

Welcome to

**Karen Reformed Fellowship
Service**

February 9, 2025

*** အိးထိန်တၢ်ဘါ**
*** Call to worship**

စံးထိန်ပတြၢၤယွၤတက့ၢ်,ပှၤကိးကလုာ်ဒဲးသ့ၣ်နီၤ.
သးဝံၣ်ထိန်အိၤတက့ၢ်,ပှၤဂီၢ်မုၢ်ခဲလၢ်သ့ၣ်နီၤ.
အဂ့ၢ်ဒဲးအံၤ,အဘျုးအဖိအိၤလပဖိခိဒိမလီၤ.
ဒီယုအတမ့တတီအိၤဝဲဆိဝဲလီထုလီယံလီၤ.
စံထိပတြၢၤယွၤတက့ၢ်. (စံးထိန်ပတြၢၤ ၁၁၇)
Praise the LORD, all nations!
Extol him, all peoples!
For great is his steadfast love toward us,
and the faithfulness of the LORD endures forever.
Praise the LORD! (Psalm 117:1-2)

*** တၢ်အၢၣ်လီၤ**
*** Votum**

တၢ်မၤစၢၤပှၤအိၣ်ဝဲလၢယွၤလၢအတုလီၤမူခိၣ်,ဒီးဟီၣ်ခိၣ်တၢ်န့ၣ်အမံၤအပူၤလီၤ.
(စံးထိန်ပတြၢၤ ၁၂၄:၈)
Our help is in the name of the LORD, who made heaven and earth.
(Psalm 124:8)

*** ကစၢ်ယွၤအတၢ်ဆၢဂ့ၤဆၢဝါ**
*** God's Greeting**

မံတၢ်ဘျုးတၢ်ဖျိၣ်ဒီးတၢ်ဃုတၢ်ဖိးလၢပပၢ်ယွၤဒီးပကစၢ်ယုၣ်ရှုးခရံၣ်န့ၣ်,ဘၣ်သုတ
က့ၢ်.
(၁ ကရံၣ်သူး ၁:၃)
Grace to you and peace from God our Father and the Lord Jesus Christ.
(1 Corinthians 1:3)

*** ဆၢထၢၣ်.**
*** Please stand.**

*** ထီသးဝံၣ်: ၄၃ ယွၤကွၢ်က့ၤယၤ,ဒ်သိးအသိ**
*** Singing: The Lord My Pasture Shall Prepare**

- ၁. ယွၤကွၢ်က့ၤယၤ,ဒ်သိးအသိ, 1. Ywa gwa gay ya, dee tho a tho,
ယမိၣ်န့ၣ်တၢ်အလီၢ်တအိၣ်, Yuh mo nay da, a law duh oh,
ဒ်သိးအိၣ်ဘၣ်အိၣ်န့ၣ် Dee tho aw ba aw ba nay
ဒုးကိာ်လီၤယၤလၢလီၢ်အဂ့ၤ, Du go law ya luh law ah ghay,
ဒီးဆၢယၤဖဲကျဲမုၢ်ကျဲန့ၣ်, Daw swuh ya peh gleh mu gleh ku,
ဖဲထံဖိကျိယွၤသိၣ်မုၢ်မုၢ်. Peh tee po glo Ywa thaw mu mu.

- ၂. တၢ်သံကစၢ်ကဆူးအပူၤ, 2. Da thee guh suh guh soo ah poo,
ယလဲၤတၢ်လၢယသးဒုဒု, Yuh leh da luh yuh tha doo doo,
အဂ့ၢ်ဒဲးအံၤယွၤအိၣ်ဒီးယၤ, A ghay dee ee, Ywa oh daw ya,
သ့ၣ်ပျံၤသးဖုးတအိၣ်လၢဘၣ်, Thoo plee tha pu duh oh luh ba,
နနီၣ်ထိးဘိမၤမုၢ်ထိၣ်ယၤ, Nuh naw toh boh ma mu taw ya,
မၤဂၢ်မၤကျၢၤယသ့ၣ်ယသး. Ma ghuh ma gluh yuh thoo yuh tha.

- ၃. တၢ်အိၣ်တၢ်အီကစၢ်ကတီၤ, 3. Da aw da aw guh sa guh daw,
ပဲၤလၢဒုၣ်ဒါအမံၤသ့ၣ်လီၤ, Pweh luh du dah a meh tha law,
ယခိၣ်န့ၣ်လၢသိန့ၣ်ဒီး Yuh ko nuh poo luh tho nay daw
ယလီၤခိၣ်ပဲၤလုၣ်ဘၢစ့ၢ်ကိး, Yuh law kaw pweh lu buh see gaw,
နဘျုးလီၤစိၤလူၤဟိၣ်ယခံ, Nuh bloo law so loo po yuh kee,
လီၤစိၤကအိၣ်ယဲလၢနဟံၣ်. Law so guh oh yeh luh nuh hee.

တၢ်မၤလိာ်အဘိတံဆံ (၂ မိၤရှ့ ၂၀:၁-၁၇)

Reading of the Ten Commandments (Exodus 20:1-17)

ဒီးယွၤကတိၤတၢ်ကတိၤအံၤခဲလၢာ်,ဒီးစံးဝဲဒၣ်, ယဲဒၣ်အံၤယမ့ၢ်ယွၤနကစၢ်လၢအဒုး
ဟးထီၣ်ကွံာ်နၤလၢကီၢ်အဲၤကူပတူးအပူၤ,လၢပုၤကုၢ်ဖိအဟံၣ်ပူၤလီၤ.

And God spoke all these words, saying,
“I am the LORD your God, who brought you out of the land of Egypt, out of the house
of slavery.

၁. အိၣ်ဒီးကစၢ်အဂုၤအဂၤတဖၣ်လၢယမဲာ်ညါတဂ့ၤ.

1. “You shall have no other gods before me.

၂. တ့တၢ်ဂီၤတၢ်ဖိၣ်လၢနဂီၢ်တဂ့ၤ.တၢ်အိၣ်လၢမူခိၣ်ထးမ့ၢ်ဂ့ၤ,တၢ်အိၣ်လၢဟီၣ်ခိၣ်
လၢမ့ၢ်ဂ့ၤ,တၢ်အိၣ်လၢထံကျါလၢဟီၣ်ခိၣ်အဖိလၢမ့ၢ်ဂ့ၤ,တ့အက့ၢ်အဂီၤလၢနဂီၢ်နီတ
မံၤတဂ့ၤ. ဘါအီၤတဂ့ၤ.မၤအတၢ်တဂ့ၤ.အဂ့ၢ်ဒ်အံၤ,ယဲဒၣ်ယွၤနကစၢ်အံၤ,ယမ့ၢ်က
စၢ်လၢအသးကွံာ်တၢ်,လၢအဒုးအိၣ်သကိးပၢ်တဖၣ်အတၢ်ဒဲးဘးလၢဖိတဖၣ်တုၤလီၤ
လၢပုၤသးဟ့ၤယၤသၢစိၤတစိၤ,ဒီးလၢလွံာ်စိၤတစိၤ, ဒီးလၢအမၤဘျူးမၤဖိၣ်ပုၤကထီ
သ့ၣ်တဖၣ်,ပုၤလၢအအဲၣ်ယၤဒီးတိၢ်န့ၢ်ယတၢ်မၤလိာ်တဖၣ်န့ၣ်လီၤ.

2. “You shall not make for yourself a carved image, or any likeness of anything that
is in heaven above, or that is in the earth beneath, or that is in the water under the
earth. You shall not bow down to them or serve them, for I the LORD your God am a
jealous God, visiting the iniquity of the fathers on the children to the third and the
fourth generation of those who hate me, but showing steadfast love to thousands of
those who love me and keep my commandments.

၃. ပုၤဘၣ်ယွၤနကစၢ်အမံၤလၢတၢ်ကလီကလီတဂ့ၤ.အဂ့ၢ်ဒ်အံၤ,ပုၤလၢအပူၤဘၣ်
ယွၤအမံၤလၢတၢ်ကလီကလီန့ၣ်ယွၤတဟ်ဘၣ်အီၤလၢအတၢ်ဒဲးဘးတအိၣ်ဘၣ်န့ၣ်
ဘၣ်.

3. "You shall not take the name of the LORD your God in vain, for the Lord will not
hold him guiltless who takes his name in vain.

၄. သ့ၣ်နီၣ်ထီၣ်မ့ၢ်အိၣ်ဘျးအနံၤလၢနကဟ်စိဆံအီၤအဂ့ၢ်န့ၣ်တက့ၢ်.နကမၤဘၣ်တၢ်
ယုနံၤ,ဒီးမၤနတၢ်မၤခဲလၢာ်လီၤ.မ့မ့ၢ်မ့ၢ်န့ၣ်တနံၤတနံၤန့ၣ်မ့ၢ်ယွၤနကစၢ်အတၢ်အိၣ်ဘျးအ
နံၤလီၤ.နဲဒၣ်ဂ့ၤ,နဖိခွဲၣ်ဂ့ၤ,နဖိမုၣ်ဂ့ၤ,နကုၢ်နပုၤဟိၣ်ခွဲၣ်ဂ့ၤ,နကုၢ်နပုၤဟိၣ်မုၣ်ဂ့ၤ,နဆၣ်ဖိကီၢ်
ဖိအဒၢဂ့ၤ,ပုၤတခီဘီမ့ၢ်ဖိလၢအအိၣ်လၢနပဲတြီအပူၤဂ့ၤ,သုတမၤတၢ်မၤနီတမံၤတဂ့ၤ.
အဂ့ၢ်ဒ်အံၤ,ယုနံၤအတီၢ်ပူၤန့ၣ်ယွၤတ့ၤလီၤမူခိၣ်,ဒီးဟီၣ်ခိၣ်,ပိၣ်လဲၣ်,ဒီးကယဲၢ်တၢ်အိၣ်

လၢအဝဲသ့ၣ်တဖၣ်အပူၤ,ဒီးအိၣ်ဘျးဝဲလၢမ့ၢ်န့ၣ်တနံၤတနံၤန့ၣ်လီၤ.မၤသးဒ်န့ၣ်ဒီးယွၤဆိၣ်
ဂ့ၤမ့ၢ်န့ၣ်တနံၤဒီးဟ်စိဆံအီၤလီၤ.

4. “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all
your work, but the seventh day is a Sabbath to the LORD your God. On it you shall
not do any work, you, or your son, or your daughter, your male servant, or your
female servant, or your livestock, or the sojourner who is within your gates. For in
six days the LORD made heaven and earth, the sea, and all that is in them, and rested
on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

၅. ဒ်သိးနမ့ၢ်နံၤတဖၣ်ကထီထီၣ်လၢကီၢ်ပူၤလၢယွၤနကစၢ်ဟ့ၣ်လီၤနဒီး,ယူးယိၣ်န
မိၢ်နပၢ်တက့ၢ်.

5. “Honor your father and your mother, that your days may be long in the land that
the LORD your God is giving you.

၆. မၤသံတၢ်တဂ့ၤ.

6. “You shall not murder.

၇. အဲၣ်ဘၢမါအဲၣ်ဘၢဝါတဂ့ၤ.

7. “You shall not commit adultery.

၈. ဟ့ၣ်တၢ်တဂ့ၤ.

8. “You shall not steal.

၉. အုၣ်နသးကဘျးကဘျးလၢပုၤလၢနယၤအဂ့ၢ်တဂ့ၤ.

9. “You shall not bear false witness against your neighbour.

၁၀. သးကွံာ်ပုၤလၢနယၤအဟံၣ်တဂ့ၤ.ပုၤလၢနယၤအမါဂ့ၤ,အကုၢ်အပုၤဟိၣ်ခွဲၣ်ဂ့ၤ,အ
ကုၢ်အပုၤဟိၣ်မုၣ်ဂ့ၤ,အဂီၤဖံးဂ့ၤ,အကသ့ၣ်ယီၤဂ့ၤ,ဖဲဒၣ်ပုၤလၢနယၤအတၢ်တမံမံၤ
ဂ့ၤ,သုတသးကွံာ်အီၤတဂ့ၤ.

10. “You shall not covet your neighbour’s house; you shall not covet your
neighbour’s wife, or his male servant, or his female servant, or his ox, or his donkey,
or anything that is your neighbour’s.”

ထိသးဝံး: ၂၀၈ ထဲယကစာ်
Singing: Just as I am without one plea

- ၁. ထဲယကစာ်တၢ်ဂ့ၤတအိၣ်,
 အိၣ်ထဲယုၣ်ဂ့ၤအဘျုးအဖျိၣ်,
 မံၤလၢနကိးယၤဆူနအိၣ်,
 စၢ်ယုၣ်ဂ့ၤစၢ်ယဟဲခဲအံၤ.
 - ၂. ထဲယကစာ်,ယခိးတသ့,
 ယသ့စီကွံၣ်ယလိၤတန့ၢ်,
 ဒ်တၢ်ဒဲးဘးကဟါမၤက့ၤ
 စၢ်ယုၣ်ဂ့ၤစၢ်ယဟဲခဲအံၤ.
 - ၃. ထဲယကစာ်,ယမ့ၢ်ပုၤဖျိၣ်,
 ယယုၣ်လၢနၤတၢ်ထူးတၢ်တီၤ,
 ဒ်တၢ်မုၢ်လၢကပဲထီၣ်ဒီး,
 စၢ်ယုၣ်ဂ့ၤစၢ်ယဟဲခဲအံၤ.
 - ၄. ထဲယကစာ်,ဘၣ်ဆၣ်တၢ်န့ၢ်
 ကမၤပူၤကွံၣ်ယတၢ်ဒဲးဘး,
 ယုၣ်ဂ့ၤအသ့ၣ်ကသ့စီယၤ,
 စၢ်ယုၣ်ဂ့ၤစၢ်ယဟဲခဲအံၤ.
 - ၅. ထဲယကစာ်,ယုၣ်ဂ့ၤတၢ်အဲၣ်
 မၤနၤကယဲၣ်တၢ်တြီၤယက့ၤ,
 တုၤအံၤဆူညါယကဲန့ၢ်ပျံၤ,
 စၢ်ယုၣ်ဂ့ၤစၢ်ယဟဲခဲအံၤ.
- 1. Teh yuh guh sa da ghay duh oh,
 Oh teh Yayshoo a bloo a pwo,
 Maw luh nuh goh ya soo nuh oh,
 Sa Yayshoo uh, yuh heh keh ee.
 - 2. Teh yuh guh sa, yuh koh duh thay,
 Yuh thay saw gwee yuh loh duh nay,
 Dee da deh ba guh hah ma gay
 Sa Yayshoo uh, yuh heh keh ee.
 - 3. Teh yuh guh sa, yuh may pwa pwaw,
 Yuh khay luh na, da too da daw,
 Dee da mu la guh pweh taw daw,
 Sa Yayshoo uh, yuh heh keh ee.
 - 4. Teh yuh guh sa, ba sa da na,
 Guh ma poo gwee yuh da deh ba,
 Yayshoo a thwee guh thay saw ya,
 Sa Yayshoo uh, yuh heh keh ee.
 - 5. Teh yuh guh sa, Yayshoo da eh
 Ma na guh yeh da draw yuh gleh,
 Du ee soo nyah yuh geh nuh pleh,
 Sa Yayshoo uh, yuh heh keh ee.

တၢ်အုၣ်ကိးလၢတၢ်ပျံၤတၢ်ကမၢ်
Assurance of Pardon

မံၤယုၣ်တၢ်စံးထီၣ်ပတြီၤအီၤတက့ၢ်.
 အဂ့ၢ်ဒ်အံၤ,ကန့ၢ်လံၤယယုၣ်ကညးတၢ်အကလုၢ်လံၤ.
 ယုၣ်မုၢ်ယဂံၢ်ယဘါ,ဒီးယကတီၤတဘျုးလီၤ.
 ယသးသန့ၤအသးလၢအီၤ,ဒီးယဒီးတၢ်မၤစၢၤယၤ,
 မၤသးဒ်န့ၢ်ဒီး,ယသ့ၣ်ဖဲသးညီဒိၣ်မး,
 ဒီးယကစံးထီၣ်ပတြီၤအီၤလၢယတၢ်သးဝံးလီၤ. (စံးထီၣ်ပတြီၤ ၂၈:၆-၇)

Blessed be the LORD!
 For he has heard the voice of my pleas for mercy.
 The LORD is my strength and my shield;
 in him my heart trusts, and I am helped;
 my heart exults, and with my song I give thanks to him. (Psalm 28:6-7)

တၢ်ထုကဖၣ်အိးထီၣ်
Opening Prayer

တၢ်ဖးကံၢ်စီဆံး ဧတြီ ၁၂:၁-၁၇
Bible Reading: Hebrews 12: 1-17

၁ မၤသးဒ်န့ၢ်ဒီး,ပုၤအုၣ်အသးဂီၢ်မုၢ်ပုၤန့ၢ်အိၣ်ဝးတရံးပုၤသတးဒီး,မံၤပဝဲဒ်စ့ၢ်ကိးဟံ
 လီၤကွံၣ်ကယဲၣ်တၢ်အယၢတမံၤလၢလၢ,ဒီးတၢ်ဒဲးဘးလၢပမၤအီၤညီ,ဒီးတၢ်ယုၣ်သ
 တြီၤအိၣ်လၢပမံၤညါန့ၢ်,မံၤယုၣ်လၢတၢ်သးစူၤတက့ၢ်. ၂ ဒီးပုၤလၢအဒုးကဲထီၣ်ဒီးမၤ
 လၢထီၣ်ပုၤထီၣ်ပတၢ်န့ၢ်,ယုၣ်ဂ့ၤတဂၤန့ၢ်,မံၤပကွၢ်ယီၤတၢ်ဆူအိၣ်တက့ၢ်.အဝဲဒ်ဒီး
 ထူၣ်စုညါ,ဒီးဟံတၢ်မံၤဆုးလၢတၢ်နီၤတမံၤဘၣ်,လၢတၢ်သးဒုအိၣ်ဟံလီၤအသးလၢအ
 မံၤညါအယီ,ဒီးဆုၣ်နီၤဝဲလၢယုၣ်အလီၢ်ပစိၢ်အစုထွဲတခီလီၤ. ၃ အဂ့ၢ်ဒ်အံၤ,ကွၢ်ဆိက
 မိၣ်ပုၤလၢအဝံသးစူၤပုၤမၤတၢ်ဒဲးဘးအတၢ်မၤတံၢ်တံၢ်ထီဒါအီၤထဲန့ၢ်,ဒ်သိးတၢ်ဘျး
 သုသးသုတအိၣ်,ဒီးသုသုတလီၤဘျးလီၤတီၤတဂ့ၤန့ၢ်တက့ၢ်.

၄ သုတကုံမနောတင်ဒဲးဘဲးဒီးတြီတင်တုလောတင်သွံင်ဒဲးဘဲး. ၅ ဒီးသုသးပုနီၣ်လံ တင်သဆၢ်ထီၣ်သုခံ,လၢအကတိတင်ဒီးသုဒ်ဖိခွါတဖၣ်အသိးလံ.

ယဖိခွါစၢ.သုတဟ်ကလီကလီကစၢ်အသိၣ်တင်သီတင်တဂ့ၤ.
ဒီးတုအသိၣ်ယီၣ်န့ၤဒီး,မနသုတလီၤဘဲးလီၤတီၤတဂ့ၤ.

၆ အဂ့ၢ်ဒ်အံၤ,ကစၢ်သိၣ်က့ၤသီက့ၤပုၤလၢအအဲၣ်,
ဒီးဖျူကယဲၣ်အဖိခွါလၢအတူၢ်လိာ်,ကိးအဂၤဒဲးလီၤ.

၇ သုမ့ၢ်ဒီးတင်သိၣ်တင်သီဒီး,ယွၤမၤသုဒ်ဖိခွါတဖၣ်အသိးန့ၣ်လီၤ.အဂ့ၢ်ဒ်အံၤ,ဖိခွါလၢ
အပၢ်တသိၣ်က့ၤသီက့ၤဘၣ်န့ၣ်,မ့ၢ်မတၢတဂၤလဲၣ်. ၈ မ့ၢ်သုမ့ၢ်တဒီးဘၣ်တင်သိၣ်
က့ၤသီက့ၤသု,လၢအဘၣ်ပုၤကိးအဂၤဒဲးန့ၣ်ဒီးသုတမ့ၢ်ဘၣ်ဖိခွါဘၣ်,သုမ့ၢ်ပုၤဒၢဘၢဖိ
လီၤ.

၉ လၢန့ၣ်အမံၢ်ညါ,ပအိၣ်ဒီးပဖံးပညၣ်အပၢ်လၢအသိၣ်က့ၤသီက့ၤပုၤဒီး,ပယူးပယီၣ်
အီၤလီၤ.ဒီးပဟ်ပသးလၢသးတဖၣ်အပၢ်အဖီလၢဒီးမူပဝဲန့ၣ်,ဂ့ၤဒၣ်တၢ်ဖးဒိၣ်,တမ့ၢ်
ဘၣ်ဧါ. ၁၀ အဂ့ၢ်ဒ်အံၤ,အဝဲသ့ၣ်တဖၣ်န့ၣ်,သိၣ်က့ၤသီက့ၤပုၤစ့ၤန့ၣ်စ့ၤသီဖဲဒၣ်အသး
လီၤ.မ့ၢ်အဝဲဒၣ်န့ၣ်,လၢတၢ်ဘျူးတၢ်ဖိၣ်အဂီၢ်,ဒ်သိးပကန့ၢ်ဘၣ်ဃုာ်အတၢ်စီဆံ့လီၤ.

၁၁ ဒီးကယဲၣ်သိၣ်ယီၣ်တင်လၢအဘၣ်ပုၤအဖၢမ့ၢ်န့ၣ်,တလီၤကံဘၣ်တၢ်သးခုနီၣ်တမံ
ဘၣ်,မ့ၢ်တၢ်သးအုးလီၤ.ဘၣ်ဆၢ်ဒီးလၢခံက့ၤန့ၣ်ပုၤလၢအဒိးအသးညီန့ၢ်တဖၣ်
န့ၣ်,သ့ၣ်ထီၣ်ဝဲလၢတၢ်တီတၢ်လိၤအတၢ်သ့ၣ်လၢအဘၣ်ဃးဒီးတၢ်မ့ၢ်တၢ်ဖိးလီၤ.

၁၂ မၤသးဒ်န့ၣ်ဒီး,ပုၤအစုလၢအလီၤဘျူး,ဒီးအခိၣ်လ့ၢ်ခိၣ်လၢအဂံၢ်အဘါတအိၣ်ဘၣ်
န့ၣ်,မၤဆူၣ်ထီၣ်တက့ၢ်. ၁၃ မၤလိၤကျဲၤခိၣ်ကပူၤဧါလၢသုခိၣ်အဂီၢ်,ဒ်သိးပုၤလၢအခိၣ်
ဟးဂီၤအသုတဘၣ်ဃုာ်ကွံာ်အသးတဂ့ၤ,မ့ၢ်ကဘျါက့ၤန့ၣ်တက့ၢ်.

၁၄ လူၤတၢ်မ့ၢ်တၢ်ဖိးဒီးပုၤခဲလၢာ်,ဒီးတၢ်စီဆံ့တက့ၢ်.တၢ်စီဆံ့တအိၣ်ဘၣ်ဒီး,ပုၤတ
ထံၣ်ဘၣ်ယွၤနီၣ်တဂၤဘၣ်. ၁၅ ကွၢ်ထံကွၢ်ဆး,ဒ်သိးပုၤသုတလီၤတီၢ်လၢယွၤအဘျူး
အဖိၣ်နီၣ်တဂၤတဂ့ၤ,ဒ်သိးဂံၢ်အခၢ်တဘိသုတမဲထီၣ်မၤတံာ်တံာ်သု,ဒီးပုၤအါဂၤဘၣ်
တၢ်မၤဘၣ်အလၢအယိတဂ့ၤ, ၁၆ ဒ်သိးပုၤမၤကမၢ်ပိာ်မုာ်ပိာ်မၤမ့ၢ်ဂ့ၤ,ပုၤလၢအမၤ
တရီၤတပါတၢ်ဒ်စီၤစ့ၤလၢအဆါကွံာ်အတၢ်ဝဲၢ်ကိာ်လီၢ်လၢတၢ်အိၣ်ဘျူးအိၣ်တဘျီ
အဂီၢ်အသိးမ့ၢ်ဂ့ၤ,အသုတအိၣ်တဂ့ၤ. ၁၇ အဂ့ၢ်ဒ်အံၤ,လၢခံက့ၤဒီး,တုၤအမိၣ်န့ၢ်ဘၣ်
သါက့ၤတၢ်ဆိၣ်ဂ့ၤဒီး,ဘၣ်တၢ်ညိကွံာ်အီၤန့ၣ်သုသ့ၣ်ညါလီၤ.အဂ့ၢ်ဒ်အံၤ,ယုတၢ်ပီၢ်
ယၢ်လီၤက့ၤအသးအလီၢ်,အိၣ်ဒီးတၢ်မဲာ်ထံမဲာ်နီၣ်ဘၣ်ဆၢ်ဒီး,တထံၣ်န့ၢ်ဘၣ်ဝဲဘၣ်.

Jesus, Founder and Perfecter of Our Faith

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Do Not Grow Weary

3 Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation that addresses you as sons?

“My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.

6 For the Lord disciplines the one he loves, and chastises every son whom he receives.”

7 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. 14 Strive for peace with everyone, and for the holiness without which no one will see the Lord. 15 See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; 16 that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. 17 For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

ထိုသားဝံ့: ၃၄၈ ဖဲဒ်နသးန့ၣ်ဘီယာ
Singing: Have Thine Own Way, Lord

၁. ဖဲဒ်နသးန့ၣ်ဘီယာစၢ,
 ယမ့ၢ်ဟီၣ်ခိၣ်န့ၣ်ပုၤတ့ၣ်သပၤ,
 သိယၤဒီးမၤယၤဒ်နသးအိၣ်,
 ဖဲယဟ့ၣ်လီၤသးဒီးအိၣ်ခိၣ်.

1. Peh da nuh tha nay bwaw ya sa uh,
 Yuh may haw koh neh pwa day tha puh,
 Tho ya daw ma ya, dee nuh tha oh,
 Peh yuh hay law yuh tha daw oh koh.

၂. ဖဲဒ်နသးန့ၣ်ဘီယာစၢ,
 ယုကွၢ်ဒီးမၤကွၢ်ယသးဒီးဖျၢၣ်,
 သ့စီယၤဝါန့ၣ်ဒီးမူခိၣ်ဖီ,
 ဖဲလၢနမဲၣ်ညါန့ၣ်ယတီၤလီၤ.

2. Peh da nuh tha nay bwaw ya sa uh,
 Xhu gwa daw ma gwa yuh tha daw pluh,
 Thay saw ya wah nay dee moo koh paw,
 Peh luh nuh meh nyah nay yuh daw law.

၃. ဖဲဒ်နသးန့ၣ်ဘီယာစၢ,
 ယဆူးဆါလီၤဘုးဃိန့ၣ်မၤစၢ,
 တၢ်စိကမိခဲလၢ်အိၣ်ဒီးနၤ,
 ထိးယၤမၤဘျၢယၤအုၣ်ခိၣ်ကစၢ်.

3. Peh da nuh tha nay bwaw ya sa uh,
 Yuh soo sah law bwee xho nay ma suh,
 Da soh guh maw keh luh oh daw na,
 Toh ya ma blah ya, u kaw guh sa.

၄. ဖဲဒ်နသးန့ၣ်ဘီယာစၢ,
 ယသးဒီးဖျၢၣ်န့ၣ်ဟံးဃာ်ဒီးပၤ,
 ဒုးပဲၤလၢသးစီဆ့ၣ်တုၤထီၣ်ဘိ,
 ပုၤထံၣ်လၢယပူၤစၢ်ခဲၣ်အိၣ်ဆိး.

4. Peh da nuh tha nay bwaw ya sa uh,
 Yuh tha daw pluh nay hee xha daw puh,
 Du pweh luh tha saw swee du taw boh,
 Pwa tee luh yuh poo, sa Kree oh soh.

န့ၣ်ဘီ ၁၂:၁-၁၇
Text: Hebrews 12:2

ဒီးပုၤလၢအဒုးကဲထီၣ်ဒီးမၤလၢထီၣ်ပဲၤထီၣ်ပတၢ်န့ၣ်, ယုၣ်ရှူးတၢ်န့ၣ်, မၤပကွၢ်ဃီတၢ်
 ဆူအိၣ်တက့ၢ်. အဝဲဒ်ဒီးထူၣ်စုညါ, ဒီးဟံးတၢ်မဲၣ်ဆူးလၢတၢ်နီၣ်တမံၤဘၣ်, လၢတၢ်
 သးခုအိၣ်ဟံးလီၤအသးလၢအမဲၣ်ညါအယီ, ဒီးဆုၣ်နီၣ်ဝဲလၢယွၤအလီၢ်ပစီၢ်အစုထွဲတခီ
 လီၤ.

...looking to Jesus, the founder and perfecter of our faith, who for the joy that was set
 before him endured the cross, despising the shame, and is seated at the right hand of
 the throne of God.

တၢ်ရှဲပုးယွၤအကလုာ်ကထိ
Explanation of God's Word

*** ထိုသားဝံ့: ၃၀၃ ကျၢၤယနီၣ်သက့ၤ**
*** Singing: My Anchor Holds**

၁. ဖဲလပီၤဂဲၤစံၣ်ပီပုၤ,
 ဒီးယချံၣ်ဟူးဝးဆူးဆိး,
 ပျံၤတၢ်နီၣ်တမံၤသ့ၣ်,
 နီၣ်သက့ၤကျၢၤဝဲလၢထး,
 ဒီးကလံၤမုၢ်ဟံးဒီးဆူၣ်,
 လၢခရံၣ်ပူၤယသးဒီးဒု.

1. Peh luh paw gheh see paw pu,
 Daw yuh klee hoo wa sweh swoh,
 Plee da naw duh mee thay ah,
 Naw thuh gay gluh weh luh ta,
 Daw guh lee mu heh dee soo,
 Luh Kree poo yuh tha dee doo.

ခိရၢ်
 ကျၢၤယနီၣ်သက့ၤလၢထး,
 ဂဲၤကၢ်န့ၣ်ကလံၤမုၢ်တွၤ,
 ဒီးယချံၣ်မုၢ်ဆံးဘၣ်ဆုၣ်,
 နီၣ်တဘျီလီၤဒီးလီၤဒေ,
 ကျၢၤယနီၣ်သက့ၤယနီၣ်သက့ၤ.

Refrain:
 Gluh yuh naw thuh gay luh ta,
 Gheh ga neh guh lee mu dwa,
 Daw yuh klee may see ba sa,
 Naw duh blaw law dee law da,
 Gluh yuh naw tha gay yuh naw tha gay.

၂. ထံထီၣ်ဒိၣ်အိၣ်ဝးတရံးယၤ,
 ဒီးတၢ်ယိၣ်အိၣ်ထီၣ်အသး,
 မူခိၣ်သ့ဝဲလၢတၢ်အၢၣ်,
 တၢ်ဂဲၤပျူၣ်ဟူးဝးခဲလၢ်,
 န့ၣ်သက့ၤယနီၣ်သက့ၤ,
 ဟံးဃာ်ပၤယသးဂ့ၤဂ့ၤ.

2. Tee taw doh oh wa duh ree ya,
 Daw da yoh oh taw a tha,
 Moo koh thoo weh luh da uh,
 Da gheh ploo hoo wa keh luh,
 Na tha gay yuh naw tha gay,
 Hee xha puh yuh tha ghay ghay.

ခိရၢ်
 Refrain

၃. ဘူးယသးကလီဒေးတုာ်,
ဘူးတၢ်နးမၤဟးဂီၤက့ၤ,
ဖဲမုာ်ကီၤလံာ်လုပစီ,
ဒီးတၢ်အာဂဲၤနးမးလီၤ,
ဘၣ်ဆၣ်လၢခရံာ်ဃိယပူၤ,
ဒီးယဟ်ယသးဒုဒု.

3. Boo yuh tha guh law daw dee,
Boo da na ma ha ghaw gay,
Peh mu gaw lee lay puh saw,
Daw da uh gheh na ma law,
Ba sa luh Kree xhoh yuh poo,
Daw yuh pa yuh tha doo doo.

ခိရ်

Refrain

*** တၢ်မၤဖိတဖၣ်အတၢ်နာ်အတၢ်အာ်လီၤအိၤလီၤ.**

*** Apostles' Creed**

ယနာ်ယွၤပာ်ကစၢ်လၢအစိကမီၤဒိၣ်တုာ်, သ့တၢ်လၢာ်, I believe in God the Father almighty,
တၢ်ဘၣ်တုာ်ကစၢ်လၢအတုၤလီၤမူခိၣ်ဒီးဟီၣ်ခိၣ်လီၤ. Creator of heaven and earth.
ယနာ်ကစၢ်ယုာ်ရူးခရံာ်, I believe in Jesus Christ,
လၢအမ့ၢ်ဖိခွါထဲတဂၤဃီပကစၢ်လီၤ; his only-begotten Son, our Lord;
အဝဲဘၣ်တၢ်ဒၢထီၣ်အိၤလၢသးစီဆ့, he was conceived by the Holy Spirit,
အိၣ်ဖျၢၣ်ထီၣ်ဝဲလၢမုာ်ကနီၤစီဆ့နီၣ်မၤရံၤလီၤ; born of the virgin Mary;
ဘၣ်တုာ်တၢ်လၢစီပံလးအတၢ်ပၤအဖီလၢာ်, suffered under Pontius Pilate,
ဘၣ်တၢ်ပျၤထီၣ်အိၤ, သံဝဲဒီးဘၣ်တၢ်ခူၣ်လီၤအိၤ, was crucified, dead, and buried;
အဝဲလဲၤလီၤဝဲဆူလၢဂၢ်ရၢ်အပူၤလီၤ; he descended into hell.
လၢသၢသီတသီအနီၣ်န့ၣ်အဝဲဂဲၤဆၢထၢၣ် On the third day he arose from the dead;
သမူထီၣ်က့ၤလၢတၢ်သံလီၤ; he ascended into heaven,
အဝဲက့ၤထီၣ်ဆူမူခိၣ်ဒီး and sits at the right hand of God the
ဆုၣ်နီၣ်လၢကစၢ်ယွၤအစိကမီၤဒိၣ်တုာ်အစုထွဲလီၤ; Father almighty;
တုၤန့ၣ်တစုအဝဲကဟဲစံာ်ညီၣ်ပုၤမူဒီးပုၤသံလီၤ. from there he will come to judge the
living and the dead.
ယနာ်သးစီဆ့: I believe in the Holy Spirit;
ယနာ်ဟီၣ်ခိၣ်ဒီးဖျၢၣ်တၢ်အိၣ်ဖျၢၣ်စၢဖျၢၣ်စီဆ့, I believe a holy catholic Christian
church,
ပုၤစီဆ့တဖၣ်အတၢ်ရဲလိာ်မုာ်လိာ်: the communion of saints;
တၢ်ပျၢ်တၢ်ဒီးဘးတဖၣ်; the forgiveness of sins;
နီၣ်ခိၣ်အတၢ်ဂဲၤဆၢထၢၣ်သမူထီၣ်က့ၤ; the resurrection of the body;
ဒီးတၢ်အိၣ်မူအထူအယိာ်န့ၣ်လီၤ. and the life everlasting. Amen.

I believe in God the Father almighty,
Creator of heaven and earth.
I believe in Jesus Christ,
his only-begotten Son, our Lord;
he was conceived by the Holy Spirit,
born of the virgin Mary;
suffered under Pontius Pilate,
was crucified, dead, and buried;
he descended into hell.
On the third day he arose from the dead;
he ascended into heaven,
and sits at the right hand of God the
Father almighty;
from there he will come to judge the
living and the dead.
I believe in the Holy Spirit;
I believe a holy catholic Christian
church,
the communion of saints;
the forgiveness of sins;
the resurrection of the body;
and the life everlasting. Amen.

**တၢ်ထုကဖၣ်သကွံာ်ကညး
Prayer of Intercession**

**တၢ်ထၢဖျိာ်
Collection**

*** ထီၣ်သးဝံာ်: စံးထီၣ်ပတြၢၤ ၁၁၆
* Singing: Psalm 116**

- 1. I love the LORD; his faithfulness I praise.
He heard my cries, for he is always near me;
in tender mercy he bent down to hear me.
I call on him in worship all my days.

- 7. What shall I render to my Saviour now
for all the riches of his consolation?
I will lift up the cup of his salvation
and call upon his name with thankful vow.

- 8. In all his people's presence I will pay
my vows to him, the Lord so good and gracious.
To God the death of all his saints is precious;
in times of grief he is their help and stay.

- 9. I am, O LORD, your servant, bound yet free,
your humble slave, whose shackles you have broken.
I'll offer you my sacrifice as token
of thankfulness, and praise you constantly.

10. Before God's people, O Jerusalem,
right in your midst, within his habitation,
I shall fulfil my vows with jubilation.
Shout hallelujah! Zion, praise his name!

* တၢ်ဆိၣ်ဂ့ၤပျၢ်
* **God's Blessing**

မံၤယွၤဆိၣ်ဂ့ၤန့ၤဒီးကွၢ်က့ၤန့ၤတက့ၢ်.
မံၤယွၤဒုးကပီၤန့ၤလၢအမၢ်,ဒီးဒုးဘၣ်န့ၤလၢအဘျူးအဖျိၣ်တက့ၢ်.
မံၤယွၤဟံၣ်ထီၣ်အမၢ်လၢန့ၤလိၤ,ဒီးဟ့ၣ်လီၤန့ၤလၢတၢ်ဃုတၢ်ဖိးတက့ၢ်.
(၄ မိၤရှ့ ၆:၂၄-၂၆)
The LORD bless you and keep you;
the LORD make his face to shine upon you and be gracious to you;
the LORD lift up his countenance upon you and give you peace.
(Numbers 6:24-26)

* ထီၤသးဝံၣ်: အၤမ့ၣ်
* **Singing: Three-fold Amen**

အၤမ့ၣ်, အၤမ့ၣ်, အၤမ့ၣ်. Amen, amen, amen.

* ဆၢထီၣ်.
* **Please stand.**