

चार आत्मिक नियम बारे सुन्नु भएको छ कि ?

Have you heard of the Four Spiritual Laws?

Just as there are physical laws which govern the physical universe, so are there spiritual laws which govern your relationship with God..

सारा जगत प्राकृतिक नियमभित्र रहे जस्तै तपाईं र परमेश्वरको सम्बन्ध पनि आत्मिक नियम भित्र रहेको हुन्छ ।

God **LOVES** you and offers a wonderful **PLAN** for your life.



परमेश्वरले तपाईंलाई प्रेम गर्नुहुन्छ, यसैले उहाँसँग तपाईंको जीवनको निमित्त उदेकको सुन्दर योजना छ ।

GOD'S LOVE

“God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life” (John 3:16 NIV).

GOD'S PLAN

[Christ speaking] “Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.” (John 17:3).

Why is it that we are not experiencing the abundant life?

Because...

Man is **SINFUL** and **SEPARATED** from God. Thus, he cannot know and experience God's love and plan for his life.



मानिस पापी छ, यसैले उ परमेश्वरदेखि अलग भएको छ । पापैको कारण उसले परमेश्वरको प्रेम र योजना चाल पाउन सक्तैन ।

MAN IS SINFUL

“All have sinned and fall short of the glory of God” (Romans 3:23).

Man was created to have fellowship with God; but, because of his stubborn self-will, he chose to go his own independent way, and fellowship with God was broken. This self-will, characterized by an attitude of active rebellion or passive indifference, is an evidence of what the Bible calls sin.

मानिस पापी छ

“सबैले पाप गरेका छन्, र परमेश्वरको महिमारहित हुन गएका छन् ।” रोमी 3:23

मानिस परमेश्वरसँग रहन भनी सिर्जिएको हो, तर मानिसले आफै एकोहोरो इच्छामा मनपरि गरिहँडयो । परमेश्वरको होइन, तर आफै स्वार्थपूर्ण गर्ने बाटो चुन्यो । यसैले उ परमेश्वरको संगतिदेखि अलग हुनुपर्यो । आफै स्वार्थ र अहंपनाले नै मानिसलाई साँचो परमेश्वरप्रति विद्रोही र लापरवाही बनाउँछ । यसैलाई बाइबलले पाप भन्दछ ।

MAN IS SEPARATED FROM GOD

"The wages of sin is death" [spiritual separation from God] (Romans 6:23).

This diagram illustrates that God is holy and man is sinful. A great gulf separates the two. The arrows illustrate that man is continually trying to reach God and the abundant life through his own efforts, such as a good life, philosophy, or religion - but he inevitably fails.

The third point explains the only way to bridge this gulf...



Jesus Christ is God's ONLY provision for man's sin. Through Him you can know and experience God's love for your life.

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तर कसरी पाउने यसको हल हामीलाई तेस्रो नियमले दिँदछ।

मानिसको पाप छुटकारा येशु ख्रीष्टमा मात्र छ। त्यस बाहेक परमेश्वरले अरु कुनै उपाय दिनुभएको छैन। उहाँमा भएर मात्र परमेश्वरको प्रेम र योजना तपाईं थाहा गर्न सक्नुहुन्छ।

HE DIED IN OUR PLACE

"God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

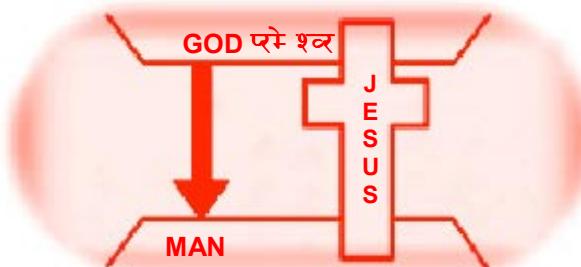
HE ROSE FROM THE DEAD AND IS ALIVE TODAY

"Christ died for our sins...He was buried...He was raised on the third day, according to the Scriptures...He appeared to Peter, then to the twelve. After that He appeared to more than five hundred...." (1 Corinthians 15:3-6).

HE IS THE ONLY WAY TO GOD

"Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father, but through Me'" (John 14:6).

This diagram illustrates that God has bridged the gulf which separates us from Him by sending His Son, Jesus Christ, to die on the cross in our place to pay the penalty for our sins.



It is not enough just to know these three laws. The next fact is the most important...

मानिस परमेश्वरदेखि अलग भएको छ

"पापको ज्याला मृत्यु हो।" (मृत्यु भनेको परमेश्वरदेखि अलग हुनु हो) रोमी 6:23

परमेश्वर पवित्र हुनुहुन्छ अनि मानिस पापी छ। दुवैलाई पापको गहिरो खाडलले अलग गराएको छ। आफै बल, दर्शन, असल जीवन र नीतिले परमेश्वरसम्म पुग्ने प्रशस्तको जीवन पाउने प्रयास मानिसले गरिरहेको छ, तर अभ पनि पाउन सकेको छैन।

तर कसरी पाउने यसको हल हामीलाई तेस्रो नियमले दिँदछ।

येशु ख्रीष्ट पुनरुत्थान हुनुभयो

"धर्मशास्त्र अनसार ख्रीष्ट हाम्रो पापको निमित मर्नुभयो, गाडिनुभयो औँ धर्मशास्त्र अनुसार तेस्रो दिनमा उहाँ पुनरुत्थान हुनुभयो औ केफासकहाँ, अनि बाहेजनाकहाँ देखा पर्नुभयो, त्यसपछि उहाँ एकैपल्ट पाँच सयभन्दा बढता मानिसकहाँ देखा पर्नुभयो।" १ कोरिन्थी १५:३-६

येशु ख्रीष्ट मात्र एउटा बाटो

येशुले तिनलाई भन्नुभयो - "बाटो र सत्य र जीवन मै हूँ, म बाहेक अरु कोहीद्वारा पिताकहाँ जान सक्नैन।" यूहन्ना १४:६

परमेश्वर र हाम्रो बीच भएको पापको ठूलो खाडलले हामीलाई परमेश्वरबाट अलग गरेको थियो, तर अब उहाँले येशु ख्रीष्टलाई पठाउनु भएर त्यस खाडलमाथि येशु साँधु थाप्नुभएको छ। कारण येशु ख्रीष्ट हामी पापीहरुको साटो कूसमा मर्नुभयो।

यी तीन नियम जानेर मात्र पुगेन.....

*We must individually **RECEIVE** Jesus Christ as Saviour and Lord; then we can know and experience God's love and plan for our lives.*

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हामी प्रत्येकले येशू खीष्टलाई आफ्नो व्यक्तिगत मुक्तिदाता र प्रभु भनी ग्रहण गर्नुपर्छ । त्यसपछि मात्र हामी हाम्रो जीवनको निम्नि परमेश्वरको प्रेम र योजना थाहा पाउँछौं ।

WE MUST RECEIVE CHRIST

“As many as received Him, to them He gave the right to become children of God, even to those who believe in His name” (John 1:12)

WE RECEIVE CHRIST THROUGH FAITH

“By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast” (Ephesians 2:8,9).

WE RECEIVE CHRIST BY PERSONAL INVITATION

[Christ speaking] “Behold, I stand at the door and knock; if any one hears My voice and opens the door, I will come in to him” (Revelation 3:20).

Receiving Christ involves turning to God from self (repentance) and trusting Christ to come into our lives to forgive our sins and to make us what He wants us to be. Just to agree intellectually that Jesus Christ is the Son of God and that He died on the cross for our sins is not enough. Nor is it enough to have an emotional experience. We receive Jesus Christ by faith, as an act of the will.

These two circles represent two kinds of lives:
SELF-DIRECTED LIFE

- म Self is on the throne
- † Christ is outside the life
- Interests are directed by self, often resulting in discord and frustration



CHRIST-DIRECTED LIFE

- † Christ is in the life and on the throne
- म Self is yielding to Christ
- Interests are directed by Christ, resulting in harmony with God's plan.



Which circle best describes your life?

Which circle would you like to have represent your life?

The following explains how you can receive Christ:

हामीले येशू खीष्टलाई व्यक्तिगत रूपमा ग्रहण गर्नु आवश्यक छ

“जतिले उहाँलाई ग्रहण गरे, उहाँले तिनीहरुलाई परमेश्वरको सन्तान हुने हक दिनुभयो ।” यूहन्ना १:१२

विश्वासद्वारा हामी येशू खीष्टलाई ग्रहण गर्छौं

“तिमीहरुले विश्वासद्वारा अनुग्रहबाट उद्धार पाएका छौं र यो त तिमीहरु आफैबाट होइन, यो परमेश्वरको वरदान हो । कामबाट होइन, नवता कसैले घमण्ड गर्नेछ ।” एफिसी २:८,९

सबैले येशू खीष्टलाई व्यक्तिगत रूपमा ग्रहण गर्नुपर्छ

येशू खीष्ट भन्नुहन्छ - “हेर म ढोकामा उभिएर घच्चच्याउँछु, कसैले मेरो सोर सुनेर ढोका खोलिदियो भने, म त्यसकहाँ भित्र आउनेछु ।” प्रकाश ३:२०

खीष्ट येशुलाई आफ्नो व्यक्तिगत प्रभु र मुक्तिदाता भनी ग्रहण गर्दा येशूले गर्नु भएको दालीहरुलाई ज्ञान र भावनाले स्वीकार गरेर मात्र पुर्वैन । येशूलाई ग्रहण गर्नु भनेको आफूलाई पापी मानिलिएर ‘म’ भन्ने अहंपनादेखि परमेश्वरतिर एकदमै फर्कनु हो । येशू खीष्ट व्यक्तिगत जीवनमा प्रवेश गर्नुहन्छ, सबै पाप र अदर्म क्षमा गर्नुहन्छ अनि हामीलाई उहाँको योजना अनुसार बनाउनु हुन्छ भनी विश्वास गर्नु हो ।

यहाँ दिइएको दुईवटा चित्रले दुई थरीको जीवनको प्रतिनिधित्व गर्दछ

आफ्नै अधीनको जीवन

- म-आफै, आफैले राज गरेको जीवन
- †-खीष्ट, खीष्टले राज गरेको जीवन
- आफ्नो अधीनमा सिजिएको अनियोजित इच्छा र अभिलाषाहरु

खीष्टको अधीनको जीवन

- †-खीष्ट, खीष्टले राज गरेको जीवन
- म-आफू, खीष्टमा समर्पित
- खीष्टको अधीनमा सुनियोजित इच्छा र अभिलाषाहरु

तपाईंको अहिलेको जीवन कुन चित्रसँग मेल खान्छ ?
तपाईंको जीवन कुन चित्रसँग मिलेको तपाईं चाहनुहुन्छ ?

येशू खीष्टलाई कसरी ग्रहण गर्ने यहाँ बताइएको छ

YOU CAN RECEIVE CHRIST RIGHT NOW BY FAITH THROUGH PRAYER

(*Prayer is talking to God*)

God knows your heart and is not so concerned with your words as He is with the attitude of your heart. The following is a suggested prayer:

“Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Saviour and Lord. Thank You for forgiving my sins and giving me eternal life. Take control of the throne of my life. Make me the kind of person You want me to be.”

Does this prayer express the desire of your heart?

If it does, I invite you to pray this prayer right now, and Christ will come into your life, as He promised.

HOW TO KNOW THAT CHRIST IS IN YOUR LIFE

Did you receive Christ into your life? According to His promise in Revelation 3:20, where is Christ right now in relation to you? Christ said that He would come into your life. Would He mislead you?

On what authority do you know that God has answered your prayer? (The trustworthiness of God Himself and His Word.)

THE BIBLE PROMISES ETERNAL LIFE

“The witness is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have life. These things I have written to you who believe in the name of the Son of God, in order that you may know that you have eternal life” (1 John 5:11-13).

Thank God often that Christ is in your life and that He will never leave you (Hebrews 13:5). You can know on the basis of His promise that Christ lives in you and that you have eternal life from the very moment you invite Him in. He will not deceive you.

An important reminder..

विश्वाससाथ प्रार्थना गरेर तपाईंले अहिलेनै येशू खीष्टलाई ग्रहण गर्नु सक्नु हुन्छ ।

(प्रार्थना भनेको परमेश्वरसँग वात गर्नु हो ।)

परमेश्वरले तपाईंको हृदयको विचार जान्नुहुन्छ । उहाँले व्यक्तिगत बोलीमा होइन, तर हृदयको अवस्थामा रुची राख्नुहुन्छ । तपाईंले विश्वाससाथ यसरी प्रार्थना गर्नुभए पनि हुन्छ :

“प्रभू येशू, मलाई तपाईंको खाँचो छ । म मेरो जीवनको ढोका खोल्दछु अनि तपाईंलाई मेरो प्रभु र मुक्तिदाता भनी ग्रहण गर्दछु । मेरो पाप क्षमा गर्नुभएको लागि धन्यवाद ! अब मेरो जीवनलाई तपाईंले नै अधीन गर्नुहोस् र मलाई तपाईंले चाहे जस्तै तपाईंकै मनपर्दो बनाउनुहोस् । आमेन ।”

के तपाईं पनि यसरी प्रार्थना गरेर खीष्ट येशूलाई ग्रहण गर्न चाहनु हुन्छ ?

चाहनु हुन्छ भने यो प्रार्थना दोहोच्याउनु होस् । खीष्ट येशू आफ्नो प्रतिज्ञा अनुसार तपाईंको जीवनमा आउनुहुन्छ ।

तपाईंको जीवनमा येशू खीष्ट हुनुहुन्छ भनी कसरी थाहा गर्ने ?

तपाईंले आफ्नो जीवनको ढोका खोलेर येशू खीष्टलाई ग्रहण गर्नु भयो त ? प्रकाश ३:२० - को प्रतिज्ञा अनुसार येशू खीष्ट अहिले तपाईंको जीवनमा कहाँ हुनुहुन्छ ? येशूले भन्नुभएको छ - “म तिमी जीवनमा आउँछु ।” यसरी प्रतिज्ञा गरेर उहाँले हामीलाई धोका दिनुहुन्छ त ? तब कसरी भन्न सक्नुहुन्छ, परमेश्वरले तपाईंको प्रार्थना सुन्नुभयो भनेर ? (परमेश्वर र उहाँका वचनमा विश्वास भएकोले)

येशू खीष्ट हूनेसँग अनन्त जीवन छ

“परमेश्वरले हामीलाई अनन्त जीवन दिनुभयो, औ यो जीवन उहाँको पुत्रमा छ, जससँग पुत्र हुनुहुन्छ त्यससँग जीवन छ, जससँग पुत्र हुनुहुन्छ त्यससँग जीवन हुँदैन । यी कुरा मैले तिमीहरुलाई अर्थात परमेश्वरको पुत्रमा विश्वास गर्नेहरुलाई लेखेको छु, कि तिमीहरुलाई अनन्त जीवन छ भन्ने तिमीहरुले जान ।” १ यूहन्ना ५:११-१३

परमेश्वरलाई धन्यवाद छ ! खीष्ट येशू तपाईंको जीवनमा हुनुहुन्छ, अनि उहाँले तपाईंलाई कहिल्यै छोड्नु हन्न (हिन्दू १३:५) । उहाँ आफ्नो प्रतिज्ञा अनुसार तपाईंको जीवनमा हुनुहुन्छ, अनि तपाईंसँग अनन्त जीवन छ ।

भावना चाहिँ.....

DO NOT DEPEND ON FEELINGS

The promise of God's Word, the Bible - not our feelings - is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. This train diagram illustrates the relationship among fact (God and His Word), faith (our trust in God and His Word), and feeling (the result of our faith and obedience).



The train will run with or without the passenger car. However, it would be useless to attempt to pull the train by the passenger car. In the same way, as Christians we do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.

NOW THAT YOU HAVE RECEIVED CHRIST

The moment that you received Christ by faith, as an act of the will, many things happened, including the following:

1. Christ came into your life through the Holy Spirit into your heart (Revelation 3:20; Colossians 1:27).
2. Your sins were forgiven (Colossians 1:14).
3. You became a child of God (John 1:12).
4. You received eternal life (John 5:24)
5. You began the great adventure for which God created you (John 10:10, 2 Corinthians 5:17)

भावना र अनुभवमा भर नपर्नुहोस्

हाम्रो अधिकार त परमेश्वरको प्रतिज्ञाको वचन हो, भावना र अनुभव होइन । येशू ख्रीष्टका विश्वासीहरु परमेश्वर र उहाँको वचनमा भरोसा राख्दछन् । यो रेलको चित्रमा सत्य (परमेश्वर र उहाँको वचन), विश्वास (हाम्रो परमेश्वर र उहाँको वचनमा भरोसा) र भावना (हाम्रो अनुभव र प्रतिक्रिया)-को सम्बन्ध देखाइएको छ ।

रेलको इञ्जिन यात्रीको डिब्बा लिएर अथवा नलिएर पनि हिँड्न सक्छ । इञ्जिनले डिब्बातान्ध, डिब्बाले इञ्जिन तान्दैन । हामीले पनि भावना र अनुभवमा होइन, तर परमेश्वरको सत्यतामा विश्वास राख्नुपर्छ । भावना र अनुभव त विश्वासपछि आउने कुराहरु हुन् ।

तपाईं येशू ख्रीष्टलाई ग्रहण गर्दा के के भयो ?

धैरै कुरा भएका छन्, ती मध्ये मुख्य चार कुरामा हामी विचार गराई ।

(क) येशू ख्रीष्ट तपाईंको जीवनमा आउनुभयो (प्रकाश ३:२०, कलस्सी १:२७)

(ख) तपाईंको पाप क्षमा भयो (कलस्सी १:१४, २:१३)

(ग) तपाईं परमेश्वरको सन्तान हुनुभयो (यूहन्ना १:१२, गलाती ३:२६)

(घ) जुन ठूलो योजना र इच्छा राखेर परमेश्वरले तपाईंलाई सिर्जनुभयो, तपाईं त्यस योजना अनुसार बढ्न लाग्नुभयो (यूहन्ना १०:१०, २ कोरिन्थी ५:१७ र १ थिस्सलोनिकी ५:१८)

परमेश्वरलाई ग्रहण गर्नु जस्ता ठूलो र उदेकको अरु कुरा हुनसक्छ र ? तपाईंको निम्नि परमेश्वरले यस ठूलो कुरा गर्नुभएको लागि धन्यवाद दिन चाहनुहुन्छ, त ? परमेश्वरलाई धन्यवाद दिने काम नै हाम्रो उहाँप्रतिको विश्वासको चिन्ह हो ।

SUGGESTIONS FOR CHRISTIAN GROWTH

Spiritual growth results from trusting Jesus Christ. “The righteous man shall live by faith” (Galatians 3:11). A life of faith will enable you to trust God increasingly with every detail of your life, and to practice the following:

G Go to God in prayer daily (John 15:7).

R Read God’s Word daily (Acts 17:11); begin with the Gospel of John.

O Obey God moment by moment (John 14:21).

W Witness for Christ by your life and words (Matthew 4:19; John 15:8).

T Trust God for every detail of your life (1 Peter 5:7).

H Holy Spirit - allow Him to control and empower your daily life and witness (Galatians 5:16,17; Acts 1:8).

FELLOWSHIP IN A GOOD CHURCH

God’s Word instructs us “not to forsake the assembling of ourselves together” (Hebrews 10:25). Several logs burn brightly together; but put one aside on the cold hearth and the fire goes out. So it is with your relationship with other Christians. If you do not belong to a church, do not wait to be invited. Take the initiative; call or visit a nearby church where Christ is honored and His Word is preached. Start this week, and make plans to attend regularly.

SPECIAL MATERIALS ARE AVAILABLE FOR CHRISTIAN GROWTH

If you have come to Christ personally through this presentation of the gospel, helpful materials for Christian growth are available to you. For more information write Campus Crusade for Christ Australia, PO Box 40, Sydney Markets, NSW 2129

Telephone (02) 9746 1099 Fax: (02) 9746 1395

Email: <materials@hereslife.com>

Web page: <<http://www.hereslife.com>>

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A.C.N. 002 310 796

येशू खीष्टको विश्वासमा कसरी अधि बढने

खीष्ट येशूमा विश्वास गरेर नै आत्मक जीवनमा बढ्दै जान सकिन्छ। “धर्मात्मा ता विश्वासबाटै जिउनेछ” -गलाती ३:११। विश्वास गरिएको जीवनले नै दिन-प्रतिदिन परमेश्वरमा भरोसा र आस्था राख्न सिकाउँदछ। यसैले यी तलका कुराहरु अभ्यास गर्नुहोस् -

(क) सधैं परमेश्वरसँग प्रार्थना गर्नुहोस्। (यूहन्ना १५:७)

(ख) सधैं परमेश्वरको वचन पढ्नुहोस्। (प्रेरित १७:११)

(ग) सधैं परमेश्वरको आज्ञा पालन गर्नुहोस्। (यूहन्ना १४:२१)

(घ) खीष्टको बारेमा आफ्नो जीवन र वचनले गवाही दिनुहोस्। (यूहन्ना १५:८)

(ङ) जीवनको हरेक अवस्थामा परमेश्वरमानै भरोसा राख्नुहोस्। (१ पत्रुस ५:७)

(च) पवित्र आत्माको नियन्त्रणमा आफैलाई छाड्नुहोस्। (गलाती ५:१६-१७, प्रेरित १:८)

विश्वासीहरुसितको संगतिको महत्त्व

हिब्रू १०:२५-मा हामीलाई परमेश्वरको वचनले यसरी भन्छ - “.....हामी एक ठाउँमा भेला हुनलाई नछाडौं।” धेरै दाउराले आगो दन्केर बल्छ, तर बल्दै गरेको एउटा दाउरालाई थुतेर अलग राख्ने त्यो निभ्छ। खीष्ट येशूका अरु विश्वासीहरुसितको तपाईंको सम्बन्ध पनि यस्तै हुन्छ। तपाईं विश्वासीहरुको संगतिमा हुनुहुन्न भने, संगति अथवा मण्डलीमा सम्भागी हुनलाई नदिलाउनुहोस्। येशू खीष्टको ठीक सम्मान हुने र परमेश्वरको वचन प्रचार गर्ने नजीकैको विश्वासीहरुको संगतिमा आजदेखि जानुहोस्। त्यसै संगतिको अगुवासित सम्पर्क राखेर संगतिमा सधैं गइरहने चाँजो मिलाउनुहोस्।

के यो उदेकको सत्य अरुलाई पनि बाँड्न चाहनुहुन्छ ?

झण्डया क्याम्पस कूसेड फर काइष्ट, पोष्ट बक्स नं. ५९, सिलगढी - ७३४४०९, भारत

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INVOLVEMENT

Everyone can be involved in helping to reach multi-cultural communities with the Gospel.

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