

21 Nub Kev Yoo Mov Thov Vaajtswv 2026

Nub 1 – 01/01/26: Homphaj rua kev yoo mov thov Vaajtswv

Nyeem: Mathais 6:16-18

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Mathais 6:16-18 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab rua koj kuam muaj peevxwm ua kuam tau hab ua kuam taag kev yoo mov thov Vaajtswv 21 nub nuav.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 2.

Nub 2 – 01/02/26: Yoo mov thov Vaajtswv paab kuam kev ntseeg luj hlub

Nyeem: Yaxayas 58:6

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Yaxayas 58:6 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj muaj yeej kev sim sab hab thov kuam koj muaj yeej txhua yaam kev taabkaum ntawm koj txuj kev ntseeg.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 3.

Nub 3 – 01/03/26: Rov qaab lug rua ntawm Vaajtswv

Nyeem: Yauees 2:12-13

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Yauees 2:12-13 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj lub sab rov qaab npuab Vaajtswv hab xaav nyob ze Vaajtswv.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 4.

Nub 4 – 01/04/26: Tshawb nrhav Vaajtswv

Nyeem: Phoo Ntawv Nkauj 42:1-2

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Phoo Ntawv Nkauj 42:1-2 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj ntshaw Vaajtswv ib yaam le tug muaslwj ntshaw dlej haus.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 5.

Nub 5 – 01/05/26: Rov qaab muaj zug

Nyeem: 2 Kauleethaus 12:9

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub 2 Kauleethaus 12:9 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv pub dlaag zug rua koj thaum kev yoo mov 21 nub nuav ua rua koj tsi muaj zug.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 6.

Nub 6 – 01/06/26: Rhuav tshem kev txhum

Nyeem: Henplais 12:1-2

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Henplais 12:1-2 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv qha koj txug tej kev txhum kws koj muaj es yuavtsum tau muab rhuav tshem ntawm koj lub neej moog sub koj txhaj txuas tau rua ntawm Vaajtswv.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 7.

Nub 7 – 01/07/26: Muaj homphaj rua kev yoo mov

Nyeem: Mathais 17:21

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Mathais 17:21 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv qha koj txug lub homphaj ntawm kevcai yoo mov.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 8.

Nub 8 – 01/08/26: Tswv Yexus tug qauv yoo mov

Nyeem: Lukas 4:1-2

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Lukas 4:1-2 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaaj Ntsujplig txhawb koj hab paab kuam koj muaj dlaag muaj zug rua kev yoo mov 21 nub nuav.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 9.

Nub 9 – 01/09/26: Nrhav Vaajtswv tug dlejsab

Nyeem: Tegnum 13:2-3

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Tegnum 13:2-3 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv pub tswvyim hab kev totaub txug Vaajtswv tug dlejsab rua koj sub koj txhaj le qaab sab lug ua koj lub neej.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 10.

Nub 10 – 01/10/26: Kov kuam yeej kev simsab

Nyeem: Mathais 4:2-4

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Mathais 4:2-4 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj muaj yeej kev tawm tsaam ntawm saab ntsujplig.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 11.

Nub 11 – 01/11/26: Txais kev txhawb zug lug ntawm Vaaj Ntsujplig

Nyeem: Efexus 3:16

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Efexus 3:16 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj luj hlab ntawm saab ntsujplig hab kev ntseeg.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 12.

Nub 12 – 01/12/26: Pehawm Vaajtswv lub sijhawm ua kevcai yoo mov

Nyeem: Yauhaas 4:23-24

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Yauhaas 4:23-24 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Ua Vaajtswv tsaug kws koj muaj feem lug nrug pawgntseeg ua kevcai yoo mov 21 nub nuav. Cale hu nkauj qhuas Vaajtswv hab ua Nwg tsaug.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 13.

Nub 13 – 01/13/26: Taug kev nrug Vaaj Ntsujplig tug Dlawbhuv

Nyeem: Kalatias 5:16-17

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Kalatias 5:16-17 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj ua tau lub neej le Vaaj Ntsujplig tug Dlawbhuv qha koj ua.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 14.

Nub 14 – 01/14/26: Lub sab xyivfaab rua ntawm Vaajtswv

Nyeem: Phoo Ntawv Nkauj 51:10

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Phoo Ntawv Nkauj 51:10 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj muaj lub sab dlawb sab zoo hab luj hlub rua ntawm saab ntsujplig.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 15.

Nub 15 – 01/15/26: Dlim dlhau kev tawm tsaam

Nyeem: 2 Xwmtxheej Vaajntxwv 20:3

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub 2 Xwmtxheej Vaajntxwv 20:3 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj dlim dlhau tej kev tawm tsaam kws koj raug.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 16.

Nub 16 – 01/16/26: Yoo mov nrhav Vaajtswv tug dlejsab

Nyeem: Exethaws 4:16

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Exethaws 4:16 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv txaus sab rua koj kev ua kevcai yoo mov 21 nub nuav.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 17.

Nub 17 – 01/17/26: Txu fwjchim

Nyeem: Phoo Ntawv Nkauj 69:10

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Phoo Ntawv Nkauj 69:10 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv kuam koj txu tau fwjchim.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 18.

Nub 18 – 01/18/26: Yoo mov vim kev noog lug

Nyeem: Xekhaliyas 7:5

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Xekhaliyas 7:5 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv kuam koj noog Vaajtswv lug txhua lub sijhawm.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 19.

Nub 19 – 01/19/26: Yoo mov thov Vaajtswv paab lwmtug

Nyeem: Yaxayas 58:7-8

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Yaxayas 58:7-8 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab rua koj tsev tuabneeg, koj cov kwvtij neejtsaa, koj cov phoojywg, hab tej tuabneeg zej zog kws muaj kev cheemtsum.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 20.

Nub 20 – 01/20/26: Casab rua Vaajtswv

Nyeem: Yelemis 33:3

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Yelemis 33:3 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj muaj kev ntseeg luj, sub koj txhaj le casab ntsoov hastas yaam koj thov lawm, Vaajtswv yeej yuav teb xwb xwb le.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb maam le kawm txuas ntxiv rua pigkig nub 21.

Nub 21 – 01/21/26: Ua neej muaj yeej

Nyeem: Tegnum 1:8

Teb cov lug nug nraag qaab nuav:

- A. Nqai Vaajlugkub Tegnum 1:8 kws koj nyeem taag nuav has txug dlaabtsi?
- B. Koj nov Vaajtswv has lecaag rua koj?

Cov lug thov Vaajtswv:

- 1. Thov Vaajtswv paab kuam koj muaj yeej, muaj peevxwm, hab neu ntsoov hastas koj muaj Vaajtswv lub fwjchim nrug nraim koj lub neej.
- 2. Thov Vaajtswv paab kuam koj hab pawgntseeg muaj yeej txhua yaam kev simsab hab kev tawm tsaam lub sijhawm peb kawm 40 nub ua neej muaj homphaj.
- 3. Thov Vaajtswv rua tej yaam kws koj xaav thov

Ua tsaug rua koj lub sijhawm. Peb kev kawm lug xaus le nuav xwb. Ntseeg hab casab koj kawm tau ntau yaam 21 nub nuav.

Lug xaus: Ua Vaajtswv tsaug kws koj txaus sab lug nrug pawgntseeg ua kevcai yoo mov 21 nub nuav. Thov Vaajtswv foom koob moov npluamag rua koj, koj tsev tuabneeg, koj paab small group hab koj pawg ntseeg . Thov Vaajtswv paab kuam koj kub sab lug ua Nwg teg dlejnum moog txug nub peb ntsib Tswv Yexus Khetos tim ntsej tim muag.