



Duqv Guangc Zuiz Caux Bungz Nqoi

Sou-guv tengx bun bun yietc zungv zuqc aapv bungz gu'nguaaz nyei mienh

Fiev sou mienh: John Ensor và Jeannie Pernia

Hnangv haaix nor zoux weic bun bungz gu'nguaaz jiex daaih nyei youh nzauh zoqc njiec caux mbuoqc Ziouv gunv? Hnangv haaix nor tengx dongh diev jienv zoux zuiz bungz gu'nguaaz guangc nyei mienh hiuv duqv duqv zien leiz, duqv Ziouv guangc zuiz caux bungx nqoi jiex Yesu Giduc nyei kuv fienx?

Yiem naaiv lungh ndiev saamx mienh nyei mienh gorngv (nghien cứu), mbuo buatac bungz gu'nguaaz guangc se maaiah baengc yiem sieqv nyei sin, cuotv liuz naaia aengx la'nyaaav taux nqox, jiu-baang, guoqv zangc. Jiex mbuo haiz jiex nyei zinh ginx, mbuo buatac zien nyei cuotv zix nyungc baengc yiem wuov dauh mienh nyei maengc. Mbuo mangc faux Ziouv caux Ninh nyei waac, mbuo ganh haiz caux zieqv duqv gorngv kuv fienx maaiah qavv nzaux caux bungx nqoi. Mbuo ziouc duqv guangc zuiz caux duqv bungx nqoi!

Mv baac gengh zoc yiem yietc dauh mienh buangh nyei youh nzauh duqv zorc longx yiem yietc nzunc zoux gong (sự kiện) aqv fai dauh gaux. Zuiz aengx dauh ngang daaih gox caux la'nyaaav nyei. Mbuo qiemx zuqc hiuv zien cing taux wuov nyungc mun nyei jauv (nỗi đau) caux wuov nyungc zuiz, weic bun sienx wuonv yiem Yesu bun buangh zuqc nyei jauv tiuv benx zinh ginx bun mienh hiuv taux Ziouv Yesu. Liuz mbuo ziouc duqv bungx nqoi. Liuz yiem naaia daaih mbuo ziouc maaiah jiex gorn, weic zuqc naaiv se kouv jiex nyei jauv. Mv baac yie mbuo maaiah yietc dorngh sou-guv bun mangc nyei mienh zipv duqv guangc zuiz caux bungx nqoi yiem Ziouv.

Bungz liuz gu'nguaaz cuotv daaih nyei jauv

Maaiah zaah taux m'sieqv dorn caux mienh (sieqv) camv gorngv bungz liuz gu'nguaaz haiz hnyouv longx faux, naaiv bun cing se: duqv bungx nqoi. Naaia nyungc hnamv hiuv duqv nyei. Weic zuqc bungz liuz gu'nguaaz se jaaiv ndutv yietc nyungc hniv nyei gong. Zoux bun maiv kouv caux bun dongh mbuo oix nyei. Weic zuqc liemh zeh jaaiv ndutv maiv olix nyei jauv.

Hnangv naaia bungz gu'nguaaz se hnangv yietc nyungc douh ganh duqv longx nyei jauv yiem mbuo nyei maengc. Weic zuqc bun mbuo liemh zeh duqv longx. Mv baac maanc-maanc wuov norm mborc siux oix cuotv daaih. Weic laaix ganh nyei zuiz dorn mingh zuqc daic. Hnangv Yaagorpc 1:14-15 fiev gorngv:

“Mv baac mienh zuqc nduov se laaix ganh nyei hnyouv hanc ziouc yuoqc ganh mingh baamz zuiz. Hnyouv hanc haaix nyungc se beiv maaiah jienv sin nor. Yungz cuotv daaih benx zuiz mi'aqv. Zuiz hlo dingc, ziouc bun wuov dauh mienh zuqc daic mi'aqv.”

Bungz gu'nguaaz se jiex gorn yiem sin wuov dauh gu'nguaaz daic, liuz se ninh baeng wuov deix yietc zungv paanx zuqc nyei mienh gan jienv ninh daic. Yietc dangh heng nyei jauv simv cuotv bun qieq jiez caux ganh dauh caux ganh mun hnyouv zoux jiex daaih nyei sic. Maaiah dauh zuqc ziangx naaia maiv haih maaiah gu'nguaaz. Maaiah deix zoux hoic ganh se mingh buov yungh in mbaeqc, hopv diuv, aqv fai mangc zanc ganh bunggh haaix dauh yaac caux bueiz. Gauh camv dauh dauh bungz gu'nguaaz nyei mienh maaiah baengc nzaauh (trầm cảm). I nyungc gaapv jienv se mun hnyouv cauc haiz ganh maaiah zuiz yiem jienv sin

hnangv butv baengc nor (ung thư di căn). Hmuangx nyei domh qaqv caux mangc maiv buatac nyei yaac zoux naaiv nyungc gong. Saadaan, se dongh nduov mbuo daix gu'nguaaz wuov dauh, aengx daux daaih daix mienh yietc nzunc. Hnangv naaic, bungz gu'nguaaz nyei mienh hoic ganh nyei maengc gauh camv mienh longx mienh.

Nyungc baav baengc cuotv yiem bungz liuz gu'nguaaz

Sin	hnyouv	Cuotv daaih	Haiz ganh
Maaiah maiv jiex gu'nguaaz	nyiemv	Njormh maiv duqv	Haiz ganh maaiah zuiz / ndoqc
Gu'nguaaz mbang	Kouv / mav maaiah qaqv	Njormh maiv gauv	nyaaiv
Jaux nyi jaan nyuotv (Thất vôi trúng)	Mav maaiah noic	Nyanc hnaangx camv	Ganh nziex
Maiv oix haaix nyungc	Gaangx haiz taux bungz gu'nguaaz nyei jauv nor nzauh	Nyanc hopv tiuv	Maiv haih buoqc zanghc Ziouv
Mbeix-huv	Mav cauh fiem taux fu'jueiv	Kungx oix hopv in-mbaeqc	Maa nyei hnoi hnyouv huaang
	Hnamv fu'jueiv jiex ndangc	Kungx oix hopv diuv	Maiv haih fu-sux Ziouv duqv

Buangh caux diev duqv nyei jauv maiv fih hnangv caux ziangh hoc yaac maiv fih hnangv. Mv baac maaiah yietc nyungc hiuv dingc gorngv m'sieqv dorn jiex gorn zeix daaih ninh maaiah ziangx haih dorh gu'nguaaz nyei za'eix. Maiv gunv weic haaix nyungc haaix nyungc ninh cingx daaih guangc, bungz gu'nguaaz kungx zoux bun goiv yienc camv caux njiec ngang cuotv baengc.

Dingc mangc yietc zungv bungz gu'nguaaz liuz cuotv daaih nyei baengc

Yietc zungv naaiv deix waac naaiv tengx meih dingc mangc bungz gu'nguaaz zoux bun ganh kouv/ meih hnamv nyei mienh hnangv haaix nor.

- Mienh yietv gorngv taux bungz gu'nguaaz nyei jauv meih maiv oix aqv fai haiz ganh maaiah zuiz, qiex jiez, aqv fai dongh gorngv meih bungz gu'nguaaz nyei jauv meih korh fiqv?
- Meih maaiah hnamv taux meih nyei seix zangc "ndangc" caux "da'ngang" bungz gu'nguaaz?
- Meih haiz hnyouv nouz jienv yietc nyungc lauh ndaav aqv fai nouz dongh paanx taux bungz gu'nguaaz nyei mienh se hnangv gu'nguaaz nyei dae,nziaauc doic fai domh mienh zeiz nyei fai?
- Yiem bungz liuz gu'nguaaz meih buatac ganh maaiah qangx maiv oix buangh mienh aqv fai haiz oix zanc-zanc maaiah mienh yiem hlen? Aqv fai meih ba'laac hnamv fu'jueiv jiex ndangc nyei fai?
- Yiem meih bungz gu'nguaaz liuz meih maaiah jiex gorn kungx oix hopv diuv fai hopv in-baeqc fai nyanc hopv nyei jauv tiuv fai?
- Meih haiz maaiah hnyouv kungx-kungx hnamv maiv cuotv haaix nyungc, haiz hnangv ndortv yietc nyungc hlo nyei aqv fai butv baengc nzauh ndaav nyei fai?
- Nzunc baav meih maaiah mbeix-mbeix maiv benx, zanc-zanc jangx taux naaiv deix sic zoux bun hnyouv mun?

Se gorngv meih dau zien se maaiah lamh hnamv mbenc hnyouv doih nganh taux bungz gu'nguaaz nyei zuiz daaih zipv Ziouv nyei en.

Yietc zungv jiex gorn nyei jauv bun taux kouv weic bungz gu'nguaaz nyei mienh.

Michaelene Fredenburg, fiev taux ninh ganh buangh jiex daaih nyei, yaac mbuox hnangv haaix nor jiex gorn

1. Gorngv cuotv nzengc meih buangh nyei sic. Hungh ec hnangv “ndangc dongh/yiem maaih/da’ngqang/maaih sin liuz bungz guangc.” “Maaih nyungc baav meih fiev cuotv daaih haih maaih qaqv bun meih. Dongh meih gorngv cuotv nzengc naaic haih kouv bun meih nyei. Yie jangx zuqc yie gorngv wuov zanc, kouv bun yie gau. Meih haih ganh seix camv nzunc nyei daaih gorngv meih nyei gouv. Mv baac maiv benx haaix nyungc oc. Longc jienv se meih gorngv cuotv daaih meih gengh maaih zoux jiex hnangv naaic yaac maaih ei-leiz. Se gorngv meih duqv buangh jiex fai duqv bungz jiex gu’nguaaz, naaiv nyungc se longx nyei za’eix tengx meih naaic mienh buangh jiex daaih.”

Dorh nyei mienh: heuc ninh mbuo fiev cuotv ninh mbuo nyei gouv. Caux ninh mbuo mangc. Tengx ninh mbuo jangx jiex daaih nyei.

2. Ceix liepc tengx. Taan meih nyei gouv bun ganh dauh.

“Dongh meih longc meih buangh jiex daaih nyei gouv fai meih nyei doic nyei buangh caux qiex zuqc tengx nyei mienh gengh ziangh biouv gitv nyei. Meih maiv zeiz nduqc lanh zoux naaiv nyungc gong. Zien sic, yie sienx gorngv meih yaac maiv hnangv naaic zoux. Se gorngv meih maiv gaengh duqv taan jiex meih nyei gouv fai taan nyei ziangh hoc maiv haih gorngv duqv mengh nor hnamv daaih meih maiv oix buangh ganh dauh taan aqv. Naaiv hnamv daaih meih bieqc hnyouv nyei. Taan cuotv nzengc bingx jienv jiex daaih nyei. Hnamv daaih bungz gu’nguaaz nyei jauv se gem jienv nyei jauv. Naaiv norm ceix liepc tengx nyei guanh yaac tengx bingx jienv. Yie gamh nziex maiv gorngv cuotv yie gem jienv nyei sic. Yie hnamv daaih mienh haih gorngv huv yie – yie yaac zuqc mienh mangc ganh nyungc. Mv baac wuonc qiex se naaic deix gamh nziex nyei jauv maiv maaih gorn baengx.”

Dorh nyei mienh: *Laengz jienv tengx bingx. Koi hnyouv. Longc hnyouv muangx nzengc.*

3. Lorz meih hnyouv haiz nyei.

“Mouz dauh buangh caux haiz nyei jauc maiv fih hnangv. Maaih deix yiem hnyangx-jeiv maiv doix, m’sieqv caux m’jangc diev nyei jauv maiv fih hnangv, aqv fai yiem hoqc hiuv nyei jauv, fai maaih buonc yiem bungz gu’nguaaz nyei jauv yaac maiv fih hnangv. Meih ziangx naaic haiz hnyouv maiv guen yietc deix aqv fai hlietv hnyouv jiex ndangc mingh. Bungz gu’nguaaz jiex l hnyangx, haiz hnyouv kouv jienv faux caux hnietv jienv daaih. Yiem maaih kuonx hnyouv camv haic hnangv naaic yie maaih hnyouv oix hoic ganh nyei maengc.”

Dorh nyei mienh: *Tengx ninh mbuo dingc mangc, biux mengh maaih buonc caux ninh ndangc, se yiem ninh ndangc caux da’ngqang bungz liuz gu’nguaaz nyei jauv.*

4. Dingc mangc mun hnyouv taux jiex daaih ndortv nyei naanc

“Yietc zungv ndortv naanc se maaih fai gauh camv naaiv:

- Ndortv gu’nguaaz, fun, gorx fai dorc, cien fun
- Ndortv duqv qangx zoux dae maa, ong
- Ndortv fai caux domh mienh nyei hnamv baaix aqv fai hmuangv doic, nziaauc doic
- Ndortv hnyouv – ganh haiz leih Ziouv go caux qiex jiez Ziouv
- Ndortv hnamv caux cien a’nziaauc doic fai gorngv waac mienh
- Ndortv yiem mbeix-mbeix (giấc mơ), mbaeqc, aqv fai yietc nyungc hlo nyei maaub (khả tượng của cuộc đời)”

5. Zieqv duqv se maiv benx nyei sic

Jiex gorn longc naaiv deix maiv benx nyei sic dangv fai bingx dongh mun hnyouv fai ndortv naanc nyei jauv. Se gorngv longc naaiv nyungc jauv camv jiex ndangc, naaiv deix maiv benx nyei sic ziouc ghunv jienv meih nyei maengc.

Dorh nyei mienh: *Tengx ninh mbuo zieqv duqv maiv benx nyei sic se hhangv haaix:*

Qiex jiez • nzauh huaang • Longc lingc aapv mienh zoux ei • Ganh hoic ganh/ganh zoux bun ganh mun • Butv baengc nzauh • Nyanc hopv nyei jauv tiuv • Maiv oix buangh domh mienh, gu'nguaaz, a'nziaauc doic • ganh maiv haiz nzauh yaac maaiv haiz njien-youh • oix ndouv zinh, longc nyanh maiv simv • gunv maiv duqv ganh nyei hnyouv • zoux gong maiv jangx dingh • zanc-zanc jangx zoux jiex daaih nyei sic • zoux gamh nziex nyei sic • Longc In-diuv njiox ganh • oix suang-ndiev nyei jauv maiv doix diuc • oix zorqv ganh nyei maengc • Ciouv

6. Jiex gorn zorc longx.

“Meih gengh zien gorngv cuotv meih buangh jiex daaih nyei jauv, gorngv cuotv nzengc naaiv deix sic gengh zoux gong yiem meih nyei maengc fai meih nyei doic nyei maengc. Meih gengh nzauh, mun hnyouv, guangc nzengc yietc zungv maiv benx nyei sic – meih dingc hnyouv zorc longx. Meih dingc hnyouv jiex taux ndortv naanc... Meih yietc zungv nyei naanc zingh se aqc nyei, mv baac se yiem meih guangc fai maiv guangc. Daux nzuonx, ndortv naanc zingh se jiex daaih nyei sic maiv haih bingx fai buang meih caux maaiv buonc zoux bun meih hhangv ih zanc caux nqa'haav aengx cuotv nyei jauv.

Bungz gu'nguaaz caux kuv fienx

Yietc zungv duqv zorc longx caux zien maaiv baengh orn se mbuoqc Ziouv – weic duqv Ninh guangc zuiz caux nzaux cing-nzengc. Taux naaiv, meih bingx jienv nyei zuiz ziouc benx Ninh njoux en nyei zinh ginx. Kuv fienx se Tin-Hungh paaiv Ziouv Yesu njiec baamh gen zoux ga'naaiv ziec weic zuoqc mbuo nyei zuiz caux zorc mbuo longx daaih caux Ziouv horpc hnyouv. Yiem ziepc nzangc jaax, Giduc Yesu laengz ndaam mbuo nyei yietc zungv zuiz nipc, se liemh nyaev jiex nyei zuiz Ninh ndaam nzengc. Ninh nyei nziaamv liouc cuotv se weic mbuo bun kuv mienh nyei nziaamv liouc cuotv nyei zuiz.

Ninh daic liuz aengx nangh daaih weic bun mbuo sienx gorngv Ninh hingh jiex daic nyei qaqv, Ninh ceix baengh orn caux guangc zuiz bun mbuo. Hhangv **Hipv[^]lu 9:14** fiev gorngv:

“Wuov nyungc, Giduc nyei nziaamv gauh henv ndongc haaix camv! Giduc kaux yietc liuz ziangh nyei Singx Lingh zorqv ninh ganh weic zoux maiv maaiv dorgx ngemh nyei ga'naaiv ziec bun Tin-Hungh. Ninh nzaaux nzengc mbuo nyei hnyouv, bun mbuo maiv zoux maiv lamh longc nyei sic, bun mbuo fu-sux ziangh jienv nyei Tin-Hungh.”

Njaaux saamx mangc Ging-sou – ‘Duqv guangc zuiz caux bungx nqoi’

Ziouv nyei waac se ziux mbuo nyei yietc zungv jauv se maaiv mun hnyouv bungz gu'nguaaz nyei zuiz. Njaaux saamx mangc nyei yiem ga'ndiev naaiv se longc yiem mangc taux zien bungz gu'nguaaz nyei jauv yiem Yesu Giduc nyei kuv fienx. Mbuo heuc ninh se “Duqv guangc zuiz caux bungx nqoi” weic zuqc naaiv se dongh buangh jiex nyei mienh mv baac corc sienx wuov yiem Ziouv nyei mienh nyei zinh ginx.

Njaaux saamx mangc Ging-sou

Zaang 1: Muangx Ninh cingv nyei waac caux laengz nyei waac
I^saa^yaa. 1:15-18, Ye^le^mi 29:11-14, 2 Ko^lin^to 7:8-10.

Zaang 2: Mangc jiex daaih caux maaih buonc ndaam dornng taux bungz gu'nguaaz nyei jauv
Ye^le^mi 1:4-5, I Yo^han 1:9, Singx Nzung 25:11

Zaang 3: Zieqv duqv weic naaic cuotv daaih nyei baengc caux fungx bun Ziouv
Singx Nzung 32:1-5, Naanc Zingh Nzung 3:1-33, Isa. 53:4-6, Ko^lo^si. 1:15-23,

Zaang 4: Bieqc hnyouv mbuo ganh zoux nyei zuiz mv baac mbuo maiv nyiemc
cauxmbuo ganh maiv haih ganh zorc duqv longx
Hipv^lu 4:11-13, Gaa^laa^tie 1:10, Cong-Mengh Waac 14:12, Singx Nzung 32:3-5

Zaang 5: Borngx jaax caux baengc-nzaauh caux yiem sienx fim ganh haiz nyaev ganh yiem
njoux Ziouv Yesu
Singx Nzung 38:3-11, Hipv^lu 4:14-16, Lomaa 4:16-25, Lomaa 8:1-6, 1 Bide 5:6-11

Zaang 6: Caux zuiz borngx jaax, qiex jiez dongh ninh daux nzuonx.
Cong-Mengh Waac 22:24-25, Cong-Mengh Waac 29:22, Hipv^lu 12:15, E^fe^so 5:25-32,

Zaang 7: Hoqc guangc zuiz caux guangc zuiz bun ganh dauh.
Singx Nzung 51, Hipv^lu 9:14, Matv^taai 6:9-14, 2 Ko^lin^to 2: 5-11, Matv^taai 18:21-35

Zaang 8: Mangc taux daic wuov dauh gu'nguaaz nyei maengc caux korh fiqv ninh zuqc daic.
Singx Nzung 139:13-16, Saa^lo^morn Nyei Nzung 3:4, Naanc Zingh Nzung 1:16,
I^saa^yaa 25:6-8, I^saa^yaa 35:10

Zaang 9: Hnamv taux meih nyei gu'nguaaz yiem Ziouv nyei njang-laangc njoux en
Ye^le^mi 1:5, Singx Nzung 27:10, I^saa^yaa 49:15, 2 Saa^mu^en. 12:15-23,
Tin Deic Douh 18:25

Zaang 10: Aengx ziangh jienv caux Giduc Yesu caux fu-sux Ninh
Lomaa 8:31-39, Tidaatc 3:3-8, E^fe^so 2:1-10, Hipv^lu 9:14, E^fe^so 3:14-21

Bun za'eix dorch nyei mienh

1. Maaih I dauh taux bie dauh sieqv juangc jienv hoqc.
2. Ginv dauh zoux bieiv dorch faix tengx.
3. Jiex gorn caux dingh oix zuqc maaih dauh gaux. Dongh hoqc nyei ziangh hoc oix zuqc dauh gaux
bun mouz dauh hoqc nyei mienh
4. Ginv hoqc ndortv hnyouv hoqc nyei mouz zaang daaih orn hoqc nyei mienh.
5. Mbenc ziangc cangh langh nyei waac naaic caux bun dauh dauh duqv qiangx zoux gong yiem
ganh.
6. Taux setv yietc khoua hoqc, kuinx hoqc nyei mienh mingh tengx ganh dauh fai liepc siang-
ganh.
7. Taan za'eix hoqc Ging-sou nyei jauv bun doic.

Yietc zungv fiev sou nyei mienh:

Jeannie Pernia njaaux cuotv yietc zungv mienh daaih kuinx fai orn hnyouv (tâm vấn) zorc longx bungz gu'nguaaz guangc mienh nyei baengc. Naaiv dauh sieqv duqv koi jiex yietc norm biauuv bun bungz gu'nguaaz nyei mienh daaih bungz gu'nguaaz, ninh yaac ganh bungz jiex ninh nyei. Ninh yaac duqv diev jiey youh nzauh weic ganh zoux hoic ganh nyei buonh sin. Ih zanc, ninh se benx duqv bungz nqoi caux duqv guangc zuiz. Ninh koi yietc norm trung tâm tengx yungz gu'nguaaz nyei mienh. **John Ensor fin saeng** njaaux Ging-sou yiem horqc dorngc caux njaux đạo đức sinh học, tengx yietc zungv sienx nyei mienh beu goux ziangh maengc nyim (bảo vệ mầm sống). Meih haih buangh Bảo vệ Mầm sống Việt Nam yiem:

Ghé thăm và khám phá thêm



bằng cách quét mã QR



Web: www.Baovemamsong.org
Email: baovemamsong@gmail.com
SĐT: 081 511 4526

