



BUN BILIP BILONG NASARIN SIOS

1

GOD TRIWAN

Mipela i bilip long wanpela God i save stap oltaim oltaim na i nogat stat na i nogat pinis bilong em. God em i Bikpela na i bin wokim olgeta samting long skai antap na graun daunbilo. Em wanpela tasol em i God. Em i holi olgeta long pasin na long gutpela tingting. God em i holi na pulap long pasin bilong laikim na long soim lait. Em i God Triwan na kam long yumi long wankain mak olsem Papa, Pikinini na Holi Spirit.

Stat 1; Wok Pris 19:2; Lo 6:4-5; Aisaia 5:16, 6:1-7, 40:18-31; Matyu 3:16-17, 28:19-20; Jon 14:6-27; 1Korin 8:6; 2Korin 13:14; Galesia 4:4-6; Efesus 2:13-18; 1Jon 1:5:4-8

2

JISAS KRAIS

Mipela bilip long Jisas Krai. Em i namba tu bilong God Triwan. Em i stap oltaim bipo tru wantaim Papa. Bihain em i kam daun na kisim bodi olsem man. Maria, dispela meri i no bin slip wantaim wanpela man, em i karim Jisas long strong bilong Holi Spirit. Jisas em i no man i kamap God. Na em i no wanpela narapela god i kamap olsem man. Nogat, Jisas em God. Laip bilong God i bung wantaim laip bilong man na tupela i kamap wanpela. Jisas em i God tru na man tru.

Mipela bilip Jisas Krai i bin dai long tekewe sin bilong yumi. Na tru tumas em i bin kirap bek long matmat. Em i bin kisim bodi bilong em wantaim ol strong inap long mekim pasin bilong man i kamap stret, na em i go antap long heven. Nau em i stap long heven na mekim wok long beten bilong helpim yumi.

Matyu 1:20-25, 16:15-16; Luk 1:26-35; Jon 1:1-18; Aposel 2:22-36; Rom 8:3,32-34; Galesia 4:4-5; Filipai 2:5-11; Kolosi 1:12-22; 1Timoti 6:14-16; Hibru 1:1-5, 7:22-28, 9:24-28; 1Jon 1:1-3, 4:2-3,15

3

HOLI SPIRIT

Mipela i bilip long Holi Spirit, em i Namba Tri man long God Triwan na oltaim em wok strong insait long Sios bilong Krai. Holi Spirit i kirapim tingting bilong ol manmeri long sin bilong ol na givim nupela laip long ol manmeri i bilip tru. Holi Spirit i mekim ol i kamap fri olgeta long sin na soim ol long ol tok na pasin i tru olgeta olsem pasin i stap long Jisas em yet.

Jon 7:39, 14:15-18, 26, 16:7-15; Aposel 2:33, 15:8-9; Rom 8:1-27; Galesia 3:1-14, 4:6; Efesus 3:14-21; 1Tesolonaika 4:7-8; 2Tesolonaika 2:13; 1Pita 1:2; 1Jon 3:24, 4:13

4

BAIBEL, TOK BILONG GOD

Mipela bilip Holi Spirit yet i bin kamapim olgeta tok bilong Baibel. Mipela bilipim ol dispela 66 buk insait long Olpela Testamen na Nupela Testamen i soim yumi rot bilong God i kisim bek yumi. Mipela save olsem olgeta tok stap long Bun Bilip i kam long Buk Baibel.

Luk 24:44-47; Jon 10:35; 1Korin 15:3-4; 2Timoti 3:15-17; 1Pita 1:10-12; 2Pita 1:20-21

5

SIN I KAM LONG ADAM NA SIN YUMI I WOKIM

Mipela i bilip taim Adam na Iv i bikhet long God na i sakim tok bilong em, sin i bin kamap long graun, na sin bilong tupela i bringim dai i kam. Mipela bilip i gat tupela kain sin i stap. Wanpela sin i bin kamap long Adam, na narapela sin em yumi yet wan wan i save mekim olsem bikhet pasin na sakim tok bilong God.

Mipela bilip olgeta manmeri kam long dispela graun wantaim as bilong sin long bel bilong ol. Adam na Iv i bihainim stretpela pasin bipo taim God i bin wokim tupela. Nau olgeta manmeri i bikhet long God. Spirit laip bilpng man e mi dai. Ol i laik mekim pasin nogut oltaim. Mipela bilip olpela bel i stap yet long laip bilong ol bilip manmeri inap long taim God i rausim as bilong sin taim ol bilip manmeri i kisim baptais long Holi Spirit.

As bilong sin i no wankain long sin yumi yet i mekim. As bilong sin i save mekim yumi sin yet. God i no inap kotim ol manmeri i stap wantaim as bilong sin i go inap ol i sakim ol rot God i wokim bilong kisim bek ol.

Mipela i bilip olsem man em yet i mekim sin taim em i save pinis long tok bilong God tasol em i go het na sakim. Sampela taim tu man inap mekim sampela asua we em i no tingim long mekim. Dispela asua o kranki pasin i stap bipo long taim man i lusim God. Tasol, sapos spirit bilong Krai i stap pinis long em na em i save pinis long ol stretpela pasin, tasol em i sakim, dispela em i wokim sin.

Mipela i bilip olsem sin manmeri ol yet i mekim em i pasin bilong sakim tok bilong laikim arapela. Dispela pasin i no wankain long pasin bilong Krai. Em i sin bilong man i nogat bilip tru long Krai.

Original Sin o Sin Bilong Bipo: Stat 3, 6:5; Job 15:14; Buk Song 51:5; Jeremaia 17:9-10; Mark 7:21-23; Rom 1:18-25, 5:12-14, 7:1—8:9; 1Korin 3:1-4; Galesia 5:16-25; 1 Jon 1:7-8. **Sin yumi yet mekim:** Matyu 22:36-40. **Wantaim:** 1Jon 3:4; Jon 8:34-36, 16:8-9; Rom 3:23, 6:15-23, 8:18-24, 14:23; 1Jon 1:9—2:4; 3:7-10.

6

WOK BILONG TEKEWE OL SIN

Mipela bilip Jisas Krai i bin karim pen na i kapsaitim blut bilong em yet na i dai long diwai kros. Em i bin mekim olsem bilong tekewe olgeta sin bilong olgeta manmeri na mekim yumi i kamap wanbel wantaim God. Dispela wok Jisas i mekim bilong baim bek yumi, em tasol i wokim rot bilong God i ken kisim bek yumi long pasin bilong sin. Dai bilong Jisas inap mekim yumi i kamap wanbel wantaim God. Marimari bilong God tasol em inap kisim bek ol pikinini, na ol manmeri husat i no inap long save long gutpela na nogut. Wok bilong Jisas bilong baim bek yumi em inap kisim bek ol manmeri i gat tingting na save, tasol ol i mas tanim bel na bilip pastaim.

Aisaia 53:5-6,11; Mak 10:45; Luk 24:46-48; Jon 1:29, 3:14-17; Aposel 4:10-12; Rom 3:21-26, 4:17-25, 5:6-21; 1Korin 6:20; 2 Korin 5:14-21; Galesia 1:3-4, 3:13-14; Kolosi 1:19-23; 1Timoti 2:3-6; Taitus 2:11-14; Hibriu 2:9, 9:11-14, 13:12; 1Pita 1:18-21, 2:19-25; 1Jon 2:1-2

7

NAMBAWAN MARIMARI BILONG GOD

Mipela i bilip long God i givim marimari olsem presen long olgeta manmeri long nem bilong Jisas Krai. Dispela marimari i givim pawa long ol manmeri i ken givim baksait long sin na bihainim stretpela pasin. Mipela bilip long Jisas Krai em inap long lusim rong na mekim mipela kamap klin long sin. Dispela marimari bilong God i givim pawa long ol manmeri long ol i ken wokabaut long pasin i stret na gutpela olgeta long ai bilong God.

Mipela i bilip tu olsem bipo tru taim God i wokim manmeri olsem Em yet. Olsem na manmeri i gat pasin bilong skelim wanem pasin em i gutpela na wanem pasin em i nogut. Wanwan manmeri inap skelim na bihainim wanem pasin i stret na wanem pasin i no stret. Long asua bilong Adam na Eve, olgeta manmeri i kamap bihain long tupela i gat dispela kain tingting na pasin tasol. Olsem na ol manmeri ol yet i no inap bilip long God na singautim Em long strong bilong ol yet. Na ol i no inap long mekim wanpela gutpela samting long helpim ol yet.

Olsem God Em Yet: Save long Gutpela na Nogut: Stat 1:26-27, 2:16-17; Lo 28:1-2, 30:19; Josua 24:15; Buk Song 8: 3-5; Aisaia 1:8-10; Jeremaia 31:29-30; Isikiel 18:1-4; Maika 6:8; Rom 1:19-20, 2:1-16, 14:7-12; Galesia 6:7-8 13.

Man yet i no inap kamap stretpela long tingting na long pasin: Job 14:4, 15:14, Buk Song 14:1-4, 51:5, Jon 3: 6a, Rom 3:10-12, 5:12-14, 20a, 7:14-25.

Marimari God i save givim nating olsem presen; wok bilong man i poroman wantaim bilip bilong en: Isekiel 18:25-26; Jon 1: 12-13, 3:6b; Aposel 5:31; Rom 5:6-8; 18, 6:15-16, 23; 10:6-8, 11:22; 1Korin 2:9-14, 10:1-12; 2Korin 5:18-19; Galesia 5:6, Efesas 2:8-10, Filipai 2:12-13, Kolosi 1:21-23; 2Timoti 4:10a; Taitus 2:11-14; Hibu 2:1-3, 3:12-15, 6:4-6, 10:26-31; James 2:18-22; 2Pita 1:10-11, 2:20-22.

8

TANIM BEL (REPENTANCE)

Mipela i bilip olsem Holi spirit i save helpim man long pilim sori tru long bel na wantaim marimari bilong God, man inap tanim bel. Olsem na ol husat inap bilip long God ii rausim sin bilong ol na givim ol nupela laip insait long spirit. God em inap tru long kisim bek ol manmeri husat i senisim tru tingting bilong ol na i no moa mekim sin. Manmeri husait in tanim bel i mas sori na pilim nogut tru na i mas tok nogat olgeta long mekim sin gen. Tanim bel em i wok bilong olgeta manmeri long wanem, olgeta i bin mekim sin na ol i kamap birua bilong God.

Mipela i bilip olsem olgeta manmeri inap lusim marimari bilong God na i go longwe. Sapos ol i no tanim bel long sin bilong ol, ol inap lus olgeta. Tasol mipela i bilip olsem ol manmeri i kamap nupela i no ken mekim sin gen. Ol i mas i stap wantaim God oltaim, na strong bilong Holi Spirit i save stap insait long bel bilong ol na i save tokaut olsem ol i pikinini bilong God.

2Stori 7:14; Buk Song 32:5-6, 51:1-17; Aisaia 55:6-7, Jeremaia 3:12-14; Isikiel 18:30-32, 33:14-16; Mak 1:14-15; Luk 3:1-14, 13:1-5, 18:9-14; Aposel 2:38, 3:19, 5:31, 17:30-31, 26:16-18; Rom 2:4; 2Korin 7:8-11; 1Tesalonaika 1:9; 2Pita3:9

9

KAMAP STRETPELA, KAMAP NUPELA NA KAMAP PIKININI BILONG GOD

Kamap Stretpela. Mipela i bilip ol manmeri husat ii bilip long Jisas Krai em i Bikpela na man bilong kisim bek ol, God i mekim ol i kamap stretpela manmeri. Em i gutpela na stretpela wok bilong God long tekewe olgeta hevi bilong sin na rausim pei nogut bilong sin ol i bin mekim. God i mekim ol kamap stretpela manmeri.

Kamap Nupela. Mipela bilip God i save mekim ol manmeri kamap nupela long taim ol i tanim bel na bilip long Jisas Krai em i Bikpela na man bilong kisim bek ol long sin. God i givim nupela laip insait long spirit na nupela pasin olsem bilip, laikim na bihainim God. Dispela em i mak bilong ol manmeri kamap nupela.

Kamap Pikinini Bilong God. Mipela bilip God i mekim ol bilipman stretpela na nupela, na mekim ol i kamap pikinini insait long famili bilong Em.

Dispela tripela tok: Kamap stretpela, kamap nupela, na kamap pikinini bilong God, em i kamap long taim ol manmeri i tanim bel na bilip long Jisas Krai. Holi Spirit i save tokaut klia long ol manmeri taim God i mekim pinis dispela wok marimari long bel bilong ol.

Aisaia 6:7; Luk 18:14; Jon 1:12-13, 3:3-8, 5:24; Aposel 13:39; Rom 1:17, 3:21-26, 28, 4:5-9, 17-25, 5:1, 16-19, 6:4, 7:6, 8:1, 15-17; 1Korin 1:30; 6:11; 2Korin 5:17-21; Galesia 2:16-21, 3:1-14, 26, 4:4-7; Efesus 1:6-7, 2:1, 4-5; Filipai 3:3-9; Kolosi 2:13; Taitus 3:4-7; 1Pita 1:23; 1Jon 1:9, 3:1-2, 9, 4:7, 5:1, 9-13, 18

10

KRISTEN I KAMAP HOLI, AS BILONG SIN I PINIS OLGETA (PASIN HOLI NA NAMBA TU WOK MARIMARI)

Pasin Holi (Rot Bilong Kamap Holi). Mipela i bilip olsem pasin holi em i wok marimari bilong God. God i save mekim ol bilip manmeri i senis olgeta na ol i kamap wankain olsem Jisas. Marimari bilong God i save kamapim pasin holi insait long wok bilong Holi Spirit. Pasin holi save kamap taim yumi kamap nupela na long dispela taim tu God i mekim yumi kamap stretpela. Dispela wok bilong kamap holi olgeta em bai i go yet wantaim helpim bilong Holi Spirit, na mekim bel bilong ol bilip manmeri i stap klin, na senisim ol long kamap olsem Krai yet. Pinis bilong dispela wok, God bai senisim olgeta bilip manmeri i kamap wankain tru olsem Pikinini bilong Em. Dispela bai kamap long taim ol bilip manmeri i dai o long taim Krai i kam bek gen.

Namba Tu Wok Marimari (Entire sanctification). Mipela i bilip olsem bihain long manmeri i tanim bel, namba tu wok marimari em i wok God i save mekim long bel bilong ol bilip manmeri. Long dispela taim manmeri husat i bilip i kamap nupela na i stap fri long as bilong sin na pasin bilong bikhet. Dispela inap mekim man i givim em yet olgeta long God, kisim pasin holi, laikim ol arapela na inap long bihainim stretpela pasin.

Namba tu wok marimari i save mekim bel bilong ol bilip manmeri i kamap klin taim Holi Spirit i pulap long bel bilong ol na klinim as bilong sin. Holi Spirit tu i save givim strong long bilip manmeri long Kristen wokabaut na long mekim wok bilong God.

Namba tu wok marimari i kamap taim blut bilong Jisas i klinim sin. Marimari bilong God wantaim bilip bilong manmeri i save kamapim pasin holi taim ol i givim laip bilong ol yet olgeta long God. Holi Spirit i save tokim ol bilip manmeri olsem bel bilong ol i klin nau.

I gat kankain nem i makim ol gutpela wok Holi Spirit i save kamapim long bel na laip bilong ol bilip manmeri. Dispela ol nem i olsem: “Kristen i kamap stretpela,” laikim arapela,” “i stap wanbel tru,” “pulap long Holi Spirit,” “pulap long blessing bilong wok bilong Holi Spirit” na “Kristen i kamap olsem Krai.”

Mipela i bilip olsem i gat wanpela klia mak i stap namel long pasin bilong bel i stap klin na pasin i soim ol bilip manmeri i kamap strong long Kristen laip. Pasin bilong bel i kamap klin i save kamap long namba tu wok marimari, tasol long kamap strong long wokabaut long Kristen laip i save kamap isi isi insait long wok marimari bilong God.

Mipela bilip olsem bel bilong ol bilip manmeri i kamap klin insait long marimari bilong God Na tu, dispela marimari inap mekim Kristen i gro long pasin i wankain olsem Krai. Tasol ol bilip manmeri i mas lukautim gut dispela pasin bilong gro insait long Krai wantaim ol arapela samting tu long strongim Kristen laip, pasin na tingting bilong ol long ol i ken kamap olsem Krai. Sapos bilip manmeri i no tingting gut na mekim nabaut marimari bilong God, testimoni bilong ol bai bagarap, na ol gutpela samting i kamap long laip bilong ol bai bagarap na pinis olgeta. Long mekim wanpela Kristen i stap yet insait long marimari bilong God, em i no ken lusim pasin bilong bung wantaim ol arapela Kristen, bihainim tok bilong God, mekim prea, kisim baptais na kisim kaikai bilong Bikpela insait long Sios. Dispela ol pasin inap strongim yumi moa yet na bai inapim yumi long laikim God na ol arapela manmeri wantaim olgeta bel bilong yumi.

Jeremaia 31:31-34; Isekiel 36:25-27; Malakai 3:2-3; Matyu 3:11-12; Luk 3:16-17; Jon 7:37-39; 14:15-23; 17:6-20; Aposel 1:5; 2:1-4; 15:8-9; Rom 6:11-13,19; 8:1-4; 8-14; 12:1-2; 2Korin 6:14-7:1; Galesia 2:20; 5:16-25; Efesus 3:14-21; 5:17-18; 25-27; Filipai 3:10-15; Kolosi 3:1-17; 1Tesolonaika 5:23-24; Hibru 4:9-11; 10:10-17; 12:1-2; 13:12; 1Jon 1:7,9

11

SIOS

Mipela i bilip olsem Sios em i ples we ol lain manmeri i tokaut long Jisas Krai em i Bikpela bilong ol. Ol manmeri God i mekim kontrak wantaim ol, ol i kamap nupela insait long Krai. Sios em i bodi bilong Krai, na Holi Spirit i mekim sios i kamap wanpela insait long tok bilong God. God i singautim Sios long stap ples klia long pasin bilong wanbel na lotu insait long Spirit. Sios i soim pasin wanbel taim ol bilip manmeri i bihainim Krai na soim pasin holi insait long laip bilong ol. Bilip manmeri i strongim wanpela narapela. Wanbel pasin ii save stap ples klia long taim yumi bung long lotu, na kisim ol sakramen, na mekim wok ministri long nem bilong Jisas Krai.

Bikpela tingting bilong sios em i bilong tokaut long wok bilong Krai long pasin bilong kisim bek na wanbel wantaim ol manmeri long strong bilong Holi Spirit. Sios inapim wok misin bilong em taim em i kamapim ol disaipel. Dispela bai i kamap insait long ol wok evanselis, long skulim arapela, soim pasin bilong sori long arapela, wok bilong kamapim gutpela sindaun long ol arapela na tokaut long ol pasin bilong kingdom bilong God.

Ol manmeri i stap long wan wan lokol sios, na tu ol i stap olsem wanpela bikpela bodi long olgeta hap bilong graun. Sios i soim pasin bilong lotu long kain kain rot long ol manmeri long olgeta hap graun.

Sios i luksave long singaut bilong God long sampela manmeri long wok misin, na givim wok long ol long inapim singaut bilong God long laip bilong ol. Sios i stap ananit long lo bilong God na wetim namba tu kam bek bilong Jisas.

Kisim Bek 19:3; Jeremaia 31:33; Matyu 8:11, 10:7, 16:13-19, 24; 18:15-20; 28:19-20; Jon 17:14-26; 20:21-23, Aposel 1:7-8; 2:32-47; 6:1-2; 13:1; 14:23; Rom 2:28-29; 4:16; 10:9-15; 11:13-32; 12:1-8; 15:1-3; 1Korin 3:5-9; 7:17; 11:1, 17-33; 12:3, 12-31, 14:26-40; 2Korin 5:11—6:1; Galasia 5:6, 13-14; 6:1-5, 15; Efesus 4:1-17; 5:25-27; Filipai 2:1-16; 1Tesalonaika 4:1-12; 1Timoti 4:13; Hibrui 10:19-25; 1Pita 1:1-2, 13; 2:4-12, 21; 4:1-2, 10-11; 1Jon 4:17; Jut 24; Kamapim Tok Hait 5:9-10.

12

BAPTAIS

Mipela i bilip olsem baptais em i wanpela pasin Bikpela yet i bin kamapim.

Dispela pasin i soim ol manmeri na ol pikinini husat i bilip Jisas i dai long tekewe sin bilong ol. Ol i tokaut tu olsem Jisas i kisim bek ol na ol i gat laik long bihainim Jisas na klinpela na stretpela pasin bilong em tu.

Ol liklik pikinini, na ol manmeri husat i gat asua long tingting bilong ol na ol i no inap long save long gutpela na nogut, ol tu ken kisim baptais, sapos papa/mama o arapela was manmeri i tok orait.

Baptais em i wanpela mak bilong tokaut long arapela olsem ol i nau mekim nupela kontrak na mekim promis bai ol i no moa i stap sin manmeri.

Rot bilong manmeri kisim baptais em ken kamap long 3pela rot:

1. Pasto i ken tromoi wara long het bilong ol
2. Pasto i ken kapsatim wara long het bilong ol
3. Pasto i ken tokim manmeri long go aninit long wara.

Matyu 3:1-7; 28:16-20; Aposel 2:37-41; 8:35-39; 10:44-48; 16:29-34; 19:1-6; Rom 6:3-4; Galesia 3:26-28; Kolosi 2:12; 1Pita 3:18-22

13

KOMUNION

Kaikai bilong Bikpela. Mipela i bilip Kaikai bilong Bikpela em i kaikai Jisas Krai em yet i kamapim. Em i tokaut long laip bilong em, na dai bilong tekewe sin bilong ol manmeri, na kirap bek bilong givim nupela laip na promise bilong kam bek bilong Em. Kaikai Bilong Bikpela em i kaikai bilong ol bilip manmeri husait i save tru na i amamas long dai na kambek bilong Jisas Krai. Krai em stap wantaim yumi long spirit taim yu kisim kaikai bilong Bikpela.

Ol manmeri i bilip tru long Jisas ol i ken kisim kaikai bilong Bikpela. Kaikai bilong Bikpela i save strongim bilip na pasin bilong wanbel tru wantaim ol arapela Kristen insait long sios bilong God.

Kisim Bek 12:1-14; Matyu 26:26-29; Mak 14:22-25; Luk 22: 17-20; Jon 6:28-58; 1Korin 10:14-21; 11:23-32

14

GOD INAP LONG ORAITIM SIK BILONG OL MANMERI

Mipela i bilip God inap long oraitim ol sik manmeri olsem Baibel i tok. Yumi tu ken helpim ol lain bilong yumi long prea na bilip God inap oraitim sik bilong ol. Na tu, mipela i bilip long God i givim save long ol dokta na nes long wok ol i mekim long hausik long oraitim ol sik manmeri wantaim marasin.

2King 5:1-19; Buk Song 103: 1-5; Matyu 4:23-24; 9:18-35; Jon 4:46-54; Aposel 5:12-16; 9:32-42; 14:8-15; 1Korin 12:4-11; 2Korin 12:7-10; Jems 5:13-16

15

JISAS KRAIS BAI I KAMBEK GEN

Mipela bilip long las de Bikpela Jisas Kraiss bai kam bek gen long graun. Ol bilip manmeri husat i dai pinis bai kirap bek na stap wantaim Em oltaim oltaim. Yumi husat i stap laip yet long graun long taim Bikpela kam bek, bai yumi go bungim em antap long skai. Na yumi olgeta bai amamas na stap wantaim em oltaim oltaim.

Matyu 25: 31-46; Jon 14:1-3, Aposel 1:9-11; Filipai 3:20-21; 1Tesolonaika 4:13-18; Taitus 2:11-14; Hiebru 9:26-28; 2Pita 3:3-15; Kamapim Tok Hait 1:7-8; 22:7-20

16

KIRAP BEK, KOT, NA I STAP OLTAIM OLTAIM

Mipela bilip God bai i kirapim bek ol daiman. Ol bodi bilong ol stretpela man wantaim ol man i no stretpela bai i kirap bek na bungim spirit bilong ol. Ol man i bin mekim gutpela pasin, bai ol i kirap bek na i kamap long kot, na ol bai stap laip long heven. Na ol man i bin mekim pasin nogut, bai ol i kirap bek na i kamap long kot na bai ol i go long ples paia.

Mipela bilip bikpela kot bai i kamap bihain na olgeta manmeri i sanap long pes bilong God. Na bai God i skelim tru olgeta pasin ol i bin mekim long taim ol i stap laip.

Mipela bilip olgeta manmeri i bilip tru Jisas i bin kisim bek ol, na ol i bin bihainim tru Jisas Kraiss Bikpela bilong yumi, bai ol dispela manmeri inap kisim laip i gat amamas na ol i stap laip oltaim oltaim. Tasol ol manmeri i no laik tanim bel, ol bai kisim pen oltaim oltaim long ples paia.