

# सुसमाचार

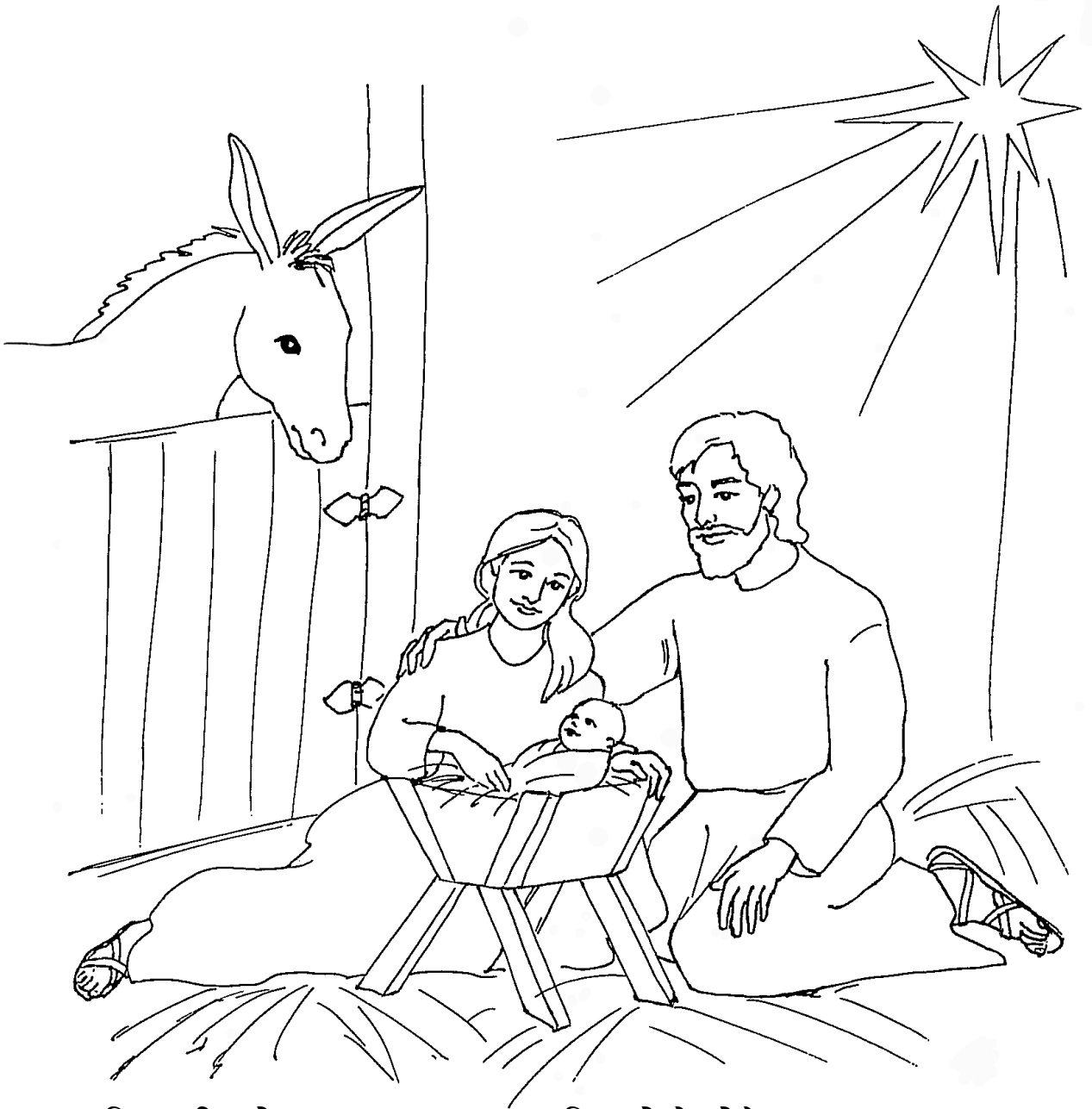


*The Good News*



इलीशिबाको छैटौं महीनामा, गालीलको एउटा शहर नासरतमा बस्ने एउटी कन्याकहाँ परमेश्वरले एउटा गाब्रिएल नाउँ गरेको दूतलाई पठाउनु भयो। तिनी दाऊदको परिवारको यूसुफ नाउँ गरेको एक मानिससँग मगनी भएकी थिइन्। ती कन्याको नाउँ मरियम थियो। ती स्वर्गदूत मरियमकहाँ गए अनि भने, “शुभकामना छ! परमप्रभु तिमीसितै हुनुहुन्छ। तिमी उहाँको खुबै प्रिय छौ।” तर त्यो स्वर्गदूतले भनेका यी कुराहरूमा मरियम खुबै बिचलित भइन्। मरियम छक्क परिन् र भनिन् “यो अभिवादन को अर्थ के हो?” ती दूतले उनलाई भने, “डराउनु पर्दैन मरियम, किनभने परमेश्वर तिमीसित अत्यन्त खुशी हुनुहुन्छ। सुन! तिमी गर्भवती हुनेछौ अनि तिमीले एउटा छोरो जन्माउनेछौ। अनि उहाँको नाउँ तिमीले येशू राख्नु। उहाँ महान् हुनुहुनेछ र सर्वोच्च परमेश्वरका पुत्र कहलाईनु हुनेछ। परमप्रभु परमेश्वरले उहाँलाई उहाँको पुर्खा दाऊदको सिंहासन दिनुहुनेछ। उहाँले याकूबका घरानामाथि सँधैंका लागि शासन गर्नुहुनेछ। येशूको राज्यको अन्त्य कहिल्यै हुनेछैन।” मरियमले भनिन् “म परमप्रभुकी दासी हँ। तपाईंले भने जस्तो ममाथि हुनदिनुहोस्।” त्यसपछि दूत उनीबाट विदा भए। लूका 1:26-33 & 38

During Elizabeth's sixth month of pregnancy, God sent the angel Gabriel to a virgin girl who lived in Nazareth, a town in Galilee. She was engaged to marry a man named Joseph from the family of David. Her name was Mary. The angel came to her and said, "Greetings! The Lord is with you; you are very special to him." But Mary was very confused about what the angel said. She wondered, "What does this mean?" The angel said to her, "Don't be afraid, Mary, because God is very pleased with you. Listen! You will become pregnant and have a baby boy. You will name him Jesus. He will be great. People will call him the Son of the Most High God, and the Lord God will make him king like his ancestor David. He will rule over the people of Jacob forever; his kingdom will never end." Mary said, "I am the servant of the Lord God. Let this thing you have said happen to me!" Then the angel went away. Luke 1:26-33 & 38



यूसुफ पनि गालीलको नासरत शहरबाट यहूदियाको बेतलेहेम नामक शहरमा गए। बेतलेहेम शहरलाई दाऊदको शहर भनिन्थ्यो। यूसुफ त्यहाँ गए कारण तिनी दाऊदका सन्तानका थिए। यूसुफ पंञ्जिकरणको लागि मरियमसंगै गए किनभने मरियमसंग उसको विवाह निश्चित भइसकेको थियो। मरियम त्यसबेला गर्भवती थिईन्। यूसुफ र मरियम बेतलेहेममा हुँदा नै बालक जन्मने समय भएको थियो। अनि तिनले जेठो पुत्र जन्माइन्। त्यसबेला धर्मशालाभित्र ठाउँ थिएन। त्यसैले तिनले आफ्नो बालकलाई लुगाहरूले बेरिन् अनि एउटा ढुङमा सुताइन्।

लूका 2:4-7

So Joseph left Nazareth, a town in Galilee, and went to the town of Bethlehem in Judea. It was known as the town of David. Joseph went there because he was from the family of David. Joseph registered with Mary because she was engaged to marry him. (She was now pregnant.) While Joseph and Mary were in Bethlehem, the time came for her to have the baby. She gave birth to her first son. She wrapped him up well and laid him in a box where cattle are fed. She put him there because the guest room was full.

Luke 2:4-7



त्यो राती त्यस क्षेत्रमा बाहिर खेतमा केही गोठालाहरू आफ्नो भेडाहरू हेरचाह गरिरहेका थिए। परमप्रभुको एउटा दूत यसैबेला तिनीहरूको अघि उभिए। परमप्रभुको महिमा तिनीहरूको चारैतिर चम्किरहेको थियो। ती गोठालाहरू खुबै डराए। तर त्यो स्वर्गदूतले तिनीहरूलाई भने, “डराउनु पर्दैन, किनभने म तिमीहरूलाई शुभ-समाचार भन्न लागेकोछु। यसले सबै मानिसहरूलाई अत्यन्त हर्षित तुल्याउनेछ। किनभने आज नै दाऊदको शहरमा तिमीहरूको निम्ति एउटा मुक्तिदाताको जन्म भएको छ। उहाँ खीष्ट, प्रभु हुनुन्छ। उहाँलाई तिमीहरूले यसरी चिन्नेछौ: तिमीहरूले एउटा बालकलाई लुगाले बेहेको र ढुङ्गमा सुतिरहेको भेट्टाउनेछौ।” त्यसपछि अचानक अनगन्ति स्वर्गिय दूतहरू पहिलो दूतसँग भेला भए। सबै दूतहरूले यसो भन्दै परमेश्वरको प्रशंसा गरिरहेका थिए, “स्वर्गमा परमेश्वरलाई महिमा, अनि जति मानिसहरूसँग परमेश्वर खुशी हुनुहुन्छ तिनीहरूमा शान्ति रहोस्।”

लूका २:८-१४

That night, some shepherds were out in the fields near Bethlehem watching their sheep. An angel of the Lord appeared to them, and the glory of the Lord was shining around them. The shepherds were very afraid. The angel said to them, “Don’t be afraid. I have some very good news for you—news that will make everyone happy. Today your Savior was born in David’s town. He is Christ, the Lord. This is how you will know him: You will find a baby wrapped in pieces of cloth and lying in a feeding box.” Then a huge army of angels from heaven joined the first angel, and they were all praising God, saying, “Praise God in heaven, and on earth let there be peace to the people who please him.”

Luke 2:8-14



सानो बालक दिन-प्रतिदिन बढ्दै गए। उनी बलियो हुँदै गए अनि ज्ञानले भरिए। परमेश्वरको अनुग्रह तिनको साथ थियो। लूका 2:40

The little boy Jesus was developing into a mature young man, full of wisdom. God was blessing him. Luke 2:40



बप्तिस्मा दिने यूहन्ना आए अनि उजाड-स्थानमा मानिसहरूको बप्तिस्मा गर्ने काम गरे। तिनले मानिसहरूलाई भने आफ्नो जीवन परिवर्तन गर्न चाहेको देखाउनलाई बप्तिस्मा दिनु पर्छ। यसरी तिनीहरूको पापहरू क्षमा हुनेछन्। यहूदिया र यरूशलेमका सम्पूर्ण मानिसहरू यूहन्ना कहाँ गए। तिनीहरूले आफूले गरेका पापहरूको पश्चाताप गरे, अनि तिनीहरूलाई यर्दन नदीमा यूहन्नाले बप्तिस्मा दिए। यूहन्नाले ऊँटको रौंबाट तयार गरिएका लुगाफाटा पहिरिएका थिए र उनको कम्मरमा छालाको पेटी थियो। तिनले सलह र वन-मह खान्थे। त्यसपछि यूहन्नाले मानिसहरूमा प्रचार शुरू गरे: “मभन्दा पछि एक मानिस आउनु हुनेछ, उहाँ मभन्दा महान हुनुहुन्छ। म निहुरेर उहाँको जुत्ताको फित्ता खोलिदिने योग्यको छैन। म पानीद्वारा तिमीहरूलाई बप्तिस्मा दिन्छु तर उहाँले त तिमीहरूलाई पवित्र आत्माले बप्तिस्मा दिनुहुनेछ।” त्यसै बेला यूहन्ना भएको स्थानमा गालीलको नासरत भन्ने शहरबाट येशू आउनु भयो। यर्दन नदीमा यूहन्नाले येशूलाई बप्तिस्मा दिए। जब येशू पानीदेखि बाहिर निस्कनु हुँदै थियो, उहाँले आकाश खुल्ला देख्नुभयो। पवित्र आत्मा हुकुरको रूप लिएर येशूकहाँ ओर्लिनु भयो। स्वर्गबाट एउटा आवाज आयो अनि भन्यो: “तिमी मेरा पुत्र हौ, अनि म तिमीलाई प्रेम गर्दछु। म तिमीसंग धेरै प्रसन्न छु।”

So John the Baptizer came and was baptizing people in the desert area. He told them to be baptized to show that they wanted to change their lives, and then their sins would be forgiven. All the people from Judea, including everyone from Jerusalem, came out to John. They confessed the bad things they had done, and he baptized them in the Jordan River. John wore clothes made from camel's hair and a leather belt around his waist. He ate locusts and wild honey. This is what John told the people: “There is someone coming later who is able to do more than I can. I am not good enough to be the slave who stoops down to untie his sandals. I baptize you with water, but the one who is coming will baptize you with the Holy Spirit.” About that time Jesus came from the town of Nazareth in Galilee to the place where John was. John baptized Jesus in the Jordan River. As Jesus was coming up out of the water, he saw the sky torn open. The Spirit came down on him like a dove. A voice came from heaven and said, “You are my Son, the one I love. I am very pleased with you.”

Mark 1:4-11





त्यसपछि येशू पहाडमाथि लाग्नुभयो । येशूले केही मानिसहरूलाई आफू कहाँ बोलाउनु भयो । ती मानिसहरूलाई येशूले नै छान्नु भएको थियो । ती मानिसहरू येशू भएकहाँ पुगे । येशूले बाह्रजनालाई चुन्नुभयो अनि तिनीहरूलाई “प्रेरित” भनेर भन्नुभयो । येशूले ती बाह्रजना मानिसहरूलाई उहाँसित बस्नु, अनि प्रचारका निम्ति, अरू स्थानमा पठाउन चाहनुहुन्थ्यो । अनि येशूले ती मानिसहरूलाई अरू मानिसहरूमा लागेको दुष्ट-आत्मा हटाउने शक्ति प्राप्त होस् भन्ने चाहनुहुन्थ्यो । मर्कस 3:13-15

Then Jesus went up on a hill and invited those he wanted to go with him. So they joined him there. And he chose twelve men and called them apostles. He wanted these twelve men to be with him, and he wanted to send them to other places to tell people God’s message. He also wanted them to have the power to force demons out of people.

Mark 3:13-15

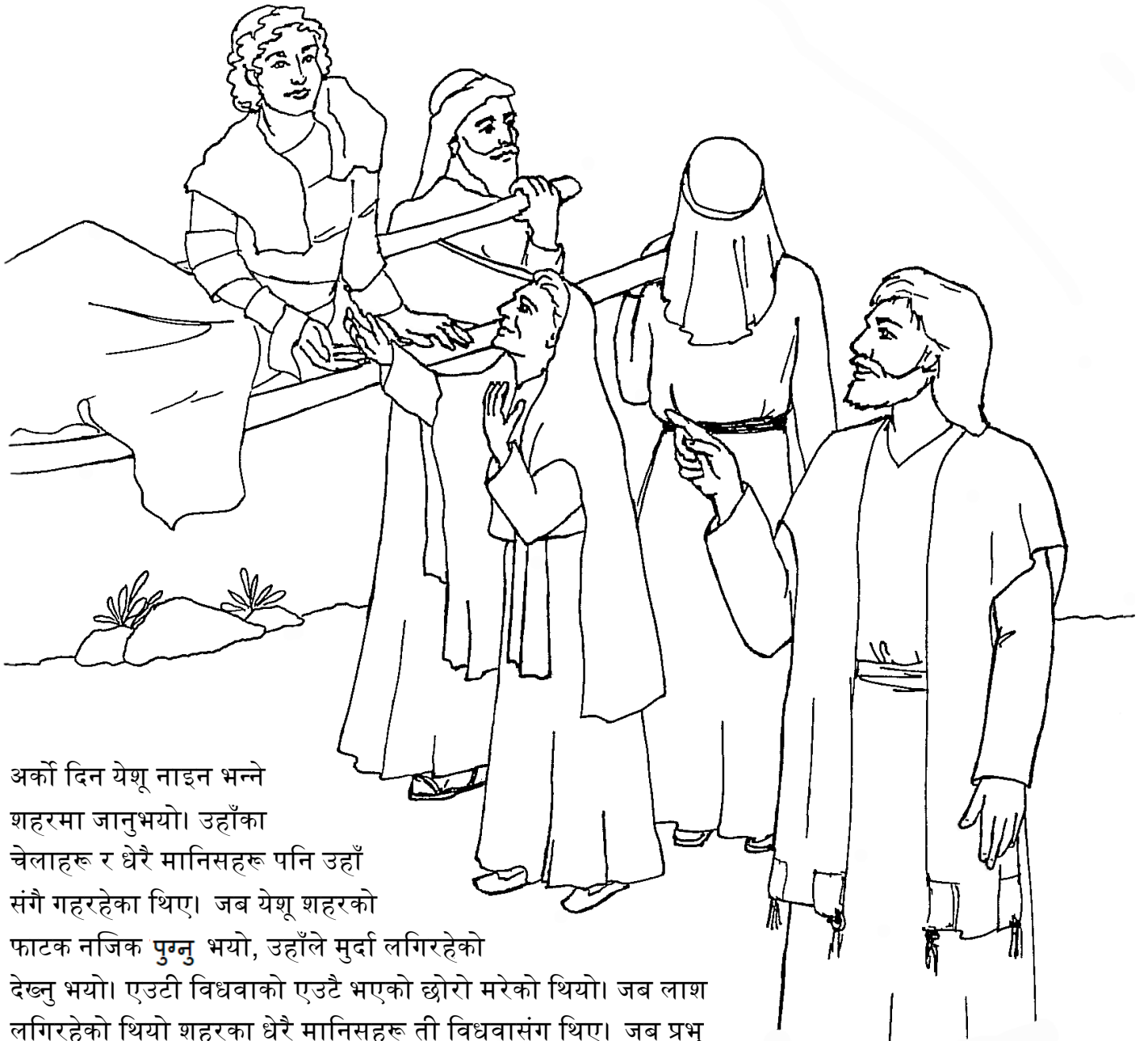


त्यहाँ निकोदेमस नाउँ भएको एकजना मानिस थिए। तिनी फरिसीहरू मध्ये एक अनि यहूदीहरूका अगुवाहरू मध्ये एकजना थिए। एक-रात निकोदेमस येशूकहाँ आए। उनले भने, “रब्बी, हामी जान्दछौं तपाईं परमेश्वरद्वारा पठाएको एकजना शिक्षक हुनुहुन्छ। किनभने परमेश्वरको सहयोग बिना तपाईंले जुन चमत्कारहरू गर्नु हुँदैछ कुनै मानिसले गर्नु सक्तैन।” येशूले उत्तर दिनु भयो, “म तिमीलाई सत्य कुरा भन्छु। मानिस फेरि एकपल्ट जन्मनु पर्छ। यदि मानिस फेरि जन्मेन भने, त्यसले परमेश्वरको राज्यमा प्रवेश पाउने छैन।” निकोदेमसले भने, “एक मानिस जो बूढो छ, ऊ फेरि कसरी जन्मन सक्छ? के ऊ पुनः आमाको गर्भभित्र दोस्रो पल्ट पस्न सक्छ अनि फेरि जन्मछ?” तर येशूले भन्नुभयो, “म तिमीलाई सत्य कुरा भन्छु। मान्छे पानि र आत्माबाट जन्मनु नै पर्छ। यदि ऊ त्यसरी जन्मेन भने, परमेश्वरको राज्यमा प्रवेश गर्न सक्तैन। मान्छेको शरीर आमा-बाबुबाट जन्मिन्छ। तर मान्छेको आत्मिक जीवन आत्माबाट जन्मिन्छ।

यूहन्ना 3:1-6

There was a man named Nicodemus, one of the Pharisees. He was an important Jewish leader. One night he came to Jesus and said, “Teacher, we know that you are a teacher sent from God. No one can do these miraculous signs that you do unless they have God’s help.” Jesus answered, “I assure you, everyone must be born again. Anyone who is not born again cannot be in God’s kingdom.” Nicodemus said, “How can a man who is already old be born again? Can he go back into his mother’s womb and be born a second time?” Jesus answered, “Believe me when I say that everyone must be born from water and the Spirit. Anyone who is not born from water and the Spirit cannot enter God’s kingdom. The only life people get from their human parents is physical. But the new life that the Spirit gives a person is spiritual. John 3:1-6





अर्को दिन येशू नाइन भन्ने शहरमा जानुभयो। उहाँका चेलाहरू र धेरै मानिसहरू पनि उहाँ संगै गहरहेका थिए। जब येशू शहरको फाटक नजिक पुग्नु भयो, उहाँले मुर्दा लगिरहेको देख्नु भयो। एउटी विधवाको एउटै भएको छोरो मरेको थियो। जब लाश लगिरहेको थियो शहरका धेरै मानिसहरू ती विधवासंग थिए। जब प्रभु येशूले तिनलाई देख्नुभयो उहाँ त्यस विधवाको निम्ति हृदयबाट दुःखी हुनु भयो र तिनलाई भन्नुभयो, “नरोऊ।” येशू शवपेटिकाको नजिक पुग्नु भयो अनि त्यसलाई छुनुभयो। लाश लगिरहेका मलामीहरू टक्क अडिए। उहाँले त्यो मरेको केटोलाई भन्नु भयो, “ए युवक म तिमीलाई भन्दछु, उठ।” त्यसपछि त्यो मरेको केटो तत्कालै उठेर बस्यो अनि बात गर्न शुरु गर्यो। येशूले त्यस केटोलाई त्यसको आमालाई सुम्पिदिनु भयो। सबै मानिसहरू छक्क परे अनि यसो भन्दै परमेश्वरको प्रशंसा गरे, “एउटा महान् अगमवक्ता हामीकहाँ आउनु भएको छ।” अनि तिनीहरूले यो पनि भन्दै थिए, “परमेश्वरले आफ्ना प्रजाहरूको हेरचाह गरिरहनु भएकोछ।” लूका 7:11-16

The next day Jesus and his followers went to a town called Nain. A big crowd was traveling with them. When Jesus came near the town gate, he saw some people carrying a dead body. It was the only son of a woman who was a widow. Walking with her were many other people from the town. When the Lord saw the woman, he felt very sorry for her and said, “Don’t cry.” He walked to the open coffin and touched it. The men who were carrying the coffin stopped. Jesus spoke to the dead son: “Young man, I tell you, get up!” Then the boy sat up and began to talk, and Jesus gave him back to his mother. Everyone was filled with fear. They began praising God and said, “A great prophet is here with us!” and “God is taking care of his people.” This news about Jesus spread all over Judea and to all the other places around there.



येशूले आफ्नो नजर उठाउनु भयो अनि धेरै मानिसहरू उहाँकहाँ आइरहेको देख्नु भयो। येशूले फिलिपलाई भन्नुभयो, “हामीले तिनीहरूलाई खुवाउनको निम्ति रोटीहरू कहाँ किन्न सक्छौं?” येशूले यो प्रश्न फिलिपलाई जाँचलाई सोध्नु भएको थियो। उहाँलाई थाहा भइसकेको थियो कि उहाँले के गरिरहनु भएको छ। फिलिपले उत्तर दिए, “यदी हामी सबैले महिनाभरि काम गर्यौं भने पनि प्रत्येकलाई एक-एक टुक्रा रोटी दिने पैसा पुग्ने छैन।” त्यहाँ येशूका अर्का एक जना चेला थिए। तिनी शिमोन पत्रुसका भाइ आन्द्रियास थिए। आन्द्रियासले भने, “यहाँ एक जना केटो छ। जसकोमा पाँच वटा जौको रोटी र दुइ टुक्रा साना माछा छन्। तर यो त्यति विघ्न मानिसहरूको लागि केही होइन।” येशूले भन्नुभयो, “मानिसहरूलाई बस्न लाऊ।” यो घाँसे-घाँस भएको ठाउँ थियो। त्यहाँ 5,000 जति मानिसहरू बसिरहेका थिए। येशूले रोटी लिनु भयो र परमेश्वरलाई यसको निम्ति धन्यवाद दिनुभयो, अनि त्यहाँ बसेका जम्मैलाई रोटी बाँड्नु भयो। माछा पनि त्यसरीनै बाँड्नु भयो। येशूले मानिसहरूलाई जति चाहान्थे त्यति नै दिनु भयो। जब तिनीहरूले खाई सके येशूले आफ्ना चेलाहरूलाई भन्नुभयो, “उब्रेका टुक्राहरू बटुला केही पनि नष्ट नपारा।” तब चेलाहरूले उब्रिएको रोटीको टुक्राहरू बटुले। पाँचवटा जौको रोटीहरू मानिसहरूले खाएर उब्रेको टुक्राहरू तिनीहरूले ठूला-ठूला बाह्रवटा डोकोहरूमा भरे। पाँचवटा रोटीहरू र दुईवटा माछाबाट मात्र शुरू गरेका थिए। चेलाहरूले ती उब्रेका टुक्राहरू ठूला-ठूला बाह्र डोकोहरूमा भरे। येशूले त्यस्तो चमत्कार गर्नुभएको मानिसहरूले देखे। तिनीहरूले भने, “संसारमा जो अगमवक्ता आउनेवाला हुनु हुन्थ्यो साँच्चै उहाँ नै हुनु हुँदो रहेछ।” यूहन्ना 6:5-14

Jesus looked up and saw a crowd of people coming toward him. He said to Philip, “Where can we buy enough bread for all these people to eat?” He asked Philip this question to test him. Jesus already knew what he planned to do. Philip answered, “We would all have to work a month to buy enough bread for each person to have only a little piece!” Another follower there was Andrew, the brother of Simon Peter. Andrew said, “Here is a boy with five loaves of barley bread and two little fish. But that is not enough for so many people.” Jesus said, “Tell everyone to sit down.” This was a place with a lot of grass, and about 5000 men sat down there. Jesus took the loaves of bread and gave thanks for them. Then he gave them to the people who were waiting to eat. He did the same with the fish. He gave them as much as they wanted. They all had plenty to eat. When they finished, Jesus said to his followers, “Gather the pieces of fish and bread that were not eaten. Don’t waste anything.” So they gathered up the pieces that were left. The people had started eating with only five loaves of barley bread. But the followers filled twelve large baskets with the pieces of food that were left. The people saw this miraculous sign that Jesus did and said, “He must be the Prophet who is coming into the world.” John 6:5-14



त्यस साँझ येशूका चेलाहरू गालील झील तर्फ गए। यसबेला अन्ध्यारो भइसक्दा पनि येशू फर्कनु भएको थिएन। चेलाहरू डुङ्गामा चढे अनि कफर्नहुम जान लागे। कफर्नहुम समुद्रको अर्को पट्टि थियो। हावा जोडले चलेकोले गर्दा त्यस समुद्रमा ठूलो छाल उठेर डुङ्गालाई उल्टा घचेटिरहेको थियो। तिनीहरूले पाँच-छ किलो मिटरसम्म डुङ्गा खियाएर लगे। तब तिनीहरूले येशूलाई देखे। उहाँ पानिमाथि हिंडिरहनु भएको थियो। उहाँ डुङ्गा भए तर्फ आउनु भयो। चेलाहरू डराए। तर येशूले तिनीहरूलाई भन्नु भयो, “नडराउ, यो म हुँ।” जब उहाँले तिनीहरूसँग बात गर्नुभयो उहाँलाई डुङ्गामा ल्याउन पाँउदा तिनीहरू आनन्दित भए। तब डुङ्गा जमीनतिर आई पुग्यो जुन ठाउँमा तिनीहरू पुग्न चाहन्थे। यूहन्ना 6:16-21

That evening Jesus' followers went down to the lake. It was dark now, and Jesus had not yet come back to them. They got into a boat and started going across the lake to Capernaum. The wind was blowing very hard. The waves on the lake were becoming bigger. They rowed the boat about three or four miles. Then they saw Jesus. He was walking on the water, coming to the boat. They were afraid. But he said to them, "Don't be afraid. It's me." When he said this, they were glad to take him into the boat. And then the boat reached the shore at the place they wanted to go. John 6:16-21



मानिसहरूले तिनीहरूको बालकहरूलाई येशू समक्ष ल्याए, ताकि उहाँले तिनीहरूलाई छोईदिऊन्। तर चेलाहरूले मानिसहरूलाई बालकहरू लिएर आएकोमा हकारे। त्यहाँ जे घटना घट्यो येशूले देख्नुभयो। उहाँले बालकहरूलाई उहाँकहाँ नआउनु भनेर रोकेकोमा क्रोध प्रकट गर्नुभयो। येशूले तिनीहरूलाई भन्नुभयो, “साना बालकहरूलाई मकहाँ आउन देऊ। तिनीहरूलाई नरोक, किनभने परमेश्वरको राज्य तिनीहरूको नै हो जो यी बालकहरू जस्तै छन्। म तिमीहरूलाई साँच्चो भन्दछु। तीमीहरूले परमेश्वरको राज्यलाई ग्रहण गर्ने पर्दछ, जसरी सानो बालकले दिइएको कुरा स्वीकार्दछ, नत्र भने तिमीहरू कहिल्यै त्यहाँ पस्न पाउने छैनौ।” त्यसपछि येशूले ती बालकलाई आफ्नो काखमा लिनुभयो। उहाँले आफ्नो हातहरू तिनीहरूमाथि राख्नुभयो अनि आशीर्वाद दिनुभयो।

मर्कुस 10:13-16

People brought their small children to Jesus, so that he could lay his hands on them to bless them. But the followers told the people to stop bringing their children to him. Jesus saw what happened. He did not like his followers telling the children not to come. So he said to them, “Let the little children come to me. Don’t stop them, because God’s kingdom belongs to people who are like these little children. The truth is, you must accept God’s kingdom like a little child accepts things, or you will never enter it.” Then Jesus held the children in his arms. He laid his hands on them and blessed them.

Mark 10:13-16



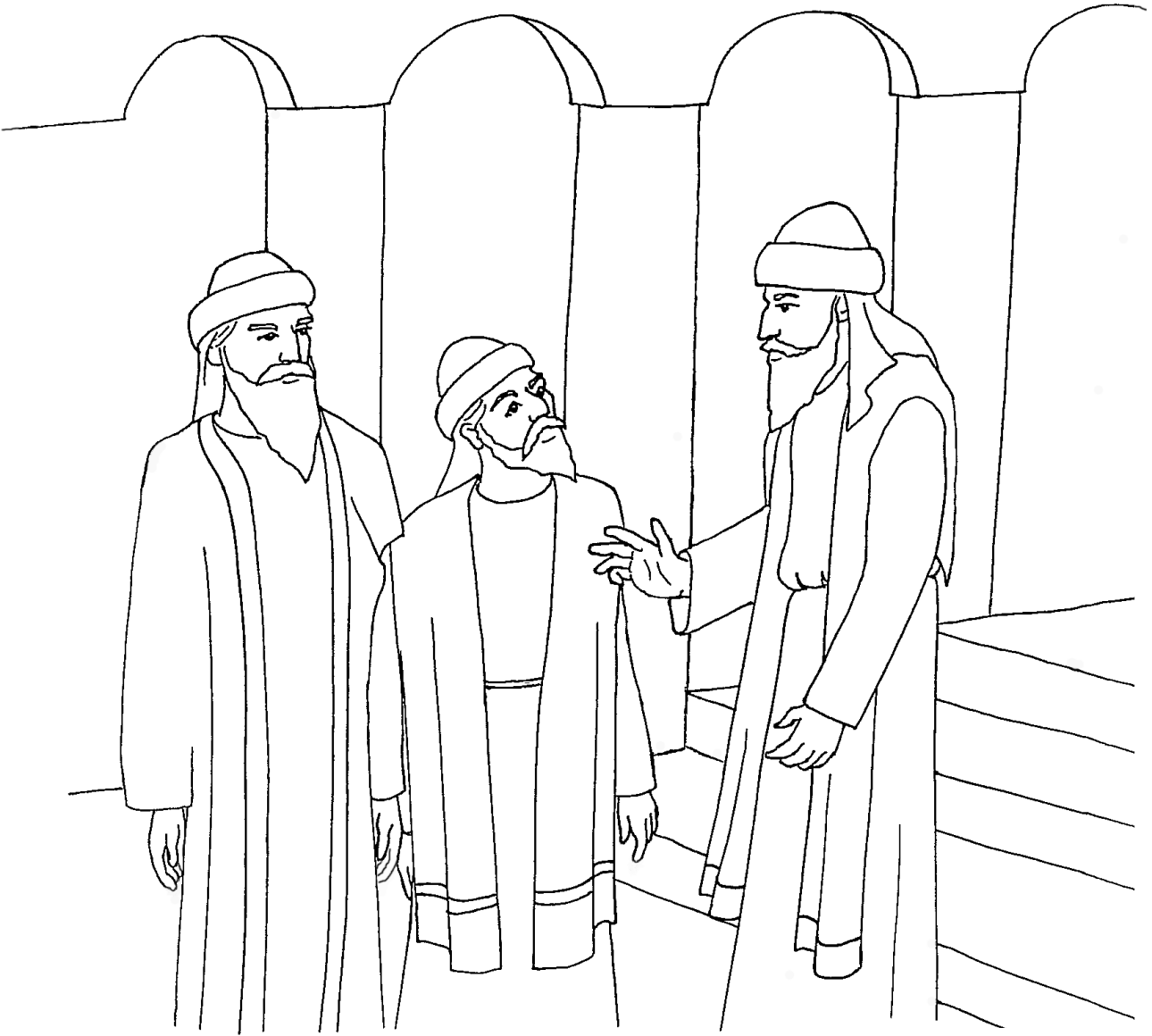
“म असल गोठालो हुँ। असल गोठालोले भेंडाका निम्ति आफ्नो जीवन प्रदान गर्दछ। मेरो भेंडाहरूले मेरो आवाज सुन्दछन्। म तिनीहरूलाई जान्दछु र तिनीहरूले मलाई पछ्याउँदछन्। म मेरा भेडाहरूलाई अनन्त जीवन दिदछु। तिनीहरू कहिल्यै मर्ने छैनन्। अनि कसैले पनि तिनीहरूलाई मेरो हातबाट खोसेर लान सक्तैन।

यूहन्ना 10:11 & 27-28

“I am the good shepherd, and the good shepherd gives his life for the sheep. My sheep listen to my voice. I know them, and they follow me. I give my sheep eternal life. They will never die, and no one can take them out of my hand.”

John 10:11 & 27-28





तब मुख्य पूजाहारीहरू र फरिसीहरूले यहूदी परिषद्को सभा डाके। तिनीहरूले भने, “हामीले के गर्नु पर्ने? यो मानिसले धेरै चमत्कारहरू गरिरहेछ। यदि हामीले उनलाई त्यस्तो गर्न दिइरह्यौं भने सबै मानिसहरूले ऊमाथि विश्वास गर्नेछन्। तब रोमीहरू आउनेछन् र हाम्रा मन्दिर अनि जाति लानेछन्।” तिनीहरूमध्ये कयाफा भन्ने एकजना मानिस थिए। उनी त्यस वर्षको प्रधान पूजाहारी थिए। कयाफाले भने, “तिमीहरू केही पनि जान्दैनौ। सम्पूर्ण जाति ध्वंश हुनु भन्दा मानिसहरूका निम्ति एक जना मर्नु उत्तम हो। तर तिमीहरू यो बुझ्दैनौ।” कयाफाले जे भने त्यो तिनले आफैं भनेनन्। त्यस वर्षको उनी प्रधान पूजाहारी थिए। यसर्थ ऊ वास्तवमा आगमवाणी गर्दै थिए कि येशू यहूदी मानिसहरूका निम्ति मर्नु हुनेछ। तर, येशू यहूदी मानिसहरूका निम्ति मर्नेछन्। तर येशू उहाँ ती छरिएकाहरूलाई एक बनाउनका लागि मर्नुहुनेछ। त्यस दिन यहूदी अगुवाहरूले येशूलाई मार्ने योजना शुरू गरेका थिए।

यूहन्ना 11:47-53

Then the leading priests and Pharisees called a meeting of the high council. They said, “What should we do? This man is doing many miraculous signs. If we let him continue doing these things, everyone will believe in him. Then the Romans will come and take away our Temple and our nation.” One of the men there was Caiaphas. He was the high priest that year. He said, “You people know nothing! It is better for one man to die for the people than for the whole nation to be destroyed. But you don’t realize this.” Caiaphas did not think of this himself. As that year’s high priest, he was really prophesying that Jesus would die for the Jewish people. Yes, he would die for the Jewish people. But he would also die for God’s other children scattered all over the world. He would die to bring them all together and make them one people. That day the Jewish leaders began planning to kill Jesus.

John 11:47-53

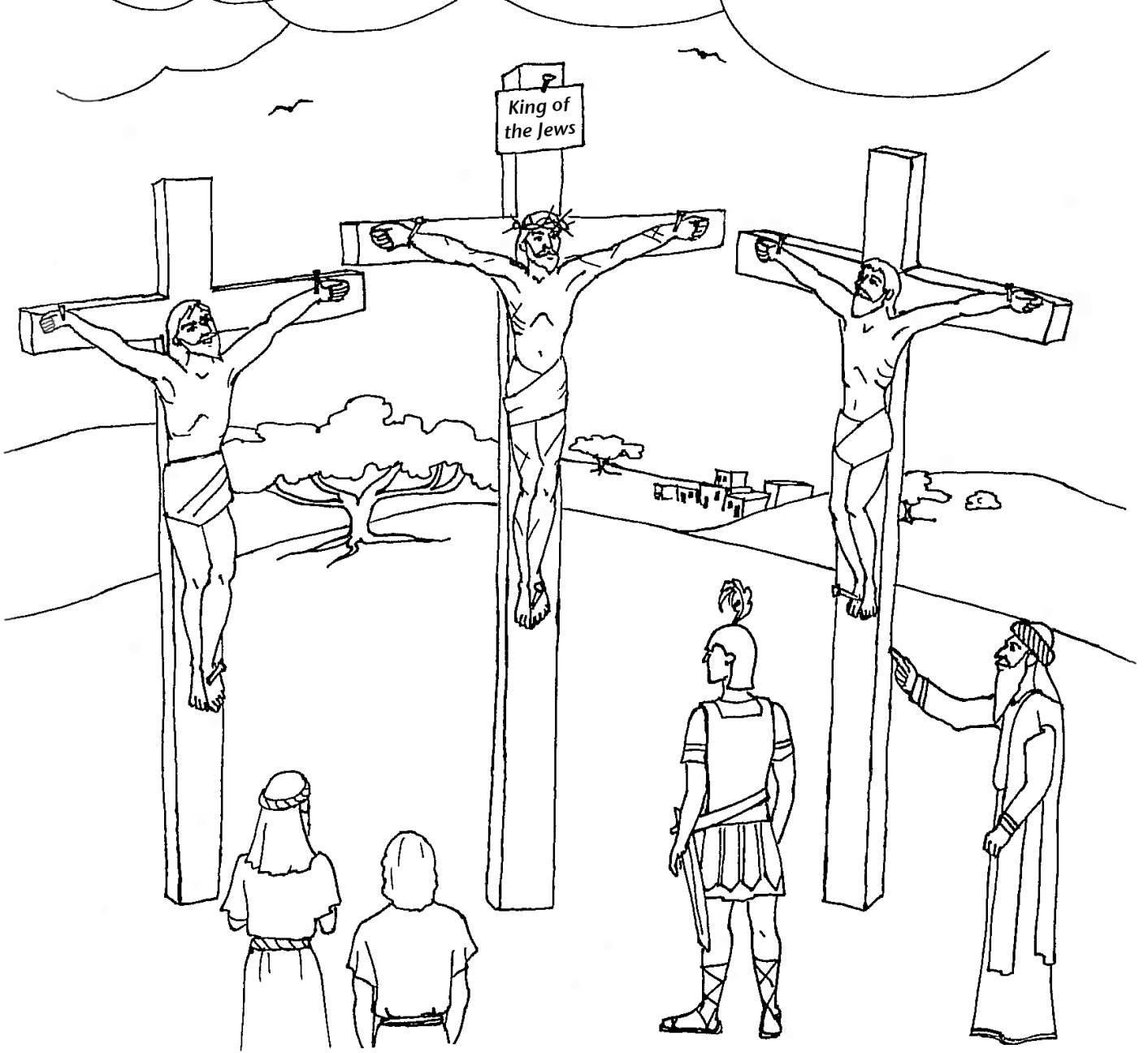


जब साँझ पर्यो, येशू आफ्ना चेलाहरूसाथ खानामा बस्नु भएको थियो। तिनीहरू सबैले भोजन खाइरहेका थिए। येशूले भन्नुभयो, “म तिमीहरूलाई साँच्चो भन्दछु। तिमीहरूमध्ये कुनै एकजनाले मलाई विश्वासघात गर्नेछौ।” चेलाहरू यो सुनेर दुःखी भए। प्रत्येकले उहाँलाई सोधे, “प्रभु अवश्य पनि मचाहिं होइन, ठीक हो?” येशूले जवाफ दिनुभयो, “जसले मेरो कचौरामा मसित हात चोब्यो त्यसैले मलाई विश्वासघात गर्नेछ। मत्ती 26:20-23

In the evening Jesus was at the table with the twelve followers. They were all eating. Then Jesus said, “Believe me when I say that one of you twelve here will hand me over to my enemies.” The followers were very sad to hear this. Each one said, “Lord, surely I am not the one!” Jesus answered, “One who has dipped his bread in the same bowl with me will be the one to hand me over.”

Matthew 26:20-23



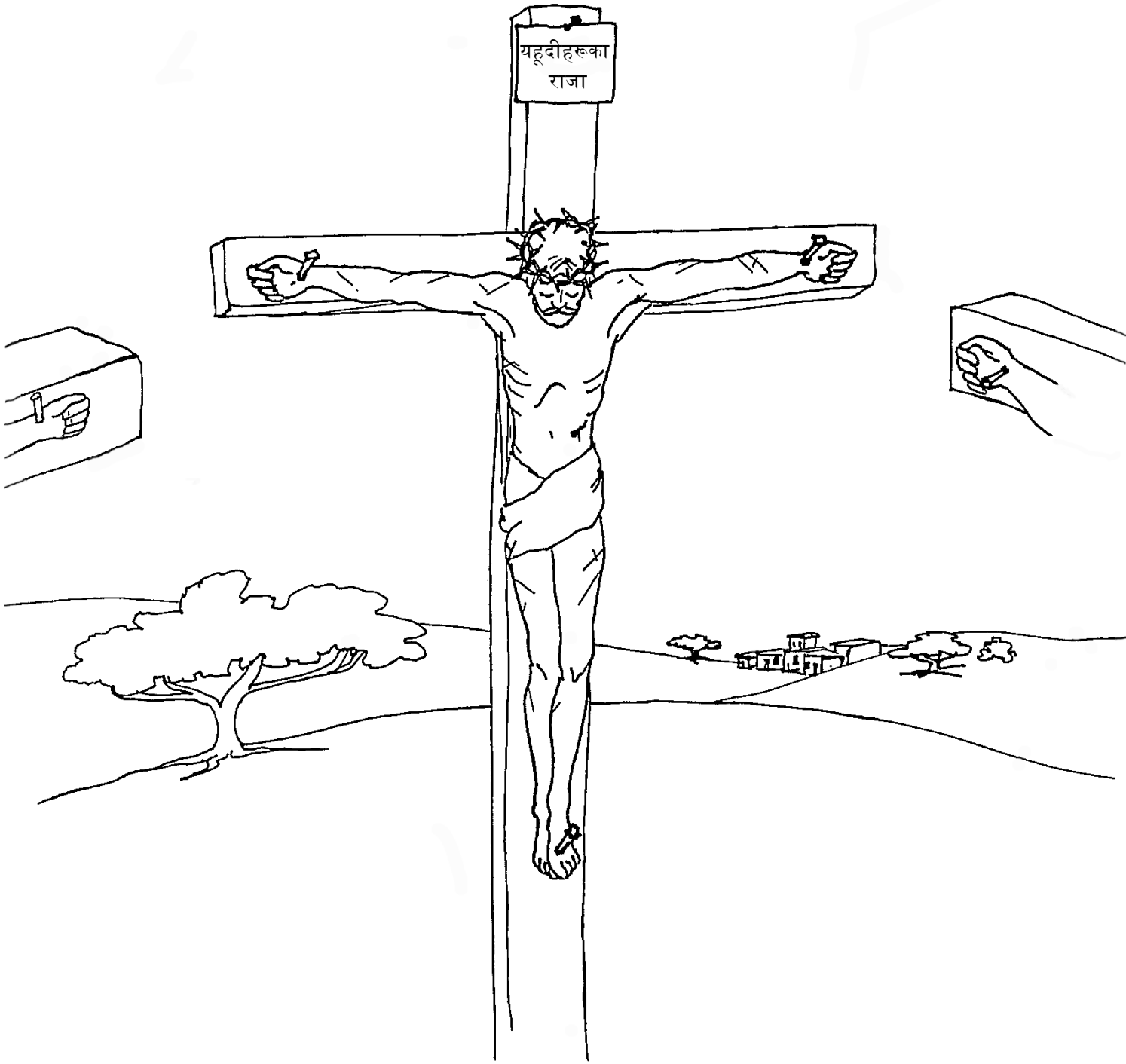


दुईजना अरू अपराधीहरूलाई पनि उहाँसंगै मार्न अघि लगाइएको थियो। येशू र ती दुई अपराधीहरूलाई “खप्परे” भन्ने ठाँउमा लगियो। सिपाहीहरूले येशूलाई काँटी ठोकेर क्रूसको दुई छेउमा तिनीहरूले ती दुई अपराधीहरूलाई पनि टाँगे। तिनीहरूले एकजनालाई येशूको दाहिनेपट्टि र अर्कोलाई देब्रेपट्टि राखे। एकजना अपराधीले येशूलाई अपमान गर्दै भन्यो, “के तपाईं ख्रीष्ट हुनुहुन्छ? त्यसो हो भने आफूलाई बँचाउनुहोस् अनि हामीलाई पनि बचाउनुहोस्।” तर अर्को अपराधीले गाली गर्यो अनि भन्यो, “के तिमी परमेश्वरससँग डराउँदैनौं? हामी चाँडै मर्नेछौं। तिमी र म अपराधी हौं हामीले मर्ने पछि किनभने हामीले अपराध गरेका छौं। तर यस मानिसले केही भूल गरेको छैन!” त्यसपछि उसले येशूलाई भन्यो, “हे येशू! जब तपाईं राजा भएर शासन गर्नुहुन्छ त्यसबेला मलाई सम्झनु होस्।” तब येशूले त्यसलाई भन्नुभयो, “सुन! जे भन्दछु त्यो साँच्चो हो: आज नै तिमी पनि मसँग स्वर्ग-लोकमा हुनेछौ!”

लूका 23:32-33 & 39-43

There were also two criminals led out with Jesus to be killed. They were led to a place called “The Skull.” There the soldiers nailed Jesus to the cross. They also nailed the criminals to crosses beside Jesus—one on the right and the other on the left. One of the criminals hanging there began to shout insults at Jesus: “Aren’t you the Christ? Then save yourself, and save us too!” But the other criminal stopped him. He said, “You should fear God. All of us will die soon. You and I are guilty. We deserve to die because we did wrong. But this man has done nothing wrong.” Then he said, “Jesus, remember me when you begin ruling as king!” Then Jesus said to him, “I promise you, today you will be with me in paradise.”

Luke 23:32-33 & 39-43

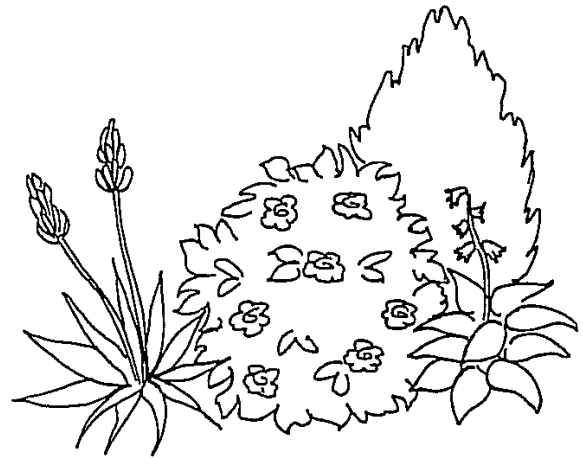
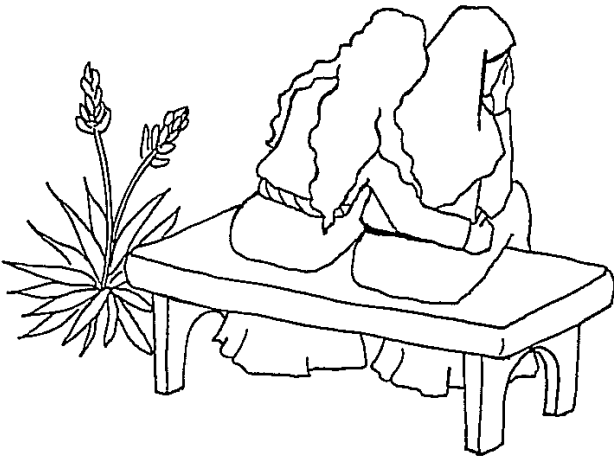
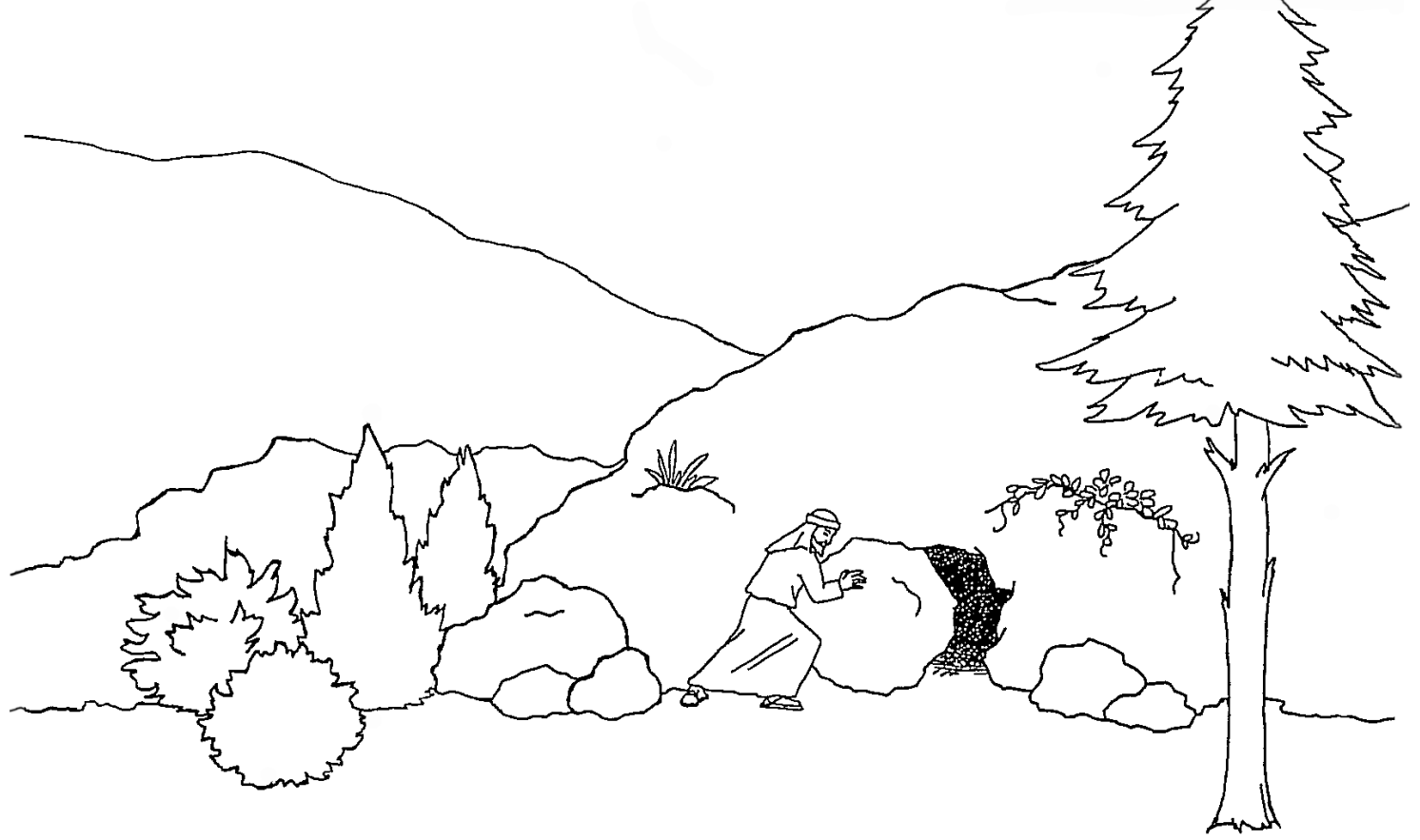


अत प्रायः मध्यदिन समय भएको थियो, र सारा देश-भरि नै तीन बजे सम्म अन्धकार छाियो। सूर्यको उज्यालो थिएन! मन्दिरको पर्दा दुईटुक्रा भएर वारपार च्यातियो। येशू चिच्याउनुभयो, “हे पिता, म तपाईंलाई मेरो आत्मा दिंदैछु।” यति भनेर उहाँले आफ्नो प्राण त्यागनुभयो। सैनिक अधिकारीले के भएको थियो देखे। तिनले परमेश्वरको प्रशंसा गर्दै भने, “निश्चय यी मानिस धर्मि मानिस हुन्।”

लूका 23:44-47

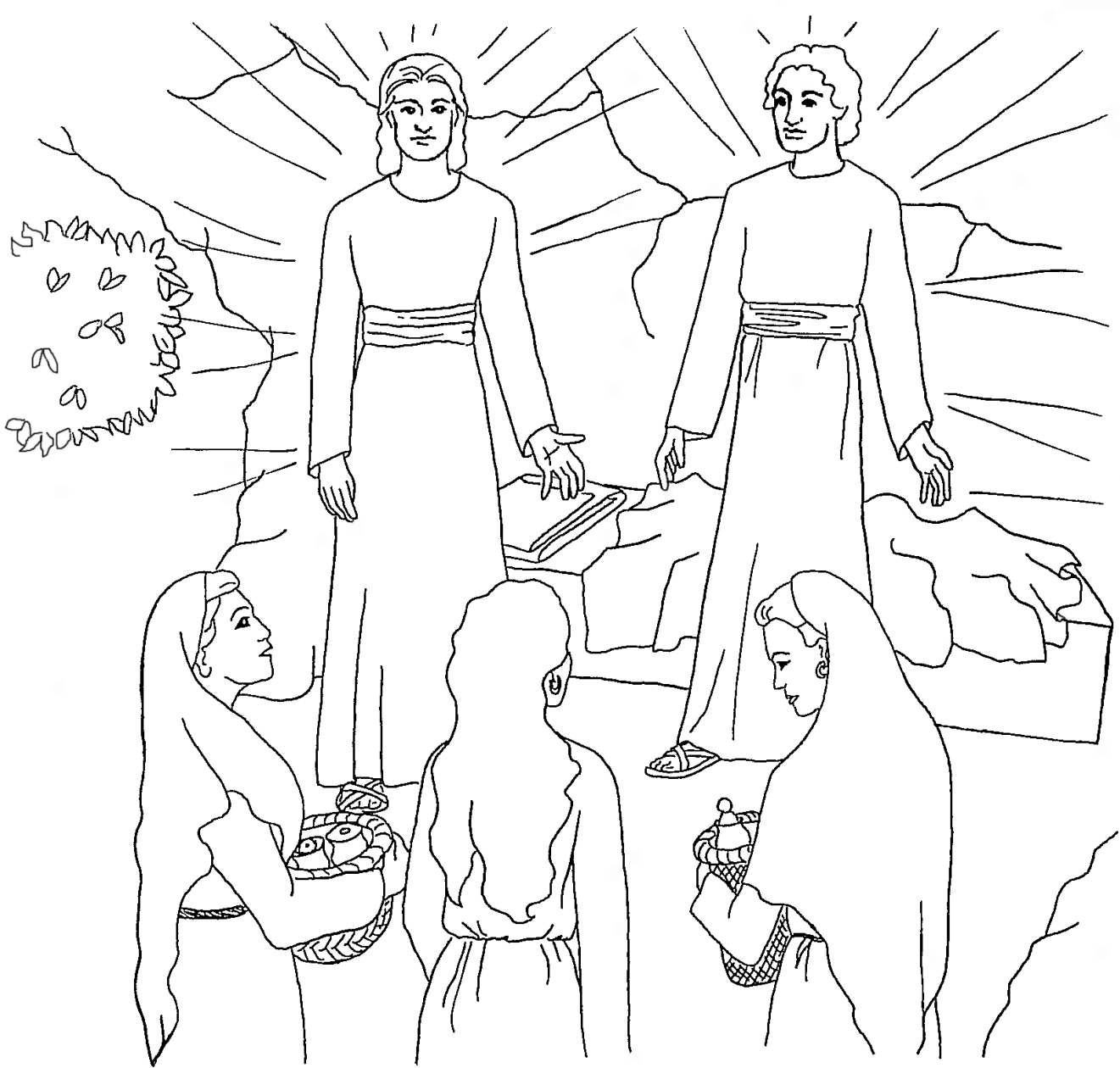
It was about noon, but it turned dark throughout the land until three o'clock in the afternoon, because the sun stopped shining. The curtain in the Temple was torn into two pieces. Jesus shouted, “Father, I put my life in your hands!” After Jesus said this, he died. The army officer there saw what happened. He praised God, saying, “I know this man was a good man!”

Luke 23:44-47



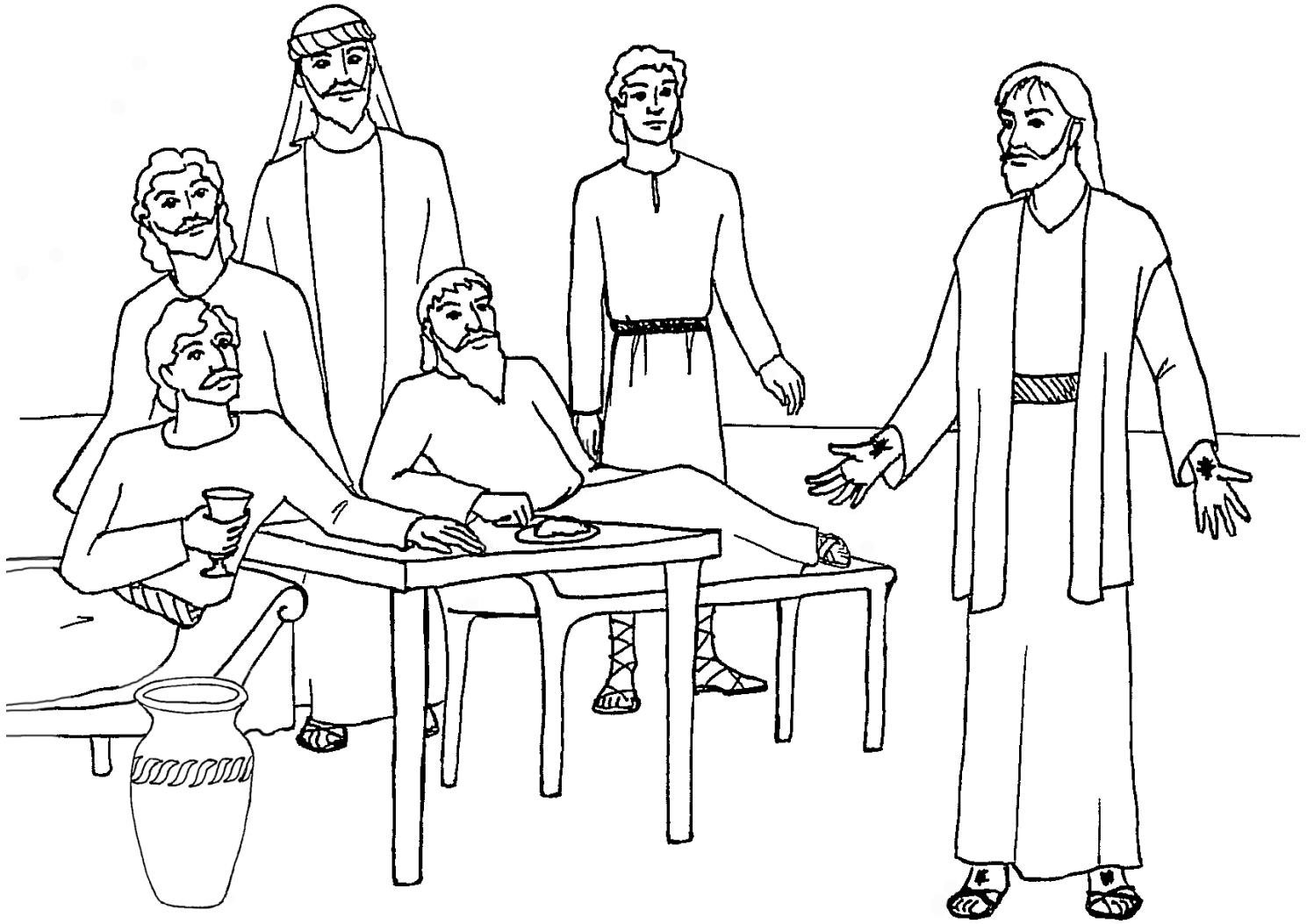
त्यसै बेलुकी यूसुफ नाम गरेको एकजना धनी मानिस यरूशलेममा आए। अरिमिथिया नगरमा बस्ने उनी येशूकै एकजना चेला भएका थिए। यूसुफ पिलातसको सामु आए अनि येशूको लाशको निम्ति तिनलाई विन्ती गरे। पिलातसले आफ्ना सैनिकहरूलाई यूसुफलाई त्यो लाश दिनु भन्ने आदेश गरे। त्यसपछि यूसुफले त्यो लाश लगरे त्यसलाई कात्रोले बेह्ले। यूसुफले येशूको त्यो लाशलाई एउटा नयाँ चिहानमा राखे जसलाई उनी आफैले भर्खरै चट्टानमा खोपी बनाएका थिए। तब उनले एकदमै ठूलो ढुङ्गा लडाउँदै ल्याएर चिहानको ढोका बन्द गरिदिए। यति गरेपछि यूसुफ आफ्नो बाटो लगे। मरियम मगदलिनी, अनि मरियम नाम गरेकी अर्को आईमाई पनि चिहानको अर्को पट्टि बसिरहेका थिए। मत्ती 27:57-61

That evening a rich man named Joseph came to Jerusalem. He was a follower of Jesus from the town of Arimathea. He went to Pilate and asked to have Jesus' body. Pilate gave orders for the soldiers to give Jesus' body to him. Then Joseph took the body and wrapped it in a new linen cloth. He put Jesus' body in a new tomb that he had dug in a wall of rock. Then he closed the tomb by rolling a very large stone to cover the entrance. After he did this, he went away. Mary Magdalene and the other woman named Mary were sitting near the tomb. Matthew 27:67-61



हप्ताको पहिलो दिन एका-बिहानै येशूको शरीर राखिएको चिहानमा आइमाईहरू आए। तिनीहरूले तयार पारेको सुगन्धित मसालाहरू ल्याए। चिहानको प्रवेशद्वार बन्द गर्नलाई एउटा ठूलो ढुङ्गा राखिएको थियो। तर तिनीहरूले त्यो ढुङ्गा चिहानदेखि कतै गुड्याइ पठाएको पाए। तिनीहरू भित्र पसे तर प्रभु येशूको शरीर देखेनन्। जब तिनीहरू यस विषयमा अलमल्ल परिरहेका थिए, दुई मानिसहरू अति नै उज्यालो पहिरनमा तिनीहरूको समिपमा उभिए। ती **स्त्रीहरू** अत्यन्त डराए, तिनीहरूले **आ-आफ्ना** शीर निहुराए। ती दुई मानिसहरूले ती **स्त्रीहरूलाई** भने, “जीउँदो मानिसलाई तिमीहरू किन मरेकाहरूको माझमा खोजिरहेकाछौ? येशू यहाँ छैनन्। उहाँ मृत्युबाट बौरी उठ्नु भएकोछ। उहाँले गालीलमा तिमीहरूलाई भन्नु भएको कुरा थाहा छ? उहाँले भन्नु भएको थियो मानिसको पुत्रलाई पापीको हातमा सुम्पिनेछ, क्रूसमा टाँगिनेछ, अनि मरेको तेस्रो दिन बौरी उठ्नेछ।” तब ती **स्त्रीहरूले** येशूले के भन्नु भएको थियो सम्झना गरे। लूका 24:1-8

Very early Sunday morning, the women came to the tomb where Jesus' body was laid. They brought the sweet-smelling spices they had prepared. They saw that the heavy stone that covered the entrance had been rolled away. They went in, but they did not find the body of the Lord Jesus. They did not understand this. While they were wondering about it, two men in shining clothes stood beside them. The women were very afraid. They bowed down with their faces to the ground. The men said to them, “Why are you looking for a living person here? This is a place for dead people. Jesus is not here. He has risen from death. Do you remember what he said in Galilee? He said the Son of Man must be handed over to the control of sinful men, be killed on a cross, and rise from death on the third day.” Then the women remembered what Jesus had said. Luke 24:1-8

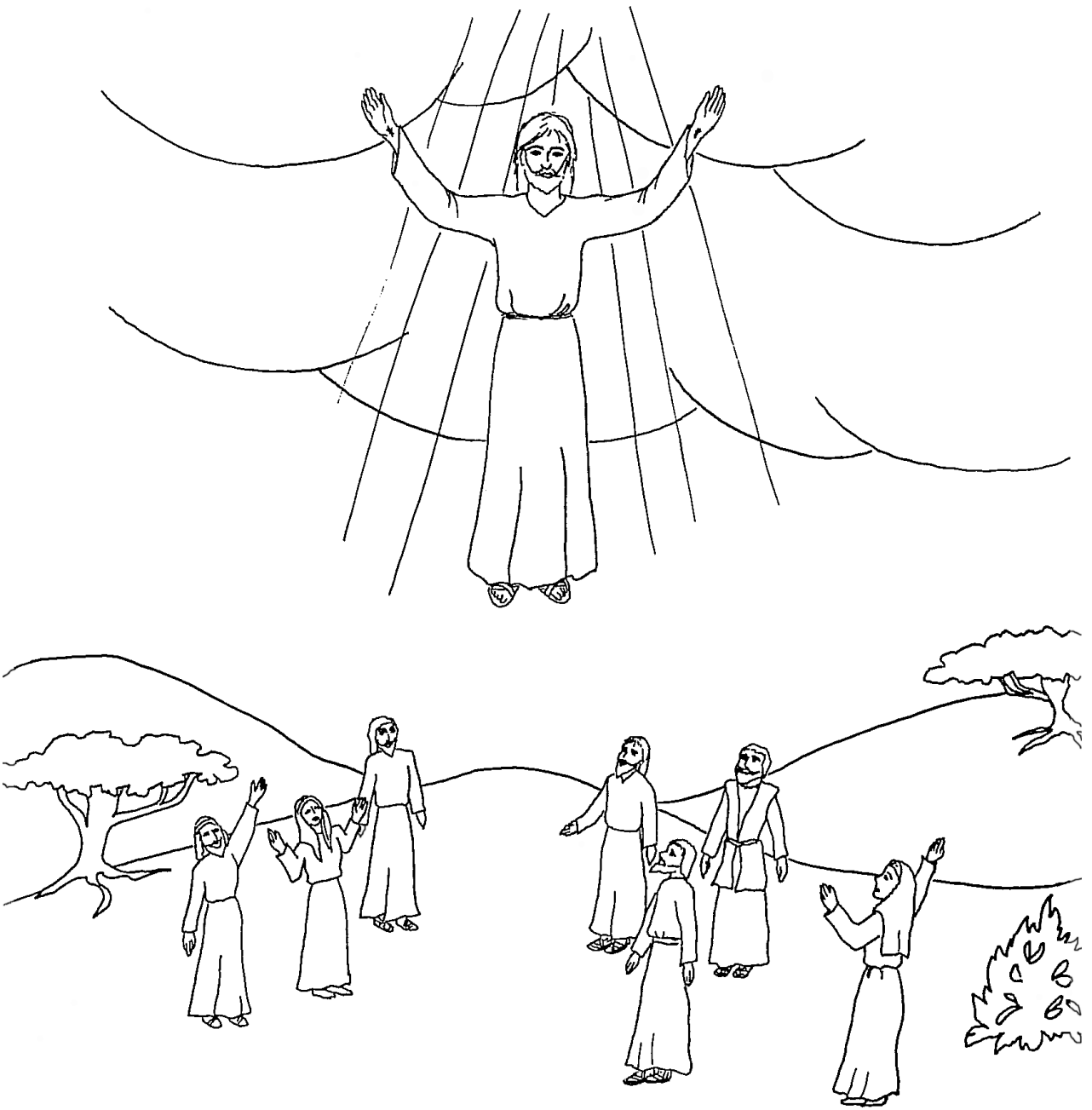


तब ती दुईजना जरूक्क उठे अनि यरूशलेमतिर फर्किए। तिनीहरूले एघार जना प्रेरितहरू र अरू एक साथ एक ठाउँमा भेला भएका भेटे। ती एघार चेलाहरू र तिनीहरूसंग भएका अरू मानिसहरूले भने, “प्रभु येशू साँच्चै नै मृत्युबाट बौरी उठ्नु भएकोछ अनि उहाँ शिमोनको अघि देखा पर्नु भयो।” त्यसपछि ती दुई जनाले बाटोमा जे भएको थियो सुनाए। तिनीहरूले भने, उहाँले रोटी टुक्रा पार्दा कसरी येशूलाई चिने। जब ती दुइजना मानिसले यी कुराहरू गर्दै थिए, येशू आफै चेलाहरूको माझमा उभिनु भयो। उहाँले तिनीहरूलाई भन्नुभयो, “तिमीहरूलाई शान्ति होस्।” तर चेलाहरू अचम्मित भए अनि डराए। तिनीहरूले प्रेत देखिरहेछन् भन्ने पनि सोचे। तर उहाँले भन्नुभयो, “तिमीहरू किन विचलित हुन्छौ? तिमीहरूले देखेकै कुरामा किन शंका गर्छौ? मेरा हात र खुट्टाहरू हेर। म सत्य हुँ। मलाई स्पर्श गर। हेर, मेरो मासु र हड्डी छ। एक भूतको शरीर र हड्डी हुँदैन।” तब येशूले आफ्ना हात-खुट्टाहरू देखाउनु भयो।

लूका 24:33-40

So the two men got up then and went back to Jerusalem. There they found the followers of Jesus meeting together. The eleven apostles and the people with them said, “The Lord really has risen from death! He appeared to Simon.” Then the two men told what had happened on the road. They talked about how they recognized Jesus when he shared the bread with them. While the two men were saying these things to the other followers, Jesus himself came and stood among them. He said to them, “Peace be with you.” This surprised the followers. They were afraid. They thought they were seeing a ghost. But Jesus said, “Why are you troubled? Why do you doubt what you see? Look at my hands and my feet. It’s really me. Touch me. You can see that I have a living body; a ghost does not have a body like this.” After Jesus told them this, he showed them his hands and his feet.

Luke 24:33-40



उहाँले तिनीहरूलाई भन्नुभयो, “यो लेखिएकोछ कि ख्रीष्टलाई मारिनेछ अनि तेस्रो दिनमा उहाँ बौरी उठ्नु हुनेछ। तिमीहरूले यी सबै घटना देख्यौ, तिमीहरू नै साक्षी छौं। तिमीहरू जानु पर्छ अनि सबै मानिसहरूमा प्रचार गर कि तिनीहरूको पापहरू क्षमा गर्न सकिन्छ। तिनीहरूलाई भनिदेऊ कि तिनीहरूले आफ्नो हृदय परिवर्तन गर्ने पर्छ अनि आफ्ना पापहरूको निम्ति पश्चताप गर्नुपर्छ। यरूशलेमबाट शुरू गरेर मेरो नाममा यी कुराहरू प्रचार गर। सारा संसारका मानिसहरूमा यो सुसमाचारहरू सुनाउनै पर्छ। येशूले आफ्ना चेलाहरूलाई बेथानीसम्म लैजानुभयो। उहाँले आफ्नो हात उचाल्नु भयो अनि तिनीहरूलाई आशीर्वाद दिनुभयो। उहाँ तिनीहरूलाई आशीर्वाद दिंदै गर्दा, उहाँ तिनीहरूबाट छुट्टीनुभयो अनि स्वर्गमा उचालिनु भयो।

लूका 24:46-48 & 50-51

Jesus said to them, “It is written that the Christ would be killed and rise from death on the third day. You saw these things happen—you are witnesses. You must go and tell people that they must change and turn to God, which will bring them his forgiveness. You must start from Jerusalem and tell this message in my name to the people of all nations. Jesus led his followers out of Jerusalem almost to Bethany. He raised his hands and blessed his followers. While he was blessing them, he was separated from them and carried into heaven. They worshiped him and went back to Jerusalem very happy. They stayed at the Temple all the time, praising God.

Luke 24:46-48 & 50-51

हो, परमेश्वरले संसारलाई यति साह्रो प्रेम गर्नुभयो, कि उहाँले आफ्ना एकमात्र पुत्रलाई दिनु भयो। परमेश्वरले आफ्ना पुत्रलाई दिनु भयो त्यसद्वारा उहाँमाथि विश्वास गर्ने कोहीपनि नाश हुने छैन, तर अनन्त जीवन प्राप्त गर्नेछ। परमेश्वरले आफ्ना पुत्रलाई संसारको न्याय गर्नलाई पठाउनु भएको होइन। तर परमेश्वरले आफ्ना पुत्रलाई उहाँबाट संसार बाँचोस् भनेर पठाउनु भएको हो। जसले परमेश्वरको पुत्रमाथि विश्वास गर्दछ त्यो दोषी ठहरिँदैन। तर जसले विश्वास गर्दैन र उसको पहिल्यै न्याय भइसको छ ऊ बहिष्कृत हुन्छ। किनभने त्यस मानिसले परमेश्वरको एकमात्र पुत्रमाथि विश्वास गरेको छैन।

यूहन्ना 3:16-18

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life. God sent his Son into the world. He did not send him to judge the world guilty, but to save the world through him. People who believe in God's Son are not judged guilty. But people who do not believe are already judged, because they have not believed in God's only Son.

John 3:16-18

यदि हामी, हामीमा पाप छैन भन्छौं भने हामीले स्वयंलाई धोका दिइरहेछौं, अनि हामीमा सत्य छैन। तर यदि हामी हाम्रा पापहरू स्वीकार गर्छौं तब परमेश्वर जो विश्वासयोग्य अनि धर्मी हुनुहुन्छ हाम्रा पापहरू अनि हामीले गरेको जम्मै गल्तीहरू क्षमा गर्नुहुनेछ। परमेश्वरले जे उचित छ त्यही गर्नुहुन्छ।

1 यूहन्ना 1:8-9

If we say that we have no sin, we are fooling ourselves, and the truth is not in us. But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done. If we say that we have not sinned, we are saying that God is a liar and that we don't accept his true teaching. I John 1:8-9

येशूले भन्नुभयो, “म नै बाटो, सत्य र जीवन हुँ। पिताकोमा जाने माध्यम म नै हुँ।”

यूहन्ना 14:6

Jesus answered, “I am the way, the truth, and the life. The only way to the Father is through me.”

John 14:6

“मकहाँ आऊ। जो थकित औ कष्टले दबिएकाहरू हो! म तिमीहरूलाई आत्माको निम्ति विश्राम दिनेछु। मेरो कामकुरो ग्रहण गर अनि मबाट सिक्, म विनयी र नम्र-हृदयको छु। अनि तिमीहरूले आफ्नो आत्मामा विश्राम पाउनेछौ। हो, मेरो काम ग्रहण गर्न सजिलो छ। तिमीहरूलाई दिइने भार हलुका छ।”

मत्ती 11:28-30

“Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light.”

Matthew 11:28-30

येशूले धेरै अरू चमत्कारहरू देखाउनु भएको उहाँका चेलाहरूले देखेका थिए। ती चमत्कारहरू यस पुस्तकमा लेखिएको छैनन् तर ती कुराहरू लेखिए ताकि तिमीहरूले विश्वास गर्न सक्छौ कि येशू नै ख्रीष्ट हुन्; जो परमेश्वरको पुत्र हुन् भनि जब तिमीहरू उहाँलाई विश्वास गर्छौं, तिमीहरूले उहाँको नाममा जीवन पाउन सक्छौं

यूहन्ना 20:30-31

Jesus did many other miraculous signs that his followers saw, which are not written in this book. But these are written so that you can believe that Jesus is the Christ, the Son of God. Then, by believing, you can have life through his name.

John 20:30-31

“मनै अल्फा अनि ओमेगा हुँ, प्रथम अनि अन्तिम हुँ।”

प्रकाश 22:13

“I am the Alpha and the Omega, the First and the Last, the Beginning and the End.”

Revelation 22:13

ΑΩ





के यो प्रार्थनाले तपाईंको हृदयको इच्छालाई प्रकट गर्छ? यदि गर्छ भने, यो प्रार्थना गर्नुहोस् अनि प्रभु येशू उहाँको प्रतिज्ञा अनुसार तपाईंको जीवनमा आउनु हुनेछ।

“प्रभु येशू, म जान्दछु कि म एक पापी हुँ र मेरो जीवनमा मलाई तपाईंको खाँचोछ। मेरो पापबाट मलाई छुटकरा दिनको लागि तपाईं क्रूसमा मर्नुभएको लागि तपाईंलाई धन्यवाद छ। मलाई पापबाट छुटकरा दिएर अनन्त जीवन दिनुभएको लागि धन्यवाद। म तपाईंलाई मेरो जीवनको प्रभु र मुक्तिदाताको रूपमा स्वीकार गर्छु। मेरो जीवनलाई तपाईंलेनै नियन्त्रण गर्नुहोस्।”

नाम \_\_\_\_\_ मिति \_\_\_\_\_

Does this prayer express the desire of your heart? If it does, pray this prayer and Christ will come into your life as He promised:

*“Lord Jesus, I realize that I am a sinner and need you in my life. I thank you for dying on the cross to take away my sins. Thank you for forgiving my sins and giving me eternal life. I invite you into my life as Savior and Lord. Please take control of my life.”*

Name \_\_\_\_\_ Date \_\_\_\_\_

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Nepali

नेपाली

