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## Bible in Kitihoihel Chungchang Ipi Asei? (Self-Control) — The Foundation · KJV Lekhabu Strong's Numbers toh

THE FOUNDATION · THE ORIGINAL STUDY, SET IN THE ANCIENT ORDER

*Temperance — Bible Thuhil Kingbul Bulpi*

### KIPATNA THU

*Tuhin thu kiseh ngaisan tah in. Lhagao ga chu tel-thei-na ahi — Greek paotwi chu egkrateia (G1466, temperance) ahi, a-sunga thahat, amapa mapa kivaipohna. Hichu khopi lah-a thahat ahipoi; hichu lhagao vaipoh thahat ahi. Hiche sim-lai hin lampi ni namasang'ah akoie. Lengpa amapa vaihoi thei lou khat ven: an-neh dinga a-jalh chungga akijam in, a-mai aheimang in, an ipi jong aneh nomlou hi — chuleh a-donin amapa akijoh tai. Chuleh amacha changseh ahipoi. Saul in mipiho akichat. Balaam in sum-le-pai angailut. Eve'n amun in alauh. David in athot in alauh. Amaho khat khat'n Pathen aw sanga ipi khat asang un, chuleh amaho khat khat'n hichu kimu dinga amaho kipehdoh tauve. Tun Chapa chu ven. Agilkel in, ahin song ho thu apeh nom poi. Lengtup jouse amu in, akun nom poi. Ahoise pih in, ahoise kik kit poi. Chapa ahijeng vang'in, thu ngainom-na chu ahil in. Chuleh nagelkhoh dinga hi: hiche nangma kivaipohna hi nangma natoah changseh ahipoi — hichu Ama Lhagao ga ahi, chuleh Pathen chu tahsan umtah ahi, jamdohna lampi asem peh nading in. Hollin ven.*

### THIL THUM DOH HIN AGIVA:

1. Kingaina chu ipi hi ham, chule hoiya kon hung um ham?
2. Mihem khat chun Ahab le Esau'n akijoh mang bangin iti akijoh mang thei ham?
3. Kitepna dinga kingaitohna a chungnung mama chu koi ham, chuleh kitepna in ipi asosuh ham?

### GREEK KEYWORDS HO PA

“Kitihna” — **G1466 egkrateia** — kingamna, thutah kigamna, lungneng kingamna  
*Lhagao chun ga chu tahsan ahi*

“Kingamna neitah” — **G1467 egkrateuomai** — Ama le ama kigamvalna, kikhotona, lungneng tah'a umna

*Mihem jousen kimoto dinga kisatna anei chan chun, thil jousea kivepha ahiuve.*

“Kithim tah in” — **G4996 sophronos** — Lungsim dettah, dihtah, damdet tah

*Hepina in ei hilsah thu hi ki hinkho a chan dinga hin ei hil*

“Joh” — **G591 apodidomi** — Peuha, pedoh, joh

*Esau in an khat jal in a naosen phattouna anpeuvin ajoh*

“kineosah” — **G5013 tapeinoo** — Suh ding, kilamsah ding, kisuhneem ding

*Amatah in ama kineosah in, thina chan geijin jong thu angaijin ahi.*

“Taitomsa” — **G3058 loidoreo** — taitom, houset ding

*Aman ahilouna thu aseipeh laiyn, aman jong aseil kilehtapoi.*

## HEBREW THUCHENTE HOUHO

“Joh” — **H4376 makar** — kijoh na, kipedoh na

*Nangma le nangma na kijoh in, Pakai mitmu-a thilse bol nading in.*

*(Kei tahsan lunggel — makar (H4376, joh ding) hi Ahab chungthu'a kisei thu ahi; apodidomi (G591, joh ding) hi Esau chungthu'a kijoh thu ahi. Pao ni, hinla chonna khat cheh: mihem khat in ama dei thil khat jal'a ama tah akijoh ahi. Kitim theihna chu nangma nangma kihuhna ahi, hitia chu na joh lou ding ahi.)*

## KIPATNA KIKHAINA

**Galatia 5:22-23** Hinlah Lhagao Theng chun hitobang gaho hi ihinkho uva ahin sodoh ding ahi: ngailut, kipa, cham-lungmon, thohhat, lungset them, phatna, tahsan um hina **[G1466 egkrateia ■]** (23) lungneng, chule kitim them hichengse hi ahi. Hiche ho chung a Danthun thaneina aneipoi.

**KITIM THEM — AMATAH KITIM JOU NA — LHAGAO THENG GAHO AHI.**

*(Keimah tahsan ngaito hi — lung thim na (temperance) chu hoiya adin em, ti vetnun: Lhagao thei ga lah a aum ahi. Hichu amasa pen'a mihem natoh ahipoi; ga ahibouve. egkrateia (G1466, lung thim na) chu asunglam'a thahatna ahi — ama le ama kivaipohna ahi. Lhagao aumna mun'ah, hiche ga hi akhang jing in, chuleh hitobang thil ho dounan dan aumpoi.)*

### I. SELF-CONTROL AHAM CHANGSEH — AHAB

**A. Lengte Khatna 21:1-4** Jezreel a kon'in Naboth kiti mikhat anaum in, ama hin Samaria lengpa Ahab leng inpi toh kinaicha in, Jezreel mun na chun lengpilei khat ana nei jin ahi. (2) Nikhat hi Ahab min Naboth kom'ah, “Na lengpilei hi ka leng inpi toh akinai jeh in, hkonna kanei dingin neiki chohsah tan, akhel in hiche sang'a lengpilei phajo nape ingting ahilou le na deijoh leh aman dingin sum joh peh lhon nang'e,” atipeh in ahi. (3) Ahin Naboth in adonbut in, “Kapu kapa khang'a pat'a kagou chin khat chu nang ka pehdoh jeng ding vang chu Pakai jahnom lou himai hen,” atipeh in ahi. (4) Hiche Naboth donbutna chun Ahab chu alunghansah lhez jengin, lungnom mo tah in ainlang'a achetan ahi. Lengpa chun an jong ane nom tapon, bang lang angan alum tan ahi.

**KIGAMCHETNA BEIJEH IN — ADEI CHU ANEI JOUHLLOU JEHIN ALOM AGIMSAH, ALUNG ASETSAH, CHULE AN NEH DING JONG ANEHTHEI TAPON.**

**B. Lengte Khatna 21:7** Jezebel in, “Nangma hi Israel te lengp nahi hilou ham? Thoudoh inlang an nen, hiche chungthua chun lungkham tah hih'in, keiman Naboth lengpilei chu nape nang'e,” atin ahi.

**JEZEBEL IN PATHEN DANTHU SUHBEI DING TOHGON CHU, AHAB LUNGTHIM BOHSE'IN NGACHA AHI TAH.**

**C. Lengte Khatna 21:20** Hichun Ahab chu Elijah kom'ah apeng jah jengin, “Tua hi kamelma pan, neihung mudoh kit hi tam?” atileh, Elijah in adonbut in, “Henge, nangman Pakai mitmu a thilse jeng bolna a nakipeh jing jeh a ka hungkit ahitai,” ati. **[H4376 makar ■]**

**AHAB IN PAKAI MITMU A THILSE JENG BOLNA A AKIPEH JING AHI.**

**D. Lengte Khatna 21:25** Ajinu Jezebel in athu nun jeh a Ahab min Pakai mitmua thilse bolna a aki pehlut banga kipehlut na koimacha dang aumpon ahi. **[H4376 makar ■]**

**AHAB TOBANG KOIMACHA AUMPON AHI, AJINU IN ATHUNUN JEH A PAKAI MITMUA THILSE BOLNA A AKI PEHLUT AHI.**

*(Kalvon lunggel hoiho—leng khat ahi, hinlah amatah ama in vaihom joulou ahi. Lenggam pumpi amah a ahi, hijeng vang'in an-hon khat jal'a a lungkham a, an nekhamlouna a umseh. Thumon chu makar (H4376, joh chu ahi): a-ngaichat sunna dinga amatah ama in ki-joh ahi. Hiche hi kitoh-thu (temperance) a-umlouna ahi—mikhat chun a ngaichatna chu a nei hilou, ngaichatna chun mikhat chu a nei ahibou.)*

## **II. NANGMA KIZUOHNA JOHTHU — THUPEH JUI SANGA THIL DANG CHIDANG DAWH DEIHSAHNA**

**A. Samuel Khatna 15:24** Saul in, “Henge, keima kachonsetai, keiman neihilna ho jong kangaipon chule Pakai thupeh jong kanit tapoi, kasepaite kagin jeh a athil thum hou kabolpeh ahitai,” ati.

**SAUL IN MIPI KICHATNA LEH VAHCHOINA CHU PAKAI THUPEH NITNA SANG A SANGJO CHEP AHI.**

**B. 2 Peter 2:15** Amaho lamdih a konna pampet a ahitauvin, chule Beor chapa Balaam, thilse bola sumlo nompa khonung juiya ahiuve.

**BALAAM CHUN THILSE BOLA SUMLO CHU PATHEN THUNGAINA SANGIN AGA NGAISANG JOTAI.**

**C. Semtilbu 3:6** Hiche a chun numei nun theiga chu aven ahile neh dinga tui chule mitvet dinga jong vetnom nom um, chule mi achihsah jeng ding jeh chun aha duchat cheh tai. Hijeh chun numei nun theiga chu akilo in anetan chule a pasalpa jong them khat apen amapan jong ala in ane tai.

**EVE IN AGA MEL-TAH LEH CHIHNA NGAICHAT CHU PATHEN THU NGAINOPNA SANGIN THUPI ASAH JO TAI.**

**D. 2 Samuel 11:2-4** Nikhat hi nilhah lam ni kihei don hin David jong asunchol na jalkhun'a kon'in athou doh in leng Inpi inchunga chun avahlen ahileh, inchunga kon chun numei mel-hoi khat akisil pet tah amun ahi. (3) Hijeh chun David'in mi asol in numeinu chu koi ham, tin agadoh le sah tai. Hichea hin mi khat chun, “Hiche nu hi Eliam chanu, Hittite mipa Uriah jinu Bathsheba chu ahi” tin aseipih tai. (4) Hichun David'in mi sottol le ho asol in amanu chu aga puisah in, Bathsheba jong chu leng inpi sung ahung lut'in, chuin David chun amanu chu aluppi tan ahi. Hiche pet a hi Bathsheba chu athi neijou akisuh theng jou chabou ahi; akichaiyin amanu jong a inlama achetai.

**DAVID'IN AMANU KOMPANI LUNGLHAINA CHU PATHEN THUPEH JUINA SANGA PHAT SANJO CHOM'IN AGEL'E.**

*(Kei tahsan lung ngaito — mihai li a manchan khat hi vetsah in: Saul kicha, Balaam ngailu, Eve amu, David alah. Amaho lah khatcha jong'in kithat pi'a lo ahi pouve. Amaho khat cheh in Pathen aw sang chun thil khat asang unlang, hichu akimu na diuvin amaho leh amaho akipedoh un. Thil chu adang cheh in, kichoh dan vang chu khat cheh ahi.)*

## **III. CHRIST — KIVEIHOIHNA THEMPHATNA CHU**

**A. Hebrew 5:8** Jesu chu Pathen Chapa ahijeng vang'in, Aman athohgimna a chun sei angaiyin ahi.

**AMAN CHAPA AHIJENG VANG'IN, ATHOHGIMNA A CHUN SEI ANGAIYIN AHI.**

**B. Philippi 2:8** Pathen seingaina jal'in Ama akineosah jengin chule thingpel'a migilou thina dinmun akilhen tai. **[G5013 tapeinoo ■]**

**AMA CHIEN AKISIEM'AN, THINA TAN'A THUNEIYA UM'A, THINGPHUNGA THINA GEIA CHU.**

**C. 1 Peter 2:22-23** Ama achonse khapoi, koimacha jong alhemlha khapoi. **[G3058 loidoreo ■]** (23) Ama ajumsou jong chun alethuhpoi, agimhesoh thoh pet in jong akithuhpoi. Aman achung chang thu adihtah a thutan jing Pathen khut a angam lhan ahi.

**AMA AJUMSOU JONG CHUN ALETHUHPOI, AHINLAH AMAN ACHUNG CHANG THU ADIHTAH A THUTAN JING PATHEN KHUT A ANGAM LHAN AHI.**

*(Kei tahsan geldoh dan hi — Ahab in lenggam khat anei, amale ama chung vaihom ding lungthim aneipoi; Chapa in vang jouse anei, chule vaihom dan bulhingtah aneiye. Ama akisuhneme — tapeinoo (G5013, kisuhneme sah) — Ama aseoh asetoh khumin — loidoreo (G3058, seise) — hinlah adonbut kit poi. Kithuop dan hi lhasamna ahipoi; hichu Pathen lungdeih dinmun changei, thina geiya jong kun khumsa hatna ahi.)*

## **IV. KIDIMONA THIL SEM CHAT — GA LEH LAILUNGKUNG**

**A. 2 Peter 1:5-6** Hiche ho jouse jal hin, Pathen thutep ho channa dingin kihabol un, na tahsan nau chu umchan hoi pendoh nan neiyun, chule umchan hoi penna chun hetna **[G1466 egkrateia ■]** (6) chule hetna chun chang kitim themna, chule chang kitim themna chun thohhatna chule thohhatna chun Pathen ngaisahna

**HETNA CHUN CHANG KITIM THEMNA, CHULE CHANG KITIM THEMNA CHUN THOHATNA, CHULE THOHATNA CHUN PATHEN NGAISAHNA.**

**B. 1 Corinth 9:24-25** Kilhaitetna a khu mitin lhajia ahi, hinla mi khat in bou kipaman asan ahi. Hiti chun, jona dingin lhaiyun. **[G1467 egkrateuomai ■]** (25) Golseh a jao ho khu akithem chuh nauva phatah a kithununna nei ahiuve. Amaho chun akem mangthei kipaman lona a abolu ahin, hinla eihon akem mang theilou ilojoh u ahi.

**KILHAITETNA A KHU MITIN LHAJIA AHI, AKEM MANGTHEI LOU LALLUKHUH DINGIN THIL JOUSE A AKITHEM CHUH UVE.**

**C. Titus 2:11-12** Ajeh chu Pathen mihepina hung kilah a mijouse huhhingna chu ahin lhut ahitai. **[G4996 sophronos ■]** (12) Chuleh eiho Pathen ngaisah louna le chonset nopsahna a konna kiheimang dinga kihilchah ihiuve. Hiche gitlouna leiset a hi lunglima, chondihna a chule Pathen ngaisahna neiya ikhosah dingu ahi

**PATHEN MIHEPINA CHUN EIHO PATHEN NGAISAH LOUNA LE CHONSET NOPSAHNA A KONNA KIHEIMANG DINGA EIKIHILCHAH UVE, HICHE GITLOUNA LEISET A HI LUNGLIMA CHULE CHONDIHNA A IKHOSAH DINGU AHI.**

*(Kei tahsan lunggel — hi lampi hi hetdan hin veuvin: kikaihthei chu hetheina chung a kibelas ahi, chule thohhatna chu kikaihthei chung a kisa ahi. Chule lungsetna hin hilna aneiyu: eiho huhhinna eihinpi lungsetna chun leiset lung ngaichatna phalou dei loute dinga eihilun, chule sophronos (G4996, kicheng dana), lungthim dettah tah in hin manna ding in eihilui. Manlang thei lallukhuu dinga kithengte chu egkrateuomai (G1467, kikaihthei hina) in thil jouse ah kikaihthei ahiuve; iti chan a keiho jong manlouna ding chu i hi tup joh a hi ding hitam.)*

**MI NI KAMSUNG — THU KIJOH: MAKAR (H4376, JOH DING) LEH APODIDOMI (G591, JOH DING)**

**A. Lengte Khatna 21:20** Hichun Ahab chu Elijah kom'ah apeng jah jengin, “Tua hi kamelma pan, neihung mudoh kit hi tam?” atileh, Elijah in adonbut in, “Henge, nangman Pakai mitmu a thilse jeng bolna a nakipeh jing jeh a ka hungkit ahitai,” ati. **[H4376 makar ■]**

**LENGPA KHAT IN A ANHU LEIPHUNG KHAT JAL IN AMA LE AMA AKI JOH TAI.**

**B. Hebrew 12:16-17** Chingtheiyun koima Esau tobanga chonlambei ahilouleh Pathen ngaisah louna neiya cha masapen hina chanvou chu an khoukhat neh a kijoh doh um khauvin nate.

**[G591 apodidomi ■]** (17) Aman khonungin apa phatthei bohna chu achannom vang'in kisihna dinga vaigei behseh ahitah jeh in kisih a kappuma ahol vang'in akiphalpeh tapoi.

**CHA MASAPEN HINA CHANVOU CHU KHOUKHAT NEH IN A KIJOH DO**

*(Keimatah gel gel ka lunggel — hiche sutna a mihem ho jouse lah a, “kijoh” tia kisim mikhat athum: Ahab le Esau bou ahi. Lengpa khat in adihna chu anhoi huan khat toh akijoh in; apenkhapa khat chun agoulo chu anneh khatna toh akijoh in. Kings lekhabu chun Ahab chungchang thu chu thutanna toh akichai sah'in, ahinlah Hebrews bouvin Esau chungthu chu ahilchen jom in — akhotona chu mitlhi puma alah nom nikho geiyin, hinlah kisihkhelna dinmun aholmo tapoi. Nangma le nangma kijoh hih in; kijoh chan phabep chu kilekit theilou ahi.)*

**C. Thuhilpa 4:12** Mikhat achanga ding chu midang in adelkhuma chule ajo paithei ahin, hijongleh mini vang chu kinung thohto lhkonna chule ajothei lhon ding ahi. Thumchu pha cheh'a ahi, ajeh chu khaohol thum'a kihal lhop chu bailam tah'a kibot tanlou ding ahi.

**MI NI CHUN AMA ADOU JOU DING + KHAOGUI THUMHO KIKHOM CHU GANGTAHIN AKIKHAI JOU POI**

**LIMHOP LEH AGUILHUNA — THUM-CHANGA CHILEUNA, LEH MIKHAT NUN THUPEH NA**

**Shadow Semtilbu 3:6** Hiche a chun numei nun theiga chu aven ahile neh dinga tui chule mitvet dinga jong vetnom nom um, chule mi achihsah jeng ding jeh chun aha duchat cheh tai. Hijeh chun numei nun theiga chu akilo in anetan chule a pasalpa jong them khat apen amapan jong ala in ane tai.

**KITEPNA MASAPEN LHAHNA: AN, MIT, CHULE CHIHNA NGAICHATNA.**

**1 John 2:16** Ajeh chu vannoiyin tahsalam lung ngaichat ho, mitmua deichat thei ho, chule ithilbol doh hou chule ineiho uva kiletsahpina apeh thei ahi. Hitiho hi Pa a kon ahipoi, ahin hiche vannoiya kon joh

ahi.

**THUTAK THUM MA CHU AVEL A KIHEN NALEH KIT AHI.**

**Fulfillment Matthew 4:3-4** Hiche phat sung chun Diabol chu ahungin ajah a, “Nangma Pathen Chapa nahileh, hiche songchang ho hi changlhah akiso theina dingin thu pen,” ati. (4) Hinlah Jesun ajah a, “Ahipoi! Pathen Thubun aseie, Mihem changlhah bouva hing thei ahipoi, Pathen kam sunga kon hung potdoh thua bou chu hing ding ahi,” ati.

**Matthew 4:8-10** Chujouvin Diabol in molsang chungvum a chun apuiyin chule vannoi lenggam jouse le aloupina ho avetsah in ahi. (9) Aman ajah a, “Nangma naboh khup a chule keima nei houva ahileh, keiman nangma aboncha hi kapeh ding nahi,” atikit in ahileh (10) Jesun ajah a, “Satan, hichea kon hin potdoh in. Ajeh chu Pathen Thubun aseie, 'Nangman Pakai na Pathen chu nahouva chule Ama bou najen ding ahi,” ati.

**CHANGLHAH NGAICHATNA LEH MIT NGAICHATNA A PATEPNA CHANGIN, AMAN PATHEN THU MANGIN ADONBUT IN, CHULE PATHEN CHANGSEH BOU CHU AHOU TAI.**

**Rome 5:19** Ajeh chu mi khat in Pathen sei angailou jeh in, mi tampi chonseahung hitai. Hinlah, michom dang khat Pathen thua anun jeh a, mi tampi achonphaa kistem ding ahitai.

**MI KHAT PATHEN SEI ANGAILOU JEH IN, MI TAMPI CHONSEAHUNG HITAI; MICHOM DANG KHAT PATHEN THUA ANUN JEH A, MI TAMPI ACHONPHAA KISEM AHITAI.**

*Keima lungthim thugil - kotpi thumho tapangmabep: tahsa, mit, chule hinkho kiletsahna. Thingphung a chun numei chun amu'n, adeisah in, alan chule anen. Gamzai a Chapa jong chu kotpi tapangmabep a akipatep in, chule aboncha "Kijih lekhabu ahi" tin adonbut sohkeiyin. Mihem masapen aluhna mun'ah, Mikhat in athununna chun mitampi diktah in asemtai.*

## CHENGKHIATNA

**1 Corinth 10:13** Na hinkhoa lheapna nato ho hi midangin atoho toh akikhehna aum dehpoi. Chule Pathen tahsan umtah ahin, nangman nadinpi joulou ding kalval chu Aman na chunga achuh ding phal ponte. Nangman lheapna chu nato tengleh, Aman nathoh jouva naki huhdohna ding lampi na gonpeh ding ahi.

**PATHEN TAHSAN UMTAH AHIN, CHULE LHEPNA TOH KHOMIN AMAN NATHOH JOUVA NAKIHUHDHONA DING LAMPI NA GONPEH DING AHI.**

**2 Peter 1:6** chule hetna chun chang kitim themna, chule chang kitim themna chun thohhatna chule thohhatna chun Pathen ngaisahna **[G1466 egkrateia ■]**

**KITIM THEMNA CHUN THOHHATNA + THOHHATNA CHUN PATHEN NGAISAHNA.**

*(Keimah lunggel thu — hiche lhahna pumpi hi khat lah'a: kitheihna, egkrateia (G1466, temperance), chu Lhagao ga ahi — nangma amah thahatna'a vaihomin um. Ahab in ama akizoh, makar (H4376, to sell*

## PRACTICE QUIZ

**1. Galati 5:22-23 — Lhagao gaho chu ngailut, kipa, cham-lungmon, thohhat, lungset them, phatna, tahsan um hina lungneng, chule:**

- a) chihna
- b) kitim them
- c) hetna

**2. 1 Kings 21:20 — Nangman nakipeh jing:**

- Pakai mitmu a thilse jeng bolna
- b) mite mai'n gitlouna gimang
- c) napu'te lampi'a lam jot

**3. 1 Samuel 15:24 — Saul in, “Pakai thupeh jong kanit tapoi,” ati, ajeh chu:**

- a) Keipan Pakai ka gin'a, chule a aw ka jui'e
- b) mipiho chun sum le pai (spoil) chu akilah uve

c) kasepaite kagin jeh a athil thum hou kabolpeh ahitai

**4. 2 Peter 2:15 — Beor chapa Balaam in nompā:**

a) doihoi phatthu man

b) lampi dih

Thilse bola sumlo

**5. 1 Peter 2:23 — Ajumsou jong chun, aman:**

Ama ajumsou jong chun alethuhpoi

b) kicheh in adonbe

c) amaho chu hopsah tapoi

**6. Hebrews 12:16 — Esau, an khoukhat neh a kijoh doh um:**

a) ama phatthu

b) a chanvou

c) a gouthilna

**7. 1 Corinthians 10:13 — Chule Pathen tahsan umtah ahin, nangman lhepna chu nato tengleh, Aman nathoh jouva:**

a) a jamna ding lampi

b) kisi na mun khat

c) chonset achaina

**DONBITNA: 1-b, 2-a, 3-c, 4-c, 5-a, 6-b, 7-a**

## KIHILNA HIN IBANGA AKIKHEN

**KIJOH HO ITI KILHATDOH HAM: AHAB LE ESAU CHUN AMAHO LE AMAHO AKIJOH UN, AHIVANGIN NANGMA SUM TAMTAH'A KICHOH NAHI (1 CORIN 6:20) — CHONSET NOIYA KIJOH NAHI (ROM 7:14), AHIN GAOSAP A KONA KILHATDOH NAHI (GALATIA 3:13).**

**KHOPI ITI KIKAI HITAM: AMA LHAGAO CHUNGA VAIHOM JOULOU MI CHU KHOPI KISUKEH, PAL NEILOU TOBANG AHI (THUCHIHBU 25:28); CHULE ALHAGAO VAIHOM JING MI CHU KHOPI LAH SANG IN PHAJO CHEH AHI (THUCHIHBU 16:32).**

**KILHAINA BANGCHAN KITOLNA: THIL JOUSE CHUNGA KINGAITONA NEITAH CHUN EIHO MASANGA KIKOIYA UM KILHAINA HI THOH HATTAH A TOL DINGA EIHO A PUILUT JING AHI, JESU CHU VENG (HEBREWS 12:1-2).**

**KAIDOH LHIH CHU HITIN AKALTOU: HETHEINA CHUNGA KINGAIHDAMNA, KINGAIHDAMNA CHUNGA THOHATNA, THOHATNA CHUNGA PATHEN GINNA (2 PETER 1:5-7) — NANGHO GA NEILOU HIHLOUDING LE APATNA BEILOU HIHINDING IN (2 PETER 1:8).**

**LENGNA THOH HO KITHOPI DAN: AMAN JONG AKITEM-A ATHOH JEH CHUN, AKITEM HO CHU AKITHOPI JOU AHI (HEBREWS 2:18) — EIHO TOBANG'IN JOUSE-A KITEM'IN, AHINLAH CHONSET NEILOU AHI (HEBREWS 4:15).**

**LUNGSETNA IN THEMTHU AHILNA: NUNNA KICHEH TAH'A HINKHO MANGNA CHUN EIHO KIPANA NGAISUTNA LEH LOUPINA TOH HUNG KILANGDOH DING CHU VETSAHNA A PUILUT JIUVE (TITUS 2:13) — MI KILHEN CHOMKHAT, THILPHA BOLNAA THA NGAISANG AHUIVE (TITUS 2:14).**

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Strong's numbering & original-language data: OpenScriptures Hebrew Bible (CC BY 4.0); STEP Bible.org — TAHOT/TAGNT/TBESH/TBESG (CC BY 4.0); Robinson-Pierpont Byzantine Majority Text (Public Domain); Strong's dictionary, 1890 (Public Domain).

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