

BELIEVERS EASTERN CHURCH

World Church Headquarters, St Thomas Community
Thiruvalla - 689 103, Kerala, India

SHITHI NA U NONGIALAM

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Sha ki nongialam baieid eh jong nga bad ki parabangeit ba ieit eh jong ka Balang ka Bakhuid.

Ha ka kyrteng jong u Kpa, bad jong u Khun bad jong U Mynsiem Bakhuid, mynta bad sha bymjukut. +Amen.

Ngi dang shu dep rakhie ia ki artylli ki jingkhawai niam — ka Khristmas bad ka Theophany kaba ieng na ka bynta artylli ki nongrim bad kiba ia dei eh ha ka jingjia jong ka jingim u Jisu Khrist hapoh ka Balang kaba heh duh (Universal Church).

Ka Khristmas la pynleit jingmut ha ka jingwan long doh jong u, ka jingkha ia u Jisu Khrist, katba ka Theophany pat la pynleit jingmut ia ka dak (**Manifestation**) ka jingpynbaptist jong u ha ka wah Jordan— U Blei u la pynpaw ialade kum u wei lai ha u wei u Blei and ka jingsdang jong ka kam ialap jong u Jisu.

Mynta, ngi khmih lynti ban rakhie ia ka aiom Lent kaba khraw.

Ha ka ktien kaba khuid, ha shwa ba u Jisu un sdang ia ka kam ialap kaba nyngkong jong u ha kane ka pyrthei, u la shah jingit na ka bynta sawphew sngi, ha kaba u la jop ia ki jingpynshoi jong u bymman.

Kum ki nongbud jong u Jisu Khrist, iangi ruh la khot ban pynkyrpang ia ka por ban pyrthuh bud ia ka jingim jong U bad ia ka nuksa jong U — ha baroh ar ha ka jingim shimet shimet bad ha ka jingim lang, na ka bynta ka jingpynthymmai ba ka kynja mynsiem kaba man la ka sngi.

Ka lent kaba khraw (Great Lent) ka dei ka aiom ha kaba lyngba kata ba la pynmlien ia ka jingshahjingit, jingduwai, bad kylla kaba mut, ngin pynrit ialade bad wad ia ka jingpynkhuid. Ha une u snem sdang ia ka aiom lent kaba khraw naduh 15 tarik February bad pynkut haduh 5 tarik u bnai April ha ka jingrakhie Easter, ka jingmihpat jong u Trai jong ngi u Jisu Khrist.

Shah ianga ban pynshlur ia phi ban kdup ia ki lai tylly ki nogrim jong ka jingmlien kaba kynja mynsiem kaba ka balang kabakhuid ka la ai hangi na ka bynta kane ka aiom kaba khuid: **shahingit, jingduwai, bad jingaisngewbha.**

1. Shahjingit

Ha ka por ba u Jisu u shahjingit, u bymman u pynshoi ia u ban pynkylla kpu ia ki maw ban pynkdang ia ka jingthngan jong u kaba ha ka doh. Hynrei u Jisu u la job thiaw ia ka jingpynshoi da ka ba ong ba, “U briew un ym im tang da u kpu, hynrei da kawei pa kawei ka ktien jong u Blei.” Ha kane ka rukom, u Jisu u pyni iangi ba ka jingdonkam u briew ba kynja mynsiem ka kham khraw ban ia ka jingdonkam ha kaba kynja doh. Da kaba pynmlien ia lade — ia kaei ba ngin bam bad haduh katni ngi dei ban bam — ka jingshah jingit ka hikai iangi ban shaniah kham bun ha u Blei. Ha kata baroh, u Blei u la pyndap ia baroh ki jingdonkam jongngi.

Pynban ka jingshahjingit kaba shisha ka long kaba donkam palat ban ia ka jingbam.

Kumba ka jingthoh kaba khuid bad ki kpa jong ka Balang ki hikai, la khot iangi ban shah jingit na baroh ki jait pop, ki jingmlien, — ka lah ban long ka jingkren biria jingkren bymdei, bitar, lorni, bishni, lane ki jingpynwit kiba ha kine ki sngi kiba tuh ia ka por jong ngi bad pynshah teh mraw iangi, kum ki jingpyndonkam palat ia ka social media, ki jingpeit scrol bymkut shuh, bad ka jingdonkam ban pynbynriah kai ia ka por. Da kaba hikai bad jop ia kine ki jingkwah ban ia kaba shah ialam da ki, ngi ai kamra ia u Jisu ha ka jingim jong ngi ban san hapoh jong ngi.

2. Jingduwai

Shahjingit khlem ka jingduwai kam don kan ym don kano kano ka jingkordor ba kynja mynsiem. Namar kata ka daw ka balang kabakhuid ka la buh ban don jingduwai ha man la ka janmiet ha baroh kane ka aiom, pynshlur ia ki parabangeit baroh ban ia wan lang ban wad jingmap bad jingisynei na u Blei.

Ban ad nangta, ka Balang ka lah dep ai ka tiar ba donbor bha na ka bynta ka jingduwai ba shimet shimet— ka Jignduwai u Jisu bad u tyllai jong ka jingduwai (Prayer Rope). Pynlong ia ka jingduwai u Jisu —“Trai Jisu Khrist, Khun jong u Blei, to isynei ianga, u nongpop”— ka dei shi bynta na ka jingduwai ba man la ka sngi jong phi. Ia kane ka jingduwai, la pyndonkam lang bad u tyllai jingduwai, kumno ki riewkhuid jong ka Balang ki la ioh jinghikai ban duwai khlem da pud (Kolosai 4:2; 1 Thessaloni 5:17).

U wei pa u wei u budam uba ka kti jong phi ka pynpoi da ka jingong shi ong ia ka jingduwai u Jisu, ka jingduwai suki suki ka rung shapoh duh ka jingim jong ngi, la pynkylla ia ki bad ka buh beit buh ryngtih ia ki shibun bah ryngkat bad ka dohnud jong U Blei.

3. Jingsngewbha

Ban sumar na ka bynta ki ba duk bad ia kito kiba donkam jingiarap ka long kaba donkam bha ha ka jingim jong ki khun jong u Blei. Khlem ka jinglehsbun bad jingsngewlem sha kiwei , ka jingshahjingit jong ngi ka long ka ba iaisah shiteng

lynti. Ha ka jingshisha, u nongiathuhlypa Isaiah u hikai ba ka jingshah jingit kaba pynsngewbha ia u Blei ka dei kawei kaba kner ki kti ban iarap ia kiba duk bad shem jinglanot (Isaiah 58:7).

Ka aiom lent kaba khraw ka long ka por ka ba kit bad don jingmut ban pynthymmai ia ki jingmut jingpyrkhat bad jingkut jingmut jong ngi ban iasam ia ki jingdon jingem jong ngi sha kiwei — ban long kiba don ka jingthmu, kiba smat, bad kiba san bha ha kine ki liang. U Trai jongngi u pynkynmaw iangi, “Kaei kaei kaba phi leh na ka bynta ini iba rit tam phi la leh ia ka na ka bynta jongnga” (Mathaios 25:40).

Hangne ki katto katne ki lynti kiba long praktikal ia kaba ngi lah ban leh bad im da ki:

1. Ia shim bynta ha baroh ki jingiaseng lang jong ka balang kum shi iing shi sem

Kane ka aiom jong ka Lent kaba khraw ka dei ka jingiaid lynti lang ha ka jingialong kawei kum ka Balang, ban bun kham ha jan shuh shuh ia u Jisu. Katba ngi dang ia aiti shimet shimet ban shah jingit bad duwai, la khot ruh ia ngi ban leh lang ryngkat bad ka iing ka sem bad ka imlang sahlang. Namarkata, ka long kaba donkam ba ngin ia shim bynta lang kum ki parabangeit da ka dohnud baroh ha man la ka ka jingiaseng janmiet ha kane ka aiom, ryngkat bad baroh ki longing jong ngi.

2. Sdang da kaba pyniasuk bad iasuk bad kiwei

U Jisu u la ong: “Ha man ba phi ieng ha ka jingduwai, lada phi don kano kano kaba pyrshah iano iano, map ia u, ba u Kpa jong phi uba ha bneng ruh un map ia phi bad map ruh ia baroh ki jingryngkang jong phi” (Markos 11:25). Ka dohnud kaba dap da ka jingisih, jingiashun, lane bymmap ia kiwei, ngin ym lah ban wan shajan ia u Blei. Namar kane ka daw, ka Balang ka sdang ia ka lent kaba khraw da ka jingiaseng jong ka jingiasuk bad pyniasuk, bad ka long kaba donkam ba phin ia shim bynta ha kane ka jingiaseng. To ngin ia map ia kito kiba leh sniew iangi, wad ban map na kito kiba phi pynmong, pyniasuk hangno ba don ka jingbymiasuk, bad ialeh ban im kum kawei ka met u Khrist.

3. Bteng da ka jingkylla kaba mut bad jingphla

U Mynsiem Bakhuid un wallam shibun bah ki pop — ki jingbakla bad ki jingsniew jong ngi, sha ka jingmaham bad ai iangi ka daw ban phikir katba ngi dang jan sha u Blei ha kane ka aiom. Wat nym duh jingkyrmen. Phla ia ki da ka dohnud kaba khuid, kylla da ka jingsngewrit, bad pan na u Blei ia ka jingisynei. Lada phi lap ia

lade ba phi shem jingeh ha ki ba bun jait ki jingpynshoi, wat juh duh jingkyrmen. Kren shai ia ki nongialam jong phi lane da ka jingsngewskhem ba phi don bad lyngba ka sakramen jong ka jingphla, pynlong ka jingpyniasuk bad pdiang ia ka jingpynkhuid bad jingpynkhiah na ka bynta ka mynsiem jong phi.

Ka Balng jong ngi ka riewspah ha ki jingthoh ba kynja mynsiem ban kyrshan ia phi ha kane ka jingiaid lynti lent kaba khraw, kum ka jingpule dkhot baibl man la ka sngi (Daily Scripture Readings), Ka jingpuson lent ba man la ka sngi, (Daily Lenten Meditations), bad ka liturgy jingduwai ba man la ka sngi (the Daily Prayer Liturgy) na ka bynta ka jingduwai ba shimet shimet jong phi bad ka jingduwai ha ing (Home prayers). Pyndonkam bha ia ki kot lyngkdop ba thoh shaphang kane khnang ba ha ka ne ka aiom lent kaba khraw kan iarap shisha na ka bynta jong phi bad na ka bynta ka balang shnong jong phi.

Ki khun baieid eh jong nga, Nga ai ia ka jingduwai jong nga na ka bynta jong phi wei pa iwei, khnang ba ka jingaiei jong u Blei kan pynshaitbor ia phi habaroh ka jingiaid lynti kaba kyntang jong kine ki sngi jong ka jingshahjingit. To ai ba u Blei un ai ha phi ia ka jingstad ban tip ia ka mon jong U, ka bor ban bud ia ki hokum jong u, bad ka jingieit ban pyniar ia ka jingisynei jong u sha baroh.

Kum u Kpa ba kynja mynsiem jong phi ha U Khrist, Nga ruh nga iaaid lynti lang bad phi ha kane ka aiom lent kaba khraw kaba kyntang bad ba khuid, bad da kawei ka jingmut to ngin wad biang biang ia ki jingkyrkhu jong u Trai.

To ai ba u wei lai ha u wei u Blei bakhuid (Holy Trinity); u Kpa, u Khun bad u Mynsiem Bakhuid un ialam iangi da ka jingaiei ba jynsur bad jingisynei bad jingiasaid jong baroh ki riewkhuid bad Theotokos kan long ka jingiada na ka bynta jong ngi ha khmat ka khet u Blei mynta bad barabor. + Amen.

Da ka jingieid kpa bad jingduwai,

+ Moran Mor Samuel Theophilus Metropolitan

Tarik : 21 January 2026

Jaka : World Church Headquarters

P.S: Pynthikna bha ba phin pule ia kane ka shithi ha baroh ki balang shnong na ka bynta ban pynshlur bad ai mynsiem ia ki parabangeit jong ngi baroh.