

## **EPHESA**

### **(Letter to the Ephesians)**

### **ABOUT THIS LETTER**

“Praise the God and Father of our Lord Jesus Christ for the spiritual blessings that Christ has brought us from heaven!” (chapter 1.3). Paul begins his letter to the Christians in Ephesus with a powerful reminder of the main theme of his message. Christ died on the cross to set us free (1.7,8). But God raised Christ from death, and he now sits at God’s right side in heaven, where he rules over this world. And he will rule over the future world as well (1.20,21).

Christ brought Jews and Gentiles together by “breaking down the wall of hatred” that separated them (2.14) and he united them all as part of that holy temple where God’s Spirit lives (2.22). This was according to God’s eternal plan (3.11).

There is only one Lord, one Spirit of God, and one God, who is the Father of all people (4.4,5). This means that Christians must let the Spirit keep their hearts united, so they can live at peace with each other (4.3). The idea of all Christians being one with Christ is so central to this letter that it occurs 20 times. There is one faith and one baptism by which believers become one body.

Ephesus was a port city on the western shore of Asia Minor (modern-day Turkey). In Paul’s time this was the fourth largest city in the Roman Empire. It was also an ancient centre of nature

religion where the goddess Artemis was widely worshipped (Acts 19).

Paul lets the Ephesians know that much is expected of people who are called to a new life (4.17—5.20). Followers of the Lord are God's dear children, and they must do as God does (5.1). They used to live in the dark, but they must now live in the light and make their light shine (5.8,9).

Paul then teaches husbands and wives, children and parents, and slaves and masters how to live as Christians (5.21—6.9).

Paul never forgets how kind God is:

God was merciful! We were dead because of our sins, but God loved us so much that he made us alive with Christ, and God's wonderful kindness is what saves you. (Chapter 2.4,5)

You were saved by faith in God, who treats us much better than we deserve. This is God's gift to you, and not anything you have done on your own. (Chapter 2.8)

## **A QUICK LOOK AT THIS LETTER**

Greetings (1.1,2)

Christ Brings Spiritual Blessings (1.3—3.21)

A New Life in Unity with Christ (4.1—6.20)

Final Greetings (6.21-24)

### *Uemnah Ol*

<sup>1</sup> Pathen kah kongaih neh Jesuh Khrih kah caeltueih Paul loh Ephesa kah aka om hlang cim rhoek neh Jesuh Khrih ah uepom [kan yaak sak].

<sup>2</sup> Boeipa Jesuh Khrih neh a pa Pathen taengkah lungvatnah neh ngaimongnah tah nangmih taengah om saeh.

*Pathen kah Yoethen Cungkuem*

<sup>3</sup> Pathen neh mamih kah Boeipa Jesuh Khrih kah a napa tah uemom la om pai saeh. Amah loh Khrih ah vaan kah mueihla yoethennah cungkuem neh mamih n'uem coeng. <sup>4</sup> Mamih he Lungnah neh amah hmuh ah cimcaih tih cuemthuek la om ham diklai a tong hlanah amah dongah mamih n'tuek pataeng coeng. <sup>5</sup> Amah kah kongaih, kolonah vanbangla amah ham Jesuh Khrih lamloh cacah la mamih n'nuen coeng. <sup>6</sup> A lungvatnah dongkah thangpomnah he koehnah la om pai. Te nen ni lungnah dongah mamih n'lungvat. <sup>7</sup> A thii lamloh amah dongah tlannah n'dang uh. A lungvatnah dongkah khuehtawn vanbangla tholhdalhnah dongkah khodawkgainah te khaw n'dang uh. <sup>8</sup> Tekah te mamih ah cueihnah cungkuem, lungcueinah neh a baetawt sak. <sup>9</sup> A kongaih kah olhiep te mamih taengah phoe coeng. <sup>10</sup> A kolonah bangla amah khuiah a hmoel te a tuetang a soepnah dongah hnokhoemnah la om coeng. A cungkuem he vaan kah neh diklai kah khaw, Khrih amah dongah cuui sak ham om.

<sup>11</sup> A kongaih kah mangtaengnah bangla boeih pongthoo tih, a mangtaengnah vanbangla a nuen rhoek long tah amah dongkah te m'pang uh van coeng. <sup>12</sup> Te dongah amah kah thangpomnah Khrih ah koehnah la mamih n'om ham

n'ngaiuep. <sup>13</sup> Nangmih khaw amah dongah ni namamih kah khangnah olthangthen oltak olka te na yaak uh. Amah aka tangnah tah olkhueh dongkah Mueihla Cim neh kutnoek n'daeng thil coeng. <sup>14</sup> Te tah koe dongah tlannah duela, a thangpomnah dongkah koehnah te mamih kah rho cungah la om.

### *Mueihla ben ah Thangthui nah*

<sup>15</sup> Te dongah Boeipa Jesuh dongah tangnah neh hlangcim rhoek boeih taengah lungnah te nangmih taeng lamloh ka yaak. <sup>16</sup> Te dongah nangmih ham toeng kolla aka uem loh ka thangthuinah dongah poekkoepnah ka khueh. <sup>17</sup> Te daengah ni mamih Boeipa Jesuh Khrih kah Pathen, thangpomnah a pa loh amah mingnah dongah pumphoenah neh cueihnah mueihla te nangmih m'paek eh. <sup>18</sup> Amah kah khuenah dongah ngaiuepnah aka om te na ming hamla nangmih thinko mik tueng uh. Amah rho dongkah thangpomnah khuehtawn te tah hlangcim rhoek soah om. <sup>19</sup> A thaomnah, a lennah aka baekhawk te tah a thadueng kah thaomnah bibi bangla aka tangnah mamih taengah om.

### *Khrih ah Pathen kah Saithainah*

<sup>20</sup> Te tah duek lamkah aka thoo Khrih amah khuiah a tueng sak. Te dongah vaan ah khaw a bantang ah ngol coeng. <sup>21</sup> Boeilu neh saithainah khaw, thaomnah neh taemrhainah khaw, ming khue boeih te ta kumhal bueng kah pawt tih hmailong kah khaw boeih a poe. <sup>22</sup> A cungkuem

la a kho hmuiah boe a ngai sak tih amah te hlangboel taengah cungkuem soah a lu la a khueh. <sup>23</sup> Te tah amah pum la om tih cungkuem kah a soepnah tah cungkuem taengah soep.

## 2

### *Duek lamkah Hingnah*

<sup>1</sup> Nangmih khaw tholhdalhnah neh na tholhnah ah aka duek la na om uh. <sup>2</sup> Hnukbueth ah khaw ta kumhal kah diklai khosing neh yilh dongkah saithainah boei banglam ni te dongah te na pongpa uh. Althanah kah a ca rhoek te a khuiah mueihla a tueng pah coeng. <sup>3</sup> Hnukbueth ah mamih boeih khaw pumsa hoehhamnahnah neh amih taengah kho n'sak uh. Pumsa neh kopoe kah kongaih te n'saii uh dongah a tloe rhoek kah a coengnah bangla kosi kah ca rhoek la n'om uh. <sup>4</sup> Tedae rhennah neh kuirhang la aka om Pathen tah a lungnah a cungkuem dongah ni mamih n'lungnah. <sup>5</sup> Mamih he tholhdalhnah ah duek la aka om rhoek pataeng Khrih neh n'thoh sak tih lungvatnah lamloh khang la na om uh coeng. <sup>6</sup> Amah neh n'thoh tih Khrih Jesuh rhangneh vaan ah n'ngoltun sak. <sup>7</sup> Te daengah ni Khrih Jesuh lamloh mamih taengah rhennah neh aka thoeng ham a lungvatnah khuehtawn te a baetawt la kumhal ah a tueng eh. <sup>8</sup> Lungvatnah neh tangnah lamloh khang la na om uh coeng. Te te namamih kah moenih Pathen kah kutdoe ni. <sup>9</sup> Khoboe kah moenih. Te dongah pakhat khaw hoemdam boel saeh. <sup>10</sup> Mamih tah Jesuh Khrih

ah a suen a kutngo la n'om uh. Tekah khoboe then te Pathen loh a hmoel pai tih ni a soah m'pongpa pai eh.

*Khrih ah Kodoknah*

<sup>11</sup> Te dongah pumsa ah nangmih namtom loh hnukbuet kah te poek uh. Pumdul la a khue rhoek tah pumsa neh kutsai lamloh yahvinrhethah te ni a thui. <sup>12</sup> Te vaeng tue ah Khrih mueh la na om uh te ta. Israel kah khokung khomah te na hai uh tih olkhueh kah paipi te na kholong tak uh. Ngaiuepnah om pawt bangla diklai ah na dalrha uh. <sup>13</sup> Tedae nangmih hnukbuet kah Khrih Jesuh ah lakhla la aka om te Khrih thii dong lamloh rheap na om uh coeng. <sup>14</sup> Amah tah mamih kah rhoepnah la om. Panit pakhat la aka saii amah loh a pumsa dongkah thunkha la aka om vongtung pangbueng te khaw a phil coeng. <sup>15</sup> Oltloek dongkah olpaek kah olkhueng te a hmil coeng. Te daengah ni panit te amah ah hlang thai pakhat la a suen vetih rhoepnah khaw a saii pai eh. <sup>16</sup> Te daengah ni thunkha te thinglam lamloh a ngawn vetih panit te Pathen taengah pum pakhat la a moeithen sak eh. <sup>17</sup> Ha pawk vaengah lakhla kah nangmih taengah khaw rhoepnah, a yoei rhoek taengah khaw rhoepnah a phong. <sup>18</sup> Amah lamloh pa taengah mueihla thikat neh boktlap la kunnah te n'dang uh. <sup>19</sup> Te dongah kholong neh yinlai la na om uh voel tangloeng pawh. Tedae hlangcim rhoek kah pilnam neh Pathen kah imkhuikho la na om uh coeng. <sup>20</sup> Caeltueih rhoek neh

tonghma rhoek kah khoengim te a tlingtlawn thil uh coeng tih Khrih Jesuh amah he imkil la om. <sup>21</sup> Amah dongah im pum te kiba tih Boeipa ah bawkim cim la rhoeng. <sup>22</sup> Nangmih khaw Mueihla ah Khrih amah dongah Pathen kah khosaknah hmuen la n'dun.

### 3

#### *Namtom Taengah Paul kah Bibi*

<sup>1</sup> Te dongah kai Paul tah nangmih namtom rhoek ham Jesuh Khrih kah thongtla ka om. <sup>2</sup> Nangmih ham Pathen kah lungvatnah dongkah hnokhoemnah he kai m'paek te na yaak uh mak atah. <sup>3</sup> A toi la ka daek noek vanbangla tekah olhuep tah pumphoenah neh kai taengah phoe coeng. <sup>4</sup> Te cadaek bangla tae rhangneh Khrih kah olhuep soah kai kah yakmingnah te na yakming uh thai. <sup>5</sup> Te tah Mueihla lamloh a caeltueih rhoek neh tonghma hlangcim taengah a pumphoe coeng bangla hlang ca rhoek taengah rhuirhong a tloe lam khaw ana phoe moenih. <sup>6</sup> Olthangthen lamloh namtom khaw Khrih Jesuh dongah olkhueh te pumkhat la cut hmaih tih rho aka pang hamla om coeng. <sup>7</sup> A thaomnah kah bibi vanbangla Pathen kah lungvatnah kutdoe te kai m'paek coeng dongah te olthangthen kah tueihyoeih la ka om.

<sup>8</sup> Hlangcim rhoek boeih khuiah a yit cadih koek kai taengah he lungvatnah he m'paek coeng. Khrih kah a khuehtawn toeklek toekna mueh te namtom rhoek taengah aka thui ham

ni. <sup>9</sup> Cungkuem aka suen Pathen dongah yan lamkah a thuh olhuep kah hnokhoemnah te hlang boeih tueng ham ni. <sup>10</sup> Te daengah ni Pathen kah cueihnah a comluem te hlangboel lamloh vaan kah boeilu rhoek neh saithainah dongah a phoe eh. <sup>11</sup> Te tah kumhal kah mangtaeng vanbangla mamih Boeipa Khrih Jesuh ah a saii coeng. <sup>12</sup> Amah dongah sayalhnah n'dang uh tih amah kah tangnah lamloh pangtungnah neh kunnah n'dang uh. <sup>13</sup> Te dongah nangmih ham kai kah phacip phabaem dongah thathae pawt ham kan hloep. Te tah nangmih kah thangpomnah ni.

### *Mueihla Thaomnah ham Thangthuinah*

<sup>14</sup> He dongah ni a pa taengah ka khuklu ka cungkueng. <sup>15</sup> Amah lamloh vaan neh diklai hman kah nurhui parhui boeih a khue. <sup>16</sup> Te daengah ni amah kah mueihla lamloh hlang ko khuiah rhaang sak ham a thaomnah dongkah thangpomnah khuehtawn te a tarhing la nangmih m'paek eh. <sup>17</sup> Tangnah lamloh nangmih thinko ah Khrih loh kho a sak. Lungnah dongah m'pael tih n'sut. <sup>18</sup> Te daengah ni hlangcim boeih taengkah lungnah a daang neh a yun, a sang neh a dung te tuuk ham na noeng uh eh. <sup>19</sup> Mingnah aka baetawt Khrih kah lungnah khaw ming ham om. Te daengah ni Pathen kah a soepnah te a cungkuem la na cung uh eh. <sup>20</sup> Amah tah a puehdaih la a saii ham boeih coeng thai hlai coeng. M'bih neh n'yakming te mamih ah thaomnah la tueng. <sup>21</sup> Amah thangpomnah tah hlangboel so neh Khrih Jesuh dong lamloh



cadil cahma boeih taengah kumhal kah kumhal  
ah om saeh. Amen.

## 4

### *Khrih kah Pumrho neh a Hlaeng a Ban*

<sup>1</sup> Te dongah Boeipa ah thongtla kai loh nang-  
mih aka khue kah khuenah neh a tingtawk  
la pongthoh ham kan hloep. <sup>2</sup> Tlayaenah neh  
muelhtuetnah cungkuem neh, thinsennah neh  
lungnah dongah khat neh khat yaknaem uh thae.  
<sup>3</sup> Rhoepnah kah pinyennah dongah Mueihla  
kah kodoknah te khoem ham haam uh lah.  
<sup>4</sup> Nangmih kah khuenah te ngaiuepnah pakhat  
dongah n'khue uh vanbangla pum pakhat neh  
mueihla pakhat ni a om. <sup>5</sup> Boeipa pakhat,  
tangnah pakhat, baptisma pakhat ni a om. <sup>6</sup> A  
cungkuem kah Pathen neh Pa tah pakhat ni. Te  
tah cungkuem soah cungkuem lamloh cungkuem  
dongah om. <sup>7</sup> Tedae Khrih kah kutdoe tarhing  
la mamih khat rhip taengah lungvatnah m'paek  
coeng. <sup>8</sup> Te dongah,  
“Hmuen sang la a luei vaengah  
tamna te a mawt tih  
hlang rhoek taengah kutdoe a paek,” a ti.

<sup>9</sup> A luei nen te dawk om pawt tih diklai hmuen  
te a laedil duela suntla bal. <sup>10</sup> Amah te suntla  
tih a cungkuem te soep sak ham vaan boeih  
kah a soah aka luei la om bal. <sup>11</sup> Te phoeiah  
amah loh a ngen te caeltueih rhoek, a ngen te  
tonghma rhoek, a ngen te olthangthen aka thui  
la, a ngen tah, tudawn neh saya la a khueh.  
<sup>12</sup> Bibi dongkah bitat dongah hlangcim rhoek

kah hamsoepnah ham, Khrih pum dongkah hlinsainah ham a khueh. <sup>13</sup> Tangnah dongkah kodoknah dongah, Pathen capa kah mingnah dongah, lungcuei hlang pakhat la, Khrih a soepnah pumrho dongkah cungnueh dongla boeih m'pha uh duela a khueh. <sup>14</sup> Te daengah ni cahmang la n'om uh pawt eh. Rhaithinah neh tholhhiknah lungpoek dongla aka mawt hlang kah thailatnah loh thuituennah khohli neh a vikvawk tih boeih a yawn lah ko. <sup>15</sup> Oltak thui uh sih lamtah lungnah neh amah dongah boeih rhoeng uh sih. Khrih amah te a lu la om. <sup>16</sup> Amah lamloh pum he boeih kiba tih cului uh. Rhucong boeih lamloh pakhat rhip kah cungnueh neh a bibi tarhing ah bomnah neh a cungvang khaw pum pakhat kah rhoengnah dongah lungnah neh amah kah hlinsainah te a khueh.

### *Hingnah Thai ah Khosaknah*

<sup>17</sup> Te dongah Boeipa ah ni ka thui tih ka laipai. Namtom rhoek loh a lungbuei kah a honghi neh a pongpa uh bangla nangmih te pongpa uh boeh. <sup>18</sup> A kopoeck te a hmuep la a om pah tih Pathen kah hingnah te a hai coeng. A khuikah kotalhnah neh a thinko kah thinthahnah khaw om pai.

<sup>19</sup> Amih yahdaeng rhoek loh halhkanah cungkuem neh rhongingnah bibi ham te omthenbawn dongla amah voei uh. <sup>20</sup> Tedae nangmih tah tetlam te om uh boeh Khrih te mah awt uh. <sup>21</sup> Amah te na yaak uh tangloeng atah Jesuh ah oltak a om vanbangla amah dongah ni n'thuituen

uh. <sup>22</sup> Hmilhmaknah kah hoehhamnahn dongah aka poeih uh lamhma kah hlang rhuem omih te nangmih loh duul uh. <sup>23</sup> Te dongah nangmih kah lungbuei te mueihla neh thai sak uh. <sup>24</sup> Pathen loh duengnah neh oltak kah cimcaihnahn dongah n'suen vanbangla hlang thai te bai uh. <sup>25</sup> Te dongah laithae te duul uh sih lamtah khat rhip loh a imben taengah oltak thui uh sih. Khat neh khat pumrho lam ni n'om uh. <sup>26</sup> Kosi na hong uh akhaw tholh puei uh boeh. Khomik loh nangmih kah thintoeknah te tlak thil boel saeh. <sup>27</sup> Rhaithae te hmuen pae boeh. <sup>28</sup> Aka huen loh huen voel boel saeh. Tedae amah kut neh a then saii ham thakthae lat saeh. Te daengah ni aka ngoe te aka doedan la a om eh. <sup>29</sup> Ol rhong ol ing boeih te nangmih kah ka lamloh thoeng boel saeh. Tedae a then pakhat a om atah a ngoe vaengkah hlinsainah la om saeh. Te daengah ni aka ya rhoek te lungvatnah a paek eh. <sup>30</sup> Te phoeiah Pathen kah Mueihla Cim te kothet sak boeh. Amah loh tlannah khohnin ham kutnoek n'daeng coeng. <sup>31</sup> Olkhaa cungkuem neh thinsanah khaw, kosi neh rhungrhah khaw, soehsalnah neh phayoenah boeih khaw nangmih lamloh khoe uh. <sup>32</sup> Te phoeiah khat neh khat taengah sitloh thimhalh neh kodam la om uh. Khrih ah Pathen loh nangmih rhen bangla khat neh khat khodawkgai uh.

## 5

1 Te dongah thintlo a ca rhoek vanbangla

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4:22 Kol 3.9    4:24 Kol 3.10; Sue 1.26    4:25 Zek 8.16    4:26  
Tgt 4.4    4:32 Kol 3.13

Pathen kah mueiloh la om uh. <sup>2</sup> Khrih loh mamih n'lungnah dongah mamih yueng la nawnnah neh Pathen taengah hmueih botui kah a bova la amah a tloeng uh bangla lungnah dongah pongpa uh.

<sup>3</sup> Hlangcim rhoek neh a tingtawk vanbangla nangmih taengah cukhalhnah neh rhongingnah boeih khaw, halhkanah khaw phoei boel saeh. <sup>4</sup> Yahrhai neh anglat ol khaw saipaat ol te khaw a koihhilh moenih. Tedae uemonah tah lat khueh uh. <sup>5</sup> He aka ming long tah hlanghalh, hlang thae neh halhka te khaw boeih na hmat uh. Amah mueibawk neh aka om loh Khrih neh Pathen kah ram ah rho a khueh moenih.

### *Khothaih neh Khohmuep*

<sup>6</sup> Nangmih te a hong ol neh m'hmillhmak boel saeh. He rhoek kongah Pathen kah kosi loh althanah kah a ca rhoek te a thoeng thil coeng. <sup>7</sup> Te dongah amih taengah aka cut la om uh boeh. <sup>8</sup> Hnukbuet ah yinnah neh na om uh. Tedae Boeipa dongkah vangnah dongah vangnah kah ca rhoek bangla pongpa laeh. <sup>9</sup> Vangnah kah a thaih tah a cungkuem dongah boethennah, duengnah neh oltak la poeh. <sup>10</sup> Boeipa kah kolo la aka om te khaw soepsoei uh. <sup>11</sup> Yinnah khuikah a tlongtlai bibi dongah thum uh boeh. Tedae lat ah toeltham pa uh pataeng. <sup>12</sup> Amih loh a huephael ah a saii te thui ham pataeng rhaidaeng la om. <sup>13</sup> Tedae vangnah loh a toeltham boeih tah phoe coeng. <sup>14</sup> Aka phoe boeih tah vangnah ni. Te dongah, "Aka ip te haeng lamtah aka duek rhoek taeng lamloh thoo

laeh. Te daengah ni Khrih loh nangmih n'tue eh," a ti pai.

### *Khrihca Hingnah Rhungsut*

<sup>15</sup> Te dongah na pongpa uh te khaw khaeh khaeh dawn uh. Hlangang banglam pawt tih hlangcueih la om uh. <sup>16</sup> Khohnin tah a thae la a om dongah a tue te tlan uh. <sup>17</sup> Te dongah hlang ang la om uh boeh. Tedae Boeipa kah kongaih te tah hmuhming uh. <sup>18</sup> Te phoeiah a khuiah cungpoehnah aka om misurtui te rhui uh boeh. Tedae Mueihla neh baetawt uh. <sup>19</sup> Khat neh khat tingtoeng lung, bawknah laa, mueihla laa neh toidal uh. Boeipa te na thinko kah laa sak neh hlai uh. <sup>20</sup> A cungkuem dongah mamih kah Boeipa Jesuh Khrih ming neh a pa Pathen te uem taitu uh. <sup>21</sup> Khrih rihnah dongah khat neh khat boengai uh.

### *Yuu neh Va Khosaknah*

<sup>22</sup> Huta rhoek aw, Boeipa taengkah bangla a va rhoek taengah boengai saeh. <sup>23</sup> Khrih tah hlangboel kah lu la om tih amah te pum kah khangkung la a om van bangla va he yuu kah a lu la om. <sup>24</sup> Tedae hlangboel loh Khrih taengah boe a ngai bangla yuu rhoek te khaw a cungkuem ah va rhoek taengla boengai van saeh.

<sup>25</sup> tongpa rhoek, Khrih loh hlangboel te a lungnah tih anih ham amah a voeih uh van bangla yuu rhoek te lungnah uh. <sup>26</sup> Te daengah ni ol neh tui dongkah silhnah dongah aka ciim uh te khaw a cimcaih eh. <sup>27</sup> Te daengah ni

hlangboel te amah loh a taengah rhuepom la a pai sak eh. A tihnai neh mikmuelhnaeh neh te bang te pakhat khaw khueh boel saeh. Tedae a cim neh cuemthuek la om saeh. <sup>28</sup> Te dongah tongpa rhoek long khaw a yuu rhoek te amah kah pum bangla a lungnah ham a kuek. Amah aka lungnah loh a yuu te a lungnah. <sup>29</sup> Amah pumsa aka hmuhuet he a om noek moenih. Tedae Khrih loh hlangboel ham a saii van bangla amah pum te a cuncah tih a yuhyam. <sup>30</sup> A pum dongkah a pumrho la n'om uh. <sup>31</sup> Te dongah tongpa loh a manu neh a napa te a imphael tak ni. Te vaengah a yuu taengah kap vetih panit te pumsa khat la om ni. <sup>32</sup> He olhuep tah olupuei la om. Tedae kai loh Khrih neh hlangboel taengkah bangla ka thui. <sup>33</sup> Tedae nangmih khaw khat rhip loh amah yuu te amah bangla lungnah van saeh. Huta long khaw a va te hinyah saeh.

## 6

### *Ca rhoek neh Manu Napa rhoek*

<sup>1</sup> Ca rhoek, Boeipa ah na manu na napa te olngai pah. He tah a ol dueng ni. <sup>2</sup> Na nu neh na pa te hinyah lah. Te tah olkhueh neh olpaek lamhma la om. <sup>3</sup> Te daengah ni nang taengah a then la ha om vetih diklai ah hingsennah na dang eh. <sup>4</sup> Pa rhoek long khaw na ca rhoek te a thintoek sak boeh tedae amih te Boeipa kah hlinsainah neh rhalrhingnah dongah cuncah uh.

### *Sal rhoek neh a Boei rhoek*

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**5:31** Sue 2.24    **6:1** Kol 3.20    **6:2** Sng 20.12; Olr 5.16    **6:4**  
Kol 3.21

<sup>5</sup> Sal rhoek, pumsa kah na boei rhoek taengah rihnah neh olngai uh. Na thinko moeihoeih-nah neh thuennah neh Khrih taengkah bangla om uh. <sup>6</sup> Mikhmuh dongkah kolopatai rhoek banglam pawt tih hinglu lamloh Pathen kah kongaih aka saii Khrih kah sal rhoek la om uh. <sup>7</sup> Hlang taengah pawt tih boeipa taengkah bangla lunghoihnah neh salbi uh. <sup>8</sup> A then khat khat a saii te rhip ming saeh. Sal long khaw, aka loeih long khaw Boeipa taeng lamloh amah la a dang bitni. <sup>9</sup> Boei rhoek nang khaw amah te te amih taengah saii uh. Amih na hiamnah te hlawt laeh. Amih rhoek neh nangmih kah boeipa tah vaan ah om tih a taengah maelhmai sawtnah khueh pawh tite ming uh.

*Khrihca neh Mueihla Caemrhal*

<sup>10</sup> A tloihsoi ah boeipa neh a thadueng kah thaomnah dongah thaphoh uh. <sup>11</sup> Rhaithae kah a lungpok te na mah thai ham atah Pathen kah lungpok haica te bai uh. <sup>12</sup> Thii neh pumsa kah hnueihnah te mamih taengah a om moenih. Tedae boeilu rhoek, saithainah, he yinnah khuikah diklai thaomnah, vaan ah halangnah mueihla ni m'pai thil uh. <sup>13</sup> Te dongah Pathen kah lungpok haica te muk uh tangloeng laeh. Te daengah ni khohnin thae vaengah khaw na tungaep thai vetih aka thoeng boeih te na pai thil thai eh. <sup>14</sup> Pai uh lamtah oltak neh na pumpu te yen uh. Te phoeiah duengnah rhangpho te bai uh. <sup>15</sup> Rhoepnah olhangthen dongkah sikimnah

neh na kho te khom uh. <sup>16</sup> Te phoeiah tangnah photling te muk uh. Te nen ni rhaithae kah thaltang a rhoh te boeih na thih uh thai eh. <sup>17</sup> Te phoeiah khangnah lumuek neh mueihla cunghang te doe thil uh. Te tah Pathen kah olthui ni. <sup>18</sup> Thangthuinah cungkuem neh rhenbihnah dongah a tue takuem ah Mueihla neh thangthui uh. He ham he khuituknah cungkuem nen khaw, hlangcim boeih ham rhenbihnah nen khaw hak uh. <sup>19</sup> Kai ham khaw thangthui uh. Te daengah ni ka ka ongnah neh kai taengah olka m'paek vetih olthangthen kah olhuet te sayalh la ka phong thai eh. <sup>20</sup> Te yueng la thirhui neh ka laipai. Te daengah ni a khuiah ka thui a kuek te tah ka sayalh van eh.

*Paul kah Oluen*

<sup>21</sup> Te daengah ni kai kawng he na ming uh van pueng eh. Ka saii boeih te thintlo manuca neh Boeipa dongah uepom tueihyoeih Tukhiko loh nangmih taengla ham phoe puei bitni. <sup>22</sup> Amah te ham ni nangmih taengla anih kan tueih. Te daengah ni kaimih kawng te na ming vetih nangmih kah thinko te han hloep eh.

<sup>23</sup> Pa Pathen neh Boeipa Jesuh Khrih lamkah rhoepnah, tangnah neh lungnah tah manuca rhoek taengah om saeh. <sup>24</sup> Lungvatnah tah mamih kah boeipa Jesuh Khrih te a cak la aka lungnah rhoek boeih soah om saeh.



**Baibal Olcim**  
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