

Baav Ca'bouc Maaih Sin Nyei Mienh

... *bun siang mienh.*

Haih hiuv zoux haaix nyungc
caux gorngv haaix nyungc
dongh qiemx zuqc.

Baav ca'bouc maaih sin nyei mienh – bun jiex gorn hoqc zoux

Dongh longc jienv ziangh hoc zoux haaix nyungc caux gorngv haaix nyungc

Yiem orn hnyouv nyei jauv (tâm vắn), maaih yietc nyungc longc jienv haic se heuc **Mun hnyouv jiex**. Naaiv nyungc se hnangv buangh yiem ndau dongx, zuqc mienh nyau jienv caa, mienh daix fai ganh zorqv ganh nyei maengc. Ca'laanh mienh (tâm vắn viên) samx mangc gaax wuov deix sic ndongc haaix nyei hniev, liuz njiec za'eix baav caux aengx zaah mangc jienv zuoqv taux ninh daux nzuonx hnangv yietc dauh mienh longx mienh.

Yiem ga'ndiev naaiv deix leiz oix dau fai tengx meih bieqc hnyouv taux ih jaax hnoi mienh buagh nyei jauv: **Waaic zoix jaa waaic yiem ca'bouc maaih sin nyei jauv**. Maiv gunv meih maaih za'eix fai maiv gaengh nangc maaih yaac damv hlo nyei baav.

1. Biux mengh hnamv, hoqc zoux caux gorngv zien cuotv daaih.

Jangx jienv naaiv deiz longc jienv nyei leiz. jiex gorn zoux hung hec nyei gong

- Ei jienv longc jienv nyei leiz: tengx wuov dauh fai wuov doix mienh zoux yietc nyungc gong, dongh meih buangh zuqc yaac oix mienh yaac zoux bun nyei wuov. Mangc Matv^{taai}. 7:12.
- Ei jienv Saa^{maa}lie nyei nyungc zeiv: zoux nyungc-nyungc gong daaih dangv daic nyei jauv. Lugaa 10: 28-37.
- Ei jienv kuinx nyei waac “Laanh caux laanh kungx oix zuqc gorngv zien waac hnangv.” Mangc E^{fe}so 4: 25

2. Bieqc hnyouv taux ca'bouc maaih sin nyei m'sieqv dorn dongh buangh zuqc kou. Yiem ga'ndiev naaiv se biux mengh nyungc baav yiem ca'bouc maaih sin nyei mienh.

Naaic dauh sieqv ...

- 1) Ganmh nziex
- 2) Zuqc ndaam jienv camv mienh nyei waac
- 3) Buatc ninh maaih gu;’nguaaz nyei jauv zoux bun ninh nyei seix kou. Nyungc zeiv Naaiv Gloria Steinem gorngv: “Ninh zoux bun yie ziangh yie nyei seix. Yie gorngv nyei se yie nyei maengc oix zuqc hnangv naaic maiv nor yie maiv haih ziangh” (11/5/15 LifeNews.com).
- 4) Siepv-siepv nyei lorz heng nyei jauv
- 5) Maaih I nyungc hnamv (oix/maiv oix bungz gu’nguaaz guangc) haiz I nyungc qiex (zoux aqv/maiv dungx zoux hnangv naaic)
- 6) Ganh haiz ndoqc
- 7) Maiv maaih lamh hnamv

3. Yiem baav nyei qangx hiuv duqv meih se haaix dauh. Naaiv yaac longc jienv nyei, maiv zeiz mingh tengx mienh jaaiv ga'naaiv puix heng njiec, mv baac jaa bun ganh ga'naaiv puix hniev faux. Jangx jienv oc.

Meih se...

- 1) Yietc dauh Giduc mienh, hnangv naaic meih longc hnamv nyei jauv buangh ninh.
- 2) Juangc laangz mienh, Meih yaac longc zien sic buangh ninh
- 3) Njoux nyei mienh, meih oix zuqc dingh yietc zungv gong daaih tengx ninh
- 4) Yietc dauh ca'langh mienh, meih ziouc oix zuqc porv mengh muonc nyei bunh ninh bieqc hnyouv (ginv nyei jauv)
- 5) Zorng-zengx mienh, Meih zuqc fungx nzengc nyung-nyungc yiem Ziouv nyei buoz.
- 6) Meih maiv zeiz dongh haih njoux mienh wuov dauh: Oix zuqc longc nzengc hnyouv

njoux mienh, mv baac zuqc jangx jienv, biouv gitv fai maiv gitv se Ziouv nyei buon gong. Hnangv Baulo gorngv: “Yie caux sienx maiv henv nyei mienh yiem, yie ziouc zoux hnangv sienx maiv henv nyei mienh, weic tengx ninh mbuo sienx gauh henv. Yie zoux puix nyungc-nyungc mienh yaac longc nyungc-nyungc za'eix *weic bun deix wuov deix mienh duqv njoux*.” 1 Ko^{lin}to 9:22

7) Meih maoiv dungx qiex jieq siepv.

8) Meih maiv zeiz zorc jiex daaih nyei aqv fai zuoqc meih nyei loz zuiz nzuonx. Meih se tengx ninh nyei mienh.

Dongh buangh sieqv wuov zanc

Dongh buangh ca'bouc maaih sin nyei sieqv oix zuc longc Ziouv nyei hnamv biux mengh.

1. Ninh gamh nziex jienv Cô ấy chưa từng sợ hãi và mất hết hi vọng như lúc này.	➔ Meih benx dauh damv hlo caux orn hnyouv mienh bun ninh maaih dorngx bangc. Zoux bun ninh gamh nziex nyei jauv zoqc jienv njiec, maaih laamh hnamv camv jienv faux. Bun ninh maanc-maanc zieqv duqv njiec nqang nyei maengc maaih ja'zinh.
2. Sieqv zuqc mienh aapv zorqv gu'nguaaz guangc. Naaiv dauh sieqv buangh nyei jauv se ninh nyei domh mienh, hmuangv doic, nziaauc doic aapv ninh zorqv gu'nguaaz guangc.	➔ Meih bun yietc nyungc ninh zieqv duqv dorngc daaih maiv bungz guangc – Naaiv dauh yiem sin nyei gu'nguaaz se maiv dorngc haaix nyungc! Maaih camv nyungc nyei mbuox ninh se yiem sin, hnamv mingh ndaaub nyei jauv, mv baac yietc nyungc bun ninh buaatc mengh mengh nyei se – <u>Yiem sin naaic dauh gu'nguaaz se mienh – ninh se meih nyei cien gu'nguaaz!</u> Gorngv taux ga'hlen mienh mbuo zungv hnamv, ninh se meih ganh nyei cien gu'nguaaz meih oix zuqc longc zoux hnyouv ndaaub hnamv ninh. Mbuox taux bungz liuz gu'nguaaz njiec nqang nyei jauv caux ginv nyei jauv njiec nqangc. Tengx ninh bieqc hnyouv taux yietc zungv longc jienv nyei jauv.
3. Ninh oix siepv-siepv nyei bun sic jiex mingh. Ninh oix naaiv deix jauv siepv-siepv nyei jiex, ninh nyei hnyouv lunc nzengc, maiv haih hnamv haaix nyungc aqv. Oix zoux yietc nyungc siepv-siepv nyei	➔ Meih zuqc tengx ninh hnamv jangv deix, ziouc maanc-maanc ginv duqv horpc.
4. Buatc ninh maaih nyei sin haih zoux bun ninh nyei seix kou.	➔ Meih zuqc tengx ninh buatc taux I nyungc jauv. Mangc gaax ginv zoux maa fai ginv yungz daaih bun mienh hlorpv.
5. Ninh haiz I nyungc qiex gorngv caux I nyungc hnamv. Ninh yietc dangh oix zorqv guangc, yietc dangh maiv oix.	➔ meih zuqc zuqc tengx sieqv bieqc hnyouv weic haaix diuc maaih I nyngc hnangv naaic. Meih zuqc tengx ninh muangx yiem ndo nyei nyei langh fim (muangx yiem ninh nyei hnyouv). Liuz mangc yiem ndo nyei ginv hnangv haaix, gorngv cuotv daaih.

6. Ninh haiz ganh ndoqc. Ninh zungv buac zorqv gu'nguaaz guangc se dorngc, mv baac ninh haiz hnangv maiv maaiah haaix dauh tengx ninh	➔Meih laengz jienv tengx ninh, maiv gunv maaiah haaix nyungc yaac baac meih zungv tengx ninh. Mbuox sieqv gorngv meih maiv ndoqc, maaiah jienv meih nyei – meih oix tengx ninh ih zanc caux njiec ngang nyei jauv
7. Ninh maiv maaiah lamh hnamv	➔Meih zoux bun sieqv bungz hnyouv meih. Nyungc-nyungc yie oix tengx meih

Bieqc hnyouv baav ca'bouc maaiah sin nyei jauv longc zingh hoc ndaaub nyei

Yietc nyungc za'eix lập bản đồ nyei dou-douc gong caux tiuv orn hnyouv dorngx aqv fai meih nyei buonc gong se:

1) Muangx/bungx hnyouv.

Zipv ninh, mbuox ninh gorngv meih haih tengx ninh. Naaic camv nyungc waac naaic weic bun meih gauh bieqc hnyouv taux ninh nzauh huang nyei jauv se hnangc haaix, liuz ziouc haih orn ninh nyei hnyouv.

2) Dingc hnyouv/koi jangv – yietc zungv ninh gamh nziex nyei jauv, doix-dekc nyei jauv caux ninh gaaix hnyouv jiex nyei jauv.

Naaic yietc zungv waac naac taux doix-dekc yiem bungz gu'nguaaz nyei jauv, tengx ninh gorngv cuotv weic haaix diuc ninh nyei hnyouv maaiah doix-dekc hnangv naaic. Nuqv bun ninh buac weic haaix diuc ninh yaac hlietv hnangv naaic. Porv mengh muonc taux zorqv gu'nguaaz liuz njiec ngang oix maaiah cuotv nyei (zanc-zanc haiz ganh maaiah zuiz, mun hnyouv, cuotv baengc-nzauh...). Meih ginv daix kuv mienh – se meih nyei cien dorn/sieqv!

3) Dingc mangc/bun hiuv duqv hnangv haaix

Bun que thử thai, duqv nor haih dorh ninh mingh siêu âm mangc gaax zien nyei fai cau njaaux ninh mbuo gu'nguaaz hnangv haaix nor hlo. Bungz gu'nguaaz nyei sou zeiv caux bungz liuz njiec ngang cuotv nyei baengc, maaiah ganh nyungc ginv se hnangv bun mienh hlorpv dorh hlo.

4) Nuqv mbuox/tov

Maiv dungx zorqv ninh guangc! Gunv liouh ninh gauh liuz yungz cuotv daaih. Meih zoux duqv nyei! Meih haih gorngv yie maiv zorqv guangc bun ganh dauh mienh. Gunv muangx ganh nyei mba'nziu. (*"Yie ih hnoi heuc lungh caux ndau tengx meih mbuo zoux zornq-zengx, yie bun meih mbuo maaiah qangx ginv oix ziangh fai daic, oix duqv fuqv fai zuqc zioux. Ih zanc oix zuqc ginv meih mbuo oix duqv ziangh jienv weic bun meih mbuo nyei zeiv-fun haih duqv ziangh jienv."* Nzamc Leiz Latc 30:19).

5) Bun jaaiv sic/za'eix

Longc za'eix bun jaaiv nza'hmien maengx sic ndangc. Nyungc zeiv;

"Yie oix naaiv dauh gu'nguaaz, mv baac yie yaac oix zorqv guangc." Meih oix zuqc dorh ninh daaih buangh yie mbuo, yie mbuo ooix caux ninh jiu-tong hnangv yie mbuo mbuox jiex meih wuov.

"Yie hiuv duqv yie zuqc dingh yietc hnyangx đại học, hnamv daaih yie nyei die maa aengx guangc yie – ninh mbuo yaac maiv bun nyanh yie doqc sou aqv. Hnangv naaic yie hnangv

haaix maaih nyanh bun gouv biauuv niv, caux hnangv haaix nor ziangh niv?” Yie mbuo laengz tengx meih bun gouv biauuv nyei nyanh njiec nqang, gunv bungz hnyouv die maa maaih hnoi ninh mbuo zipv meih caux meih gu’nguaaz nyei. Taux meih yungz daaih wuov, naaiv dauh gu’nguaaz zungv dongz meih die maa nyei hnamv.

6) Bun leiz/laengz

Oix zuqc tengx ninh caux faux jienv za’eix ndangc hnoi fai I hnoi nyei gong, bun sou-guv ninh doqc, douc waac finx, za’eix buangh da’nqaang nzunc.

7) Aengx mangc jienv mingh/njaaux

Goux jienv jiu-tong caux sieqv zuoqv taux sieqv hnangv yietc dauh mienh longx mienh ganh haih ginv dingc nyungc-nyungc mingh. Mangc gaax meih nyei doic haaix dauh maaih hnyouv haih tengx duqv naaiv nyungc gong, yaac bun ninh mbuo maaih buonc bieqc njoux mienh nyei maengc.

Oix zuqc gorngv caux longc nzengc meih nyei za’eix tengx sieqv bun ninh nyei youh nzauh fai gamh nziex nyei jauv heng njiec, ninh ziouc maaih qaqv daaih yungz naaiv dauh gu’nguaaz dorh hlo, aqv fai yungz daaih bun ganh dorh yaac duqv. Naaiv se Ziouv nyei oix, maiv gunv jiex gorn zoux se kouv nyei mv baac naaiv nyungc gong oix dorh meih mingh baengh orn nyei jauv.

Ziepc joux waac naaic njaaux bun jiex gorn tengx ca’bouc maaih sin nyei mienh.

Maih gamh nziex gorngv dorngc fai zoux dorngc, meih haih ei jienv ga’ndiev naaiv deix waac naaic longc yiem maaih sin nyei mienh fai wuov doix mienh. Meih tengx duqv ninh longx haic.

1. Meih hnangv haaix nor hiuv duqv meih maaih gu’nguaaz? Meih mingh seix mangc yiem ndie-sai biauuv miaqv fai?
2. Meih nyei sin-yienc ndongc haaix lauh maiv buatc aqv? Sin-yienc nzengc wuov hnoi se dongh haaix zanc?
3. Meih hiuv duqv sin naaiv dauh gu’nguaaz hnangv haaix nor ziangh? Meih mingh siêu âm buatc gu’nguaaz henv caux jienv nyei fai?
4. Ih zanc meih maaih jienv naaiv norm sin haaix nyungc meih nzauh jiex?
5. Ei jienv sienx fim/meih nyei ja’zinh meih bieqc hnyouv taux maaih sin nyei jauv hnangv haaix nor? Ziouv yiem haaix dongh meih ginv nyei jauv? Ei meih nyei hnyuouv haiz zorv gua’nguaaz guangc nor hnangv haaix?
6. Meih maaih jiex gu’nguaaz miaqv fai? Mouz nzunc maaih sin liuz cuotv haaix nyungc baengc nyei fai?
7. Meih hiuv taux gu’nguaaz hnangv haaix nor hlo faaux?
8. Meih hiuv taux bungz gua’nguaaz guangc se hnangv haaix caux hnangv haaix nor zorqv nyei fai?
9. Meih hiuv ninh njiec nqang cuotv nyei sic nyei fai?
10. Meih nyei douc waac fin se haaix nyungc? Yie oix goux jienv caux meih jiu-tong dongh meih qiemx zuqc oc.

Oix zuqc jangx

Sieqv...

Meih nyei buonc gong...

Gamh nziex nyei jauv buangv nzengc	Tengx bun ninh gamh nziex nyei jauv heng njiec... maaih lamh hnamv camv faux
Zuqc aapv jienv yiem	Kungx gorngv zien waac... <i>'se naaic dauh gu'nguaaz zuqc daix daic.'</i>
Oix zoux yietc nyungc siepv-siepv nyei	Tengx ninh hnamv jangv, maanc-maanc hnamv.
Maaiah I nyungc hnamv – dongh zanc ninh oix caux maiv zorqv guangc.	Tengx ninh muangx yiem ndo jiex nyei hnyouv/laangh fim
Haiz ndoqc.	Laengz waac tengx bun ninh... ninh ziouc maiv ndoqc aqv.

Dongh meih buangh dauh sieqv ca'bouc maaiah sin yaac nzauh, hnavg haaix nor tengx ninh weic ninh maiv hnavg buate yietc dauh mienh zuqc ga'naaiv gaatv nziaamv cuotv cam voix daic. Oix zuqc jiex gorn zimh naaic ninh, bieqc hnyouv ninh buangh zuqc nyei jauv. Daux gaux tov Ziouv tengx. Liuz meih ziouc jiex gorn bun jaaiv yietc nyungc yietc nyungc heng jienv daaih.

Qiemx zuqc tengx? Heuc bun yie mbuo:

Ghé thăm và khám phá thêm



bằng cách quét mã QR



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