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LIVE THE FRUIT  
OF THE SPIRIT

KEV LUJ HLUB  
TAWG PAAJ  
TXI TXIV

KEV KAWM VAAJLUGKUB  
RUA COV NTSEEG NTAWM  
WISCONSIN ANNUAL  
CONFERENCE

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# KEV QHA SIV RUA KEV KAWM VAAJLUGKUB KEV LUJ HLUB TAWG PAAJ TXI TXIV

Cov lug qha huv qaab yog has txug kev siv phau ntawv nuav qha rua ib paab pawg tuabneeg tsawg tsawg lug kawm Vaajlugkub uake. Thov siv phau ntawv nuav raws le hum rua koj lub caij nyooq hab paab pawg tuabneeg; pivsaam le, siv ua kaujtsuam lug npaaj paab rua koj kev qhuabqha ob peb zaaj uake txug tuab lub ntsab lug nuav.

Yog koj npaaj lug qha lossis coj zaaj Kev Kawm Vaajlugkub Kev Luj Hlub Tawg Paaj Txi Txiv rua ib paab pawg tuabneeg tsawg tsawg, huv qaab nuav yog ib cov tswvyim kws yuav paab kuas kev kawm moog tau zoo hab muaj “kev luj hlub tawg paaj txi txiv” zoo rua txhua tug.

## **Kev Luj Hlub Tawg Paaj Txi Txiv—Kev Npaaj**

Qhov Chaw Kawm. Npaaj ntxuv ua ntej kuas qhov chaw kawm muaj khoom txhij vog. Puas muaj rooj nyob txaus? Teeb puas cig pum kev txaus? Chaav tsev suv los no? Puas tau npaaj txhij tej khoom qha kws koj yuav siv? Kev tso suavdlawg nyob ib ncig le lub vojvoos yog qhov zoo tshaaj rua suavdlawg sistaam hab kawm uake.

Hom Kev Kawm. Txhua zag kev tuaj kawm yuav siv le 60-90 feeb lossis muab faib ua ob zag kawm nyob rua kev kawm Nubkaaj kws taagnrho yog yim asthiv kawm. Txavtxim saib yuav nyam hom kev tuaj kawm twg.

Nub kawm, sijhawm, hab qhov chaw. Qha kuas txhua tug kws xaav kawm paub meej txug cov nub tuaj kawm, sijhawm, hab qhov chaw kawm hab cov kev kawm.

Thov Vaaitswv. Txhua tug tuabneeg ntawm paab pawg kawm nyag pib ntawm nyag qeb kev luj hlub ntawm saab kev ntseeg, ntawm tej xwm kws nyag tsaug lug hab raws le nyag kev txawj kev ntse. Thov Vaaitswv kuas Vaaitswv ua haujlwm paab rua txhua tug lub nee ntawm txhua tug kws nyob huv paab pawg.

Nyeem ua ntej. Maim tej qhov kws tseemceeb hab lug nug kws koj xaav tas muaj nqe heev tshaaj plawg. Npaaj koj cov lug teb rua cov nqai lug nug.

## **Kev Luj Hlub Tawg Paaj Txi Txiv—Kev Qha**

Ca yaam thib ib ua yaam thib ib. Koj lub luag num meejmom yog coj qhov kev kawm le kws yog koobmoov ntawm Vaaitswv kev hlub, paab rua tug kws kawm hab pawg ntseeg kuas luj hlub moog rua kev ua Vaaitswv cov thwjtim kws muab sab rau ntseeg.

Kaw cov xuvtooj thaam lug (cell phones). Ceev kuas muaj kev cuamtshuam kev kawm tsawg kawg nkaus. Thaum pib, has kuas suavdlawg kaw puab tej xuvtooj thaam lug.

Pib raws sijhawm. Fwm cov tuabneeg kws tuaj ncaav le lub sijhawm. Yog koj ua le nuav thaum pib moog, ces cov tuabneeg yuav xyum tuaj kuas raws le sijhawm. Tamsis, yuavtsum tau tog txais cov tuaj lig hab. Nwg yuav paab puab koom tau nruq cov tuaj ua ntej lawm tau sai.

Xaus kev kawm raws sijhawm. Txawm tas yuav taabtom kawm txug twg, thaum txug sijhawm “txavtxim” xaus, tso sijhawm rua tuabneeg tawm moog tsaam puab muaj kev

moog. Yog txug sijhawm xaus lawm, xaus sai le kws koj muaj cuabkaav xaus tau. Qha rua suavdlawg paub tas koj xaam suavdlawg lub sijhawm muaj nqe. Npaaj txhij tog tsaam ho muaj tuabneeg nyob tog xaav nrug koj thaam. Yog koj yuav tau moog sai lossis kaw lub tsev sai, qha qhov nuav kuas meej rua suavdlawg. Ncu ntsoov txug lub sijhawm lawb ntawm cov zuv mivnyuas mog, yog tas muaj.

### **Kev Luj Hlub Tawg Paaj Txi Txiv—Paab Pawg Kev Kawm hab Sisthaam**

Thaam qha suavdlawg tas koj txaus sab heev. Qha suavdlawg tas qhov kws suavdlawg kawm hab sisthaam uake muaj qhe heev. Qhov nuav yuav paab tau zoo yog koj ua tuab zoo noog suavdlawg tej lug. Yog koj pheej has lug feem ntau xwb, suavdlawg yuav nyob tuabywm tsi kaam thaam los has dlaabtsi.

Txhawb suavdlawg kev sisthaam uake raws le nyag nyam hab muaj peevxwm. Txawm yog koj yeej xaav kuas txhua tug has lug qha hab thaam, tabsi yuav tau ceefvaam tsi xob yuam leej twg. Qha paab pawg tuabneeg kws kawm tas puab tsi kaam teb tej lug nug kws puab tsi qaab sab teb los tau. Tsi ua le caag yog tsi teb, ca le hlaa moog xwb los tau.

Muab sijhawm rua suavdlawg muaj feem has lug/tawm suab. Muab faib ua tej paab pawg miv miv lug sisthaam/teb tej nqai lug nug. Qhov nuav yuav paab txhawb txhua tug lug thaam kawm uake—txhwjxeeb yog cov kws tsi kaaj sab lossis muaj peevxwm thaam pistawg nyob rua paab pawg coob coob.

Nyob ntsag tu xwb los tsi ua caag. Ceevfaaj txhob maaj sai has lug yog tsi muaj leej twg teb. Yog tog ib plag tsi muaj leej twg teb, sim tig khu koj lu lug nug dlua tshab hab rov qaab nug dlua.

Ua tuab maam coj. Yog qhov kev sisthaam yuamkev lossis dlau tawm ntawm lub ntshab lug lawm, maab maam ua tuabzoo tig qhov kev sisthaam rov qaab lug txuas rua lub ntsab lug, lossis ca qhov kev sisthaam ntawd nwg txi txiv nwg kheej.

Tsi txhob txhawj tas koj yuav ua tug txawj txawj. Peb tsi muaj leej twg teb tau txhua lu lug nug...siskoomteg nrhav lu lug teb uake. Ca Vaajntsujplig ua tug coj. Thaam paab pawg tuabneeg tog ntsoov saib koj cov lug teb yog le caag, coj suavdlawg tawm tswvyim uake, tsi xob maaj qha tswvyim lossis cov lug teb rua puab. Yog muaj lug nug lossis yaam teebmeem kws koj tsis muaj peevxwm yuav coj lossis teb tau, caw kuas suavdlawg moog tshawbfawb nrhav hab coj rov tuaj qha rua lub sijhawm kev kawm kws lug tomntej.

Tsim kev ntseeg sab. Siv lub zug ntawm suavdlawg cov kws tuaj kawm uake hab txhawb suavdlawg tej lug teb/sisthaam.

Zoo sab rua kev sibcog kawm. Zoo sab rua kev kawm hab luj hlab nrug koj paab pawg tuabneeg. Tso sab rua Vaajntsujplig kev ua haujlwm lug ntawm koj kev cojqha kuas Vaajtsvw lub homphaj tav rua puab lub neej. Npaaj tog, yuav muaj tej yaam kev tshawbfawb pum tshab lossis kev totaub tshab sijhawm kawm.

# Keu Kawm Zag 1

## LUG QHEB THAWJ

*Kalantias 5:13-14; 22-23; 6:1-10*

### Thov Vaajtswv Qheb

*Vaajtswv tug kws muaj kev taabncuab hab kev hlub luj kawg nkaus, thov qheb peb lub sab lug txais koj tej lug txawj ntse sijhawm kws peb lug xaam uake txug tej dlejnum ntawm koj txuj lug cog tseg kws tsi muaj leej twg yuav ua tsi tau, kuas peb yuav tswm dlheev lug ntawm Vaajntsujplig tug Dlawbhuv. Puag ncig peb nrug rua koj txuj kev taab ncuaab kws zoo kawg nkaus sijhawm kws peb moog tshaaaj tawm qha rua tuabneeg kuas paub txug koj kev npluanuj muaj npluamag. Peb thov ntawm lub Npe tug kws peb hu has tas Yexus Khetos. Amees.*

### Cov Thwjt看im – Keu Luj Hlub Tawg Paaj Txi Txiv

Ua tsaug kws mej tau siv sijhawm tuaj nrug peb kawm qhov Vaajlugkub nuav. Ua ntej peb pib, peb yuav lug saib tej lub ntsab lug tseemceeb nyob rua huv Vaajlugkub hab chiv lub hauvpaug kuas ruaj khov rua peb kev kawm uake.

Xis le tsi ntej nuav koj yuav muaj kev pum paub txug tej kws has nyob rua cov nqai Vaajlugkub hab ntawm phau ntawv kawm nuav; peb tug Vaajtswv yog tug Vaajtswv kws npluanuj muaj npluamag. Pib thaum thawj zaaj keebkwm ntuj tsim teb raug huv Chivkeeb moog txug rua nqai Vaajlubkub xaus ntawm Tshwmsim, peb pum tej lug cog tseg txug kev npluanuj npluamag ntawm Vaajtswv. Vaajtswv muaj txhua yaam kev npluanuj npluamag, kev hlub npluamag, kev taabncuab npluabmag. Piv sam le, Vaajtswv has rua Anplaas hab Xalais ob tug kws laug hab tsi muaj mivnyuas (peb paub ob tug hu ua Anplahaas hab Xalas) tas ob tug yog qhov chivkeeb ntawm ib haiv tuabneeg kws nto moo. Ob tug tsi tshua ntseeg, Xalais tseem luag, tabsis lug ntawm Vaajtswv kev npluanuj, nws kuj tshimsim. Nyob rua peb qhov kev kawm, peb yuav tshawb pum tug Vaajtswv kws npluanuj muaj npluamag.

Tabsis qhov kev kawm nuav yuav tsi yog kawm txug kev muaj txag npluanuj. Nwg tsi tau muaj lug cog tseg tas peb txhua tug yuav tau txhua yaam kws peb xaav yuav xaav tau. Yaam peb yuav nrhav pum yog qhov kws Vaajtswv cog lug tas nwg nrug peb nyob thaum peb tsi muaj tsi tshuav ib yaam dlaabtsi hlo le lawm. Nwg tsi yog yaam kev npluanuj ntawm tej khoomsiv lossis khoom nplajteb kws ua rua peb muaj txag npluanuj hab txaus sab puvnpo; kuas nwg yog kev pum paub txug kev muab nyaj txag hab faib peb le ndlag tug kws ua rua muaj kev zoo sab hab muaj homphaj. Nuav yog qhov kev kawm txug tas peb yuav ua le caag ua tau cov tswv koomxeeb nrug Vaajtswv rua ntawm kev tawg paaj txi txiv zoo raws le qha nyob huv Vaajlugkub.

Peb qhov kev kawm caw peb qheb peb lub sab lug tshuaj txug tej koobmoov kws Vaajtswv tub muab pub rua peb lawm. Vaajtswv tau foom koobmoov rua peb ntau yaam koobmoov, hab peb ib leeg nyag muaj nyag koobmoov kws yuav tau muab tshuaj nyob rua ntawm peb tugkheej hab nrug rua lwm tug. Thaum peb paub hab ua rua peb tej koobmoov luj hlub tawg paaj txi txiv, peb pum tas Vaajtswv yuav qheb tawm tej ncaujke lossis dlejnum tshab hab tej chaw tshab rua peb siv peb tej koobmoov rua nplajteb.

Ib lub ntsab lug tseemceeb ntawm kev kawm paub Vaaajtswv kws peb pum paub nyob ntawm peb txuj kev ntseeg yog txuj kev xaav tau ntawm Vaaajtswv tas cov kws ntseeg yuav ua puab lub neej raws le puab kev ntseeg ntawm puab txuj kev faib puab le ndlag tug pub rua lwm leej lwm tug. Ib txuj kev kws ua tau le nuav yog lug nrhav tej kev kws ua “tawg paaj txi txiv.” Uake, peb yuav kawm txug cov txiv ntawm Vaaajtsujplig kws Vaaajtswv xaav kuas peb pum paub hab faib pub rua tej tuabneeg nyob huv peb lub zej zog. Ruas yog thaum peb faib peb ndlag tug hab kawm uake nwg txhaj yuav ua rua peb tawg taug paaj txi taug txiv yug peb txujsa hab lub nplajteb.

Txuas ntxiv rua tug Vaaajtswv kws npluanuj npluamag hab kev tshuaj txug Vaaajtswv kev hu peb lug siv peb tej koobmoov ntau yaam, peb qhov kev kawm yuav paab rua cov kawm totaub Vaaajtswv kev hu kuas moog caw lwm tug hab coj lwm tug lug nrug peb taug kev moog kev uake. Qhov kev kawm yuav paab peb nrhav huv Vaaajtswv Txujlug txug kev moog tshaahtawm rua lwm leej lwm tug kws tseem tsi tau lug taug txuj kev ntseeg. Peb yuav has qhov nuav tau has tas yog kev hloov ntawm peb qhov kev xaav ntsoov tuav ca cov kws tub nrug peb lawm moog rua kev xaav ntsoov moog coj tuabneeg tshab, tshwjkeeb yog cov tuabneeg kws nyob ib ncig peb huv peb lub zej zog tsi has haiv tuabneeg twg hab cov hluas kws feem ntau tsi moog koom nrug cov ntseeg. Kev ua lub neej luj hlub tawg paaj txi txiv muaj cuabkaav ua rua lwm tug ntshaw, hab peb yuav kawm uake saib ua caag txhaj ua tau le ntawd. Peb thov caw koj moog has ib tug kws taamsim nuav tsi tau koom nrug cov ntseeg lug kawm nrug koj hab chiv kev sibraug zoo lug ntawm kev tshawb fawb uake rua Vaaajtswv Txujlug.

Kev koom rua qhov kev kawm nuav yuav kuas peb saib tub moog rua saab huv, hab nyuab sab rua tej lug nug kws tsi yoojyim teb. Qhov kev kawm yuav kuas peb xaav txug peb tej koobmoov hab ua caag Vaaajtswv tau muab tej koobmoov ntawd pub rua peb. Nwg kuj zoo le yuav has tas, thaum kawm qhov kev kawm nuav taag, cov kawm yuav totaub zoo ntawm kev ua Yexus ib tug thwjtim nua yog txhais le caag hab kev luj hlub tawg paaj txi txiv ntawm Vaaajtsujplig tug Dlawbhuv nua txhais le caag nyob rua peb lub neej txhua txhua nub hab nyob rua ntawm pawg ntseeg.

Peb thov ua tsaug ntau rua txhua tug kws tau siv sijhawm hab tswvyim lug npaaj hab qha qhov kev kawm nuav. Cov tuabneeg nuav tau txais koobmoov hab nyob uas Yexus cov thwjtim kws tawg paaj txi txiv. Peb xaav tas yog koj muab sab rau kawm qhov kev kawm nuav koj yuav tau txais koobmoov hab pum paub kev hloov ua lub neej tawg paaj txi txiv zoo.

Peb ntseeg tas Vaaajtswv hu peb, hab lug ntawm qhov kev kawm nuav peb yuav pum tas Vaaajtswv npaaj peb le caag, puab peb, caw peb hab xaa peb tawm moog rua nplajteb. Npaaj ua lub neej tawg paaj txi txiv sub tuabneeg nplajteb txhaj yuav paub hab pum kev hlub ntawm Vaaajtswv nyob hab tshaab ntawm peb lub neej.

### **Kev Kawm Cov Lug Nug**

1. Dlaabtsi ua rua koj zwm lug koom rua qhov kev kawm nuav? Has qha rua paab pawg koj kev xaav tau ntawm qhov kws koj koom qhov kev kawm nuav.
2. Nyeem txug tug Timthawj Paulus kev totaub lub tshab txug Kevcai nyob huv Kalatias 3:1-5. Tsi taag yuav ua kevcai txav, Vaaajtsujplig teg dlejnum ua rua peb tau kev ncaaj nceeg nyob ntawm Yexus Khetos. Qhov kws has tas “ua rua peb tau kev ncaaj nceeg” yog txhais le caag rua koj?

3. Nyeem Kalatias 5:13-14. Tsi nyob huv qaab txuj Kevcai lawm, cov kws lawv Yexus Khetos qaab yog Vaajntsujplig ua tug coj, tug kws ua rua peb ua tau raws le Kevcai lug ntawm kev hlub. Thaum saib qhov kws tas hlub koj tej tuabneeg zej zog le koj hlub koj tugkheej nua muaj dlaabtsis nyob nrug?
4. Nyeem Kalatias 5:22-23. Pev rua ntau yaam dlejnum ntawm saab nqaj tawv, Vaajntsujplig txi ib yaam txiv nyob rua tug tuabneeg kws tub muaj kev ncaaj nceeg lawm, kws tshwmsim ua cuaj yaam. Sau cuaj yaam tshwmsim ntawm lub txiv ntawm Vaajntsujplig. Qha saib koj pum lwm tug ua lub neej lawv le kev txi txiv ntawm Vaajntsujplig le caag. Koj ne koj ua lub neej lawv le kev txi txiv ntawm Vaajntsujplig le caag? Koj pawg ntseeg ne puab ua lub neej lawv le kev txi txiv ntawm Vaajntsujplig le caag?
5. Nyeem Kalatias 6:1-10, Paulus kev qha txug kev ua neej nyob nrug zejzog. Muab xaam hab has qha rua suavdlawg saib nwg txhais le caag rua koj qhov kws has tas, “tseb rua ntawm Vaajntsujplig” txhaj yuav tau “sau txuj sa ntev moog ib txhis lug ntawm Vaajntsujplig.”
6. Muaj dlaabtsi yuav hloov nyob rua lub neej/kev ua Vaajtswv dlejnum ntawm koj pawg ntseeg yog koj ua neej txi lub txiv ntawm Vaajntsujplig puvnpo?
7. Sau ob peb tug tuabneeg npe kws tsi nyob huv koj pawg ntseeg kws koj xaav has kuas puab nrug koj kawm Vaajtswv Txujlug. Xaam tswvyim uake, ces xyum nrug rua ib tug khub has tej kev/lug kws koj yuav caw ib tug tuabneeg tuaj koom paab pawg nuav kev kawm lossis kev kawm Vaajlugkub nrug koj nyob rua lwm qhov chaw los lwm lub sijhawm.

## **Thov Vaajtswv Xaus**

*Ua tsaug Vaajtswv kws koj qha rua peb ncu txug ntau yaam koobmoov kws peb yuavtsum tau ua nyob rua peb lub neej kev ua thwjtim. Qha peb kuas tsis yog peb paub mob sab rau ntseeg xwb, tabsi kuas peb paub mob sab tawg paaj txi txiv ib yaam nkaus lug ntawm koj txuj kev npluanuj npluamag. Paab peb kuas peb yuav txawj ua npausuav hab tsi ntshai ua lub neej lawv le tej npausuav ntawd. Pub fwjchim rua peb kuas peb paub qhuas koj lub npe ntawm kev ua koj dlejnum rua hab nrug lwm tug, caw tau lwm tug lug nrug peb taug kev uake ua dlejnum. Lug, Vaajntsujplig, thov npaaj peb lub plawv, lub sab, hab ntsujplig kuas peb tau txais koobmoov ntawm qhov kev kawm nuav. Thov kuas muaj le ntawd, lug ntawm Yexus Khetos lub npe. Amees.*

# Keu Kawm Zag 2

## VAAJTSWV KEV NPLUANUJ NPLUAMAG

*Chivkeeb 1; Tsiv Dlim 16; 1 Vaajntxwv 17; Mathais 14*

### Thov Vaajtswv Qheb

*Vaajtswv tug kws muaj sab dlawb sab zoo hab kev taabncuab npluamag, sijhawm nuav peb txaav lug noog hab thov kuas peb ncu ntsoov qhov kws koj lub fwjchim nrug peb nyob, tuav hab cawm peb txujsa. Peb tau xaiv lug txais tej koobmoov kws koj muab pub rua peb hab qhov kev txawjntse kws koj yog lub zug hab qhov chaw ca sab nyob rua nplajteb. Tsa kuas peb tsim dhleev rua ntawm kev totaub tshab txug koj kev maajceev kuas faib txhua yaam kws koj pub, kws peb xaiv ua raws le txuj kev txawjntse ntawm koj txuj kev hlub. Ntawm koj leej Tub Tswv Yexus lub npe peb thov. Amees.*

### Vaajtswv Keu Npluanug Npluamag

Vaajtswv tsim tuabneeg hab lub nplajteb. Vaajtswv txheebze rua plajteb hab tuabneeg le tug Tsim Ntuj Tsim Teb. Qhov kev txheebze ntawd yog txhua yaam taagnrho rua peb kws peb yuavtsum muaj, vim Vaajtswv yog qhov chaw kws txhua yaam zoo tshimsim lug hab yog tug tuav-yug txhua txujsa, lub zug hab kev ca sab.

Vaajtswv tej kev tsim hab kev npluanuj npluamag yog koobmoov rua txhua tug hab yog kev txheebze nrug txhua tug. Keu npluanuj npluamag yog yaam kws ca le txawm muaj nyob ntawm txhua yaam kws Vaajtswv tsim. Nwg yog qhov kws Vaajtswv pub tuabneeg muaj lub sab xaav hab cwjpwv kws tuabneeg muaj cuabkaav xaiv. Tug sau ntawv Henri Nouwen qha ib qhov lug pivtxwv txug kev npluanuj npluamag ntawm lub sab xaav hab cwjpwv le nuav.

“Nwg muaj txaus rua txhua txhua tug, ntau tshaaj le kws txaus: zaubmov noj, kev txawj ntse, kev hlub . . . txhua txhua yaam?. . . Thaum peb pum tuabneeg tshaib nqhes, peb muab zaubmov pub rua puab. . . . Thaum peb ntsib tuabneeg xaav tau kev hlub, peb ua phoojywg nrug puab. . . . Thaum peb ua neej nrug lub sab xaav le nuav, peb yuav pum txuj ci ntawm yaam kws peb muab rua luas fuamvaam. . . . Nwg ho tseem yuav muaj ntau seem ca. (*Henri Nouwen in Henri Nouwen Society: Daily Meditation, May 6-7, 2012. See 5/9/12 meditation archive at <http://generositymonk.com>.*)

Vaajlugkub qha txug kev npluanuj npluamag pib ntawm thawj tshooj huv Chivkeeb moog. Chivkeeb 1 nthuav tawm Vaajtswv kev npluanuj npluamag, kev sab dlawb sab zoo, hab koobmoov hab kev luj hlub fuamvaam ntawm txhua yam kws Vaajtswv tsim. Tsvdlim 16 qha Vaajtswv kev nyob nrug nraim hab kev hlub rua Vaajtswv tsaav tuabneeg lug ntawm qhov kws Vaajtswv muab manas yug puab nyob tom taj suabpuam. Nyob huv 1 Vaajntxwv 17, Eliyas siv Vaajtswv lub fwjchim ua naag lug, zaubmov noj, hab tsaav tuabneeg tuag rov muaj sa. Qhov Yexus pub mov rua 5,000 leej noj huv Mathais 14 txhais tas Vaajtswv muaj cuabkaav ua rua tej khoom kws peb muaj fuamvaam ntau npaug ntxiv txug thaum txhua tug muaj tshaaj noj tsi taag.

Keu npluanuj npluamag txawm yog Vaajtswv kev muaj noj muaj haus tsi taag. Vaajtswv pub ntau tshaaj le ib lub ncuav ci—txaus rua txhua tug noj. Vaajtswv faib yaam kws peb yuavtsum tau muaj. Vaajtswv kev hlub hab kev ua dlejnum muaj txaus nkaus thaum pib moog txug thaum xaus, ntawm txuj kev hlub tso mkwm moog txug txuj kev hlub dlawhuv. Tabsis kev npluanuj npluamag muaj ntau tshaaj le tej kev xaav kws muaj txaus noj txaus



haus lossis muaj yaam ub yaam nua txaus. Lub sab xaav ntawm qhov kev npluanuj npluamag pum txug (*ntau nqe rua*) Vaaajtswv kev nrug nraim peb nyob hab Vaaajtswv lub fwjchim, hab vim le ntawd, nwg coj peb moog rua qhov kev ca sab.

### **Tuabneeg Kev Tu Ncuia Muaj Tsi Txaus Noj Txaus Haus**

Txawm tas Vaaajtswv tej kev npluanuj muaj npluamag los tuabneeg tseem tsi leeg txais qhov koobmoov hab tseem xaiv ua neej nyob rua qhov kev tu ncuia muaj tsi txaus noj txaus haus. Kev tu ncuia muaj tsi txaus yog qhov cuav (*yuam kev*) ntawm tuabneeg kev xaav kws has tas dlaim aav hab txhua yaam nyob huv yog tuabneeg le, tsi yog Vaaajtswv le. Saib dlaim av tsom ntawm kev tu ncuia muaj tsi txaus, peb pum kev ua neej nyob ruas muaj kev sibcais hab sibtagw—ib leeg tawmtsaa txeeb ib qho. Kev xaiv ua neej nyob rua lub sab xaav ntawm kev tu ncuia muaj tsi txaus tsim peb tug yaam ntxwv, lub sab xaav, hab teg dlejnum.

Ua tuabneeg kws ntshai ntshis peb pheej muaj lub sab xaav kws has tas: “Nwg tsi muaj zaubmov txaus rua txhua tug, yog le kuv yuavtsum tau tseg kuas txaus rua kuv tugkheej tsaam muaj kaam ceeb kub ntxhuv,” lossis . . . “Nwg tsi muaj kev hlub txaus pub rua txhua tug, yog le kuv yuavtsum ceev kuv cov phoojywg rua kuv tugkheej tivthaiv ca tsaam lwm tug ho txeeb ntawm kuv moog.” . . . Tabsi qhov kev puamtsuaj kws ua rua peb tu sab tshaaj plawg yog yaam kws peb pheej dlai tsi tso tseg ntawd xaus lwj taag nyob ntawm peb txhais teg (ibid.).

Peb qha tuabneeg lub sab xaav ntawm kev tu ncuia muaj tsi txaus lug ntawm kev xaav ua tug yeej tug swb rua kev sibtw kilas, laag luam, tebchaw, tsi has nyob rua lub neej ntawm pawg ntseeg los zoo ib yaam. Peb muab yaam peb muaj pev nrug rua yaam peb tej kwvtij zej zog muaj. Peb ntshai tsaam peb tsi muaj lossis yuav muaj nyaj tsi txaus; peb fuas khaws tseg ca vim kev txhawj ntshai hab sab hlub. Qhov nuav tsi yog ib yaam tshab; Vaaajlugkub qha muaj ntau zaaj txug kev tu ncuia muaj tsi txaus. Pivtxwv le, Chivkeeb 47 qha rua peb tas Falaus ntshai heev tsaam tsi muaj khoom txaus rua suavdlawg, yog le Falaus txha ua sab hlub hab sab phem heev, hab thaum kawg cov tuabneeg Henplais txhaj tsaug quabyuam ua qhev lug ntawm lub sab xaav txug kev tu ncuia muaj tsi txaus.

Kev tu ncuia muaj tsi txaus txawm yog tuabneeg kev muaj tsi txaus noj muaj tsi txaus haus. Yog tas nwg ruas muaj ib lub ncuav ci, ces txhua tug yuavtsum sib ntaus sib txeeb kuas ib leeg tau ib qho. Feem ntau tuabneeg tsi paub muab faib kuas pheej xeeb raws le nyag yuavtsum tau muaj. Lub sab xaav kws tu ncuia muaj tsi txaus txawm coj peb moog poob rua txuj kev taag kev ca sab. Nwg yog ib txuj kev xaiv kws yog kev puamtsuaj los peb tseem naj nub xaiv.

### **Xaiv Kev Npluanuj Npluamag**

Peb tsi taag yuavtsum tau xaiv kev tu ncuia muaj tsi txaus. Peb muaj cai xaiv saib yuav yuav qhov twg tau. Peb muaj cuabkaav xaiv Vaaajtswv kev npluanuj npluamag nrug rua tej koobmoov taagrho. Kev xaiv yog peb tug:

Kev tu ncuia muaj tsi txaus	los	Kev ca sab rua Vaaajtswv
Khood nplajteb	los	Khood ntawm saab ntsujplig
Muaj txhua yaam ua yug tug	los	Muaj sab dlawb sab zoo pub lwm tug
Xaav ntsoov rua qhov phem	los	Xaav ntsoov rua qhov zoo
Kev ntshai ntshis	los	Kev Fwm, Kev Xaav Paub Ntxiv, Kev Hlub
Lub Nroog Nplajteb	los	Vaaajtswv lub Nroog
Ib haiv tuabneeg kaablig kevcai	los	Ntau haiv tuabneeg kaablig kevcai
Ntxub lwm tsaav tuabneeg	los	Paub meej txaus lwm tsaav tuabneeg

Walter Brueggemann kws yog ib tug tshawbfawb kawm txug Vaaajtswv sau has tas qhov kev tsi sibhumxeeb hab kev xaiv nruabnraab ntawm kev npluanuj npluamag hab kev tu ncuia muaj tsi txaus yog lub hauvpaug teebmeem ntawm peb ntaag. Qhov kev tsi sibhumxeeb nuav has kuas peb lug txavtxim sab, kws yog txuj kev tswjfwv thaws peb lub neej feem ntau,

Brueggemann has. Nwg yuav muab peb “dlua sibfaib lug ntawm kev tsi sibhumxeeb nruabnraab qhov kws peb nyam txuj moo zoo ntawm Vaaitswv kev npluanuj npluamag hab lub fwjchim ntawm peb ntseeg rua kev tu ncuu muaj tsi txaus.” (*“The Liturgy of Abundance, The Myth of Scarcity,”* by Walter Brueggemann, *Christian Century*, March 24-31, 1999; see <http://www.religion-online.org/showarticle.asp?title=533>, accessed February 2013.)

Peb yuav tau xaiv kev npluanuj npluamag—ntawm kev has lug, yaamntxwv, hab dlejnum. Pub paab rua peb kev kaajsab hab kev thaajyeeb, peb yuav tau xaiv kev sispub sispaab hloov kev txeeb khaws tseg ua peb tug, sab dlawb sab zoo hloov sab hlub, kev txais tog kev noj kev haus hloov kev sab hlub rua yug tugkheej. Vim yog rua txhua yaam kws Vaaitswv tsim, Vaaitswv hu peb lug kuas peb txawj xaiv hab coj tau kev hloov zoo tshimsim lug.

Nuav yog kev xaiv ntawm lub sab xaav kws nug has tas yaam dlaabtsi ua tau, zoo dlua le nug tas yaam dlaabtsis yuamkev tsi zoo. Vaaitswv tau pub peb nyag muaj nyag koobmoov, kev cog lug, hab kev muaj cuabkaav ua tau. Peb muaj cuabkaav xaiv lug nrhav, lug txais yuav, nyob ua lub neej raws kev dlawbhuv ntawm tugkheej. Vaaitswv tseem pub rua Pawg Ntseeg cov tswvcuab muaj ntau yaam koobmoov, khoom teejtug, hab lub zug. Ua Pawg Ntseeg, peb muaj cuabkaav nrhav hab paab txhawb tej ntawd kuas luj hlub, nyob ua lub neej raws kev dlawbhuv ntawm tuabneeg suavdlawg. Vaaitswv tsaav tuabneeg muaj cuabkaav hloov hlo Pawg Ntseeg hab lub nplajteb moog ua yaam kws nwg txhaj yog tag tag hab yog lub homphaj tsim lug: Vaaitswv lub vaaj kws npluanuj npluamag.

Peb tugkheej ua qha tau Vaaitswv kev npluanuj nyob txhua yaam hab rua txhua yaam kws peb ua, pib ntawm kev has lug—has tas peb yeej muaj cuabkaav ua tau yaam nuav, lossis tas peb muaj cuabkaav dhlau ua yaam ntawd, lossis tas peb muaj taagnrho tej cuabyeej kws peb xaav tau uas kuas peb mob sab rau ntseeg, tawg paaj txi txiv. Kev has lug yuav yog kev has lug tsi cai tuabneeg, has lug zoo txhawb zug, hab qhuas Vaaitswv, txaus sab txais lwm haiv tuabneeg kaablig kevcai hab txhua paab pawg tuabneeg huv zejzog. Kev npluajnuj hov ntawm kev ua tuabzoo xaav, kev has lug, hab yaamntxwv zoo—tej koobmoov ntawm tuabneeg nuav coj peb; khoom hab nyaj txag le lawv qaab.

Peb tuabneeg zej zog suavdlawg muaj cuabkaav sibfaib tau tej koobmoov kws yog tuabneeg hab khoom hab chiv kuas muaj tsi taag txaus rua tuabneg taagnrho. Nrug rua kev ua thawjcoj zoo, peb muaj cuabkaav ua tau timkhawv rua, cobqha, hab ua dlejnum nrug peb cov tuabneeg kwvtij zejzog. Peb muaj cuabkaav faib tawm peb tej koobmoov moog rua taagnrho nplajeb, taagnrho peb pawg ntseeg, dlaim aav, hab txhua yaam kws nyob huv. Peb muaj cuabkaav xyum ua le Vaaitswv lug noog hab paab tej kev quaj ntsuag ntawm cov tuabneeg txomnyem. Peb muaj cuabkaav muab yaam kws peb muaj—peb tugkheej, peb tej koobmoov, peb kev ua timkhawv, peb tej nyaj txag—faib pub rua lwm tug puvnpo. Lug ntawm peb United Methodist kev koomteg uake, peb muab tau taagnrho le kws peb muaj cuabkaav, hab tomqaab, sawv ntseg xaam tsi thoob rua yaam Vaaitswv yuav ua nrug peb hab lug ntawm peb hab peb tej koobmoov.

### **Kev Kawm Cov Lug Nug**

1. Pav qha koj kev paub pum lug ntawm koj lub neej txug Vaaitswv kev npluanuj npluamag. Has rua ib leeg ntawm koj ib saab tas Vaaitswv tau pub rua koj txhua yaam kws koj yuavtsum muaj le caag. Yog koj has tau ua ib zaaj lossis sau tau ua dluab txug kev npluanuj npluamag, nwg yuav yog dlaabtsi, lossis zoo le caag?
2. Koj totaub le caag rua lub tswvyim kws has tas kev npluanuj npluamag yog “yaam kws ca le txawm muaj nyob ntawm txhua yaam kws Vaaitswv tsim” hab “Vaaitswv kev muaj noj muaj haus tsi taag.” Lub tswvyim nuav nkaag dlho rua koj kev paub pum lug le caag ntawm koj lub neej? Koj muaj lug nug dlaabtsi? Koj tej kev txhawjxeeb?

3. Nyeem cov nqai Vaajlugkub txug kev npluanuj npluamag kws qha nyob tshooj nuav.

- Vaajtswv kev npluanuj npluamag hab kev sab dlawb sab zoo qha le caag nyob huv Chivkeeb 1?
- Huv Tsvldim 16, yaam kev xaav tau dlaabtsi hab kev qha dlaabtsi kws Vaajtwv qha rua cov tuabneeg, nrug rua qhov Vaajtswv pub mov manas? Vaajtswv sim cov tuabneeg sab le caag?
- Huv 1 Vaajntxwv 17, Eliyas noog Vaajtswv lug hab Vaajtswv tau pub mov rua nwg sijhawm ntuj qhuav tsi muaj naag lug. Tug pujntsuag tau noog Vaajtswv lug ntawm Eliyas. Nwg tau txais yaam kev npluanuj npluamag dlaabtsi?
- Huv Mathais 14, Helauj kev siv fwjchim ua rua muaj kev puamtsuaj puagntsoog hab cheem tsi tau. Yexus kev siv fwjchim yog kev pub txujsa hab muaj nqe. Thaum sispev nruabnraab ntawm Helauj rooj mov hab Yexus kev pub mov hab khu mobnkeeg nyob rua tshooj nuav.

Puas muaj lwm zaaj dlaabtsi ntxiv nyob huv Vaajlugkub kws qha txug Vaajtswv kev npluanuj npluamag? Tej zaaj nuav has qha rua koj le caag?

4. Qhov kev lub sab xaav tu ncuva muaj tsi txaus has qha nyob huv Vaajlugkub qhov twg? Txuj ke twg kws koj hab koj pawg ntseeg xaiv qhov kev tu ncuva muaj tsi txaus hloov qhov kev npluanuj muaj npluamag?
5. Koj xyum coj Vaajtswv qhov kev npluanuj npluamag le caag ntawm koj tugkheej hab ntawm pawg pawg ntseeg? Muab ib dlaim ntawv hab sau tej yaam kws koj pawg ntseeg yuav tau ua raws le qhov kev kawm nuav. Ua ib tsaab ntawv thov tsim ib qhov kev tshaajawm lossis kev ua dlejnua rua huv paab pawg kws muaj ntau haiv tuabneeg kuas qha tau kev mob sab rua txuj kev ua sab dlawb sab zoo.

## Thov Vaajtswv Xaus

*Vaajtswv tug kws muaj kev hlub, peb xaiv lug vaamkhom koj, peb tsi xaiv lug vaamkhom peb tugkheej lossis lub nplajteb. Vim koj, O Vaajtswv, yog qhov chaw paab nyob moog ib txhis ntawm lub zug, kev ca sab hab kev hlub kws ua rua peb muaj kev sibraug zoo tau nrug lwm leej lwm tug. Koj txuj kev hlub taabncuab txav txuj sawhlau ntawm kev ua sab hlub tu hab pub peb qheb peb lub sab lug ua timkhawv rua koj tej peevxwm txhua yaam. Vaajtswv, koj yog tug Pub txujsa, hab thaum koj tshuab koj cov paa rua peb, peb dlhau ua cov tuabneeg kws tub hloov lawm nyob rua koj lub nplajteb, thaum kws peb txaav moog lug ntawm tej chaw kws koj txibkhaiv peb. Lug ntawm koj txuj kev, kev ca sab yuav nyob moog tsi taag tsi kawg.*

*Ua koj tsaug, Vaajtswv, rua lub caijnyoog tau lug koom ua koj ib qhov koobmoov zoo hab rua txhua yaam kws koj tau muab pub rua peb.*

*Thov zaam peb lub txim thaum peb novqaab hab thaum peb tsi leej paub koj tej koobmoov. Peb thov qha tas peb hlub koj hab yuav tsi novqaab tas koj nrug nraim peb nyob txhua lub sijhawm, thov hlub peb hab pub peb muaj ntau tshaaj le kws txaus.*

*Vaajtswv tug kws muaj kev hlub, peb xaiv koj, tsis yog peb xaiv peb tugkheej lossis lub nplajteb. Rua qhov koj, O Vaajtswv, yog qhov chaw paab nyob moog ibtxhis ntawm lub zug, kev ca sab, hab kev hlub kws ua rua peb koom tau ua ib tug nrug rua nplajteb hab koj. Lug ntawm Tswv Yexus lub npe, peb thov. Amees.*

## Key Kawm Zag 3

# COJ TUABNEEG LUG NTSEEG: VAAJTSWV HU PEB LUG UA KOOBMOOV HAB LUB TEEB PUMKEY

*Chivkeeb 12:1-3; Filipis 2:14-18*

### Thov Vaaitswv Qheb

*Vaaitswv, ib yaam le koj tau coglug foom moov rua Anplaas tas kuas nwg ua tau koobmoov, peb thov koj lug ntawm peb txuj kev sibntaw sibntua nyob taj suabpuam, kev tshainbqe, tsi muaj vaaitse nyob, “kev sibntxub sibntxaug” hab taagnrho txhua yaam kws tsi zoo nyob huv nplajteb kws xaav tau koj le koobmoov. Peb thov koj tso koj tug Ntsujplig Dawbhuv lug rua peb kuas koj lub teeb ntawm kev cawmdlim huv Tswv Yexus yuav so txhua tug lub kuamuag hab tshem tej kev txhawj ntshai sijhawm kws peb taug koj txuj kev kaaj ua koobmoov pub rua lwm tug. Lug puagncig peb nrug rua koj lub fwjchim hab coj peb kuas peb nov lub suab ntshi ntawm koj kev hlub nyob kaaj sab lug. Peb nyob ntawm nuav lug noog lub suab nrov hab lub suab ntsagtu ntawm koj txuj lug. Thov has lug, Vaaitswv. Has lug rua peb taamsim nuav. Thov kuas muaj le ntawd. Lug ntawm Tswv Yexus lub npe; Amees.*

### Hauvpaug Kev Xaa Tuabneeg Moog Qha Moo Zoo ntawm Vaajlugkub Qub

Huv Chivkeeb 12:1-3, Anplaas yog thawj tug nyob rua Vaaitswv lub tswyim kev tshaajtawm txuj moo zoo moog rua nplajeb. Vaaitswv has rua Anplaas kuas nwg tawm huv nwg lub tebchaw moog, hab Vaaitswv cog lug tas: “Kuv yuav ua rua koj dlhau ua ib haiv tuabneeg tseemceeb hab yuav foom moov rua koj; Kuv yuav ua kuas koj lub npe nrov ncha hab koj yuav ua koobmoov. . . hab taagnrho tuabneeg huv nplajteb yuav tau txais koobmoov lug ntawm koj” (NIV). Raws le kev kawm txug Vaaitswv, nqai lug nuav yog hu ua “Txuj Kev Coglug Rua Anplahaas.” Thaum peb muab dlaim rom av ntawm kev tshaajtawm txuj moo zoo lug rom cov lug nuav, peb yuav hu tau tas yog “Hauvpaug Kev Xaa Tuabneeg Moog Qha Moo Zoo” ntawm Vaajlugkub Qub. Nwg yog Vaaitswv kev hu Anplahaas, Xalas, hab ob tug cov xeebntxwv, lug txais koobmoov hab foom koobmoov rua tuabneeg nplajteb taagnrho. Qhov hu hab qhov coglug muaj has peb zag rua Anplahaas (Chiv. 12:1-3; 18:18; 22:18), ib zag rua lxaj (26:4) hab ib zag rua Yakhauj (28:14-15). Lub tswyim kev moog tshaajtawm txuj moo zoo ntawm Vaaitswv, pib thaum Anplahaas nyob lug, yog moog foom koobmoov rua tuabneeg txhua tug, txhua lub tebchaw, hab txhua haiv tuabneeg. Nuav yog txuj xuv xaws tuav uake qha txug kev tshaajtawm txuj moo zoo ntawm Vaajlugkub taagnrho.

Vaaitswv ntawm Anplahaas, lxaj, hab Yakhauj—peb suavdlawg tug Vaaitswv—muaj sab yuav foom koobmoov rua tuabneeg taagnrho nyob txhua lub tebchaw hab txhua haiv tuabneeg. Lu lug *foom koobmoov*, *koobmoov*, hab *tau foom koobmoov* tshim tsi yog nyob thoobplawg cov ntseeg phau Vaajlugkub xwb; puab yog feem hab yog pobkhood ntawm cov ntseeg hab cov tuamtsev taagnrho. Peb pehawm Vaaitswv tug kws foom koobmoov, kws nwg lub tswyim muaj ob yaam lossis ob saab. Vaaitswv foom koobmoov rua peb, ces muab tig ntseeg, peb ho ua koobmoov rua lwm leej lwm tug. Dlaabtsi yog koobmoov? Thaum kuv thov tas, “Vaaitswv, thov foom koobmoov rua kuv,” kuv xaav kuas Vaaitswv muab txhua yaam kws zoo tshaaj ntawm lub neej txujsa rua kuv, rua kuv tsev tuabneeg

hab kev ua Vaaajtswv dlejnum. Thaum kuv has tas, “thov foom koobmoov rua koj” rua ib tug twg, kuv xaav tau kuas Vaaajtswv pub taagnrho txhua yaam kws zoo tshaajplawg rua tug ntawd nyob rua nwg lub neej txujsa. Muab has yoojyim, kev foom koobmoov yog kev pub lossis faib Vaaajtswv kev hlub moog rua lwm leej lwm tug lub neej txujsa.

Vaaajtswv foom koobmoov rua peb ib leeg ib leeg hab uake rua Pawg Ntseeg rua lub homphaj kev tshaajtawm ntawm kev foom koobmoov rua lwm leej lwm tug. Yog ib pawg ntseeg twg qhuas has tas nwg yog paab pawg ntseeg kws tau koobmoov lug ntawm Yexus Khetos, ces cov tuabneeg taagnrho, txhua lub tebchaw, hab txhua haiv tuabneeg yuavtsum tau txais kev foom koobmoov lug ntawm pawg ntseeg ntawd. Peb muaj pistsawg pawg ntseeg twg kws has tau tseeb tas koobmoov yog kev foom koobmoov rua lwm tug tsi tseg tsi tu? Tuabneeg hab zej zog yuav tsi zoo le peb; puab yuav tsi has tuab yaam lug le peb; puab yuav tsi tau pum cov qhov raim av tsaamxem, tug ncej sab sau qaum lub tuamtsev, lossis lug tis suab nkauj raaj; puab yuav tsi paub yuav hlub Vaaajtswv hab tuabneeg le caag. Nwg tsi ua caag. Txuj xuv xaws kev tshaajtawm kws txuas Yexus txuj lug saamfwm tseg tas kuas hlub Vaaajtswv hab kwvtij zejzoug lug ntawm pawg ntseeg nrug rua zejzoug ib ncig yog qhov kev zoo sab rua Vaaajtswv Hauvpaug Kev Xaa Tuabneeg Moog Qha Moo Zoo: tuabneeg taagnrho puavleej tau kev txais tog, kev lug ntseeg lug koom, kev txais yuav, hab kev ua koobthseej zoo sab uake, tsi yog ib haiv tuabneeg twg lossis ib paab pawg twg nkaus xwb.

Peter Block, ib tug tuabneeg sau ntawv hab qha kev koomteg sispaab ntawm tej paab pawg tuabneeg huv zej zog, tau has kuas cov xwbfbw hab txwjlaug ntawm Wisconsin Annual Conference (Rau Hli Ntuj 2012) yuavtsum tsi yog paub txug puab tej kwvtij zejzoug nkaus xwb, tabsi yuavtsum paub txug puab kev xaav tau hab tej koobmoov, hab muab tej kev paub ntawd lug xaam siv rua pawg ntseeg kev ua Vaaajtswv dlejnum. Nwg yog ob qho koobmoov thaum muab tuabneeg tej kev xaav tau hab koobmoov txuas nrug rua lub zeemmuag hab homphaj ntawm pawg ntseeg kev ua Vaaajtswv dlejnum. Nuav yog txhua yaam kws Hauvpaug Kev Xaa Tuabneeg Moog Qha Moo Zoo huv Vaajlugkub Tshab tau qha, “Ca le moog thoobplawg nplajteb rua txhua haiv tuabneeg taagnrho . . .” (Mathais 28:18-20). Tuabneeg moog rua huv pawg ntseeg kuas tau txais koobmoov hab tawm moog saabnrau rua tuabneeg kwvtij zejzoug moog ua koobmoov rua puab, tsi has tug hlub los yau, txhua lub tebchaw, hab txhua haiv tuabneeg taagnrho. Qhov nuav has meej nyob rua cov lug ntawm Txheejxwm Ua Kevcai Noj Tug Tswv Rooj Moov (Word and Table Services), “Lug ntawm koj tug Ntsujplig, thov ua kuas peb koom tau ua ib tug nrug Khetos, ib leeg nrug rua ib leeg, hab koom tau ua ibke ua dlejnum rua tuabneeg nplajteb taagnrho” (*United Methodist Phau Nkauj, the United Methodist Publishing House [Nashville:1989]*).

## **Ua Teeb Ci hab Pub Rua Tuabneeg Nplajteb**

Nyob rua Filipis 2:15b (NKJV™), Paulus sau, “mej ci le cov teeb cig rua nplajteb,” siv lu lug tas “cov teeb” vim lub Tuamtsev yog taagnrho cov tuabneeg, tsis yog ib leeg xwb.

Webster’s Dictionary txhais lu lug “ci” tas ci pum dluab, ci ntsaag ab, ci ci, ci dlwab paug, hab ua tau zoo heev. Cov tuabneeg ntawm lub Tuamtsev kws yog Vaaajtswv cov mivnyuas, puab yaam dlejnum tsemceeb xub thawj tshaajplawg yog ua teeb ci rua lub nplajteb (saib Mathais 5:14). Vaaajtswv hu puab lug ua qhov chaw rom Vaaajtswv txuj kev hlub taabncuab rua tuabneeg pum, ua qhov chaw ci Vaaajtswv txuj kev hlub kws tsi xaiv leejtwg ntsejmuag, qhov ci ci ntawm kev tsi khauvxim txujsa lub zug paab cov tuabneeg pluag hab txomnyem, hab ua lub teeb cig ntsaa ab ntawm txuj kev ntseeg, hab kev fuamvaam ntawm kev tshaajtawm hab xaa moo zoo. Mej ci le cov teeb cig rua taagnrho tuabneeg

huv nplajteb, kws muaj ze le 6.2 billion nyob huv zej zog, paab pawg tuabneeg, tebcaw, tuabneeg tej lug has, qeb ua neej ntawm paab pawg, hab haiv tuabneeg. Paulus xam cov tuabneeg tsi muaj kev ntseeg le cov “tuabneeg nkaug hab lamsim,” kws muaj cuabkaav txhais tau tas cov tuabneeg kws nyob qhov tsausntuj hab yuavtsum tau koj lug rua qhov pumkev kuas ua tau tej teeb cig rua nplajteb. Nuav yog lub zwmtxheej ntawm kev moog nrhav koj tuabneeg lug ntseeg, kev qha txuj moo zoo hab kev moog tshaajtawm. Tuabneeg najnub ntsib txuj kev tsausntuj—kev tusab, quajntsuaq, tuag, tsi tau le lub sab xaav, nyuab sab tsi hu sab, kev mobnkeeg, hab kev ua tsi tau. Vaajtsww hu peb lug ua “lub teeb ci pum kev tom ntsws ntawm lub qhov moog” rua tuabneeg hab koj puab moog rua qhov pum kev. Yexus tau ntsib tuabneeg lub sijhawm ntawm puab kev xaav tau hab khu puab kuas puab rov lug koom tau nrug lub zej lub zog.

Thaum nyob rua tsev lojcuj tsausntuj nti huv nroog Loo, Paulus has rua pawg ntseeg Filipis yuavtsum ua lub teeb ci cig muaj zug ntsaa ab, “Mej, Vaajtsww cov mivnyuas, cov ntseeg nyob huv Filipis, yuavtsum ci le cov teeb cig rua lub nplajteb.”

Muab ua lwm lu lug has, Paulus has kuas cov ntseeg Filipis tawm moog rua puab lub zej lub zog hab moog nug has tas: “Puas muaj leej twg nyob rua qhov tsausntuj es xaav tau qhov pum kev?” Tuab qho kws Paulus has nuav hab tuab lu lug nug nuav siv tau rua peb cov pawg ntseeg United Methodist huvs. Nwg yog qhov kev twv rua kev tshaajtawm Vaajtsww txuj moo zoo. Nwg yog lu lug nug rua kev tshaajtawm Vaajtsww txuj moo zoo.

Mathais 5:16 nyeem has tas: “Ca mej lub teeb ci moog rua lwm tug kuas puab txhaj pum mej tej dlejnum zoo hab qhuas txhawbnqaa mej Leejtxiv tug kws nyob sau ntuj ceebtsheej.” Nws yog yaam le Paulus ca le siv cov yaam ntxwv ntawm Yexus Zaaj Lug Qhuabqha sau Laaj Rooj rua huv nwg tej tsaab ntawv xaa moog rua cov ntseeg. Yexus qhuabqha tas, “Ca mej lub teeb ci moog rua lwm tug.” Paulus sau tas, “Mej ci le cov nubqub rua lub nplajteb.” Qhov tseemceeb, ob tug ob leeg puavleej has tuab zaaj lug qha. Peb cov kws xam has tas peb yog Yexus cov thwjtim peb yuavtsum tau ci, ua ntej hab nyob nruabnraab ntawm tuabneeg, hab rua nplajteb. Cov ntseeg ci tau rua peb saab. Peb ci rua saab sau: pehawm Vaajtsww tsi tseg tsi tu nrug rua kev qhuas, leeg txim, txhawb zug, thov Vaajtsww, hab kev hunkauj txhawbnqaa. Peb ci rua saab huv: nyob rua tej paab pawg miv miv, kev kawm/qha txug kev ntseeg, kev txoos uake, hab kev ib leeg paab ib leeg ntawm cov ntseeg. Peb ci rua saab nrau: koj txuj moo zoo ntawm kev hlub hab kev ncaajnceeg moog qha rua nplajteb, rua tej tuabneeg kws taabtom nyob qhov tsausntuj, nrhav kev paab, kev ca sab, hab kev khumob, moog rua cov tuabneeg tshaib nqes txuj kev kaaj. Lub homphaj ntawm peb saab taagnrho yog lug qhuas txhawbnqaa Vaajtsww, lug koj tuabneeg ntseeg Yexus Khetos kuas hloov lub nplajteb. Ca peb lub teeb ci nubnua, pigkig hab txhua txhua nub!

## **Kev Kawm Cov Lug Nug**

1. Qha npe ib txha tuabneeg kws nyob rua koj lub neej puab tau “txais koobmoov ua koobmoov” rua koj. Koj tau txais yaam koobmoov dlaabtsi lug ntawm puab? Qha ib lub sijhawm kws koj tau “txais koobmoov lug ua koobmoov” rua lwm tug. Koj pub yaam koobmoov dlaabtsi? Vaajtsww txuj kev hlub paab tau rua koj lub neej (txujke twg) le caag?
2. Thaum txuj kev ua Vaajtsww dlejnum ntawmkoj pawg ntseeg. Muaj dlaabtsi ua kev tu saibxyuas cov kws tub yog feem ntawm koj pawg ntseeg lawm (kev ceev cov ntseeg kuas nyob ruaj tsi xob tawm)? Muaj dlaabtsi ua kev moog tshaajtawm rua cov tuabneeg kws tsi tau koom rua ib pawg ntseeg twg (kev koj tuabneeg lug ntseeg)? Muab sibpev

ua qeb ua ntu saib, kev ua Vaajtswv dlejnum ceev cov ntseeg kuas nyob ruaj khov tsi xob tawm hab kev moog koj tuabneeg lug ntseeg, ob qhov nuav ib qho muaj npaum le caag, lossis nyob rua qeb twg?

3. Rov qaab nyeem Chivkeeb 12:1-13 hab Filipi 2:14-18. Cov lug nyob ob qho Vaajlugkub nuav qha le caag txug Vaajtswv? Qha le caag txug noobneej hab peb kev sibraug zoo nrug Vaajtswv? Vaajtswv hu Vaajtswv cov tuabneeg lug ua dlaabtsi?
4. Kev ua ib paab ib pawg, sau rua ib dlaim ntawv tej kev muaj kev paab (tuabneeg, khoom, nyaj txag) kws muaj nyob rua koj pawg ntseeg. Taag le ces ho sau rua ib dlaim ntawv tshab tej kev xaav tau kev paab kws paub tseeb tas muaj nyob rua koj lub zej lub zog. Muab ob dlaim ntawv nuav koj sibpev, xaam saib qhov kev xaav tau kev paab twg pawg ntseeg yuav ua tau / siv tej peevxwm, tswyim, nyaj txag lossis tej koobmoov ntawm koj pawg ntseeg. Kaujtsuam dlaabtsi yog kaujtsuam kws yuav ua pib teg dlejnum nuav? Puas muaj txuj kev twg kws koj pawg ntseeg ho tshawb nrhav ntxiv txug koj lub zej zog saib puas muaj kev xaav tau kev paab yaam twg nyob ntawm koj cheebtsaam?
5. Sau npe ib yaam dlejnum tshab kws koj tugkheej yuav ua kuas ua tau lub teeb “ci tawm rua saab nrau.”

## Thov Vaajtswv Xaus

*Vaajtswv, koj yog tug kws ua raws le koj tej lug cog tseg, koj tau foom koobmoov rua peb lug ntawm koj txuj kev hlub kws tsi xaiv leej twg ntsejmuag hab kev cog lug kuas peb luj hlub hab dlhau moog ua povthawj rua tuabneeg nplajteb. Thov koj tug Vaajtsujplig Dlawbhuv najnub koj peb kuas peb ua tau lub teeb ci ntawm Tswv Yexus, txhais teg hab txhais kuataw rua cov kws xaav tau koj txuj kev hlub, kev ncaajnceeg, hab kev taabncuab. Thov paab peb lub qhov ncauj hunkauj hab has lug qhuas koj thaum peb lug hawm hab pe koj, zoo sab hab noog lug rua peb kev ua koj teg dlejnum. Peb leeg tas peb yuav teeb koj lub suab hu moog tshaajtawm rua tuabneeg txhua tug txawm tas puab yuav yog leej twg.*

*Yog le, peb lub sab thov ua koj tsaug. Peb yuav nrhav kev ua teeb ci ntawm Tswv Yexus, koj txuj kev cawm dlim ntawm kev hlub, kev ca sab, hab tug ntsujplig rua txhua tug kws txhais yuav. Ua koj tsaug, Vaajtswv, kws koj foom koobmoov rua peb kuas peb txhaj muaj cuabkaav ua tau koobmoov pub rua lwm tug. Lug ntawm Tswv Yexus lub npe kws zoo kawg nkaus; Amees.*

# Keu Kawm Zag 4

## TEJ KOOBMOOV NTAWM VAAJTSWV COV TUABNEEG TAAGRHO

Loos 12; 1 Kauleethaus 12; Efexus 4

### Thov Vaaitswv Qheb

*Vaaitswv tug kws luj kawg nkaus, koj yog tug pub ntawm txhua yaam zoo hab koobmoov zoo kawg nkaus, tej koobmoov kws paab peb koom tau nrug koj hab ib leeg rua ib leeg. Peb thov Vaaitsujplig tug Dlawbhuv lug kaav peb lub neej txujsa, thaum peb uake moog tshaajtawm, tsimtsaa Tswv Yexus lub cev. Peb txav lug taamsim nuav, muab peb lub neej txujsa tso rua koj, paub tseeb tas thaum peb muab peb tej koobmoov lug tso uake peb yuav ua tau ntau yaam. Peb thov qheb peb tugkhee lug ua kuas tau raws le koj lub sab nyam, O Vaaitswv. Lug ntawm Tswv Yexus lub npe peb thov. Amees.*

### Dlaabtsi yog Koobmoov ntawm Vaaitsujplig?

“Vaaitswv tub pub koobmoov rua mej txhua tug lawm, yog le ntawd mej yuavtsum siv tej koobmoov kws mej tau ntawd kuas muaj nujnqes rua lwm tug” (1 Petus 4:10). Peb txhua tug puavleej tau txais koobmoov ntawm Vaaitswv, hab Vaaitswv xaav kuas peb siv tej koobmoov ntawd kuas muaj nujnqes. Tabsis, tej koobmoov kws Vaaitswv pub ntawd yog dlaabtsi? Muaj taagrho le 20 yaam koobmoov kws nyob rua Paulus cov tsaab ntawv kws xaa moog rua cov ntseeg nyob nroog Loo (Loos 12), Kauleethaus (1 Kauleethaus 12) hab Efexus (Efexus 4). Tej koobmoov nuav has dlaav dlaav xaam taagrho rua kev tshaajtawm, kev ua timkhawv, kev cobqha hab txawb zug, hab kev ua dlejnum. Tej koobmoov xws le kev ua timhawj, qha txuj moo zoo, xwbfbw cev Vaaitswv lug, thawjcoj, kev hlub, ua tub qhe, hab kev has hab txhais lwm tsaav tuabneeg tej lug kuas peb moog qha Vaaitswv kev hlub rua tuabneeg nplajteb. Tej koobmoov xws le kev txawj ntse, kev cobqha, kev paab lwm tug kuas paub xaiv qhov zoo, tswvyim hab kev paab luas paab peb txhawb tau kev ntseeg hab zejzog kev sispaab sisraug zoo. Koobmoov xws le kev dlha dlejnum, paab nyaj txag, khu mob khu nkeeg, ua txuj ci, saib cov ntseeg, has lug txhawb zug, hab kev ntseeg ua rua peb ruaj kho hab muaj peevxwm ua dlejnum paab tej kev xaav tau lossis tej kev txomnyem nyob ntawm peb cov ntseeg hab saab nrau. Tej koobmoov kws Paulus sau tsi ntau ntau, tabsi puab qha txug qhov kws Vaaitswv tug Ntsujplig ua haujlwm nyob rua peb lub neej txhawb hab paab peb ua tau Vaaitswv dlejnum. Paulus kuj qha qee yaam tseemceeb has txug tej koobmoov kws Vaaitswv muab pub rua peb saib yog le caag.

Vaaitswv pub tej koobmoov ntawm saab ntsujplig rua ib tug tubneeg twg muaj ob peb yaam uake. Ib txha tau txais tej yaam koobmoov nyob nrug puab lub neej taag moog le, kuas ib txha kuj tau txais tej koobmoov tshab lug ntxiv tabsi tej koobmoov qub ho tsuag zuj zug moog. Nyob ntawm tug tuabneeg yuavsum paub hab txhawb nwg tej koobmoov lug ua Vaaitswv dlejnum. Qhov chaw zoo kws yuav paab ua tau le nuav yog nyob rua ntawm cov ntseeg.

Txawm tas tej koobmoov kws Vaaitswv muab rua peb ib leeg le tsi thoov ib leeg le los puavleej yog muab lug siv rua qhov zoo rua suavdlawg, lug paab rua Tswv Yexus lub cev kws yog pawg ntseeg kuas luj hlub. Vaaitswv tej koobmoov koom tau uake—muab tso uake mas puab zoo tshaaj le kws ca puab nyag nyob nyag. Yog peb ib leeg xwb, peb yuav



ua tau ntau yaam, tabsi thaum peb muab peb tej koobmoov koom nrug rua lwm tug kws tau koob moov, peb yuav ua tau ntau yaam tseemceeb, hab yog Vaajntsujplig ua tug coj, peb yuav muaj cuabkaav ua tau tej txuj ci.

Vaajtswv pub koobmoov rua peb kuas coj tau peb lug uake, muab peb tsig uake le cov xuv ua dlaim paaj ntaub lug ua ib zej ib zog cov ntseeg kws yog Tswv Yexus lub cev. Tuabneeg lub cev yog ib yaam ua tau lug pivtxwv qha zoo tshaajplawg. Ib yaam ntawm lub cev kws tau koobmoov ua tau yaam zoo tshaaj raws le Vaajtswv lub homphaj rua nwg nrug rua txhua txhua yaam ntawm lub cev. Txhua yaam puavleej muaj nqes hab zoo sibtxig sibluag. Ib qhov lug pevtxwv kuj yuav has tau rua lub *computer*. Ib tug tuabneeg yuav yog lub *processor*, ib tug yog lub *monitor*, ib tug yog lub *operating system*, hab tseem muaj ib tug yog *keyboard*, lub *mouse*, lossis *software program*. Txhua yaam nyag muaj nyaj nujnqe, tabsi qhov kws ib yaam yuav ua tau nwg teg haujlwm tav log yog yuavtsum koom ua haujlwm uake nrug lwm yaam taagnrho.

### **Lub Txiv ntawm Vaajntsujplig**

Thaum peb tej koobmoov hov luj hlub hab peb kawm tau tas yuav siv peb tej koobmoov ntau zuj zug le caag txha ua tau dlejnum zoo hab raws le kev ntseeg, yuav muaj ib yaam tshwjxeeb heev tshwmsim: peb pib tawg paaj txi txiv! Hab tsi yog txiv nkaus xwb, tabsi yog txiv ntawm Vaajntsujplig. Nyob huv Kalatia 5:22-23, Paulus pav txug yaam povthawj kws nyob saab nrau hab lub qhov muag pum kws peb ua neej puvnpo ntawm Vaajtswv tug Ntsujplig. Luas yuav paub peb ntawm cov txiv kws peb txi. Txhua tug kws pum peb lub neej yuav paub peb vim peb fuamvaam hab ncau kev hlub, kev zoo sab, kev thaajyeeb, kev ua sab ntev, muaj sab dlawb sab zoo, muaj sab hlub paab lwm tug, muab sab rau ntseeg, sab mog sab muas, hab tswj tau tugkheej. Cov nuav tsi yog cov txiv (plural, ntau ntau) tabsi yog txhua saab ntawm Vaajntsujplig tug Dlawbhuv kws nyob thaws thoob taagnrho txhua yaam peb has hab ua. Kev muab sab rau ntseeg ua neej raws peb tej koobmoov yog ib txuj kev peemtsheej kws yuav hloov tau tuabneeg. Koom uake, khi lug ntawm Vaajtswv tug Ntsujplig kuas peb ua Tswv Yexus lub cev rua nplajteb, peb yuav ua kuas muaj kev hlub ntau HAB kev zoo sab HAB kev thaajyeeb HAB kev ua sab ntev HAB muaj sab dlawb sab zoo HAB muaj sab hlub paab lwm tug HAB muab sab rau ntseeg HAB muaj sab mog sab muas HAB tswj tau tugkheej. Peb yuav dhlau lug ua tau le tug kws Vaajtswv xaav kuas peb ua ib txhis lug.

Nyob huv Yauhaa phau ntawm moo zoo, thaum Yexus npaaj nwg cov thwjt看 tseg lug txais teg dlejnum kws nwg tau pib, nws has rua puab tas, “Tsi yog mej xaiv kuv, tabsi yog kuv xaiv mej. Hab kuv tau tsaa mej moog hab txi txiv, txiv kws yuav nyob moog ib txhis, kuas leej Txiv txha yuav muab yaam kws mej tuav kuv lub npe thov pub rua mej” (15:16). Thaum peb luj hlub hab tavtxiv paub qaabhau rua peb kev ua Yexus cov thwjt看, peb yuav paub tas Vaajtswv tug Ntsujplig nrug nraim peb, coj peb, txhawb zug rua peb, hab muab peevxwm rua peb kuas peb yuav txi txiv kws nyob moog ib txhis. Ces tej yaam kws peb yuav thov ntawm Vaajtswv lub npe yuav tsi yog thov rua peb tugkheej lossis ua peb teej peb tug, tabsi yuav zoo ib yaam le thaum Yexus thov nyob huv lub Vaaj Khexemanes, peb kev thov Vaajtswv yuav txu fwjchim, “tsi yog ua lawv le peb lub sab nyam, tabsi lawv le koj lub sab nyam, tug Tswv.”

### **Tej Zaaj Kawm — Kev Tawg Paaj Txi Txiv**

Kev cog txiv muaj plaub zaaj kawm tseem tseemceeb qha rua peb. Xub thawj, yog koj xaav kuas nwg luj hlub mognyoog hab txi txiv, koj yuavtsum npaaj cov aav. Tshem tej pobzeb hab ncaag ntoo, faib cov aav, ywg dlej hab rau chiv, ua cov aav kuas noo

quasntsuaav—taagnrho tej nuav le maam cog. Rua peb, kev npaaj saab ntsujplig yog lug ntawm kev tswjfwim yug tugkheej hab kev coj raws le tej koobmoov ntawm Vaajtsww (kev thov Vaajtsww, kawm Vaajtsww txujlug, kev pehawm, ua kevcai raus dlej hab noj Yexus rooj mov, ua dlejnium, hab ntau ntau ntxiv) yog yaam tseemceeb hab muaj nujnqes heev.

Qhov ob, kev tseb noob qoob noob loo hab cog yub yuavtsum tau muab sab rau ntso ua hab npaaj tuabzoo ua. Yuavtsum totaub tas yaam kws cog yog dlaabtsi hab txuj kev tu twg txha ua rua luj hlub hab txi txiv ntau npaug. Qhov nuav tseemceeb heev tag tag. Ntawm saab ntsujplig rua kev ua Vaajtsww dlejnium ces yog txuj hauv kev kws ua tuabzoo xaam, txavtxim sab hab tshawb nrhav peb tej koobmoov hab tej kev kws yuav ua tau rua peb tej koobmoov luj hlub ntxiv,

Qhov peb, kev cog ntoo yuavtsum tau tu, ywg dlej kuas luj hlub hab saib xyuas tsi tseg tsi tu. Tej kev tu kws nthua nroj, pub zaub pub mov, khi, txhib ceg kuas txi txiv, tsuag tshuaj hab ywg dlej muaj ntsis zoo ib yaam, tabsis nwg paab tau raws le nwg hom ntsoj hab hom ntoo. Peb ua haujlwm uake lug tsim hab txhawb peb tej koobmoov kws yog dlejnium tseemceeb ntawm peb pawg ntseeg. Xaam saib tej koobmoov ntawd sistxhawb sispaab tau le caag hab siv ua tej yaam tshab tau le caag—nyob rua huv pawg ntseeg hab huv lub zej lub zog. Thaum muaj zoo sijhawm yuavtsum siv tej koobmoov lug ua haujlwm. Nuav yog txuj hauvkev tu kuas tej koobmoov txawj luj hlub.

Hab qhov plaub, hab tej zag yog qhov tseemceeb tshaajplawg, yog kev sau qoob sau loo hab faib qoob faib loo. Nwg tsi txaus yog peb ruas cog txi txiv xwb. Peb teg num yog yuavtsum muab pub tau rua lwm tug—rua cov kws muaj kev xaav tau tshaajplaws puab txhaj pum paub kev muaj puvnpo, kev sab zoo hab kev paab yug txujsa kws yog lug ntawm Vaajtsww lug. Kev hlub hab kev zoo sab, kev thaajyeeb hab kev ua sab dlawb sab zoo tsi yog tej lug has zoo noog qhuav qhuav xwb. Cov lug nuav, ruas peb, puab yog ib cov lug ua haujlwm kws peb has ces peb ua vim qhov kws peb yog leej twg. Peb ua sab ntev sijhawm muaj kev kubntxhuv hab tsi humxeeb. Puab tswj tau peb tugkheej hab puvnpo kev ntseeg, txawm tas nyob rua tej lub sijhawm kws nyuab kawg nkaus. Peb muaj sab dlawb paab nyaj rua txhua tug kws txomnyem, sab mog sab muas rua cov kws chim sab lossis tu sab hab txhawj ntshai, hlub cov kws tsis muaj leej twg hlub, hab tsim kev thaajyeeb rua txhua qhov chaw kws peb moog.

Peb txhua tug puavleej tau txais koobmoov. Tabsi nuav ruas yog qhov pib xwb. Peb tau txais koobmoov kuas peb txhaj koom tau ua Tswv Yexus lub cev, txhawb peevxwm lug ntawm Vaajtsujplig tug Dlawbhuv kuas txi txiv, hab xaa tawm moog hloov npajteb. Thov ua Vaajtsww tsaug.

## **Kev Kawm Cov Lug Nug**

1. Vaajtsww saib tuabneeg txhua tug muaj nqe hab tau pub koobmoov rua txhua tug tuabneeg. Thaum saib koj paub koobmoov ntawm saab ntsujplig yog dlaabtsi. Yog tas koj paub txug koj tej koobmoov ntawm saab ntsujplig, thov qha tej ntawd nyob rua koj paab pawg. Qha rua suavdlawg saib qhov koj paub ntawd ua rua koj tau hloov koj kev nrug Vaajtsww sibraug zoo hab lwm tug le caag. Koj puas pum paub tas koj muaj dlua ib qhov koobmoov tshab? Koj puas pum paub tas koj ib qhov koobmoov tsuag zuj zug lawm? Nrhav saib puas muaj tej cuabyeej twg zoo siv lug sojntsam txug koobmoov ntawm Vaajtsujplig hab yuav ua le caag siv tej cuabyeej ntawd nyob rua koj pawg ntseeg.

2. Koj pawg ntseeg yuav hloov le caag yog tas txhua tug puavleej siv puab tej koobmoov ua dlejnum? Qha tej zaaj kws has txug kev siv tej koobmoov ntawm saab ntsujplig paab rua cov ntseeg. Nrhav kev lug tshawb nrhav hab tu tej koobmoov kuas luj hlub rua kev ua thawjcoj nyob rua koj pawg ntseeg.
3. Thaum koj nyeem cov Vaajlugkub has nyob rua tshooj nuav, cov tseem ntsab lug kws koj rov pum tshim dlua yog dlaabtsi? Thaum saib cov ntshab lug nuav muaj feem cuam le caag txug lossis txi “txiv nyob moog ib txhis”
4. Tej paab pawg tuabneeg dlaabtsi kws taamsim nua tsi muaj nyob, tsi xaam nrug, tsi leeg txais yuav, lossis tsi ua kev zoo sab qhuas nyob rua huv koj pawg ntseeg? Yuav ua caag mej txhaj koom tau nrug cov tuabneeg ntawd? Muaj dlaabtsi nyob rua koj pawg ntseeg kws yuavtsum tau khu has txug Txuj kev Npaaj ua Vaajtswv Dlejnum rua kuas “tuabneeg taagnrho puavleej tau kev txais tog, kev lug ntseeg lug koom, kev txais yuav, hab kev ua koobtsheej zoo sab uake, tsi yog ib haiv tubneeg twg lossis ib paab pawg twg nkaus xwb” (saib saab 14).
5. Lawv le kws tau paub tej koobmoov nyob rua koj paab, npaaj ib yaam dlejnum kev tshaajtawm moog rua cov tuabneeg kws tsi koom nyob rua huv koj pawg ntseeg.

## Thov Vaajtswv Xaus

*Vaajtswv, peb paub tas peb yog koj cov tuabneeg kws muaj koobmoov hab teg num lug lawv Yexus qaab hab hloov lub nplajteb. Koj txuj kev hlub kws tsi xaiv leej twg ntsej muag yuav khi peb uake sijhawm peb sispaab ua lub tuamtsev kws yog tswv Yexus lub cev kuas luj hlub. Peb thov koj, O Vaajtswv, paab txhawb peb ntawm koj lub fwjchim txhua lub sijhawm kuas peb yuav muab sab rau ntseeg rua txhua yaam num peb ua kuas paab tau lwm leej lwm tug huv nplajteb. Thov Vaajntsujplig paab peb kuas peb muab sab caw lwm leej lwm tug lug koom nrug peb. Peb cov ntawm nuav ib leeg yuav txhawb ib leeg kuas peb ua tau lub neej tawg paaj txi txiv ntawm kev hlub, kev thaajyeeb, kev ua sab ntev, tswjfwim tau tughkeej, sab dlawb sab zoo, sab mog sab muas, kev zoo sab, muaj sab paab lwm tug, hab kev muab sab rau ntseeg. Vaajtswv, thov ua kuas peb yuav naj nub tawg paaj txi txiv ntawm peb lub neej moog rua lwm tug, luj hlub rua tej koobmoov kws yog lug ntawm koj lug. Paab peb kuas hloov tau peb lub neej lug ntawm kev siskoom ntawm txuj kev hlub hab kev ntseeg nrug lwm leej lwm tug. Peb thov ua koj tsaug, Vaajtswv, kws koj tau pub tej koobmoov zoo kawg nkaus kws coj peb ua peb lub neej, tsis has ntawm ib tug xwb lossis suavdlawg taagnrho, rua kev ua dlejnum rua koj. Ntawm Tug kws yog qhov koobmoov kws zoo tshaajplawg taagnrho sau qaum ntuj hab huv nplajteb lub npe—Yesus Khetos; Amees.*

## Lug Xaus

Sisthaam qha saib koj tau txais koobmoov ntawm qhov kev kawm nuav le caag. Yaam kev hloov dlaabtsi kws koj tau pum paub? Yaam txiv dlaabtsis kws taamsim nuav koj yuav txi nyob rua huv koj pawg ntseeg hab lub zej zog?

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