

# LUNGSET

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## 1. LUNGSETHI IPI HAM?

Lungset kiti thucheng hi hilchet hahsa tah ahin, koiman jong ahilchet kichehtah apeh theilou ahi. Kimkhat in lungset hi deichat, hoisah, ngaisang toh kibangin agel jiuve. Ahin hichengho hi lungset toh kigamlhat mama jeng ahi. Lungset hi gah hepi maimai jong ahipoi. Tahsa kingaichat jong ahipoi. Kimuto jinga tahsa nopsahna mankhom jong ahipoi.

**1.1 Lungset kiti hi kimkhatnin pahcha to atekah jiuve.** Pahcha tunin apah'in jingleh amol jitai. Apah petleh ahoi lhehji vangin chom khat ding bou ahi. Lungset jong chutobang danna tampin alah jeh'un kilungset hinkho aman'u leh abullam leh ahoi lheh nai, ahin chomlouvin amolha jin abei jitai. Lungset hi pahcha toh tethei ahipoi.

**1.2 Kimkhat kitnin lungset hi lunggel/ngaitona (feeling/emotion) kidangtah ahi tin aseijun,** hichu vacha lamdangtah toh atekah'un ahi. Hiche vacha (lunggel) chu hoiija hung kipanna mihem chungu iti hungchuh'a, hichu mi ni chungu kibanga ahungchuh teng amani chu akingaija kingai jenglhon; amavang chomkhat joule hiche vacha chu alengmang kitji, iti danna adalah hon hitam tijong hetdoh jou hilou; chuteng kingailutah teni chu kimuda kitjeng theilhon ahi. Hiche vacha lamdangtah chu hung kilekit dingham ti'a kilungset teni chun anga lhon vangchun avellin ahung kitji tapon ahi. Hichu ahile lungset hi ngaito, lunggel (feeling) maimai jong hilou ahi.

Lunggel (emotion) ititeng lunghan, lhaset, lunggim, kichat tiho ahin; lungset jong lunggel (emotion/feeling) maimai ahileh kipa, lunghan, lhaset kitiho abeiji banga beiding mong ahi.

**1.3 Lungset hi Natoh (Action) ahi.** Mihem khat chun lunghan lheh jongle anatoh'a apohdoh loule alunghan koiman ahepoi. Akipah jong anuiham, kipah tah'a aum ham loule koiman akipa lam ahepoi. Alhase jong chu amaiso anguiham, akaham louleh koiman alhaset ahettep poi. Hibanga chu lungset jonghi anatoh'a ipohdoh'a ivetsah louleh koiman ahettep louding, tahsan jong atahsan louding ahi.

Kidang tah'a mini kah'a hung'um lungsetna chu aumden jingthei nadinga lungset hi natoh'a pohdoh ngai ahi. Chuti ahilouva lungthima kingai maimaija chu ikingahsah jenga ahile hichu lungset dihtah hilou, hetman louva vacha lamdang banga lengmang paiding ahitai. Hijeh chun lungset hi lamdang tah ahijeng vanga en kikisem thu theijong ahin, akisemthu chu atahtah kiso thei ahi. Ajeh chu lungset chu lunggel maimai ahipon, itoh tho teng lungset chu achamma hung um jeng thei ahi.

Lungset kiti ahilchet hoipen chu, "Peh (give)" ahi. Lungset hi ngaito maimai hilou, lungtheng sella midang dinga/chungu thilpha bol, thilpha gelpeh, thilpha/thupha seipeh, akipa nading bol, alungthim kipah'a umseh ahin: Natoh ahi. Hitobang lungset hohi amang theipoi. Ajeh chu lungsetna'a ngaidam aummin, koima akiphulah to ngaipoi. Lungset natoh hohi itoh teng lungset chu apam pet ngaipon, lengjong aleng mang ngaipoi. Khatnin khat koma hiche lungsetna dihtah hi apeh teng koiman ama'a jong a'it teitei jipoi. Chuleh mikhat kalungset thei himhim poi tijong aumthei poi.

Sumlepai hin thilchoh lel neihih hen, bolmo neihih jongle, lungset na vang achojou poi. Lungset hi nei le gou peh'a vetsah ding jong ahinai. Ahin lungset in angaichat pen chu nei le gou, sum le sel hilouva – midang khat kipasah ahi. Hijeh'a chu Pasal/numei khatnin numei/pasal khat henga "kahin lungsetne/I love you" atiteng "kahin ngaije, kalunggil sunga kahin koije, kahin kipasah nome: na

kipana dingle lunglhaina dingin nangdin thilpha boling ting, thupha seijingting, napha tonginge...” atina ahi. Chuteng hiche mipa/nu’in angaichatpen chu “Nangin jong nei lungsetnin/love me too” ti ahi. Hichu “Neihin ngaijin, nalunggil sunga nei koijin, nei kipasah’in: ka kipana dingle lunglhaina dingin kadingin thilpha bolin, thupha seijin, napha tongin...” atina ahi.

Hiti’a chu mini chu alungthim lhon akipehto lhonna, thilpha jeng akiseipeh to lhonna, thilpha akibolpehto lhonna, akilunglhai lhonteng lungset dihtah chu kichanlhon ahin; hichu koiman akhen jou lou, imachan ima alothei lou ahi. Hijeh’a chu eilungset theilouhel khatjong chu adinga thilpha ibol jinga, ingaito’a, akipana ding ihol jinga ahileh; mihem chu isuh kipa’a, ilung lhaisah’a, ithanop sah jingleh enjong kingailu’a aman jong eihin ngailut tei ahi. Ijemti’a akilungset dongma/nupa chu hicheho chu akimusahto lhon louteng, “Nei lungset tahbeh hinam/do you really love me?” ti’a kidongto ji lhona ahi.

Lungset hi gelmai mai ahilou jalla mihem hi amasanga ana kihexhalou kimuto ngailou ho jong akichen tenguleh athil pha kibol pehto hon chun lungset aso’a, lungset hi’a, dettah’a nomma cheng jiu ahi. Kidei/kilungset masat angaije iti naochu kihet themto masat le lunggel kibah kibah lou hetna ding joh ahin, lungset kichan na dingleh insung kitoh’a iji to ichen na dingin kihe masa khel hih jongle, lungset hi natoh ahi jallin, ikilung lhaito pouleh lungset chu acham louva hung um jeng ahi.

## 2. BIBLE DUNGJUIJA LUNGSET

Bible’a ivet teng lungset hi khou tah’in akihil chenin; adeh’in Pathen milungsetna’a akitah lange. Pathen’in mihem tehi kalungsetne tihen anatoh’a pohdoh daleh lungset dihtah iti hiding ham? Ahin Pathen’in mihem te alungset photchetnan Achapa changkhat ahin sole ti imuve (Jn. 3:16). Hiche’a kon mudoh thei chu: Lungset hi geltho maimai hilou, seitho maimai hilou – Natoh ahi.

Chuleh Pakai Jesun mihem te alungset dan iti mihemten ahetchet’u ham? Hichu anatoh mama akon ahi. Aman damloute alungsetnin, anatoh’in atongin adamsah’in; agilkel te avahvan; chonseho angaidamin; alhase, lungleng te alhamonin ahi. Chuleh lungset jehchun ahinkho jong it louvin mihemte dingin atoh doh’e. Pathen’in ami lungsetna chu anatoh’a aphot chet jala lungset ichanuhi ihetchetnu ahi. Hijeh’a chu “tahsan hi anatoh beija athisa ahibanga, ngailut/lungset jonghi anatoh beija athisa ahi.” Khatchu nalungsetna nahet sahna dinga leh aman nalungset theina dinga kamchenga “I love you” ti maimai ding hilouva, anatoh’a navetsah ngai ahi.

Ahin lungset jong hi dep them ngai ahi. Iki engbol to ahiloule ideilou ikibolto vangle khatchu kalungsetne kiti jongleh kamcheng maimai bou ahin, lungsunga kon ahipoi. Lungset hin mi kipa nading bou ahol ahin, ama le ama chang kilung lhai ding agopoi. Hijeh’a chu khangdon laile mikhatchu ilungset leh akisuse ngaipon, alungnop louna ding jong akibol ngaipoi ti’a inaseiju ahitai.

1 Corinthan 13:4-7 sunga lungset hi hoitah’in akihil chenne. *Chang 4a na’a* – Mihem khatchu ilungsetna ahileh achunga lungneng/sottah thohjouna neiding ding, chule hepina/khotona neiding ahi. *Chang 4’b’-5* – Ilungset khat chung/koma bollou ding chu: “thangset, kichang vahchoi, hoitho, nunset, eima phatchomna dinga manchah (peh hilouva lah), lunghan bai/lungchom, ase gellou ding” ahi. *Chang 6* – Khatchu ilungsetna ahileh asetna (achonset) kipapi louding, adihna le akitahna kipapi’a pachat ding ahi. *Chang 7* – Ilungset khat chung hetthem ding, tahsan ding, kinepi ding, achunga thohjouna neiding ahi. 1 Cor. 4-7 sunga kiseiho hi midang chung a itoh teng hichu lungset dihtah kiti ahin, eijong ichan teng lungset dihtah kichang ahi. Hijeh’a chu lungset dihtah chu hicheho hi kipehto/kibolpeh to’a photchet ngai ahi.

Amavang lungset hi natoh ahi kiti jongleh khangdon lai nungah gollhan lai ja tahsa kitimatna/jonthanhoija lungset kivet sahto ding aseina ahipoi. Nupa kah'a vang kitimat hi lungset khantouna ahi. Hiche dinga chu Pathen'in asem ahi. Khangdong ho kah'a vang kitimat hi kisuhset tona, kiginmo tona chule lungset kisuhmang tona ahijoi. Pathen deilou bolla lungset dihtah chanding kitihhi thil hitheilou chung nung ahi.

Pathen hi lungset ahin, lungset hungkon dohna leh lungset sempa ahi. Pathen hi tonsot na hingjing ahibang'a lungset dihtah jong hi among bei ahi. Lungset hi hinkho'a dinga achung nungpen ahi (1 Cor. 13:13).

### **3. LUNGSET KIMANSAH**

Lungset Kaman sah hontai. Kakikah honna lungset aumtapoi. Eilungset tapoi. Kalungset tapoi... kiti hohi natoh'a lungsetna hilouva lungthim maimai ja kingaina ahin, ana kilungset lhon hilouva ana kideito lhon joh ahi. Hijeh chun akilungset tenichun lungset chu anatoh'a tothto ngai ahi. Kilunglhai to, kihetthem to, kipachat to, kisuh kipa to jingna'a lungset amang ngaipoi.

### **4. LUNGSET DIHTAH HETCHETNA**

Ahileh lungset dihtah kachange ti iti kihet ding ham? Nangma nakikhoh sahna sanga sangjo'a amanu/amapa chu nakhohsah leh hitobang lungset chu lungset dihtah leh lungset pilhing ahi. Chutobang ahiteng kilungset teni kah'a jong lungmona leh kipana aumin ahi. Ahin lungset dihtah hilou, lungset pilhing lou vangchun alungset nu/pa akhoh sah sangin, amanu/pa joh'in ahinkhoh sah ding agelkhoh jon ahi. Hitobang ho chu amachang phatchomna ding ve ahin, lungset dihtah achan ahipoi.

Kilungset teni kah'a jong kihet khelna um ding, khatvei veileh kilunghan najong umding ahi. Ahin kilungset dihtah kah'a vang kilunghan bou aumin, hichu ngaidamnan ajuipai jitai. Kilungset dihtahlou teni kah'a vang kilunghan tona aumleh kimuda tona asoh'in, lungset hinkho jong asuse jin ahi.

### **5. LUNGSET CHAN DING DAN**

Koima kalungsetpon, koiman eilungsetpoi natileh lungset helou nahi. Lungset nachan nomma, mijong lungset nachan nomleh: geltho maimai hih'in, anatoh in tothton; hiteng chuleh naginchat lou beh'a midang jong lungsetna nachan ding, nangjong midangin nahin lungset ding ahi. Midang ding gellouva nangma ang ngen navet leh lungset hepon natin, nahet sun jong lungset dihtah hilou, deichat maimai hiding ahi.

### **6. NUPA KILUNGSET**

Nupa kilungset nahi jat chombek ahi. Nupa kahlah'a Insung nom semdoh nadinga lungset kichan ding dan ho chu Bible themhon ngailut hi jat li in ahilchen jiuve. Hiho chu: Greek thucheng'a kon kiladoh *Philia* – Loile gol kingailut; *Storge* – Insungmi/sopi kingailut; *Eros* – Tahsa kitimatna lampanga kingailut; chuleh *Agape* - Ngailut sangpen, eisanga midang ding gelkhoh jo, midang dia ipum pi'a thingam leuva kipehdoh ngailutna – Pathen mingailut na leh Christa milungsetna'a kon kiphong doh ngailutna ahi. Nupa kilungsetna hin hiche lungset li hi ahopsok keija, kichan to sohkei jong ngai ahi.

**6.1 Philia:** Naji chu naloi le gol phapen (best fren) ahi angaije. Tulai mitamtah'in aji sanga aloi agol khohsah, phat tam pejhoh; aji komma thilkhat imchah'a aloi agol komma sei le bola um ji'e.

Hichu nupa kah lah'a lungset dih tah kichan louna ahin, aji sanga midang ngailujo tina ahi. Tipum khat nahi naban honna naji chu nalungsetpen, nagolpha pen le nagol ngaipen hiding ahi.

**6.2 Storge:** Naji chu nasopi jouse le na'insung mi jouse lah'a nakinai pipen le naki ngamsung pipen hisah ngai ahi. Naji komma thilkhat na'ima nanu/napa nasopi komma naseiding le natohting imacha umсах hih'in. Naji chu na'insung milah'a naki naipipen hitei ding, insung midang jouse sanga nangailut pen hitei ding ahi.

**6.3 Eros:** Kimkhatnin aji hi ama tahsa nopsahna, kisuh lunglhai nading bouvin agellin, achung chonna kitimat bouhi lungset vetsah na danin agelui. Hichu lungset na vetsahna ahinai. Ahin kilunglhaito louva nupa kitimat hi lungset bulhin lelina ahi. Hijeh chun nupa chu lupna chungong jong kilunglhai to jing ding, kilungna chimto ding angaije. Achuti teng kitimatna chu lungset kibelapna'a pang ding ahi.

**6.4 Agape:** Achungnung penna nangma nakingailut le naki khohsah na sanga naji nakhoh sah joh angaije. Kim khatnin aji gelphalouvin aji genthei tah'in akoijin ama nopsah tah'in aumji'e. Naji chu nangma tahsa ahi. Naji chu nang nahi. Nang sanga jong ama nakhoh sah ding ahi. Nangma sanga naji nakhoh sah'a, najin jong ama aki khohsahna sanga nangma nakhoh sah teng hichu lungset dihtah, lungset lenpen Agape ngailutna chu ahin; aga chu kipana, lung nachimna, nopna, "Insung nom" hija ahi.

Nangman nadu louva najin aduleh nehpin, nangman nangap chat louva najin angaichat leh luppin, nangman nabol/natoh/nache nomlou ahi'a najin abol/atoh/ache nomkhat aumle bolpin. Nangma dingjeng gellou vin akipa nadingin ama dingjoh khoh sahjon. Chutileh najin nakhoh sahdan, nangsanga ama nagel khohdan hedoh'in tin, nalungsetna le nangailutna chu sang cheh cheh ding ahi. Naji chu nangma nopsah nading hijo louva, naji nopsah nadinga nakipeh doh ngai ahi. Nangma chu nangma'a hilouva naji'a dinga nakigel lhah'a nakiphah theng teng hichu lungsetna sangpen Agape lungsetna chu hija ahi.

Christa chu amading gelkhoh na jal hilouva, mihemte gelkhohna leh hinna dinga hung thi'a ahi. Hibanga chu nangjong naji'a ding gelkhoh najalla thingapma nakipeh angaije.

## 7. LUNGSET JAT THUM

Naji ahiloule nadongma'in hoiche lungset penhi nachan ham? Hoiche lungset penin nadongma ahiloule naji nachan ham?

**7.1** "Nachuti'a, nakhati'a, hiche khu nabola nahileh kalungset ding nahi" tihi lungset dihtah ahipoi.

**7.2** "Hitobang bang nahijeh – nathep, nachih, nahoi, naphat, namin than jalla kalungset nahi" tiho jong lungset dihtah ahipoi.

Lungset dihtah chun lungsetna jeh (reason/condition) anei ngaipoi. Ajehchu nalungset lona jehchu hung lhasam khataleh nalungsetna jong lhasam/dailha/mang theiding ahi.

**7.3** Ahin lungset dihtah'in vang "Nalhah sam hena sasa, nagenthei, nalhin joulou, nathep lou henas'a kalungset na, lungset kachan nahi' ati'a; chuleh "iti jongle chun kalungsetna mang ponte" kitih lungset dihtah ahi.