. Phone chung in dawhcah lo hmanthlak le video kuat an hal hna. 15% nih an kuat hna.
- 6) 68% hi porn ruangah nuleva aa thenmi an si. I tthit-umhnak chungah 56% hi a suaimi hna an si (Covenant Eyes).
- 7) Kum 30-40 kar hi a zoh bikmi an si Pa kum 30-49, 57% nih thla khat chungah an zoh; 42% nih zarh khat chungah an zoh. Nu nakin pa nih zoh deuh a si (Institute for Family Studies).
- 8) 93% pa le 63% nu hi, kum 18 an si hlan ah an zoh cang. A tlangpi in kum 11 an si hrawng in zoh hram an i thok; a cheukhat nih kum 8 an ti (Lifeplan).
- 9) Pandemic (Covid-19) hnu in porn zohmi an karh (national institute of health).
- 10) Porn nih a chuahtermi: (1) nuleva karlak ah zumh tlaklo sinak; (2) nuleva lungdiriamh lonak; (3) tlaihhremnak; (4) midang zeirel lonak; (5) thathawhnak zorter; (6) depression karhter; (7) mah le mah i zumhnak zorchuknak; (8) lungdiriamhnak zornak; (9) Pathian timhpiakmi nupa-sinak a rawk; (University of Oklahoma).

9. The Parental Control

1. **Intro:** Qustodio, Covenant Eyes, Bark, Circle & OurPact, Life360).
 1. Fa le nih an zohmi website history check khawh a si.
 2. An kum he aa tlak lomi thil an zoh tikah nulepa text/email in notification a kan pe khotu an si.
 3. Zoh dawhlo video/hmanthlak block khawh a si.
 4. An phone app a herh lomi zong block khawh a si.
 5. Cu tik cu caan tiang lawng hmannak screen time set up tuah khawh a si i, nulepa nih kan phone in control khawhmi a si.

8. A DAMMI INNCHUNGKHAR – CHARLES STANLEY

Intro: Pathian cu innchungkhar Sertu a si caah, a sermi innchungkhar hi a tthawngmi le a ngandammi siseh ti a duh.

Deuteronomy 6:3-9 ah a dammi innchungkhar kan hmuh: (1) Nu le pa nih Bawipa an Pathian an thinlung, an ruahnak, an thazang, le an nunnak dihlak in dawmi an si. (2) An fa le Pathian Bia (Bible) a cawnpiakmi hna an si. Nu le pa nih Bawipa dawt le fa le Pathian Bia cawnpiaknak hi innchungkhar damnak ding caah a hrampi (foundation) a si.

Point: Zeitluk hmanh in na innchungkhar rawkral (broken) hmanh seh law, a dammi le a tthawngmi innchungkhar ser dingah a tlai lo. Zeitindah kan ser lai?

1. **Godly Parents:** A dammi le a tthawngmi chungkhar sernak ding caah hmual a ngeimi bikmi Pathian a dawmi, Pathian a tthi, le Pathian nawlngaimi nulepa an si.
2. **Consistent Parents:** Kan fa le hi nulepa nih kan chimmi nakin kan tuahmi an hmuhmi nih an nun cawnpiak deuh hna. Cucaah, kan biachim le kan nun aa tlakmi si herh.
3. **Good Listeners:** Kan fa le nih kan biachimmi (aw) kan theihpiak hna seh ti an duh. Nulepa nih ttha tein an bia kan ngaihpiak duh hna lo; an biachimmi ngaihpiak zong kan duh hna lo tikah “kei cu ka biapi lo” timi lungput an ngei.
4. **Discipline without Rejection:** Zeitikhmanh ah kan fa le hi thinhunnak in cawnpiak/chimhhrin lo ding a si. (1) Na thinlung damter hmasa; (2) Cun, an tuahmi thil ruangah zeidah hmailei ah cang kho timi ttha tein fianternak tuah hna; (3) cun, fa le huatnak/hlawtnak (rejection) phun si loin chimhhrin cawnpiak khawh i zuam.
5. **Parents Loving One Another:** Fa le nih nulepa kan i dawtnak an hmuh tikah, pakhat le pakhat biathlum, biadawh in kan chawnh tikah, kan fa le an i nuam, an hna a ngam.
6. **Not Playing Favorites:** Kan fa le cungah thleidannak ngeih hrimhrim lo ding.
7. **Admitting failure:** A tlamtlingmi (perfect) nulepa kan um lo. Chambaunak kan ngei ve i, palhnak kan tuah tawn ve. Cu kan palhnak zong cu fa le cawnpiaknak caah a tthahnemnak an um. Palhnak na tuah tikah na fa le ngaihthiam na hal hna lai. I fahsak ding a si lo. Na palhnak ttha tein ngaihthiam na hal hna ahcun na fa le nih palhnak an tuah tikah an in chimh ngam ve lai i, ngaihthiam zong an in hal ngam ve lai.
8. **Praying Together:** Kan fa le thlacampiak caan a um; thlacamter caan a um; thlacampi caan a um. Kan fa le he hmunkhat ah thlacamtti hi innchungkhar damnak a si. Nu le va kan damnak a si. Zaan fatin campi khawh cun a ttha; rian le khai ruangah i manh lo ngai cio a si caah zart khat voikhat voinih tel tuah khawh i zuam cun a ttha.
9. **Reading the Bible Together:** Innchungkhar dammnak le tthawnnak ah Pathian Bia (Bible) tluk in a biapimi a um lo. Cu Pathian Bia cawnpiak cu nulepa kan rian a si (Deut.

6; Eph. 6; 2 Tim. 3). Pathian rian a si lo. Sunday School saya/mah rian a si. Annih cu an bawmtu hna dingah Bawipa nih chiahmi an si.

10. **Attending Church Together:** Nulepa le fale he hmunkhat ah pumhnak biakinn phak khawh i zuam ding a si. Pathian thangtthatnak biakinn phak a herhnak le a biapitnak kha nulepa nih kan nun hrimhrim in kan fa le zohchunh dingah kan langhter a herh. Nulepa pumh kan huam lo ahcun kan fa le pumh huamnak ding a um lo. Biakinn (khrihfabu) he an i hlat ahcun ruahchannak a um lo. Pumhnak kal tikah sikaan zong suaipiak an herh. Hmunkhat tthutti khawh cun a ttha. An hawi le he an tthut tikah mi an nor deuh tawn. Hngakchia an si ti ding a si lem lo. Kan fa le an lungfim ngai ko.
11. **Encourage children to have private devotions:** Pumpak Bible relnak le thlacamnak in Pathian caan hman forh ding. An thiam nakhnga nulepa nih tuahpi ding; cawnpiak ding; thazang pek ding.
12. **Teaching children how to handle money:** Tangka hi kan nunnak ah a biapi bikmi a si lo, ti kan cawnpiak hna lai. Tangka khonning, pekning, le hmanning zong cawnpiak ding an si. Cheuhra cheukhat peknak kong cawnpiak khawh cun an ttha ko.
13. **Sharing your disappointments, trials, and tough times:** Kan fa le kum upa deuh cu nulepa nih kan tonmi harnak le ngaihchiatnak zong ttha tein kan ruah ve khawh cun a ttha. Cu chung in Pathian bawmhnak kan hmuhmi tete zong hrawmh khawh cun an ttha. Hi bantuk na hrawmh hna ahcun an tonmi harnak an in hrawmh ve lai.
14. **Allowing difficult questions:** Na fa le nih a harmi biahalnak zong zalong tein hal ngam ding in, i tuah. Na leh khawh lo ahcun a let kho dingmi minung chimhpiak. Kan fa le nih bia hal ding tampi an ngei; biaruah ding tampi an ngei.
15. **Building biblical conviction into their lives as a guide:** Kan fa le nih zeidah kan zumh timi hi i fian an duh. Kan zumhmi le kan nun aa tlak lawng ah zeidah kan zumh ti an i fiang kho lai. Tahchunh: Pathian cu dawtnak a si, tiah kan cawnpiak hna. Pakhat le pakhat kan i dawt lawngah Pathian cu dawtnak a si, an zumh lai.
16. **Spending time with your children:** Kan fa le nih nulepa sin um a nuam, an ti. Nulepa nih zeitindah kan fa le he caan kan hman lai tihi kan suai/timh (plan) a herh. An upat tikah memories pakhat a si ding tiang kan i timh a herh. Fa le nih chungkhar he caan hman an duhning phun: (1) sport, (2) Bible rel le thlacam, (3) hlasak, (4) shopping kal, biaruah pah, hmanthlak pah le raw lei pah, (5) vacation chuahpi, (6) restaurant ah rawl eipi.
17. **Being willing to ask for forgiveness:** Kan fa le he hmunkhat kan um caan ah, bia ruah i, ka fa, na cungh palhnak ka tuah sual i ngaihthiam kan hal lomi a um maw? tiah tha tein hal ding a si ko. A um ahcun ngaihthiam hal ding.
18. **Supporting Children Equally:** Kan fa le hi aa tluk in thazang pek ding le dirkamh ding an si. Thleidan hrimhrim lo ding.
19. **Being honest with your children:** Kan fa le na hlen hna; lih na chimh hna ahcun hmailei biatak na chimhmi an zum ti lai lo. Zumh in harh cang lai. Midang zumh zong an i harh lai.

20. **Being a refuge for one another:** Chungkhar ah pakhatkhat fahnak, harnak, le ngaihchiantak kan ton tikah i hnemh ding, thazang i pek ding, i dirkamh ding.

9. KHRIHFABU LE CHUNGKHAR PEHTLAIHNAK

Intro: Pathian nih thil sernak Khrihfabu le Chungkhar hi harnak in kan i dornak hmun a si lo; harnak le Satan rianttuannak teinak ding caah thawngtha biatak in kan i cawnpiaknak (training ground) hmun a si (Nelson & Jones, 14).

Pathian nulepa a kan kawhna (calling) cu kan fale Pathian tihzahnak le upat/hmaizahnak cawnpiak hi a si. Hihi kan daithlan ahcun kan fa le leng an chuah tikah ralram ah timtuh lo le huphenh lo in kan thlah hna he aa khat. Zeitindah kan fale kan timtuh hna lai?

Bible cathiang nih fiang tein a kan cawnpiakmi cu kan fa le an thlarau nun tthannak le sersiamnak (spiritual formation) ah ttuanvo a ngei bikmi cu nulepa hi kan si. Nulepa a bawmtu dingah Pathian Khrihfabu, Khrih ah kan u le kan nau hna hi an si (Matt. 12:48-50; Rom. 8:15-23).

A biapi bikmi cu nulepa nih kan chungkhar hi kan fa le training peknak hmun ttha bik a si, ti kan philh lo dingmi hi a si. Kan fale training peknak ah nuleva zong lungthin le ruahnak he aa bawm ding kan si. Nulepa cheukhat nih kan ruahpalh sualmi cu fale training pek, asiloah, Pathian bia chimh cawnpiak le Pathian lei hruai hi Khrihfabu rian ah kan ruah. Pathian riantuantu le hruaitu hna rian ah kan ruah. Cucu, kan i palhnak a ngan taktakmi a si. Hi ruangah kan chungkhar a dam lo; kan fale an dam lo; nuleva zong kan dam lo. Pathian tinhpiakmi (God-ordained) ningin chungkhar kan hruai lo caah a si.

Chungkhar: Fale Cawnpiaknak Hmun (Training Ground)

Paul nih Efesa khua ummi khrihfabu ca a kuat hna tikah, nulepa nih fale Khrihfa ziaza le cawnpiaknak he tthan dingin nawl a pek hna (Eph. 5:21-6:4). Paul nih nawl a kan pek tikah thil thar si lo in Biakam Hlun chung in Jews mipun nih an rak tuahmi a nolh tthanmi a si (Ex. 20:20; Deut. 4:10; 31:13; Ps. 34:11). Jews mipun nih chungkhar ah fale chimh/cawnpiaknak hi duhthimnak (optional) ah an ruat lo. Pathian nawl pekmi, tuahlo awk ttha lo, tiah an rak i nunpimi a si.

Khrihfabu tuanbia ah Pastor rak ttuanmi Clement nih, “Kan fale hi Pathian bia in cawnpiak hna uh. An ngakchiat lio tein Pathian tihzahnak le upat/hmaizahnak hi cawng hna seh. Pathian tihzahnak nun an cawn ahcun harnak tampi in a khamh hna lai” tiah arak ti. Zumtu hmasa lak ah pakhat Polcarp nih nuleva hi kan fa le cawnpiaknak ah aa bawm ding kan si, a ti.

Nulepa Daithlan Ruangah Tonmi

Nulepa nih chungkhar ah kan fa le chimh/cawnpiak kan daithlang ruangah harnak kan tonmi tampi an um. Tahchunhna ah 65% in 94 % America khrihfabu mino hi College kum hnihnak an kai hlan ah khrihfabu ah an mui hmuh khawh an si ti lo, tiah an ti (*Youthworker Journal*). Hi nih a langhter mi cu Khrihfabu Program lawng bochan awktlak lo, tinak a si. Midang bochan awktlak lo, tinak a si. Khrihfabu program chung i kan fa le an cawlcanghna rinh awktlak ngaingai a si lonak a langhter. Hi nih hin chungkhar a biapinak le nulepa kan biapitnak a langhter.

Chungkhar ah Fale Cawnpiaknak in Pathian Riantuannak (Family Ministry)

A. Comprehensive-Coordivative

- a) Khrihfabu nih a ngeihmi ministry (Pathian riantuannak) vialte hi chungkhar bawmtu ah sernak a si. Chungkhar bawmtu lawng si loin chungkhar he fek tein pehtlaihna ngeih a si.
- b) Kum Zabú-19 lio ah Samuel W. Dike nih a khrihfabu chungah nulepa an fale zumhna le thlarau lei tthanchonak i an daithlanna a hmuh hnu a rak thawkmi a si. A hramthok ahcun “The Home Department” tiah min arak pek. An i tinhmi cu nulepa nih fale cawnpiak le hruai thiamna caah “equip” tuah a si. Nulepa nih an herhmi thil (resources) zong chuahpiak a si.

B. Segmented-Programmatic Ministry to Family Members

- a) Khrihfabu chung ummi chungkhar vialte ttha tein le felfai tein pehtlaihna in Pathian riantuannak (ministry) a si.
- b) Khrihfabu nih sang tthennak kan tuah i, khrihfa upa (deacon) nih an zohmi hna he aa khat ngai. Chungkhar veh; pehtlaih; cawnpiak; thlacampiak; counseling; le thazang peknak in Pathian riantuannak a si.

C. Educational-Programmatic Family Ministry

- a) Innchungkhar ah nulepa le fale fimcawnnak in tthanchoternak program a si. Kum Zabú-20 hrawng ah rak thokmi a si.
- b) Nulepa zong an herhmi training pek; tahchunhna ah i pehtlaihna le fale cawnpiakning te hna hi an si.

D. Family-Equipping Family

- a) The Southern Baptist Theological Seminary, Louisville, KY i Professor tuanmi Timothy Paul Jones nih rak thokmi a si. The School of Church Ministries program chung i siangngakchia zong an khrihfabu thok dingah thazang an pek hna.

- b) An targetmi hna cu nulepa an si. Zeicahtiah, anmah hi Pathian nih an fale Khrih Zultu i ser dingah a chiahmi hna an si. Rian a khinhmi hna an si. Nawl a pekmi hna an si.

Biafumnak

Chungkhar cu Pathian dirhmi a si. Fale cu Pathian thluachuah an si. Kan fale Pathian bia le khirhfa nun he chimhhrinh le cawnpiakcu nulepa kan rian a si. Kan i hmaithlak bik dingmi a si. Nulepa cu Khrihfabu a bawmh ding a si. Thazang a pek ding a si. Nulepa nih an fale cawnpiaknak le tthithruainak ah an herhmi training le resources a damhpiak ding a si. Kherhhlainak an tuahmi ah fiang tein an hmuh bantukin, chungkhar ah nulepa nih Pathian bia chimhhrin/cawnpiaknak le thlacamnak a um lonak hmun in tthang fa le cu college an kainak (khrihfabu le chungkhar chuahtaak) ah an vaivuan.